



NATURAL POSTURE

for Pain-Free Living

The Practice of Mindful Alignment

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“Destined to change the way we
think about and inhabit our bodies.”

—CHRISTIANE NORTHRUP, M.D.

KATHLEEN PORTER

Natural Posture For Pain Free Living The Practice Of Mindful Alignment

Marcel A. Müller



Natural Posture For Pain Free Living The Practice Of Mindful Alignment:

Natural Posture for Pain-Free Living Kathleen Porter, 2013-07-22 Restoring healthy posture from childhood for relief from chronic pain easy flexibility and enduring strength and vitality well into old age Offers 12 physical exercises to become mindful of your posture and discover pain free alignment of your pelvis rib cage shoulders neck and back Provides simple yet detailed instructions on how to sit stand walk bend get up from a chair sit to meditate sleep and practice yoga with proper alignment Includes detailed diagrams and posture photographs from around the world Our bones are the framework of support for our bodies much like the wall studs and beams of a house Yet the alignment of the skeleton along the vertical axis of gravity is largely overlooked today even by fitness experts and yoga teachers In a culture of cocked hips sauntering models and slouching TV watchers where chin up shoulders back stomach in is believed to be good posture we have forgotten what healthy alignment looks and feels like leading to chronic neck shoulder and back pain for millions Sharing photographs from around the world of gurus of natural posture and authentic strength such as women in their 80s who easily carry heavy loads on their heads and toddlers learning to walk Kathleen Porter shows what natural skeletal alignment truly looks like With insights based on the fundamental laws of physics and detailed diagrams she guides you through an understanding of the body's naturally pain free design She explains that when the body is aligned as nature intended your weight is supported by your bones rather than your muscles allowing a blissful release from chronic muscular tension which you may not even be aware you had She offers 12 physical exercises to become mindful of your posture and discover healthy alignment of your pelvis rib cage shoulders neck and your body as a whole Providing easy to follow instructions for mindful alignment during the most ordinary daily activities even sleeping as well as a chapter on practicing yoga safely Porter shows how returning to our forgotten alignment from childhood can offer relief from chronic pain and tension and can provide easy flexibility enduring strength and vitality well into old age

Healthy Posture for Babies and Children Kathleen Porter, 2017-04-24 A manual for parents teachers and kids to restore their natural alignment Explores the principles of natural alignment in accessible ways to share with children Details simple and fun exercises for kids and adults alike that remind the body of its natural patterns and movements Explains how innate movements and natural alignment play an essential role in the development of a fully functioning body and nervous system Babies and toddlers develop naturally healthy alignment by moving in instinctive ways Their posture is easy and relaxed founded on correct pelvic positioning and deep core muscles to hold their bodies upright Yet as evidenced by the slouching epidemic seen in school age children most kids lose this natural alignment early in life often due to an overreliance on strollers baby seats and bucket style carriers during infancy and the reluctance to put babies on their bellies because of widespread fear of SIDS In this richly illustrated manual for parents teachers and kids themselves movement educator and researcher Kathleen Porter explains how to relearn natural alignment with a simple movement routine that reminds the body of its natural patterns Detailing the principles of natural alignment in

accessible ways to share with children she also explores research on the importance of tummy time and how the movement patterns present at birth act as an engine that activates neural pathways to key areas of the brain In this way movement plays an essential role in the development of a fully functioning nervous system coordinated muscle tone and a strong internal core that stabilizes the spine and prepares the baby for the soon to be acquired upright position The author explains how many children who struggle with a growing number of neurodevelopmental challenges including autism learning disabilities and ADHD also exhibit poor muscle tone lack of core development and difficulties with balance and coordination With a multitude of easy to follow principles and exercises far more fun and effective than the futile mantra of sit up straight Kathleen Porter provides a detailed road map for parents teachers and health professionals to learn how to guide children back to their natural posture by inhabiting their bodies mindfully for a lifetime of easy movement strength and energetic vitality the hallmarks of enduring good health

