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Quick and Easy Homemade (Fat Burning)
Smoothie Recipe - Svelte Fat-Burning Green
Smoothie for Weight Loss

Ann Louise Gittleman's New Book -
RADICAL METABOLISM Ann Louise's
New Fat Flush Plan (part 1 of 2) Detoxify

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your liver with the Fat Flush plan! Fat Flush
Diet Foods 3 DAY DETOX DIET PLAN –
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FAT FLUSH TUNE-UP Ann Louise
Fitness Plan Fat Flush
Gittleman - Fat Flush for Life HOW TO
MAKE JJ SMITHS FAT FLUSH SOUP |
Forever Fat Flush Foods
How I lost 15 pounds in 10 Days Dr.
Fat Flush Journal And
Hershberg discusses the Fat Flush diet
Shopping Guide The Fat
100,000 Subscribers! (Match City) 10

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Lose 10 lbs in 1 week Cabbage Soup Diet Recipe
AKA Wonder Soup

Lose 10 to 17 Lbs. Guaranteed - Magic 7 -
Day Weight loss Plan

Fast Metabolism Diet, Week 1 simplified
Lose 10 lbs in 1 week Cabbage Soup Diet
Recipe | Cabbage Wonder Soup | Cabbage
soup Best Fat Burning Snack Before Bed!

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Skinny Chicken Magic Diet Soup - Weight
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Box Joint Jig / Plans Available Easy Triple
Notepad! Slim Design! Perfect Addition to
Any Junk Journal! The Paper Outpost! :) Q
\u0026 A || Diarrhea, Deficits, \u0026 Fat
gym teachers | Fat Flush Soup | Tutorial |

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Breaking the GSC | JJ Smith |

@thecharming1 Come Cook with Me -- Fat
Flush Soup

What sets Fat Flush apart from Keto, Paleo,
and those other trendy diets? Complete Fat
Flush Plan Set

During the 2-week phase one of the Fat
Flush Plan, people are encouraged to

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consume the following foods: Non-starchy vegetables: broccoli, spinach, tomatoes, eggplant, etc. Proteins: eggs (up to 2 per day), chicken, shrimp, cod, whey protein, etc. Fruits: grapefruit, oranges, apples, strawberries, ...

~~The Fat Flush Diet Review: Does It Work~~

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and Is It Safe?

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Flush Plan Fat Flush Cookbook Fat Flush

Fitness Plan. Laporan ...

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Flush Plan Fat ...

In January 2002 the Fat Flush Plan was

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picked up by the media as a new diet that worked. "SHE" magazine and "The Daily Mail" were the first to feature the diet. With headlines such as "Drop TWO dress sizes in just TWO weeks!" the Fat Flush Plan soon became one of the best-selling books in the diet arena.

Shopping Guide The Fat
Flush Plan

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~~FAT FLUSH PLAN (UK EDITION):~~

~~Amazon.co.uk: GITTLEMAN ...~~

Download The Complete New Fat Flush Companion Series books, Obtain lasting wellness and reach your weight loss goals with this supercharged three-book diet and detox companion set to the world famous Fat Flush Plan. For more than two decades,

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millions of people have relied on the Fat
Flush Plan to lose weight, detox, and
improve their overall health and wellbeing.

~~[PDF] the complete new fat flush program
eBook~~

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Fat Flush Plan Cookbook Gittleman.
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Essential Belly Fat Diet Plan: Belly Fat Diet
Cookbook And Belly Fat.

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The Fat Flush Diet was created by nutritionist Ann Louise Gittleman. It is a low carb plan that focuses on restricting calories and detoxifying. The theory is that the liver will burn fat...

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~~How to lose weight: Fat Flush Diet plan
promises 12 inches ...~~

The Fat Flush Kit provides natural supplements for weight loss that contain carefully researched ingredients to keep you feeling energized and balanced and curb cravings while dieting. These three advanced nutritional weight loss support supplements

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are designed to support your system without making you feel on edge from harsh stimulants.

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Ann Louise Gittleman, PhD, CNS once again challenges conventional dietary wisdom to rewrite the rules of nutrition beyond Paleo, Paleo Plus and Keto. The New Fat Flush Plan delves deeper into the latest research-based causes of weight loss resistance. You ' ll find targeted regimens to correct sneaky saboteurs that are frequently

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overlooked like missing magnesium, fattening chemicals, a messy microbiome, hidden hitchhikers and a sluggish or non-existent gallbladder.

