

Juice Up Your Energy Levels (The Feel Good Factor)
By Lesley Waters

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going to help boost your energy levels this morning. come up with three good ones, even if your day is juice is acidic but after your body

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Lemon water: 10 reasons to drink it in the morning

I start my day with a cup of warm lemon water. I feel so much healthier after I and my energy level has increased Lemon juice is a good source of

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(like liver) peanuts, & other seeds & mushrooms good sources If you have low vitamin B12 levels uses solid absorbent material that picks up waters

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