

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 402nd Newsletter, I want to give us a chance to consider Fluoride and the effects it has on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the news-letter in context: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them.

Fluoride is simply DANGEROUS to our Health ... and you can Avoid it, Prevent it and Heal From the effects of it Naturally!!!

We all have heard about how fluoride reduces cavities but have you heard the real facts about fluoride that are seldom discussed? In this NEWSLETTER we address FLOURIDE, the dangers of fluoride, and the many ways that we are subjected to fluoride. I urge you to READ this completely and see how you can prevent and heal from the effects of this chemical toxin. Water fluoridation is the main way fluoride is being absorbed by our bodies but it not at all the only way. We will give you other ways a little later in this newsletter.

Today, two thirds of U.S. public drinking water is fluoridated while public health leaders have maintained that low doses of fluoride are safe for people, and good for our teeth. At the same time hundreds of cities in the US and around the world and over 35 countries, most of which are in

the developed part of the world, have rejected fluoride in their water because of the dangers to the planet, animal and human health.

The history of water fluoridation reads like a bad fiction governmental cold war novel except for the fact that is not fiction at all. We have included all of the history and details in the research links below this article if you want to know more.

The bottom line, however, is that the entire process and the fact that it was being done to "reduce tooth decay" was completely a lie created and utilized to provide evidence, in the 1940s, that fluoride was safe during a time when major industries needed to get rid of toxic waste containing fluoride and the U.S. government needed to fight lawsuits about the damage fluoride, a critical component in manufacturing atomic bombs, was causing to the planet, animals and humans.

Many people associate fluoride with its periodic table namesake, fluorine, however fluoride is very different. Fluoride is a compound of fluorine and is a crude industrial chemical byproduct ("chemical byproduct" = toxic waste) of aluminum, phosphate, cement, steel, and nuclear weapons manufacturing.

So, through sly public re-education, fluoride, once a waste product, became the active ingredient in multibillion dollar industries including fluorinated pesticides, fungicides, rodenticides, anesthetics, tranquilizers, fluorinated pharmaceuticals, and a number of industrial and domestic products, fluorinated dental gels, rinses and toothpastes.



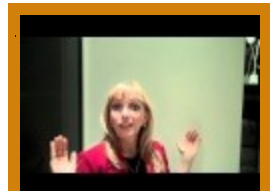
CAROLINA ARAMBURO

Here is a list of some products that now contain fluoride:

- Dental Products
- Processed Beverages & Foods
- Pesticides
- Tea Drinks
- Pharmaceuticals
- Mechanically Deboned Meat, any food in cans and most processed foods
- Teflon and Teflon products such as Gore tex

According to Michael Connett, an attorney with the Fluoride Action Network (FAN), here are at a few of the important facts about fluoride that everyone needs to know:

- German and Russian Prisoner war camps utilized Fluoride to cause damage to a specific part of the brain, making the prisoners passive.
- Most Developed Countries **Do Not Fluoridate Their** (Cont. on next page)



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Water

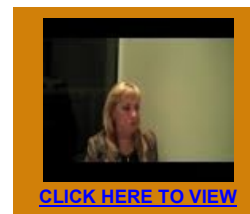
- Fluoridated Countries Do Not Have Less Tooth Decay Than Non-Fluoridated Countries
- NIH-funded study on individual fluoride ingestion and tooth decay found no significant correlation.
- Tooth decay **does not** go up when fluoridation is stopped and tooth decay was coming down before fluoridation started.
- The highest doses of fluoride are going into **bottle-fed babies**.
- Fluoride Affects Many Tissues in Your Body Besides Your Teeth
- Fluoridation is Not a "Natural" Process
- 40% of American Teenagers Show Visible Signs of **Fluoride Overexposure**
- For Infants, Fluoridated Water Provides No Benefits, Only Risks
- Fluoride Supplements Have Never Been Approved by the FDA
- Fluoride is NOT an essential nutrient and is the Only "Medicine" Added to Public Water
- Fluoridation is **unethical**, just as any medication would be, without informed consent.
- The dose cannot be controlled and goes to everyone regardless of their vulnerability.
- People now receive fluoride from many other sources besides water.
- Fluoride **accumulates** in the body.
- Any benefit from fluoride is topical not systemic so swallowing Fluoride Provides Little Benefit to Teeth.
- Fluoride may **leach lead** from pipes, brass fittings and soldered joints.
- Damages brain functions and hormones in **fetuses**.

