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Here's What You Get:

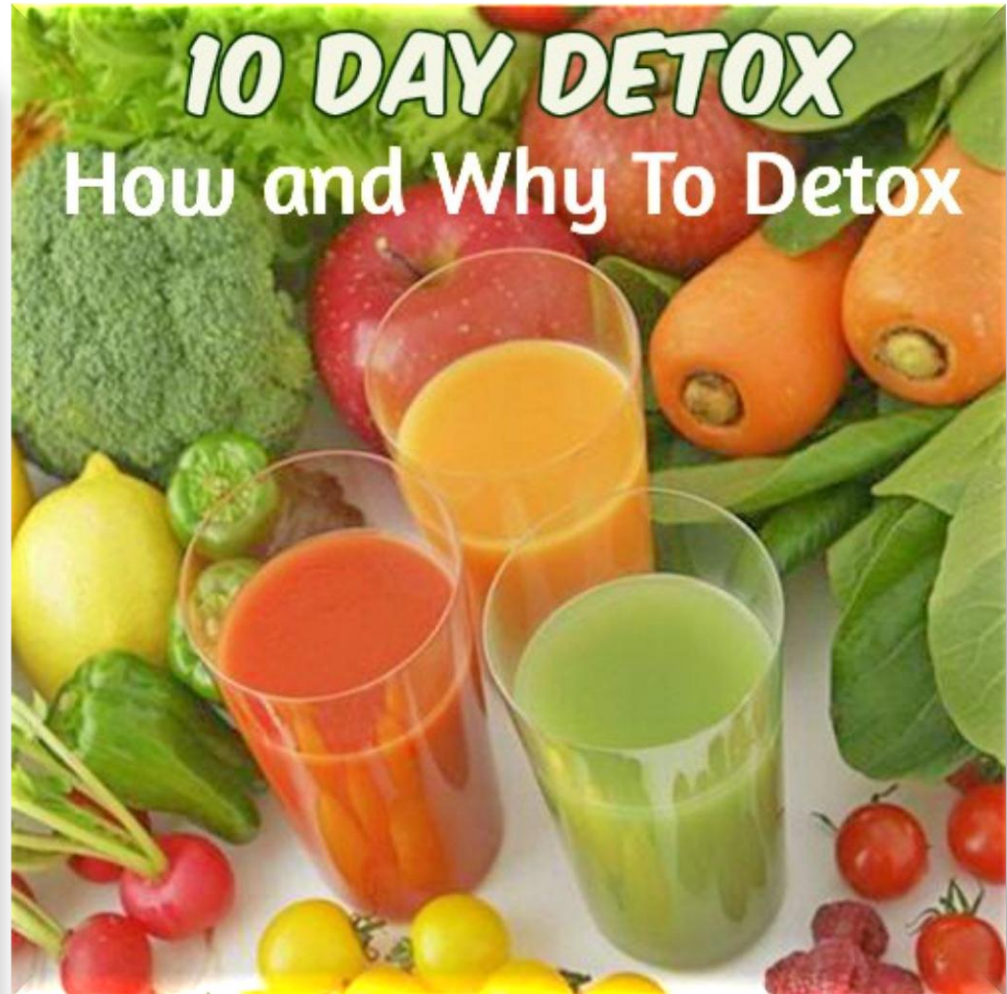
10 Day Detox **How and Why To Detox**

This report is **27 pages, single spaced**.
There is no fluff, no filler, no nonsense.
Only high quality, helpful information.

You can view the TOC and read an excerpt
on the next slides.

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10 DAY DETOX

HOW AND WHY TO DETOX

INTRODUCTION

Detox, or to give it its full name 'detoxification' has been around since humans first became civilized and is a very natural way of getting rid of harmful pollutants that may have built up in our bodies.

Sometimes people are scared of 'detoxing' because they think that it will mean going without food for the entire process and existing only on water with the occasional shot of lemon juice. But this is not the case. Detox is simply a way of cleaning out your body, helping to give the internal organs a little breathing space, so that they can recharge and continue to operate as they should.

In this guide you will learn just how to detox safely, with minimum discomfort, so that your body becomes clean, pure and is returned as near as possible, to its optimum state of well being.

WHO NEEDS TO DETOX?

Unless you live on a very remote island, where there is no traffic, no processed food and you grow all your own fruit and vegetables (organically of course) and you rear all your own cattle, animals for meat and milk them yourself, then you need to detox.

Every day people are subjected to toxins. These build up in the body and mean that instead of dealing with natural substances only our poor old kidneys and livers have to handle lots of 'foreign' matter, in other words : the 'terrible toxins'.

This can make people more susceptible to stress, so if you are constantly feeling as if you are stressed out and tired, then a detox program could certainly help you to regain some balance.

But there are other symptoms of too many toxins being present in the body and these include:

- Tiredness,
- Overly rapid pulse rate
- Swollen ankles

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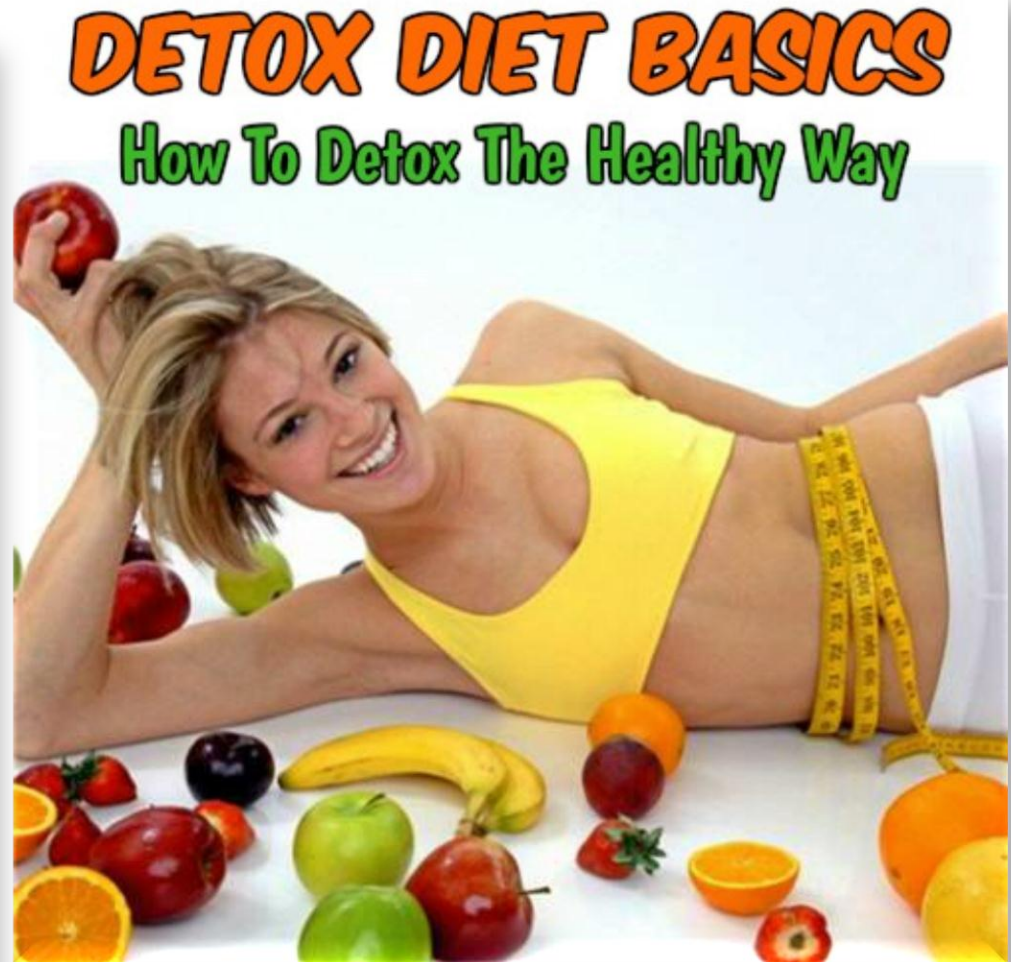
Detox Diet Basics How to Detox The Healthy Way

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DETOX DIET BASICS

HOW TO DETOX THE HEALTHY WAY

Detox Diet - A Basic Understanding

Detoxification Occurs In Our Bodies Daily

Our internal organs, the colon, liver and intestines, help our bodies eliminate toxic and harmful matter from our bloodstreams and tissues. Often, our systems become overloaded with waste.

The very air we breathe, and all of its pollutants, build up in our bodies.

Today's over processed foods and environmental pollutants can easily overwhelm our delicate systems and cause toxic matter to build up in our bodies.

Detox Diets Are Designed To Help Your Body Rid Itself Of The Toxic Matter Buildup And Lose Weight

If you feel sluggish, have frequent colds, digestive problems or just aren't feeling your best, you may have a toxicity issue. A detox diet will help you clean the harmful matter from your body and lose weight.

A Detox Diet Will Help Your Body By Increasing Stamina And Energy, Making The Digestive Process Easier

It will help in increasing mental clarity and decreasing allergies. Most detox diets don't involve weird or unhealthy foods, simply fresh and whole foods like fruits and vegetables. Eat plenty of fresh fruit, except grapefruit. Enzymes in grapefruit interfere with the proper functioning of enzymes in the liver, so they should not be used during detox diets.

Grapefruits should not be eaten during detox programs, but they are great for anytime else.

Fresh Vegetables Are Also Great On A Detox Diet

The best vegetables for detoxing are broccoli, garlic, artichokes, beets, cauliflower and red and green vegetables. Avoid corn products, as corn often contains allergens. Rice is also acceptable on a detox diet, and beans, nuts and seeds are great as well.

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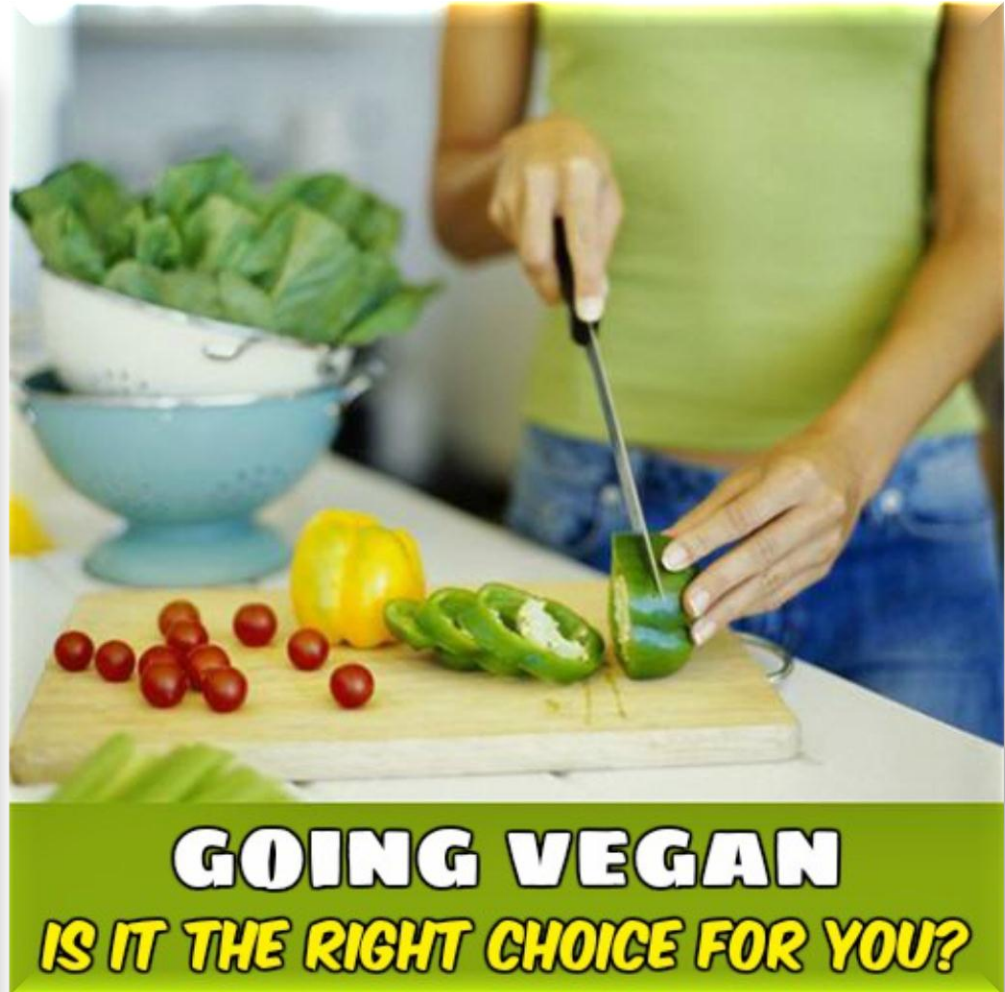
Going Vegan? Is It The Right Choice For You?

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GOING VEGAN IS IT THE RIGHT CHOICE FOR YOU?

INTRODUCTION

We have become a health-conscious society here in the twenty first century. As we continue to find out information about processed foods, chemical pesticides, and various nutritional contents of food, many people have become alarmed at the unhealthy make-up of some of our foods.

Some people have chosen to eat healthier cutting out fats and carbohydrates in an effort to both eat better and to control weight gain. Other people have chosen a different route. They have decided that the way to go is to eat vegetarian or vegan.

The choice to become a vegetarian or vegan is a very personal one. The reasons people eschew meat are wide and varied. It's not always an easy lifestyle either. Problems can abound especially when attending events or eating out.

Many people consider vegetarians to be an odd sort and can't imagine how they can give up comfort foods like cheeseburgers and fried chicken. For some of us, not eating meat is inconceivable. But for those people who have embraced the vegetarian lifestyle, they report that they really don't miss meat in their diet.

Some who are considering going vegetarian worry about getting enough nutrition in their diets for a healthy life. There are ways to get the protein and nutrition you need to be healthy without eating meat or chicken.

Others are concerned about whether or not to include their children in this way of eating. Should you keep meat away from your child or will that affect their health in an adverse way?

The good news is that if you have decided that living as a vegetarian might be for you, you've found this book! Inside these pages, we'll address many of these issues that might have you concerned.

We'll guide you toward successfully becoming a vegetarian and show you ways that you can live a healthy lifestyle without eating meat. It's not as difficult as you might think.

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Here's What You Get:

Lose Fat The Low Carb Way

This report is **15 pages, single spaced**.
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LOSE FAT THE LOW CARB WAY

Why Is The Population Becoming Fat?

Weight gain and obesity have become causes of health concerns in the western world.

Obesity in particular is one of the leading causes of preventable death in the world today. Studies have been conducted to establish the reasons why the world population seems to be gaining weight. Research has shown, for instance, that the general weight of the population today, is much higher than it was in the 1960s.

What are the factors that have contributed to this turn of events and what are the intervention measures that can be instituted to control it? Studies have shown that although our children still engage in physical exercises, just like the children of yester years, they still add weight and in some cases get obese. For the older people, lack of exercise, among other issues has been cited a reason for weight gain or becoming fat.

Obesity and weight gain have been attributed to the foods we eat. Research shows that we have increased our food intake which unfortunately contains a higher percentage of sugar than what the world population used to ingest about fifty years ago. Also, the amount of fat that we eat has considerably increased. This coupled with lack of exercise have been cited as the leading causes of weight gain.

It's an established fact that when we get large portions of fatty foods, creamy desserts, alcohol and soft drinks full of sugar, our calorie intake gets higher. With a higher calorie intake, we are expected to do a lot of exercises to burn the excess calories. If this is not done, there is a calorie pile up that leads to weight gain.

The solution to these problems lies in the ability to change our eating habits. One way of controlling unnecessary weight gain is the eating low carb foods. This way, the amount of calories in the food is closely controlled and helps in making one healthier.

Low Carb diets have been defined differently depending on whether the point of discussion is centered on the amount of calories derived from carbohydrates or the percentage of carbohydrates in a diet. Generally though, low carb diets can be

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Here's What You Get:

Lose Weight With Lap Band Surgery

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LOSE WEIGHT WITH LAP BAND SURGERY

HISTORY OF SURGICAL WEIGHT LOSS PROCEDURES

There are a great many reasons why both men and women, either as adults, teenagers and even senior citizens struggle with weight loss and weight maintenance. While many people simply eat incorrectly and don't exercise enough, there are other individuals that, through no fault or lack of desire on their own part, are simply not able to lose the weight needed to maintain health. For most of these individuals that are struggling to lose 50, 70, 80 or even more than 100 pounds the prospect of simply changing eating habits and increasing exercise levels is just not enough to help them in their weight loss goals.

With modern surgical procedures, now effectively tested and researched, weight loss for those considered morbidly obese is no longer just a dream or a wish; it is a reality. Morbidly obese individuals are those that weigh more than 100 pounds over healthy body weight for their age, height and size and have a Body Mass Index (BMI) of more than 40 or more than 35 if coupled with another concurrent health condition.

In addition even those that are not morbidly obese but are overweight by more than 40 pounds and/or have a concurrent medical condition can now elect to have lap band surgery. Although this surgery is not often covered by insurance, recent advances have made it much more reasonable even for private pay.

To understand the different types of weight loss surgery and how they differ it is important to take a look back into the not too distant beginnings of the procedure. Each individual surgery type has its own advantages and potential risks and prospective patients should definitely know as much as possible about each weight loss option.

