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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!**

**Getting Mama Out of the House**

**By Valerie McDermott**

**Getting Mama Out of the House**

by: **Valerie McDermott**

You must make it a priority at least once a month

No kids! Plan ahead of time for stress free day care and plan for at least two hours of time.

Valerie McDermott is a mother of 2 and co-founder of

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**FUN LOOK AT A LADY HANG-GLIDER**

**By VJ Gibson**

**FUN LOOK AT A LADY HANG-GLIDER by VJ Gibson**

`When warm winds from the valleys

Sweep on up the mountain side

When the thermals are a pumping all around

When the birds are all grounded

## Getting Mama Out of the House

`Cause the wind's too rough to fly

Then Macho Mountain Mama's up there flyin' high.'

`She's my Macho Mountain Mama

Like a bird, her spirit's free

She flies a big hang-glider through the skies

And I feel up there she's closer

To her real true love than me

And I envy how my Macho Mountain Mama flies'

Freelance Writer in Ashland, Oregon

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