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The By Us For Us® Guides (BUFU guides) are a series of guides created by a group of talented and passionate persons with dementia and/or partners in care. The guides are designed to equip persons with dementia with the necessary tools to enhance their well being and manage daily challenges. What makes these guides particularly useful is that they are created by persons with dementia and/or ...

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In health care, self-care is any necessary human regulatory function which is under individual control, deliberate and self-initiated.. Some place self-care on a continuum with health care providers at the opposite end to self-care. In modern medicine, preventive medicine aligns most closely with self-care. A lack of adherence to medical advice and the onset of a mental disorder can make self ...

### **Self-care - Wikipedia**

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### **How to Build Muscle (with Pictures) - wikiHow**

Blood Pressure Protocol has been created during a time in which general levels of fitness are constantly plummeting and obesity soaring. It is a comorbidity of obesity, as well as being related to the stress often associated with the modern world. Also known as hypertension, high blood pressure is experienced by a staggering one billion people globally.

### **Blood Pressure Protocol Review: Does It Really Work? Scam?**

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### **Corsica - Wikipedia**

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