Buffbody.de

the oct scan is scary, though, my eyes are so elongated that it is only through the grace of god that i have as good vision in my one eye as i have so far buffbody.de

6-8 glasses of water 30 minutes exercise 5 x weekly has really helped keep me trim, but find that if i fall off my routine for 2 weeks i notice a 2-3 lb difference www.buffbody.de/shop