



**On average, a person
sweats out about one
quart of water for every
hour of exercise.***

http://www.healthizona.edu/health_topics/nutrition/general/waterhydration.htm

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Eat Well. Live Well (and Long).

A close-up photograph of a person's hands and forearms gripping a barbell with black weights. The person is wearing a black tank top. The background is a blurred gym setting with other people and equipment.

FAT BURNING TIP: **Workout with weights** **more frequently.***

<http://www.shape.com/fitness/workouts/8reasonswhyshouldlift heavierweights>

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**The most Bio-Available
form of protein is
Whey, a byproduct of
making cheese.***

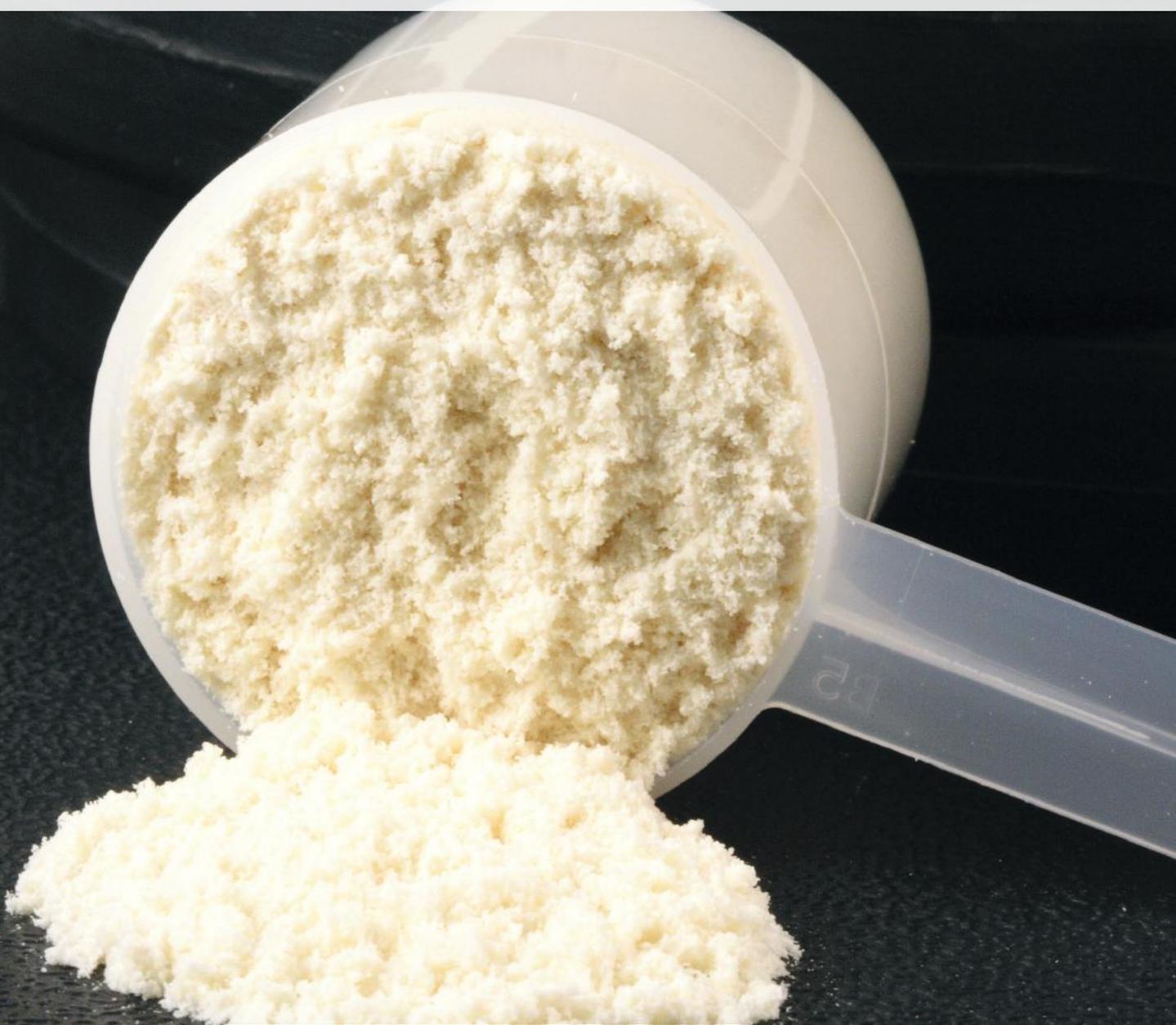


<http://www.schwarzenegger.com/fitness/post/the-protein-bible-part2-protein-powders>

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Whey Protein Concentrate is less **Bio-Available** than Whey Protein Isolate.*



<http://www.walmaxnutrition.com/post/articles/supplements/whey-protein-isolate-vs-concentrate/>

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**Consuming protein with
a post-workout recovery
shake will stimulate protein
synthesis, aiding recovery.***



<http://www.unmedu/~kraviz/Article/620folder/nutrientUNV.html>

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A close-up, side-profile photograph of a woman with blonde hair drinking from a red water bottle. She is wearing a red athletic tank top with white trim. The background is a light-colored, textured wall.

**FAT LOSS TIP: Drink liquid
Carbs & Protein within 30
minutes of your workout.***

<http://www.um.edu/~kravitz/Article/620folder/nutrientUNM.html>

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**Table Salt is refined,
a process which strips
important minerals like
Magnesium, Potassium,
Iodine & Trace Minerals.***



http://www.heartorg/HEARTORG/Getting-Healthy/NutritionCenter/HealthyEating/Sea-Salt-Vs-Table-Salt_UCM_430992_Article.jsp

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**Eating lots of sugar can
deplete the zinc levels in
your body and dull your
sense of taste.***



<http://d1.wiscn.com/ARTICLES/INFLAMMATION.htm>

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FACT: One tablespoon of ketchup contains about one teaspoon of sugar.*

