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—Charles Noble. Eco-friendly Outdoor Party Tips Look Great in Your Summer Clothes - Firm your legs with these two moves Tone Your Arms — in 10 minutes! Staying Cool during the Dog Days of Summer! A few tips remember during the hot days of summer - for you and your loved ones

See what other members are saying about —

Bio-identical Hormones

Diane is interviewed by Melissa Swan about the role bio-identical hormones have played in her life! View the recent news piece on Bio-identical hormones.

Have an opinion or questions about these or other topics? Login and go to CONNECT - Talking with Girlfriends -

The place where making connections make a difference. Advertisement Bikinis and Bifocals is an elite community of interesting women who enjoy learning, sharing and having fun! We promote and sustain a positive attitude and image — one every woman wants to identify with and embrace. Where making connections make a difference!