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Live Healthy, Be Healthy Archives Available

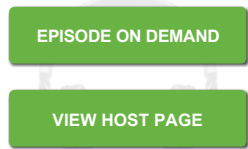
June 16th 2015: Minerals, 'magic particles' and your health!

Minerals are those so necessary, yet often overlooked, 'magic particles' that we must have for good health. In this episode we are going to take a look at what these 'magic particles' do for us. We will discuss how to make sure you are getting all the minerals that you need for proper health as well as how to determine if you are deficient in any of these truly 'magic particles'. Join us so you can learn more about how to Live Healthy and Be Healthy!



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