BARIATRIC SURGERY FROM THE 1950'S

The first bariatric procedure to provide support in weight loss through surgical means was performed in the year 1954. This groundbreaking procedure, known as an intestinal bypass, was performed by Dr. A.J. Kremen. This surgery, which actually cut out the middle part of the intestine and attached the upper intestine directly to the lower intestine, was designed to limit the absorption of calories from the intestine into the body. The patient's body simply was no longer able to absorb the calories, fats and carbohydrates since the greater part of the intestine was no longer present and working. There were other surgeons in different parts

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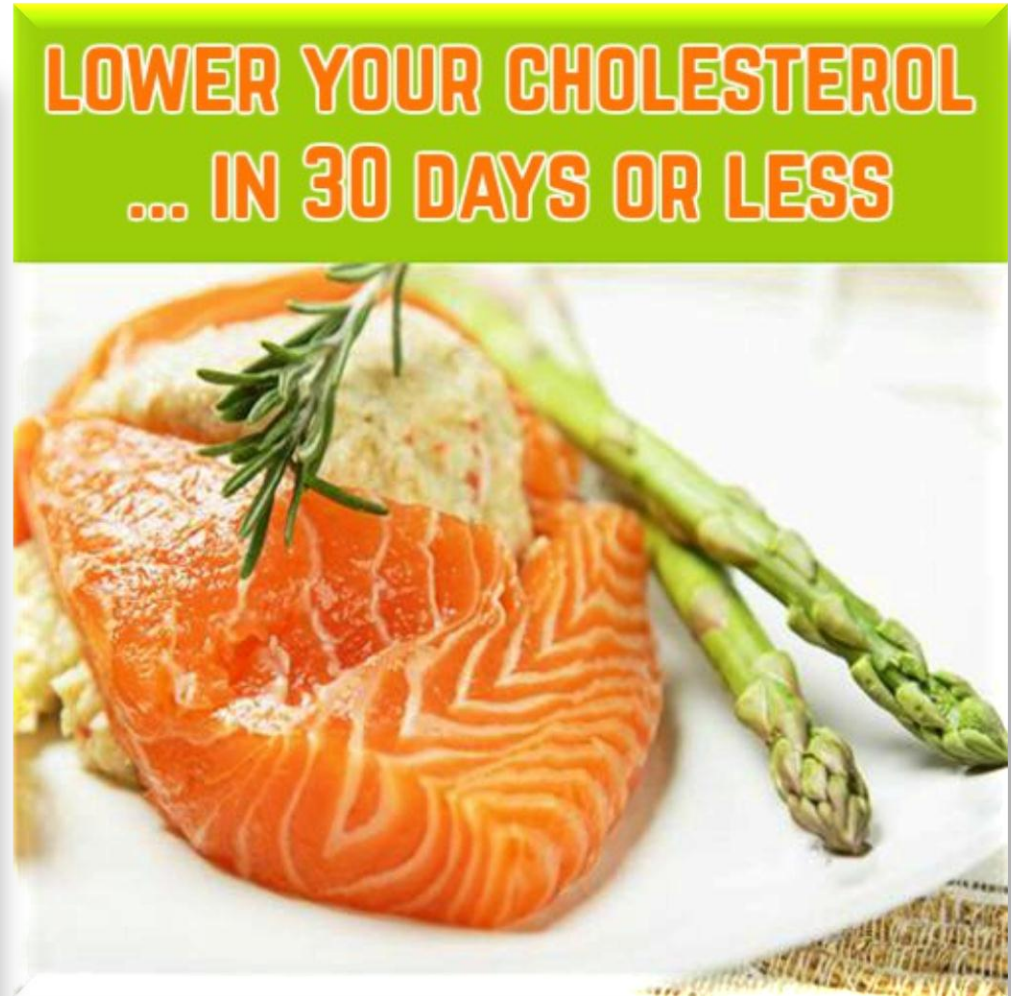
Lower Your Cholesterol ... In 30 Days Or Less

This report is **55 pages, single spaced**.
There is no fluff, no filler, no nonsense.
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LOWER YOUR CHOLESTEROL IN 30 DAYS OR LESS

Cholesterol: A Basic Introduction

If you are reading this, then odds are you are worried about cholesterol. Whether you are concerned because you have read statistics that suggest high cholesterol may be bad for you or whether you are worried because you or someone you know has been diagnosed with having high levels of “bad” cholesterol, the fact is that we could all stand to learn more about this important health issue.

In fact, many health experts now think that high cholesterol levels are among the greatest health problems that face us today. In this book, you will learn how to take control of your health. By the end of this guide, you will know:

- What Cholesterol is and why it is important
- What too high cholesterol can do and treatments that can help you lower your cholesterol
- What exact steps you can take to live a heart healthy life
- The secrets that can make healthy cholesterol achievable
- How to speak to your doctor about cholesterol
- The myths that can affect your health
- What to eat for a healthy heart

You can use this guide as you wish, reading it all in one sitting or reading just the sections you find interesting or most useful. A helpful glossary at the end can help you understand the basic terms and can refresh the ideas you will learn as you read the following pages. The ideas in this book will help you lower your cholesterol in as little as thirty days. Use as many of the tips and suggestions as can and apply all the tips and advice that you find useful.

This book has especially not been organized to tell you what to do in the first two days, the next week, and so on, because cholesterol is not a step by step process.

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Here's What You Get:

Low Fat Diet Facts

This report is **14 pages, single spaced**.
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LOW FAT DIET FACTS

Benefits of a Low-Fat Diet

Any benefits you might experience from a low-fat diet are more likely to come about if the diet is part of a healthy lifestyle. In other words, just cutting out fats doesn't magically make you healthier; studies show that a low-fat diet needs to be a component of a lifestyle and diet that is healthy overall.

What Is a Low-Fat Diet?

It would seem that a "low-fat diet" is simply a diet with little fat intake. But it isn't necessarily that simple. Generally speaking, a diet is classified as "low fat" when 30 percent or less of your total calories come from fat. Here are some benefits to consider in a low-fat diet:

- * **Weight loss** - Loss of weight and body fat often occurs when a low-fat diet is adopted. When you cut back on fat, you generally cut back on total calories. And loss of weight has been shown to have all sorts of health benefits, from improved cardiovascular health to decreased joint pain.
- * **Lower risk of disease (possibly)** - The jury is still out on this one. Because of some studies, particularly an eight-year-long one that was reported in 2006, not all health professionals accept the notion that a low-fat diet decreases your risk of disease. But some do, and not only because of the weight loss experienced in a low-fat diet.

Proponents of a low-fat diet claim that cancer, particularly breast and colorectal cancer, as well as heart disease from clogged arteries, are less likely to manifest in those who practice a low-fat diet.

- * **Less saturated fat** - Lower consumption of saturated fats (particularly those that are animal-based) has been linked to decreased risk of diseases such as cancer and gall bladder disease. Studies have also indicated that less saturated fat intake helps lower cholesterol.
- * **Save money** - Many high-fat foods are pre-packaged, such as potato chips and snack cakes. This kind of packaging and preparation costs money. A low-fat diet based in whole foods can cost much less money. (For example, a 5-pound bag of potatoes is no more expensive than a 12-ounce bag of potato chips.)

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Here's What You Get:

Natural Detox Made Easy

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NATURAL DETOX MADE EASY

A Full or Total Body Detox

A 10-day or 2 week detox is a full body detox that usually means taking several different steps to reach your total body transformation. It might involve a change in diet, exercise and more.

A full body detox is more thorough than a 24-hour fast or 72-hour juice diet. You need a full body detox program and you need to be ready to commit the full amount of time that it will take to get the full benefit of your detox.

You need a system that can help you by:

- Removing heavy metals such as lead and mercury
- Detoxify your liver, kidneys and other organs - even the brain
- Replenish the friendly bacteria with a pro-biotic formula
- Recharge your immune system with a powerful antioxidant support

You might also want to work on your emotional state and detoxing your mind. While your brain is an organ as well and will get the same benefit from detoxing the other organs of your body, detoxing the soul is a bit different.

If you want to cleanse and refresh your body, it is a great idea to cleanse and refresh your mind and spirit at the same time which can be done in a 10-day full body detox. Spend time relaxing, recouping and retraining your mind. Take time to de-stress from all the worries and trouble in the world and in your life while also cleansing your body physically.

You might want to try journaling and breathing and relaxing exercises in addition to the ingested regimen you have for your total body detox. You will come out of the process feeling like a new person.

What Is A Body Detox Routine?

Basically a detox routine is an all-natural method of cleansing your body by giving it the time and conditions it needs to rebuild and heal from the damages of daily life and the foods you eat and other substances you intake.

There are many different types of known detox routines. Some common types include:

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Here's What You Get:

Paleo Diet Basics

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PALEO DIET BASICS

DIETS & DIETING PROFIT PACK

PALEO DIET BASICS

What is the Paleo Diet?

For 2.5 million years, early man foraged and hunted for seafood, meat, vegetables, fruit, nuts, roots and seeds. This period of time before the development of agriculture is known as the Paleolithic era. The Paleo diet is also known as the Stone Age diet, hunter-gathering diet and the caveman diet. No matter what you call our ancestors, some things haven't changed. Man's digestive systems have evolved only the slightest amount in the 10,000 years since farming changed our diets. Shortened to Paleo, the modern diet is an approach to nutrition that mimics the early man's diet for ultimate health.

Our minds are modern, but our bodies and brains still need the same food. Gastroenterologist Walter L. Voegtlin first popularized the Paleo diet in the 1970's. He argued in, "The Stone Age Diet," humans as carnivores, chiefly needs fats, proteins and a small amount of carbohydrates for optimum performance. For the last 30 years, obesity has been increasing in the United States. Our modern diets are laden with preservatives, processed sugars, and fried foods. Today's health crisis has led to a renewed interest in Voegtlin's tested approach to healthy living.

Benefits of the Paleo Diet

The advantages of the Paleo Diet have been researched and proven in numerous academic journals. It is amazing how changing what we put in our mouths can cause dramatic changes in our quality of life.

- Lose fat- Though the Paleo diet is designed as a weight loss plan people inherently lose weight. The foods that make up the Paleo diet are what we call fat burning foods. In fact, the Paleo diet allows you to eat large quantities of delicious food while restricting calories. The result is a lean, fit body.
- Fight Disease- The Paleo diet is proven to help prevent diabetes, Parkinson's avoid Parkinson's, cancer, heart disease and strokes.
- Improve Digestion- Many digestive problems such as, irritable bowel syndrome, Crohn's disease and indigestion can be avoided.

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Here's What You Get:

Paleo Diet Recipes

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PALEO DIET RECIPES

DIETS & DIETING PROFIT PACK

PALEO DIET RECIPES

Fresh Herb Meatballs

Serve these with a marinara or spaghetti sauce and over spaghetti squash or zucchini noodles if desired.

INGREDIENTS

- 1 lb ground beef;
- 1 lb ground pork;
- 1/2 onion, minced;
- 1/2 cup fresh basil, finely minced;
- 1/2 cup fresh parsley, finely minced;
- 1 cup spinach, finely minced;
- 4 eggs;
- 1/2 cup almond meal;
- 1 tbsp dried oregano;
- 4 cloves garlic, minced;
- Sea salt and freshly ground black pepper to taste.

PREPARATION

1. Preheat your oven to 350 F.
2. Combine all the ingredients in a bowl and mix well with your hands to combine. You can use a food processor to reduce the basil, parsley and spinach to a finer mixture before adding it to the ground meat. Season the mixture to taste with sea salt and freshly ground black pepper.
3. Make small balls the size of a golf ball and place them apart on a baking sheet, then place them in the preheated oven to cook for about 25 minutes, until well cooked.

Citrus Pork Rib Roast

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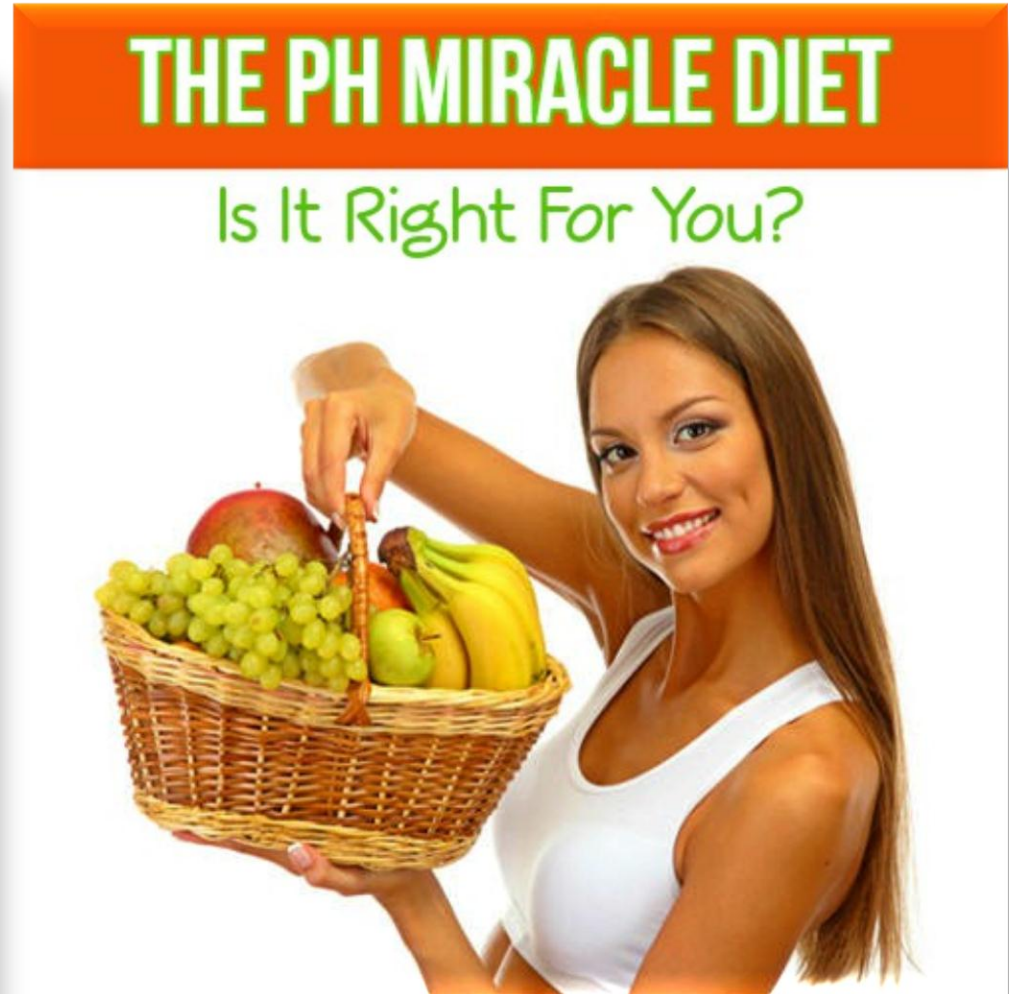
The pH Miracle Diet Is It Right For You?

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THE PH MIRACLE DIET IS IT RIGHT FOR YOU?

INTRODUCTION

With all of the diets available in the world today, it seems that there is no 'right' answer to the question of weight loss. Some diets tell you to do one thing, while another diet the next week contradicts this idea.

What is a person to do?

The truth is that your body already knows how to lose weight, if only you'd work with the way the body actually works. This is why the pH Miracle Diet is gaining such ground in the ever-competitive market of diets. By using knowledge of the body's chemical processes, a person can more easily and more healthfully lose the weight they want (and often need) to lose.

Though it seems that this might be just another diet of false promises and over-exaggerated results, perhaps it's best to learn what the diet has to offer before you begin to criticize its merits.

In this book, you will learn about the pH diet, what it is and how it might be able to help you get into shape while feeling better than you have in years. Perhaps it is just a matter of balancing your body chemistry again.

After all, we all do things which push our chemistry into a negative state:

- Processed foods
- Sodas
- Artificial sweeteners
- Pollution
- Etc.

Sound like you? You're not alone. But you can begin to change your chemistry - with a little knowledge of chemistry.

THE BASICS OF PH AND YOUR BODY

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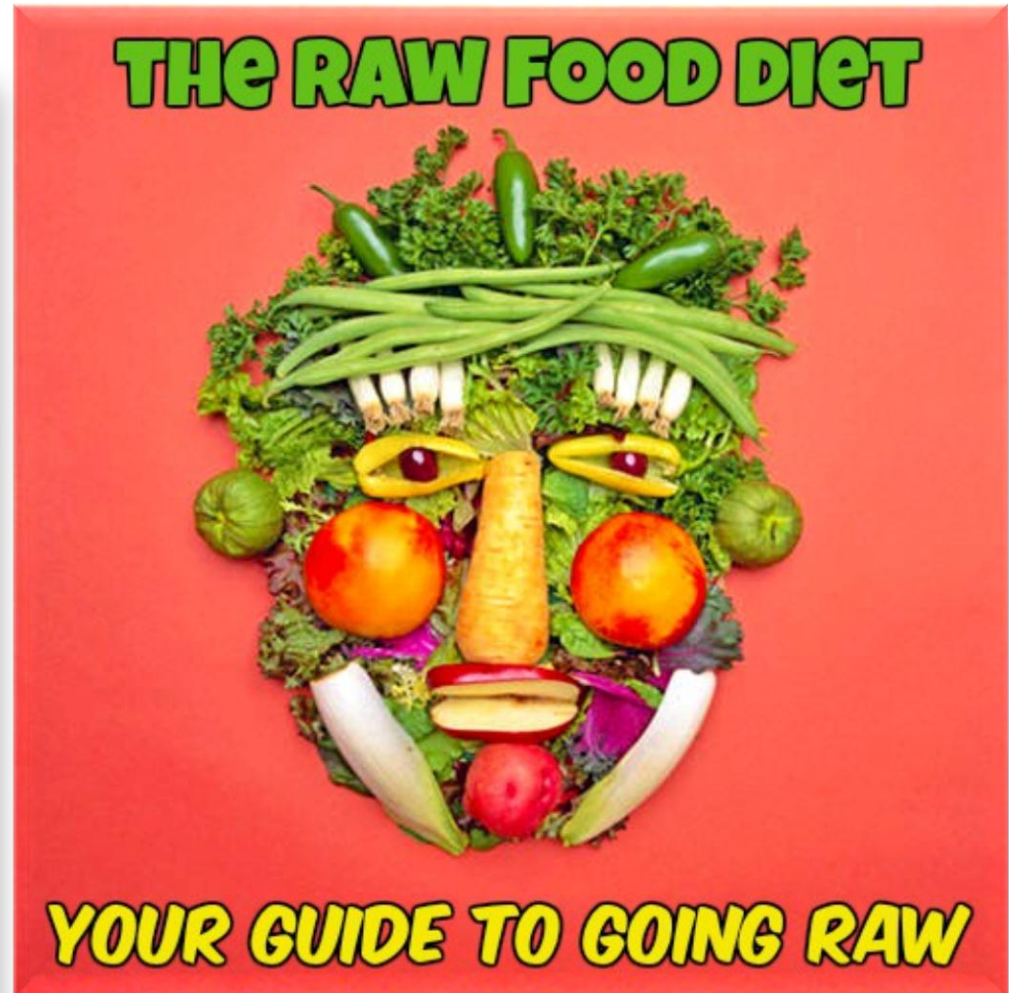
The Raw Food Diet Your Guide To Going Raw

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READ RAW FOODS COOKBOOKS
KEEP A RECIPES AND MEALS JOURNAL
CONSULT WITH A NUTRITIONIST
DON'T WORRY, IT GETS EASIER

RAW FOOD RECIPES

THE RAW FOOD DIET

YOUR GUIDE TO GOING RAW

INTRODUCTION

Anytime you watch the news, read a magazine, surf the internet, or read the newspaper one thing is clear - we are concerned about our health. There are several different ways to achieve a better state of health. You can make diet and lifestyle changes that result in you reaching your goals. But unfortunately, we often turn to fad diets and extreme exercising in order to achieve what we believe to be a normal state of health.

