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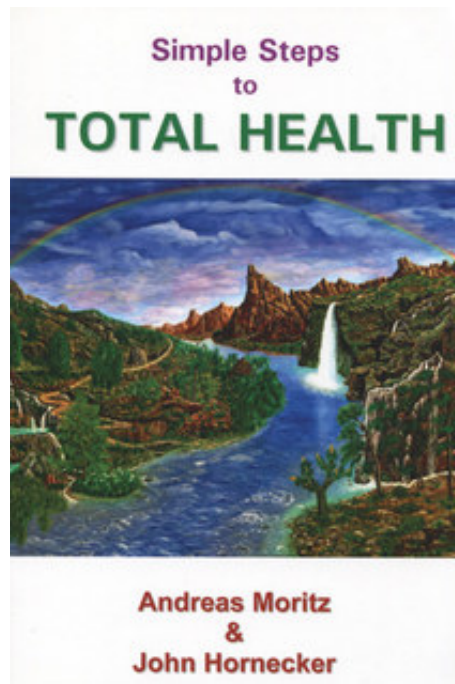
## Simple Steps to Total Health

Reading excerpt

[Simple Steps to Total Health](#)

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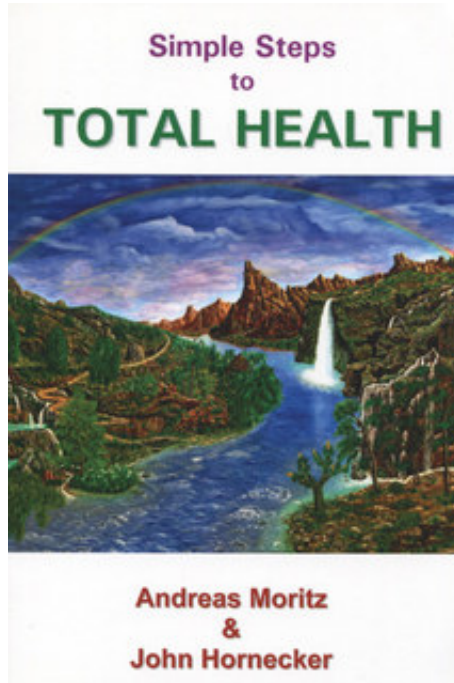


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