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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!

Muscle Building Tips and Supplements: Do's and Dont's

By Jasdeep

Packing on Muscle mass involves a lot of dedication and care. At times, trying too hard can have its negative effects too. Right guidance and proper techniques make the perfect recipe to MUSCLE BUILDING. Muscle Building is no joke, but at the same time, very much possible. The bottomline is to workout in the right direction and not to harm your body. Here are some Do's and Dont's for Muscle Building.

Muscle Building Tips: Do's and Dont's

- 1) Muscle Building Diet: It occupies a prominent area in MUSCLE BUILDING pie-chart. You should be highly careful related to your muscle building diet. Always ask your trainer to write down a diet schedule for you.
- 2) Give rest to your body between two sets, say for two minutes.
- 3) Not work on more than two muscle groups at a time. Train those muscles in a group which work with each other. This technique has proven to be effective. For eg: Chest and Triceps or biceps and backs.
- 4) The most effective time to do muscle building exercises is in the morning. You have consumed a lot of carbs by evening. So, carbs become the source of energy for you when you do your exercises in evening. But in morning, body depends on its alternative source i.e FAT for energy. Hence fats get burned up more in morning.
- 5) Last but not the least, Dont be biased to any body part. Proper balance is a necessity. Having big upper body and skinny legs is no good. Work out on entire body.

Jasdeep : for

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5 Reason why team has a 4 figure income

By Dedy Selamat

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You are new to Internet Marketing, you join one Affiliate programs, you have your promotion tips, marketing tips, also the affiliate will provide you with the commission plan, and they will give you a personal website just like they are. Now the big question is "Where am I heading???"

"People already know how to heading no where" what you need is a "team to guide you to heading somewhere"

"Why TEAM Has a 4 figure income"

1. You will not working alone
2. Power of testimonials
3. Do's and dont's
4. Friend's all around the world
5. Up's and down's

1. You will not working alone

How does it feels when you work as a team and achieved your goals with Friends that helps you, you can use the power of mailing list by Yahoo Groups to create your own personal team within your business to provide your team with

- A. The newest Information within your Affiliate
- B. Tips and Tricks to boost your traffics
- C. You can help each other, between your sponsors and your downline to share what problems you have while setting up your business.

2. Power of Testimonials

Increase your "Closing Ratio" by giving your prospects testimonials from other members in your team. They can provide your prospects with the truth. If they don't trust you, perhaps they will trust your



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