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We hope your New Year s Eve celebrations were enjoyable no matter what you did. 2013 was full of a lot of bumps and some deep losses. As we continue to heal our

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Marcelle Pick, OB/GYN NP gives you the knowledge and Our Proven 30-Day Program For Overcoming Adrenal Fatigue And Feeling Fantastic Do you wake up every

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Do you suffer from forgetfulness, cravings for sweets, insomnia, fatigue, irritability, and depression? Many women do - and Marcelle Pick, MSN, OB/GYN nurse

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Are you tired and wired? | the dr. oz show

The symptoms are all too familiar: tired, listless, irritable, craving sweets. Marcelle Pick investigates the fatigue epidemic sweeping our nation.

The dance of anger: a woman's guide to changing

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