So what are the actual health

dangers of fluoride? The following is a list of health problems shown in studies, from **multiple countries**, by independent doctors and scientists that fluoride toxicity can lead to:

- Dental Fluorosis (a discoloring of tooth and **erosion of enamel** from Fluoride)
- Iodine Deficiency: Fluoride in high doses causes increased lead absorption
- Disrupts synthesis of collagen
- Disrupts **DNA repair**
- Hyperactivity and/or lethargy
- Severe chemical burns to the respiratory system
- Muscle disorders
- **Kidney damage**
- Thyroid disease and lower thyroid function
- Arthritis
- **Dementia and Alzheimer's**
- Produces hyperkalemia (elevated serum potassium), hypocalcemia (lowered serum calcium), hypomagnesemia (lowered serum magnesium), and metabolic and respiratory acidosis.
- Skeletal Fluorosis – erosion and damage and deformation to **bones and joints**
- Various Cancers including Bone cancer (osteosarcoma)
- Inactivates 62 enzymes and inhibits more than 100
- Inhibited formation of antibodies and disrupts the **immune system**
- Genetic damage and cell death
- Damages sperm, lowers testosterone and increases infertility
- Extensive **Brain damage** including calcification and damage to the Pineal Gland
- **Nervous system degeneration**
- Fluorides cause premature aging of the human body
- Disrupts the Endocrine System and imbalances hormones
- Damage to the spinal cord and sciatic nerve.

So is there good news now that you have heard all of the bad news about fluoride? YES! Here is the



If you would like to **have a FREE inquiry conversation** about our Radical HEALTH Coaching & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I **never imagined possible!** I passionately invite you to do the same!

good news:

- You **do not have to continue drinking fluorinated water**, eating fluoride filled foods or utilizing fluorinated products.
- **The "Right" diet, exercise and lifestyle will provide you body with what it needs** to have healthy teeth and a healthy body plus prevention and healing from any fluoride build up you already have.

In our next article we will cover all of the solutions to avoiding, preventing, detoxing from and healing from the damage fluoride may have already done to you and those you love. Please keep reading!

A Raw VEGAN Living Foods DIET including plenty of Leafy GREENs, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in **nature**, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus mindful stress management is the greatest way that you can (Cont. on next page)

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almost ENSURE optimal WELLNESS for youSELF inside and out. This allows your body to be **optimally healthy** which leads to a healthy, long lasting life. I invite you to TRY IT ON and In-JOY it with me. You will forever thank yourself and **feel better** than you EVER did your ENTIRE LIFE!!!

The below Research Links will provide you with a lot of very in depth information about the history of Fluoride, where fluoride comes from and studies about the health dangers of fluoride:

