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*If you're looking to solve your own health problems, help someone you love, or you're searching for answers to assist customers or clients, this practical guide to natural remedies will help you succeed. This book is the result of the healing journey I started fifty years ago when I failed to find answers to my own chronic respiratory problems. After years of getting worse with allopathic treatments, I discovered a different approach. I started studying and applying the use of herbs, diet, and other natural modalities. I went from being a sickly teenager, to a healthy young adult. For the past forty years I have been consulting, writing, and teaching, sharing what I have learned to help other people experience the same health transformation. I wrote *Strategies for Health* to share this knowledge so that anyone who is struggling with poor health can move beyond symptomatic relief and start learning how to achieve lasting health. To get better results this book teaches you to find and adopt strategies to correct the underlying root causes of disease, such as nutritional deficiencies, exposure to toxins, unresolved stress, and poor lifestyle habits. Because when you look beyond treating disease symptoms and correct these root causes the body returns to its natural state--health. This is the approach that I have taken to successfully care for myself and my family. It has also helped me transform the lives of my clients and teach hundreds of successful natural health consultants to do the same. And I hope the information in this book will help bring the same health and wellbeing to you and many others. -Steven Horne, RH(AHG), DHS, DHM Pharmacological knowledge among medical students can have a very short 'half life': students often fail not because they have failed to study, but because they have been*

unable to retain key knowledge and reproduce it in an exam setting. This book takes an alternative route to the conventional approach of comprehensively exploring each individual drug and its features: not only can such an approach overwhelm and make knowledge retention difficult, but the current exam format makes questions structured in this way unlikely anyway. Instead of aiming to be completely comprehensive, it examines drugs systematically by classifications, mechanisms of action, therapeutic uses and side effects, enabling students to gain the distilled, functional grasp of pharmacology that their exams actually demand quickly and clearly.

America's #1 vitamin book--now with extensive new material and special sections. This classic guide has been completely updated to put the information you need at your fingertips so you can live a longer, healthier and better life. Discover: How to maximize the effectiveness of your vitamins/supplements and avoid problems by taking them in the right combinations New anti-aging vitamins and supplements that will keep your skin and body healthy and young-looking The art of personalizing your dietary regimen to fit your lifestyle, your health profile, and even your job Natural alternatives to hormone replacement therapy (HRT), Viagra, Prozac, and Valium Expanded sections on nutraceuticals, homeopathy, and aromatherapy, and how to find the best practitioners in these fields Healing regimens for heart patients, stroke victims, diabetics, and arthritis sufferers New warnings about dangerous drug interactions and "miracle cures" Plus! Expanded sections on herbal teas and tinctures, beauty aids, diets, salt and sugar intake, and new ways to boost your energy level, fertility, and sex life. A classic Pharmacology book trusted equally by students and practicing physicians for its up-to-date, accurate and reliable text, which has always placed before the readers an integrated approach intertwining current knowledge of pathophysiology of the disease, pharmacology of available drugs and strategies for medical

management of diseases. • Trusted Pharmacology book with emphasis on pathophysiology, clinical pharmacology and therapeutics, presenting information in integrated manner. • Up-to-date information supplemented with tables and diagrams, having: - therapy of important diseases presented in boxes. - current guidelines to support therapeutic decisions - tips for practising physicians. • Uses integrated approach intertwining current knowledge of pathophysiology of the disease, pharmacology of available drugs and strategies for medical management of diseases. • Balances the complexity and simplicity of scientific content to provide students of medicine and/or pharmacy an insight into rational therapeutics. CD-Rom contains the full text of Natural Medicine Instructions for Patients and is fully searchable. Advances in itch research have elucidated differences between itch and pain but have also blurred the distinction between them. There is a long debate about how somatic sensations including touch, pain, itch, and temperature sensitivity are encoded by the nervous system. Research suggests that each sensory modality is processed along a fixed, direct-line communication system from the skin to the brain. *Itch: Mechanisms and Treatment* presents a timely update on all aspects of itch research and the clinical treatment of itch that accompanies many dermatological conditions including psoriasis, neuropathic itch, cutaneous t-cells lymphomas, and systemic diseases such as kidney and liver disease and cancer. Composed of contributions from distinguished researchers around the world, the book explores topics such as: Neuropathic itch Peripheral neuronal mechanism of itch The role of PAR-2 in neuroimmune communication and itch Mrgprs as itch receptors The role of interleukin-31 and oncostatin M in itch and neuroimmune communication Spinal coding of itch and pain Spinal microcircuits and the regulation of itch Examining new findings on cellular and molecular mechanisms, the book is a compendium of the most

