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HEALTH & WELLNESS



The High Energy Hour
Archives Available
June 12th 2018: Take Back Your Strength

Metabolic Syndrome is a serious issue with many American adults today but it doesn't have to be that way. With the right nutrients, high fiber, and lean protein you can gain you more energy, better focus and an increased immune system. Understanding what Metabolic Syndrome is and why we end up with it is the first step. The second step, and perhaps the most important step, is how we can not only change it, but take control of our own health, through food, exercise and nutrition for a life full of energy.



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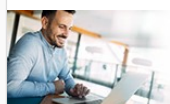
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