<http://www.motherswouldknow.com/journal/3-shocking-facts-about-sugar>

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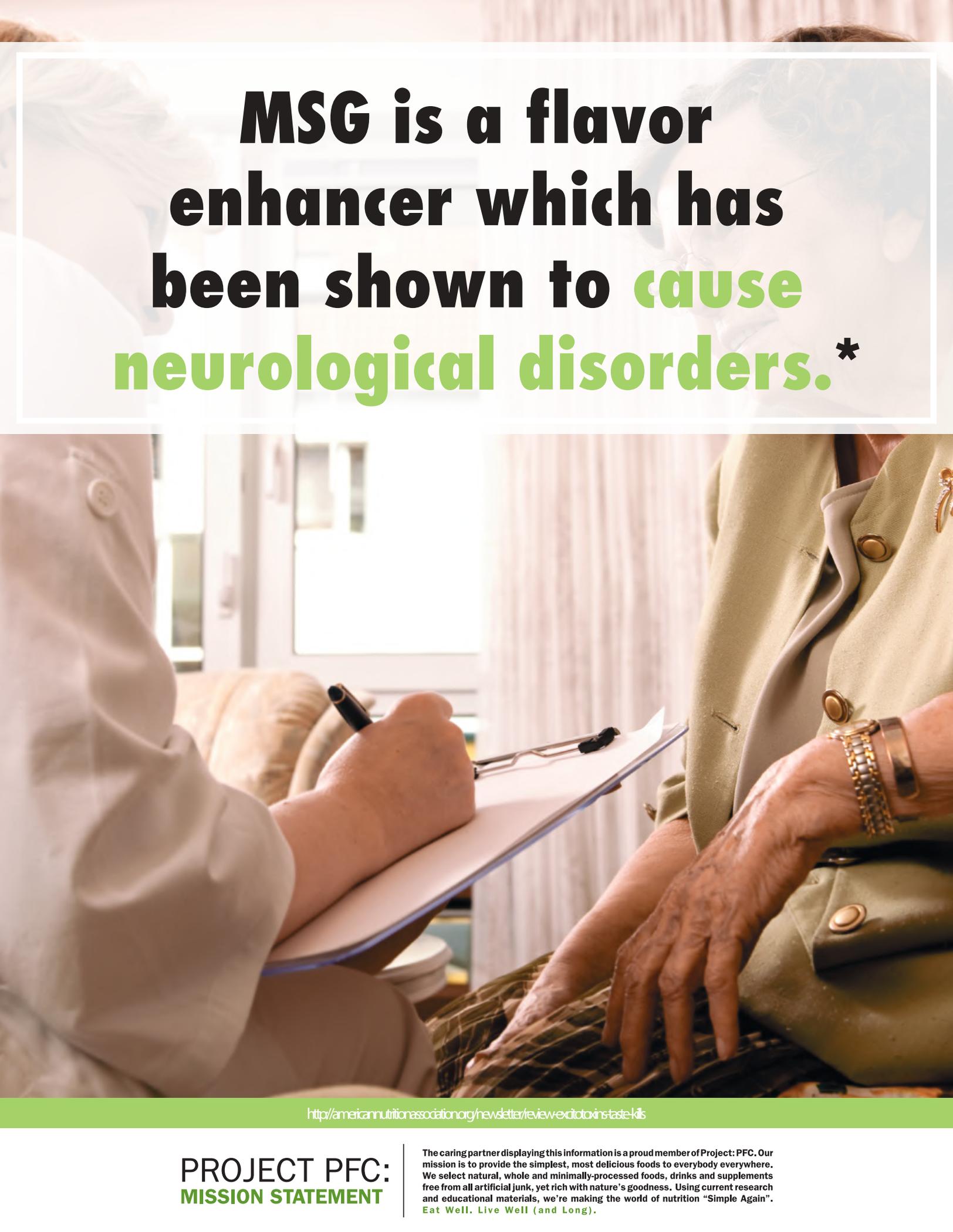
WEIGHT LOSS TIP:
Eat 5-7 small meals
every day.*



<http://www.bodybuilding.com/fun/meatfrequency/findingthebodycompsweetspot.html>

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MSG is a flavor enhancer which has been shown to cause neurological disorders.*

<http://americanutritionassociation.org/newsletter/review-excitotoxinstaste-kills>

