

A photograph showing three black coffee cups filled with a frothy beverage, likely cappuccino or latte. The cups are arranged on a dark, rustic wooden surface. To the right of the cups, a small pile of dark coffee beans is scattered. The lighting is warm, creating a cozy atmosphere.

[illegible]

COFFEE AND DIABETES

- Coffee may help protect against type 2 diabetes.
- In 2014, researchers who gathered data on over 40,000 people found that those who increased their coffee consumption by at least one cup per day over 4 years had an 11% lower risk of type 2 diabetes than those who did not increase their intake.

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...the fact that the...
...the fact that the...
...the fact that the...

WEDDING PARTY

... having a big story? I usually have ready-made phrases for me and add in whatever is swirling around with some a major... you have a few more in this same range for you, too, can...

[illegible]

...INCIDENT EVENT

the most common type of party structure is the
centralized structure. In this structure, the party
is organized around a central committee or
executive committee. This structure is often
found in political parties and trade unions.



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