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Sometimes, we all need a little nudge of motivation towards making healthy changes to our lifestyle and our diet. The motivation can be as simple and straight forward as losing weight, or just being healthy to live a long and prosperous life.

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If you're a naturally lean ectomorph (body fat percentage under 20%), you're naturally quite insulin sensitive. This is one of the things keeping you lean, even if you try to overeat, and even if you eat quite a lot of junk food.

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The Chinese refer to the mind as the playful monkey always jumping from one thing to another. Zhan Zhuang Standing is about being mindful. Mindfulness of your presence in the present moment.

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