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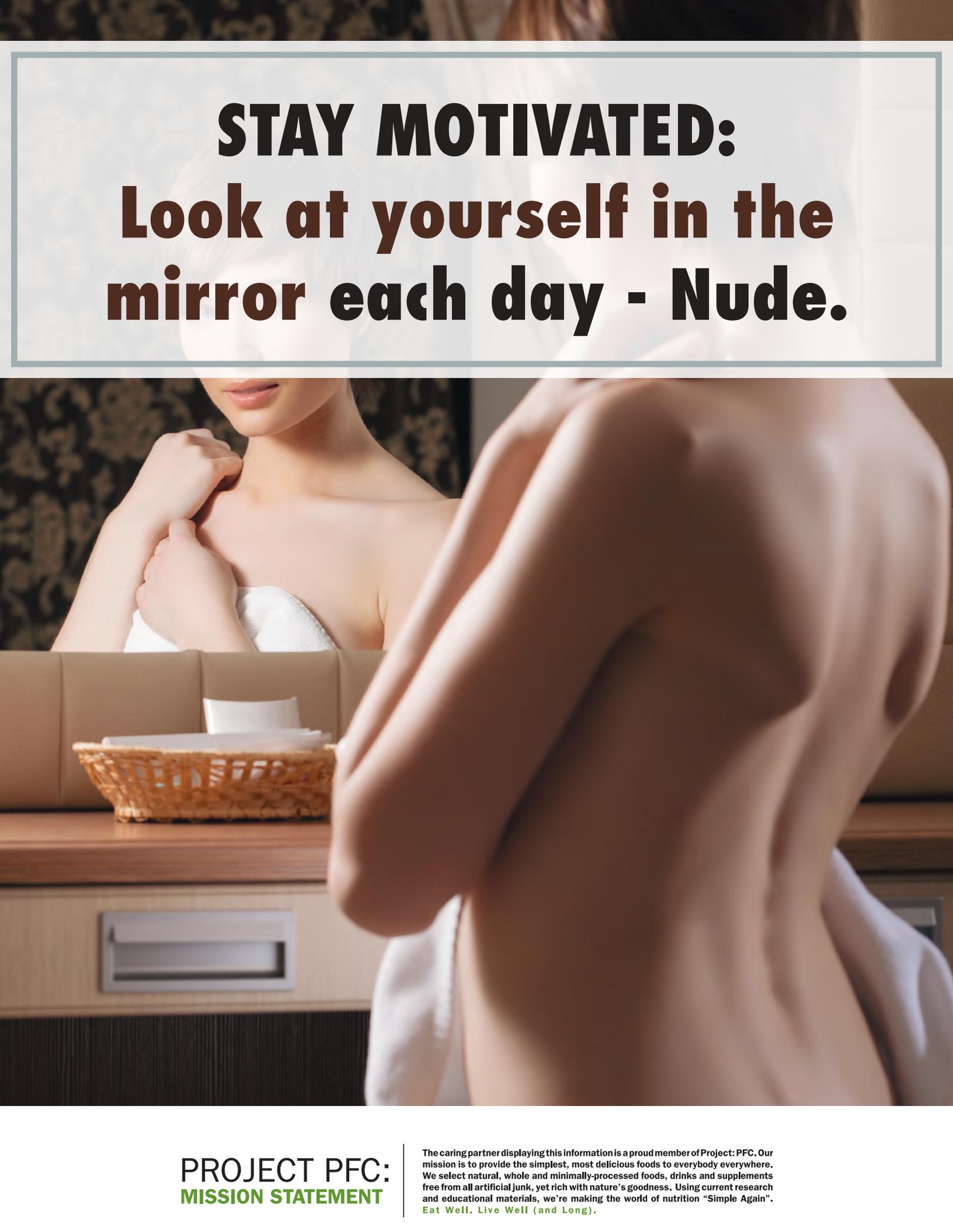
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WEIGHT LOSS TIP:
**Take your dog for one
extra walk each day.**
It's great for both of you.