current research on itch, its prevalence in society, and the problems associated with treatment. Pregnancy is a major life event. As a mother, you want to know all there is to know about your pregnancy. Dr. Tamyra Comeaux, a practicing Obstetrician and Gynecologist, developed *The Definitive Guide to Natural Pregnancy Health* to help mothers take the right steps toward a healthy, natural pregnancy. There aren't a lot of resources for pregnant women looking for ways to treat their problems using orthomolecular medicine. This is a school of thought encouraging the use of vitamins, minerals, and amino acids to create balance in the body. Dr. Comeaux combines multiple resources into one easy-to-use guide, so expecting mothers can optimize their use of supplements to combat common and uncommon pregnancy ailments. Dr. Comeaux has found that prenatal vitamins, while they are a good start for any pregnancy, cannot be administered in a "cookie cutter" fashion. Women enter pregnancy having different levels of stress or medical issues that should be remedied by more or less of a particular nutrient. Many women are taking over the counter products or prescription medications before they become pregnant and question continuing these supplements for fear that they may harm the baby. Over the course of her many years of private practice, Dr. Comeaux has compiled numerous articles, studies and specific cases with her patients in order to make her findings available to a wider audience of responsible, soon to be mothers. The guide describes a variety of different supplements, lists common problems that she has encountered in her practice, and details the maximum amount of each supplement to be taken during a healthy pregnancy. Dr. Tamyra Comeaux is an obstetrician and gynecologist practicing in Houston, TX. She is a Fellow of the American College of Obstetrics and Gynecology. She has a Masters Degree in Holistic Nutrition. This unique new text delivers practical guidelines on diagnosing and treating patients with

*asthma. Drs. Castro and Kraft are extensively involved in asthma research and improved patient care, and their comprehensive coverage of key challenges in diagnosing and treating asthma makes this a must have resource. The organized full-color format ensures readability, and helps you find information quickly and easily. Offers up-to-date protocols and management guidelines to help you provide the best care for your patients. Presents chapters on special situations and special populations to help you overcome clinical challenges such as the difficult-to-control or pregnant asthma patient. Provides specialized sections on asthma education to give guidance on leading your patients to better self management by improving their adherence to treatment guidelines. Highlights material found on the Asthma Educator Certification exam in special "education boxes. Offers expert guidance on translating the new NIH EPR-3 Asthma Guidelines to hands-on patient care. Organized in a consistent chapter format that provides concise, logical coverage of essential information for easy reference. Contains special boxes that highlight clinical pearls, controversial issues, and patient education information. Uses a full-color format that makes it easy to find information quickly. For the millions of Americans who suffer allergies, asthma, sinusitis, chronic obstructive pulmonary disease (COPD), and other respiratory disorders, here is a complete guide to their causes and treatment. Includes up-to-date information on the latest research and medical breakthroughs, and convenient charts and checklists. Viral respiratory tract infections are important and common causes of morbidity and mortality worldwide. In the past two decades, several novel viral respiratory infections have emerged with epidemic potential that threaten global health security. This Monograph aims to provide an up-to-date and comprehensive overview of severe acute respiratory syndrome, Middle East respiratory syndrome and other viral respiratory infections, including seasonal influenza, avian*



