

The Ohashi Bodywork Book Beyond Shiatsu With The Ohashiatsu Method

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Dive into 'The Ohashi Bodywork Book,' an essential guide exploring the profound Ohashiatsu Method, a distinctive approach designed to go beyond traditional Shiatsu techniques. This comprehensive resource offers readers practical insights into Eastern bodywork principles, promoting self-healing and holistic well-being through innovative, accessible practices. Discover a unique path to understanding energy flow and therapeutic touch for personal growth and therapeutic application.

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The Ohashi Bodywork Book Beyond Shiatsu With The Ohashiatsu Method

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Introduction

Ohashis Oriental Diagnosis

Putins Childhood

Putins Park Life

Putins Wife

Putins Face

Eyes

Chaos

Judo

Third Option

Putin as a Victim

Putins Skin Veins

Willpower

Putins Death

Putins Relationship

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What is Shiatsu Massage? Basic Shiatsu Techniques To Help Chronic Issues - What is Shiatsu Massage? Basic Shiatsu Techniques To Help Chronic Issues by Modern Aging - Holistic Health & Wellness After 50 37,152 views 4 years ago 23 minutes - Massage therapy is all the rage now – there's Thai massage, Korean massage, Asian massage, Asian spas, hand and stone ...

DIGESTIVE PROBLEMS POOR APPETITE

Daily Gua Sha Massage Routine 2023 | Follow Along Tutorial | Secrets for Slim + Youthful Face -
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Dolled Up By Charisse 226,210 views 3 years ago 7 minutes, 56 seconds - Daily Gua Sha Massage
Routine 2023 Today I'm going to show you a guasha facial routine that I follow to have a slimmer
face.

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(1-12-19)

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What to Look Out For

What To Include In Your Diet

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Depth

Strength

Eight Principle Diagnosis

Quality

Positions

Ashiatsu - full body routine - Ashiatsu - full body routine by Shannon Briesse 64,211 views 6 years ago 1 hour, 7 minutes - A full body routine using the Ashiatsu **technique**,.

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The serum HER-2/neu Test and Metastatic Breast Cancer

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Siemens touts breast cancer screening survey

Komen organization which is involved worldwide in the fight against breast cancer. In addition, Siemens has initiated a survey aimed at women in Brazil, China, ...

Siemens promotes breast cancer awareness

The digital mammography machine MAMMOMAT Revelation offers the entire range of latest technologies in 2D and 3D breast imaging – for breast cancer screening ...

MAMMOMAT Revelation

Report on use of Siemens Mammomat 2S mammographic unit for breast cancer screening ,1988. Toward Precision Medicine National Research Council,Division on ...

Breast Cancer Survey Siemens

Collaboration leverages imaging, diagnostic and multiomic expertise to identify new, significant biomarkers to improve the detection of breast cancer.

Freenome Partners with Siemens Healthineers for Breast ...

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Siemens touts breast cancer screening survey

The purpose of the evaluation was to determine whether the Siemens Revelation operating in 2D mode, meets the main standards in the NHS Breast Screening.

Technical Evaluation of Siemens Revelation digital ...

Appendix 2: Dose surveys. Page 54. Practical evaluation of Siemens Mammomat Inspiration tomosynthesis system. 54. Figure 28. Breast dose Survey 2D 'standard'.

Practical evaluation of 'Siemens Inspiration' PRIME

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Magnetic Resonance study finds early warning signal for ...

[Chiropractic A Unique Approach To Health](#)

anatomical relationships. According to the World Health Organization (WHO), a chiropractic subluxation is a "dysfunction in a joint or motion segment in which... 42 KB (5,145 words) - 17:47, 1 March 2024
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being treated with it. They describe AK as follows: This is an approach to chiropractic treatment in which

several specific procedures may be combined... 29 KB (2,869 words) - 00:23, 26 February 2024

