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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Best Recipes: Spicy Vegetable Smoothie

By Donna Monday

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by: **Donna Monday**

Directions

Combine all ingredients in blender and blend until smooth. Chill for at least 30 minutes before serving.

<http://www.1st-milkshake-n-smoothie-recipes.com>

Best Recipes: Raw Vegetable Smoothie

By Donna Monday

Directions

<http://www.1st-milkshake-n-smoothie-recipes.com>

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