

- Heart Health
- De-stress
- Sleep Well
- Sexual Health

- Do You Want to Build Six Pack Abs
- Grooming Ritual in Men
- Lower Your Risk of Heart Disease
- Can Men have Menopause
- Readers Request - Taking Care of Colour Treated Hair



Money is a good
MEDICINE....

Okay! Handover
your MONEY!!



Beat Stress at Work



1. Breathe slowly and deeply ten times every two hours.
2. Everyday spend 5 minutes in clearing your desk.
3. Take four water breaks in a day & walk down to the water cooler.
4. Write down your task for the next day before you leave.

Ask Your Nutritionist



I am 44-year-old female and I weigh 74 kg. I have thyroid problem. I don't eat junk food and eat only simple home cooked food. [read more...](#)

If you've any diet related query, [write to us.](#)

We Suggest



**For the
Metrosexual
Man**

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[Click here](#) and win Rs. 100 Gift Voucher. (T&C Apply)

**WINNERS OF
LAST CONTEST**
Aditya Koli &
Kewal Krishan

New Product Launch



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Mega Gold](#)
High POTENCY
Multivitamin
for MEN



[GNC Men's
Saw
Palmetto
Formula](#)
For HEALTHY
Prostate



[Guardian Xtra
Vital for Men](#)
Must HAVE
Multivitamin
for MEN



[Guardian Xtra
Vigour](#)
Improves
STAMINA,
Vigour and
VITALITY



[Guardian
Stress Care](#)
Perfect
ANTIDOTE
for Stress

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STORE



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A FRIEND



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WHAT'S NEW IN
BLOGOSPHERE?