Well, doing things that are extreme are not necessarily good for you. The body is a very complex machine. It takes the right nutrients in order for it to perform optimally. Our modern diets are depleted in a lot of these nutrients and it makes it difficult to achieve the level of health that we really want. Even a diet that is healthy by certain standards may not contain all we need. That is, unless, we consume a high amount of raw foods in order to make up for it.

One of the best ways out there to live a healthy lifestyle is to make the switch and eat a diet made up of mainly raw foods. This includes any food that is in its uncooked state. Because raw foods contain a high amount of nutrients, especially if the raw foods are also organic, it can help clear up certain health problems like obesity and heart disease and cause you to live a life that is filled with energy and free of disease.

Celebrities have embraced this way of eating as well. In fact, this is a diet that countless celebrities, like Alicia Silverstone, have endorsed in the past. They hear about it, try it, and decide that it is one of the healthiest diets out there. In fact, most people who enjoy the raw foods diet are convinced it's responsible for their increased energy and improved health. All they need to do is read the facts about it and then try it. The resulting energy and improved state of health are certainly enough to convince them.

WHAT DOES IT MEAN TO EAT RAW FOODS?

A raw foods diet is one that contains mostly food that is in its uncooked form. Food can be heated to a certain extent, but not if it reaches above 116 degrees Fahrenheit. This is because high temperatures can destroy the nutrients and other things that make the diet so healthy.

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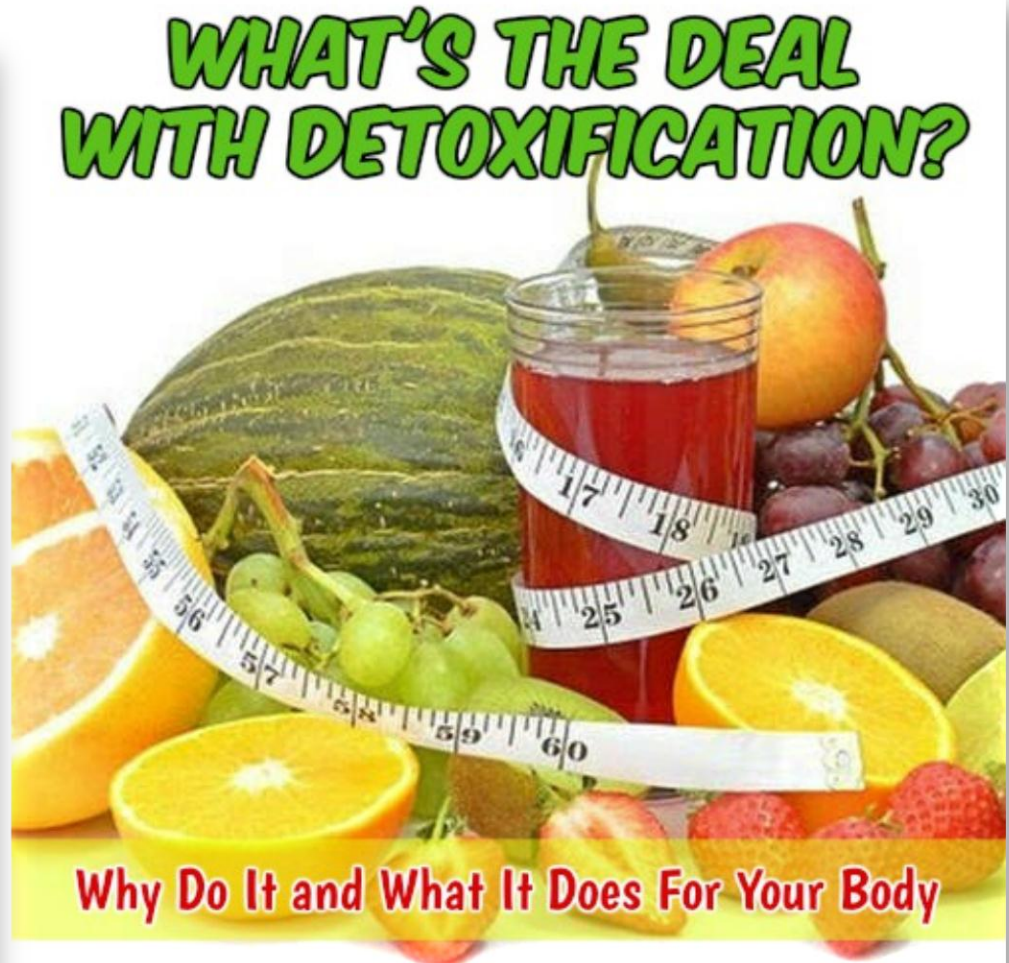
What's The Deal with Detoxification Why Do It & What It Does For Your Body

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There is no fluff, no filler, no nonsense.
Only high quality, helpful information.

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WHAT'S THE DEAL WITH DETOXIFICATION?

What Is Body Detoxification?

By now, you have most likely heard about body detoxification as it is very much in vogue, especially with celebrities. You might have wondered about the idea of colon cleansing and how it works. When you first hear about body detoxification, you may conjure up images in your mind that are unpleasant. Once you get to understand about body detoxification and how it works, however, you will have a different opinion.

Body detoxification concentrates on cleaning out your digestive system, usually by drinking a solution that is made to clear out your intestines and give the organs in your digestive system a boost. Although it may sound like a surgical procedure, body detoxification only involves drinking and then going to the bathroom. That is all there is to the procedure. It works to make sure that your digestive system is healthy.

When your digestive system is in good working order, your whole body sings. If your digestive system is not healthy, then your whole body suffers. In order to have a healthy body, you must have a healthy digestive system.

But your digestive system is the catch all for all of the toxins that you take into your body. Even if you are a healthy person who does not smoke, does not drink and eats only organic foods, you are still taking in toxins. They are in the air that you breathe, the water that you drink and....well, just about everywhere. These toxins linger in the body and find their way to the digestive system - a vital system that you need to maintain good health.

The digestive system is comprised of organs such as the liver, pancreas, kidneys and intestines. Foods usually enter the digestive system through the stomach and are then passed for processing through the digestive tract. Some foods and drinks that you take in make the kidneys and pancreas work overtime in processing them. All of the organs in the digestive system have a job to do in order to keep your body running healthy. Once food and drink is processed in the system, it is then eliminated by way of waste. Liquids are eliminated by urine and solid waste is eliminated through the intestines as feces.

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GREAT TASTING VEGETARIAN RECIPES



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GREAT TASTING VEGETARIAN RECIPES

Eating meatless doesn't mean all rice cakes and soy burgers. You can have delicious meals that are healthy and meatless conforming to your vegetarian choice. Try out a few of these yummy recipes.

Potato and Bean Enchiladas

- 1 pound potatoes, peeled and diced
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon salt
- 1 tablespoon ketchup
- 1 pound fresh tomatillos, husks removed
- 1 large onion, chopped
- 1 bunch fresh cilantro, coarsely chopped, divided
- 2 (12 ounce) packages corn tortilla
- 1 (15.5 ounce) can pinto beans, drained
- 1 (12 ounce) package queso fresco
- Oil for frying

Preheat oven to 400 degrees F (205 degrees C). In a bowl, toss diced potatoes together with cumin, chili powder, salt, and ketchup, and place in an oiled baking dish. Bake in the preheated oven for 20 to 25 minutes, or until tender.

Meanwhile, boil tomatillos and chopped onion in water to cover for 10 minutes. Set aside to cool. Once cooled, puree with half of the cilantro until smooth.

Fry tortillas individually in a small amount of hot oil until soft.

Mix potatoes together with pinto beans, 1/2 cheese, and 1/2 cilantro. Fill tortillas with potato mixture, and roll up. Place seam side down in an oiled 9x13 inch baking dish. Spoon tomatillo sauce over enchiladas, and spread remaining cheese over sauce. Bake for 20 minutes, or until hot and bubbly.

Insanely Easy Vegetarian Chili

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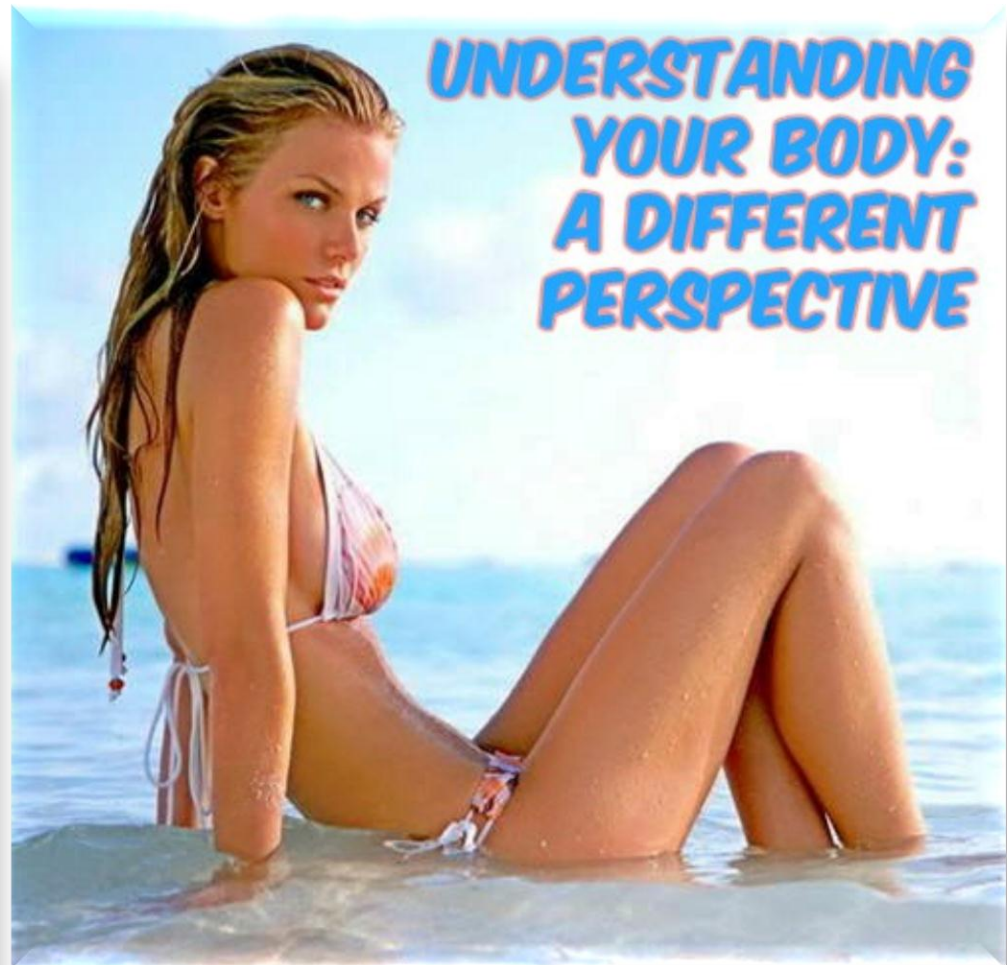
Understanding Your Body: A Different Perspective

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DEALING WITH DIABETES...

PROACTIVELY

Introduction

Diabetes, a disease characterized by chronic high levels of glucose in the blood, is not the major problem it once was. Prior to the end of the 19th century, it might well have been a death sentence for many. Excess glucose can have a number of ill effects, including poor cut healing or kidney damage, even coma. With the advancement of monitoring and insulin delivery methods, it's often now little more than another daily task to perform.

Though the underlying causes are not fully understood, diabetes results from either too little insulin being produced or ineffective use of it by the body. In Type 1 diabetes, for example, the islet cells of the pancreas fail to produce an amount of insulin adequate to allow blood glucose to enter cells where it's used for energy. In Type 2, the cells may resist insulin's action, once again leaving too much glucose in the blood.

But though they're not completely known, experts agree that the causes of the different types of diabetes are generally a combination of genetic predisposition and environmental or lifestyle factors. In some cases, one or the other may dominate. Gestational diabetes, for example, affects about 3% of pregnant women usually from around 24-28 weeks into term. But it goes away after birth. Type 1, on the other hand, affects mostly juveniles and is largely genetic.

In all cases, the symptoms are usually roughly the same: excessively frequent urination, unquenchable thirst, sometimes accompanied by dizziness or stomach pains. Naturally, these common symptoms can have a number of causes. Anyone suspecting he or she has diabetes should be tested by a physician.

Those tests are simple and relatively painless, only requiring a small blood sample. Blood glucose level is measured, with normal running around 99 mg/dL, while diabetics have a level of 126 mg/dL or above. It may require more than one test to confirm the disease.

Once confirmed, regular blood glucose monitoring is a must. Fortunately, there are today many convenient ways to do that. Testing devices the size of a cell

weight loss motivation photo report/essay collection

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7 DIET MOTIVATION PHOTO ESSAYS

THREE WINNING WAYS TO MOTIVATE YOURSELF INTO LOSING WEIGHT



In order to succeed at anything, whether it is landing your dream job or buying a house, takes motivation. Motivation is a dynamic inner force that gives us the resolve to carry out responsibilities and eventually reach our most prized objectives. Each person's motivation varies each day depending on your mood or perspective on different situations.

Losing weight takes motivation and when it comes to personal issues such as body image and weight loss, the motivating reasons can vary greatly from person to person. The only true way to succeed in losing weight is motivation, that driving force that keeps you plugging away day after day pursuing your fitness goals as well as your healthier diet goals. But how do you stay focused and not lose that motivation?

8 WAYS TO STAY MENTALLY STRONG AND REALIZE YOUR WEIGHT LOSS GOALS



Pep talks to yourself, visualization and focusing on a goal is all fine and good but it takes being mentally strong in order to succeed. It takes some practice, but anyone can achieve this strength of mind. You just have to have proper tools and guidelines in order to toughen up your mental strength.

Why is being mentally strong so important in realizing your weight loss goals? The reason is that there are always going to be naysayers that will do anything they can to drag you down. Even family and friends may inadvertently sabotage your efforts in achieving your weight loss goals. Being mentally strong can keep you focused on your objectives, even when setbacks are of your own doing.

Here are eight ways to stay mental strong to realize your fitness and health goals:

6 SUBTLE WAYS TO AVOID SABOTAGING YOUR WEIGHT LOSS GOALS



In this day and age of little luxuries, it is no wonder that we, as a society, are heavier. Did you know that some things in your home could actually be contributing to weight gain and sabotaging your efforts to lose weight? It's true! From color schemes to the number of bathrooms you have to even what plates you eat on, there are little saboteurs in your home that must be erased in order to realize your weight loss goals.

There are countless little things that can be done in the home to encourage rather than interfere with your weight loss goals. However, by starting on the following improvements, you should eventually start seeing some improvements physically as well.

BANISH THOSE WEIGHT LOSS MYTHS SO YOU CAN KEEP ON TRACK



Sometimes what you perceive is not necessarily what the truth may be, especially when it comes to losing weight. Incorporating physical fitness and a healthier diet is hard enough, but when you have these preconceived notions about what "should" be, you are essentially sabotaging your goals in achieving a healthier weight.

Impractical goals in the world of weight loss can be rather impossible to live up to. Therefore you have to recognize those weight loss myths that can potentially sink your mission of a healthier body before it actually happens.

Weight loss myth #1 – You should shoot for a weight that is that is on the typical weight and height chart you see in most doctor offices.

MAKE THE MOST OF DAILY ROUTINES AND LOSE WEIGHT DOING IT



You've probably heard the saying that it is the little things in life that make a difference. Well, no truer words have been said when it comes to physical fitness and burning calories to achieve your weight loss goals. The tips below are all scenarios that you face everyday and just by incorporating a few of them, you can ditch extra calories without having to extend your workouts or starving yourself at dinner.

1. **Grain boosters** – Whole grains are essential for a healthy diet but if you are not fond of those “squirrel cereals,” just sprinkle some oat bran or wheat germ in your yogurt, bowl of oatmeal or your favorite bowl of cereal.
2. **Coffee wakeup** – When you fix a cup of coffee, avoid the fattening creamers like half-and-half and use skim milk or the 2% variety instead.

MOVE PAST THOSE EXERCISE BLAHS WITH THESE MOTIVATIONAL MOVES



Sometimes, sticking to the same exercise program day in and day out can cause weight loss boredom. The worst case scenario is a full and total weight loss exercise program burnout. You have to constantly think of ways to keep your motivation to exercise up; otherwise, you will start to resent being in the gym or making time to exercise.

