



## Cankles: Swollen Ankles Repair

*Tony Rehor*

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# Cankles: Swollen Ankles Repair

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Cankles!

What are Cankles?

How do you get them?

Are they bad for you?

You can get rid of fat ankles!

Can changing your Diet remove them?

Will special exercises help swollen ankles?

This guide has the answer to all of these questions.

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