

ALEXANDRA (ALI) PATTILLO - PORTFOLIO

(Over 420 stories + podcasts to date; Updated September 2025)

Select Feature Stories:

1. [Could organ transplants help you live forever?](#) Experts weigh in, *National Geographic*, September 2025
2. [‘Why are my biceps so small?’](#) The boys and young men turning to steroids, *The Guardian*, December 2024
3. [Why are so many women being told their hormones are out of whack?](#) Think twice before testing your hormones at home, *The Atlantic*, 2023
4. [Wildland firefighters are burning out](#), *Inverse Mind & Body*, 2020
5. How to become a Super Ager with [Dr. Eric Topol](#), pioneering cardiologist and longevity expert on his new book *Super Agers*, *National Geographic*, 2025
6. [How healthy is zucchini?](#) A nutrition column from the *New York Times Well* and *New York Times Cooking*, 2025
7. [Cancer patients say psilocybin can be both therapy and ‘a beautiful experience’](#), *Inverse Mind & Body*, 2020
8. [The mail-order abortion boom is here](#), *The Daily Beast Tech & Innovation*, 2022
9. [Cold comfort: Inside the world of Wim Hof](#), *Inverse Mind & Body*, 2020
10. [7 simple science-backed rules for living longer](#), Interview with Dr. Eric Topol featuring his new book, *SUPER AGERS*, *National Geographic*, 2025
11. [Why supplements may hurt your health more than help](#), *National Geographic*, February 2025
12. [When does old age begin?](#) Science says later than you might think, *National Geographic*, May 2024
13. [Can exercise replace your antidepressant?](#) *Outside Magazine*, 2023
14. [Meet the vet “detectives” chasing the world’s next Covid-19](#), *Inverse Mind & Body*, 2020
15. [Inside a Covid-19 support group, where a long-haul future is faced head on](#), *Inverse Mind & Body*, 2020
16. [Why curiosity can improve your relationships & how to make it second nature](#), *Mind Body Green*, 2023
17. [A training plan to supercharge social fitness](#) featuring Dr. Robert Waldinger, *Outside Magazine*, 2023
18. [An antidote to heartbreak?](#) Inside the new science of loneliness with Science Writer Florence Williams, *Inverse*, 2022
19. [Red light therapy: the key to better sex or a sham?](#) *Inverse Mind & Body*, 2020
20. [Meatless marathon: Going vegan can be a performance hack, if you do it right](#), *Inverse Mind & Body*, 2019
21. [What science \(and Katy Perry\) say about transcendental meditation](#), *Inverse Mind & Body*, 2019
22. [Nature’s calling— for more human diversity](#), *CNN Health & Climate*, 2017
23. [Too much bad news can make you sick](#), *CNN Health & Climate*, 2018
24. [The ‘flow’ of peak performance](#), *CNN Health & Climate*, 2018

25. [Meet the young people who may never smell again because of Covid-19](#), *Inverse Mind & Body*, 2020
 26. [The pandemic set students back worse than we thought](#), *The Daily Beast Tech & Innovation*, 2023
 27. [How coronavirus is crippling the contraceptive industry](#), *Inverse Mind & Body*, 2020
 28. [Covid-19 is turning skeptical doctors into telehealth believers](#), *Inverse Mind & Body*, 2020
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Interviews + Profiles + Q&As:

1. [Dr. Robert Califf](#), FDA Commissioner of the United States, The Cura Foundation CuraLink newsletter, 2023
2. [Dr. Francis Collins](#), former director of the National Institutes of Health, The Cura Foundation CuraLink newsletter, 2023
3. [Olympian Michael Phelps](#) on living with depression, *Inverse Mind & Body*, 2020
4. Olympian [Alexi Pappas](#) on developing mental and physical resilience, *Inverse Mind & Body*, 2020
5. [Dr. Ayana Elizabeth Johnson](#) on her path to real change, *Inverse Mind & Body*, 2020
6. [Dr. Sanjay Gupta](#), neurosurgeon and CNN Medical Correspondent on brain health, The Cura Foundation CuraLink newsletter, 2022
7. [Dr. Siddhartha Mukherjee](#), oncologist and author of *The Emperor of All Maladies* and *The Song of the Cell*, The Cura Foundation CuraLink newsletter, 2023
8. [Dr. Martine Rothblatt](#), CEO of United Therapeutics' and founder of Sirius XM on xenotransplants, The Cura Foundation CuraLink newsletter CuraLink, 2022
9. [Dr. Noubar Afeyan](#), Moderna Co-Founder and CEO Flagship Pioneering on innovation, The Cura Foundation CuraLink newsletter, 2022
10. [Dr. Eric Verdin](#), longevity expert and director of The Buck Institute, The Cura Foundation CuraLink newsletter CuraLink, 2022
11. [Dr. Eric Topol](#), Physician-scientist and "godfather" of AI in medicine, The Cura Foundation CuraLink newsletter CuraLink, 2023
12. [Dr. Kizzmekia Corbett](#), co-inventor of the Moderna Covid-19 vaccine, The Cura Foundation CuraLink newsletter CuraLink, 2023
13. [Dr. Nir Barzilaj](#), longevity expert and leading researcher on "super-agers," The Cura Foundation CuraLink newsletter CuraLink, 2023
14. [Dr. BJ Miller](#), palliative care physician and founder of Mettle Health, The Cura Foundation CuraLink newsletter CuraLink, 2023
15. [Dr. Lisa Patel](#), physician and environmental scientist on climate change + health, The Cura Foundation CuraLink newsletter CuraLink, 2022
16. [Dr. Mark Hyman](#), functional medicine doctor on the holistic health movement, The Cura Foundation CuraLink newsletter CuraLink, 2024
17. [Dr. Elissa Epel](#), pioneering clinical psychologist on the latest stress science; The Cura Foundation CuraLink newsletter CuraLink, 2024
18. [Kelli Kedis Ogborn](#) on the burgeoning space economy, The Cura Foundation CuraLink newsletter CuraLink, 2024

