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Slimming starts in the mind: So you are programming your brain – view. By. Jennifer Alvarez - 10/08/2019. 387. 0. Facebook. Twitter. Pinterest. WhatsApp. Two basic comments in advance. Firstly, Excess pounds are not a question of appearance, but rather symptoms of a health problem. So, it's not about reaching a goal

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weight, but to be so ...

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be that equal volume of the eggs, flour and milk ratio ( Semi

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mind that this applies to fruit juice as well, which contains a similar  
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I agree, slimming does start in the mind. If you can envision

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yourself as thin, you can become thin. If you regularly tell yourself that you are thin, while you are trying to lose weight, weight loss becomes easier. Of course, you have to make some lifestyle changes too. But, if you see yourself as thin, and you make the right changes, you will ...

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