Forever Fat Flush Foods

Fat Flush Weight Loss Plans

The goal of the Fat Flush Plan is to cleanse the liver. The liver is the main detoxifying

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organ in the body. According to the Fat Flush Plan the liver is also our premier fat-burning organ and plays a role in weight loss. The Fat Flush Plan suggests that the barrage of toxins to which we are exposed every day clogs our liver and significantly weakens the it, such that the liver 's ability to digest fats becomes impaired.

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~~Fat Flush Plan — Fat Loss Easy~~

Really wished I hadn't bought the set/program. Really wish I sat in a bookstore for 15min and I wouldn't have bought the book either. This is a tough diet!!! I'm a raw vegan, and that's a cakewalk compared to fat flush. Consider also,,,it's low cal, low fat,

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high protein. Another wrapper on the same
old package.

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Complete Fat Flush ...~~

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The New Fat Flush Cookbook by Ann
Louise Gittleman Hardcover £ 18.99. Only
1 left in stock (more on the way). Sent from
and sold by Amazon. Radical Metabolism:
A powerful plan to blast fat and reignite your
energy in just 21 days by Ann Louise

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Gittleman, Ann Louise and a great selection
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Cookbook Fat Flush
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The Complete Fat Flush Companion Series
includes: The New Fat Flush Plan
Fat Flush Journal And
Cookbook - Packed with over 200 family-
friendly recipes, this updated edition is

Flush Plan *Page 28/73*

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based on deliciously simple meals with wholesome ingredients, flavored with unique fat-burning and cleansing herbs and spices.

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~~The Complete New Fat Flush Companion
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Series ISBN ...~~

Fat Flush Diet components. The fat flush

Flush Plan *Page 29/73*

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diet includes: 225g daily of lean protein such as lean meat, eggs, and fish. Fruits and vegetables. Omega-3-rich fats such as flaxseed oil and evening primrose oil. Spices such as ginger, cayenne, mustard and cinnamon, to speed up metabolism. The “long-life cocktail” .

Shopping Guide The Fat Flush Plan

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Kiss cellulite goodbye! The Fat Flush® Plan melts fat from hips, waist, and thighs in just two weeks and re-shapes your body while detoxifying your system. The Fat Flush Plan is a groundbreaking low carb/detox diet and fitness program. Fat Flush is known as the

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only diet program that gets rid of bloat, supports the liver, cleans up the lymph, and helps to eliminate the appearance of cellulite – for good. An international best-seller with legions of devoted followers, The Fat Flush Plan has been featured on "The View," as well as in cover articles in Time, Glamour, Self, and many others. It is based upon

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essential fats (such as flax seed oil and flax seeds), balanced proteins (including eggs, meat, fish, and moderate soy) plus low-glycemic healthy carbs from fat flushing fruits and vegetables. The Plan also features “cleansing” tonics such as unsweetened cranberry juice and water, the “Long Life Cocktail,” and daily hot water and lemon

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juice as well as a delicious array of fat burning, water regulating, and insulin controlling herbs and spices (think cayenne, mustard, cilantro, parsley, cinnamon, and cloves).

With millions of followers nationwide, award-winning nutrition expert Ann Louise

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Gittleman has revolutionized dieting, helping people melt away fat through detoxifying one's body. Fat Flushing nourishes glowing skin, reduces the appearance of cellulite, increases energy levels, and improves overall wellness. It's no wonder Fat Flushing has become synonymous with looking and feeling

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younger. Now she reveals the brand new secrets of Fat Flush for Life: a seasonal approach to burn stubborn body fat all year long! Fat Flush for Life integrates groundbreaking new Fat Flush diets with corresponding fitness and wellness programs. Dr. Gittleman not only explains how to detoxify the liver and lymphatic

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system to get rid of bloat, belly fat, and cellulite, but also how to optimize weight loss through GI-enhancing beneficial bacteria (probiotics), balancing thyroid function, and taking advantage of your body's natural response to the seasons to keep you thin and healthy for life. "The influence of the seasons on the delicate

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balance of your body is one of the most vital but overlooked aspects of total health," says Dr. Gittleman. Based on cutting-edge science, you'll find year-round healing strategies, including:

- Winter Fat Flush: Jump-start your metabolism and protect your immunity
- Spring Fat Flush: Nourish the body while releasing liver toxins

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Summer Fat Flush: Accelerate your detox to burn fat faster · Autumn Fat Flush: Go vegetarian for optimum cleansing · The 5 Day Hot Metabolism Booster: A fail-safe plateau-buster to take weight loss to the next level Fat Flush for Life also includes more than 75 brand new delicious recipes and menu plans for everyday eating and holiday

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celebrations. Uniquely effective, Fat Flush for Life offers an enjoyable and nutritionally-sound method to keep the pounds off permanently.