*influenza, respiratory syncytial virus and human rhinovirus, through six chapters written by authoritative experts from around the globe. Synthesis of Best-Seller Drugs is a key reference guide for all those involved with the design, development, and use of the best-selling drugs. Designed for ease of use, this book provides detailed information on the most popular drugs, using a practical layout arranged according to drug type. Each chapter reviews the main drugs in each of nearly 40 key therapeutic areas, also examining their classification, novel structural features, models of action, and synthesis. Of high interest to all those who work in the captivating areas of biologically active compounds and medicinal drug synthesis, in particular medicinal chemists, biochemists, and pharmacologists, the book aims to support current research efforts, while also encouraging future developments in this important field. Describes methods of synthesis, bioactivity and related drugs in key therapeutic areas Reviews the main drugs in each of nearly 40 key therapeutic areas, also examining their classification, novel structural features, models of action, and more Presents a practical layout designed for use as a quick reference tool by those working in drug design, development and implementation Americans spend \$34 billion dollars annually on alternative medical therapies and products. Not only are we seeking out natural remedies for ourselves—increasingly, we're also looking for ways to cut down on the amount of medication given to our children. In 100 Natural Remedies for Your Child, pediatric naturopath Dr. Jared Skowron shows parents how to prevent and treat their children's illnesses, from common ailments such as upset stomach, headaches, and minor infections to more serious problems like food allergies, diabetes, and asthma. While there is a time and place for conventional medicine, natural solutions, especially diet can be effective strategies for treating many of our children's' ailments. 100 Natural Remedies for Your Child includes:*

- **FOODS THAT HEAL:**

*Dietary change is the core lifestyle modification in naturopathic medical practice. Dr. Skowron shows parents the power of nutrition and reveals how foods can help prevent and treat disease. • TOXIC DETOX: From pesticides to plastics, natural medicine offers safe and proven methods for removing environmental toxins from our children's bodies. • SUPPLEMENTATION: Parents will learn which supplements are helpful for alleviating symptoms or preventing illness and what dosages are safe and effective. • ALTERNATIVE REMEDIES: Instead of heading to the drugstore for an over-the-counter remedy when their child is ill, parents will learn how to use homeopathic remedies that save money and heal their child naturally. This book covers all the pharmacology you need, from basic science pharmacology and pathophysiology, through to clinical pharmacology to therapeutics, in line with the integrated approach of new medical curricula. The first section covers the basic principles, and the rest is organised by body systems. The book ends with sections on toxicity and prescribing practice. Integrates basic science pharmacology, clinical pharmacology and therapeutics Brief review of pathophysiology of major diseases Case histories and multiple choice questions (and answers) Tabular presentation of all common drugs within each class Section on further reading Kinetics chapter simplified with more practical examples Includes more on genetic issues Drug tables made more concise to make information more accessible Fully updated to reflect current clinical practice C[alpha]-methyl-[gamma]- and [delta]-unnatural amino acids (UAAs) are important class of biomolecules used extensively as structural scaffolds, peptidomimetics, and in the development of pharmaceuticals. Due to steric congestion surrounding the quaternary center, asymmetric preparation of [alpha],[alpha]-disubstituted UAAs are synthetically challenging. Herein, two methods for the synthesis of chiral synthons to prepare C[alpha]-methyl-[gamma]- and -[delta]-UAAs*

are reported. A crucial step in both strategies includes an enzymatic hydrolysis of prochiral malonic esters with pig liver esterase (PLE). The first method utilizes the Meyer Schuster rearrangement to prepare  $[\alpha],[\beta]$ -unsaturated diesters synthons, but the preparation of the precursor propargyl alcohol decomposes into uncontrollable retro-aldol products. Alternatively, synthons 3-(hydroxymethyl)-3-methylpyrrolidin-2-one and piperidin-2-one, are prepared via a phthalimide deprotection and stereoselective cyclization of the free amine toward an activated ester. This cyclization strategy allows for the preparation of both enantiomers through steric or electronic controls. Conversion of intermediate  $[\gamma]$ - or  $[\delta]$ -lactams into mesylates, nucleophilic substitution, and ring opening led to the formation of  $[\gamma]_{2,2}$  and  $[\delta]_{2,2}$ - serine, -azido, and -cysteine analogues. General application of the cyclization strategy was found to be limited by sterics imposed by the neopentyl intermediate resulting in longer reaction times and inability to substitute some nucleophiles. The esterification of oxidized glutathione with thionyl chloride and various alcohols was monitored for completeness using electrospray ionization mass spectrometry. Oxidized glutathione was found to be highly compatible with an excess of methanol and ethanol, but slow and incomplete with 2-propanol. The thionyl chloride esterification was applied to other small peptides to evaluate the limitations with various amino acid side chains. The results show incompatibilities with peptides containing both serine and cysteine but well tolerated with the remaining natural amino acids. --Page ii. For medical transcriptionists who need to find accurate information quickly, Saunders Pharmaceutical Word Book 2004 is a must-have! This fast, easy-to-use reference provides the correct spelling and capitalization of over 25,000 brand and generic name drugs with dosage forms, investigational drug names and codes, chemotherapy protocols, trademarked dosage forms, and

