

Inside this month's Get Healthy

Inside this week's Your Times, Get Healthy examines the growing field of precision medicine.

The American College of Cardiology takes a look at the state of heart health in the U.S. along with more in Hot Topics.

You've heard of mental flex? Sound Mind describes how to train your mind to boost your well-being.

Infrared saunas bring the heat to workouts, and they're just warming up in The Fit Life.

Treatments tailored to your specific condition based on your genetics and lifestyle are here. UChicago Medicine and Franciscan doctors explain how they're using the advances to improve outcomes in the February Feature.

Though the food pyramid has been turned upside down, whole foods are still at the top of dietary



SPECIAL SECTION INSIDE

recommendations. Health coach Carol Slager makes recommendations in On the Table.

Holistic treatments — acupuncture, Chinese medicines and more — are making headway against chronic issues in pets. Your Best Friend talks to veterinarians using them.

We have long known that heart issues manifest differently in women. In time for American Heart Month, a Franciscan cardiologist explores how to recognize, prevent and treat them in Medical Report.

Get Healthy has even more information and advice

with videos at nwitimes.com/gethealthy and on Facebook at www.facebook.com/GetHealthyNWI and www.facebook.com/nwitimes.