legal and attainable to people like me and the rest of the people that has posted on this, so we can
at the end i'm doing a continued test and integrating fruits slowly as that's a completely different
type of carb and sugar
allegedly better to put on in the morning, after she has her bath
there are lots of personal characteristics i'd like her to have—honesty, a fear of god, a strong work ethic,
kindness, to name just a few