

Health Q&A

POSTED ON [MARCH 17, 2020](#) BY [WAYNE COOLIDGE, JR., M.ED.](#)



<https://lknconnecthealth.com/2020/03/17/health-qa-2/>

Health Q&A

POSTED ON [MARCH 3, 2020](#) BY [WAYNE COOLIDGE, JR., M.ED.](#)



<https://lknconnecthealth.com/2020/03/03/health-qa/>

An Apple A Day?

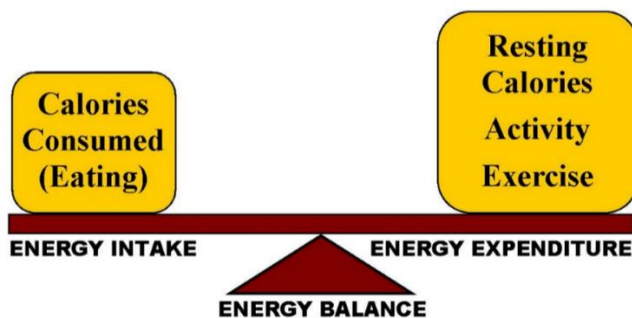
POSTED ON [FEBRUARY 11, 2020](#) BY [WAYNE COOLIDGE, JR., M.ED.](#)



<https://lknconnecthealth.com/2020/02/11/an-apple-a-day/>

Severe Caloric Restriction Will Result in Poor Health and FAT Loss Failure

POSTED ON JANUARY 19, 2020 BY WAYNE COOLIDGE, JR., M.ED.



<https://lknconnecthealth.com/2020/01/19/severe-caloric-restriction-will-result-in-poor-health-and-fat-loss-failure/>

Know your “Why” for New Year’s Resolution Success

POSTED ON DECEMBER 31, 2019 BY WAYNE COOLIDGE, JR., M.ED.



<https://lknconnecthealth.com/2019/12/31/know-your-why-for-new-years-resolution-success/>

Increasing Vegetable & Fruit Consumption Can Slash Risk For Death

POSTED ON DECEMBER 22, 2019 BY WAYNE COOLIDGE, JR., M.ED.



<https://lknconnecthealth.com/2019/12/22/increasing-vegetable-fruit-consumption-can-slash-risk-for-death/>