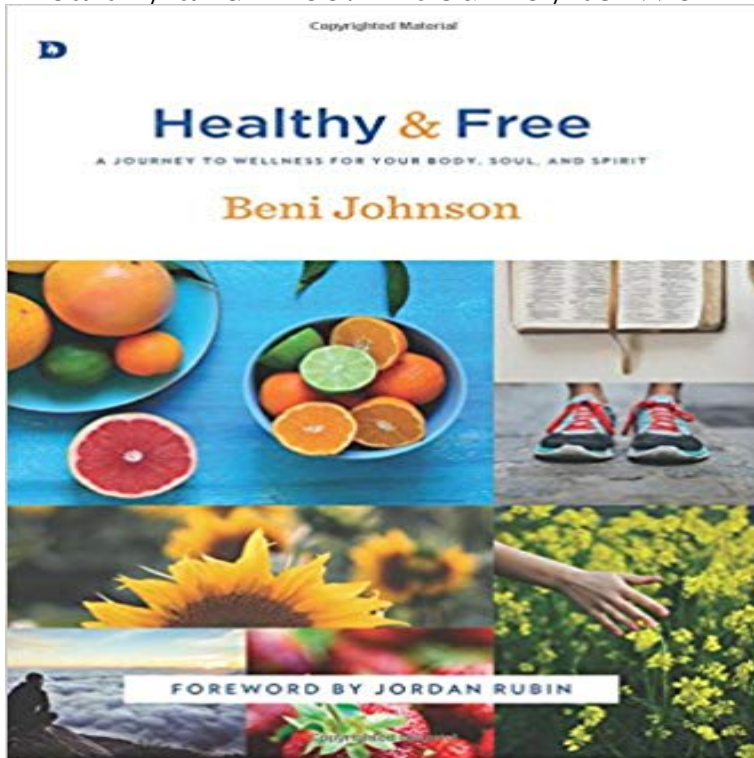


Healthy and Free: A Journey to Wellness for Your Body, Soul, and Spirit



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