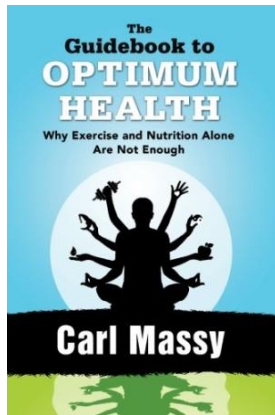


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# THE GUIDEBOOK TO OPTIMUM HEALTH: WHY EXERCISE AND NUTRITION ALONE ARE NOT ENOUGH



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