

Double Whammy: Prevent Cancer and Lose Weight in One Fell Swoop!

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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!

Double Whammy: Prevent Cancer and Lose Weight in One Fell Swoop!

By Laura Turner

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by: **Laura Turner**

Step One: Get Informed

<http://www.preventcancer.com>

Step Two: Police Your Job

<http://www.cdc.gov/niosh/homepage.html>

Also, check out the Occupational Safety and Health

Administration (OSHA):

<http://www.osha.gov>

publications to be sure your company is in compliance.

Also, if you are looking for a job, check out the company track record. Be sure to check up on any

health issues or cancer incidences before you accept the position.

Step Three: Police Your Lifestyle

<http://www.smokenders.com>

Step Four: Police Your Diet:

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Step Five: Police What You are Buying

Cleaning agents -- Always check product labels. If there are "Warnings" listed, opt for something safer.

Step Six: Police Your Family History & Other Sources of Exposure

<http://www.cdc.gov>

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Epstein, M.D., Samuel S. "The Politics Of Cancer Revisited," 1998.

Haas, M.D., Elson M. "Staying Healthy With Nutrition," 1992.

Hatherill, Ph.D., Robert J. "Eat To Beat Cancer," 1998.

<http://www.new-body-news.com>

) Her latest book:

Spiritual Fitness: The 7-Steps to Living Well is currently available. Learn more here:

http://www.new-body-news.com/Spiritual_Fitness.htm

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weight loss

By amber snyder

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Gaining Weight Over A Long Period of Time Causes Health Problems

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