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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!**

**Beauty Foods That Will Keep You Young and Healthy**

**By Donna Monday**

**Beauty Foods That Will Keep You Young and Healthy**

by: **Donna Monday**

For a list of vitamin rich foods see:

<http://www.1-minute-beauty-diva.com/ArticlesVitaminsandBeauty.html>

Strong Bones - Eat: yogurt, kefir, soy, tofu, Drink: skim milk

Sun Protection for Skin - tomatoes, watermelon, pink grapefruit

For more information on beauty and health visit:

<http://www.1-minute-beauty-diva.com/ArticlesVitaminsandBeauty.html>

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Donna Monday writes beauty related articles for

<http://www.1-minute-beauty-diva.com>

**To Be Or Not To Be... Healthy? The Choice Is Yours**

**By News Canada**

Here are some tips to help you understand how to eat any foods without a big serving of guilt.

## Beauty Foods That Will Keep You Young and Healthy

Choose and enjoy a variety of foods every day. This will help you maintain a balanced diet.

Balance your food choices over time. Not every food has to be perfect.

There are no bad foods, only bad choices. Choosing a balanced diet has never been so easy.

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