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A Charleston-based pizzeria business plans to add more venues next year to the three it already operates in the Lowcountry. Meanwhile on the peninsula, a restaurant is changing its name, ...

Charleston pizzeria plans more venues; restaurant rebrands, another opens; art shop closing  
The agreement included the potential for up to \$2.1 million in additional funds from CARB-X, if the project meets ... each month through its website, books, newspaper column, radio show ...

Up 6% in June, Is Accelerate Diagnostics a Good Buy Now?  
NHS surgeon Dr Karan Raj has amassed four million TikTok followers with his frank myth-busting medical advice videos. Here he reveals the very simple tricks to help you sleep like a baby.

How to have the best sleep of your life, writes DR KARAN RAJ  
The low-carbohydrate, high-fat ketogenic diet was originally developed by doctors to help children with drug-resistant epilepsy. Hollywood star Halle Berry uses it to control her Type 2 diabetes and ...

Should you go keto? Pros and cons of the ketogenic diet  
LIKE millions of brides-to-be, Jess Wright has been eagerly waiting for her wedding to go ahead after Covid ruined her original plans. The former Only Way is Essex star has been slimming down for ...

Jess Wright shares wedding diet secrets but refuses to weigh herself before big day  
The multi-award-winning Low Carb Program app is now available for patients with type 2 diabetes in South East and South West London. Residents with type 2 diabetes in South East and South West London ...

Low Carb Program available to patients with Type 2 Diabetes in South East and South West London  
The new poolside collection will not only make you look like a tall glass of sparkling seltzer, but it will make you smell like one too!

New Vizzy swimwear line guarantees a sparkling summer  
She was also on a low-carb, high-fat diet, she told Parade magazine last year. The Ohio native explained she decided to give up alcohol in 2018 because she ... Heaton also published a book last year ...

Patricia Heaton celebrates 3 years of 'freedom' from alcohol  
Beth Probst wasn ' t a runner, but she has always been competitive — and it piqued when she was at a dinner party. One of the guests left early because of a midnight 5K race, followed by another run in ...

Recommended reading: ' It Could Be Worse: A Girlfriend ' s Guide for Runners Who Detest Running ' by Beth Probst  
Fudgy and brownie-like, this recipe achieves a texture seldom seen in a chocolate muffin, no matter the carb count ... us want to cozy up on the couch with a cup of tea and a book.

Succulent Low-Carb Desserts for Chocolate-Lovers  
As soon as the clock strikes 6 on a Friday evening, we quickly wrap up all our works and kick-start the weekend. Game night with friends, movie marathon with family, book reading seasons ... papdi ...

Watch: This Keto Papdi Chaat Recipe Will Unite Both Dieters And No-Dieters - Try It Today  
Stephanie ' s recipe for " Just a Bowl of Cereal " is one of 100 low-carb, big-flavor recipes in her new book The DIRTY, LAZY, KETO 5-Ingredient Cookbook. Just a Bowl of Cereal Recipe Out of all ...

Keto-Friendly Cereal Recipe To Start Your Day From ' Dirty, Lazy Keto '  
If you want to whip up a simple make-ahead recipe or two, try the following from her new book The Low-Carb Mediterranean Cookbook, out July 6. Michelle ' s guests always go crazy for her deviled ...

Create the perfect Mediterranean summer spread with these Aldi foods, drinks  
He was the first to book accommodation ... you can whizz up an avocado, olive oil, lemon juice, chives and salt in a blender to create an avocado ' mayo ' ). When you have a carb limit of ...