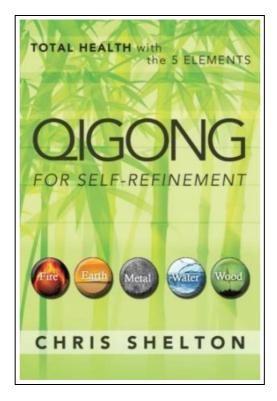
# Qigong for Self-Refinement: Total Health with the 5 Elements



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