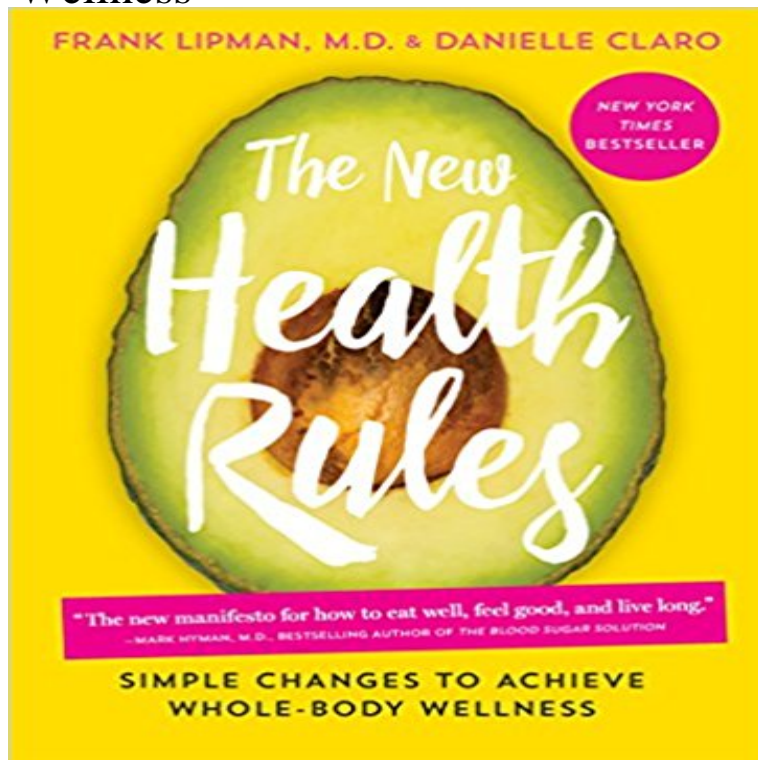


# The New Health Rules: Simple Changes to Achieve Whole-Body Wellness



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