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October 2025

Way back in 2014, we published a He Said, She Said column about Halloween candy, which has proven to be one of our most popular features. Given that some of you are relatively new readers who were not here for its original release, I want to share it again [here](#).

Thanks,
Jonah



4,000 Laughing Smiley Faces

As far back as eighth grade science class, I learned that strength is a function of more than just muscle mass. For example, the location of where the distal biceps tendon attaches to the radius bone influences mechanical advantage, which means [Read More](#)



Soolman Nutrition LLC | 36 Bonwood Road | Needham, MA 02492 USA
info@soolmannutrition.com | soolmannutrition.com

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