Osteopathic Medicine, Chiropractic, and Functional Medicine. Traditional medicine (TM) refers to certain practices within a culture which have existed... 210 KB (17,672 words) - 12:14, 20 February 2024

gums, with one's own urine. No scientific evidence exists to support any beneficial health claims of urine therapy. Though urine has been believed useful... 17 KB (1,663 words) - 04:40, 18 February 2024

techniques are not necessarily unique to osteopathic medicine; other disciplines, such as physical therapy or chiropractic, use similar techniques. Indeed... 76 KB (8,019 words) - 02:58, 13 March 2024

well as on my body-mind approach to resolving stress and healing trauma" he had a mystical experience where he engaged in a year-long socratic dialogue... 27 KB (3,246 words) - 23:33, 31 January 2024

an alternative to medical hegemony, rather than a truly holistic approach to health. Chopra serves as an adjunct professor in the marketing division at... 94 KB (9,326 words) - 00:54, 10 March 2024

WCA supports "straight" chiropractic, with its emphasis on subluxation-correction, drug-free care, and non-medical approaches to wellness. This stance has... 13 KB (1,365 words) - 04:06, 3 April 2022

possess unique therapeutic properties are not supported by robust clinical trials or research. Cow urine is also used in Myanmar and Nigeria as a folk medicine... 14 KB (1,072 words) - 14:28, 14 March 2024

Keating, Jr. discusses vitalism's past and present roles in chiropractic and calls vitalism "a form of bio-theology." He further explains that: "Vitalism... 39 KB (4,732 words) - 10:10, 9 January 2024

Goop for false advertising, asserting that Goop has made unfounded health claims about a variety of products. Goop settled the lawsuit out of court. Class-action... 92 KB (8,914 words) - 13:48, 11 March 2024

doshas are balanced when they are equal to each other, while another view is that each human possesses a unique combination of the doshas which define... 114 KB (11,185 words) - 13:41, 14 March 2024

owners explore holistic and integrative therapies, including acupuncture, chiropractic care, herbal medicine and alternative treatments alongside conventional... 34 KB (4,257 words) - 06:30, 19 February 2024

declining health or that they were sent to areas deemed too dangerous for the Russian President. The theory of Vladimir Putin's body doubles acts as a tool... 23 KB (2,523 words) - 12:16, 10 March 2024

behavioral therapy, and the Australian National Health and Medical Research Council notes that this may be due to including most of the core elements of cognitive... 37 KB (4,398 words) - 12:01, 9 March 2024

University of Wollongong in 2006, and a Masters of Chiropractic at Macquarie University in 2009. Robards then worked as a chiropractor for seven years, before... 17 KB (1,481 words) - 03:00, 6 March 2024

National Health Service in England no longer provides funding for homeopathic remedies and asked the Department of Health to add homeopathic remedies to the... 162 KB (16,272 words) - 09:19, 24 February 2024

mechanism of action. Medicine in traditional China encompassed a range of sometimes competing health and healing practices, folk beliefs, literati theory and... 216 KB (22,529 words) - 22:46, 8 March 2024

general health via the nervous system, through vertebral subluxation, claims which are not based on scientific evidence. The main chiropractic treatment... 399 KB (38,881 words) - 19:46, 3 March 2024

The Chi Kung Bible

Everything you will need to know about "The Best Chi Kung System" in the World from www.ChiKung.com!

The Chi Kung Bible

ABOUT OTHER CHI KUNG BOOKS Many of my readers have read many other Chi Kung books that have already been published. Almost everybody tells me "they really didn't know what to do with those books." A common response is "I looked at it, put it away and never touched it again," or "I tried some of the techniques in the other books, but found they didn't lead anywhere." This will not be true with my book. My intention is to give you a self-contained, workable, complete system that you can use immediately to help improve your life. --- When you practice Chi Kung, it takes you from being "ordinary" to becoming "other than ordinary." You just won't be the same. It could show up in almost any combination... being more motivated, more solid, etc.

The Qigong Bible

The definitive guide to energy cultivation excersise. Includes expert tips on how to practise Qigong for health, spiritual development and martial prowess.

