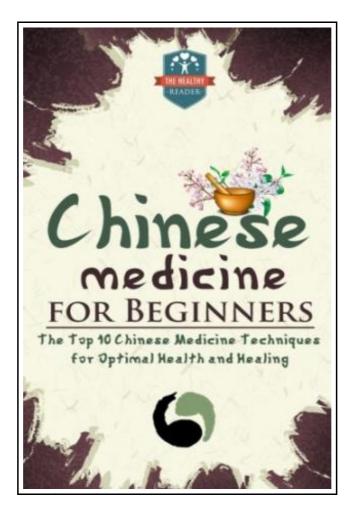# Chinese Medicine for Beginners: The Top 10 Chinese Medicine Techniques for Optimal Health and Healing

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