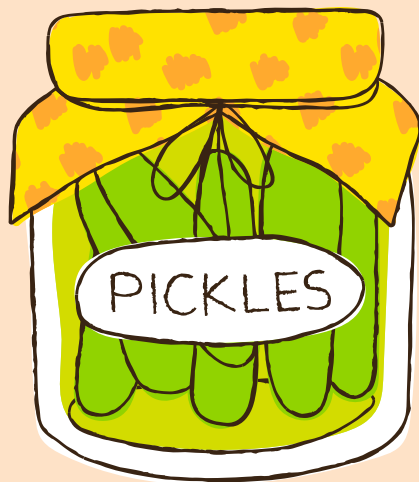


CAB Newsletter

CAB Updates

Your participation in our project is vital! Please feel free to distribute the following link through email, listservs, or text to people in your community who may be interested in enrolling in our study:

<https://redcap.med.upenn.edu/surveys/?s=MTWHWWRTFMRMENE3>



How to get rid of leg cramps? Try pickle juice.

For cramping, athletes have long sworn by pickle juice (strained from jars of dill or kosher pickles) and other acidic substances such as mustard or apple cider vinegar.

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Hiking has all the benefits of walking and more.

Exploring the great outdoors offers a host of mental and physical benefits. But there are a few things you need to know first.

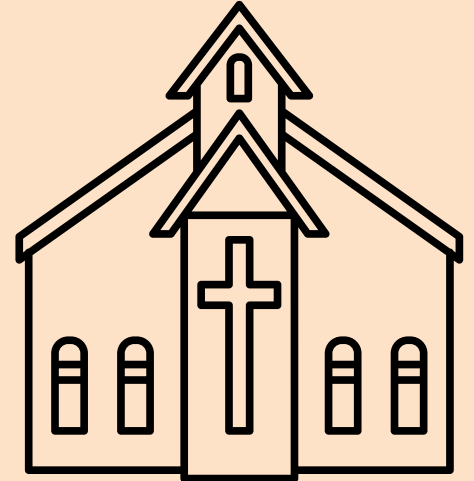
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A small-town Georgia preacher fills pews by leaving no one out.

Church members say his (Pastor Myerholtz) empathy and engagement are what draw them. His interpretation of scripture is not what is traditionally heard in a conservative community.

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Want to fix your mind? Let your body talk.

Somatic therapy is surging, with the promise that true healing may reside in focusing on the physical rather than the mental.

[Click Here to Read!](#)

Something was messing with Earth's axis. The answer has to do with us.

Scientists knew the planet's centerline could move. But it took a sharp turn sometime around the start of the 2000s.

[Click Here to Read!](#)



Editors: Marta Durantini and Chris Quasti