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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!**

Shape Up! 4–Alternative Weight Loss Solutions

By Laura Turner

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by: **Laura Turner**

What's a body to do?

Solution #1: Use Creative Visualization

This can be accomplished using a few of my favorite tools:

When I use affirmations, I like to use positive statements such as these:

MY BODY IS BEAUTIFUL! I LOVE MY BODY!

<http://www.healthjourneys.com>

). Their positive learning tapes will walk you

through the thought process of building a stronger, leaner body.

Solution #2 Try An Herbal Wrap

<http://www.slenderwrap.com>

Solution #3 Stop When You Are Full

In effort to break free from these unhealthy behaviors, ask yourself several questions:

Solution #4 Keep a Food Journal

Shape Up! 4–Alternative Weight Loss Solutions

Laura M. Turner is a Certified Personal Trainer and Sr. Editor of the The New Body News and

Wellness Letter. Increase your healthy I.Q. Sign up for free:

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Weight Loss Supplement

By Rolf Rasmusson

Weight Loss Supplement by Rolf Rasmusson

Weight Loss Supplement - what is it?

Weight Loss Supplement - variety.

Weight Loss Supplement - safety.

Weight Loss Supplement - which one is better?

Additional interesting content at www.nutritional-supplement-4u.com

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