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Shea Vaughn is a national wellness and fitness Shea is also the founder of SheaNetics Shea Vaughn s Breakthrough The 5 Living Principles to Defeat

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Shea Vaughn's approach to wellness is based on what she calls the Five Living Principle's. The following is from her website, Sheanetics: The Five Living Principles

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About Shea Vaughn: A personal trainer for Oprah executives, Chicago Bear teammates, and every so often, her own son, Vaughn has made her mark as a profes

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