Aches and Gains Paul Christo, 2017-09-05 Pain is often treatable but doctors medical professionals and patients don't understand the intricacies of chronic pain Millions who suffer from pain become hopeless With *Aches and Gains* Dr Paul Christo a Johns Hopkins physician and leading pain specialist sheds new light on what it means to live with and overcome chronic pain Dr Christo shares celebrity interviews including Naomi Judd Lisa Swayze Montel Williams Ally Hilfiger and Clay Walker from his Sirius XM radio show *Aches and Gains* and stories from patients who have found a way to overcome the pain that once controlled their lives Offering traditional integrative and innovative methods of easing pain the book is a life changing tool for anyone associated with pain including pain sufferers themselves doctors nurses medical professionals and caregivers Features a foreword by renowned talk show host Montel Williams

The Thompson Method of Bodywork Cathy Thompson, Tara Thompson Lewis, 2018-01-16 An illustrated manual for using physical movement and alignment to resolve chronic pain and tension and work with the emotions Includes 90 exercises to work with emotions through the body and support the neck shoulders lower back feet and overall posture as well as breathing and voice Explains how to listen to the body's signals to discover our physical and emotional blindspots the weaknesses and misalignments at the root of our discomfort Draws on Zen shiatsu Roling yoga and Gestalt psychotherapy to explain how transformation of physical structure corrects imbalances in the unconscious mind Developed by Cathy Thompson through her many years as a bodywork therapist the Thompson Method incorporates Zen shiatsu Roling yoga and Gestalt psychotherapy to heal pain in the physical body both through bodywork and by recognizing the emotional blockages that often underlie chronic pain tension and poor alignment In this practical manual Thompson and her protégé daughter Tara Thompson Lewis provide a deep understanding of body mechanics and how to work with emotions through the body They explore how to listen to the body's signals to discover our physical and emotional blindspots the weaknesses and misalignments at the root of our discomfort and explain how transformation of your physical structure can correct imbalances in the unconscious mind caused by repressed memories and emotional traumas Offering illustrated instructions

for 90 corrective alignment exercises the authors show how to release body tensions realign the body's dynamic structure work with the deep postural muscles and support the neck shoulders lower back and feet to strengthen the emotional and physical body as well as improve singing dancing yoga and posture while sitting at the computer They also explore breathing and bodywork practices to release the vocal mechanism and free the voice for more fluid and powerful self expression By recognizing and releasing the deeper emotional triggers beneath our physical complaints the Thompson Method allows you to resolve chronic pains increase body awareness and free movement and create the foundation for good health and well being

The Science of the Sacred Nicole Redvers, N.D., 2019-03-26 Indigenous naturopathic doctor Nicole Redvers pairs evidence based research with traditional healing modalities addressing modern health problems and medical processes Modern medical science has finally caught up to what traditional healing systems have known for centuries Many traditional healing techniques and medicines are often assumed to be archaic outdated or unscientific compared to modern Western medicine Nicole Redvers a naturopathic physician and member of the Deninu K'ue First Nation analyzes modern Western medical practices using evidence informed Indigenous healing practices and traditions from around the world from sweat lodges and fermented foods to Ayurvedic doshas and meditation Organized around various sciences such as physics genetics and microbiology the book explains the connection between traditional medicine and current research around epigenetics and quantum physics for example and includes over 600 citations Redvers who has traveled and worked with Indigenous groups around the world shares the knowledge and teachings of health and wellness that have been passed down through the generations tying this knowledge with current scientific advances Knowing that the science backs up the traditional practice allows us to have earlier and more specific interventions that integrate age old techniques with the advances in modern medicine and technology

Body Mandala Mary Bond, 2023-10-31 An experiential guide to using your body as the focus of contemplative practice Presents more than 50 physical self explorations that invite you to transform your sensory experience expand your awareness and practice embodied presence Integrates movement theory neuroscience fascia research and personal story to examine the structural foundation of the human body in motion and in stillness Includes streaming audio and video links for each practice Integrating movement theory philosophy neuroscience fascia research polyvagal theory and personal story Mary Bond teaches you to unlock your body's inner guidance its somatic wisdom She reveals how the human body organizes and expresses movement through perception looking in depth at the role of the fascial system as the preeminent organ of the mind body connection She also explains the process of internal perception or interoception the body mind's ability to identify access understand and respond appropriately to its internal signals Offering an experiential understanding of the structural foundation of the human body in motion and in stillness Bond presents more than 50 self explorations that allow you to transform your sensory experience expand your awareness and make embodiment your own complex body the focus of contemplative practice The author also includes links to audio and video instructions for

each practice Inviting you to awaken to the grace and wisdom of your body as a personal mandala that is always available for meditative focus the author shows how conscious embodiment can help us not only improve our posture but also become more perceptive and more humane beings

