

## **Are you a woman from age 35 to 55 years old?**

**The Top 10 reasons why you might be interested in what I have to say.**

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### **The Top 10 concepts a woman from age 35 to 55 years old needs to know:**

1. You are the strength, the core and the glue that holds the family together.
2. Children watch and mimic everything you do, You must lead by example
3. You need extra care to put up with the growing demands and stress a family puts on you.
4. The leading cause of death in America is cardiovascular disease which has a higher occurrence in females.
5. To help decrease the chances of you acquiring a life altering disease such as Cancer or Diabetes.
6. To help prevent early incidence of childhood obesity and diabetes
7. To help with the large daily amounts of emotional related stressors you are subjected to.
8. To help you understand why low fat diets are killing you slowly.
9. To help you understand that our energy, emotions and physical states are directly related to eating the proper foods and getting enough water.
10. To help you understand why healthcare is better than disease care.