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mentally stimulating work plays key role in staving off

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in a study of more than 7 000 norwegians in 305 occupations those who held the least mentally demanding jobs had a 66 greater risk of mild cognitive impairment and a 31 greater risk of

routine jobs raise the risk of cognitive decline by 66 and

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cnn working your brain hard at your job could pay off in more ways than boosting your career it may also protect your cognition and help prevent dementia as you age a new study found

transformations that work harvard business review

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mulally borrowed 24 billion to fund ford s transformation in 2006 and michael dell invested more than 60 billion to turn dell into a leader in infrastructure technology in 2017 in our study

new study offers hope for a rare and devastating eye cancer

Dec 25 2023

the work published in nature communications is being validated in a clinical trial involving at least 30 patients it could pave the way for similar methods designed to overcome one of the

it s cutting calories not intermittent fasting that drops

Nov 24 2023

it may just be because restricting eating time means people eat fewer calories overall in a randomized controlled trial people who followed a time restricted diet lost about the same amount of

weight loss injections wegovy and zepbound could help keep

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the study ran from 2007 to 2010 and was sponsored by the nih the adults in the group that cut calories lost on average about 16 pounds the group that followed their normal diets gained about 2

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