Structural Integration and Energy Medicine Jean Louise Green, 2019-01-15 An illustrated guide to the Structural Integration bodywork process and the relationship between body alignment and energy flow Details each of the 10 sessions in the Structural Integration bodywork series explaining what to expect and how to maximize the benefits Explores the relationship between the energetics of the body and its alignment including a scientific understanding of how gravity affects body alignment Explains how to incorporate essential oils and other holistic support tools as well as the psycho emotional Hellerwork themes When the body's structure is optimally aligned not only does it eliminate pain reduce inflammation and stop the degeneration of joints and discs it also enhances the flow of energy in the body and awakens us to greater mental clarity In this illustrated guide to Dr Ida P Rolf's Structural Integration process Jean Louise Green introduces the principles of Structural Integration and details each of the 10 sessions in the Structural Integration bodywork series explaining what to expect and how to maximize the benefits She explores the relationship between the energetics of the body and its alignment including an advanced scientific understanding of how gravity can become a beneficial force when the body is properly aligned She provides clear accessible descriptions of core concepts such as the Rolf Line and the torus including a detailed explanation of how to access the energetics of the Rolf Line She illustrates the rotation patterns of the body and explains how they contribute to pain and how correcting them may minimize the need for hip and knee replacements She provides movement exercises and support tools for self care and maintenance between sessions and explains optimal body mechanics for moving sitting and standing as well as how to avoid putting stress and strain back into the body This book is an excellent resource guide to accompany a person through their Structural Integration series The author also explores how to incorporate Joseph Heller's psycho emotional Hellerwork themes in the Structural Integration process and looks at holistic support tools such as electromagnetic resonancing far infrared saunas essential oils gratitude practices meditation and the Five Tibetan yogic exercises Offering an energy medicine approach to bodywork this guide provides both practitioners and laypeople with the necessary tools to dramatically increase the efficiency of the body release chronic pain improve mental function and free energy flow

Overcoming Acute and Chronic Pain Marc S. Micozzi, Sebhia Marie Dibra, 2016-12-15 Find the holistic treatment that will work best for you based on your emotional type and specific pain condition Provides an easy questionnaire to determine your emotional type and an interactive self assessment for finding the right pain treatment for your condition Explores mind body treatments for many common pain conditions including arthritis back pain fibromyalgia irritable bowel migraines carpal tunnel and PTSD Reviews the scientific evidence in support of acupuncture biofeedback hypnosis massage chiropractic yoga herbs and essential oils Throughout history many healing traditions have focused on analgesia the alleviation of pain an area in which

modern medicine provides few options beyond narcotics steroids and surgery For those seeking drug and surgery free alternatives or complements to conventional pain management the choices can be overwhelming How do you know which method will work for you In this guide to safe and effective natural therapies for acute and chronic pain authors Marc S Micozzi M D Ph D and Sebhia Marie Dibra explain how your emotional boundary style how you react to emotional social environmental and physical stresses affects which complementary treatments will work best for you Providing an easy questionnaire to determine your emotional type and an interactive self assessment for finding the right pain treatment for your condition they explore the effectiveness of mind body treatments for each emotional type and for many common pain disorders including arthritis back pain fibromyalgia irritable bowel ulcer migraine headaches carpal tunnel anxiety PTSD and other chronic pain conditions They review the available research and scientific evidence in support of each therapy suggesting only well established safe and clinically proven alternative treatments such as acupuncture biofeedback hypnosis massage chiropractic yoga herbs and essential oils Approaching pain holistically they reveal how pain should be understood as a dynamic condition an interaction between mind and body as well as between patient and therapy and how your emotional type is key to long lasting and successful results

