



Is Your Heart All a Flutter? ♥

Your heart may skip a beat when you see your valentine, but if you notice a persistent skip or flutter, it may be cardiac arrhythmia. Christine Magill, PA, with the Samaritan Heart & Rhythm Center explains when to get it checked out.

[Keep your heart in rhythm.](#)



Changing Habits Takes Time

Favorite foods can be hard to resist – even when you're determined to keep your resolutions! Janet Ng, PhD, with Samaritan Weight Management Institute, offers tips on how to curb those cravings.

[Learn how long it takes to form a new habit.](#)



Get Across-the-Board Benefits With an Anti-Inflammatory Diet

Inflammation in the body has been linked to arthritis, diabetes, heart disease and Alzheimer's disease. Adopting an anti-inflammatory diet can help to improve your health and avoid disease.

[Understand inflammation and how diet can help.](#)



Tired of That Little Pooch? You've Got Options

Age, fluctuating weight, pregnancies or stubborn fat may have left you with a paunch that just won't go away. If you're determined to do something about it, there are three popular medical options that can help.

[Win the battle of the bulge!](#)



Recipe: One-Pan Quinoa

Who doesn't like a one-pan entrée? Turn to this recipe for a quick, plant-based meal that you can throw together at a moment's notice with foods you already have in the pantry.

[Make a heart healthy dish for dinner.](#)

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