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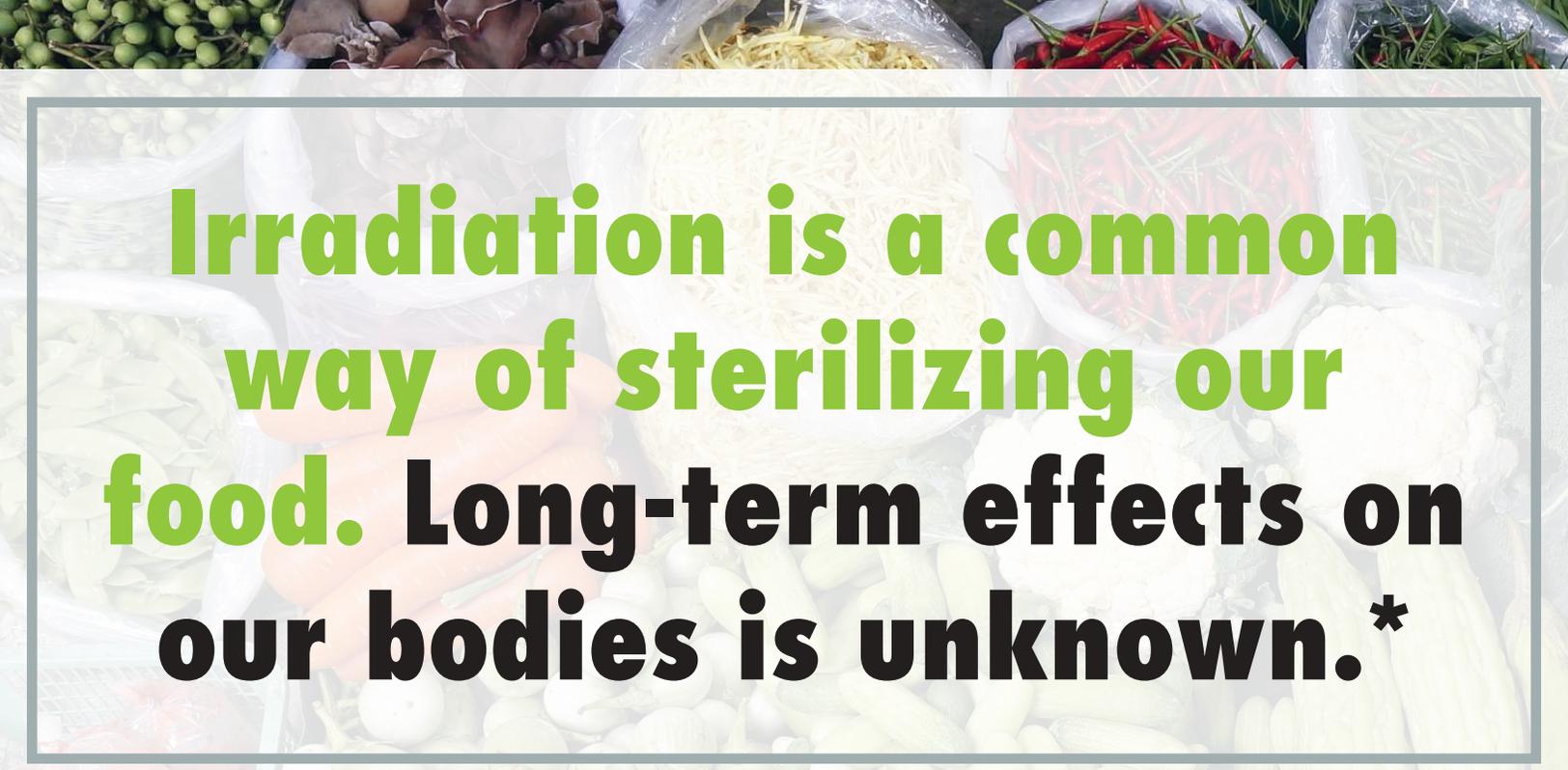
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**STAY MOTIVATED:
Look at yourself in the
mirror each day - Nude.**

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Irradiation is a common way of sterilizing our food. Long-term effects on our bodies is unknown.*



