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

Healthy Living Hand Hygiene Tips For Busy People

By News Canada

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Cold And Flu Defense

By Andrew Cavanagh

Cold And Flu Defense

Healthy Living Hand Hygiene Tips For Busy People

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Cold and Flu defense can be simple, natural and healthy.

The simplest, most effective, proven cold and flu defense is hygiene.

But viruses like the cold and flu don't fly - they hitchhike.

So cold and flu defense rule number one – don't touch your face with your hands.

Your fingernails carry more viruses like the cold and flu than any other part of your body.

Washing your fingernails regularly is crucial as a first line of cold and flu defense.

Also washing your hands is just the beginning.

Other therapies like nasal irrigation are vital if you want natural, powerful cold and flu defense...

<http://www.howtopreventbirdflu.com>

For more details on cold and flu defense

go to

<http://www.coldfluddefense.com>

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