

Is Your Dinner Menu in a Rut? Add Edible Wild Plants

You don't have to be a gardener to find nutritious food in your backyard. The Pacific Northwest is full of wild plants that can be added to any meal. Dietitian Barbara George shares plants to try.

[Tempt your sense of culinary adventure.](#)



Decode Your Cancer Risk

You can thank your parents for great cheekbones and a full head of hair, but genes can also pass on mutations that can lead to diseases including cancer. Oncologist Vicky Lee explains how to know if you are a good candidate for genetic testing.

[Understand the genetic connection.](#)



Lace Your Shoes to Fit Your Feet

You might not have given the lacing pattern of your shoes a second thought, but those strands do more than just hold your shoes on your feet. Dr. Prins, podiatrist with Samaritan Coastal Clinic, offers tips to improve your fit.

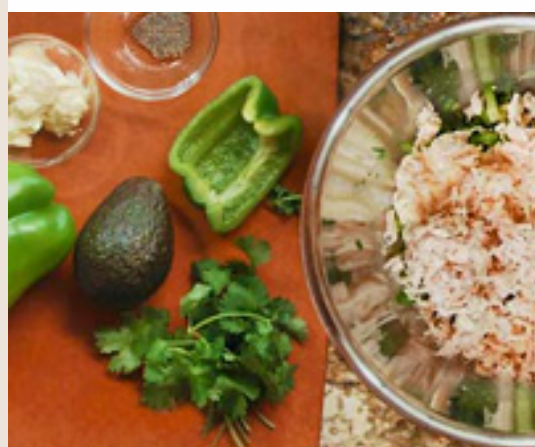
[Tie your shoes for better comfort.](#)



Run Your Way to Better Health: A Beginner's Guide to Running

If you're ready to incorporate more physical exercise into your life, beginning a running program might be easier than you think. Fitness Specialist Angie Smith will get you started.

[Lace up those running shoes.](#)



Try Avocado Chicken Salad

If you're a chicken salad fan and enjoy the creamy goodness of avocado, you'll love this healthy take on an old favorite. The crunch of bell pepper and zing of lime will perk up your taste buds and have you adding this recipe to your list of favorites!

[Get the recipe and see the video.](#) (~1 min.)

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