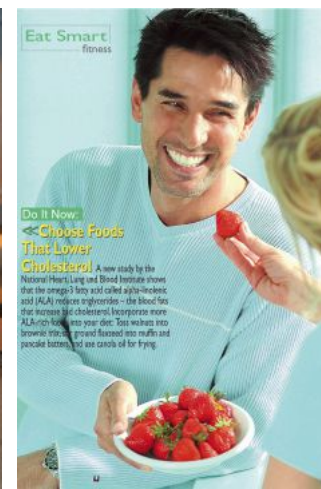


Ralph L.



Do It Now!
<< Choose Foods That Lower Cholesterol
 A new study by the National Heart, Lung and Blood Institute shows that the omega-3 fatty acid called alpha-linolenic acid (ALA) reduces triglycerides – the blood fats that increase bad cholesterol. Incorporate more ALA-rich foods into your diet. Tom reaches into brownie wrappers, ground flaxseed into muffins and pecan butter, and was careful not to fry.



Größenabgleich

	Original	1/2011	2/2011	3/2011	4/2011
Leib- und Körpermaße (Damen und Herren)					
Körpergröße	182 cm	182 cm	182 cm	182 cm	182 cm
Brustweite	101 cm	101 cm	101 cm	101 cm	101 cm
Leibweite	76 cm	76 cm	76 cm	76 cm	76 cm
Hüftweite	91 cm	91 cm	91 cm	91 cm	91 cm
Schuhgröße	42 EU	42 EU	42 EU	42 EU	42 EU
Haarfarbe	braun	braun	braun	braun	braun
Augenfarbe	grün-grün	grün-grün	grün-grün	grün-grün	grün-grün



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BIRDCAGE
 MODEL MANAGEMENT

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 www.birdcage-models.de

HEIGHT 182 cm SIZE 48 EU CHEST 101 cm WAIST 76 cm HIP 91 cm
 SHOESIZE 42 EU HAIRCOLOR brown EYECOLOR green-grey

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