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EMAIL MARKETING

October 12, 2017

— Amy blog —



Healthy Food

Change your eating, change your life!



Hi, my name is Amy

Free radicals are molecules that can damage healthy cells. They can make you more likely to get certain diseases, like cancer, and speed up aging. Foods rich in antioxidants can help fight those molecules. Colorful vegetables and fruits are packed with them, so aim for five to nine servings of those each day.

Most shared

October 12, 2017

Lemon berry cake

Sunshine-sweet lemon layer cake dotted with juicy blueberries and topped with lush cream cheese frosting.

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November 14, 2017

7 Kiwi Fruit Benefits

Kiwifruit is native to north-central and eastern China. The first recorded description of the kiwifruit dates back to the 12th century.

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July 20, 2017

The health benefits of avocados

Look for avocados that are slightly soft, but without dark sunken spots or cracks.

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