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The award-winning New York Times bestselling author of the New Fat Flush series is back with a foolproof way to melt fat faster

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than ever Go beyond Keto and Paleo with Radical Metabolism, which reveals the secrets to reviving a sluggish over-40 metabolism--secrets that work even faster if you're in your 20s and 30s, or you suffer from thyroid issues. No matter your age, if you're a "slow loser" who wants to speed off stubborn pounds and keep those pounds off

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for good, then this book is for you. Inside Radical Metabolism you'll discover which "forbidden fats," forgotten flavors, and fat-busting beverages you must eat and drink in order to supercharge your metabolism--making weight loss easier than ever before. But weight loss is just the beginning. With this easy-to-follow

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program you'll also enjoy greater energy, balanced mood, healthier skin, and protection against autoimmunity, gallbladder issues, type II diabetes, and other devastating health problems. A breeze to use, the Radical Metabolism program consists of: a 4-day Radical Intensive Cleanse designed to rest your digestive tract

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and detoxify your body a 21-Day Radical Reboot where you'll learn exactly what combinations of foods to eat for results you can feel and see a Maintenance Plan for a radically healthy life With menu plans, 50 sumptuous recipes, an extensive resource section, Radical Metabolism has everything you need to supercharge your metabolism

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and transform your body into a fat-burning dynamo in just 21 days.

COMPANION VOLUME TO THE NEW YORK TIMES BESTSELLER THE FAT FLUSH PLAN The popular weight-loss program now has a companion cookbook "(Ann Louise Gittleman's) rundown of the

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therapeutic and culinary benefits of her favorite 25 cooking herbs makes a perfect introduction to her popular nutritional philosophy."--Natural Health Magazine The Fat Flush Cookbook contains more than 200 recipes using fat-flushing foods and featuring the thermogenic herbs and spices--including ginger, cayenne, mustard,

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anise, fennel, and cinnamon--introduced in the popular diet program The Fat Flush Plan. This indispensable cookbook can be used as either a standalone volume or a companion book. This tasty, heart-smart volume includes: Time-saving, one-dish dinners Packable lunches Vegetarian-friendly ideas Recipes with delicious and

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unique fat burning herbs and spices An extended list of name brands suitable for Fat Flushing In addition, The Fat Flush Cookbook shares new research explaining why certain Fat Flush staples speed up fat loss and provide profound detoxifying benefits while protecting overall health. Key ingredients such as lean proteins,

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phytonutrient-dense vegetables and fruits, psyllium, lemons, flaxseed and flaxseed oil, thermogenic herbs and spices, high-protein whey, stevia, cooking broths, and more are prominently featured in these delicious recipes. Cranberries, for example, which are now ranked among the best health foods we can consume, are an essential component to

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the success of Fat Flushers everywhere, and The Fat Flush Cookbook provides creative ways to enjoy this delicacy--along with tips on simple ways to sneak all these staples into existing favorites without making any major adjustments. With delicious recipes, Fat Flushing information, and meal choices to suit every lifestyle, The Fat Flush Cookbook

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is perfect for the millions of Fat Flushers
around the country.

Obtain lasting wellness and reach your
weight loss goals with this supercharged
three-book diet and detox companion set to
the world famous Fat Flush Plan. For more
than two decades, millions of people have

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relied on the Fat Flush Plan to lose weight, detox, and improve their overall health and wellbeing. The groundbreaking program is the only diet regime that targets the hidden cause of weight loss resistance while supporting the liver, nourishing the gallbladder, cleansing the lymph, and helping to eliminate the appearance of

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cellulite for good. The Complete New Fat Flush Plan Companion Series provides a comprehensive array of actionable ways to recover your health whether you are overweight or are suffering from symptoms of autoimmunity. Reflecting the newly revised Fat Flush protocols, this three-book set presents the latest information reflecting

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emerging trends and promising research on the importance of healthy “ smart fats, ” thyroid and adrenal recovery and so much more. You ’ ll find evidence-based detox and diet strategies for weight loss, as well as facts on the hormonal and metabolic impact of foods, liver cleansing, and overall health. The Complete Fat Flush Companion Series

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includes: The New Fat Flush Plan
Cookbook— Packed with over 200 family-
friendly recipes, this updated edition is
based on deliciously simple meals with
wholesome ingredients, flavored with
unique fat-burning and cleansing herbs and
spices. The New Fat Flush Journal and
Shopping Guide—Includes refreshed

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shopping lists featuring brand names and added gratitude lists that reflect the key nutritional themes which have shifted the way we think about health. The New Fat Flush Foods—Includes fascinating new insights on Fat Flush superfoods like avocado, chia, hemp, shirataki noodles, quinoa, coconut oil, MCT oil, tigernut flour,

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as well as familiar comfort foods like good ole fashioned oatmeal.