<http://www.diet.com/g/irradiatedfood>

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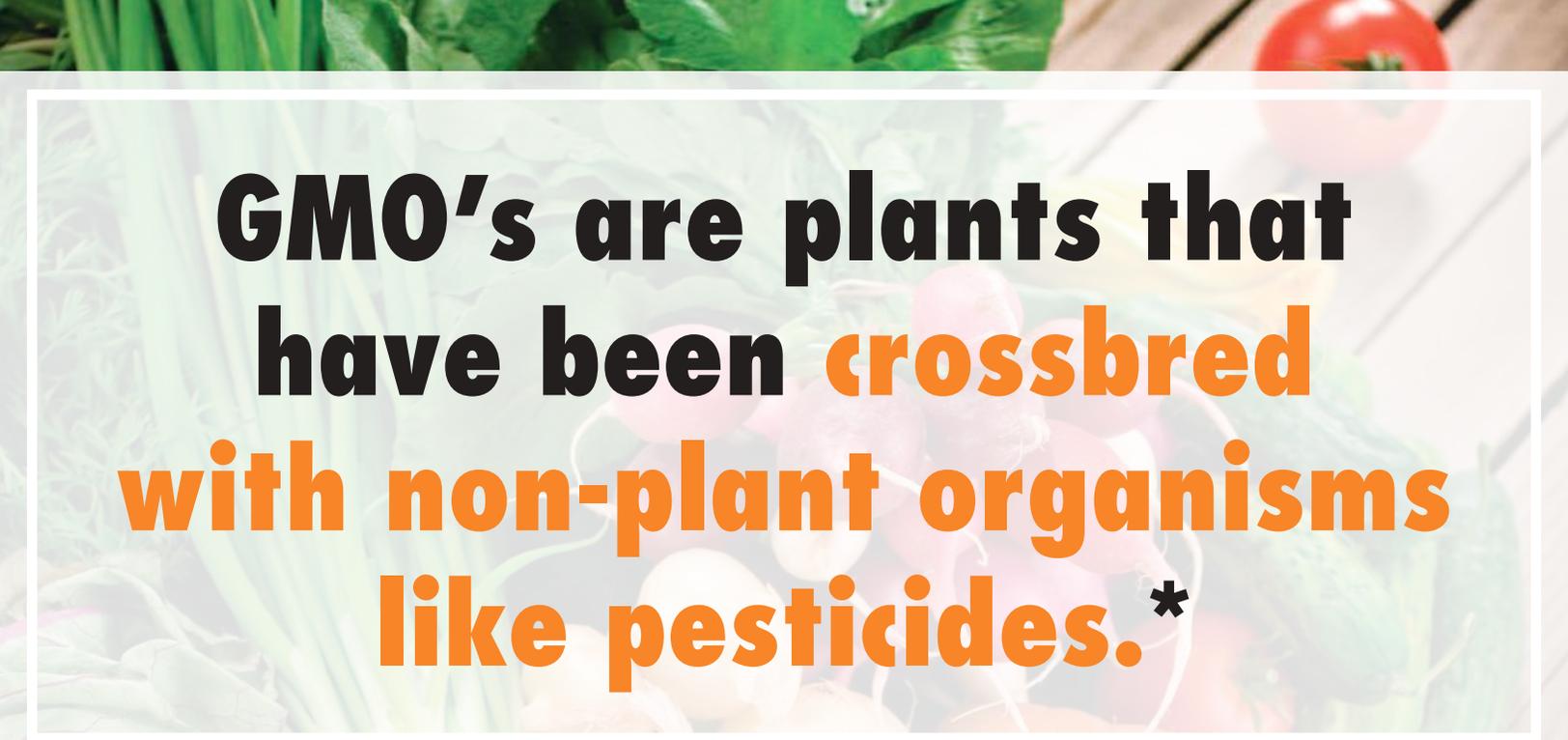


**FACT: Most herbs & spices
have been irradiated.***

<http://www.olet.com/g/irradiatedfood>

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**GMO's are plants that
have been crossbred
with non-plant organisms
like pesticides.***



<http://whfoods.org/genpage.php?name=gsa&subid=207>

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**FACT: most non-organic
Corn, Potatoes, Soy
& Canola contain
some form of GMO.***

<http://gmoawareness.com/shoppinglist/gmo-free-brands/>

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**Commercial fertilizers
deliver synthetic
phosphorous, nitrogen
& potash, but **lack trace
minerals** that plants
& our bodies need.***



<http://www.madehow.com/Volume-3/Fertilizer.html>

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WEIGHT LOSS TIP: Watch less TV.



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**98% of your 75 trillion
cells will die & be replaced
every 9 months.
What you eat matters!***



<http://www.newscientist.com/blog/lastword/2005/09/organ-farms.html>

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Every two days, 50 million stomach cells die and are replaced. There's always hope.*