The Body Has Its Reasons Therese Bertherat, Carol Bernstein, 2018-07-17 In this revolutionary and highly readable book Th r se Bertherat and Carol Bernstein shatter myths about traditional exercise and health They introduce movement that is based on a profound selfawareness freeing us from our limiting attitudes about ourselves and our bodies Strangers to our own bodies many of us spend our adult lives suffering from tensions and chronic aches and pains problems that have no apparent genesis or solution In repeating habitual patterns of movement we ignore the range of possibilities available to us so that the body suppresses and eventually forgets its natural grace and integration Employing traditional exercises to alleviate the symptoms of a round stomach a bad back and muscles that ache after sports we often force the body to act against itself and perpetuate our discomfort A physical therapist and teacher of movement in Europe Bertherat takes the reader through a series of precise gentle organic movements These anti exercises develop the body s range and freedom of movement releasing constraints and reawakening dormant muscles By using the appropriate energy for each gesture they bring relief from a multitude of ills at the same time awakening the senses and sharpening perceptions The Body Has Its Reasons offers a realistic alternative to conventional body work that can help you become more efficient creative and self confident It can increase your intellectual capacity as well as your athletic ability and free you of sexual problems including frigidity and impotence No matter what your age the information in these pages can help you release the beautiful and well made individual that you were meant to be

Yoga for Cancer Tari Prinster, 2014-11-24 Using yoga to manage the challenges of cancer and its treatment Explains how to create a safe home yoga practice that addresses the specific physical needs risks and emotions of cancer patients and survivors Includes 53 yoga poses and 9 practice sequences that use movement and breathing to reduce and manage treatment side effects Reveals how

current research supports the physical and psychological benefits of yoga to aid recovery and reduce risk of recurrence

Written by a cancer survivor and certified yoga teacher For those faced with a cancer diagnosis and the journey of doctor led surgery and treatments yoga offers a way to regain control of your body and take an active part in your recovery and long term health In this easy to follow illustrated guide yoga teacher and cancer survivor Tari Prinster presents 53 traditional yoga poses that are adapted for all levels of ability and cancer challenges She then applies the movements and breathwork of these poses to address 10 common side effects and offers 9 practice sequences for varying stages of treatment and recovery Sharing her own story as well as those of cancer survivors and yoga teachers with whom she has worked Prinster explores how yoga can be used to strengthen the immune system rebuild bone density avoid and manage lymphedema decrease anxiety detoxify the body reduce pain and help the body repair damage caused by the cancer and conventional treatments She reveals the research that supports the physical and psychological benefits of yoga as an aid to recovery and in reducing the risk of recurrence Explaining how yoga must be tailored to each survivor Prinster gives you the tools to create a safe home yoga practice one that addresses your abilities energy level and overall health goals Through personal stories well illustrated poses and sample practices for beginners as well as experienced yoga practitioners Prinster empowers survivors to create their own wellness plan in order to regain their independence and their physical and emotional well being

The Power of Posture Dr. Renu Mahtani M.D.,2015-01-30 Forewords by Hema Malini Dr K H Sancheti Do you suffer from back neck and shoulder pains Are you unable to lose weight Do you have a weak core and flabby muscles Chances are you've been seeking expert advice getting countless x rays done downing protein shakes and raising a mountain in medical and fitness bills But the solution to your woes may lie in something as simple as your posture Unbelievable It is true Posture is not just about sitting straight it is intelligent awareness of your body's framework and balance and it can be used to banish the aches and pains associated with age and modern lifestyles The Power of Posture is your one stop guide to successfully resolving your body's issues and replenish your health and vitality Here you will find answers to weight loss issues ways to boost flexibility and metabolism corrections for muscle imbalance from over exercising solutions to aching neck shoulders and back the key to pain free legs and knee joints and much more With Yoga and Pilates therapies and more than 100 images to show postures and techniques you will only wish you had known the Power of Posture earlier Dr Renu Mahtani MD is a practicing physician who runs the Param Yoga centre www.paramyoga.in in Pune Her holistic approach towards health and lifestyle incorporates customised breath therapy yoga and pilate techniques not just for aches and pains but also for chronic diseases low immune conditions anxiety and depression

