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5. Go Lean With Protein. Eat Lean Or Low-fat Meat, Chicken, Turkey And Fish. Also, Eat More Beans And Peas. Add Chick Peas, Nuts Or Seeds To A Salad; Pinto Beans To A Burrito; Or Kidney Beans To Soup. 6. Change Your Oil. We All Need Oil. Get Yours From Fish, Nuts And Liquid Oils Such As Co Apr 6th, 2024

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1909 - W.D. Gann's Record As A Forecaster Dates Back 30 Years. We Reprint Part Of An Article Written By The Late Richard D. Wyckoff And Published In The Ticker Magazine. This Article Is Dated December 1909 And Attests To Mr. Gann's Remarkable Ability As A Forec Feb 8th, 2024

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