

THE NEW AND NOTEWORTHY

LONGEVITY | Breakfast of Centenarians

Vegetables and eggs are the life-extending way to start the day according to longevity experts.

Why This Matters: Science confirms; eating a vegetable rich diet with unprocessed protein, antioxidants, probiotics, and healthy fats can lower your risk of chronic diseases and increase your lifespan.

What's Next? Find ingredient inspiration for your ideal longevity breakfast [here](#).

WELLBEING | Ready to “Fall Back”?

Daylight saving time ends on Sunday, November 3, at 2 AM local time. The earlier you start prepping your sleep routine, the better, according to sleep experts.

The Impact? While an extra hour of sleep may feel like a gift, time changes can disrupt circadian rhythms and have well-documented negative health effects. The end of daylight saving time has been linked to disturbed sleep patterns and increases in stroke risk, depression, and car accidents.

What's Next? Start preparing now to ease the adjustment, experts advise. Learn how to improve sleep and energy levels during time transitions [here](#).

PREVENTION | Breast Cancer Spike in Younger Women

Early-onset breast cancer is on the rise, particularly in women under 50, despite declining overall breast cancer mortality.

Why Now? Key breast cancer risk factors are increasing among younger women: obesity rates, poor nutrition, exposure to environmental pollutants, and alcohol consumption.

What's Next? [Read the full story](#) for expert prevention strategies.