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Evolved By Michelle Berger**

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Michelle Berger is the author of Hormonal Timing By BuffMother (2.00 avg rating, 1 rating, 0 reviews, published 2008) and After Baby ABS! (0.0 avg rating

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Hormonal Timing By BuffMother This book is invaluable to women everywhere, as it contains ALL of the information she gives to her personal training clients

Lisa staudt

in just a few weeks my book Hormonal Timing: Female Fitness Evolved by BuffMother! Michelle Berger aka BUFFMOTHER, set up this Blogspot for me.

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Aug 23, 2012 watch as I demonstrate how to fill out your hormonal timing chart as found in my book "Hormonal Timing: Female Fitness Evolved" and on www.buffmother.com

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Feb 06, 2011 Hormonal Timing was born. Michelle BuffMother.com was founded by Michelle Berger in Fitness Evolved. Teaches women how

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Female Bodybuilding Michelle "Ellie" Berger, BuffMother! She is also the author of 2 books "Hormonal Timing: Female Fitness Evolved by BuffMother!"

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Makower, for example, noted that it s time Women who are Here s an example of something very forward thinking, said Dan Berger,

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