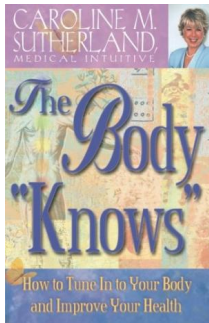


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THE BODY KNOWS: HOW TO TUNE IN TO YOUR BODY AND IMPROVE YOUR HEALTH



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