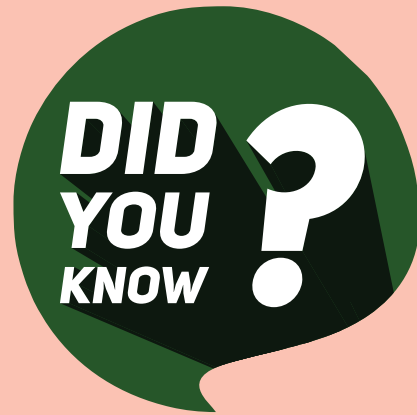
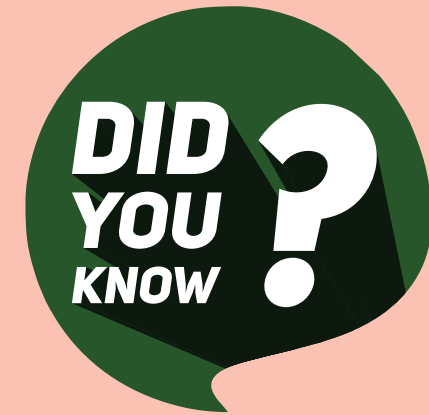


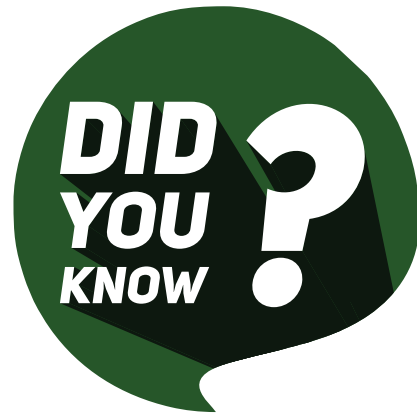


Eating 10-12 almonds,
is equivalents to 2 aspirins
try this for migraine headache.



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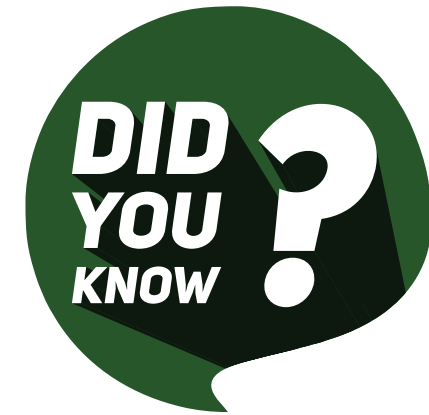




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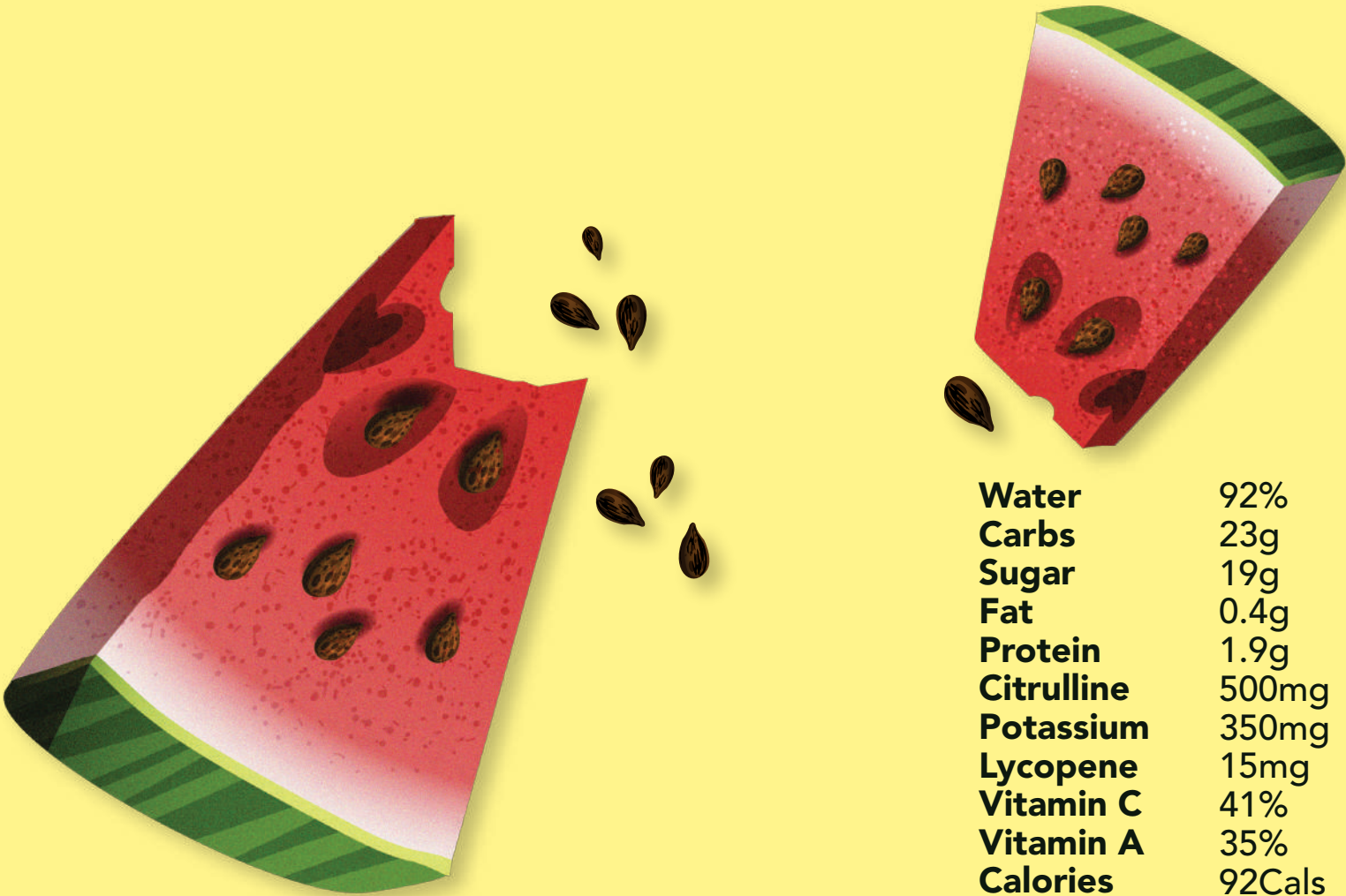
Health/Mental Health/Daily Knowledge



