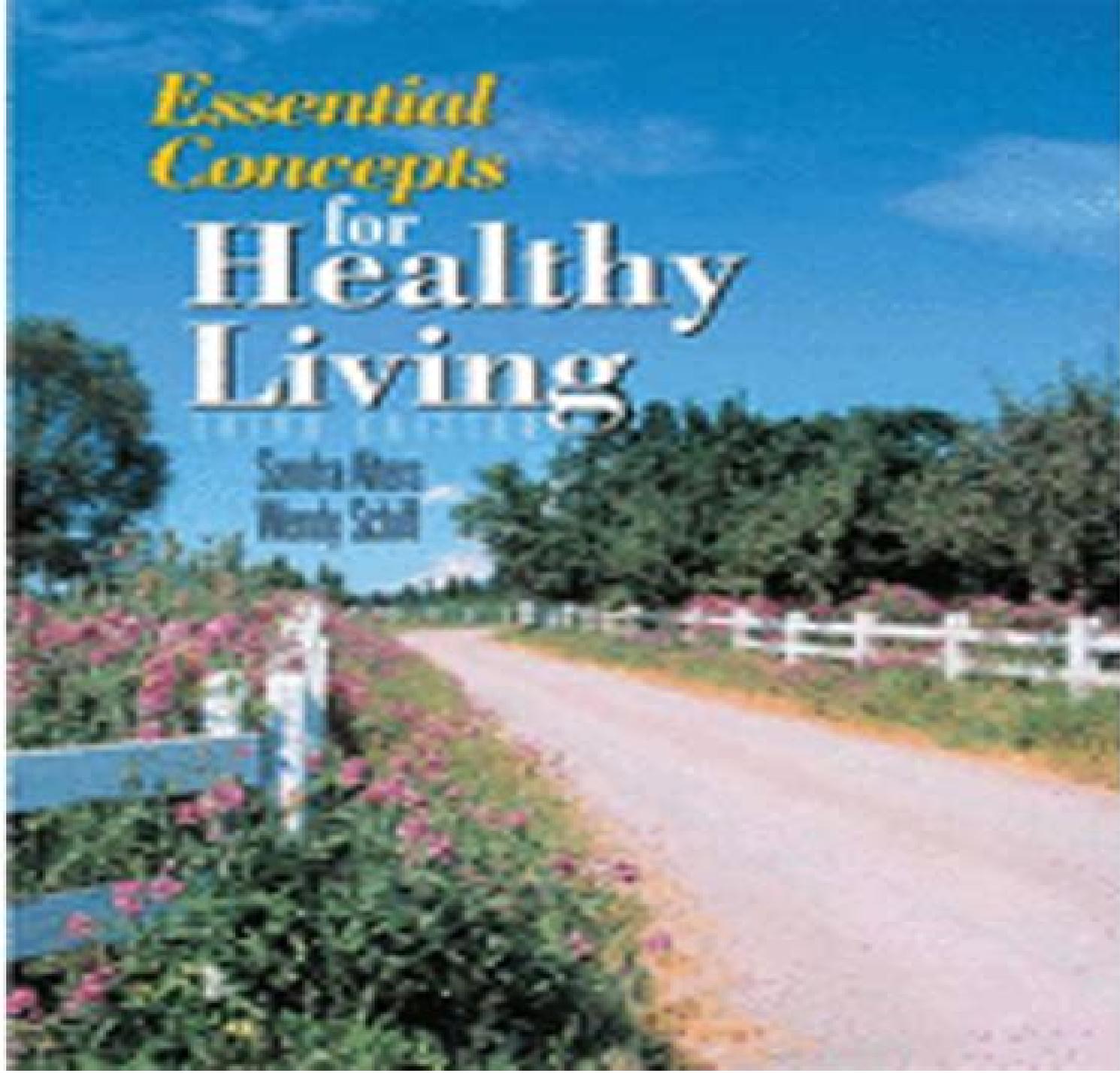


*Essential
Concepts*

for
**Healthy
Living**

Sandra Pitzer
Wendy Schall



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