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

Survival Guide For Holiday Parties

By Kim Beardsmore

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by: **Kim Beardsmore**

1. Don't think diet, rather think about eating smarter.

4. Think of one daily indulgence, rather than a 'day of indulgence'.

5. Before attending a party resolve to snack only from fresh fruit and vegetable choices.

(c) Kim Beardsmore

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