Manual de la postura Lora Pavilack,Nikki Alstedter,2018-11-08 Manual de la postura 40 ejercicios fáciles para una vida plena y sin dolor de Lora Pavilack y Nikki Alstedter es una guía que revela la importancia que tiene la postura corporal en el mantenimiento de la salud y la prevención de dolores de espalda y cuello Una postura sana y alineada permite descansar sentarse y moverse sin dolor Además activa la circulación alivia las presiones de

los rganos internos y deja a los pulmones expandirse con libertad Y ya se sabe que cuando el cuerpo se siente mejor la mente tambi n lo est por eso una buena postura promueve la confianza y la claridad mental La adopci n de una postura adecuada puede cambiarnos la vida Una buena postura reduce el dolor mejora el funcionamiento de los rganos internos y contribuye a ser una persona con energ a m s gil y equilibrada Nunca es tarde para corregir la postura Solo se necesita ser constante y adquirir buenos h bitos Para ayudar en este prop sito Manual de la postura ofrece docenas de ejercicios para hacer en casa en el trabajo o sobre la marcha cuyo objetivo es conseguir una postura natural y eficiente durante todo el d a Todos los ejercicios se presentan con claras ilustraciones y se acompa an de indicaciones para mejorar la respiraci n

Моделирование здорового тела: как восстановить осанку и избавиться от боли в спине Лора

Павилак,Никки Альстедтер,2023-03-01 Zdravé držení těla dětí a batolat Kathleen Porterová,2018-01-01 Nejd le it j fyzioterapeutick z sady a my lenky kter pomohou va im d tem ke zdrav mu pohybu Skv l p ru ka pro rodi e u itele i d ti kter v m pom e obnovit p irozen vzp men dr en t la Najdete zde d le it informace pot ebn ke spr vn mu v voji d t ji od narozen Dozvt se pro je p irozen dr en t la d le it pro celkovou t lesnou i du evn pohodu Nav c je kniha dopln na mno stv m cvik kter pom haj srovn vat n kter t lesn dysbalance **Zdravé držanie tela detí a batoliat** ,2018-01-01 Nau te svoje deti prirodzene chodi st i sedie Prirodzen dr anie tela je pohodln uvo nen a s asne pevn a vzpriamen T to prost zru nos v ak nie je plne jednoduch Ak ju chcete nau i seba i svoje deti pom u v m k tomu cvi enia z tejto knihy N jdete tu tie d le it inform cie potrebne pre spr vny v voj det u od narodenia Dozviete sa pre o je prirodzen dr anie tela d le it pre celkov telesn i du evn pohodu V poslednej asti knihy je navy e uveden mno stvo cvikov ktor pom haj vyrovn va niektor telesn dysbalancie *Summary of Kathleen Porter's Natural Posture for Pain-Free Living* Everest Media,2022-05-10T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The popular culture of fitness today is based on the idea that developed muscles are a requirement of fitness However muscles that have been developed in this way are storehouses of contracted tension making it difficult for them to lengthen and relax 2 The modern day confusion about what constitutes authentic strength and natural easy flexibility is at the root of most of the chronic pain experienced by millions of people every day In fact exercise can reinforce and embed unhelpful patterns of movement which can cause pain 3 The definition of fitness is possessing a quality of strength and overall health However for many people today fitness has become more about how they look than how they feel This is a cultural standard that has nothing to do with what is natural to our species design 4 The alignment of the skeleton dictates whether muscles will work in a way that is natural efficient and ultimately pain free or in a way that is prone to injury and pain It is not one s level of activity that determines whether one will experience back pain but rather the position of the bones in relationship to each other Living Well with Pain and Illness Vidyamala Burch,2011-01-26 After two serious spinal injuries Vidyamala Burch found herself facing the loneliness of disability and chronic pain with few skills or resources to turn to But instead of giving up she set out on a mission to embrace her physical

challenges with compassion acceptance and peace Living Well with Pain and Illness shares the fruits of her courageous life's work teaching us how the practice of mindfulness can help us thrive in the face of health challenges of any kind Drawing on the wisdom of a dozen years teaching meditation and a lifetime of study of the benefits of mindful living Vidyamala encourages readers with insights and instruction in The five step model of mindfulness and how to use it to foster healing The Breathworks approach to meditation and how to apply it to health concerns such as migraines arthritis and chronic fatigue Step by step techniques illustrations and case studies demonstrating how to effectively bring mindfulness into daily life Chronic pain has been called the modern world's silent epidemic Billions are spent every year in an attempt to cope yet the best solution available may be absolutely cost free mindful living In Living Well with Pain and Illness Vidyamala Burch presents a work that is at once an inspirational memoir and practical guidebook for using mindfulness to reframe your relationship with physical and emotional suffering Put Your Back at Ease Thea Sawyer, Kajun Design, Darlene