The Nei Kung Bible, Chapter One

Chapter One of The Nei Kung Bible contains all my published Inside Kung Fu Magazine articles, technical lists, and preparation material which will explain the benefits, the practices, the principles, and the formats for effectively learning all "The Mind Training" internal practices from Temple Style Tai Chi Chuan. I created Tidal Wave' ;¢ Chi Kung and Mind Light' ;¢ Nei Kung from this awesome Tai Chi System. More information about The Nei Kung Bible can be found at www.ChiKung.com. Feel free to call me at (312) 446-8218. I will be happy to take your call. GJC

The Tai Chi Bible

The complete illustrated guide to Tai Chi for beginners to advanced level.

The Tai Chi Healing Bible

Tai Chi calms the mind, improves coordination, and releases positive energy. Improve your overall health by embracing the movements, culture, and philosophy of this ancient practice. Learn the basic Tai Chi movements before trying out different programs. From the classic Tai Chi routine, the Form, to Chi Kung, each movement is clearly explained in easy-to-follow instruction and step-by- step color photography It is true that trying to define Tai Chi can never be totally accurateâ??as the Taoists have said for many years, the essence of a thing is un-nameable, and it is easier to describe what a thing is not, rather than what it is. Despite this ever-changing understanding of Tai Chi, this book is an extremely useful exercise and reference point.

The Tai Chi Healing Bible

An introduction to basic techniques for physical and spiritual well-being. Easy-to-follow instructions accompanied by step-by-step images to illustrate each movement. Choose between short and longer sequences for up to 20 minutes of invigorating exercise a day. Practical tips enable you to tailor the course to your needs, experience, time, and abilities. Improve your energy, coordination and effectiveness by embracing the movements, culture and philosophy of this ancient practice.

The Tai Chi Healing Bible

A practical introduction to Tai Chi techniques for physical and spiritual well-being. Tai Chi calms the mind, improves coordination, and releases positive energy. Learn the basic Tai Chi movements before trying out different programs. From the classic Tai Chi routine, the Form, to Chi Gung, each movement is clearly explained in easy-to-follow instructions and step-by-step color photography. Practical tips enable you to tailor the course to your needs, experience, time, and abilities.

Prayer Journal Eat Sleep Qigong Repeat Chi Kung Qi Gong Quote

Eat Sleep QiGong Repeat Chi Kung Qi Gong Quote Prayer Journal This Prayer Journal is designed for the prayer warrior in each of us. Features Each entry includes a short prayer, an inspiring thought, a verse of Scripture, or a writing prompt...and plenty of open space to write down their responses. This beautiful prayer journal holds space for you to honor your faith and strengthen your relationship with

God. Scripture for reflection. Specs High quality and lightweight Undated daily pages allowing you to start at any point This would be a great gift for a Mom, Sister, Daughter or Grandmother. What are you waiting for? Scroll up and buy now!

You Are How You Move

Ged Sumner writes with rich insights into how to begin to think about your body and how to take the steps that will enable you to transform your Chi Kung practice. This modern, accessible approach to Chi Kung by a highly experienced teacher integrates mind and body and shows you how to become sensitive to yourself.

The Complete Book of Tai Chi Chuan

Master the ancient Chinese art of Tai Chi Chuan with this informative guide. One of the most popular Chinese martial arts, Tai Chi Chuan is also one of the most effective stress relievers available. In China, it is also used extensively for the prevention and treatment of illnesses, and its beneficial effects on health and fitness are now widely recognized in the West. The Complete Book of Tai Chi Chuan is a comprehensive and fascinating guide to the practical application and potential benefits of Tai Chi Chuan. This tai chi guide is packed with step-by-step illustrations for practice at home and covers everything you would want to know about this ancient art, including its benefits for mental, spiritual and emotional development. It is both an ideal introductory guide and an invaluable reminder for those who have already taken classes. Topics in The Complete Book of Tai Chi Chuan include: Tai Chi Chuan as a Martial Art The Concept of Yin-Yang and Tai Chi Chuan The Historical Development of the Various Styles Advice from the Great Masters Techniques and Skills of Pushing Hands Specific Techniques for Combat Situations Taoism and Spiritual Development in Tai Chi Chuan And much more

Chi Kung for Health and Vitality

The benefits of the Chinese art of Chi Kung are increasingly recognised for enhancing fitness in mind and body. Chi Kung is an excellent exercise for combating the negative effects of stress, and creates a wonderful sense of vitality through the development of your inner chi, your energy centre. In Chi Kung for Health and Vitality, the fourth generation grandmaster Wong Kiew Kit offers a clear practical guide to beginners and practitioners alike. Packed with illustrations, here is an enjoyable and fulfilling programme of exercise that will promote physical, mental and spiritual well-being in all aspects of your life.

