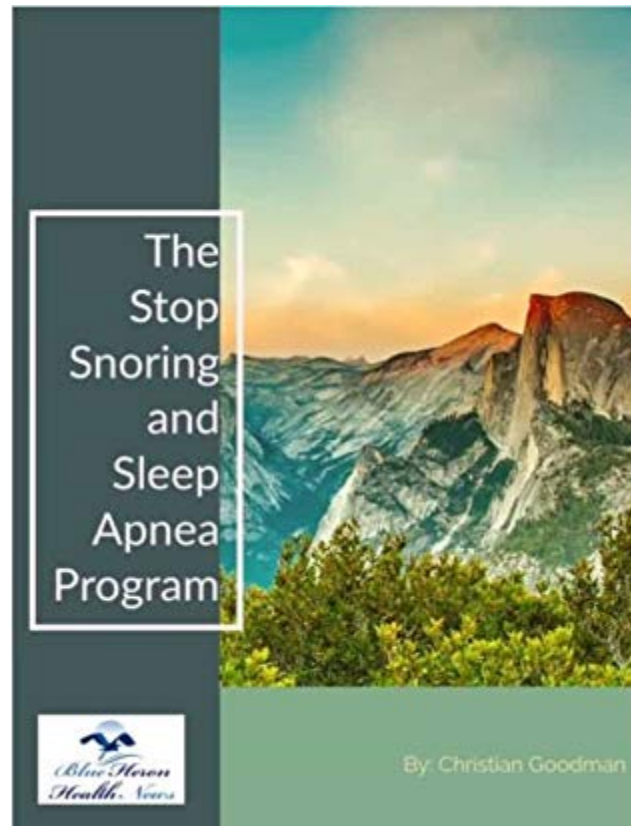
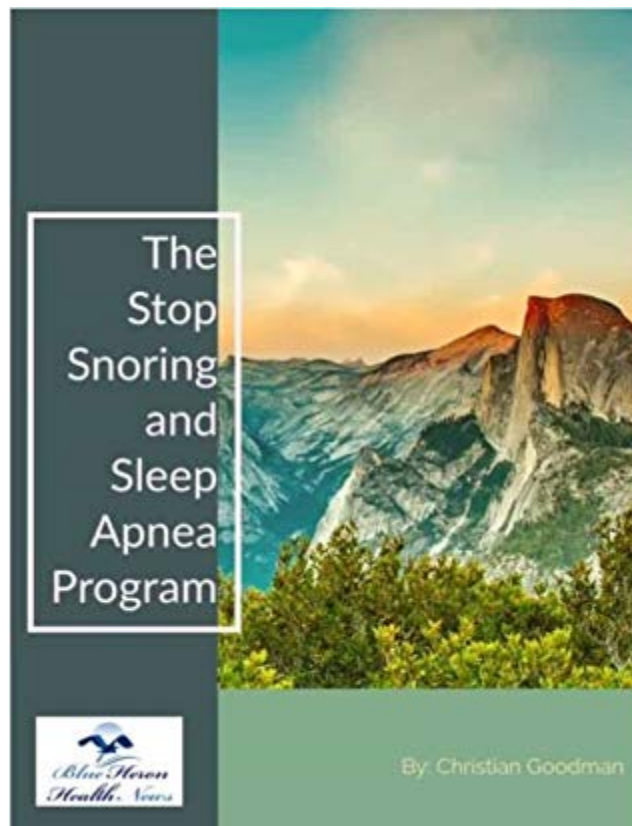


Blue Heron Health News's [The Stop Snoring And Sleep Apnea Exercise Program](#) is an 3-minute exercises solution for snoring and sleep apnea. It is an online system that provides you with natural exercises to complete that tackle the root cause of your snoring and sleep apnea.



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