

Healing Health Fitness Weight training Bodybuilding

<http://www.israelarmy.net/HealingHealthFitness>

The following below are some of my bookmarked saved articles stories and information
that I hope you can take time to carefully read study print write down notes and researches from to help you
to help your family have health healing and more life .

Buy a premium pocketed notebook to put in it your prints write down your
delicate research notes with what you think will help you and your family have more health more healing and more life. Discuss talk with a qualified individual with your family
before you undertake any change in your diet nutrition fitness and weight dumbbells lifting strength bodybuilding training.

May GOD EL HASHEM EL – ELYON bless you bless your family and bless all of your friends

Pray ... Pray ... And always ...

Pray to

GOD

EL

HASHEM EL – ELYON ADONAI

The God of The Temple and of The God of Ark of The Covenant in Yerushalayim Jerusalem Israel

Yosef Immanuel Miriam

Jesús

The Messiah Ha Moshiach
of The Second Temple period Yerushalayim Jerusalem Israel

Eliyahu Ha Navi

<https://mechon-mamre.org/p/pt/pt09b02.htm>

[The Complete World of The Dead Sea Scrolls](#)

8 Mediterranean Diet Foods That May Help You Live Longer

<https://www.msn.com/en-us/food-and-drink/healthy-cooking-and-eating/8-mediterranean-diet-foods-that-may-help-you-live-longer/ar-AA1QFEGG?ocid=hpmsn&cvid=6a9dc44ae6ef4d89b86f708a70ac9529&ei=75>

The healthiest fruits to add to your diet

<https://www.msn.com/en-us/food-and-drink/general/the-healthiest-fruits-to-add-to-your-diet/ss-AA2a6lh2?ocid=hpmsn&cvid=1bb65e26dc134aa6bb3f49d02536c438&ei=52>

5 of the best fruits to eat for antioxidants, according to nutritionists

<https://www.msn.com/en-us/food-and-drink/general/5-of-the-best-fruits-to-eat-for-antioxidants-according-to-nutritionists/ar-AA1WQZTf?ocid=hpmsn&cvid=6aa4ce25eefb47958a2b3ec2b8c303fb&ei=46>

9 foods that help calm chronic inflammation (and 3 that trigger it)

<https://www.msn.com/en-us/food-and-drink/healthy-cooking-and-eating/9-foods-that-help-calm-chronic-inflammation-and-3-that-trigger-it/ss-AA2bFkHf?ocid=hpmsn&cvid=2c2fd6e42b7042fe8dbfb912acb2115c&ei=39>

Experts Name The 5 Most Protective Foods For Reducing Cancer Risk

<https://www.msn.com/en-us/health/other/experts-name-the-5-most-protective-foods-for-reducing-cancer-risk/ss-AA1RnEbO>

How eating sweet potatoes every day can affect your eyes, gut and heart

<https://www.msn.com/en-us/health/diet/how-eating-sweet-potatoes-every-day-can-affect-your-eyes-gut-and-heart/ar-AA2bGx28?ocid=hpmsn&cvid=6a9e4514f02949589ed8c283d73f53b3&ei=38>

Turns out, this subtropical superfruit may help reduce inflammation and support blood sugar control

<https://www.msn.com/en-us/food-and-drink/general/turns-out-this-subtropical-superfruit-may-help-reduce-inflammation-and-support-blood-sugar-control/ar-AA20KxTM?ocid=winp2fp&cvid=c90ac6ddc9c6406dac79cad95262a40c&ei=38>

10 anti-aging superfoods that are likely already in your kitchen

<https://www.msn.com/en-us/health/general/10-anti-aging-superfoods-that-are-likely-already-in-your-kitchen/ss-AA28nPTB?ocid=socialshare>

The best time to drink beetroot juice to lower blood pressure

<https://www.msn.com/en-us/health/general/the-best-time-to-drink-beetroot-juice-to-lower-blood-pressure/ar-AA21UvtB?ocid=hpmsn&cvid=6ab0412920b1440cb479d9cb47cf16b6&ei=22>

The 5 healthiest root vegetables

<https://www.msn.com/en-us/food-and-drink/general/the-5-healthiest-root-vegetables/vi-AA1TakAd?ocid=hpmsn&cvid=6ab0412920b1440cb479d9cb47cf16b6&ei=35>

These vegetables may lower the risk of colon cancer

<https://www.msn.com/en-us/food-and-drink/general/these-vegetables-may-lower-the-risk-of-colon-cancer/ar-AA1YONq8?ocid=hpmsn&cvid=6aac1020caf74f6fb7aa6fdbb984eb76&ei=44#comments>

These 49 anti-aging foods might add years to your life

<https://www.msn.com/en-us/health/general/these-49-anti-aging-foods-might-add-years-to-your-life/ss-AA1WcZHp?ocid=hpmsn&cvid=ae96511f35114a7ffc825c755e04c776&ei=88>