- <http://thespiritscience.net/2014/04/30/is-fluoride-poisonous/> - Is Fluoride Poisonous?
- <http://articles.mercola.com/sites/articles/archive/2013/04/30/water-fluoridation-facts.aspx> - 10 Facts About Fluoride You Need to Know
- <http://poisonpaste.com/fluoride-history.php> - Fluoride History
- [HTTP://ARTICLES.MERCOLA.COM/SITES/ARTICLES/ARCHIVE/2011/08/13/FLUORIDE-AND-THYROID-DYSFUNCTION.ASPX](http://ARTICLES.MERCOLA.COM/SITES/ARTICLES/ARCHIVE/2011/08/13/FLUORIDE-AND-THYROID-DYSFUNCTION.ASPX) - The Daily Activity Every Middle Aged Woman Should Beware of
- http://get.smarter.com/qa/health/side-effects-fluoride-5c523b30db36fa9c?ad=semD&an=google_s&am=broad&o
- - What are the side effects of fluoride? http://fluoridealert.org/articles/fluoride_facts/ - 10 FACTS ABOUT FLUORIDE
- <http://fluoridealert.org/issues/health/> - Health Effects
- <http://fluoridealert.org/articles/wastenot414/> - Fluoride, Teeth, and the Atomic Bomb
- <http://www.fluoridation.com/exner.htm> - Economic Motives Behind Water Fluoridation - Fluoride is a Protected Pollutant
- <http://www.fluoridation.com/fluorideindrinkingwater.htm> - 50 Reasons to Oppose Fluoridation
- www.stopthecrime.net/.../How%20did%20the%20Flouride%20Scam%20... - How Did The Fluoride Scam Begin?
- http://fluoridealert.org/content/bulletin_12-24-13/ - Follow the Money
- <http://www.oralanswers.com/water-fluoridation-conspiracy/> - Is Water Fluoridation A Conspiracy for Businesses to Make Money Selling Fluoride?
- <http://www.informationliberation.com/?id=14949> - The Fluoride Conspiracy
- http://fluoridealert.org/content/communities_2010/ - Communities that Have Rejected Fluoridation Since 2010
- <http://althealthworks.com/2223/list-of-countries-that-ban-or-reject-water-fluoridation-why-north-america-is-actually-the-exception/> - List of Countries that Ban or Reject Water Fluoridation: Why North America is Actually the Exception
- <http://www.just-think-it.com/the-f-db.htm> - International Anti-Fluoridation Database
- http://www.healthy.net/Health/Article/The_Dangers_of_Fluoride_and_Fluoridation/540 - Integrative Medicine: The Dangers Of Fluoride And Fluoridation
- <http://www.1stholistic.com/reading/health-fluoride-causes-cancer.htm> - Truth Can't Be Hidden: Fluoride Causes Cancer
- http://www.huffingtonpost.com/dr-mercola/fluoride_b_2479833.html - Fluoride
- http://charles_w.tripod.com/fluoride.html - Fluoride
- <http://filteredhealth.com/> - Sodium Fluoride
- <http://fluoride.mercola.com/> - The damaging Effects of Fluoride for teeth on Thyroid and Brain and a Cure
- <http://articles.mercola.com/sites/articles/archive/2015/05/12/fluoride-ov-erdose.aspx> - End the Practice of Fluoridation
- <http://www.news-medical.net/health/Fluoride-Uses.aspx> - Fluoride Uses
- <http://www.slweb.org/frcsymptoms.html> - Symptoms of Fluoride Poisoning
- <http://www.livescience.com/37123-fluoridation.html> - Facts About Fluoridation
- <http://naturalsociety.com/top-scientist-fluoride-already-shown-to-cause-10000-cancer-deaths/> - Top Scientist: Fluoride Already Shown to Cause 10,000 Cancer Deaths
- <http://www.theguardian.com/society/2005/jun/12/medicineandhealth.genderissues> - Fluoride water 'causes cancer'
- <http://www.infowars.com/u-s-water-fluoridation-began-in-1945-never-fda-approved-yet-continues-today/> - U.S. WATER FLUORIDATION BEGAN IN 1945, NEVER FDA APPROVED, YET CONTINUES TODAY
- <http://www.cancer.gov/about-cancer/causes-prevention/risk/myths/fluoridated-water-fact-sheet> - What is fluoride, and where is it found?
- <http://www.nap.edu/read/11571/chapter/10> - Effects on the Endocrine System
- <http://www.nap.edu/read/11571/chapter/9#223> - Neurotoxicity and Neurobehavioral Effects
- <http://www.news-medical.net/health/What-is-Fluoride.aspx> - What is Fluoride?
- <http://health.howstuffworks.com/wellness/oral-care/products/fluoride-free-toothpaste.html> - Why is there fluoride-free toothpaste?
- <http://naturaldentistry.us/1378/the-dangers-of-fluoride/> - The Dangers of Fluoride

If you would, please go to this link and give us/me your feedback:

(CLICK HERE OR SEE <http://carolinaaramburo.com>)

That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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With a Completely Natural Diet and Lifestyle YOU do NOT have to suffer from the Effects of Fluoride plus You can have Perfectly Healthy Teeth!!!!

