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By Dennis E. Bradford

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<http://dennis-bradford.com/physical-well-being/foods-that-boost-metabolism>

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http://www.answers.com/Q/What_is_the_easiest_way_to_get_rid_of_lower_stomach_fat

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Health & Fitness - Los Angeles Times - California, national -

Joe McCauley swims in waters off Santa Monica Beach after getting help with his aquaphobia. (Kent Nishimura / Los Angeles Times)

<http://www.latimes.com/health/>

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<http://kkpk.org/uncategorized/truth-of-gout-revealed/>

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Disease Proof : Healthy Food -

feeding kids healthy food in school costs more, Cravings can be beaten, eating more high-nutrient foods helps control food cravings and overeating

<http://www.diseaseproof.com/archives/2008/04/articles/healthy-food/>

About Me -

About Me. Dennis E. Bradford, Ph.D. Personal Background: Birth: have a look at the Why Consult? page and the Help From Others page.

<http://www.consultingphilosopher.com/about-me>

Why You Eat So Much and How to Stop - AOL On -

Experts say nearly 36% of baby boomers are obese and emotional overeating may play a role. This behavior includes eating binges or grazing, preoccupation with

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activity can all affect your The hypothalamus, at the center of your brain, is one area that drives appetite for food. The hormonal changes of your

https://www.healthtap.com/user_questions/70408-what-can-i-do-to-stop-cravings-and-overeating-while-on-my-period

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<http://besttreatmentfordepression.org/?p=6472>

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