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HEALTH & WELLNESS



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August 4th 2014: Reduce your stress levels naturally!

Stress is a very serious health issue in our society. Stress, if not reduced, can lead to mental imbalances, digestive problems, inflammation, low libido, heart disease and adrenal fatigue. Learn how to reduce stress through proper nutrition, exercise, meditation, lifestyle changes and natural supplements. One supplement that I am going to share with you is called "Adaptogens". It's the best stress supplement I have seen on the market and when coupled with proper nutrition, the stress levels will come down and you will feel more energetic and have a better mental outlook on life. Most ever

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Featured Guests

Guest Image

Stan Haley

Stan Haley is the president of Natural Longevity, which manufactures the product, "Adaptogens.". Stan has a great background in business, nutrition and natural health.

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Guest Image

Jackie Smith

Jackie Smith is an expert in nutrition and natural health. She is one of the leaders in Natural Longevity's amazing product, "Adaptogens."

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