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Foot Reflexology Chart Pituitary Throat Nose Neck Cervical Spine Thyroid/Bronchia Esophagus Solar Plexus Diaphragm Stomach Adrenals Pancreas Duodenum Lumbar Vertebrae Ureter Bladder Rectum Sacrum Lower Back/Gluteal Area Right Left Head/Brain Teeth/Sinuses Eye 4th, 2024

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Your Guide To Lowering Your Blood Pressure With DASH

National Heart, Lung, And Blood Institute. YOUR GUIDE TO Lowering Your Blood Pressure With DASH U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES National Institutes Of Health National Heart, Lung, And Blood Institute NIH Publication No. 06-4082 Originally Printed 1998 Revised April 2006. 1th, 2024

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3: 1 Tsp Soft Margarine. 1 Tsp Vegetable Oil: 1 Tbsp Mayonnaise. 2 Tbsp Salad Dressing. Soft Margarine, Vegetable 3th, 2024

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