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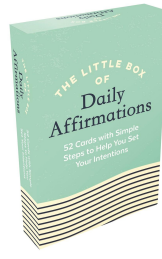
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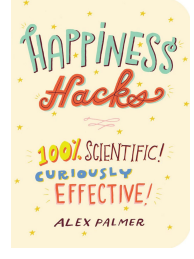
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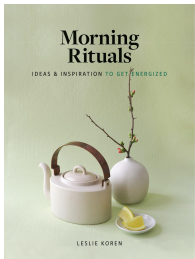
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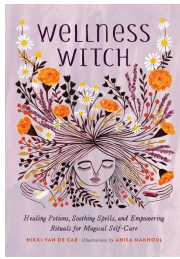
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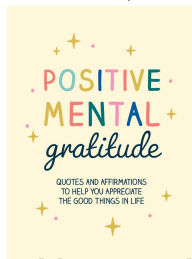
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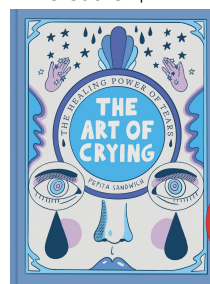
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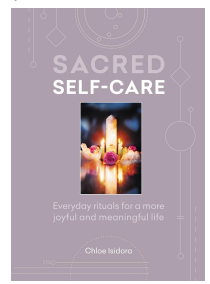
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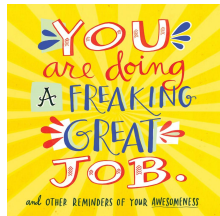
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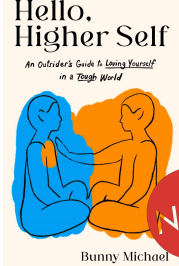
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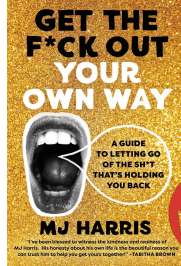
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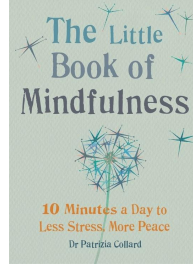
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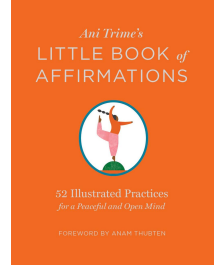
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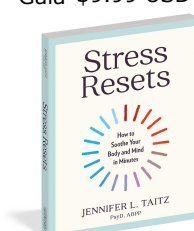
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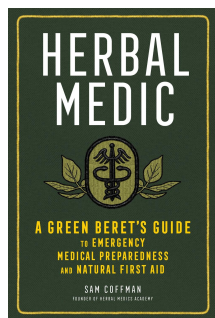


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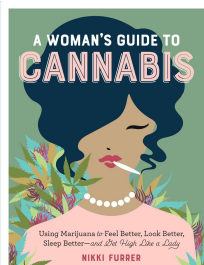
HEALTH & WELLNESS



<YfVU`A YXJW5; rYyb
6YfYfj; i JXVt 9a Yf YbWHA YXJW
DrYdUrYXbYg UbX BUH fu` : Jgh5JX
- +, %*') , %*') ,



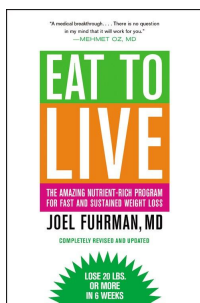
GhcfYm` &(" -) 'I G8



5`K ka Ubjg; i JXVt
7UbbUVJg i gjb[A UrjY UbUtc`
: YV`6YHfZ@cC`_6YHfZGYVd 6YHfY
UbX; Yh- i \ @Y U@Um
- +, %) &') \$\$\$\$



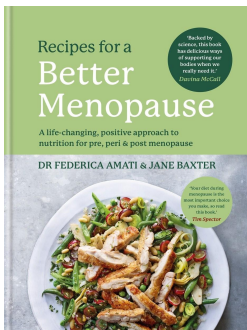
K cf_a Ub` %* -) 'I G8



9Uh`c @j Y` H Y 5a Unjb[`
Bi HfYbHFJW Drc[fUa `Zcf` : UghUbX
Gi ghUjYX K YJ[\h@cggZ F Yj JgYX`
9XJhcb
- +, \$' %*%&\$ - %



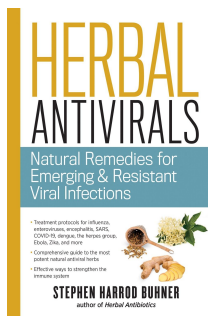
@hYz`6fck b` % - - 'I G8



F YVdYg Zcf U`6YHfY`
A YbcdUi gY` 5
JZfVWUb[Jb[Z dcdgH Y` UddfcUW` tC`
bi HfJhcb Zcf dYfZ dYf UbX dcdgH
a YbcdUi gY`
- +, % \$ (% - %)' -



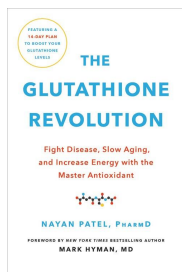
?mY`6cc_g
` & - - 'I G8



<YfVU`5bhj JfU`g`
BUH fu`F Ya YXJgZcf 9a Yf[Jb[`
F YgJghUbj JfU`=bZVWcbg
- +, %*%&%&' \$



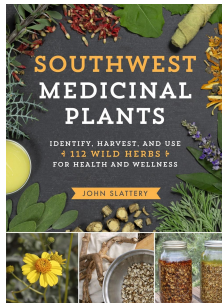
GhcfYm` &(" -) 'I G8



H Y` ; i HJH JcbY
F Yj c`i hJcb : J\h
8JgUgYz` G`ck` S[Jb[z` UbX` =bWVUgY`
9bYf[mk Jh` H Y A UghfY 5bhjcl JUbh
- +, \$' \$` , +` - +`