In this article we are going to give you **solutions** for ways to both avoid fluoride and prevent fluoride poisoning. We are also going to share with you about ways to remove fluoride **buildup** that may already be in your body!

Here are some basic **precautions** you can take to stop absorbing fluoride into your body by eliminating the sources of fluoride such as:

- Fluorinated water or any kind of water that is **not fluoride free**.
- Any foods that are not certified organic and fresh. (Most processed food utilize fluoride as a preservative, avoid all mechanically deboned chicken – including nuggets and **baby food**, avoid all processed foods including foods in cans of any type)
- **Dental treatments** such as fluoride gel treatments or any others that utilize fluoride to “protect” teeth, including those placed under dental sealants.
- **Toothpaste** or mouthwash with fluoride
- Most **bottled juice and bottled water**, all sodas, green and black tea, any non-organic wine and grape juices. (They are treated with cryolite, which contains fluoride and often prepared with fluoridated water).
- **Non-stick cookware** (Teflon pans, or anything made from Teflon)
- Fluoridated salt and any black or red rock salt
- **Prescription medications** that contain fluoride (estimates are that 30-50% of drugs now contain fluoride such as Cipro and Prozac)
- **Anesthetics** such as Isoflurane, Sevoflurane, and Enflurane
- Insecticides and Pesticides for the home

What is safe to drink and eat?
Fresh **100% Certified Organic**

Food and in particular a vegan diet! If buying anything not fresh then check the labels and do your research, as many manufacturers do not put fluoride **on the labels**. (See our newsletter on Organic Foods).

What can you replace fluorinated water with? You can find **Reverse Osmosis Water**, utilize Activated Alumina Defluoridation Filters, make your own distilled water or for the best option find 100% Filtered Pure “Living” Water. (See out Newsletter on Water to explain about each of these)

Fluoridated water cannot be removed through most **popular water filters**, boiling water, freezing water or most bottled waters.

Protecting your teeth and gums are not that difficult but it requires the “Right” diet. In addition brushing your teeth with all **natural organic products**, flossing, and limiting sugar intake are all key. Here are five natural answers to having optimal oral health: 1) Neem Oil (reduces plaque and gingivitis) 2) **Coconut Oil** (antibacterial & antifungal), Ozonated Olive Oil, Oregano Oil (used to soothe toothaches, abscesses, and mouth sores), Myrrh (Used to combat bad breath and gum disease).

To replace fluoride toothpaste you can use the following natural toothpastes: Sea Salt, Baking Soda, Hydrogen Peroxide, Herbal Tooth Powders, Dry Brushing, Brushing with pure Water, Tooth Soap, Essential Oils, Oil Pulling (see out Newsletter on Hygiene for many more natural suggestions)

Detoxifying fluoride from your body can be challenging, but it is a process that can help alleviate the massive build up of this toxic chemical. To detox your body and remove fluoride there are several very effective natural protocols most of which include:

- **Vitamin C**

- Nascent Iodine
- **Magnesium**
- Holy basil
- Boron
- Curcumin
- Tamarind
- Sea Salt
- **Oregano Oil**
- Chlorella, spirulina, and wheatgrass
- Apple Cider Vinegar

Several other really important things to make sure you do to handle eliminating toxins including fluoride are:

Keep your **liver clean** and your bile flowing so your body has a clear pathway to eliminate fluoride. Liver cleanses are very effective for eliminating not only fluoride but also other toxins that congregate in the liver. **Chelation** therapies are also recommended for removing heavy metals from including fluoride.

Utilize Dry Saunas - As with many other toxic substances, a powerful dry sauna session can help to excrete sodium fluoride from fatty tissues. Be sure to drink up on purified water to replenish yourself afterwards.

Exercise – Exercise is excellent at allowing the body to eliminate all types of toxins, including fluoride, from the **body in sweat**.

The below Research Links will provide you with a lot of very in depth information about how to avoid Fluoride, how to detox from fluoride and solutions to natural alternatives to Fluoride:

- <http://naturalsociety.com/turmeric-can-save-brain-fluoride-poisoning/> -Turmeric Shown to Save Your Brain from Toxic Fluoride Poisoning

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With a Completely Natural Diet and Lifestyle YOU do NOT have to suffer from the Effects of Fluoride plus You can have Perfectly Healthy Teeth!!!! (Cont.)

