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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!**

Swim to Lose Weight and Stay Fit

By Gordon Black

Swim to Lose Weight and Stay Fit

by: **Gordon Black**

Showing up is all it takes.

<http://www.gordonblack.com>

where his competitive comeback is

chronicled.

gordon@gordonblack.com

"Trying" To Lose Weight? Don't!

By Mark Idzik

"Trying" To Lose Weight? Don't! by Mark Idzik

Are you trying to lose weight?

If you are, STOP!

Funny thing to say coming from someone that wants to help you lose all the weight you want, right?

Actually, there's a good reason.

You see, you can't try to lose weight. Don't believe me?

Now, try to pick it up. Go ahead.

Simple, right?

You CAN do it!

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