

## **Dr. David Nico, Dr. Healthnut, Health and Wellness Expert Media Hits**

MSN: 22 Expert Tips and Swaps for Eating Less Dairy

<https://www.msn.com/en-us/health/nutrition/22-expert-tips-and-swaps-for-eating-less-dairy/ss-BBuZRp9#image=1>

Reader's Digest: 14 Foods and Spices That Improve Your Circulation

<http://www.rd.com/health/conditions/foods-improve-circulation>

MSN: Can Lavender Tea Really Cure Headaches and Anxiety?

<https://www.msn.com/en-us/health/nutrition/can-lavender-tea-really-cure-headaches-and-anxiety/ar-BBwJy8V>

Reader's Digest: The 13 Best Foods to Eat When You're Bloating

<http://www.rd.com/health/conditions/foods-reduce-bloating/>

Reader's Digest: 14 Best Foods to Eat When You're Stressed

<http://www.rd.com/health/wellness/stress-reducing-foods/>

Men's Health: 6 Ways You're Screwing Up the Health Benefits Of Fruit

<http://www.menshealth.com/nutrition/how-you-eat-fruit-wrong>

Reader's Digest: <http://www.rd.com/health/conditions/acid-reflux-diet-worst-foods/>

<http://www.rd.com/health/conditions/acid-reflux-diet-worst-foods/>

Prevention: 7 Ways You're Eating Fruit All Wrong

<http://www.prevention.com/food/7-ways-youre-eating-fruit-all-wrong>

The Street: An Obesity Epidemic Has Hit the Baby Boomer Generation

<https://www.thestreet.com/story/13880950/1/an-obesity-epidemic-has-hit-the-baby-boomer-generation.html>

Forbes: Antibiotic-Free Chicken Catches On, Potentially Saving Lives, And Yet Your Burger Is Full Of Them

<https://www.forbes.com/sites/geoffwilliams/2016/11/23/antibiotic-free-chicken-catches-on-potentially-saving-lives-and-yet-your-burger-is-full-of-them/#72f1885e7219>

Huffington Post: Everything You Need To Know About Leaky Gut Syndrome

[http://www.huffingtonpost.ca/2017/04/26/leaky-gut-syndrome\\_n\\_16266320.html](http://www.huffingtonpost.ca/2017/04/26/leaky-gut-syndrome_n_16266320.html)

USA Today: Why you pig out on vacation

[http://www.usatoday.com/story/travel/advice/2016/04/18/eating-dining-on-vacation/83074954/?utm\\_content=buffer0f75a&utm\\_medium=social&utm\\_source=twitter.com&utm\\_campaign=buffer](http://www.usatoday.com/story/travel/advice/2016/04/18/eating-dining-on-vacation/83074954/?utm_content=buffer0f75a&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer)