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EMPOWERMENT



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February 11th 2020: Your body talks Are you listening?

As humans, we believe we will live forever. So it should come at no surprise when we begin feeling the effects of how we live. The body is a miracle in real time. Think about it. It houses our vital organs, it moves, it stretches, it produces other life and more. There's so many things that we don't know about it. There's so much we can learn about how the body recovers from injuries, illnesses, and how it works to sustain our lifestyles. We all should know more about our bodies and how it works. Remember the human body is our temple. We should treat it with respect and listen to it when it te

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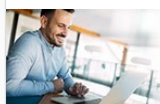
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