```python
import os

# === App Basics ===
APP_NAME = "MyInternalApp"
DEBUG = True
ENV = "development"
HOST = "0.0.0.0"
PORT = 8899
DEFAULT_LANGUAGE = "en"
SUPPORTED_LANGUAGES = ["en", "es", "fr", "de"]

# === Static & Templates ===
STATIC_FOLDER = "static"
TEMPLATES_FOLDER = "templates"
UPLOAD_FOLDER = "uploads"

# === Database Settings ===
DATABASE = {
    "ENGINE": "postgresql",
    "HOST": "localhost",
    "PORT": 5432,
    "NAME": "internaldb",
    "USER": "db_user",
    "PASSWORD": "P@ssw0rd123",  # Sensitive data
}

# === Authentication Settings ===
JWT_SECRET = "super_secret_jwt_token_123"  # Sensitive
ALGORITHM = "HS256"
TOKEN_EXPIRATION_SECONDS = 3600  # 1 hour

# === External Services ===
EMAIL_SERVICE_URL = "https://api.mailgun.net/v3/internal-app.com/messages"
API_KEY = "sk-abcdef1234567890"  # Sensitive
Internal Secret Token = "A7F9-K2L8-MX3D-Q1ZR"  # Sensitive

# === Logging ===
LOGGING = {
    "version": 1,
    "disable_existing_loggers": False,
    "formatters": {
        "verbose": {
            "format": "[%(asctime)s] %(levelname)s %(name)s: %(message)s",
        },
    },
    "handlers": {
        "console": {
```

```python
            "class": "logging.StreamHandler",
            "formatter": "verbose",
        },
    },
    "root": {
        "handlers": ["console"],
        "level": "INFO",
    },
}

# === Internal Service Integration ===
SERVICE_AUTH_TOKEN = "A1B2C3D4E5F6G7H8"  # Sensitive internal access token
INTERNAL_API_BASE = "http://internal-api:5000"
ENABLE_SERVICE_METRICS = True

# === Misc Feature Flags ===
ENABLE_DEBUG_TOOLBAR = DEBUG
USE_CACHE = False
RETRY_FAILED_TASKS = True

# === Reserved / Admin ===
ADMIN_EMAIL = "admin@example.com"
SESSION_TIMEOUT_MINUTES = 30
MAINTENANCE_MODE = False
```