Frank, 2013-08-12 Natural posture for a pain free back Pain relief vitality physical ease and strength have less to do with exercise than with how you carry yourself in everything you do This insight is based on over 40 years of research by French yoga teacher N elle Perez Christiaens whose quest for pain relief took her to cultures where back and joint pain were practically unknown Thea Sawyer describes the technique Perez Christiaens created and how it is taught in the US under the name of Balance This book shows you how to Go about your daily activities with ease and without tension Relieve chronic pain without medication or time consuming exercise Walk without tiring Improve circulation while you sleep Prevent injury Testimonials As a Physical Therapist and chiropractor I can highly recommend these teachings This approach frees the body to function according to its original design Petra Eggert PT DC I came to Balance with the perspective of a yoga teacher and what I learned turned my yoga practice and teaching upside down Janet Wong Yoga Teacher By the time I was introduced to Aplob I had spent over 20 years trying nearly every traditional and alternative treatment for widespread chronic pain

Pamela Rief Director of Biomechanics Education **Pain-Free Sitting, Standing, and Walking** Craig

Williamson, 2013-04-09 Most of us take the acts of sitting standing and walking for granted but for those suffering from back muscle and joint pain even these seemingly simple actions can be extremely uncomfortable Poor body alignment or habitual movement patterns that crop up when we compensate for a bad back or painful neck can only further exacerbate existing issues and create new problems In this accessible workbook Craig Williamson demonstrates how by just doing these three basic actions with optimal body alignment and attention you can help free yourself from existing pain and prevent further injury The protocol is simple but extremely effective and step by step photos guide you through every exercise Williamson's approach has been praised by physicians physical therapists coaches and sports trainers yoga instructors and patients

Rolfing Movement Therapy for Beginners Dr Sandy Amla Joseph, 2024-12-30 Are you tired of chronic pain and poor posture holding you back Have you ever wondered how mindful movement can transform your flexibility and mobility What if

you could unlock healing and alignment through proven techniques for body and mind Rolfing Movement Therapy is the solution you've been searching for This revolutionary approach combines body alignment deep tissue release and mindful movement techniques to enhance posture relieve pain and promote overall well being As the sole author of this insightful guide my goal is to empower you with the tools you need to achieve a balanced and pain free life through enlightening dieting and lifestyle secrets Don't miss out on this transformative journey toward a healthier you With a commitment to simplifying the concepts of Rolfing this book is designed for beginners and anyone looking to unlock the true potential of their body and mind From understanding the origins of Rolfing to mastering its techniques this guide offers a step by step approach to posture correction flexibility enhancement and deep tissue healing Here's what you'll learn The Fundamentals of Rolfing Movement Therapy What it is its history and how it differs from other therapies The Connection Between Body and Mind Explore how alignment influences mental clarity and emotional health The Role of Fascia Discover how fascia impacts chronic pain and how Rolfing addresses it Posture Correction Strategies Learn exercises and techniques to fix common issues like forward head posture and spinal misalignments Deep Tissue Release Techniques Find out how to alleviate pain and tension with Rolfing methods Improving Flexibility and Mobility Identify restricted movement areas and unlock your body's potential through gradual progress Mindful Movement Practices Incorporate mindfulness into your daily routines for better movement and pain management Healing Chronic Pain Understand how Rolfing targets pain at its source and promotes long term relief Getting Started with Rolfing Tips for finding the right practitioner preparing for sessions and tracking your progress Answers to Common Questions Address concerns like safety session frequency and results timelines This book is your gateway to a revitalized life You can't afford to pass up on the opportunity to improve your posture mobility and overall quality of life Take action now and discover the life changing benefits of Rolfing Movement Therapy Add this book to your cart today and take the first step toward unlocking your body's full potential

Ignite the flame of optimism with Crafted by is motivational masterpiece, **Natural Posture For Pain Free Living The Practice Of Mindful Alignment** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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Natural Posture For Pain Free Living The Practice Of Mindful Alignment Introduction

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