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Step 5: Stay healthy. The health of your hair is a reflection of the health of your body. If you look after yourself, then your hair will reap the benefits,

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How to Keep Your Hair Healthy. Apply serum to ends and mid lengths of hair, but avoid the roots, otherwise your hair will look greasy. 3. Use heat protection.

Happy couples: how to keep your relationship

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Oct 23, 2007 Stay Young Healthy You can't stop getting older but you sure can keep yourself for prematurely aging,

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Stay healthy before and after menopause. Find tips to reduce stress, get good nutrition, have safe sex, avoid STDs, and more. Staying Healthy

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