

## Do You Have Raynauds Syndrome|kozgopromedium font size 11 format

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Raynaud's Phenomenon in real time by atar212 10 years ago 1 minute, 55 seconds 255,426 views Hands , get , cold...hands go white...add warm water...hands go pink then purple. Heredity is a bit@h. This happens to my feet also.

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Do you get , cold hands and feet? Deanna shares some easy exercises that anyone , can , use to warm up their hands and feet.