To keep on track with your weight loss goals, you have to make exercise more interesting again. Therefore, try some of these ideas to keep our moving and losing weight:

1. **Try the buddy system.** Working out with a partner is a lot more fun than solitary confinement. Plus, it is a huge motivator. If you know that your buddy is

SEVEN WAYS TO MOTIVATE YOURSELF AFTER A FITNESS STUMBLING BLOCK



It happens to the best of us. You are totally into a great daily workout routine, having mapped out each course of physical activity when suddenly, it happens. You step off the wrong way and sprain your ankle or you aggravate an old knee or back injury. It doesn't matter what the injury is, you are in pain but at the same time, you are also stressing about the down time you are going to have.

Will you slip into your old ways and gain back those precious pounds you lost? Or, can you find ways to keep yourself motivated and moving so that when you can get back to the swing of things again, you won't have lost too much ground that has to be made up? And what happens when you have fitness obstacles that you are anticipating such as surgery or even having a baby? Here are a few ways to keep you motivated in the face of fitness stumbling blocks:

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- Fruit-or-Fat.txt
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- Raw-Food-Diets-And-Children.txt
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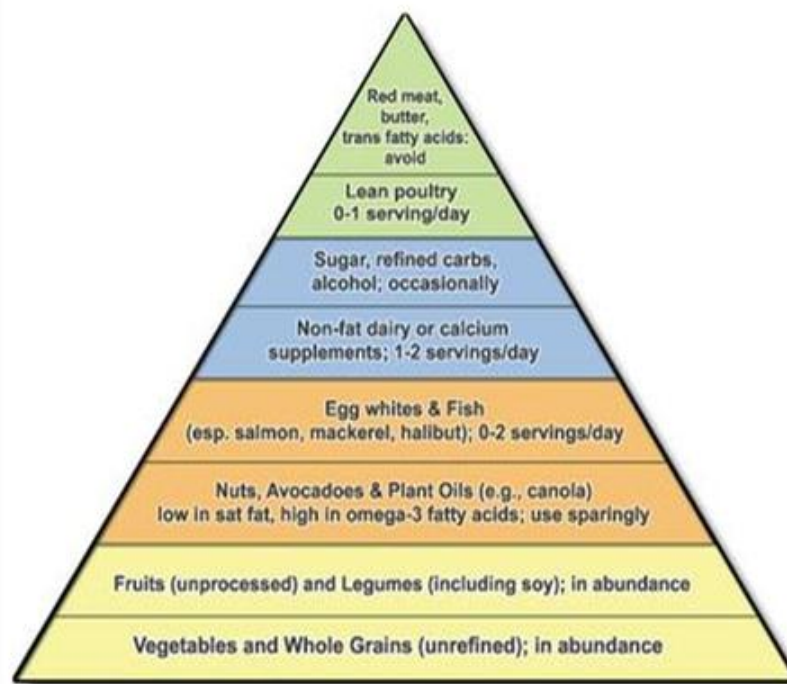
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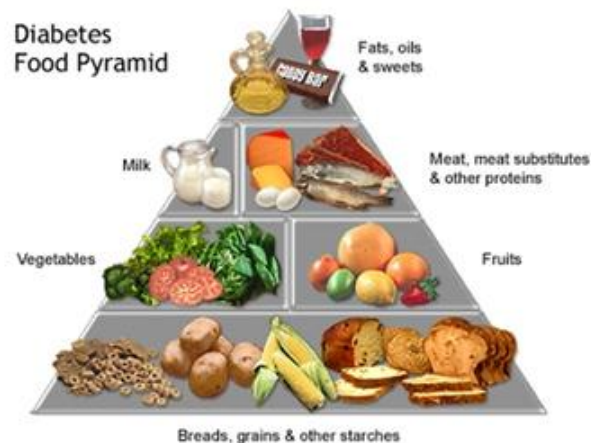
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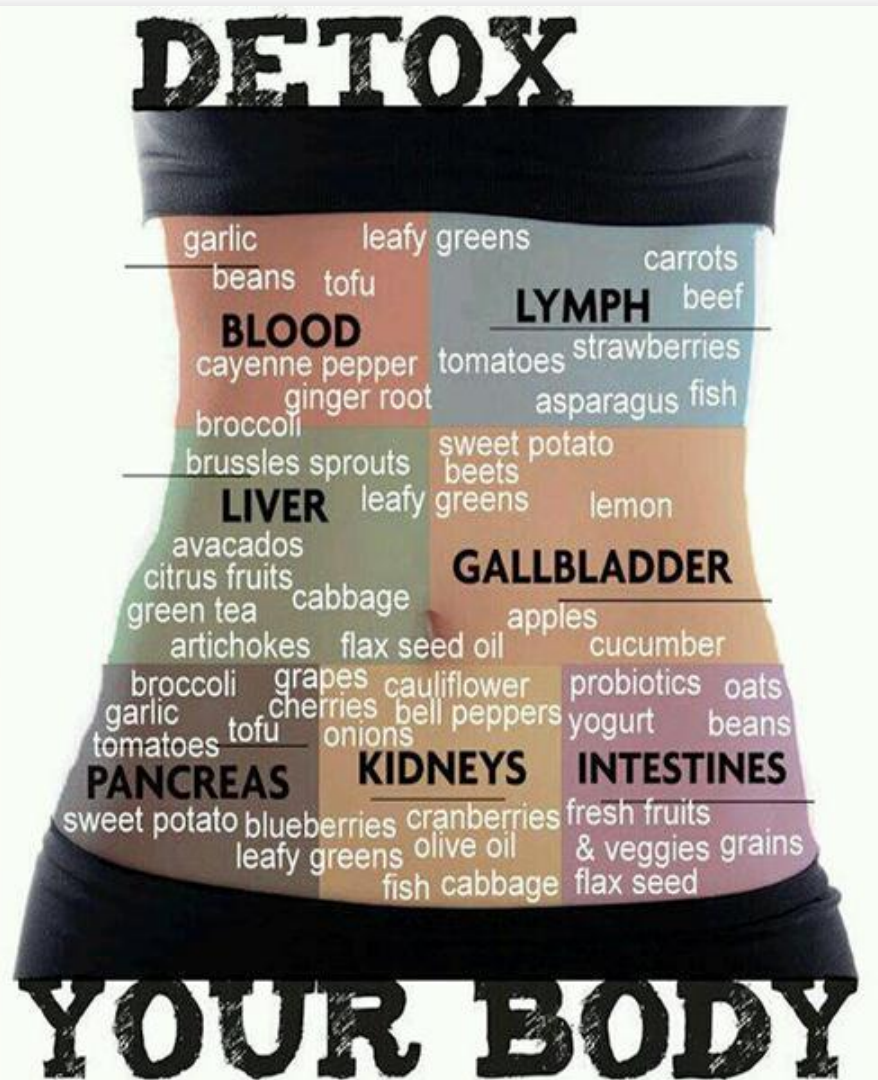
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- Facts-about-Detox-Diets.txt
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- 5-Ways-to-Detox-Your-Body.txt
- Body-Cleanses-and-Weight-Loss-Is-There-a-Connection.txt
- Body-Detoxes-and-Their-Benefits.txt
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- Detox-Foot-Pads-Do-They-Work.txt
- Detoxify-Your-Body-Which-Approach-to-Take.txt
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- Fasting-to-Detox-the-Body.txt
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- Is-a-Detox-Diet-Right-for-You.txt
- Preparing-For-a-Body-Detox.txt
- The-Master-Cleanse-Pros-and-Cons.txt
- The-Master-Cleanse-Reviewed.txt
- The-Pros-and-Cons-of-Body-Detoxification.txt
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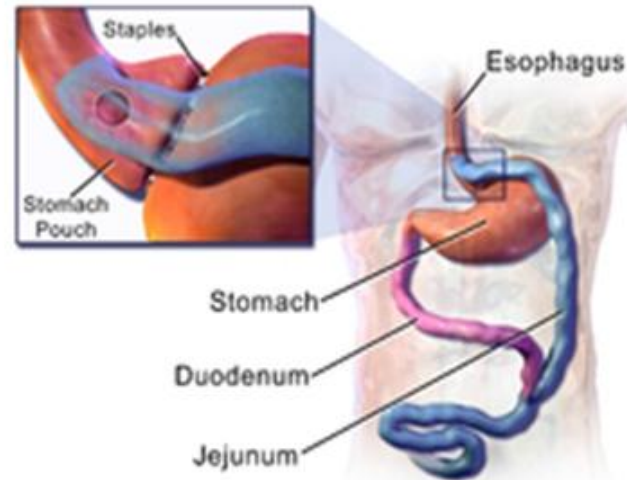
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- Gastric Bypass And Diabetes.txt
- Gastric Bypass And Other Treatments For Obesity.txt
- Gastric Bypass Desperate Times Call For Desperate Measures.txt
- Gastric Bypass Diet Dos and Don'ts.txt
- Gastric Bypass' Downside.txt
- Gastric Bypass Is It Really Necessary.txt
- Gastric Bypass Surgery And Depression.txt
- Gastric Bypass Surgery How much does it Cost.txt
- How Gastric Bypass Works.txt
- How to Avoid Weight Gain after Gastric Bypass.txt
- Instant and Long-Term Weight Loss with Gastric Bypass Surgery.txt
- Is Gastric Surgery For Your Obese Teen.txt
- Losing Weight The Easy Way A Gastric Bypass.txt
- Slimming Down Shortcut Getting A Gastric Bypass.txt
- Switch to a Healthy Lifestyle after Weight Loss!.txt
- The Benefits Of Gastric Bypass.txt
- Thinning Down Do You Need A Gastric Bypass For It.txt
- Top 10 Tips for Success after Gastric Bypass Surgery.txt
- Type of Foods to Eat After Gastric Bypass Surgery.txt
- Understanding Gastric Bypass.txt
- What To Eat After Gastric Bypass Surgery.txt
- What You Gain and Lose from Gastric Bypass Surgery.txt
- What You Need to Know Before You Go Under the Knife.txt
- Why Go for Gastric Bypass Surgery.txt
- Your Kidney And Gastric Bypass.txt

GASTRIC BYPASS PLR ARTICLE PACK



Roux-En-Y

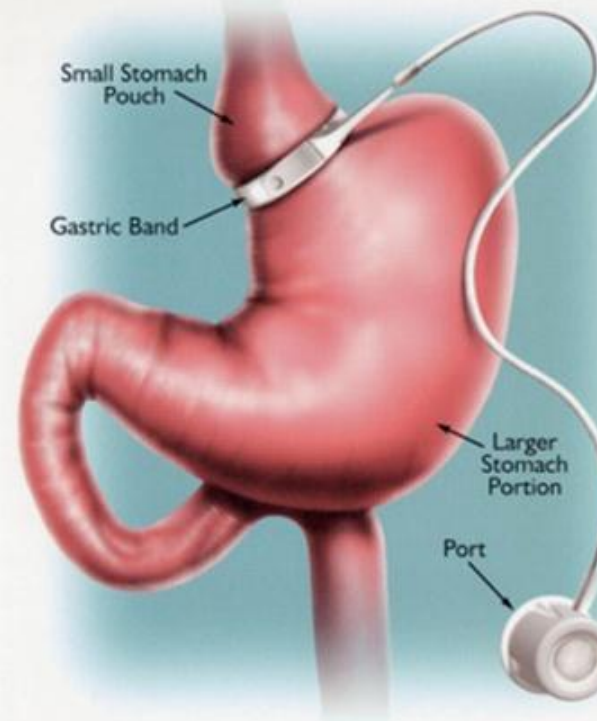
DIETS & DIETING PROFIT PACK

PLr article pack #13 (25 articles)

Name

- 5-Signs-You-May-Need-LapBand-Surgery.txt
- How-to-Cover-the-Cost-of-LapBand-Surgery.txt
- How-to-Find-a-LapBand-Surgeon.txt
- How-to-Properly-Choose-a-LapBand-Surgeon.txt
- How-to-Talk-to-a-Loved-One-about-LapBand.txt
- Is-the-LapBand-System-Right-for-You.txt
- LapBand-Diet-Restrictions-Make-the-Transition.txt
- LapBand-Surgery-and-Diet-Restrictions.txt
- LapBand-Surgery-and-Its-Alternatives.txt
- LapBand-Surgery-and-the-Importance-of-Research.txt
- LapBand-Surgery-Common-Risks-and-Complications.txt
- LapBand-Surgery-How-to-Find-Support.txt
- LapBand-Surgery-Questions-to-Ask-Your-Doctor.txt
- LapBand-Surgery-Reduce-Risk-of-Complications.txt
- LapBand-Surgery-What-If-Your-Doctor-Says-No.txt
- LapBand-Surgery-Your-Payment-Options-Reviewed.txt
- LapBand-versus-Diet-and-Exercise.txt
- Post-LapBand-Surgery-and-Diet-Restrictions.txt
- The-Advantages-of-LapBand-Surgery.txt
- The-Pros-and-Cons-of-LapBand-Surgery.txt
- Tips-for-Preparing-for-LapBand-Surgery.txt
- Traveling-to-Mexico-for-LapBand-Surgery.txt
- Undergoing-LapBand-Surgery-Tips-to-Get-Started.txt
- What-You-Need-to-Know-About-the-LapBand.txt
- When-to-Discuss-LapBand-with-a-Loved-One.txt

LAP BAND SURGERY PLR ARTICLE PACK



DIETS & DIETING PROFIT PACK

PLR article pack #14 (25 articles)

Name

- 1 - Benefit of Drinking Green Tea.txt
- 2 - Benefit of Green Tea.txt
- 3 - Benefit of Green Tea Extract.txt
- 4 - Green Tea and Caffeine.txt
- 5 - Health Benefits of Green Tea.txt
- 6 - Green Tea Antioxidants.txt
- 7 - Green Tea and High Blood Pressure.txt
- 8 - Green Tea News and Lower Cholesterol.txt
- 9 - Benefits of Green Tea for Dieting.txt
- 10 - Oprah and Green Tea Diet.txt
- 11 - Green Tea Dietary Supplement.txt
- 12 - Green Tea to Lose Weight.txt
- 13 - Best Green Tea Diet Supplement.txt
- 14 - Green Tea Weight Loss.txt
- 15 - Green Tea Dosage for Weight Loss.txt
- 16 - Green Tea Fat Burner.txt
- 17 - Best Green Tea.txt
- 18 - Arizona Green Tea.txt
- 19 - Asian Green Tea.txt
- 20 - Snapple Green Tea.txt
- 21 - Chinese Green Tea.txt
- 22 - Arizona Diet Green Tea.txt
- 23 - Chinese Green Tea Diet.txt
- 24 - Good Earth Green Tea.txt
- 25 - Green Tea Products.txt

GREEN TEA PLR ARTICLE PACK



DIETS & DIETING PROFIT PACK

PLR article pack #15 (25 articles)

Name

- 26 - Green Tea Drops.txt
- 27 - Green Tea Gum.txt
- 28 - Green Tea Juice.txt
- 29 - Green Tea Pill.txt
- 30 - Green Tea Tablet.txt
- 31 - Green Tea Drink.txt
- 32 - Green Tea Concentrate.txt
- 33 - Green Tea Cleansing Skin Care.txt
- 34 - Green Tea Shampoo.txt
- 35 - Green Tea to Clear Acne Scars.txt
- 36 - Green Tea Energizing Bath and Shower Gel.txt
- 37 - Elizabeth Arden Green Tea Perfume.txt
- 38 - Green Tea Effects.txt
- 39 - Green Tea Lotion.txt
- 40 - Green Tea Soap.txt
- 41 - Green Tea Facts.txt
- 42 - Green Tea and Fertility.txt
- 43 - Green Tea and Pregnancy.txt
- 44 - Green Tea Caffeine Content.txt
- 45 - Green Tea Extract Side Effects.txt
- 46 - Green Tea History.txt
- 47 - Green Tea Properties.txt
- 48 - Green Tea Side Effects.txt
- 49 - Herbal Green Tea.txt
- 50 - Ginseng Green Tea.txt

GREEN TEA PLR ARTICLE PACK



DIETS & DIETING PROFIT PACK

PLR article pack #16 (5 articles)

Name

-  anorexia-nervosa.txt
-  anorexia-support.txt
-  anorexia-treatment.txt
-  effects-of-anorexia.txt
-  teen-anorexia.txt

**ANOREXIA
PLR ARTICLE
PACK**



DIETS & DIETING PROFIT PACK

Colon cleanse

private label article image pack



Article Titles:

 Colon Cleanse 101.txt	 Natural Colon Cleansing.txt
 Colon Cleanse Can Prevent Colon Cancer.txt	 Natural Herbal Colon Cleanse.txt
 Colon Cleanser FAQ.txt	 Organic Colon Cleanse.txt
 Fiber And Enema Colon Cleanse.txt	 Oxygen Colon Cleanse.txt
 Flushing Out Human Parasites Through Colon Cleanse.txt	 PLR License.txt
 Foods For Colon Cleanse.txt	 Read_Me_First.txt
 Homemade Colon Cleanse Diet.txt	 Seven Day Colon Cleanse.txt
 Homemade Colon Cleanse.txt	 The Benefits Of Colon Cleanse And Detoxification.txt
 How To Do A Colon Cleanse.txt	 The Best Colon Cleanse.txt
 Importance Of Colon Cleansing.txt	 What Is A Colon Cleanse.txt
 Is Colon Cleanse Real.txt	 What You Need To Know About Colon Cleanse.txt

Includes:

- 20 Topical Articles **with Private Label Rights**
- 12 Topical Images and Thumbnails **with Private Label Rights**

Gluten free

private label article image pack



Article Titles:

- | | |
|---|--|
| Being-A-Celiac-Can-Be-An-advantage.txt | Old-Crone-Or-Bright-Young-Thing-The-Gluten-Free-Experience.txt |
| Celiac-Disease-And-Diabetes.txt | Organic-Gardening.txt |
| Celiac-Disease-And-Loosing-Weight.txt | Pregnancy-And-Celiac-Disease.txt |
| Celiac-Disease-What-You-Should-Know.txt | Tasty-Gluten-Free-Products.txt |
| Celiac-Sprue-You-Need-To-Go-Gluten-Free.txt | The-Importance-Of-Food-Elements.txt |
| Coeliac-Disease.txt | The-Importance-Of-Gluten-Free-Vitamins-To-Health-Care.txt |
| Depression-And-Celiac-Disease.txt | The-Top-Ten-Hottest-Food-Trends-You-Are-Buying-Into.txt |
| Gluten-Inedible-Products.txt | The-Trials-Of-Eating-In-Restaurants-On-A-Gluten-Free-Diet.txt |
| Glyconutrients-How-Much-To-Take.txt | What-Should-You-Know-About-Gluten-Free-Diet.txt |
| How-To-Gain-Weight-With-Celiac-Disease.txt | Which-Diet-Suits-You-Best.txt |

Includes:

- 20 Topical Articles **with Private Label Rights**
- 22 Topical Images and Thumbnails **with Private Label Rights**

DIET & WEIGHT LOSS

SPECIAL ARTICLE IMAGE PACK





OBESITY

plr article content

117 private label rights articles

7_Tips_to_Help_Your_Kid_Develop_a_Positive_Self-Image.txt
 10_Possible_Causes_of_the_Obesity_Epidemic.txt
 60_Percent_Of_Adults_Are_Obese_Permanent_Solution_.txt
 A_Battle_of_Great_Proportions_The_Fight_Against_Obesity.txt
 A_Case_on_Emotional_Eating.txt
 A_Look_At_Obesity.txt
 A_Weighty_Issue__Does_Soda_Promote_Weight_Gain_.txt
 Am_I_Lazy_.txt
 Another_Ali_Another_Champ_.txt
 Are_you_an_emotial_eater_.txt
 Are_You_Overweight_Is_It_Too_Late_.txt
 Are_You_Really_Overweight_.txt
 Beat_the_Carb_Cravings.txt
 Beating_Food_Cravings.txt
 Being_Overweight_is_a_Learned_Habit_Not_a_Choice.txt
 Body_Mass_Index_BMI__Are_You_at_a_Healthy_Weight_.txt
 Body_Wrapping_And_Obesity.txt
 Breaking_the_Jinx_of_Obesity_through_Weight_Loss_Drug.txt
 Can_Being_Overweight_Be_Inherited_.txt
 Can_Obesity_Be_Fought_With_Phentermine_.txt
 Cause_Of_Childhood_Obesity_Explained.txt
 Causes_And_Solution_For_Obesity_.txt
 Child_Obesity.txt
 Child_Obesity_In_Today_s_World.txt
 Childhood_Obesity..txt
 Childhood_Obesity.txt
 Childhood_Obesity__Helping_Your_Child.txt
 Childhood_Obesity__What_can_Parents_do_.txt
 Childhood_Obesity_- _Family_Fight.txt
 Childhood_Obesity_In_Our_Youth.txt
 Childhood_Obesity_The_Modern_Health_Dilemma.txt
 Corporations_and_Corpulence.txt
 Could_You_Be_A_Compulsive_Overeater_.txt
 Do_You_Know_Your_Body_Mass_Index_.txt
 Eat_Right_in_Action_The_Best_Tips_to_Help_You_Fight_Fast_Food_Obesity.txt
 Emotional_Eating-_Shedding_Light_on_your_Hidden_Patterns.txt
 Evade_the_Mental_Trauma_of_Childhood_Obesity.txt
 Fighting_Child_Obesity.txt
 Fighting_Childhood_Obesity_Starts_At_Home.txt

Five_Habits_That_Can_Contribute_To_Being_Overweight.txt
 Food_addicton_.txt
 Get_Rid_Of_That_Dangerous_Belly_Fat_.txt
 Getting_Obesity_Help.txt
 Has_Television_Made_Us_Fat_.txt
 Healing_Food_Addiction.txt
 Here_s_Why_You_re_Fat_-_And_It_s_Not_Your_Parents_Fault.txt
 How_Did_I_Become_Obese_.txt
 How_do_we_prevent_Childhood_Obesity.txt
 How_Parents_Can_Affect_Their_Children_s_Weight.txt
 How_Stress_Can_Make_You_Fat.txt
 How_to_Prevent_Child_Obesity.txt
 How_To_Test_Body_Fat.txt
 Is_A_Cattle_Prod_The_Answer_To_A_Life_Overweight_.txt
 Is_Fructose_The_Cause_Of_Obesity_.txt
 Is_obesity_a_world_wide_problem_.txt
 It_Starts_with_Bed-Dancing.txt
 Lack_of_Sleep_and_Obesity.txt
 Lose_Weight_For_A_Healthier_Heart.txt
 Morbid_Obesity_Details.txt
 More_than_Diets__Overweight_and_Obese_People_Need_Encouragement.txt
 Mum_you_are_KILLING_me.txt
 No_More_Excuses_for_Being_Overweight.txt
 Obesity_-_Not_a_Big_Deal_Now_.txt
 Obesity__Diabetes.txt
 Obesity_An_Ameican_Epidemic__A_Worldwide_Concern.txt
 Obesity_an_American_Epidemic_a_Worldwide_Concern.txt
 Obesity_Determining_The_Cause_And_Developing_The_Remeday.txt
 Obesity_enemy_of_the_heart.txt
 Obesity_-_It_s_Eating_Up_Our_Society.txt
 Obesity_-_Not_Everybody_Agrees_It_Is_An_Epidemic.txt
 Obesity_Sexual_Health_and_Other_Health_Effects.txt
 Obesity_and_Binge_Eating.txt
 Obesity_and_Poor_Male_Sexual_Health.txt

TOPIC: OBESITY
 117 articles

Obesity_In_America_Today.txt
Obesity_In_Children.txt
Obesity_In_Kids_Linked_To_Sleep_Deprivation.txt
Obesity_is_an_Increasing_Health_Risk.txt
Obesity_Surgery_Reduces_The_Size_Of_Your_Stomach_To_The_Size_Of_A_Whiskey_Shot_Glass.txt
Obesity_Treatment_Rx_for_Fat_Loss.txt
Overview_Of_Obesity.txt
Overweight_-_Can_I_still_be_considered_healthy_.txt
Overweight_Watch_out_.txt
Overweight_and_Dying_-_Mummy_Stay_With_Me_A_Little_Longer.txt
Overweight_Children__What_Can_A_Parent_Do_To_Help_Part_1_Of_5.txt
Practical_Tips_to_Help_Your_Overweight_Kid.txt
Putting_A_Stop_To_Food_Cravings.txt
Questioning_The_Obesity_Myth.txt
Severe_Obesity_in_Adults_Weight_Loss_Treatment_and_Tips.txt
Spare_Change_and_Calories_They_All_Add_Up_.txt
Super-Size_Baby__The_Causes_of_Child_Obesity.txt
Teen__Youth_Obesity.txt
The_Ads_Made_Me_Eat.txt
The_All-Important_Weigh-In.txt
The_big_the_fat_and_ugly_story.txt
The_Causes_Of_Obesity.txt
The_Dangers_of_Overeating_and_Poor_Self-Image.txt
The_First_Steps_To_Curing_Obesity.txt
The_Obesity_Solution_Secret_How_to_Eat_To_Lose_Fat.txt
The_Science_Of_Obesity_Fats__Cholesterol.txt
Thyroid_Dysfunctions__The_Obesity_Epidemic.txt
Time_To_Take_Control_Over_Those_Food_Cravings.txt
Today_s_Obesity_Research.txt
Top_10_Ways_To_Prevent_Obesity_In_Kids.txt
Understanding_obesity_-_how_to_reduce_weight.txt
Understanding_the_Cause_of_Obesity.txt
Ways_to_Help_your_Child_Fight_Childhood_Obesity.txt
Weighing_the_Cost_of_Obesity.txt
Weight_Gain_And_Obesity_-_The_Signs_And_The_Cures.txt
Weight_Gain_During_Menopause.txt
Weight_Gain_In_Adulthood_-_Slowing_It_Down.txt
What_You_Should_Do_To_Cure_Obesity.txt

Why_Americans_Are_Overweight_and_What_to_Do_About_It.txt
Why_Are_Men_More_Overweight_Than_Women_.txt
Why_are_there_so_many_fat_kids_.txt
Will_A_Spoonful_Of_Sugar_Make_Your_Child_Overweight_.txt
Your_Obese_Child__School_Nutrition.txt
Your_Tummy_Fat_Could_Be_Killing_You_.txt

TOPIC: OBESITY
117 articles



WEIGHT LOSS
plr article content
493 private label rights articles

Name

 _Getting_Around_The_Weight_Loss_Plateau_.txt
 1_Pound_Of_Fat___3_500_Calories.txt
 3_Blunders_To_Avoid_on_Your_Weight_Loss_Journey.txt
 3_Choices_To_Help_You_Lose_Weight.txt
 3_Lessons_From_The_Biggest_Loser.txt
 3_Simple_Steps_To_Lose_Body_Fat.txt
 4_Ways_To_Feed_Your_Mind_And_Manage_Your_Weight.txt
 5_Best_Ways_To_Lose_Weight.txt
 5_Fun_Ways_to_Get_In_Shape.txt
 5_Healthy_Tips_To_Weight_Loss.txt
 5_Simple_Steps_to_Losing_Weight.txt
 5_Simple_Ways_To_Lose_Weight.txt
 5_Steps_to_Hormone_Health_and_Weight_Loss.txt
 5_Super_Simple_Weight_Loss_Tips.txt
 5_Tips_To_Losing_Weight_While_Keeping_Your_Sanity.txt
 6_Steps_to_Ending_Bad_Eating_Habits.txt
 6_Week_Body_Makeover_Program_To_Help_You_Lose_Weight.txt
 7_Easy_Steps_To_Healthy_Weight_Loss.txt
 7_Surefire_Ways_To_Shed_7_Pounds_In_14_Days.txt
 7_Things_You_Can_Do_Today_To_Get_Rid_Of_A_Beer_Gut.txt
 7_Tips_on_How_to_Not_Let_Stress_Affect_Your_Weight.txt
 7_Tips_to_Get_Calories_Out_of_Restaurant_Food.txt
 7_Tips_to_Health_and_Weight_Loss_4_Kids.txt
 7_Weight_Loss_Tips_for_Kids_and_Their_Families.txt
 8_mistakes_I_made_while_trying_to_lose_weight.txt
 8_reason_to_lose_weight_now.txt
 8_Ways_To_Create_Balance_To_Achieve_Lastng_Weight_Loss.txt
 10_Killer_Tips_For_Rapid_Weight_Loss.txt
 10_Secrets_to_a_Fit_Family.txt
 10_Steps_to_Fat_Loss.txt
 10_Tips_On_Losing_Weight_Fast.txt
 10_Weight_Loss_Tips.txt
 16_Ways_to_Burn_Stubborn_Body_Fat.txt
 18_Ways_To_Lose_Weight_Without_Going_On_A_Diet.txt
 19_fat_Burning_Foods.txt
 30-Minute_Weight_Loss_Exercise_Proves_Most_Effective.txt
 54_Ways_To_Lose_Weight.txt
 177_Ways_To_Lose_Weight_And_Burn_Calories.txt

 A_Few_Simple_Tips_To_Lose_Weight.txt
 A_Journey_to_Begin_Losing_Pounds.txt
 A_Look_at_Weight_Loss_Infomercials.txt
 A_Lot_Of_People_Diet_To_Lose_Weight_These_Days.txt
 A_New_Way_To_Lose_Weight_From_The_Orient.txt
 A_New_Way_To_Lose_Weight_Revealed_By_Ladies_Of_The_East.txt
 A_Pleasuarble_Dieting_And_Weightloss_Experience.txt
 A_review_of_the_fat_loss_4_idiots_diet.txt
 A_Simple_Plan_For_Weight_Loss.txt
 A_Simple_To_Follow_Weight_Loss_Program.txt
 A_Successful_Weight_Loss_Diet_Starts_from_the_Inside.txt
 A_Weight_Loss_Plan_For_Success.txt
 A_Weight_Loss_Plan_Which_Is_Fun_To_Implement.txt
 A_Winning_CAUSE_Kirstie_Alley_Shares_Her_Mantra_For_Weight_Loss_Success.txt
 A_Wonder_Pill_To_Surmount_Over_Obesity_-_Phentermine.txt
 Abdominal_Weight_Loss_Yoga_can_help_you_lose_the_gut.txt
 Addressing_The_Fears_And_Feelings_Associated_With_Weight_Loss.txt
 Advice_And_Information_To_Help_You_To_Lose_Weight.txt
 Alcohol_And_Weight_Loss.txt
 Alternative_Medicine___New_Way_to_Lose_Weight.txt
 Are_Advertisers_To_Blame_for_Americans_Weight_Loss_Issues_.txt
 Are_Meal_Replacements_A_Good_Idea_For_Weight_Loss_.txt
 Are_the_barriers_of_dieting_psychological_or_physical_.txt
 Are_You_Looking_For_Fast_Quick_Weight_Loss_.txt
 Are_You_Losing_Body_Fat_Or_Water_.txt
 Are_You_Sabotaging_Your_Weight_Loss_Program.txt
 Are_you_Starving_to_Lose_Weight_.txt
 Are_You_Struggling_With_Weight_Loss_Management_.txt
 Are_You_Trying_to_Scam_Your_Diet_.txt
 Are_You_Using_The_Weight_Loss_Secret_That_Personal_Trainers_Use_all_the_time.txt
 Are_Your_Thoughts_About_Your_Body_Holding_You_Back_From_Success_.txt
 Basics_of_Losing_Weight.txt
 Be_Safe_While_You_Lose_Weight_With_Weight_Loss_Drug.txt
 Become_Healthy_And_Lose_Weight_By_Walking_Your_Dog.txt

TOPIC: WEIGHT LOSS
493 articles

Being_Trapped_in_the_BAGGIES_.txt
Best_Ways_To_Lose_Weight.txt
Burn_Body_Fat_And_Lose_Weight_24_Hrs_A_Day.txt
Bust_Through_the_Weight_Loss_Plateau_.txt
Calorie_counting_done_the_right_way__weight_loss__Absolutely_.txt
Calorie_Definition_and_Weight_Loss.txt
Can_Breathing_Help_You_Lose_Weight_.txt
Can_Eating_Certain_Foods_Help_You_to_Lose_Weight_.txt
Can_Eating_More_Often_Actually_Be_The_Answer_To_Losing_Weight_.txt
Can_Energy_Drinks_Help_You_Lose_Weight_.txt
Can_Fasting_Help_Me_To_Lose_Weight_.txt
Can_The_GI_Diet_Help_You_Lose_Weight_.txt
Can_You_Lose_Weight_Without_A_Weight_Loss_Plan_.txt
Can_You_Safely_Lose_30_Pounds_in_30_Days_.txt
Change_A_Simple_Stress_Habit__Loose_Weight.txt
Changing_Your_Subconscious_Self-Image_For_Permanent_Weight_Loss.txt
Check_All_Regarding_Diets_That_Make_You_Lose_Weight.txt
Common_Myths_From_The_Weight_Loss_Crowd.txt
Core_Value_Eating.txt
Count_Colors_Not_Calories_to_Lose_Weight_.txt
Diet_and_Exercise_for_Weight_Loss.txt
Diet_and_Fitness__Winning_Tactics_For_Weight_Loss.txt
Digital_Scales_Types_and_Uses.txt
Do_Smoothies_have_to_go_now_that_I_m_trying_to_lose_weight_.txt
Do_You_Only_Need_Weight_Loss_Products_To_Shed_Off_Extra_Pounds_.txt
Does_a_Real_Easy_Weightloss_Program_Really_Exist_.txt
Does_Weight_Loss_Hypnosis_Work_.txt
Does_Weight_Loss_Medication_Really_Work_.txt
Does_Your_Weight_Loss_Plan_Cause_Food_Cravings_.txt
Don_t_Fall_For_These_Weight_Loss_Gimmicks_.txt
Don_t_Give_Up_On_Weight_Loss.txt
Don_t_Go_It_Alone_.txt
Drink_Water_To_Help_With_Weight_Loss.txt
Easy_to_Follow_Weight_Loss_Tips.txt
Easy_Weight_Loss_-_Make_A_Start_Right_Now_.txt
Easy_Weight_Loss_Diets.txt
Easy_Weight_Loss_With_Healthier_Meals.txt
Eat_Moderately_The_first_step_to_loose_weight.txt
Eat_Well_and_Lose_Weight.txt
Eat_Your_Way_to_Weight_Loss.txt

Eating_Carbs_Actually_Leads_To_Weight_Loss_And_Health.txt
Eating_Wisely_and_Weight_Loss.txt
Effective_Weight_Loss.txt
Eliminate_Negative_Thoughts_and_Lose_Weight.txt
Excess_Weight_and_Body_Fats__Laugh_Them_All_Off.txt
Exercise_is_the_key_to_helping_you_lose_weight.txt
Fast_dramatic_weight_loss_program_which_is_changing_lives.txt
Fast_Loss_Of_Weight.txt
Fast_Weight_Loss.txt
Fast_Weight_Loss_for_Special_Occasions.txt
Fast_weight_loss_tips.txt
Fasting_The__Fastest__Way_to_Lose_Weight.txt
Fat_Burners__Diet_Pills_and_Carb_Blockers__What_s_the_difference_.txt
Fat_burning_can_not_be_more_than_200_gram_a_day.txt
Fat_Farm_-_All_The_Myths_About_It.txt
Fidgeting__The_Natural_Weight_Loss_Diet.txt
Find_a_Weight_Loss_Program_That_Works_For_You.txt
Find_Out_How_To_Lose_Weight_Fast_With_Minimum_Side_Effects_.txt
Find_Out_Which_Special_Diet_Will_Work_For_You.txt
Find_Your_Way_To_Lose_Pounds_With_Yoga.txt
Finding_a_Weight_Loss_Program.txt
Five_Common_Diet_Tips_That_Really_Work_-_And_Why.txt
Five_Healthy_Weight_Loss_Tips.txt
Five_Secrets_To_Weight_Loss.txt
Five_Step_Roadmap_for_Losing_Weight.txt
Following_A_Sensible_Weight_Loss_Plan.txt
Foods_to_Supplement_Your_Weight_Loss_Diet.txt
For_a_Safe_weight_loss_try_the_Gen_1_29_diet_Part_2_.txt
For_a_Safe_weight_loss_try_the_Gen_1_29_diet_Part_1_.txt
Forget_the_Diet_Men_-_Learn_How_Weight_Training_Can_Literally_Shed_the_Pounds_Off_You_.txt
Four_Myths_about_Diet_That_You_Should_Pay_No_Attention_To.txt
Free_Diet_Plans_-_How_Can_You_Find_The_Best_One_.txt
Free_Tips_To_Help_You_Lose_10_Pounds.txt
French_Women_Don_t_Get_Fat_-_Book_Review.txt
Frequently_Asked_Questions_About_Weight_Loss_And_Diets.txt

