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More like this: **people**, **chronic pain** and **asthma**.



Found on [vmastories.com](#)



Angela Hansen • 11 weeks ago

Asthma, ADHD, Chronic pain, illness, depression, cancer, being overweight, or underweight, etc, anything you have... Stories of how just a liquid supplement (2oz a day of some great stuff) has changed many people's lives... it unbelievable :)



Added by
Angela Hansen



Added to
Inspiration

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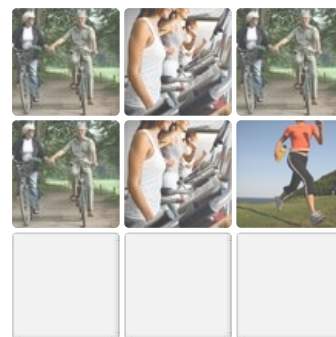


Inspiration
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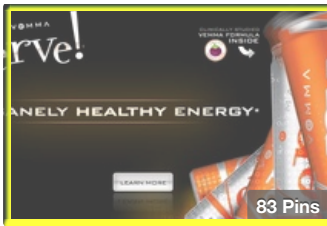
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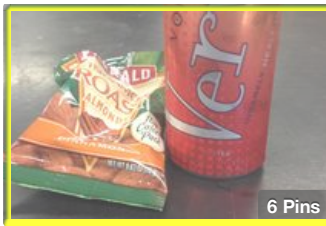
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Lordosis of the spine **Normal spine**

Exaggerated lumbar curve

► GIF

This shows how some people have pooches on their belly because of how their hip flexors are too tight. Shows some exercises that loosen those hip flexors and align the back to take away the belly pooch. Also helps with lower back pain! Why didn't I know this?

Michelle Duncan Health

1 set:
 50 crunches
 25 leg lifts
 50 bicycles
 25 squats
 15 sumo squats
 50 calve raises
 100 arm circles
 (50 right, 50 left)
 15 push-ups
 50 jumping jacks
 1 min plank

30 day challenge - see what changes

Michelle Duncan Health

7 Day arm challenge - different exercises every day for a week, one commenter says she lost 1.5

Read what real people say about how VEMMA, the liquid anti-oxidant and vitamin supplement, has helped them.

👍 1

Michelle Duncan Health

Healthiest energy drink on the planet! It tastes great too! Place an order today at kaleighcarroll.ve...

Kaleigh Carroll Verve/Vemma

bode 12-WEEK TRANSFORMATION Challenge

CONGRATS TO OUR FINAL FOUR

Winners Will be Announced LIVE Friday, May 11th RETAILER OPENING 8PM

Vemma.....try it

👍 4 ❤️ 3

Michelle Duncan Health

Burns fat cells and feeds your muscles! Backed by Chris and Heidi Powell from the show extreme weight loss! Place and order today at kaleighcarroll.ve...

👍 1

Kaleigh Carroll Verve/Vemma

10 Ways to Lunge

www.fitnessista.com

10 ways to lunge...scroll down a bit to see them

inches in 2 weeks. I'll be glad I pinned this!



Michelle Duncan
Health



Michelle Duncan
Health

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