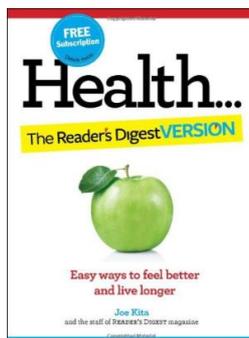


## Health: The Reader's Digest Version: Easy Ways to Feel Better and Live Longer



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