- http://chemistry.about.com/b/2013/04/04/can-you-remove-fluoride-by-boiling-water.htm?utm_term=fluoride%20side%20eff - Can You Remove Fluoride By Boiling Water?
 - <http://chemistry.about.com/od/chemistryarticles/a/aa090704a.htm> - Why I Oppose Fluoridation of Public Drinking Water
 - <http://naturalsociety.com/fluoride-detox-poison-how-get-out-of-your-system/> - Fluoride Detox
 - <http://naturalsociety.com/common-food-items-could-contain-180-times-more-fluoride-than-tap-water/> - Common Food Items Could Contain 180 Times More Fluoride Than Tap Water
 - <http://articles.mercola.com/sites/articles/archive/2012/02/04/jeff-green-on-fluoride-toxins-part-2.aspx> - Non-Organic Foods Blast Your Body With Up to 180 Times the Fluoride in Drinking Water
 - <http://draxe.com/avoiding-fluoride-and-how-to-detox-it-from-your-body/> - Avoiding Fluoride and How to Detox it from your body
 - <http://www.celluliteinvestigation.com/2011/06/common-dietary-sources-of-fluoride.html> -
- Common Dietary Sources of Fluoride
- <http://nutritiondata.self.com/foods-000146000000000000000000.html?categories=19,10,8> - Foods highest in Fluoride
 - http://fluoridealert.org/content/grocery_guide/ - FAN's Grocery Store Guide: 7 Ways to Avoid Fluoride in Beverages and Food
 - <http://fluoridealert.org/content/formula/> - Top 5 Ways to Reduce Fluoride Exposure from Infant Formula
 - http://fluoridealert.org/content/top_ten/ - Top 10
 - <http://www.webmd.com/ingredients-supplements/ingredientmono-1068-FLUORIDE.aspx?activeIngredientId=1068&activeIngredientName=FLUORIDE> - Fluoride
 - <http://www.globalhealingcenter.com/natural-health/the-5-best-natural-alternatives-to-fluoride-2/> - The 5 Best Natural Alternatives to Fluoride
 - <http://chemistry.about.com/od/medicalhealth/a/lowerfluoride.htm> - Top 10 Ways to Reduce Fluoride Exposure
 - <http://www.livingthenourishedlife.com/2011/05/12-natural-toothpaste-alternatives> - 12 Natural Toothpaste Alternatives
- <http://nutritiondata.self.com/foods-000146000000000000000000.html?categories=19,10,8> - 100 RESULTS:
 - Foods highest in Fluoride
 - www.dancingwithwater.com/flouride - How to Remove Fluoride from Water
 - <http://www.globalhealingcenter.com/natural-health/foods-for-the-pineal-gland/> - Top 5 Foods for the Pineal Gland
 - <http://www.globalhealingcenter.com/natural-health/the-5-best-natural-alternatives-to-fluoride-2/> - The 5 Best Natural Alternatives to Fluoride
 - <http://naturaldentistry.us/holistic-dentistry/what-is-holistic-dentistry/> - What is Holistic Dentistry
 - <http://learn.eartheasy.com/2014/05/how-to-remove-fluoride-from-water/> - How to Remove Fluoride from Water
 - <http://www.insidershealth.com> - Extremely Important: Fluoride Treatment – 5 Ways to Detox Fluoride
 - <http://nstarzone.com/FLUORIDEDETOX.html> - HOW TO DETOX FLUORIDE FROM YOUR BODY
 - <http://wellnessmama.com/3650/remineralize-teeth/> - How to Remineralize Teeth Naturally

Fluoride has an Enormously Damaging impact Physically, Mentally, Emotionally and Spiritually!

Fluoride has **devastating developmental effects** on children beginning with pregnancy and continuing through the developmental phases of childhood. Beside the physical effects, as a developmental neurotoxin (substance that's poisonous or destructive to the tissues in the brain, spinal cord and nervous system), Fluoride causes many mental and learning disorders.. Some of the other emotional, men-

tal and spiritual impacts of fluoride are:

- Psychotic, aggressive and violent behavior
- **Lowers IQ**
- Alzheimer's
- Hypothyroidism – which causes

Brain fog, memory loss, lack of focus, depression, anxiety, and other **cognitive and mental** health issues are some of the most problematic side effects of thyroid disorders.