drug categories/classes. Although it is not a prescribing reference, it also contains the indications (reasons for administration) of approved drugs and standard dosages. as well as the indications of approved drugs and standard dosages. Pharmaceutical information is organized specifically for medical transcriptionists, designed to help them determine which drug is being transcribed and confirm correlating information. A Sound-alike Icon calls attention to drugs that are often typed incorrectly because they sound like another drug when spoken, allowing transcriptionists to confirm the correct drug. Useful appendices give transcriptionists exactly the information they need in a quick, convenient format. Appendices include: Therapeutic Levels for Drugs Which May Cause Toxicity, Common Abbreviations Used in Prescriptions, and Nutraceuticals & Herbal Medicines. All drug information has been thoroughly reviewed and updated to guarantee accuracy and timeliness for 2004. New drugs have been added, obsolete drugs removed, and appropriate changes made to drug information throughout. Relief is just an arm's reach away. Health ailments and injuries are bound to interrupt your day-to-day life when you least expect it. Home Remedies Rx offers safe and effective treatments when you them most. Whether you are battling insomnia, a headache, chapped lips, a bee sting, or acid reflux, Home Remedies Rx offers tried-and-true solutions to help alleviate everyday aches and pains, as well as tips for enhancing beauty and wellness. From the natural healing experts who brought you the New York Times bestseller Essential Oils for Beginners, Home Remedies Rx will help you treat today's ailments with time-tested wisdom. Home Remedies Rx offers effective, natural remedies at your fingertips, with:

- An easy-to-navigate A-to-Z reference guide to natural home remedies
- Profiles of more than 60 healing foods, household products, and essential oils
- Effective home remedies to treat more than 100 common ailments and address your beauty and wellness needs
- DIY

treatments for prenatal, infant, and child-age ailments • Natural home remedies to help your pets stay healthy too Save time, money, and trips to the doctor's office with this handy guide to home remedies. An updated and revised edition-from "a leader in the new wave of true healers". From fast-acting natural cures for arthritis, viruses, and hardened arteries, to fatigue, burns and injuries and more, this revised edition of one of the most trusted books on natural remedies includes more than 50 new entries as well as updates throughout. Dr. Ross Trattler and Dr. Adrian Jones help you to heal yourself the natural way without the use of modern drugs. It's the perfect guide to feeling better naturally. Some colds are like mice, timid and annoying; others like dragons, accompanied by body aches and deep misery. In AH-CHOO!, Jennifer Ackerman explains what, exactly, a cold is, how it works, and whether it's really possible to "fight one off." Scientists call this the Golden Age of the Common Cold because Americans suffer up to a billion colds each year, resulting in 40 million days of missed work and school and 100 million doctor visits. They've also learned over the past decade much more about what cold viruses are, what they do to the human body, and how symptoms can be addressed. In this ode to the odious cold, Ackerman sifts through the chatter about treatments-what works, what doesn't, and what can't hurt. She dispels myths, such as susceptibility to colds reflects a weakened immune system. And she tracks current research, including work at the University of Virginia at Charlottesville, a world-renowned center of cold research studies, where the search for a cure continues. The human body has an extraordinary ability to detoxify itself. We rely on this system when we wait for a hangover to lift or recover from a bout of food poisoning. However, cutting-edge science is revealing how toxic exposures can actually affect our genes and lead to conditions such as obesity, diabetes, arthritis, mood disorders, energy, allergies, fertility, and heart

