

gl-3 simple method to prevent obesity & diabetes - overweight, obesity and diabetes are spreading like an epidemic in india. as per 2008 data, 1.3% of males and 2.5% of females above the age of 20 years are obese. 28 lac people die every year in the world due to obesity or **just the basics - charles e. holman foundation** - copyright (c) 2015 the charles e. holman morgellons disease foundation. all rights reserved. i. general 1. drink plenty of water--at least 8 glasses each day.

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