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The Fighter's Body: Your Guide to Diet,

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artists; how to calculate your protein needs for training; when and how to use supplements; how to eat at fast food places and not ruin your diet; why it's okay to splurge on 'Dirt Day'; and, how to safely make weight for a tournament.

The Fighter's Body: An Owner's Manual:

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can be heavily muscled, surprisingly slim,

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Changpuek Kiatsongrit is a legend in Muay

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body 's endocannabinoids “ can shut down genes needed for some pathogenic intestinal bacteria to colonize, multiply and cause disease. ” . / Photo:

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various bowel conditions, insight that could lead to new ways of fighting gastrointestinal (GI) infections.

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Life Assurance being the first to manage it,
an episode which set tongues wagging amid
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Funeral parlours fight over Ginimbi body -
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