

Mayo Clinic Radio Health Minute December 2020

Dec. 1 st	Managing holiday expectations
Dec. 2 nd	Carpal tunnel syndrome
Dec. 3 rd	Flash-frozen benefits
Dec. 4 th	Less pain faster recovery
Dec. 7 th	Is your child's sore throat actually strep
Dec. 8 th	Mindfulness while eating
Dec. 9 th	Hepatitis A
Dec. 10 th	Preventing high intensity training injuries
Dec. 11 th	Breast cancer not one-size-fits-all
Dec. 14 th	Hair loss
Dec. 15 th	How to choose heart healthy fats
Dec. 16 th	Coconut oil perfect poison or somewhere in between
Dec. 17 th	What to do if your child has croup
Dec. 18 th	3 tips on what to do if your child is addicted to gaming
Dec. 21 st	Winter Fitness
Dec. 22 nd	Winter Foods
Dec. 23 rd	Sharpen your knife skills
Dec. 24 th	Butter or margarine
Dec. 25 th	The four A's of food for heart health
Dec. 28 th	Practical tips for a healthier winter
Dec. 29 th	Winter Safety
Dec. 30 th	What may be causing your hands and feet to tingle
Dec. 31 st	Southern diet dangers

