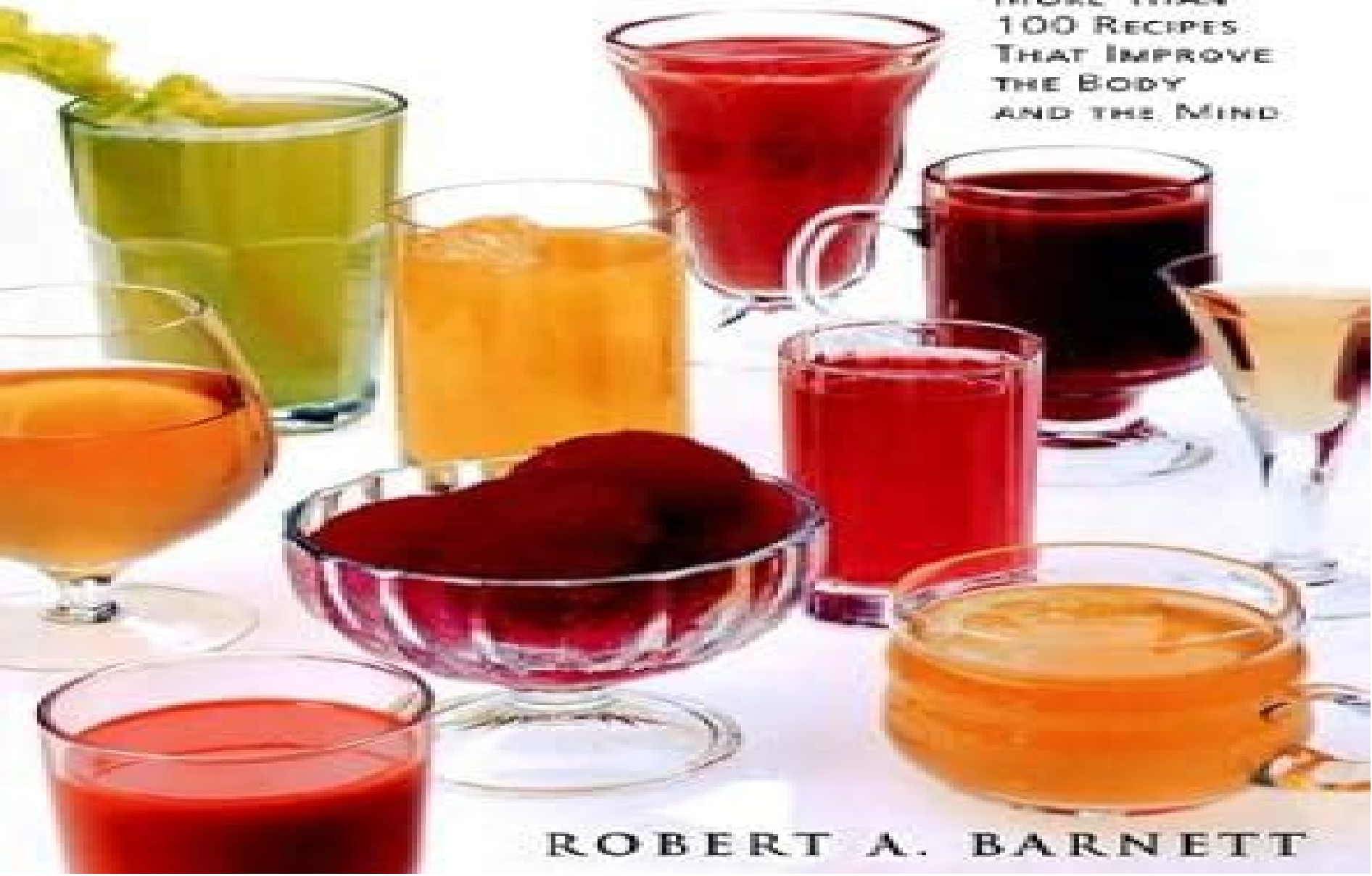


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Tonics 200 Recipes That Improve The Body And The Mind

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