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

**Clean Slates and Fresh Starts**

**By Patricia Gatto**

**Clean Slates and Fresh Starts**

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**10 Ways To Spring Clean Your LIFE**

**By Kathy Gates**

**10 Ways To Spring Clean Your LIFE by Kathy Gates**

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7. Lighten up your thoughts with humor and fun.
9. Paint in new boundaries, and stencil some raised standards

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