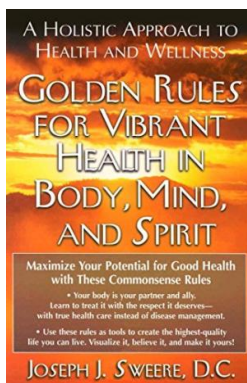


## Golden Rules for Vibrant Health in Body, Mind, and Spirit A Holistic Approach to Health and Wellness



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