19. [Dr. David Feinberg](#), Chairman of Oracle Health on the keys to changing behavior, tech Innovations, big data and AI in healthcare delivery, The Cura Foundation CuraLink newsletter CuraLink, 2024
20. [Dr. William Kapp](#), Fountain Life CEO on precision diagnostics, The Cura Foundation CuraLink newsletter CuraLink, 2024
21. [Dr. Charlotte Yeh](#), AARP Services CMO shares the upside of aging, The Cura Foundation CuraLink newsletter CuraLink, 2024
22. [Renée Fleming](#), Legendary soprano on how music transforms the mind, The Cura Foundation CuraLink newsletter CuraLink, 2024
23. [Dr. Jeffrey Bluestone](#), scientist and co-inventor of cancer immunotherapy, The Cura Foundation CuraLink newsletter CuraLink, 2024
24. [Dr. Matthew Johnson](#), psychiatrist and leading psychedelic-assisted therapy researcher at Johns Hopkins on psilocybin, The Cura Foundation CuraLink newsletter, 2022
25. [Dr. Angela Diaz](#), director of the Mount Sinai Adolescent Health Center on the youth mental health crisis, The Cura Foundation CuraLink newsletter, 2022
26. [Tony Robbins and David Beasley](#) on food security, The Cura Foundation CuraLink newsletter, 2022
27. [Dr. Jeremy Cauwels](#), Chief physician of Sanford Health on rural medicine, The Cura Foundation CuraLink newsletter, 2022
28. [Dr. David Dodick](#), Mayo Clinic neurologist and CMO, CSO and Co-Chair of Atria's Academy of Science & Medicine, The Cura Foundation CuraLink newsletter, 2023
29. [Dr. Laura Esserman](#), UCSF surgeon and breast cancer oncology specialist on the future of breast cancer detection, The Cura Foundation CuraLink newsletter, 2023
30. [Dr. Cheryl Pegus](#), cardiologist and partner at Morgan Health, The Cura Foundation CuraLink newsletter, 2023
31. [Dr. C. Michael Gibson](#), Renowned interventional cardiologist and inventor of the TIMI frame count and the TIMI myocardial perfusion grade, The Cura Foundation CuraLink newsletter, 2023
32. Florence Williams on how science can [hack heartbreak?](#), *Inverse* Mind & Body 2022
33. Youtube's [Doctor Mike](#) on science communication, *Inverse* Mind & Body, 2020
34. [Dr. Shikha Jain](#) on Covid-19 misinformation, *Inverse* Mind & Body, 2021
35. Big Wave Surfer Paige Alms [Part 1](#), [Part 2](#), on sexism in surfing, *Inverse* Mind & Body, 2019
36. Ocean Explorer [Allison Fundis](#) on mapping the seafloor, *Inverse* Mind & Body, 2019

Audio + Podcasts:

1. [Firefighters Are Burning Out](#), Guest interview with *On The Line*, February 2020
2. [How Loneliness Hijacks Work Performance](#), The Jack Eason Podcast, August 2020
3. [How You Doin'? Staying Mentally Healthy During Covid-19](#), Guest interview with Important Not Important, September 2020
4. [How Psychedelic Science is Changing Life and Death](#), *The Abstract* Episode #53, *Inverse*, September 2020
5. [Life Lessons From Untold Covid-19 Stories](#), *The Abstract* Episode #23, *Inverse*, September 2020
6. [Persuasion and Pushback: How to Change Someone's Mind](#), *The Abstract* Episode #52, *Inverse*, September 2020

