

Birch Benders Paleo Pumpkin

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being the innocent person being plowed into by the other idiot driver, versus ramming my own car into a tree or something...that's what scares me.

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as they come to a stop, aria asks if alison knows where her first class is, and alison tells her that she's supposed to go to the guidance counselors office, but she can't remember what it is

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what's even more exciting is she's now blood-pressure-medication-free

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canola oil, which is very high in unsaturated fats, is the most dangerous oil of all to use for any cooking purpose and will produce a greater quantity of trans fatty acids than soy oil or corn oil

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