disease—all of which are on the rise. The good news is that each of us can optimize this natural cleansing system for better health, greater energy, and efficient weight loss. In *The Detox Prescription*, Dr. Merrell draws on new research to help readers assess their own toxic risk factors and health deficiencies. Next, he and Mary Beth Augustine, RD, offer more than 75 delicious and nutrient-rich recipes incorporating juices and whole foods, broken into 3-, 7-, and 21-day cleanses. Dr. Merrell's holistic approach also relies on light yoga practices, basic self-care, beginning meditation, and sleep hygiene to reset body, mind, and spirit and take control of our genetic destiny. Both physicians and the lay public raise questions about drug excretion in breast milk. Enhanced interest is seen with the increase in the number of mothers who wish to breast feed. 'Contamination' of breast milk by drugs and environmental chemicals imposes risks, both known and theoretical, to the infant. Drug information centres and physicians find a meagre amount of knowledge on which to base recommendations and the data which are available are often anecdotal or derived from single case reports. A critical look at both the nature and scope of our knowledge on this matter was undertaken for this review. This purpose was best served by the cooperation of pharmacologists and clinicians who have a special interest in certain classes of drugs. A unified pharmacokinetic approach was formulated to facilitate the evaluation of previous data and to offer a model for future studies. This work was, in part, published in *Clinical Pharmacokinetics* Vol. 5 No. 1 1980. Its reception prompted this revised and expanded version and it is hoped that its critical analyses and comprehensive literature citations will foster more concerted and thorough research into drug excretion in breast milk; benefits would then accrue to both maternal and child health. This work is dedicated to Dr William A. Silverman with whom I was most fortunate to share experiences as a fellow in neonatology and

*whose dedication to paediatrics and clinical investigation in subsequent years, I have watched from afar. This is a professional level major reference work containing information, in A-Z format, on herb-drug, herb-supplement, herb-food and herb-laboratory test interactions; all of which is data referenced. Commercial herbal medicinal products are increasingly consumed on a regular basis by people in the developed world. Often such products are taken concurrently with conventional medicines, frequently without the knowledge of health care professionals. As more evidence has become available, there has been an increasing awareness of the potential and actual problems of interactions, often dangerous, between conventional medicines and herbal medicines. This proposed new major reference brings together available data on approximately 200 of the most commonly used herbal medicines in highly structured, rigorously scientific monographs. Although our texts on herbal medicines and drug interactions include the major well-known interactions, this text is able to treat the subject in considerably more detail. The 25th revised edition of Pharmacology and Pharmacotherapeutics continues to maintain its status as an up-to-date, accurate and reliable text for medical students as well as practicing physicians. The advances in molecular biology have significantly influenced the understanding of pathogenesis of diseases and development of newer drugs. The real challenge, however, remains in application of the available information while treating a patient. This book has always placed before the readers an integrated approach intertwining current knowledge of pathophysiology of the disease, pharmacology of available drugs and strategies for medical management of diseases. The current edition balances the complexity and simplicity of scientific content to provide students of medicine and/or pharmacy an insight into rational therapeutics. It gives several practical tips which empowers the physician to treat patients effectively and confidently. Written in*

*an integrated fashion, Pharmacology and Pharmacotherapeutics builds up a strong foundation of scientific knowledge to guide decision making and to promote a holistic approach towards patient care in clinical practice. Emphasis on Clinical Pharmacology in each chapter Current guidelines for therapeutic decisions Newer sedatives-hypnotics Hypertension management: Updates Advances in treatment of obesity and hyperlipidemia Newer antiepileptics Antiviral agents for hepatitis C Rheumatoid arthritis: pharmacotherapy Management of pulmonary hypertension Newer antidiabetic drugs Advances in immunotherapeutics Vitamin D and calcium: Updates Therapeutic advances for infectious diseases*

*DIVAuthor and top nutritionist Jonny Bowden takes a comprehensive look at natural treatments and healing methods that work, revealing the best of alternative medicine for a mainstream audience./div Hundreds of tips to help you boost immunity, fight fatigue, ease arthritis, and protect your health. This groundbreaking source offers scientifically proven herbal remedies for more than 100 common conditions including headache, fatigue, allergies, and more. Includes essential information about every aspect of herbal medicine. Explains how to use natural remedies for the prevention and treatment of illness You can breathe a little easier knowing there's a proven way to master respiratory pharmacology! For over 30 years, Rau's Respiratory Care Pharmacology has been considered the preeminent text on the subject. With easy to grasp terminology, relatable explanations, and reader-friendly writing, the 10th edition simplifies the process of learning pharmacology material like never before. As in previous editions, Rau's is organized into three logical sections, covering the basics of respiratory care, frequently used drugs, and critical care medications. New to this edition is a Clinical Connections feature that helps you to connect lessons from the book with the clinical setting. Rau's truly is the best source for preparing you for success*