7. [Telehealth, Contact Tracing and the Health Heroes Adapting to Covid-19](#), *The Abstract Episode #48, Inverse*, September 2020
8. [#37: Staying Healthy to Fight Covid-19](#), *The Abstract Episode #37, Inverse*, August 2020
9. [Covid-19: Staying Ahead of the Game](#), *The Abstract Episode #31, Inverse*, July 2020
10. [The Science Behind Your \(Anxious, Lonely\) State of Mind](#), *The Abstract Episode #30, Inverse*, July 2020
11. [The Strange Evolution of the Male Sex Drive](#), *The Abstract Episode #29, Inverse*, July 2020
12. [Healthy Body Hacks](#), *The Abstract Episode #27, Inverse*, July 2020
13. [How Healthy Are you?](#) *The Abstract Episode #25, Inverse*, July 2020
14. [Science of Catching Covid-19: Men, Women, Cats and Dogs](#), *The Abstract Episode #21, Inverse*, July 2020
15. [Hitting the mental reset button during Covid-19](#), *The Abstract Episode #93, Inverse*, December 2020
16. [Brain Food: The surprising new links between nutrition and health](#), *The Abstract Episode #77, Inverse*, November 2020
17. [Life after Covid-19: Young people cope with lingering symptoms](#), *The Abstract Episode #71, Inverse*, November 2020
18. [Breaking bad: How to create positive changes that stick](#), *The Abstract Episode #65, Inverse*, October 2020
19. [Change Your Diet, Change the Future](#), *The Abstract Episode #59, Inverse*, October 2020
20. [Men and Covid-19: Why They're Getting Hit Harder](#), *The Abstract Episode #57, Inverse*, September 2020
21. [How to Navigate Covid-19's "Infodemic" and Stay Sane](#), *The Abstract Episode #56, Inverse*, September 2020
22. [Exercise Vs. Stress: How Working Out Affects Our Mental Health](#), *The Abstract Episode #55, Inverse*, September 2020
23. [Unmasking the Facts About Face Masks](#), *The Abstract Episode #19, Inverse*, June 2020
24. [Covid-19 Changes the Future of Travel, Cash As We Know It](#), *The Abstract Episode #16, Inverse*, June 2020
25. [How Decoding the Brain Can Heal Anxiety and Restore Sensations](#), *The Abstract Episode #14, Inverse*, June 2020
26. [Technology Takes on COVID-19](#), *The Abstract Episode #5, Inverse*, May 2020
27. [Self Care and COVID-19](#), *The Abstract Episode #4, Inverse*, May 2020
28. [Binge Drinking and the Brain: Why It's Worse Than You Think](#), *The Abstract Episode #63, Inverse*, October 2020
29. [Pet Science: The Truth About Cats and Dogs](#), *The Abstract Episode #44, Inverse*, August 2020
30. [The Science of Catching Covid-19: Men, Women, Cats and Dogs](#), *The Abstract Episode #21, Inverse*, July 2020
31. [Protesting During Covid-19: The Unexpected Side Effects](#), *The Abstract Episode #13, Inverse*, June 2020
32. [On your Feet, Running Man](#), *The Abstract Episode #3, Inverse*, May 2020

33. [Chill Humans Seek Health Hacks](#), *The Abstract* Episode #2, *Inverse*, May 2020
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Food/Diet/ Wellness:

1. [Nootropics: Smart drugs or scam?](#) *Body + Soul*, 2024
2. [Can dry scooping boost performance? Experts explain the viral workout hack](#)
3. [Metabolism drops: The science behind Tiktok's viral weight loss "hack"](#)
4. [4 essential strategies to reboot your life in 2021](#)
5. [Grape-seed study reveals antioxidant compound may boost longevity](#)
6. [Science reveals the perfect time to drink coffee for a healthy metabolism](#)
7. [One factor may determine the best way to lose weight](#)
8. [2 types of exercise can boost mental health](#)
9. [The best "science-based" approach to health is boosted by intermittent fasting](#)
10. [One diet can cut the risk of death by over 10% — study](#)
11. [A major organ plays an unprecedented role in choosing what you eat](#)
12. [For heart health, exercise has limitless benefits — study](#)
13. [Is sitting all day bad for the mind? Researchers shed light on mixed results](#)
14. [4 smart ways to strengthen your immune system](#)
15. [One common food type could heighten the risk of death by 26 percent](#)
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17. [Stressed out? Study pinpoints a form of exercise that relieves anxiety](#)
18. [Microbiome study explains how sugar hijacks an essential part of health](#)
19. [One type of exercise has 6 brain boosting effects](#)
20. [New study reveals an unintended side effect of intermittent fasting](#)
21. [Calorie restriction can extend life — study explains one factor involved](#)
22. [These are the three foods that can fuel adult acne — study](#)
23. [What's the healthiest way to drink coffee? Study points to 1 technique](#)
24. [Mediterranean diet: New analysis says it may optimize brain health](#)
25. [Eating too much salt has a troubling effect on the immune system — study](#)
26. [Mixing diet soda and fries has a dangerous effect on the brain — study](#)
27. [Fruit-fly study reveals the "hidden costs" of intermittent fasting](#)
28. [Loading up during this one meal could boost weight loss, study suggests](#)
29. [Eating one type of food can hijack gut microbes to ward off aging's deadliest diseases](#)
30. [The sugar tax has had a surprising effect on soda companies](#)
31. [Mouse study explains why the keto diet can screw up long-term health](#)
32. [The science-backed guide to intermittent fasting, 2019's most popular diet](#)
33. [How a "fussy eater" went blind from a junk food diet](#)
34. [Is intermittent fasting the longevity life hack we've been waiting for?](#)
35. [3 diets significantly cut people's life expectancy — study](#)
36. [How to hack your diet to fight depression](#)
37. [How to master intuitive eating during the toughest time of the year](#)
38. [Keto diet: A controversial diet might actually be the key to fighting the flu](#)
39. [Gigantic study reveals the healthiest foods are the most sustainable](#)

40. [Mental health: How nightmares could be good for you](#)
 41. [What does mucus do? Study explains glycans' role in fighting bacteria](#)
 42. [Dermatologists say people with acne have 5 lifestyle factors in common](#)
 43. [A study on 94,644 meals revealed a hopeful result about vegetarian eating](#)
 44. [With more popularity, essential oils are showing up in an unexpected place](#)
 45. [Is Sugar Toxic? Here's the Actual Truth About the Sweet Substance](#)
 46. [Intermittent Fasting: A Popular Diet With Serious Psychological Risks](#)
 47. [The Truth Behind What Intermittent Fasting Does to Your Body](#)
 48. [Intuitive Eating: What Is It, How to Start, and How to Know if It's Working](#)
 49. [What Happens in Ketosis? 5 Scientists Reveal the Risks and Benefits](#)
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Exercise/Fitness:

1. [Brain study reveals one type of exercise increases stress resilience](#)
 2. [Can weightlifting keep you from getting sick? Immunity study explains](#)
 3. [Exercise counteracts a dangerous effect of air pollution](#)
 4. [Mouse study reveals how running can prevent a downside of aging](#)
 5. [Monkey study reveals weightlifting strengthens 1 vital organ before muscles](#)
 6. [One type of exercise "reverses" aging's effect on stem cells — study](#)
 7. [Study reveals the "true magnitude" of how exercise influences metabolism](#)
 8. [Workout hacks: Ultramarathon study reveals what actually boosts performance](#)
 9. [Genes study links high-altitude populations and increased aerobic capacity](#)
 10. [Dunking makes for a quieter brain](#)
 11. [One cheap lifestyle choice could prevent prostate cancer](#)
 12. [The 'Fitness Paradox': How to Lose Weight, Gain Muscle, and Stay Sane](#)
 13. [You're probably doing cardio all wrong: The truth about training smarter](#)
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Health tech:

1. [The NBA Smart Rings Tracking Covid-19's Silent Spread](#), *Inverse*, 2020
 2. ["I feel weightless": Nike-backed researchers invent a wearable robot that makes you faster](#), *Inverse*, 2020
 3. [Covid-19 testing: A blood test can detect coronavirus immunity in 15 minutes](#)
 4. ["We want to be very careful:" Coronavirus test company officer cautions public](#)
 5. [Why Fitbits could be the key to stopping deadly infections in their tracks](#)
 6. [Bill and Melinda Gates-funded invention could invisibly solve malnutrition](#)
 7. [Celiac disease: "Revolutionary" study could mean relief for millions](#)
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Mental + Behavioral Health/ STRATEGY Newsletter:

1. [Does mindfulness change the brain?](#) Research fractures structural hypothesis, *Inverse Mind & Body* 2022
2. [Four low-key psychology hacks to increase life satisfaction for good](#)
3. [Psychology explains a counterintuitive link between happiness and success](#)