Degeneration to the hippocampus

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Fluoride has an Enormously Damaging impact Physically, Mentally, Emotionally and Spiritually! (Cont.)

- pus (critical for learning, emotional regulation, and shutting off the stress response), the neocortex (the most evolved area of the brain where **sensory perception**, conscious thought and language skills largely take place), and the cerebellum (is responsible for coordination and balance).
- **Calcifies and damages the pineal gland** (produces melatonin which helps regulate sleep patterns and influencing sexual development and connects us to our dream and spiritual dimensions)

Fluoride's **dangerous** impact on us physically, mentally and emotionally is being proven by more and more studies. As always, when a toxin impacts us physically, mentally and the emotionally it is more difficult for us to hear the **quiet voice of our soul** and feel connected to the Universe and Creation. The calcification and damage to our pineal gland (or in most spiritual texts refereed to as the 3rd eye) only decreases our ability to hear and respond to any other spiritual realms.

The below Research Links will provide you with a studies and information about the mental, emotional and spiritual impacts of

Fluoride:

- <http://consciousreporter.com/conspiracy-against-consciousness/the-effects-of-fluoride-on-consciousness-and-the-will-to-act/> - The Effects of Fluoride on Consciousness and the Will to Act
- <http://www.in5d.com/a-fluoride-free-pineal-gland-is-more-important-than-ever/> - The Pineal Gland Portal
- <http://www.mysticbanana.com/pineal-gland-our-third-eye-the-biggest-cover-up-in-human-history.html> - Pineal Gland Our Third Eye: The Biggest cover-up in human history
- <http://fluoridedetective.com/your-brain/> - Your Brain On Fluoride
- <http://www.healthy-holistic-living.com/fluoride-and-alzheimers.html> - 9 Hidden Truths about Fluoride: How it Kills Brain Cells and Contributes to Alzheimer's
- <http://www.collective-evolution.com/2014/03/05/harvard-research-finds-link-between-fluoridated-water-adhd-mental-disorders/> - Harvard Research

Finds Link between Fluoridated Water and Mental Disorders

- <http://renew.com/general63/flou.htm> - Fluoride And Aggression
- <http://in5d.com/a-fluoride-free-pineal-gland-is-more-important-than-ever/> - A Fluoride-Free Pineal Gland Is More Important Than Ever
- <http://www.trunkerton.fsnet.co.uk/> - The Effects of Fluoride on the Brain
- http://thestir.cafemom.com/toddlers_preschoolers/150493/its_official_fluoride_makes_your_next=31 - It's Official: Fluoride Makes Your Kid Dumb
- <http://articles.mercola.com/sites/articles/archive/2012/08/07/effects-of-fluoride-to-children.aspx> - Harvard Study Finds Fluoride Lowers IQ
- <http://www.drkelley.info/2000/10/13/fluoride-and-the-dumbing-down-of-america/> - Fluoride and the Dumbing Down of America!
- <http://naturalsociety.com/leading-geneticist-human-intelligence-slowly-declining/> - Human Intelligence Slowly Declining

MASTERFUL BUSINESS & PERSONAL COACHING

Using a combination of the Top Methodologies, I have been coaching both **large groups** and **one on one**, since 1991.

I have had the Privilege of Advising, Mentoring and COACHING by now almost **1.3 Million Extraordinary People**, in their Personal Lives and their Business and Work Projects.

My Clients and I, inside our Unprecedented Partnership, produce RADICAL Results that, as an average, exceeds their expectations **94% of the time**.

I have the ABSOLUTE Confidence to say that I can **Masterfully Coach** anyone, in anything, and under any circumstance and have YOUR next level of Radical SUCCESS in ANY AREA of your Life be a Foregone Conclusion while also having it be a **Deliciously Fulfilling** ADVENTURE, all inside of an Extraordinary Partnership!!

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