TOPIC: WEIGHT LOSS
493 articles

Geeting_Started_With_A_Weight_Loss_Program_Is_Easy.txt
Get_A_Slimmer_Body_-_Weight_Loss_Program_Advice.txt
Get_exercise_and_lose_weight_playing_video_games.txt
Get_Into_Shape_With_Hypnosis_For_Slimming__Relax_To_Lose_Weight_.txt
Get_mentally_fit_for_weight_loss.txt
Get_On_Your_Feet_Faster_With_SmartLipo.txt
Get_Ready_For_Summer.txt
Getting_Yourself_Fit_For_The_Season.txt
Giving_Up_the_Diet.txt
Good_Fats_and_Bad_Fats__what_is_The_Real_Difference_.txt
Grazing_Can_Lower_Your_Weight.txt
Guide_To_Healthy_Weight_Loss.txt
Have_You_Ever_Seen_A_Fat_Postman.txt
Having_A_Weight_Loss_Plan.txt
Healthy_Way_of_Losing_Weight.txt
Healthy_Weight_-_Discover_All_About_It.txt
Healthy_Weight_Loss.txt
Healthy_Weight_Loss_Diet_Plan_-_3_Tips_to_Help_You_Create_a_Plan_That_You_Can_Stick_With.txt
Holiday_Diet_And_Weight_Loss_Tips.txt
Holiday_Table_Strategies.txt
How_Can_You_Lose_Weight_After_Pregnancy.txt
How_Hypnosis_Can_Help_On_Weight_Loss.txt
How_I_Lost_51_Pounds_In_4_Months_Using_The_Simplest_Diet_Plan_In_The_World.txt
How_Is_Alcohol_Affecting_Your_Weight_.txt
How_Many_Pounds_Would_You_Like_To_Lose_.txt
How_Not_To_Gain_Holiday_Weight_So_You_Have_No_Need_To_Lose_Weight.txt
How_To_Adjust_Your_Diet_To_Lose_10_Pounds.txt
How_to_Assess_Your_Weight_Loss_Diet_and_Exercise_Routine.txt
How_To_Avoid_Common_Diet_Scams.txt
How_To_Avoid_Those_Holiday_Pounds_.txt
How_to_borrow_from_Yoga_for_Weight_Loss_.txt
How_To_Calculate_Body_Fat_Percentage.txt
How_To_Change_Your_Eating_Habits_To_Lose_10_Pounds.txt
How_To_Change_Your_Lifestyle_To_Lose_10_Pounds.txt
How_to_Choose_a_Weight_Loss_Plan.txt
How_To_Deal_With_Snack_Attacks.txt
How_To_Drop_Weight_and_Become_Healthier_Using_These_7_Simple_Everyday_Life_Tips_.txt
How_To_Eat_BETWEEN_Meals_And_Still_Lose_Weight_.txt
How_To_Execute_A_Plan_To_Lose_10_Pounds.txt

How_To_Exercise_To_Lose_10_Pounds.txt
How_To_Find_A_Safe_Weight_Loss_Program.txt
How_To_Get_Your_Black_Belt_In_Weight_Loss_Results.txt
How_To_Lose_10_Lbs._Or_More_Quickly_And_Safely.txt
How_to_Lose_Those_Menacing_Pounds.txt
How_to_Lose_Weight_after_Pregnancy.txt
How_To_Lose_Weight_By_Eating_For_Energy.txt
How_To_Lose_Weight_Easily__Quickly_And_Naturally_Program.txt
How_To_Lose_Weight_With_Intuitive_Eating__4_Quick_Tips.txt
How_To_Lose_Weight_With_The_Law_Of_Attraction.txt
How_To_Lose_Weight_Without_Having_To_Starve_Yourself.txt
How_To_Lose_Weight_Without_Really_Trying.txt
How_to_Make_Losing_Weight_A_Little_Easier.txt
How_To_Make_Sure_You_Will_Give_Up_On_Your_Weight_Loss_Resolution_In_4_Weeks.txt
How_to_Properly_Plan_for_Successful_Weight_Loss.txt
How_To_Reduce_Weight_Fast_And_Lose_Fat_Forever_Fast_Weight_Reduction_Tip.txt
How_To_Set_Sensible_Weight-Loss_Goals.txt
How_To_Snack_Without_Getting_Fat.txt
How_To_Stick_To_A_Routine_To_Lose_10_Pounds.txt
How_to_Successfully_Shed_Unwanted_Pounds.txt
I_Lost_Weight_Once...But_It_Came_Back_.txt
Ideas_For_Weight_Loss.txt
If_No_One_Sees_You_Eat_It_There_are_Zero_Calories_.txt
If_You_Had_These_3_Habits__Your_Weight_Loss_Would_Be_Effortless.txt
Indian_Food_as_Part_of_a_Weight_Loss_Regime.txt
Information_And_Advice_To_Help_People_To_Lose_Weight.txt
Is_Slimming_Stopping_You_From_Losing_Weight_.txt
Is_Swimming_Effective_For_Weight_Loss_And_Tone_Muscles_.txt
Is_This_The_Real_Secret_To_Losing_Weight_.txt
Is_Your_Weight_Stressing_You_Out_.txt
It_s_Never_Too_Late_To_Make_Your_Diet_Resolution.txt
Join_the_Thin_crowd__Use_Hypnosis_to_Help_You_Lose_Weight_.txt
Journaling_Your_Way_To_Weight-Loss.txt
Learn_How_I_Lost_150_Pounds_in_Just_14_Months.txt

TOPIC: WEIGHT LOSS
493 articles

[Learning_From_Losers.txt](#)
[Lifting_And_Diet_For_Effective_Weight_Loss.txt](#)
[Lizard_Spit_and_Weight_Loss.txt](#)
[Load_UP_On_Color_To_Lose_Weight.txt](#)
[Look_at_the_Evidence_of_how_Hypnosis_can_Help_You_Lose_Weight_.txt](#)
[Loosing_Fat_and_Getting_in_Shape_-_Take_Responsibility_and_be_Direct_with_Yourself.txt](#)
[Lose_Belly_Fat_Now.txt](#)
[Lose_Fat_Easy.txt](#)
[Lose_That_Belly_And_Get_Fit.txt](#)
[Lose_The_Weight_You_Want_Forever.txt](#)
[Lose_Weight_-_A_few_thoughts.txt](#)
[Lose_Weight_How_to_Exercise_and_Burn_Fat_on_a_Busy_Schedule.txt](#)
[Lose_Weight_Sushi_Is_Your_Friend.txt](#)
[Lose_Weight_At_A_Fairly_Rapid_Pace_After_Stomach_Stapling_Surgery.txt](#)
[Lose_Weight_by_Eating_Breakfast_and_Drinking_Milk.txt](#)
[Lose_Weight_by_Eating_More_-_Food_that_is_Virtually_Impossible_to_Store_as_Body_Fat.txt](#)
[Lose_Weight_Fast_-_Changing_Your_Diet.txt](#)
[Lose_Weight_For_The_Summer.txt](#)
[Lose_Weight_Or_Lose_13_Years_.txt](#)
[Lose_Weight_Permanently_Without_Dieting.txt](#)
[Lose_Weight_Quickly_With_This_Easy_To_Maintain_Diet.txt](#)
[Lose_Weight_The_Natural_Way_While_You_Sleep.txt](#)
[Lose_Weight_With_A_Balanced_Vegetarian_Diet.txt](#)
[Lose_Weight_With_A_Healthy_Diet.txt](#)
[Lose_Weight_With_Living_Foods.txt](#)
[Lose_weight_without_dieting_and_exercising_with_Phentermine.txt](#)
[Lose_Weight_Without_Starvation_.txt](#)
[Lose_Weight_Without_Starving_Yourself.txt](#)
[Losing_Weight_-_The_Facts.txt](#)
[Losing_weight_is_all_about_what_you_gain.txt](#)
[Losing_Weight_Is_As_Easy_As_1_2_3_4_with_Dr_Fitness_and_the_Fat_Guy.txt](#)
[Losing_Weight_One_Pound_at_a_Time_.txt](#)
[Losing_Weight_the_Healthy_Way_is_the_Best_Way.txt](#)
[Losing_Weight_While_Keeping_Your_Skin_Firm.txt](#)
[Losing_weight_without_forgetting_about_Fasting_Health.txt](#)
[Losing_weight_without_losing_your_mind.txt](#)
[Love_can_make_you_lose_weight.txt](#)
[Make_A_Weight-Loss_New_Year_s_Resolution_And_Stick_With_It_All_Year_Long.txt](#)
[Mind_Over_Matter__Key_Strategies_for_Weight_Loss_Success.txt](#)

[Move_Move_Move_for_Greater_Weight_Loss.txt](#)
[Natural_Diet_Tips_To_Achieve_Fast_Weight_Loss.txt](#)
[Natural_Weight_Loss_and_Ending_Emotional_Eating_Once_and_For_All.txt](#)
[Natural_Weight_Loss_Explained..txt](#)
[Natural_Weight_Loss_Program Lose_Weight_Naturally_Tips.txt](#)
[Need_A_Weight_Loss_Plan_Strategy_.txt](#)
[Need_Practical_Weight_Loss_Tips_.txt](#)
[Need_To_Lose_Weight_Fast_For_A_Special_Occasion_.txt](#)
[New_Year_-_New_Diet_-_New_You_.txt](#)
[New_Year_s_Diet_Resolution_Tips.txt](#)
[Now_the_ultimate_solution_for_successful_weight_loss..txt](#)
[Only_10_000_Steps_A_Day_Will_Help_You_Lose_Weight.txt](#)
[Outsourcing_Your_Weight_Loss.txt](#)
[Overcoming_The_Weight_Of_Diet_Failure_Statistics.txt](#)
[Permanent_Weight_Loss_Solutions.txt](#)
[Planning_Meals_For_Your_Slimming_Programme.txt](#)
[Play_More__Suffer_Less.txt](#)
[Portion_Control_Key_To_Maintaining_Healthy_Weight.txt](#)
[Positive_Imaging_for_Weight_Loss.txt](#)
[Possibly_The_Best_Weight_Loss_Program_In_The_World.txt](#)
[Prevent_Health_Complications_-_Reduce_Weight_.txt](#)
[Products_And_Programs_That_Can_Help_Lose_Weight.txt](#)
[Quick_and_Effective.txt](#)
[Quick_Teen_Weight_Loss.txt](#)
[Reaching_Your_Weight_Loss_Goals.txt](#)
[Real_Weight_Loss_Solutions.txt](#)
[Recognizing_Blind_Spots_In_Your_Fat_Loss_Program.txt](#)
[Reduce_Weight_And_Lose_Body_Fat_Forever__10_Commandments.txt](#)
[Revealed_Alcohol_Consumption_Slows_Your_Weight_Loss.txt](#)
[Revealed_Secret_Weight_Loss_Weapon_Used_By_Movie_Stars_That_Won_t_Kill_You.txt](#)
[Review_Of_The_Idiot_Proof_Diet- Lose_Up_To_9_Lbs_In_11_Days.txt](#)
[Right_Diet_Regime_Help_Reduce_Weight.txt](#)
[Roadmap_to_Weight_Reduction_Success.txt](#)

TOPIC: WEIGHT LOSS
 493 articles



DIETS

plr article content

115 private label rights articles

Name

5_Healthy_Benefits_of_Following_a_Mediterranean_Diet_Plan.txt
7_Diet_Secrets_of_the_Stars.txt
10_Diet_Rules_You_Can_Break.txt
10_Real_Life_Diet_Tips.txt
20_Dieting_Success_Tips_Part_1_1-10_.txt
20_Dieting_Success_Tips_Part_2_11-20_.txt
A_Healthy_Diet_Check_Up...From_The_Neck_Up.txt
All_Diets_Work--No_Diets_Work.txt
All_You_Need_To_Know_About_Raw_Food_Diet.txt
An_idiot_proof_diet_It_s_so_simple_.txt
Are_All_Zone_Diet_Products_Compliant_To_The_Zone_Diet_.txt
Ayurveda_and_The_Raw_Food_Diet.txt
Be_in_the_Zone_with_the_Right_Food_Plan.txt
Best_Diet_-_3_Key_Features_Your_Diet_Must_Have_For_Weight_Loss_Success.txt
Best_Diet_-_3_Key_Ingredients_For_Ultimate_Weight_Loss_Success.txt
Best_Diets_To_Lose_Weight.txt
Bulk_Up_Your_Diet_With_Negative_Calorie_Foods_.txt
Cayenne_Pepper_And_Water_Diet_-_Fad_or_Fiction_.txt
Chosing_The_Right_Diet_For_You.txt
Dangers_Of_Diet_Patches.txt
Diet_Facing_Lousy_Choices.txt
Diet_How_to_really_make_your_Diet_work_for_you_.txt
Diet_Not_Working__The_Yo-Yo_Diet.txt
Diet_Patches--_Do_They_Really_Work_For_Weight_Loss_.txt
Diet_Plans_Are_Meals_Snacks_and_Water.txt
Diet_Plans_Versus_Diet_Reality.txt
Diet_Tips_Best_Diet_for_Weight_Loss_.txt
Diet_Tips_Eat_Right_Exercise_and_Add_Some_Pills_To_Go_Along_.txt
Diet_Tips_for_a_Beautiful_Female_Figure..txt
Diet_Tips_For_Busy_Women.txt
Diet_With_A_Buddy_To_Lose_Inches_Pounds_And_Temptation.txt
Dieting__Start_your_diet_with_your_grocery_store_list.txt
Dieting_I_Can_t_Afford_To_Lose_Weight_.txt
Dieting_-_Lose_Weight_Healthy.txt
Dieting_Dilemma__When_Life_Gets_in_the_Way.txt
Dieting_Mistakes_to_Avoid.txt
Dieting_Tips_For_Weight_Loss.txt
Diets_Restaurants_and_Friends.txt

Diets_and_Diet_Programs_-_Choosing_a_Diet_that_works.txt
Do_Blood_Types_Really_Matter_.txt
Do_Calorie_Shifting_Diets_Work_.txt
Do_Popular_Fad_Diets_Work_.txt
Easy_Diet_Guide.txt
Eight_Habits_Of_Successful_Dieters.txt
Fad_Weight_Loss_Diet.txt
Fad_Diets.txt
Fad_diets__what_next_.txt
Fad_Diets_-_Skinny_Celebrities_Can_Afford_the_Health_Costs_Can_You_.txt
Fad_Diets_-_What_Dangers_Are_Associated_With_Fad_Diets_.txt
Faking_Weight_Loss.txt
Finding_A_Diet_That_Works.txt
Go_Low-Glycemic_To_Burn_Away_That_Excess_Fat_.txt
Healthy_Diet_Lies_Exposed_Part_I.txt
Healthy_Diet_Tips.txt
How_the_Mediterranean_Diet_Beats_High_Blood_Pressure.txt
How_to_Lose_Weight_with_Zone_Diet.txt
How_to_Succeed_With_Your_Diet.txt
Importance_Of_A_Healthy_Diet.txt
Is_Your_Diet_Risking_Your_Health_.txt
Is_Your_Modern_Diet_Killing_You_.txt
Life_Is_One_Damn_Diet_After_Another.txt
Like_the_European_Coast.txt
Low_Calorie_Cooking_And_Exercise__The_Miracle_Diet_.txt
Low_Fat_Diets_-_How_Effective_Is_The_Low_Fat_Diet_Plan_.txt
Low_glycemic_index_diets_are_better_than_high_protein_diets.txt
Mediterranean_Diet_Information.txt
Mega-T_Green_Tea_Diet.txt
Popular_Diet_Comparisons.txt
Raw_Food_Diet_.txt
Reasons_To_Quit_Dieting_Forever.txt
Recent_Study_Reveals_Surprising_Truth_About_Low_Fat_Weight_Loss_Diets.txt
revolutionary_new_diet_system_that_involves_a_simple_stick_on_patch.txt
Should_A_Kid_Start_Dieting_.txt