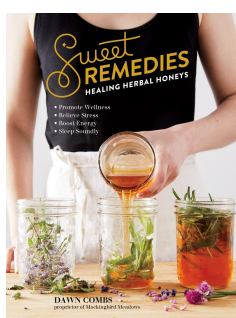
<UWYHtY` ; c` & - "\$ \$ 'I G8



Gci H k YghA YXJWbY`
D`Ubhg` =XVbhZn` =Urf Ygh`UbX`I gY`
%&K JX`<YfVgZcf<YU`H` UbX`K Y`bYg
- +, %* \$ (* - - %&%



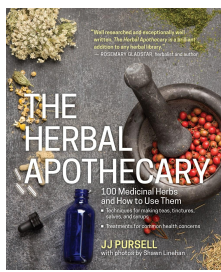
Hja VYf`DrYgg` ~ & + -) 'I G8



Gk YYhF Ya YXJYg
<YU`b[` < YfVU` < cbYng
- +, %*%&%&- - &%



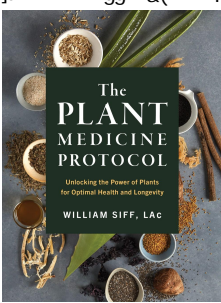
GhcfYm` % -) -) 'I G8



H Y` < YfVU`
5dch YWf m %\$ \$
A YXJWbU` < YfVg`UbX` < ck
tC`I gY`H Ya
- +, %* \$ (* -) * + \$



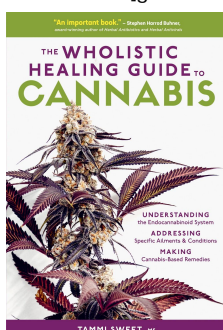
Hja VYf`DrYgg` ~ & (" - - 'I G8



H Y`D`UbhA YXJWbY`
DfchVt` , i b`cWJb[` H Y Dck Yf`
cZD`UbhgZcf CdHja U`<YU`H` UbX`
@cb[Yj Jhm
- +, %) + - *) - ,) %



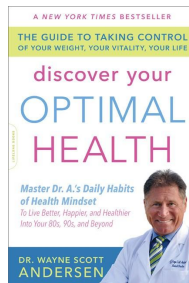
5fhJgUb` ~') "\$ \$ 'I G8



The Wholistic
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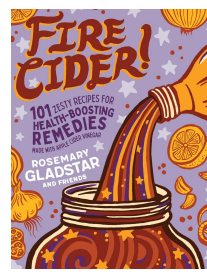
Storey \$24.95 USD



8JgVtj Yf Mti f`CdHja U`
<YU`H` H Y ; i JXVt HU`b[`
7cbfC` cZMti f`K J[\h`Mti f`J JhJ`hmz
Mti f`@Z
- +, \$` , &%+\$\$\$



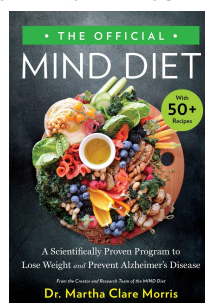
8U`7Udc` ~ %t` - - 'I G8



: JfY`7JXyf` %\$%NYghm
F YVdYg Zcf`<YU`H`!
6ccghJb[` F Ya YXJYg`A UXY
k Jh`5dd`Y`7JXyf`J JbY[Uf
- +, %*') , %* \$,



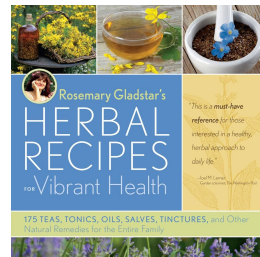
GhcfYm` %* - - 'I G8



H Y`CZJWU`A`=B8`8JYh` 5`
GVYbhZVW`mDrj Yb Drc[fUa` tC`@cY`
K J[\hUbX`DFY`Ybh7c[bJhJ`Y`8VWbY`
- +, \$' %* (((%%*`



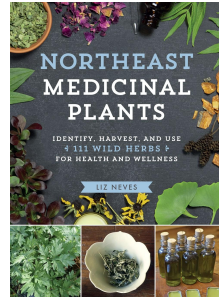
@hYz`6fck b` ~' "\$ \$ 'I G8



FcgYa Ufm; `UXghUfjg
<YfVU`F YVdYg Zcf
J JvfUbh<YU`H` %&` HYUgZ`
HcbJmZC J`gzGUj YgZ HJbWm` fYgZ UbX`CHa Yf
BUH fu`F Ya YXJgZcf H Y 9bhY` : Ua J`m
- +, %* \$' (\$&+ ,)



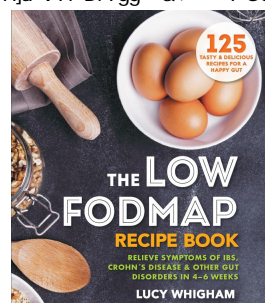
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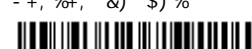
Bcfh YUghA YXJWbU`
D`Ubhg` =XVbhZn` =Urf Ygh`UbX`I gY`
%&K JX`<YfVgZcf<YU`H` UbX`K Y`bYg
- +, %* \$ (* - - %)



Hja VYf`DrYgg` ~ & + -) -) 'I G8



H Y`@ck !: C8A 5D`
F YVdY`6cc`_` F YJY`Y`
Gna dhca g`C`=GZ`7fc`b`fjg`8JgUgY`
CHa Yf; i h8JgcXYfJb (E`K YV_g
- +, %t, &) * \$) %



5ghYf` ~ % - - 'I G8

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