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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!

The Importance of Physical Activity

By Amber Whitman

The Importance of Physical Activity

by: **Amber Whitman**

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all articles, stories, etc, original works by Amber Whitman

2004

Vitamin Tips: To Fuel Physical Activity

By News Canada

Here is what a diet with the recommended daily intake of vitamins and minerals can do for you:

- Provide B vitamins to convert carbohydrates, fat, and protein into fuel for energy.
- Boost calcium, which is critical to bone health, muscle contractions, nerve impulses and metabolism.

For more information on vitamin and mineral supplementation, visit

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