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WATERMELON
is around 90% water
useful for staying hydrated, helps with
sperm mobility & manage weight.

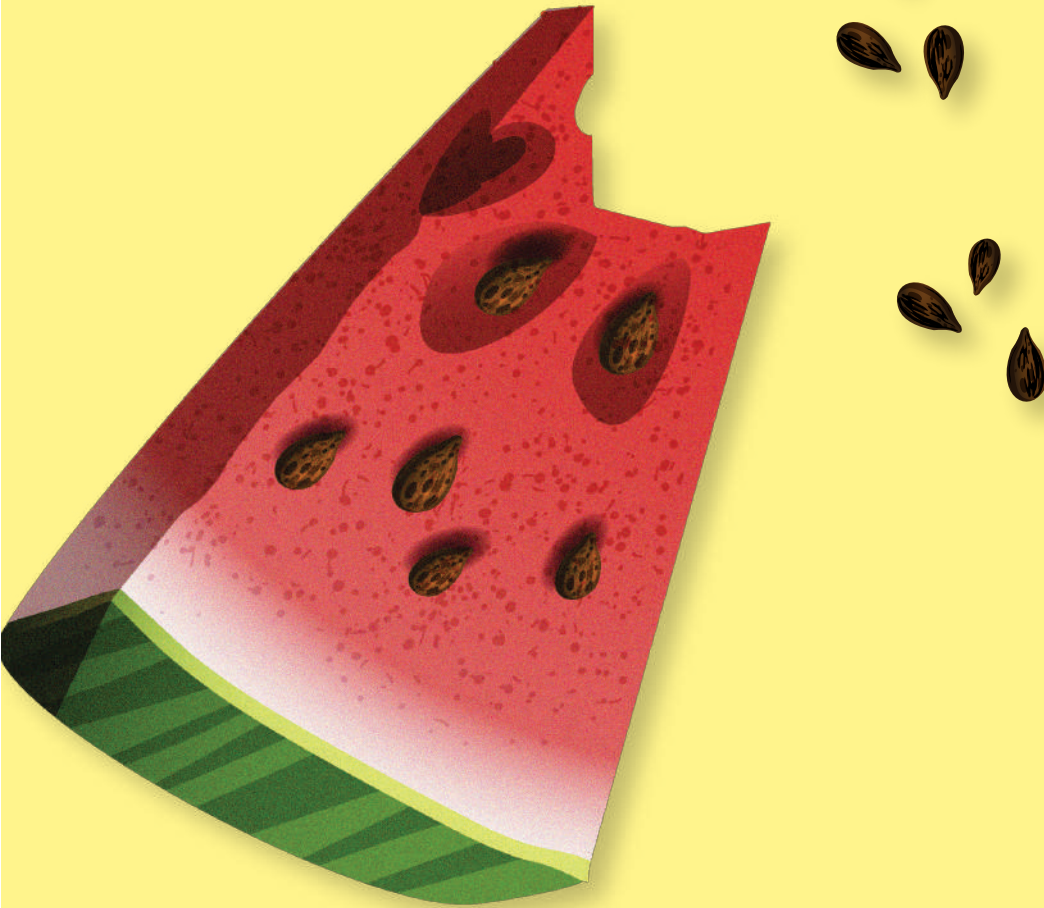


Water	92%
Carbs	23g
Sugar	19g
Fat	0.4g
Protein	1.9g
Citrulline	500mg
Potassium	350mg
Lycopene	15mg
Vitamin C	41%
Vitamin A	35%
Calories	92Cals



Daily Diet/Workout Diet/Food/Suggested Food

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LAUGHTER

AND ITS BENEFITS

-  increase serotonin & endorphins in brain
-  replenishes the lungs
-  relaxes muscles & eases tension in body
-  reduces stress hormones in body
-  protects heart
-  increase immunity
-  best body workout



Muscle
Vision
Nutrition