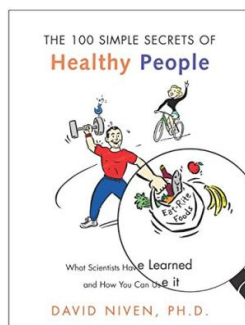


## 100 Simple Secrets of Healthy People: What Scientists Have Learned and How You Can Use it



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