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# Holiday Gift Guide

For The  
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For The  
*New Parent*



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For The  
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# Holiday Gift Guide Guide Coupon

**Terry C. Jones**



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now here s the good part when your blood and nerves and other tissues are acidic your body goes dude this sucks i m going to fix it basically because the see more

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hold a dumbbell in both hands with your palms around the sides of one of the bell ends not the handle bend one knee and rest the top of that foot on a bench see more

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bend over at the hips so your torso is about parallel to the floor keep your lower back arched take three seconds to raise the weights out 90 degrees to see more

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okay but how does lactic acid increase the production of growth hormone i m glad you asked well okay technically i asked but you get the point as lactic acid metabolites begin to flood the bloodstream this increases the overall acidity makes sense it s called lactic acid after all of the extracellular see more

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