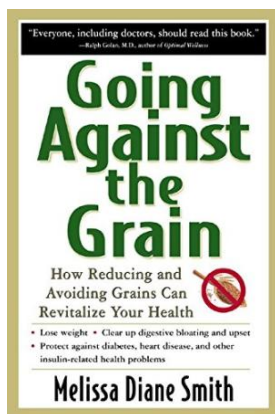


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# GOING AGAINST THE GRAIN: HOW REDUCING AND AVOIDING GRAINS CAN REVITALIZE YOUR HEALTH



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