A screenshot of a cell phone

Description automatically generated

This packet contains advice & information relation to health care. It’s is not intended to replace medical advice & should be used to supplement rather than replace care by your doctor. It is recommend that you seek your decisions advice before embarking on any diet or health plan. All efforts have been made to assure the accuracy of the information contained in this packet as of the date of publication. The publisher in the author does claim liability for any medical outcomes that may occur as a result of applying the method suggested in this packet.

A screenshot of text

Description automatically generated

A screenshot of a cell phone screen with text

Description automatically generated

A screenshot of a cell phone

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A screenshot of a cell phone

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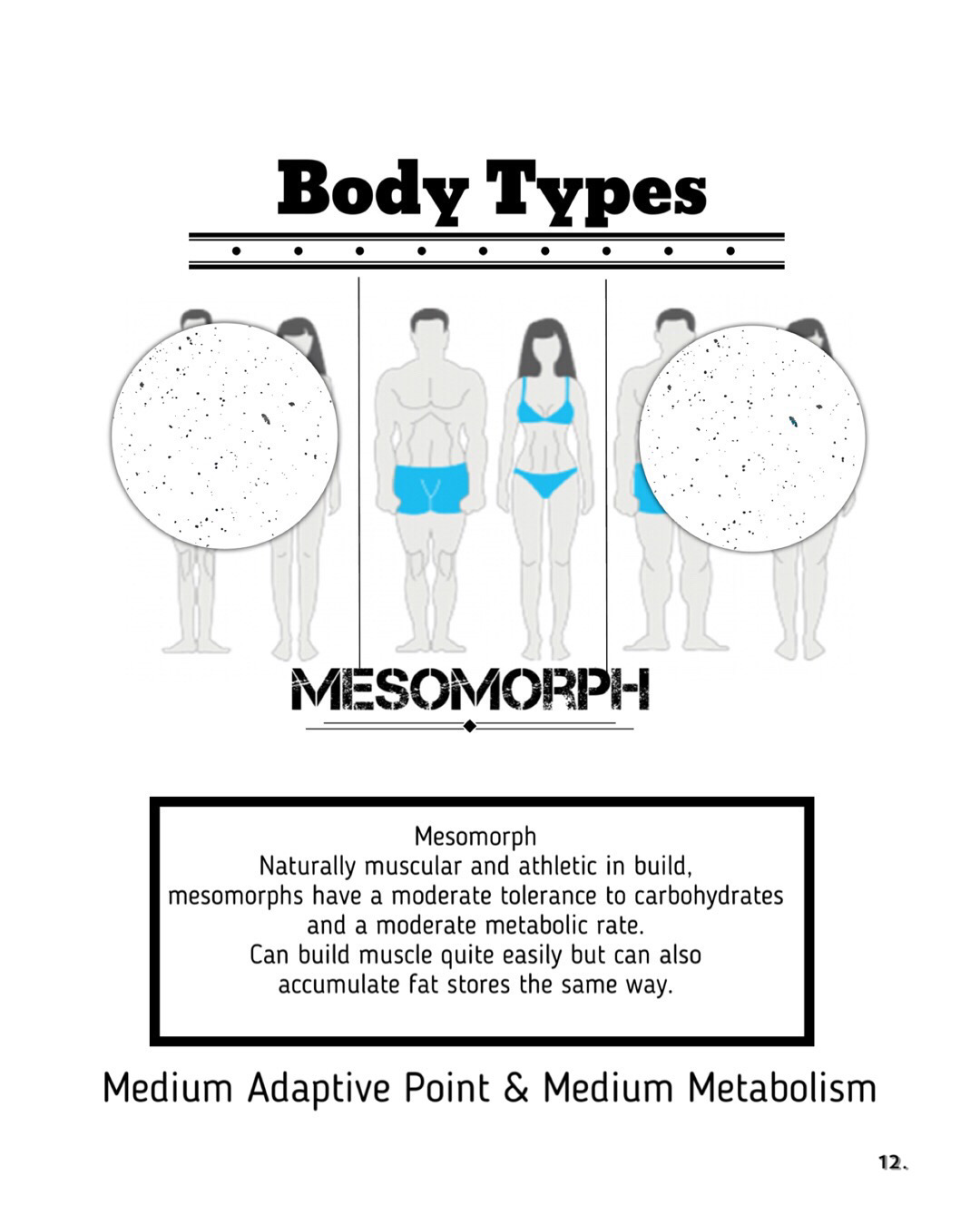
Description automatically generated

A screenshot of a cell phone

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A screenshot of a cell phone

Description automatically generated

A screenshot of text

Description automatically generated

A screenshot of a cell phone

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A screenshot of a cell phone

Description automatically generated

A screenshot of text

Description automatically generated

A screenshot of text

Description automatically generated

A screenshot of a cell phone

Description automatically generated

A close up of text on a white background

Description automatically generated

A screenshot of text

Description automatically generated

A screenshot of a cell phone

Description automatically generated