4. [Be more productive and creative at work with these 4 tips](#)
5. [Scientists pin down a link between happiness and 1 daily activity](#)
6. [Military psychologist explains why grit matters as much as intelligence](#)
7. [Serotonin study explains why some people are more prone to anxiety](#)
8. [Can't stop procrastinating? Disrupt the cycle with one question](#)
9. [Studies show 1 brain hack can stop addiction cold](#)
10. [Why do our minds wander? Brain study shows benefits of daydreaming](#)
11. [How to shut off your brain: 4 science-backed tips to stop thinking and relax](#)
12. [The brain's boss: 3 hacks to retrain your brain and find focus in 12 minutes](#)
13. [Stressed? Five psychologist-tested strategies to let it go and forgive](#)
14. [Attention deficit trait: How to cure a mental traffic jam](#)
15. [3 steps to master small talk and build better relationships](#)
16. [Why the brain can overvalue a happy ending — study](#)
17. [Effective leaders all share this "character" trait](#)
18. [The truth about confidence: 4 steps to calibrate self-perception](#)
19. [How to break bad habits in 3 steps, according to science](#)
20. [The power of mindset: 4 steps to overcome decision-making paralysis](#)
21. [This deadly sin is actually your "secret decision-making superpower"](#)
22. [Emotional Contagion: How humans catch and spread feelings without ever knowing](#)
23. [Peer pressure psychology: Why social context shapes decision making](#)
24. [3 ways to leverage boredom and change your life](#)
25. [How to win arguments and actually change someone's mind](#)
26. [How to fight loneliness while working from home: 3 mood-boosting tips](#)
27. [2 psychological factors to ensure you have a mentally restorative vacation](#)
28. [A tiny discovery in the brain could revolutionize depression diagnoses](#)
29. [Study: New treatment relieves depression in 90 percent of participants](#)
30. [New treatments mean PTSD isn't a life sentence](#)
31. ['Vital exhaustion' study links burnout to a deadly consequence](#)
32. [Five next-gen depression treatments that could revolutionize the field](#)
33. [Alien hands and fake feces: Scientists create bizarre new OCD treatment](#)
34. [There's a counterintuitive link between social status and health -- study](#)
35. [Grit may be the "secret sauce" for success](#)
36. [This underrated type of intelligence could predict academic success](#)
37. [The introvert's guide to surviving the holidays: 6 proven strategies](#)
38. [Study on Army cadets suggests "grit" matters more than previously thought](#)
39. [A healthy dose of fear? 3 ways being scared can improve your health](#)
40. [Study reports anxious people strategically choose worrying over relaxing](#)

News Explainers:

1. [Why 1,200 health experts are urging cops to stop using this "horrific weapon"](#)
2. [Doctors clarify why racism against Black Americans is a public health crisis](#)
3. [Reducing gun violence comes down to these 3 factors, studies find](#)

4. [First Comprehensive Studies Reveal US Gun Control Laws That Actually Work](#)
 5. [Study on over 17,000 Black women shows how racism changes the brain](#)
 6. [White shame: How to convert guilt into action](#)
 7. [DNA tests can amplify racist views, new study shows](#)
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Science coverage + embargoed research:

1. Scientists' Search for an [Exercise Pill](#), Inverse Mind & Body, 2022
2. [Olympics Flashbacks: The science of barefoot running and winning gold](#)
3. [23andMe study untangles the brutal history of American slavery](#)
4. [Study pinpoints a crucial link between stress and fat](#)
5. [Scientists explain the new swine flu virus with pandemic potential](#)
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7. [An "alcohol memory trace" in the brain can trigger relapses — study](#)
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18. [Scientists warn of an invisible threat with Covid-19 ramifications](#)
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22. [Can baths improve your health? Scientists find a surprisingly positive effect](#)
23. [How the brain creates the experience of time — study](#)
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27. [Why most people infected with a cat-linked brain parasite don't get sick](#)
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29. [4 strategies for avoiding the hidden health risks linked to fireworks](#)
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31. [Human mini-livers pave the way for made-to-order organ transplants](#)
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35. [The 4 powerful ways you can strengthen your immune system at home](#)
36. [Study explains why humans have an "unquenchable desire" for sugar](#)

