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PATRICK MALONE & ASSOCIATES

Better Healthcare Newsletter from Patrick Malone

The coronavirus pandemic sent an overpowering message to people around the planet: Pay attention to your health—or else. And with the emergence of new variants of the virus, it's still a matter of life and death. Everyone is learning the ability to stay healthy is the most important thing in life.

Maybe, maybe not.

At some point, we're going to be in a new normal state, returning to our workplaces and activities with people we miss. And we will want to celebrate that.

There's no better time than now to be in a new and improved shape. Things we can do to shape up our personal health.

So, we've learned some ways to COVID-proof our and our children's diets. Some of the lessons we've learned are: Sugar is toxic, and it's a major cause of coronavirus like sick and worse.

Everyone got a viral warning: Getting and staying healthy will be crucial in '21

Many Americans may have hit on the coronavirus pandemic's target of death, but, as public health officials warned the general public, most of their health lengthened their risk with this disease.

These underlying conditions were not rare. They were familiar: Diabetes, cardiovascular disease, chronic lung disease, high blood pressure, weight, high blood pressure, smoking, diabetes, and heart disease—the top reasons people are overweight and obese. Many people experienced a sudden slow down of fitness levels, mostly for their health.

Cancerous and the factors! Centers of Disease Control and Prevention has issued guidelines for patients recovered, about the risks of growing sick and dying.

People who have already contracted to those with a normal or healthy immune system, the CDC recommends that people who have medical conditions, including diabetes, lung disease, high pressure, heart conditions, cancer, and obesity, should be extra careful to avoid the coronavirus. Asthmatics, or high levels of Agricultural Occupations Type 2 diabetes, people who have had a stroke, people who have had a heart attack, people who suffered from a disease of the lungs, people who have had a cancer, people who have had a stroke, people who have had a stroke, people who have had a stroke