Simple Chi Kung

Distills the many different Chi Kung practices into one simple daily routine for abundant health, calmness, and mental clarity • Provides step-by-step illustrated instructions for a complete yet easy daily Chi Kung routine • Perfect for beginners and ideal as a warm-up to more advanced practices • Clears physical and mental stress, stimulates healing and disease prevention, detoxifies the body, releases tensions, improves circulation, and works to develop flexibility, strength, resiliency, and suppleness Within every person there is a place full of energy, health, and happiness. Practicing Chi Kung allows us to visit this place of inner vitality and harmony, clearing physical and mental stress, detoxifying the body and mind, and helping us return to our natural state of abundant health, calmness, and mental clarity. An ideal complement to the treatment of chronic pain, asthma, diabetes, high blood pressure, headaches, and even heart disease and cancer, Chi Kung is a way to take control of your physical, mental, and spiritual health and live a long and healthy life. In Simple Chi Kung, Taoist master Mantak Chia distills thousands of Chi Kung practices into one simple daily routine perfect for beginners and ideal as a warm-up to more advanced practices. Designed to relax our muscles, loosen the joints, improve circulation, and develop flexibility, strength, resiliency, and suppleness, the gentle, flowing movements of Chi Kung mirror the movements of nature and help practitioners connect to their own inner flow of chi, clearing blockages and stagnation in our life-force energy and tapping in to our natural powers of healing and disease prevention. Walking readers step-by-step through each exercise, from movement work with the knees, hips, and spine to internal energy work through controlled breathing, Master Chia explains how daily practice of Chi Kung cultivates life-force energy, a stronger immune system, emotional balance, and spiritual awareness, transforming the patterns and assumptions that limit our body and mind as well as enhancing our connection to nature and the universe.

Los Elementos Practicos Del Chi- Kung

The best Chi Kung system in the world in Spanish. You may also get The Chi Kung Bible in English, which contains many more chapters and material. Visit www.ChiKung.com and feel free to call my cell at (312) 446-8218. I wish you the best of luck using my Chi Kung practice. GJC

The Real Chinese Chi-Kung... Everything You Wanted to Know about Chi, Revealed!

The Secret of Chinese Chi-Kung & Longevity...For the first time, the mysterious Chinese Chi Kung is explained in a scientific way, easy to understand and easy to practice. Once and for all, everything you wanted to know about Chi-Kung Qi-Gong Chi Power, Revealed Why Chi Kung can heal chronic diseases? Reasons to heal chronic disease: 1. Beneficial control to give the brain a chance to re-regulate or recuperate those functions which are deviated a little 2. Internal massage - breathing with the diaphragm 3. Resume those secretions which seem to be dry and thus get back a part of our youth 4. Raise the ability of our self-healing system

The Essence of Tai Chi Chi Kung

Chi theory and practice for health and a deeper understanding of Tai Chi.

