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A healthier Halloween? Of course it's possible!

1 message

Discover Good <discovergood@herbalife.com>
To: DavehowardLA@gmail.com

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DISCOVER GOOD

- NUTRITION
- FITNESS
- BEAUTY



Controlling the Candy Monster This Halloween

This era of supersizing, where more is better and there are almost no limits, we have managed to supersize Halloween, too.



[Five-Minute Workouts to Keep Your Fitness on Track](#)

If getting a full workout is challenging this week, commit to five-minute bouts of exercise to stay on track with your goals.



[How Good Nutrition Promotes Good Hair](#)

A healthy diet plays an instrumental in the health of your hair.

[Restaurant Quiz: How to Avoid Empty Calories](#)

Can you spot the best choices in restaurants? Take this quick quiz and find out if you are savvy when you dine out.

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[Fast-Track Your Fitness Results With a Balanced Exercise Plan](#)

Get better and faster results by customizing your workouts, and discover what is missing from your current routine.

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[6 Tips to Soft, Shiny and Healthy Hair](#)

If you want to have soft, shiny and healthy hair, first your hair needs to be strong.

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