*on your exams and in professional practice! Learning objectives parallel the levels tested by the NBRC exams to help you to identify important information that goes beyond memorization and recall. Key terms with definitions provide easy access to the pharmacologic vocabulary you should embrace. Key points boxes in each chapter highlight important concepts in the lesson. Full-color design makes the text more reader-friendly and helps you to identify relevant details within an illustration. Self-assessment questions give you the opportunity to test yourself on content learned with thought-provoking questions that require short answers. Clinical scenarios with follow-up SOAP assessment help you to assess your comprehension of the material. Glossary of all key terms in the text aids you in understanding the terminology associated with respiratory care pharmacology. Appendices on common units, systems of measurement, and acceptable mixtures provides references to need-to-know information such as abbreviations, conversion charts for temperatures, liquid metric and solids, and a simple drug compatibility chart for drug mixtures. Alphabetical drug index offers a direct index to look up information based on drug name. NEW! Recently-approved FDA medications help familiarize you with current information. UPDATED All asthma (GINA & NAEPP) and COPD (Gold guidelines) protocols to the latest editions. UPDATED Enhanced readability helps you to more easily understand difficult material. NEW! Clinical Connection boxes helps you to connect what you've learned with the clinical setting. The Natural Health Dictionary is for anyone who wants to take control of his or her self-knowledge to live a long, happy life in peak condition. This book will simplify the natural health basics--and it goes wherever you go. It unlocks the secrets of the natural world for you, revealing at a glance 275 healing herbs, 80 longevity foods, 100 supplements, nutrients, and vitamins, as well as 70 traditional remedies that preserve your health and defend you*

from disease. Provides timely, pertinent medical nutrition therapy information for the care of patients with over 360 diseases, disorders, and conditions. If you are one of the more than 14 million Americans who suffers from a thyroid disorder, knowingly or unknowingly, *Thyroid Balance* is the key to restoring your health and well-being. Never before has there been a comprehensive guide that explains all the traditional and alternative methods available for treating thyroid disorders, and allows you to become an active participant in designing a balanced, practical treatment program. Using the amassed knowledge of twenty-five years at the forefront of the complementary medicine movement, Dr. Glenn S. Rothfeld answers every question the thyroid patient might have, including how to: recognize a thyroid condition determine if the adrenal gland is the real culprit distinguish between hypo, hyper, autoimmune, and subclinical conditions integrate conventional and alternative treatments know what to do when treatment fails get your metabolism and your body thermostat back under control control weight gain and loss and so much more! *Strengthen Your Body to Combat Chronic Fatigue Syndrome!* Chronic fatigue syndrome can lead to a continual cycle of symptoms including muscle and joint pain, headaches, low-grade fever, and lymph node swelling. If you or someone you love is struggling with chronic fatigue, turn the pages of this book to discover a thoughtful, complete approach that will help lead you to wellness. While traditional medicine treats each symptom separately, this book offers a "host-centered" approach that focuses on natural methods to effectively raise your energy level. Dr. Michael T. Murray, co-author of the bestseller *Encyclopedia of Natural Medicine*, clearly explains specific measures you can take to improve your stamina, mental energy, and physical abilities. He offers advice on topics such as:

- The causes of chronic fatigue syndrome
- Detoxification purifiers to enhance your immune system
- Methods for stimulating

*lymphatic flow • Nutritional support for the immune system • Adrenal balance and stress management techniques* Now you can take control of your healing process using this completely natural approach. Begin a new, healthful lifestyle today! A clinically proven program that allows you to detoxify from chemical exposure while shedding excess fat. Everyone knows the world is toxic. But few of us realize that the average person carries a load of seven hundred chemicals in the body. The gradual buildup of these toxins has a ripple effect on our health, starting with mild ailments and culminating in chronic illness. Working with hundreds of patients, integrative medicine expert Dr. Jeffrey A. Morrison has found an easy and effective solution. Outlining both a thirty-day intensive and a ten-day seasonal tune-up, he offers a simple and nutritious eating plan that efficiently detoxifies the body, allowing it to heal itself. Readers will not only cleanse their body of toxins, but also shed pounds of toxic weight as they uncover and remove the underlying causes of illness. Unlike other detox plans, *Cleanse Your Body, Clear Your Mind*, features cooked food and regular meals, making it easy for readers to start and stay on the path to good health.

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