

Mayo Clinic Radio Health Minute January 2020

Jan. 1 st	Mayo Clinic Diet
Jan. 2 nd	4 ideas for smarter shopping
Jan. 3 rd	Get smart about smoothies
Jan. 6 th	Ideas for a heart-healthy diet
Jan. 7 th	Why carrots should be in your crisper
Jan. 8 th	STI's among seniors
Jan. 9 th	Treating the stomach flu
Jan. 10 th	Wrist injury study
Jan. 13 th	What is frostbite
Jan. 14 th	Avoiding frostbite
Jan. 15 th	Benefits of beets
Jan. 16 th	Common foot problems
Jan. 17 th	HALT before you snack
Jan. 20 th	Vitamin D
Jan. 21 st	Lymphedema risk study
Jan. 22 nd	Living organ donation
Jan 23 rd	Peeling into the health benefits of bananas
Jan. 24 th	What is walking pneumonia
Jan. 27 th	The upsides of frozen fruits and vegetables
Jan. 28 th	The downside of sugary drinks
Jan. 29 th	The ABCDE melanoma check
Jan. 30 th	Why do onions make us cry
Jan. 31 st	Register to give live

