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major crises stress is part of life and while you can't always control your circumstances you can control how you respond to them when stress becomes overwhelming or chronic it can affect your well being

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the premise for doing a detox is to eliminate these harmful toxins however there's little research that proves prepackaged detox regimes products and programs effective or even necessary this article discusses the safety and efficacy of various detoxes how they might work and how your body naturally detoxifies

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system in the short term and encouraging more sustainable ways to wean off a sugar habit for those who need long term

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eating lots of sugar is a surefire way to raise your risk of many different diseases this article provides several useful tricks to reduce your intake

8 home remedies for constipation cleveland clinic health Sep 12 2023

gastroenterologist samita garg md shares ways to alleviate your constipation at home learn about the symptoms of constipation and how to find relief how to relieve constipation naturally

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while it s likely impossible to eliminate every single mosquito the use of mosquito traps repellants habitat deterrents and even certain types of plants can help keep mosquitoes far far away here s what you need to know

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verb definition of eliminate synonyms for eliminate doctors seek to eliminate the causes of the epidemic she s trying to eliminate fatty foods from her diet the body naturally eliminates waste products the company plans to eliminate more than 2 000 jobs in the coming year remove the laces and soak in soapy water to eliminate dirt and stains

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as eliminate means get rid of or do away with it has become used to refer to the end of a problem or even an entire species we need to eliminate sources of pollution in order to maintain a healthy world

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find 3 248 synonyms for eliminate and other similar words that you can use instead based on 18 separate contexts from our thesaurus

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what s that smell there are many ways to mask bad odors in your home but how do you truly eliminate them here s how to get rid of bad household smells once and for all

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eliminate definition to remove or get rid of especially as being in some way undesirable see examples of eliminate used in a sentence

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whether you re dealing with a few stray flies or a swarm that found their way in we ve got you covered on how to get rid of them keep reading for the best natural and chemical pest control options to quickly take care of those pesky house

flies

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eliminate verb ɪˈlɪməˌneɪt verb forms to remove or get rid of something or someone eliminate something somebody credit cards eliminate the need to carry a lot of cash eliminate something somebody from something the police have eliminated two suspects from their investigation

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wondering how to get rid of cellulite check out our 13 dermatologist approved tips to get rid of cellulite from in office procedures to at home treatments

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basements are more prone to unpleasant odors than other rooms by virtue of their location underground but there are more than a few ways to combat them

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