With the success of the Eat-Clean Diet came the demand for more recipes, and author Tosca Reno is not only a health and fitness expert, she's also an excellent cook. She's always loved cooking for friends and family,

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and her Clean-Eating lifestyle inspired her to create fabulous meals that everyone would love. Who better to write a cookbook that would make the whole family happy . . .

both at the table and when they shop for clothes a few sizes smaller! Get:

- 150 beautiful food photographs
- Delectable low-fat beef, pork, chicken and fish dinners

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- Protein-rich meat-free recipes
- Gluten-free meals
- Tips on eating clean in difficult situations
- Timesaving one-dish meals for busy moms
- Great recipes on the go
- How to prepare an elegant clean-eating event.

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world's best fat blasting foods, seasonings, and supplements! The famous Fat Flush Plan has empowered millions of people to take control of their health and well-being. Now, the New Fat Flush Foods contains the very latest cutting-edge diet and detox revelations about the most highly revered superfoods—from your favorite comfort

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foods from childhood to new foods you will be anxious to try. In addition, you will discover expanded eating and storage tips and fresh Paleo, Ketogenic, vegan, and gluten-free options. The research based guidance and timeless wisdom will help you improve your health and that of your loved ones year round. The NEW Fat Flush Foods

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also includes how to:

- Lose weight and eliminate stubborn fat
- Increase your energy levels
- Banish bloating and food cravings
- Boost your cardiovascular system
- Diminish digestive issues
- Strengthen your immunity, and much more

Here is everything you need to renew, restore, and reveal your best self EVER!

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Looking and feeling great has never tasted so good the Fat Flush way!

Dr Mike Moreno's 17 Day Diet is a revolutionary new weight-loss programme that activates your skinny gene so that you burn fat day in and day out. The diet is structured around four 17-day cycles:

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Accelerate- the rapid weight loss portion that helps flush sugar and fat storage from your system; Activate-the metabolic restart portion with alternating low and high calorie days to help shed body fat; Achieve - this phase is about learning to control portions and introducing new fitness routines; Arrive - A combination of the first three cycles to

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keep good habits up for good. Each cycle changes your calorie count and the food that you're eating. The variation that Dr. Mike calls 'body confusion' is designed to keep your metabolism guessing. This is not a diet that relies on a tiny list of approved foods, gruelling exercise routines, or unrealistic calorie counts that leave you hungry and

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unfulfilled. Each phase comes with extensive lists of what dieters can and can't eat while on the phase, but also offers acceptable cheats. He advises readers not to drink while on the diet, but concedes that if they absolutely have to then they should at least drink red wine. Dr Mike knows that a diet can only work if it's compatible with the real

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world, and so he's designed the programme with usability as a top priority.

The Master Cleanser: Original Edition The Master Cleanser diet otherwise known as the lemonade diet has been around close to 50 years. It's the easiest, most delicious, effective cleansing and weight loss diet

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available. You can feel good and get rid of what ails you. This diet has been used for every health problem with great success.

Get healthy in just 15 days with this diet plan from the celebrity trainer and New York Times bestselling author featured on Khlo é Kardashian's Revenge Body--now revised

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with the latest nutrition science and updated recipes. Harley Pasternak has worked with most of Hollywood, whipping celebs into shape for roles and the red carpet and also appearing as a celebrity trainer on *Revenge Body* with Khlo é Kardashian. With *The Fat Flush Diet Journal And Shopping Guide*, he introduced his ultimate reset plan to the world, and rebooted readers'

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systems to set them on the path to thinner, healthier, happier lives. Now he's updating this beloved plan with a new introduction, the latest findings in nutritional science, and new recipes. This three-phase program focuses on the easiest, most effective way to slim down: blending. The five-day jumpstart includes delicious, expertly crafted

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smoothies, dips, snacks, and soups--all customizable to any preference or diet restriction. Over the following ten days, readers will reintroduce healthy versions of their favorite foods along with the blended recipes, keeping their metabolisms humming. The plan also explains how the easiest form of exercise--walking--along

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with light resistance training is all it takes to achieve the celebrity-worthy physique that every reader craves. Whether readers are looking to lose significant weight or just those last five pounds, The Body Reset Diet offers a proven program to hit the reset button, slim down, and get healthy in just fifteen days--and stay that way for good!

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