TOPIC: DIETS
115 articles

 Small_Changes_in_Your_Diet_Can_Make_a_Big_Difference.txt
 Some_Food_For_Thought-Is_Your_Diet_Killing_You_.txt
 Starting_A_Diet_The_Right_Way.txt
 Ten_Things_to_Look_For_to_Spot_a_Fad_Diet.txt
 The_Acid_Base_Diet.txt
 The_Art_of_Dieting.txt
 The_Benefits_Of_A_High_Fiber_Diet.txt
 The_Dangers_Of_Fad_Dieting.txt
 The_Diet_Bore..txt
 The_Diet_Experts_Agree_More_Than_They_Admit_.txt
 The_Dieters_Survival_Guide_For_Holiday_Parties.txt
 The_Flavor_Point_Diet.txt
 The_Influenza_Diet.txt
 The_Low-Down_On_Diet_Comparison.txt
 The_Magic_Of_The_Thyroid_Diet.txt
 The_Mediterranean_Diet_What_The_Greeks_Know_About_Healthy_Cuisine.txt
 The_Most_Practical_Diet_You_Ever_Try.txt
 The_No_Exercise_Diet.txt
 The_Pro Pros_and_Cons_of_Fad_Dieting.txt
 The_Real_Mayo_Clinic_Diet.txt
 The_Reason_Diets_Fail_You.txt
 The_Skinny_on_Crash_Diets.txt
 The_Ten_Best_Diet_Foods_In_Existence.txt
 Tips_for_Dieters__Surviving_Summer_Parties.txt
 Top_5_Red_Flags_Of_Diet_Scams.txt
 Top_Diet_Plans.txt
 Truth_About_Low_Fat_Diets_Benefits.txt
 Weight_loss__Pills_vs._Diet_Programs.txt
 Weight_Watchers_Weight_Loss_Strategies__My_Top_10.txt
 What_Is_A_Balanced_Diet_.txt
 What_is_the_Green_Tea_Diet_Plan_.txt
 What_Is_The_Mediterranean_Diet_.txt
 What_Is_The_Zone_Diet_.txt
 What_Kind_Of_Dieter_Are_You_.txt
 What_s_100_Calories_A_Day_.txt
 Which_Diet_Plan_Is_Best__Study_s_Surprising_Results.txt
 Which_Diet_Suits_You_Best_.txt
 Why_Dieting_May_Not_ Be_The_Answer.txt
 Why_dont_diets_work_.txt
 Why_the_HAPPY_Diet_works.txt
 Zone_Diet__A_New_Weight_Loss_System.txt
 Zone_Diet_-_ Criticism.txt

TOPIC: DIETS
115 articles

THE ATKINS LIFESTYLE FOOD GUIDE PYRAMID™

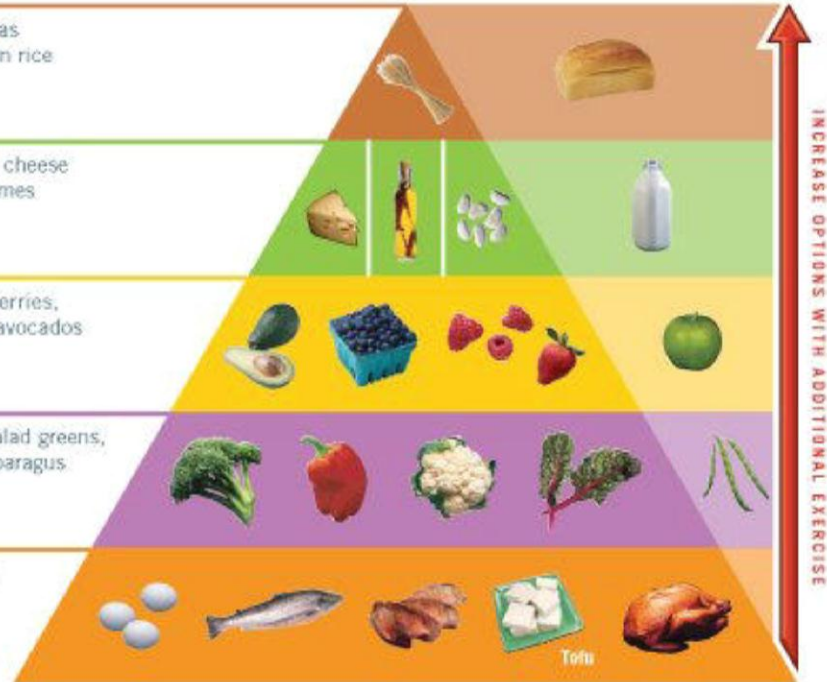
Whole grain foods such as
— barley, oats and brown rice

Vegetable and seed oils, cheese
and dairy, nuts and legumes

Fruits such as — blueberries,
raspberries, pears and avocados

Vegetables such as — salad greens,
broccoli, cauliflower, asparagus
and spinach

Protein sources such as
— poultry, fish, beef,
pork and soy products



ATKINS & SOUTH BEACH DIETs

plr article content

32 private label rights articles

Name

 Are_Atkins_Diet_And_Low_Carb_Diets_Safe_.txt
 Atkins_Bankrupt.txt
 Atkins_Destroy_The_Competition.txt
 Atkins_Diet.txt
 Atkins_Diet_-_How_To_Do_It_The_Right_Way_.txt
 Atkins_Diet_-_Increase_Your_Heart_Attack_Risk_.txt
 Atkins_Diet_-_Learn_More.txt
 Atkins_Diet_101.txt
 Atkins_Diet_Plan_-_It_s_Really_Not_Easy.txt
 Atkins_Is_Hardly_the_Rich_Man_s_Diet_.txt
 Dangers_of_South_Beach_Diet.txt
 Discover_All_About_The_Atkins_Diet_-_Also_Know_As_The_Low_Carb_Diet.txt
 Discover_All_About_The_South_Beach_Diet.txt
 Does_the_protien_diet_work_.txt
 Great_Info_About_The_South_Beach_Diet.txt
 Losing_Weight_With_PCOS_-_Low_Carb_May_Help_Insulin_Response.txt
 Quick_Facts_on_South_Beach_Diet.txt
 South_Beach_Diet__Ready_To_Be_A_Loser_.txt
 South_Beach_Diet_-_What_Are_The_Benefits_And_Pitfalls_.txt
 The_Atkins_Diet.txt
 The_Atkins_Diet__How_You_Can_Lose_Weight_Quickly__Easily.txt
 The_Atkins_Diet_Everyone_is_still_talking_about_it_.txt
 The_Problem_With_Almost_All_Low_Carb_High_Protein_Diets.txt
 The_South_Beach_Diet_By_Dr._Arthur_Agatston.txt
 The_South_Beach_Diet_Danger_And_A_Warning_To_All_Dieters.txt
 The_South_Beach_Diet_Delivery_Service_And_How_It_Will_Benefit_You_.txt
 These_Atkins_Diet_Tips_Will_Help_You_Lose_Weight_Fast_.txt
 Understanding_the_Atkins_Diet_Basics.txt
 What_In_The_World_Is_The_South_Beach_Diet__Finally_Someone_Who_Knows_.txt
 What_Is_The_Atkins_Diet_.txt
 What_Is_The_South_Beach_Diet_.txt
 Whether_Atkins_diet_plan_is_suitable_for_effective_weight_loss_.txt

TOPIC: ATKINS &
south beach DIETs
32 articles



LOW CARB DIET
plr article content
44 private label rights articles

Name

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 A_Low_Carbohydrate_Diet_works_for_weight_loss_Don_t_Believe_the_Hype.txt	 The_Problem_With_Almost_All_Low_Carb_High_Protein_Diets.txt
 A_vegetarian_diet_may_be_best_for_humans__really_folks.__part_1_.txt	 The_Science_of_Lowcarb_Diets_Why_They_Work.txt
 A_vegetarian_diet_may_be_best_for_humans__really_folks.__Part_2_.txt	 The_Truth_About_Losing_Weight_On_A_Vegetarian_Diet.txt
 Adopting_A_Low_Carb_Diet.txt	 The_Truth_About_Low_Carb_Diets.txt
 Are_You_Ready_For_Low_Carb_.txt	 Vegetable_Protein_Has_One_Definite_Advantage_Over_Meat_Protein.txt
 Carb_Addict_-_Yes_or_No_.txt	 Vegetarian_Diet_Great_For_Weight_Loss_Health_And_The_Planet.txt
 Carb_Blockers__Lose_the_Fat.txt	 What_You_Need_To_Know_About_Vegetarianism.txt
 Carbohydrate_Counting_-_Is_It_Really_Necessary_.txt	 Why_cardiologists_want_you_to_go_low-carb.txt
 Carbohydrates_And_Losing_Weight_.txt	
 Considerations_of_a_Vegetarian_Diet.txt	
 Considering_Becoming_A_Vegetarian_.txt	
 Could_Low_Carb_Eating_Help_You_Loosing_Weight_.txt	
 Great_Tips_For_Low_Carb_Dieters.txt	
 High_Protein_Energy_Bars.txt	
 History_And_Background_Of_Low-carb_Dieting.txt	
 How_To_Eat_Low_Carb.txt	
 Is_A_Low-Carb_High_Protein_Diet_really_Effective_for_Weight_Loss_.txt	
 Is_Your_Low-Carb_Diet_Aging_Your_Skin_.txt	
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 Low_Carb_Diet__Is_It_A_Good_Way_To_Lose_Weight_.txt	
 Low_Carb_Diet_Plan_-_When_More_Is_Better.txt	
 Low_Carb_Diet_Plans.txt	
 Low_Carb_Diet_Requirements__How_They_Work.txt	
 Low_carb_diets__Are_they_safe_.txt	
 Low_Carb_Diets__Just_How_Safe_Are_They_.txt	
 Low_Carb_Fad_Diets_Revealed.txt	
 Low-Carb_Diet_Should_I_or_Shouldn_t_I_.txt	
 Low-Carb_High_Protein_Diets.txt	
 Optimising_Nutrition_On_A_Vegetarian_Diet.txt	
 Poll_Half_Say_Low-Carb_Diets_Not_Worth_Risks.txt	
 The_Basics_Of_The_Low_Carb_Diet_And_How_To_Succeed_With_It.txt	
 The_basis_for_low_carb_diets.txt	
 The_cause_of_bad_breath_on_low_carb_diets.txt	
 The_Importance_of_Vitamin_B-12_Supplementation_in_a_Vegetarian_Diet.txt	

TOPIC: LOW CARB &
vegetarian DIETs
44 articles



BOOST METABOLISM
plr article content
31 private label rights articles

Name

 5_Easy_Ways_to_Boost_Your_Metabolism.txt
 7_Calorie_Burning_Tips.txt
 7_Killer_Ways_To_Maximize_Your_Fat_Burning_In_The_Gym.txt
 10_Tips_To_Maximize_Your_Metabolism..txt
 All_About_Thermogenic_Fat_Burners.txt
 Best_Ways_To_Burn_Fat.txt
 Boost_Energy___Control_Hunger.txt
 Boost_Metabolism_And_Lose_Weight_By_Eating_Well.txt
 Burn_Fat_and_Gain_Muscle.txt
 Burn_Fat_Build_Muscle_Today.txt
 Burn_Fat_Safely_and_Effectively.txt
 Burn_Fat_Safely_and_successfully.txt
 Burn_More_Calories_in_Less_Time.txt
 Create_Your_Own_Metabolism.txt
 Discover_How_To_Increase_Your_Metabolism.txt
 Energy_Balance.txt
 How_To_Burn_Stomach_Fat.txt
 How_To_Calculate_BMR.txt
 How_to_Naturally_Turn_Your_Slow_Metabolism_into_a_Fast_Fat_Burning_Machine.txt
 Increase_Metabolism_to_Lose_Weight.txt
 Is_Your_Metabolism_Broken_.txt
 Metabolic_Breakdown__Why_Some_Drugs_Might_Not_Work_On_You.txt
 Metabolism__Processing_the_Fuel_for_the_Body.txt
 Metabolism_for_the_Fit_Individual.txt
 Metabolism-__What_is_it_and_How_Can_I_Control_It_.txt
 Oatmeal_-_The_Most_Powerful_Breakfast_for_Weight_Loss.txt
 Stoke_Your_Fat-Burning_Furnace.txt
 Two_Great_Ways_to_Burn_Fat_Fast.txt
 Ultrametabolism_-_The_Simple_Plan_For_Automatic_Weight_Loss.txt
 Understanding_your_Metabolism.txt
 Your_Metabolism_And_Fat_Loss.txt

TOPIC: BOOST METABOLISM
31 articles



DIET PILLS
plr article content
138 private label rights articles

Name

A_Pill-A-Day_Approach_to_Weight_Loss.txt
 Add_Phentermine_to_Your_Busy_Schedule.txt
 Add_Phentermine_to_Your_Life_and_Forget_Those_Extra_Pounds.txt
 An_Apt_Solution_To_Kill_Obesity-Phentermine_Prescription.txt
 Are_Diet_Pills_The_Answer.txt
 Are_Herbal_Diet_Pills_Right_For_You_.txt
 Be_Careful_With_Diet_Pills.txt
 Believe_in_Phentermine_with_Confidence.txt
 Benefits_of_Taking_Hoodia_Gordonii.txt
 Can_Hoodia_Gordonii_Help_You_Lose_Weight.txt
 Cashing_on_with_Acomplia_to_Reduce_Obesity.txt
 Close_the_Gateway_to_Obesity__Take_Didrex.txt
 Confront_Obesity_with__to_Fulfill_Your_Sexual_Urge_.txt
 Conquer_your_Obesity_with_Xenical.txt
 Control_all_Unhealthy_Urges_with_Acomplia.txt
 Dangerous_Weight_Loss_Drugs_Vs._Safer_Alternatives.txt
 Determining_the_Efficacy_of_Diet_Pills.txt
 Diet_Pills__Real_life_story.txt
 Diet_Pills__The_Answer_Or_Not_.txt
 Diet_Pills_-_Secrets_Revealed.txt
 Diet_Pills_-_What_To_Watch_For_When_Buying_Weight_Loss_Supplements.txt
 Diet_Pills_Are_They_Magic_or_Just_a_Placebo_.txt
 Diet_Pills_Health_Risks.txt
 Do_Weight_Loss_Pills_Or_Diet_Pills_Really_Work_.txt
 Does_Dieting_With_Chitosan_Work_.txt
 Does_Hoodia_the_African_weight_loss_secret_actually_work_.txt
 Does_Hoodia_Work__3_Ways_Hoodia_Helps_You_Lose_Weight.txt
 Does_Hoodia_Work_3_Ways_Hoodia_Helps_You_Lose_Weight.txt
 Downsize_Your_Waistline_with_Adipex.txt
 Embarrassed_by_Your_Obesity__Exterminate_it_With_Phendimetrazine.txt
 Entice_A_Gorgeous_Body_With_Acomplia_Diet_Pill.txt
 Ephedrine_and_Its_Use_In_Weight_Loss.txt
 Eradicate_your_Obesity_problems_with_Didrex.txt
 Essential_FAQs_of_Hoodia_Gordonii--Serious_Dieters_Ought_to_Know.txt
 Fighting_Obesity_By_Using_Hoodia_Diet_Pills.txt
 Florinef_helps_your_body_maintain_the_proper_balance_of_water_and_minerals.txt
 Gain_a_Healthy_Life_Through_Xenical.txt
 Get_a_Perfect_Shape_and_Figure_Buy_Phentermine_.txt

Get_Real_Hoodia-For_Real_Results.txt
 Get_Slim_in_a_Natural_Way__Believe_Reductil.txt
 Get_Your_Look__Slim_with_Phentermine_.txt
 Give_Your_Heart_Its_Due_-_Acomplia.txt
 Herbalife_Shapeworks_Diet_Products_-_Giving_you_a_Future.txt
 Hoodia__Weight_loss_pill_for_obesity_treatment.txt
 Hoodia_it_might_be_flying_off_store_shelves_but_is_this_diet_pill_safe_.txt
 Hoodia_The_Herbal_Natural_Remedy_for_Weight_Loss.txt
 Hoodia_750_Review.txt
 Hoodia_and_Hunger.txt
 Hoodia_and_the_Battle_of_the_Bulge.txt
 Hoodia_Cactus_Plant__13_Fascinating_Facts_About_the_Amazing_Hoodia.txt
 Hoodia_Diet_Pill__Hoodia_Gordonii_Or_Voodoo_To_You_And_I.txt
 Hoodia_Diet_Pill-_Natures_Cure_for_Obesity.txt
 Hoodia_For_Appetite_Suppression_And_Weight_Loss.txt
 Hoodia_Gordini__What_s_So_Great_About_Hoodia_Gordini_.txt
 Hoodia_Gordonii_Diet_Pills__Really__Hoodia_Gordonii_.txt
 Hoodia_Gordonii__Popular_Appetite_Suppressant.txt
 Hoodia_Gordonii__Should_You_Take_It_.txt
 Hoodia_Gordonii_-_50_Million_Americans_are_Dieting.txt
 Hoodia_Gordonii_-_Why_Hoodia_Beats_Man-Made_Diet_Pills_Every_Time.txt
 Hoodia_Gordonii_Can_Give_You_Better_Weight.txt
 Hoodia_Gordonii_Can_Solve_Your_Weight_Problem.txt
 Hoodia_Gordonii_Is_A_Powerful_Weight_Loss_Supplement.txt
 Hoodia_Gordonii_Plus_-_Can_It_Help_You_Lose_Weight.txt
 Hoodia_Gordonii-The_Star_Cactus.txt
 Hoodia_Heaven.txt
 Hoodia_is_a_medicinal_plant_noted_for_its_appetite-suppressant_qualities_.txt
 Hoodia_Prime_Is_Helping_Me_Battle_My_Weight_Loss.txt
 Hoodia_Review_-_Does_Hoodia_Work_for_Weight_Loss_.txt
 Hoodia_Review_Guide_How_to_Buy_the_Best_Hoodia.txt
 Hoodia_Said_To_Benefit_Appetite_Suppression__But_Experts_Not_Certain.txt
 Hoodia_Side_Effects__The_Good_and_the_Bad_News_About_Hoodia.txt
 Hoodia_Weight_Loss_Supplements_Add_To_Jenny_Craig_Diet_Programs.txt

