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March 23rd, 2018 - Suck it up buttercup This will hurt but it ll be worth it when you cross the line with a fresh PR''Dear Mark Body Composition Through the Years Mark s

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'St Croix Triathalon ? Swim bike Run three times the fun

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April 27th, 2018 - You may have heard from your doctor that ketosis is a life threatening condition If so your doctor is confusing diabetic ketoacidosis DKA with nutritional ketosis or keto adaptation'

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