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From Paleo, Ayurveda, HIIT And Yoga By Phil Escott,  
Karen Halewood**



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Getting enough healthy fat (30-50% of your total calories/day) will help So do your best to reduce or eliminate vegetable oils in your diet, and Pure Encapsulations makes a great vegan supplement. . And of course we all know that proteins make up the muscles, which enable us our muscles to move.

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