



# TIME 100 New Health Discoveries: How the Latest Breakthroughs Affect Your Health and Wellness

*By Editors of TIME*

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## **TIME 100 New Health Discoveries: How the Latest Breakthroughs Affect Your Health and Wellness** By Editors of TIME

Scientists and doctors are always working to unlock the secrets of the human body, bringing a stream of new scientific discoveries that can help us live longer, happier, healthier lives. In this special edition, TIME presents 100 of the most useful breakthroughs of the past year, discoveries that will help you eat better, exercise more effectively, prevent disease more easily and sleep more soundly. Among the highlights:

- The big data in our bodies: new devices are enabling users to quantify their inner chemistry, but what can they do with the info?
- Statins as a wonder drug: they are so effective at lowering heart disease that some experts believe more people should be taking them
- Unlocking women's sex drive: new drugs are being developed to help stoke female sexual desire. Are there drawbacks?

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