37. [How diet and exercise impact memory hinges on one uncontrollable factor](#)
38. [The source of peanut allergies has been found in a surprising place](#)
39. [Prebiotics could help fight stress and sleepless nights — study](#)
40. [Why people enjoy songs comes down to uniquely human ability — study](#)
41. [4D images reveal men and women have key differences in 1 vital organ](#)
42. [One "underreported" issue may be ruining the sex lives of almost half the population](#)
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47. ["Stroke Belt" hometowns affect brain health for life — study](#)
48. [Brain scan study links social anxiety to an empathy "imbalance"](#)
49. [2 types of people who rarely watch porn think they are addicted to porn](#)
50. [This parenting life hack can boost babies' language skills — study](#)
51. [A gene-editing "vaccine" could stop the world's leading killer](#)
52. [The "Mr. Darcy" pheromone makes female mice go crazy](#)
53. [New 3D brain models crack open mysteries of crucial stage of human development](#)
54. [Scientists discover biological reason why stress makes your hair turn gray](#)
55. [Least-fit states: 2020 CDC maps reveal who's up and down](#)
56. [Allergic "memory serum" could be the key to solving allergies for good](#)
57. [Scientists discover a "therapeutic gold mine" in one surprising place](#)
58. [This may be the fastest way to learn something new, according to science](#)
59. [Science explains how a Christmas tree turns into a deadly inferno](#)
60. [How cuckolding could be this fish's secret weapon for survival](#)
61. [Study: Genetic 'clock' predicts lifespan in vertebrates](#)
62. [Chilean plane goes missing over "roughest water" on the planet](#)
63. [Dating app "addicts" share these two traits](#)
64. [The truth about the "penis facial" and other cult skin treatments](#)
65. [There's a physiological cause for e-scooter injuries, scientists say](#)
66. [Brushing your teeth this many times per day could save your life](#)
67. [Study of "gender dysphoria" in the brain has long missed one possible cause](#)
68. [This "distinctly American" trend is causing life expectancy to plummet](#)
69. [Scientists identify what thousands of songs around the world have in common](#)
70. [A new antiviral pill could save lives when the flu vaccine fails](#)
71. [Study: Family is more important than friends in a surprising metric](#)
72. [Scientists pinpoint the fastest way to learn something new](#)
73. [Scientists have learned something new and terrifying about the measles](#)
74. [The tanning industry may be targeting neighborhoods with gay men: study](#)
75. [Transgender survey links gender-affirming surgery to better mental health](#)
76. [Why you need a new vaccine every year until the 'forever flu shot' debuts](#)
77. [Necrotizing fasciitis: How to avoid the rare and fast-spreading infection](#)
78. [New understanding of teenage pimples could lead to clearer skin for all](#)

79. [Florida, Massachusetts, Michigan EEE maps show a spike in 2019 for cases](#)
80. [Compulsive sexual behavior disorder could be explained by DNA](#)
81. [Brain scans reveal exactly why learning to read is good for the brain](#)
82. [The Dog Effect: How Owning a Pet Improves Your Heart Health](#)
83. [Is Sunscreen Safe? Why Using DIY Sunblock Is a Dangerous Idea](#)
84. [Is Online Dating Harmful? Study Cautions the Socially Anxious and Lonely](#)
85. [Sharks are all around us. Scientists explain why we don't need to fear.](#)
86. [Flu shot season: When, where, and why to get vaccinated](#)

Covid-19 News and Study Stories:

1. [What the NBA bubble taught scientists about jet lag](#)
2. [5G & Covid-19: The origin, explanation, and reason why scientists are concerned](#)
3. [Dexamethasone & Covid-19: Who makes it, how it works, and why doctors are excited](#)
4. [Up to 81 percent of Covid-19 patients may be asymptomatic, cruise ship study suggests](#)
5. [Why the Covid-19 mask became a cultural lightning rod](#)
6. [When will social distancing end? The 3 major risks of reopening too soon](#)
7. [Covid-19 and swimming: The scientific factors you should know](#)
8. [What's it like to fly during Covid-19? Pilots forecast the "eerie" future](#)
9. [What link does vitamin D have with Covid-19? Scientists split fact from fiction](#)
10. [Mutated coronavirus strains are no reason to panic: Scientists explain why](#)
11. [Covid-19 could pose a "global threat" to male fertility — study](#)
12. [Gut microbiome imbalances influence the likelihood of 'long-Covid'](#)
13. [Covid-19 oxygen shortages: Where are they and why are they happening?](#)
14. [One type of indoor area is especially high-risk for Covid-19 — study](#)
15. [How does the immune system combat coronavirus? Case study brings a vaccine closer](#)
16. [Can you catch coronavirus twice? Microbiologist sheds light on immunity question](#)
17. [Two sensory symptoms are warning signs of Covid-19 infection — study](#)
18. [Experts give 5 tips for preventing coronavirus spread during the holidays](#)
19. [Massive dataset reveals 4 superspreader sites to avoid this winter](#)
20. [What does Covid-19 do to the brain? Neuroscientists unravel "mind-boggling" symptoms](#)
21. [As "pandemic fatigue" grows, scientists encourage one pivotal behavior](#)
22. [Coronavirus and the flu: Four factors make Covid-19 way more lethal](#)
23. [Is eating inside a restaurant safe? Coronavirus experts explain the science](#)
24. [Why rapid diagnostic tests could change the trajectory of Covid-19](#)
25. [The most common social distancing confusion, explained by medical experts](#)
26. ["Covid-19 does not spare young people," researchers caution as cases surge](#)
27. [3 strategies for not falling for 5 Covid-19 mental traps](#)
28. [Covid-19: Experts explain why you should embrace uncertainty](#)
29. [Facing overloads, CDC restricts Covid-19 tests to those with symptoms](#)
30. [Consider the spike protein: The Covid-19 weak spot we can attack](#)
31. [3 tricks for communicating clearly behind a mask](#)
32. [Likely years away, scientists say a Covid-19 vaccine may be a nasal spray](#)

