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2,143 health articles Sample Topics: A healthy guide to good nutrition Antioxidant health benefits Bird flu an introduction to the latest global health threat Why are vitamins necessary for our health Excerpt: "Having a healthy core may bring many health benefits. People who have weak cores are prone to chronic back pain and posture problems. A well-developed core on the other hand, may help prevent injuries and other ailments because of stronger muscles that may support the spine, pelvis and shoulder joints. Strong core muscles can handle certain joint tension that may lead to back and joint injuries. In addition, a healthy core may lead to improved posture strong because the abdominal muscles support the spine. Proper elimination of waste products is also a benefit of strong core muscles, because the pelvic floor muscles are part of it. If the pelvic muscles are weak, they cannot contract properly and result to improper bowel functioning." PLR rights: [YES] Can put your name as the author. [YES] Can edit the contents. [YES] Can be broken down into articles. [YES] Can be used as web or e-zine content. [YES] Can sell and keep all the profits. [YES] Can be added into a paid package. [YES] Can be added into a paid membership. [YES] Can be used as a PDF report or E-Book and collect leads for opt-in. [YES] Can sell with Basic or Master Resell Rights. [YES] Can resell Private Label Rights. [YES] Can be published offline. [YES] Can be used with personal use rights. [NO] Can be offered as a bonus. [NO] Can give away Private Label Rights for free. [NO] Can add the Private Label Rights into a free site or membership.

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