The 17 healthiest vegetables to include in your diet (and the ones you shouldn't bother with)

<https://www.msn.com/en-us/health/other/the-17-healthiest-vegetables-to-include-in-your-diet-and-the-ones-you-shouldn-t-bother-with/ar-AA1plvYf?ocid=hpmsn&cvid=69bd44b218c84c67b7bd5cbf1dadd889&ei=184>

Benefits of consuming protein before bed for muscle growth

<https://www.msn.com/en-us/health/other/benefits-of-consuming-protein-before-bed-for-muscle-growth/ar-AA1lyxt3?ocid=winp2fptaskbar&cvid=69710f3cbc3f42dfb25e57b4c0824010&ei=112>

Trainer Shares 11 Must-Do Exercises That Reverse Aging After 40

<https://www.mensjournal.com/fitness/trainer-shares-11-must-do-exercises-that-reverse-aging-after-40>

Experts share 14 anti-aging secrets that could add years to your life

<https://www.msn.com/en-us/health/other/26-anti-aging-secrets-that-could-add-years-to-your-life/ar-AAV3qTz?ocid=hpmsn&cvid=691be145919949abac79671b1b7be474&ei=161>

Study shows eating cabbage may lower your risk of chronic diseases

https://www.msn.com/en-us/health/other/study-shows-eating-cabbage-may-lower-your-risk-of-chronic-diseases/ar-AA1V57HG?ocid=wn_startbrowsing&cvid=6985781a7ec74df1b53f3fee787f93bd&ei=29

BRO BROTHER HERMANO ACHI !!!!!!!

(Click on the title text above ! Enjoy love the music bro hermano ahi !!!)

PERSONAL ROUGH IDEA DIET MEAL PLAN
THAT ALONG WITH A GRADUAL INCREASE OF DUMBBELL WEIGHT
WITH PLENTY OF SLEEP REST AND
PRAYER
WILL PRODUCE REAL AND TRUE RESULTS

THIS NEXT FOLLOWING SLIDE IS MY PERSONAL TEMPLATE AND WHAT HAS WORKED FOR ME PERSONALLY.

TAKE NOTE OF THE FOLLOWING
DISCUSS TALK ABOUT IT WITH OTHER BROTHERS

FROM BY WRITTEN BY

EDUARDO EDWARD FRANCISCO VILLA

HOPE YOU SUCCEED HOPE YOU TRAIN EXTRA HARD BE THE AN EXAMPLE OF A BROTHER AND HELP TRAIN OTHER BROTHERS

PSALM 133 !!! BROTHER !!! PSALM 133

ENJOY THE FOLLOWING SLIDE NOTE WRITTEN NOTE OF RECOMMENDATION

SAVE DOWNLOAD FORWARD THIS .PDF AND THE .M4A TO OTHER BROTHERS. REHOST IT UPLOAD IT TO YOUR OWN WEBSITES.
FORWARD IT THIS .PDF MAKE SURE YOU DOWNLOAD IT SAVE THE .M4A FILES TO YOUR COMPUTER TO REHOST THEM ON YOUR WEBSITES.

!!! BRO !!! HERMANO !!! AHI !!! BROTHER !!!

PENDING REVIEW AND WRITE UP

TIME STAMP TODAY IS 9 14 2026 SEPTEMBER 14TH

ABOUT 10:57pm TONIGHT

IN

BURBANK CALIFORNIA

UN DISCLOSED TIME TO BE PUBLISHED

PRAY

STAY TUNED

!

<http://www.israelarmy.net/Music>

<http://www.armyisrael.net/Israel>

Remember ...

To visit

the link below

<http://www.armyisrael.net/Love.pdf>

Go to page p.617 of the .PDF that loads up. Scroll down.

Click on the images . Write down notes. Invite others to study. Print.

Pray and Let God know.

Pray. Pray. And Pray ...

Invite people to a study group to discuss your findings , your thoughts and to share your written printed notes with !!!

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Go to page p.45 of the .PDF that loads up! Scroll down.

!!! Study Study Study !!!

Research and kindly talk voice video call up others. Write down notes !!! Invite others to study !!!!! Print !!!

Pray Orar y and Let Dejen God EL Dios know saber.

Pray Orar. And Y ... Pray Orar ... Pray Orar ... Pray Orar

!!! Invite people to a study group to discuss your findings , your thoughts and to share your written printed notes with !!!

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BLAST IT all over the Gym floor !!! ... Be a BROTHER AHI ACHI HERMANO to ALL !!!!!!! Muahahahahahahahahahaha !!!!!!
:D smile D: uhhhhhhhhhhhhh !!!!! Yayyyyyyyyyyyyyyy :D smile :P :D :o :D o: GASP o: SHOCK :D smile :D :D :P :o :| Boooooooo !!!

Music

Click tap on the word above

Listen

!!!!!!!

Enjoy

!

:D

Music 2 Two 

Click tap on Music 2 Two  above in green !