33. [Fighting the common cold may prepare the body for Covid-19](#)
 34. [Road trips & Covid-19: Take these 5 steps to minimize risk](#)
 35. [Covid-19 risk calculation: 3 questions to ask before going out](#)
 36. [Covid-19 brain: How the virus can wreak havoc on the nervous system](#)
 37. [Air conditioning and Covid-19: The scientific factors you should know](#)
 38. [Covid-19 second wave could be prevented if 50% of people do this](#)
 39. [Coronavirus poses uniquely dangerous threats to the heart, scientists warn](#)
 40. [How to find and keep love during a global pandemic, experts reveal](#)
 41. [6 resilience strategies to protect your mental health through Covid-19](#)
 42. [What makes the flu so severe for some is linked to Covid-19 outcomes — study](#)
 43. [If you give yourself a DIY haircut, it will return the favor with something tight](#)
 44. [Is diarrhea a Covid-19 symptom? Coronavirus' reach may extend beyond the lungs](#)
 45. [Can zinc lozenges treat coronavirus? A doctor fact-checks the link](#)
 46. [How to keep up with coronavirus news without losing your mind](#)
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Supplements:

1. [What's in your sports supplement? New paper warns of accidental doping](#)
 2. [Taking this one supplement could help fight depression](#)
 3. [Three supplements that boost the brain more than others](#)
 4. [These 2 supplements may reduce heart attacks and cancer deaths](#)
 5. [The Omega-3 Crisis: Climate Change Predicted to Cause Global Shortage](#)
 6. [Is There a Supplement That Helps Depression? Study Reveals One Is Best](#)
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Longevity:

1. [Longevity hack: To 'grow young', one action matters more than others](#)
 2. [Endurance exercise study illuminates the link between muscles and health](#)
 3. [Avoiding this type of food may protect your telomeres, boosting longevity](#)
 4. [Exercise study pinpoints the easiest way to stay fit, even if you WFH](#)
 5. [People with these types of jobs live longer — study](#)
 6. [This lockdown friendly-activity is equal to 2 popular types of exercise](#)
 7. [The number 1 way to predict longevity might be in your number 2](#)
 8. [To live nearly 15 months longer, drink this massively popular beverage -- study](#)
 9. [Scientists pinpoint how brain activity could be manipulated to slow aging](#)
 10. [How Intermittent Fasting Could Help You Live Longer and Better](#)
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Men's Health Stories:

1. [Does creatine make you stronger? How the supplement may boost athleticism](#)
2. [Covid-19 is turning skeptical doctors into telehealth believers](#) * also in features category
3. [Dad bod? More like Dad brain: Here are 2 chemicals that change dad behavior](#)
4. [Hormones may make men and women experience alcohol differently](#)
5. [Two tweaks to the Mediterranean diet make it especially healthy for men](#)

6. [Sex in America: 1 in 3 young men aren't having it](#)
 7. [Why is Covid-19 killing more men than women? Scientists have 4 theories](#)
 8. [Men with erectile dysfunction may face higher risk of death -- study](#)
 9. [Study of 2,935 men reveals one diet may solve the "infertility crisis"](#)
 10. [Study: Viagra may have devastating consequences for one vital human function](#)
 11. [Better fertility treatment for men could keep sperm swimming straight](#)
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Women's Health stories:

1. [Your Sports Bra Could Level Up Your Running Game—With The Right Support](#), *Run, Outside Magazine*, June 2023
 2. [Your Brain on Birth Control](#), *Inverse*, October 2019
 3. [Sexist Science Makes Women's Health a Guessing Game](#), *Inverse*, November 2019
 4. [Hormones may make men and women experience alcohol differently](#)
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Climate Change:

1. [Climate change is making us sick](#)
 2. [Australia's fires could change global climate patterns for the worse](#)
 3. [Climate scientists predict a bleak future for today's children](#)
 4. [Even low levels of air pollution threaten children's mental health](#)
 5. [Four ways nature can boost your physical health](#)
 6. [This green solution could save lives and billions of dollars — study](#)
 7. [Waterproof Sunscreen: Lotion Containing Titanium Dioxide Ends Up in Ocean](#)
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History/ Evolution/ Ancient Humans:

1. [One evolutionary advantage screws with food choices today](#)
 2. [Is Intermittent Fasting "Natural"? History Experts React to the Controversy](#)
 3. [How healthy you are may depend on where your ancient ancestors lived — study](#)
 4. [2 million-year-old ancient human skull fossils rewrite the “story of us”](#)
 5. [Dame Jean Macnamara: The polio doctor planted seeds to fight our biggest medical battle yet](#)
 6. [Ignaz Semmelweis: Why the “father of infection control” is so important today](#)
 7. [Scientists discover beheaded man's brain self-preserved for 2,600 years](#)
 8. [How Medieval Christians policy built the nuclear family](#)
 9. [The dawn of speech was millions of years earlier than previously thought](#)
 10. [How medieval Christians created the American nuclear family](#)
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Sleep:

1. [Sleep better: New study reveals what happens to a body when you don't](#)
2. ["Unprecedented" study reveals sleeping brains replay waking experiences](#)
3. [To improve mindfulness, sleep this many minutes extra per night](#)
4. [Sleep scientists offer a surprising opinion on the dangers of blue light](#)
5. [Too much sleep may spike risk of this deadly disease by 85 percent](#)

Drugs/ Alcohol/ Substance Use Research:

1. [First-of-its-kind study finds a counterintuitive use for prescription CBD](#)
2. [Brain discovery could change the way we treat alcohol dependence forever](#)
3. [Why did activists give out free cocaine? Stunt addresses “drug poisoning crisis”](#)
4. [How does alcohol change immunity? 3 truths about lockdown drinking](#)
5. [Medical marijuana study reveals a major flaw in using THC for pain relief](#)
6. [A single THC dose can induce psychotic side effects, new review finds](#)
7. [How to stop drinking: 27 different studies show why AA is so effective](#)
8. [Can you overdose on LSD? What 3 case studies teach us](#)
9. [The best way to get drunk on a diet, according to science](#)
10. [Can You Sweat Out THC? The science behind exercise and weed](#)
11. [For cancer patients, a single dose of one popular drug provides relief](#)
12. [Scientists find a troubling link between binge drinking and brain dysfunction](#)
13. [Study of 1,225 festival-goers pinpoints positive effects of trippy drugs](#)
14. [Heavy drinking can cause a cancer linked to cigarette smoking -- study](#)
15. [Marijuana may accelerate the growth of this common cancer — study](#)
16. [Scientists discover the reason why anxious people smoke marijuana](#)
17. [Frequent marijuana use could literally change a person's heart](#)
18. [MLB decision on marijuana could fundamentally change sports drug policy](#)
19. [Marijuana vape users are getting incurable "cobalt lung"](#)
20. [Smoking weed every day puts men at risk of a deadly disease](#)
21. [Frequent drinking drives this heart condition more so than binge drinking](#)
22. [E. coli engineered to make "magic mushroom" compound in beer-like process](#)
23. [Dr. Herbert Kleber: How a 1960s “narcotic farm” shaped modern addiction treatment](#)
24. [CBD: Mayo Clinic Raises Concerns About Liver Injury and Mislabeling](#)

Politics:

1. [Why a specific view of masculinity gave rise to Trump — study](#)
2. [6 strategies to protect your mental health during the 2020 election](#)
3. [Scientists extract an alarming stat about the amount of news Americans consume](#)

Work:

1. [Is meritocracy a myth? How social inequity snowballs at work](#)
2. [One counterintuitive strategy sets great leaders apart](#)
3. [Workaholics have these toxic behaviors in common](#)
4. [Beware the dark triad: 15 signs there's one in your office](#)
5. [Miserable at work? Three steps to make a career change that lasts](#)
6. [3 steps to make feedback go from painful to productive](#)
7. [How to be “crystal clear” over Zoom, Slack, and remote communication tools](#)
8. [How embracing emotions can propel your career](#)

9. [How to deal with a workplace bully](#)
 10. [This model of a 'WFH bod' shows what happens if bad habits set in](#)
 11. <https://www.inverse.com/mind-body/health-benefits-desk-job>
 12. [Covid-19 could improve work forever — if we make this one change](#)
 13. <https://www.inverse.com/innovation/flow-optimal-work-experience>
 14. [Burned out or laid off? 6 tips to reboot your career](#)
 15. [How to master distraction while working from home, experts explain](#)
 16. [How to deal with an overconfident coworker](#)
 17. [Beating burnout: 3 tips to keep remote work from "bleeding you dry"](#)
 18. [Work from home tips: How to avoid sitting all day long](#)
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Entertainment/ Film/ TV:

1. [You need to watch this eye-opening food doc before it leaves Netflix next week](#)
2. ['Lucy in the Sky' takes one crucial aspect of astronaut life to the extreme](#)
3. [Nature docs like 'Our Planet' have a starving polar bear problem](#)