



Indulge Without Guilt!

The temptation of calorie-rich food is hard to resist this time of year. Registered Dietitian Bonnie Buckingham offers "smart swaps" for heavy ingredients to lighten your holiday favorites.

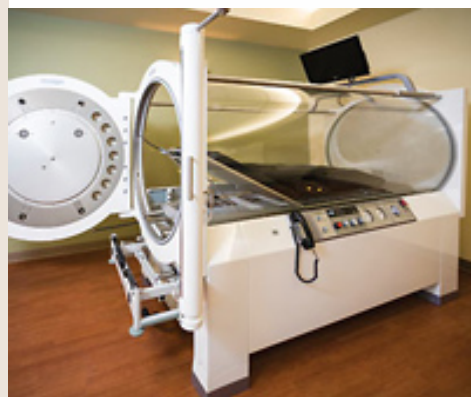
[Get recipes & see calorie swaps video.](#)



Can a Sauna Offer More Than Relaxation & Warmth?

A sauna can offer a welcome reprieve from the chill of winter. Chelsea Mercado, fitness manager at SamFit, explains how a regular sauna may provide additional benefits to your health.

[Take a breather – and a sauna!](#)



Pure Oxygen Can Help Troublesome Wounds Heal

Non-healing wounds can become a serious problem for some, especially patients with chronic illness. Dr. Priscilla Latta explains what conditions can be treated and how oxygen therapy helps the body heal.

[Learn about healing with oxygen.](#)



Vaping Trend Worries Experts

E-cigarettes heat nicotine, flavoring and other unregulated ingredients into a vapor that is inhaled. Physician Assistant Jason Brown and Respiratory Therapist Charlie Cory share their concerns about vaping and the effects on health.

[Understand the risks of vaping.](#)



Curious About Botox?

The fine lines of age are inevitable. If you've ever wondered about minimizing them with Botox, Heather Peacock, RN, with Samaritan Plastic, Reconstructive & Hand Surgery explains.

[Learn more about your options.](#)

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