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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!**

**How To Stay Fit While Writing**

**By Patty Apostolides**

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<http://www.niddk.nih.gov/health/nutrit/pubs/statobes.htm#table>

MAKE SURE YOU TAKE BREAKS

SLOW DOWN ON THE MUNCHIES

fresh fruit will do just as well, thank you. Carrot sticks work for me!

EXERCISE, EXERCISE, EXERCISE

KEEP TRACK OF YOUR PROGRESS

GO SLOW

JOIN A WEIGHT LOSS PROGRAM

Liendou@Writing.com

**It seems to work for me**

**By leawanna rankin**

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None

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