

Cannot Lose Those Extra Pounds Of Weight??

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

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**By AyurvedicCure.com**

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Walking is the best exercise to begin with.

Honey is an excellent home remedy for obesity.

Drink a glass of boiled water daily after every meal.

Two teaspoon of lime juice added to water also helps in losing weight. Have it frequently.

Mint is very beneficial in losing weight. Have some salads, vegetables with it.

Trifla , a herbal combination of amalaki, bibbitaki, and haritaki is good for losing weight.

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[queries@ayurvediccure.com](mailto:queries@ayurvediccure.com)

### **Why Do You Say You Want To Lose Weight?**

**By Yvonne Finn**

#### **Why Do You Say You Want To Lose Weight? by Yvonne Finn**

Why Do You Say You Want To Lose Weight?

As if the weight would just fall off, in response to the spoken words!

The sooner you start to accept this fact the better you will feel, both physically and emotionally.

One of the greatest confidence building tool in our lives, is when we set a goal and achieve it.

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