



5 Veggies that Kill Stomach Fat?

Check out which veggies boost female metabolism and burn off lower belly fat.

- [Which veggies kill fat?](#)

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Health experts have warned that healthy people who take a daily aspirin in a bid to reduce their risk of disease should stop doing so because of potential health dangers.

Many people take a dose once a day to ward off the threat of **cancer** or **heart** attacks.

But a major new NHS review concluded that it is a "fine balance" due to the dangers of bleeding in the brain and stomach, the *Mirror* reported.

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Overall, it warned against taking the drug until there was more evidence.

Aspirin makes the blood less sticky so it reduces the odds of clots which could cause a heart attack or stroke. Some studies suggest it can cut the risk of cancer.

But the most comprehensive review ever undertaken - by Warwick Medical School for the NHS National Institute for Health Research - concluded that healthy people should avoid aspirin.

Prof Aileen Clarke, who led the research, said that the risks are finely balanced and for now there is not the evidence to advise people to take it.

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