TOPIC: DIET PILLS
 138 articles

 Hooray_for_Hoodia_Diet_Pills.txt
 How_To_Choose_The_Right_Diet_Pill.txt
 Is_Hoodia_all_Hooyey.txt
 Keep_A_Check_On_Your_Obesity_With_Phentermine..txt
 Loosing_Weight_and_Diet_Pills.txt
 Lose_Weight_Rapidly_with_Diet_Pills_Therapy.txt
 Losing_Weight_With_Ephedrine.txt
 Losing_Weight_with_Phentermine.txt
 Make_Way_For_A_Healthy_Life_With_Phentermine.txt
 Make_Your_Body_More_Flexible_and_Curvy_With_the_Help_of_Meridia.txt
 Natural_Diet_Pills_for_Weight_Loss__How_Safe_are_They_.txt
 Opt_Phentermine_for_a_guaranteed_weight_loss.txt
 Phentermine_-_How_To_Lose_Weight_With_Phentermine__Diet_and_Exercise.txt
 Phentermine_a_Miraculous_Diet_Pill.txt
 Phentermine_a_Strategic_Step_Towards_Weight_Loss.txt
 Phentermine_And_Healthy_Weight_Loss.txt
 Phentermine_and_Pregnancy.txt
 Phentermine_and_Pregnancy_-_Is_Phentermine_Safe_For_Your_Baby_.txt
 Phentermine_as_an_Effective_Solution_to_Keep_You_Healthy.txt
 Phentermine_Helps_Cut_Weight.txt
 Phentermine_is_an_Absolute_Diet_Medication_to_Overcome_Obesity.txt
 Phentermine_is_Answering_Obesity_for_Decades.txt
 Phentermine_Makes_your_Weight_Loss_Faster.txt
 Phentermine_may_be_the_Right_Solution_to_Reduce_Obesity.txt
 Phentermine-_Weight_losses_wonder.txt
 Plan_Your_Weight_Loss_Course_by_Adding_Phentermine_to_it.txt
 Proactol_and_Weight_Loss.txt
 Quick_weight_loss_with_Phentermine.txt
 Reshape_Your_Body_with_Acomplia.txt
 Risks_Associated_With_Prescription_Diet_Pills.txt
 Selecting_the_Right_Diet_Pills_for_Weight_Loss.txt
 Shape_Up_Your_Body_with_Weight_Loose_Pills.txt
 Shelf_Those_Unwanted_Pounds_From_Your_Body_With_Xenical.txt
 Stay_Away_From_Obesity_with_Phentermine.txt
 Take_A_Look_At_The_New_YOU.txt
 Take_Hoodia_diet_pills_with_a_Smart_Diet_not_a_Starvation_Diet.txt
 The_Difference_Between_Liquid_Hoodia_And_Hoodia_Pills.txt
 The_Hoodia_Gordonii_Diet.txt

 The_Hoodia_plant_may_be_the_best_gift_to_avoid_holiday_weight_gain.txt
 The_PROs_and_CONs_of_loosing_weight_with_ephedra.txt
 The_Skinny_On_Diet_Pills.txt
 Thinking_Of_A_Safe_Way_To_Loose_Weight_Buy_Phentermine.txt
 Truth_about_Phentermine_diet_pills.txt
 Understanding_the_Risks_and_Benefits_of_Weight_Loss_Pills.txt
 Understanding_The_Side_Effects_Of_Hoodia_Gordonii.txt
 Use_Phentermine_Today__Say_Good_bye_To_Obesity.txt
 Weight_loss__Pills_vs._Diet_Programs.txt
 Weight_Loss_And_Appetite_Suppressants_-_Hoodia.txt
 Weight_Loss_and_Diet_Pills.txt
 Weight_Loss_and_Phentermine.txt
 Weight_Loss_Benefits_Of_Hoodia_Gordonii.txt
 Weight_Loss_Drug_-_Ideal_cure_for_the_ailment_called_Obesity.txt
 Weight_Loss_Pills__Common_Questions_Answered.txt
 Weight_Loss_Pills__Are_They_Safe_.txt
 Weight_Loss_Pills_Explained.txt
 Weight_Loss_Pills-_Magic_or_Risk.txt
 Weight_Loss_With_Hoodia.txt
 What_are_the_Alternatives_to_Xenical_Weight_Loss_Pills_.txt
 What_Extend_Of_Hoodia_Gordonii_Side_Effects.txt
 What_Is_Hoodia_Gordonii_And_How_Its_Related_To_Dieting.txt
 What_is_in_a_Weight_Loss_Diet_Pill_and_Can_it_Help_.txt
 What_is_Phentermine__Weight_loss_medication.txt
 What_Is_The_Truth_About_Hoodia_.txt
 Why_is_Hoodia_such_a_sought_after_weight_loss_supplement_.txt
 Xenical_cuts_fat_by_a_third.txt
 Xenical_the_safest_weight_loss_drug..txt

TOPIC: DIET PILLS
 138 articles



EATING DISORDERS
plr article content
50 private label rights articles

Name

About_Anorexia.txt
An_Introduction_To_Eating_Disorders.txt
Anorexia__A_Disease_Induced_By_the_Society_.txt
Anorexia_as_a_Topical_Issue_of_Modern_Society.txt
Battling_an_Eating_Disorder__When_Bulimia_Becomes_an_American_Idol_Sized_Problem.txt
Binge_eating__Binge_eating_disorder__Compulsive_exercising.txt
Binge_Eating_-_Men_Also_At_Risk.txt
Binge_Eating_Disorder_-_An_Act_Of_Overeating.txt
Binge_Eating_is_Not_Black_and_White_Thinking.txt
Bulimia.txt
Bulimia__Not_Fatal_Anymore.txt
Bulimia_Eating_Disorder.txt
Bulimia_Nervosa__An_Eating_Disorder.txt
Bulimia_Treatment_Advice_and_Options.txt
Change_is_Vital_to_End_Binge_Eating_Disorder.txt
Common_Bulimia_nervosa.txt
Common_Myths_and_Misconceptions_about_Anorexia.txt
Controversial_Aspects_of_Pro_Anorexia.txt
Could_You_Be_A_Compulsive_Overeater_.txt
Deadly_Eating_Disorders.txt
Death_By_Starvation__Complications_of_Eating_Disorders.txt
Death_In_The_Name_Of_Beauty.txt
Death_On_The_Catwalk.txt
Do_I_Really_Have_Bulimia_.txt
Eating_Disorders_And_How_To_Treat_Them.txt
Eating_Disorders_and_Personality_Disorders.txt
Eating_Disorders_Disturbances_In_Eating_Behavior.txt
Eating_Disorders_Explained.txt
End_The_Battle_With_Your_Body.txt
Excessive_Exercise_and_Eating_Disorders.txt
Hollywood_Anorexia_Nervosa.txt
In_Bulimia_Recovery_-_Do_You_Want_To_Beat_Bulimia_.txt
Information_on_Eating_Disorders.txt
Is_Binge_Eating_Making_You_Feel_Alone_.txt
Malign_Effects_of_Anorexia_and_Bulimia.txt

Osteoporosis_as_a_Common_Affection_of_Girls_with_Anorexia.txt
Pathological_Eating_Disorders_and_Poly-Behavioral_Addiction.txt
Positive_Self-Esteem_for_Binge_Eaters.txt
Self-Destructive_Behaviors_of_Girls_with_Anorexia.txt
Six_Steps_to_a_Positive_Body_Image.txt
Spotting_the_Signs_of_Anorexia.txt
Ten_Things_To_Do_Instead_of_Binge_Eating.txt
The_Princess__Secret_Disease.txt
The_Skinny_on_Anorexia.txt
The_Trap_Of_An_Eating_Disorder.txt
Tips_on_Spotting_Anorexia_Symptoms.txt
To_Be_Young__Hip_And_Super_Thin.txt
What_Is_Anorexia_.txt
What_Is_Anorexia_Nervosa_.txt
What_is_Binge_Eating_Disorder_.txt

TOPIC: EATING DISORDERS
50 articles



PREVENT WEIGHT GAIN
plr article content
25 private label rights articles

Name

 After_A_Diet_Why_Does_The_Weight_Come_Back.txt

 Avoid_Holiday_Weight_Gain.txt

 Blame_It_On_Iodine.txt

 Can_t_Lose_Weight_Maybe_You_Have_A_Thyroid_Disorder.txt

 Coconut_Oil_Cholesterol_And_Weight_Loss_Maintenance_That_Tastes_Good.txt

 Control_Hunger_with_Protein_Shakes.txt

 Control_Your_Cravings.txt

 Control_your_Weight_and_Feel_the_Improvement.txt

 Controlling_The_Urge_For_Comfort_Foods.txt

 Eating_And_Gaining_Weight_How_To_Control_The_Urge_To_Splurge.txt

 Foods_That_Help_Curb_Hunger_And_Cravings.txt

 Foods_To_Help_You_Lose_Weight.txt

 How_Many_Calories_To_A_Pound.txt

 How_Many_Calories_To_Eat_A_Day.txt

 How_Many_Calories_To_Lose_Weight.txt

 How_To_Handle_Hunger_On_A_Fasting_Day.txt

 How_to_Maintain_Your_Weight_Loss.txt

 Keeping_a_Healthy_Weight.txt

 Living_with_Your_Diet.txt

 Reward_Yourself_.txt

 Steps_to_maintain_weight_during_college.txt

 Volumize_Your_Meal_Portions_Maximize_Satisfaction_While_Minimizing_Calories.txt

 Want_to_Stay_Lean_Think_Green.txt

 Weight_Loss_Tips_for_Women_5_Solutions_to_Staying_Slim.txt

 When_People_Quit_Smoking_Is_Weight_Gain_Unavoidable.txt

TOPIC: PREVENT WEIGHT
GAIN

25 articles



WEIGHT LOSS SURGERY

plr article content

99 private label rights articles

Name

 A_New_Direction_In_Weight_Control_-_Gastric_Bypass_Surgery.txt	 I_Weigh_500_Pounds_.txt
 A_Speedy_Recovery_with_SmartLipo.txt	 Intestinal_Weight_Loss_Surgery_Today.txt
 Advantages_of_SmartLipo.txt	 Is_Gastric_Bypass_Weight_Loss_Surgery_Right_For_You_.txt
 Advantages_of_SmartLipo__Smarter_Results.txt	 Is_Losing_Weight_Via_Gastric_Bypass_For_Everyone_.txt
 Aged_and_Weight_Loss_Surgery.txt	 Is_SmartLipo_Right_For_You_.txt
 Avoid_the__Take-Home-Box__Overload.txt	 Knowing_The_Risk_Of_Gastric_Bypass.txt
 Bariatric_Scales.txt	 Laparoscopic_Gastric_Bypass_Surgery.txt
 Bariatric_surgery__early_death.txt	 Lap-Band_Surgery_Is_A_Promising_Treatment_For_Obesity.txt
 Bariatric_Surgery__The_Quick_Fix_to_Obesity.txt	 Laser_the_fat_away_without_liposuction__with_SmartLipo.txt
 Bariatric_Surgery_Costs.txt	 Liposuction_-_A_Weight_Loss_Method_.txt
 Bariatric_Surgery_Improving_Mortality_Rates_of_Obesity-Related_Diseases.txt	 Liposuction__Risks_and_Benefits.txt
 Facts_to_Know_Before_Going_for_Weight_Loss_Surgery.txt	 Liposuction_and_Me.txt
 Fat_Loss__What_s_The_Big_Deal_Anyway_.txt	 Multi-Million_Dollar_Industry_-_Weight_Loss_Center.txt
 Fat_Loss_And_Weight_Loss-Do_They_Mean_It_.txt	 Obesity_Surgery.txt
 Fat_Loss_Myths_Revealed.txt	 Obesity_Surgery_Is_A_Serious_Decision.txt
 Financing_a_Bariatric_Surgery.txt	 Physical_Requirements_For_Patients_Of_Gastric_Bypass_Surgery.txt
 Find_Your_Inner_Slimness_With_Lap_Band_Surgery.txt	 Precautions_To_Be_Taken_Before_Bariatric_Surgery.txt
 Fresh_Start_is_the_perfect_liquid_protein_supplement_for_bariatric_patients.txt	 Preparing_for_Your_Abdominoplasty.txt
 Freshstartprotein_announces_a_new_bariatric_protein_drink..txt	 Recovering_From_Your_Weight_Loss_Surgery.txt
 Gastric_Bypass_-_Post-Operative_Expectations.txt	 Recovery_After_Liposuction__Tummy_Tuck__or_Breast_Augmentation_Plastic_Surgery.txt
 Gastric_Bypass_-_Solution_To_Weight_Loss_.txt	 Reshape_And_Firm_Your_Stomach_With_A_Tummy_Tuck.txt
 Gastric_Bypass_-_The_Advantages_Of_Laparoscopic_Surgery.txt	 Several_Types_Of_Obesity_Surgery_Available.txt
 Gastric_Bypass_-_The_Response_To_A_Man-Made_Problem.txt	 Shaping_Your_Body_with_Liposuction.txt
 Gastric_Bypass_Surgery__Recovery_And_Expectations.txt	 Smart_Lipo_-_What_is_it_.txt
 Gastric_Bypass_Surgery_-_A_Successful_Alternative.txt	 SmartLipo_-_How_the_procedure_is_done_.txt
 Gastric_Bypass_Surgery_-_Requesting_Insurance_Pre-Approval.txt	 So_what_s_so_great_about_liposuction_.txt
 Gastric_Bypass_Surgery_-_Types_And_Risks.txt	 Stomach_Fat_Reductions_and_Scars.txt
 Gastric_Bypass_Surgery_And_Weight_Loss.txt	 Stomach_Stapling_Is_A_Last_Resort_Measure_Intended_To_Save_Your_Life.txt
 Gastric_Surgery_-_Miracle_Cure_For_Obesity_.txt	 Surgery_To_Remove_Excess_Skin_After_Weight_Loss.txt
 Get_Into_the_Closet_after_Weight_Loss_Surgery.txt	 The_Advantages_of_SmartLipo_over_Traditional_Liposuction.txt
 Getting_Rid_Of_That_Belly_With_A_Tuck.txt	 The_Bariatric_Patient_and__Set_Point_.txt
 Getting_to_Know_Your_New_Reflection.txt	 The_fundamental_facts_of_Weight_Loss_Surgery.txt
 Holiday_Eating_Anxieties_for_Bariatric_Patients.txt	 The_Last_Resort__Weight_Loss_Surgery.txt
 How_Much_Does_A_Tummy_Tuck_Cost_.txt	 The_Pros_and_Cons_of_Lap_Band_Surgery.txt
 How_the_Lipo_Dissolve_procedure_is_done_.txt	
 How_to_deal_with_liposuction_.txt	
How_to_Prepare_for_Liposuction.txt	

TOPIC: WEIGHT LOSS SURGERY

99 articles

 The_Pros_and_Cons_of_SmartLipo.txt
 The_SmartLipo_Laser_Advantage.txt
 Things_You_Need_To_Know_About_Gastric_Bypass_Surgery.txt
 Things_You_Ought_To_Know_First_Before_Undergoing_Liposuction_Surgery.txt
 Think_Thoroughly_About_Having_Weight_Loss_Surgery.txt
 Tumescant_Abdominoplasty.txt
 Tummy_Tuck_Cost__Is_it_Affordable_.txt
 Tummy_Tuck_Recovery.txt
 Tummy_Tuck_Recovery_Time.txt
 Tummy_Tuck_Surgery_At_A_Glance.txt
 Tummy_Tucks_and_Scarring.txt
 Tummy_Tucks_And_You.txt
 Understanding_The_Gastric_Bypass_Diet.txt
 Understanding_the_Tummy_tuck_procedure_and_Complications_from_Tummy_tuck_surgery.txt
 Waiting_for_the_Mood_Bus_to_Arrive.txt
 Weight_loss_surgeries_are_not_a_cure_but_a_tool.txt
 Weight_Loss_Surgery_Is_It_A_Safe_Option_.txt
 Weight_Loss_Surgery_What_Are_The_Options_.txt
 Weight_Loss_Surgery_Has_Become_A_Necessary_Step.txt
 Weight_Loss_Surgery_Risks_And_Benefits.txt
 What_Is_Dumping_After_Gastric_Surgery_.txt
 What_Is_Gastric_Bypass_Surgery_.txt
 What_s_Liposuction_About_.txt
 What_Should_We_Do_After_Bariatric_Surgery_.txt
 What_to_Expect_After_Gastric_Bypass_Surgery.txt
 What_Tummy_Tucks_Are_About.txt
 What_you_need_to_know_About_Tummy_Tuck_Surgery.txt
 Why_You_Should_Consider_Gastric_Bypass_Surgery.txt

TOPIC: WEIGHT LOSS
SURGERY

99 articles



Diet-01.jpg



Diet-02.jpg



Diet-03.jpg



Diet-04.jpg



Diet-05.jpg



Diet-06.jpg



Diet-07.jpg



Diet-08.jpg



Diet-09.jpg



Diet-10.jpg



Diet-11.jpg



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Diet-15.jpg



Diet-16.jpg



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Diet-18.jpg



Diet-19.jpg



Diet-20.jpg

Diet & weight loss photos
60 FULL SIZED business IMAGES

These are thumbnails of the images. The actual photos are pre-sized to 400 pxls high vertical and 600 pxls wide horizontal. They come in both standard format and with faded edges.



Diet-21.jpg



Diet-22.jpg



Diet-23.jpg



Diet-24.jpg



Diet-25.jpg



Diet-26.jpg



Diet-27.jpg



Diet-28.jpg



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Diet-41.jpg



Diet-42.jpg



Diet-43.jpg



Diet-44.jpg



Diet-45.jpg



Diet-46.jpg

diet & weight
loss photos
60 FULL SIZED
business IMAGES

*These are thumbnails
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wide horizontal.
They come in both
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with faded edges.*



DietIcon-01.jpg



DietIcon-02.jpg



DietIcon-03.jpg



DietIcon-04.jpg



DietIcon-05.jpg



DietIcon-06.jpg



DietIcon-07.jpg



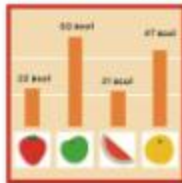
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DietIcon-09.jpg



DietIcon-10.jpg



DietIcon-11.jpg



DietIcon-12.jpg



DietIcon-13.jpg



DietIcon-14.jpg

Computer basics ICONS
66 Business THEMED IMAGES