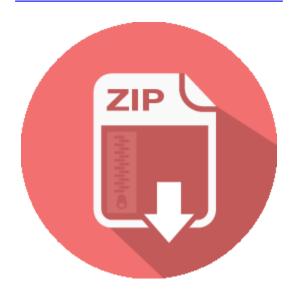
# **HEALTHY LIVING BOOK**



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# **Trim Healthy Mama THM com**

Because Trim Healthy Mama has been a big part of my journey and I know many of you sometimes feel hopeless yet recognize the power of God in your life, I would like to share a testimony on my 5th year Trimmiversary.

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### HOW TO CALCULATE MACROS FOR BULKING Healthy Living

Tweet; Following up from my previous post on calculating the calories and macros you need for a successful cut or fat loss diet, I decided to continue in the same vein and write a similar blog on estimating calorie and macro needs for bulking.

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#### The Beginner's Guide to Natural Living Learn how to

Reading The Beginner's Guide to Natural Living - and this website - will help you understand the basic principles of "natural living," a catch-all phrase used to indicate a lifestyle approach to health based on how our bodies operate, not on which drugs can alleviate symptoms of larger underlying problems. I place a strong emphasis on how to eat a healthy diet based on whole, organic food, and

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## How to Calculate Macros for Cutting Healthy Living

Hey Sam. For people who prefer not to aim for specific numbers, I advise to hit their total calories, but make sure to get at least 0.8g protein and 0.3g fat per pound.

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