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The antioxidant content of a number of popular beverages is compared: black tea, coffee, Coke, espresso, grape juice, green tea, hibiscus (Jamaica flower) tea, milk, Pepsi, Red Bull, red tea, red wine, and white wine.

Better than Green Tea? | NutritionFacts.org

I remain the official Senior Maverick for Wired, a magazine I helped co-found 25 years ago. I do one article for Wired per year. My most recent published writings are listed here, in chronological order. My newest book, The Inevitable, a New York Times bestseller, is now available in paperback. The ...

kk.org - Kevin Kelly

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15 reasons Macs are still better than Windows PCs - APC

Here's what Dr. William Davis, author of Wheat Belly, has to say about these unhealthy alternatives: "These powdered starches are among the few foods that increase blood sugar higher than even whole wheat. It means these foods trigger weight gain in the abdomen, increased blood sugars, insulin resistance, diabetes, cataracts, and arthritis."

Home - Better Breads

The mere-exposure effect is a psychological phenomenon by which people tend to develop a preference for things merely because they are familiar with them. In social psychology, this effect is sometimes called the familiarity principle. The effect has been demonstrated with many kinds of things, including words, Chinese characters, paintings, pictures of faces, geometric figures, and sounds.

Mere-exposure effect - Wikipedia

Reprinted from golfclubreview.com/spin_balanced_balls.htm Spin-Balanced Golf Balls 12/27/02: We all knew that balance-oriented golf balls flew and rolled better than ...

Spin Balanced Golf Balls - Do they really work better?

In criminal law, Blackstone's ratio (also known as the Blackstone ratio or Blackstone's formulation) is the idea that: "It is better that ten guilty persons escape than that one innocent suffer." As expressed by the English jurist William Blackstone in his seminal work, Commentaries on the Laws of England, published in the 1760s. The idea subsequently became a staple of legal thinking in ...

Blackstone's ratio - Wikipedia

Dealing with an addiction to cigarettes can be a case that is more mental and emotional than most people think it is. Like many other addictions, switching to e-cigarettes is just a sedative that is now being proven to not work as well as intended.

E-cigarettes: Good news, bad news - Harvard Health Blog

Great detailed post and the biggest takeaway of all is that "it all depends." One way is not automatically better than another way, just like renting is not always throwing away money (or as you say, they're both throwing away money!).

Renting is Throwing Money Away Right? - Afford Anything

“Once you date an Asian girl, you will never go back.” Men often hear something similar to this from other men who have dated Asian women, meaning women directly from Asia, not American women of Asian descent. This is important because American women can be completely obnoxious and entitled. When an American-born Asian woman behaves in that manner, it is actually tenfold more annoying.

Why Asian Women Are Better To Date Than American Women

Introduction; What is J-Lube? Who uses J-Lube? Is J-Lube safe? How do I get J-Lube? Mixing J-lube; Mixing right before you use it - technique one; Mixing right before you use it - technique two

A BETTER J-Lube FAQ! - Anus

Wood Foundations: Better, Worse or Indifferent December 2003 Many people may be unaware that their home could have a permanent wood foundation because foundations have

Market Study Wood Foundations: Better, Worse or Indifferent

Rule 2: Treat Yourself Like Someone You Are Responsible for Helping. People are better at filling prescriptions for their dogs than for their pets, even though taking drugs is literally life-saving.

Best Summary + PDF: 12 Rules for Life, by Jordan Peterson

What has become increasingly visible is the largest political scandal in the history of U.S. government. A political conspiracy at the highest levels of the prior administration and across multiple agencies within the U.S. intelligence apparatus. The scale of corruption being exposed is astounding.

McCabe Firing Shows Evidence of IG and Outside Prosecutor

A good portfolio is broadly diversified, low-cost, passively managed, regularly rebalanced, and consistent with its owner's need, ability, and desire to take risk.

150 Portfolios Better Than Yours | The White Coat Investor

With over 500,000 users downloading 3 million documents per month, the WBDG is the only web-based portal providing government and industry practitioners with one-stop access to current information on a wide range of building-related guidance, criteria and technology from a 'whole buildings' perspective.

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