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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

10 Surefire Ways To Survive Eating Out

By Dr Jeff Banas

10 Surefire Ways To Survive Eating Out

by: **Dr Jeff Banas**

I personal lost 60 pounds in 2003. Here are some tactics I used to lose the weight

- 1)Steamed instead of fried
- 2)Brown rice instead of white rice
- 3)Wheat bread instead of white bread
- 4)Sauce and dressing on the side. Dip your fork into the sauce first then into the food.
- 5)At dinner exchange the potato or other carbohydrates with extra veggies
- 6)No oil
- 7)Do not feel like you need to eat the entire meal. Plan on bringing a doggie bag home.
- 8)Drink two glasses of what before your meal and another 2-3 during your meal
- 9)No soda
- 10)Hold the mayo and cheese

www.personal-weight-loss-help.com

Why The Surefire G2 Flashlight Is A Great Buy

10 Surefire Ways To Survive Eating Out

By S. Arya

· Surefire 6P · Surefire G2Z · Surefire C3

The Surefire G2 requires 2 CR123 batteries and comes in four colors:

· Black · Desert Tan · Yellow · Olive Drab Green

The Surefire G2 flashlight features the following:

The Surefire G2 is 4.9 inches long and 4.1 ounces heavy. Optional accessories include:

<http://www.productwizard.com/surefire-g2.html>

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