

## Why do cardio machines stink?

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If you are needing a diet to improve your energy, and to clear up annoying little health issues, often following a detox diet, like the lemonade diet can help cleanse your system, and get you on the right track if you're looking for a good lose weight fast exerciselt is not one of those diets to lose weight fast for everyday purposes, but is highly effective for someone needing to reset their body to an optimum condition. I know when I have finished a good cleansing diet, my other diet efforts always have better results.

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