Iron Shirt Chi Kung

An introduction to the ancient Kung Fu practice designed to unify physical, mental, and spiritual health • Describes the unique Iron Shirt air-packing techniques that protect vital organs from injuries • Explains the rooting practice exercises necessary to stabilize and center oneself • Includes guidelines for building an Iron Shirt Chi Kung daily practice Long before the advent of firearms, Iron Shirt Chi Kung, a form of Kung Fu, built powerful bodies able to withstand hand-to-hand combat. Even then, however, martial use was only one aspect of Iron Shirt Chi Kung, and today its other aspects remain vitally significant for anyone seeking better health, a sound mind, and spiritual growth. In Iron Shirt Chi Kung Master Mantak Chia introduces this ancient practice that strengthens the internal organs, establishes roots to the earth's energy, and unifies physical, mental, and spiritual health. Through a unique system of breathing exercises, he demonstrates how to permanently pack concentrated air into the connective tissues (the fasciae) surrounding vital organs, making them nearly impervious to injuries--a great benefit to athletes and other performers. He shows readers how once they root themselves in the earth they can direct its gravitational and healing power throughout their bone structure. Additionally, Master Chia presents postural forms, muscle-tendon meridians, and guidelines for developing a daily practice routine. After becoming rooted and responsive, practitioners of Iron Shirt Chi Kung can then focus on higher spiritual work.

Chi Kung

Authoritative, illustrated, and illuminated, this book will long be considered the primary text for all interested in this revolutionary technique for health and wellness.

Chi Kung

Chi Kung is the ancient Chinese art for strengthening health to prevent and treat diseases, as well as to prolong life. Literally translated, it means "breathing energy, " but it is much more. Unlike other works on the subject, this book was carefully framed to be understood by the Western mind without losing the flavor and spirit of Chi Kung's Chinese origins. For the first time ever the secrets of the Wild Goose Chi Kung form are brought to the Western in easily understood terms.

The Book of Soft Martial Arts

This reissued edition offers the reader four systems of exercise - Chi Kung, Hsing I, Pa Kua and T'ai Chi Chuan. The soft martial arts are internalized versions of the combative martial arts. They aim to develop internal energy and vitality rather than external expressions of strength. Balance and harmony are the essence of soft martial arts, rather than speed and aggression. soft martial art systems, with explanations of the traditional theories underlying each of them. The gentle, fluid movements and breathing techniques are described through a series of illustrations and captions. Part two is dedicated to creating and maintaining a balanced lifestyle through diet, and by a closer look at how chi, or energy, in the body is affected by lifestyle and environment. It provides examples of the treatment of common ailments using the soft martial arts.

The Way of Energy

A recognized master of Tai Chi gives step-by-step instructions on the ancient art of Chi Kung--Chinese medicine in a physical form. Readers discover how practicing Chi Kung can prevent and treat a wide range of ailments, strengthen the immune system, improve concentration and memory, regenerate the nervous system and more. 10 full-color photographs; 90 two-color illustrations.

Chi Kung

Tan Tien Chi Kung is the art of cultivating chi in the lower abdomen--the tan tien. Known as the Ocean of Chi, this lower abdominal area holds the key to opening the body to the free and continuous movement of chi. Included are exercises to develop chi for increased vitality and the mind-body balance essential for spiritual growth and well-being.

Tan Tien Chi Kung

Explores the deep, internal work necessary for the effective practice of tai chi • Reveals the Taoist principles that gave birth to the Yang-style tai chi forms • Shows how tai chi can circulate powerful healing energies through the body Taoist adepts developed tai chi as both a martial art and a way to cultivate their physical body, energy body, and spirit body. Like all Taoist exercises, its main purpose is to form a connection to the basic energy that is the foundation of all life: chi. Until the beginning of the twentieth century, tai chi was considered a secret practice that was passed down only within a closely knit structure of family and loyal disciples. Despite its widespread growth in popularity as a martial art and health exercise, many of its underlying internal practices remain unknown. The Inner Structure of Tai Chi explores the deep, internal work necessary for the effective practice of tai chi. Designed for practitioners at every level, the book contains step-by-step illustrated instructions for mastering the 13 forms of early Yang-style tai chi, also known as Tai Chi Chi Kung. The authors demonstrate the relationship of the inner structure of tai chi to the absorption, transformation, and circulation of the three forces that animate all life--the Universal force, the Cosmic force, and the Earth force--revealing the principles and practices necessary to receive the full spectrum of physical, psychological, and spiritual benefits that tai chi can bring.

The Inner Structure of Tai Chi

Ling Kong Jing, the "Empty Force," is the highest martial arts skill in China. This extraordinary technique harnesses the power of chi, the body's vital energy, enabling masters of the art to defend themselves against opponents without making physical contact. The book takes readers step by step from theory to the actual practice used to generate Empty Force, and shows how to use its remarkable power for healing as well as self-defense.

