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### Make America Healthy Wednesday at 2 PM Pacific

Are you tired of feeling overweight, toxic, tired, heavy, slow and sluggish? Have you lost your energy, drive and motivation? Want to make changes but not sure how to feel good again? Lacking knowledge and desire to be healthy and manage your weight and health? Make America Healthy focuses on practical solutions for you to live your best life and be the best version of you. Topics will include weight loss, addiction, ADHD, Depression, Anxiety solutions, cures, mindfulness and more. Expert guests include health practitioners, psychologists, biohackers, holistic practitioners and REAL people pro

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