



Rich Flowers
@RRich87



19 Days into my 24 Day Advocare Challenge. I've lost 15 pounds and my Dr has taken me off a diabetes medicine. [#FeelinSoMuchBetter](#)

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7:23 PM - 13 Feb 2015



Lori Chase @LChase_RA · 13 Feb 2015
[@RRich87](#) Yes! Keep up the good work, my friend.

