



# Simply Girl Talk™

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## Health Tip



Did you know? You can drop pounds, flush toxins from your body, and get healthier looking skin all from one simple lemon! It's true even some celebrities have jumped on board by simply adding lemon juice to a cup of hot water each day to aid in digestion and help get that over all look and feel. You know what they say "When life give you lemons... drink lemon water." Not only is it inexpensive and refreshing, but it has shown to have many added health benefits... such as: controlling high blood pressure, diminishing allergies, relieve sore throats, and even help dissolve gallstones... Yeah for lemons!!!

**Did you know?**  
The U.S. Attorney General officially made the wearing of trousers, by women legal in 1923.

*Find the Lady Bug*  
Visit our website and register to win the Lady Bug contest. Congratulations to last issues winner Cindy Nelson



## Beauty:

**Did you know?**  
Love yogurt? Just 1 cup of low fat plain yogurt provides at least 25% of the daily value for riboflavin - the same that's in 1 cup of boiled spinach.

*Soft hair secrets*  
Rinsing for longer than 60 seconds removes the hydrator meant to stay on your hair until your next shampoo.

## Inspiration

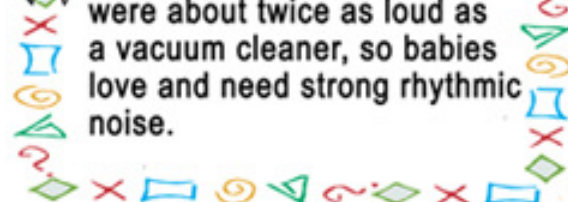


The power to make it happen!  
Hope... to lift you up  
Determination... to keep you working  
Vision... to carry you forward  
You know what you want...  
Now go for it!!!

## MAKE SOME NOISE



Don't give your child the silent treatment. "Amazingly, the sounds they heard 24/7 in the uterus were about twice as loud as a vacuum cleaner, so babies love and need strong rhythmic noise."



Success is getting what you want... Happiness is wanting what you get

## Style



*What does your walk say about you?*

*A long quick stride... You're perceived as sexy*

*A bounce in your step... You seem stress-proof*

*Your arms swinging freely... You exude strength!*

*A slower gait... You're seen as a leader*

*Your eyes straight ahead... You're creative!*

## Message's From Us

Look for this Girl Talk kiss logo and mention us to receive the advertised discount.

Thank You for your support.

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