<http://www.fsmithcom/MS/20Web/humanbody.html>

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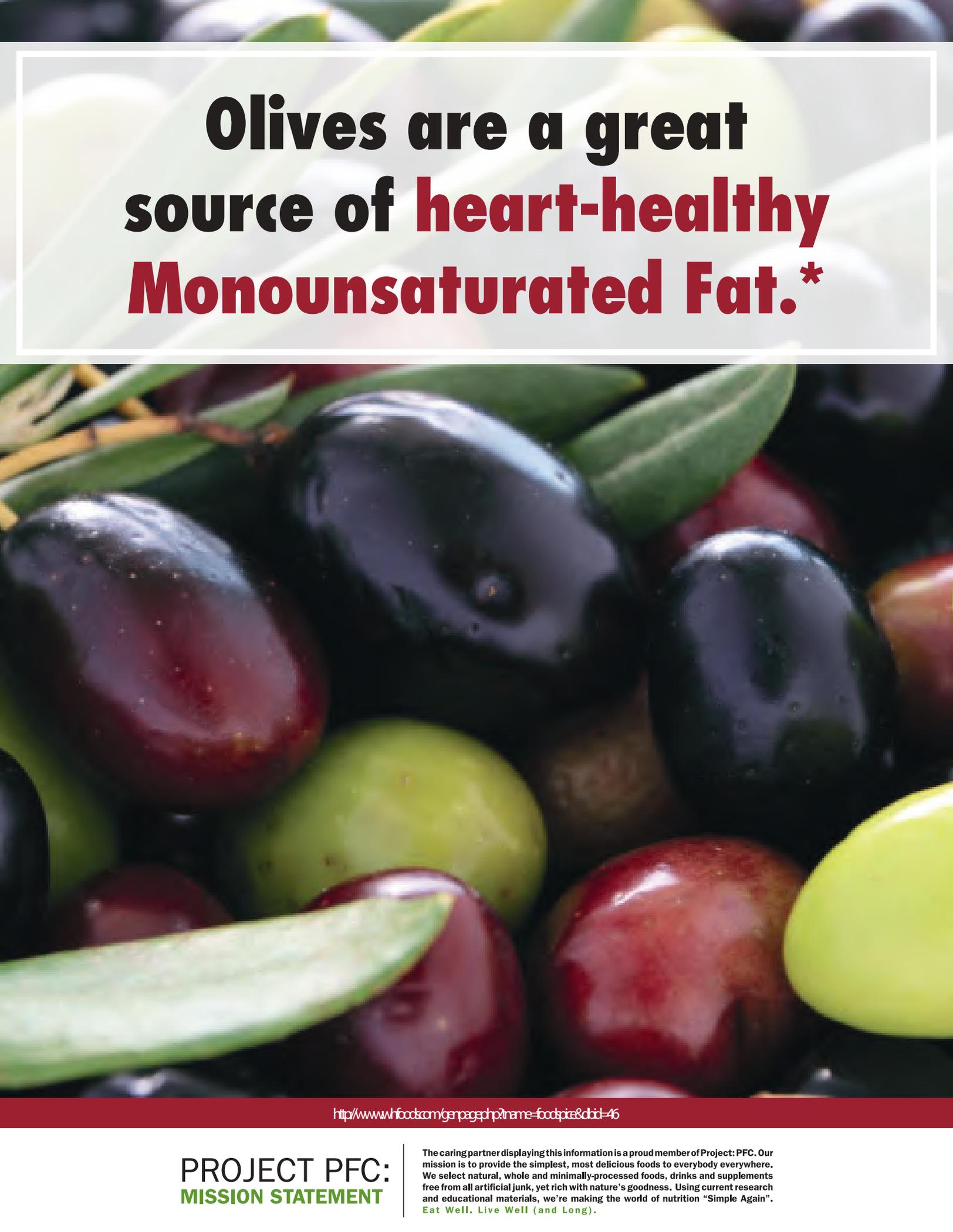
**Extra Virgin Olive Oil
is rich in Polyphenols
which are great for
HDL Cholesterol levels.***



<http://www.cnn.com/2013/02/26/health/five-things-olive-oil/>

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**Olives are a great
source of heart-healthy
Monounsaturated Fat.***

<http://www.whfoods.com/genpage.php?name=foodspice&cid=46>

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**What you eat can seriously
affect your chances of
getting a chronic illness.***



<http://www.nhbin.gov/health/health-topics/topics/obe/print/index.html>

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**It is estimated that 1 / 3 of
all Cancers are linked to
diet or physical inactivity.
It may be much higher.***



<http://www.cancer.org/cancer/cancercauses/dietandphysicalactivity/dietandphysicalactivity>

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