Empty Force

Practiced regularly, Taiji Qigong has been shown to increase energy, improve health, and help prevent illness through simple movements and focused breathing. This in depth instruction manual brings the practice to the average reader. Written for every level of skill and interest and constructed for easy customizing for particular goals, the book is broken into three parts that cover the theory and practice of Qi and Qigong; the general principles of Qigong practice; and the 18 movements of Taiji Qigong in detail.

The Theory and Practice of Taiji Qigong

By turns suspenseful, philosophical, and humorous, this book chronicles the first seven years of an extraordinary apprenticeship in Toronto between a young man and a celebrated chi kung master from Shanghai. Many astonishing events occurred, such as frequent telepathic exchanges between master and student, the throwing of chi-energy over great distances, and at least one instance of what could be called Jedi mind control, right out of the movie Star Wars.

Mysteries of the Life Force

While Ch'i Kung is the oldest of the Chinese martial arts and still survives today in the 20th century, there are relatively few people in these modern times who know little about it, other than its existence. However, this book, written by Lily Siou—herself—a master of Ch'i Kung, pierces the secrets of the ages and makes known both the benefits and wisdom to be gained by the practice of this ancient art. It also serves as an easy, but, entertaining introduction to the Chinese concept of life-force, health and healing. As the reader will soon discover, Ch'i Kung is not only a profound philosophy; it also can be an intriguing life-style which if faithfully followed holds the reward of bringing mind and body into harmony with all things. Likewise, it offers a solution to the all too common realities of modern-day living such as tension, anxiety, high blood pressure, obesity, loss of vigor, and general deconditioning on many levels.

Chi Kung

The man who popularized kung fu and tai chi presents the complete beginner's program for understanding the ancient art of chi kung, the next wave in low-impact exercise. David Carradine's Introduction to Chi Kung: The Beginner's Program For Physical, Emotional, And Spiritual Well-Being is the perfect guide to Chi Kung.

The Way of Healing

Increase your strength, improve your health, and discover greater martial power with ten separate sets of Qigong exercises. A special chapter discusses the application and uses of Qi and Qigong for enhancing martial arts ability as well as a section on soothing massage techniques to help recover quickly from various injuries.

Chi Kung Health and Martial Arts

Chi Kung is a system of exercise in China, combining gentle movement or stillness with calm, regular breathing. This book contains easy-to-follow routines - both active and passive - to help relax the body and focus the mind. The background and philosophy of Chi Kung is also included.

David Carradine's Introduction to Chi Kung

Introduces principles of Chi kung, explains how to reexamine our physical and spiritual sense of reality, and demonstrates Chi kung exercises

Eternal Spring Chi Kung

Overcome stress and fatigue and maintain flexibility and stamina with ChAEi: The Power Within, a manual to the secrets of these ancient Chinese breathing exercises that will show you how to tap your full energy potential.

Qigong for Health and Martial Arts

The First Sixteen Secrets of Chi offers a series of vitalizing and healing exercises that are at once astonishing in their simplicity and profound in their effects. Moreover, the exercises are prescriptive, acting like a "medicine of movement." Master Bond has developed a keen understanding of the similarities between the way chi moves in our external world and through our internal system.

The Essence of Tai Chi Chi Kung

Reiki practitioners have unlimited access to healing energy--for themselves and others. For this reason, it has quickly spread across the globe as people use it to cure ills, soothe emotions, and live the life

they want. The Reiki Bible provides a comprehensive, stunningly designed guide to this ancient spiritual system. It covers Reiki's origins and development; the energy and body systems; and the three levels of Reiki. All the hand positions appear in easy-to-follow captioned photographs, and there's advice on using Reiki for friends and family; at all life stages; for health and well-being; for alleviating common conditions; and in tandem with other therapies.

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Explains how to use chi kung exercises to manipulate the flow of chi, or internal energies, to increase energy, release tension, relieve headaches, and improve posture.

Chi Kung

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