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Message: from the President of BioNatural Healing College (BNHC)



Greetings!

First and foremost, I am extremely thankful to Almighty God for granting me this opportunity to present the BioNatural Healing College E- Magazine to our dear readers. Also, I would like to thank you all especially those that are our dear readers that send us their valuable feedback and support. The information provided is for educational purposes only.

We hope this BNHC- E Magazine will be useful to you based with the contribution and dedication of many other respected researchers and colleagues around the globe. Thanking and wishing you all have the best health and prosperous life.

Best regards,
Dr. Nadir Sidiqi Ph.D.



BioNatural Healing College

BioNatural Healing College Hope you and your loved ones are staying healthy and safe during this pandemic (COVID-19). What we need to do especially during this uncertain time as follows:

1. Sanitation and Isolation from Social Interaction.
2. Positive Attitude will Increase the Power of Mind and Immune System.
3. Healthy Diet and Drink Plenty of Water (Honey with green tea, vitamin C), Get Enough Sleep.
4. Exercise (any type of physical activity for 30 minutes daily).
5. A Lot of Prayer to Almighty God (be patient, calm).

May Almighty God bless, guide us all (Humanity) and grant us the ability to find a cure for the elimination of COVID-19.

The Four Stages of Sleep

By Prof. Rosalie Stafford



In the last issue of Bio-Natural Healing College’s internet magazine, we looked at one particular aspect of our natural circadian (daily) rhythm: the *sleep cycle*. We also looked at a condition from which we all suffer to one degree or another: *sleep deprivation*. We discussed the necessity of getting sufficient health-giving sleep and noted that some of the ill-effects of sleep-deprivation include cognitive malfunction, impaired judgement, and poor decision-making. This month, May of 2021, we will look at the four stages of sleep and, in particular, the stage known as REM (rapid eye movement) sleep.

The Phases of Sleep

During the night, you cycle several times through four distinct sleep phases. Again and again, from the time you fall asleep until you wake up, your brainwaves are continually cycling through the four stages, called — unsurprisingly — *Stage 1*, *Stage 2*, *Stage 3*, and *REM*.

Sander van der Linden notes “The first phases involve a transition from shallow to deep sleep, while the phase REM sleep involves heightened brain activity and vivid dreams.” Chip Bown also uses the phrase *vivid dreams*: “The mind in REM sleep teems with vivid dreams; some brain structures consume oxygen and glucose at rates equal to or higher than in waking.” Brain activity is so intense that, as a self-protective measure, your muscles go *atonic* (temporary paralysis of arms and legs) — otherwise you might jump up, still sleeping, and act out what you are dreaming (Trickle)! The NIH offers a good summary of the phases of sleep, which merits quoting in full:

There are two basic types of sleep: rapid eye movement (REM) sleep and non-REM sleep (which has three different stages). Each is linked to specific brain waves and neuronal activity. You cycle through all stages of non-REM and REM sleep several times during a typical night, with increasingly longer, deeper REM periods occurring toward morning.

**Stage 1 non-REM sleep* is the changeover from wakefulness to sleep. During this short period (lasting several minutes) of relatively light sleep, your heartbeat, breathing, and eye movements slow, and your muscles relax with occasional twitches. Your brain waves begin to slow from their daytime wakefulness patterns.

**Stage 2 non-REM sleep* is a period of light sleep before you enter deeper sleep. Your heartbeat and breathing slow, and muscles relax even further. Your body temperature drops and eye movements stop. Brain wave activity slows but is marked by brief bursts of electrical activity. You spend more of your repeated sleep cycles in stage 2 sleep than in other sleep stages.

**Stage 3 non-REM sleep* is the period of deep sleep that you need to feel refreshed in the morning. It occurs in longer periods during the first half of the night. Your heartbeat and breathing slow to their lowest levels during sleep. Your muscles are relaxed and it may be difficult to awaken you. Brain waves become even slower.

**REM sleep* first occurs about 90 minutes after falling asleep. Your eyes move rapidly from side to side behind closed eyelids. Mixed frequency brain wave activity becomes closer to that seen in wakefulness. Your breathing becomes faster and irregular, and your heart rate and blood pressure increase to near waking levels. Most of your dreaming occurs during REM sleep, although some can also occur in non-REM sleep.

Your arm and leg muscles become temporarily paralyzed, which prevents you from acting out your dreams. As you age, you sleep less of your time in REM sleep. Memory consolidation most likely requires both non-REM and REM sleep.

Sleep Research: A Modern Industry.

It was in 1937 that, using EEG (electroencephalograph) traces, researchers Loomis, Harvey, and Hobart identified distinct stages of brain waves, which they named *Gamma*, *Beta*, *Alpha*, *Theta*, and *Delta* (Hess).

In 1953, sleep researchers Kleitman and Aserinsky established the first scientific sleep research laboratory where they documented the “rapid, jerky, binocularly symmetrical movements” characteristic of REM sleep; they named it *rapid eye movement sleep*, distinguishing it from non-REM sleep (Carr; Mathis).

The very next year, Kleitman and Dement proved that sleep consists of cycles repeated four or five times a night (Mathis; Thompson).

In 1970, when Dement founded the first sleep lab, at Stanford University, specifically focused on studying sleep disorders (Rosenberg) and, in the 50 years since then, close to five thousand sleep centers (facilities used in the diagnosis and treatment of sleep disorders) have popped up in towns and cities across the United States of America (*Sleep*).

REM Sleep Before REM was discovered, it was assumed that sleep was a passive state; absent stimulation, the brain simply switched off at night like a desk lamp. However, after REM was discovered, scientists saw that the sleeping brain actually cycled between two distinct electrical and biochemical climates — one characterized by deep, slow-wave sleep, which is sometimes called “quiet sleep” and is now known as *non-REM* or *NREM sleep*, and the other characterized by REM sleep, also sometimes called “active” or “paradoxical” sleep. (Brown) The slow-brainwaves of sleep are collectively known as *non-REM* or *NREM sleep* or *quiet sleep*, and REM brainwaves as *active*. REM brainwaves are considered *paradoxical* because, although you are sleeping and dreaming, your body actually uses more energy than when you are awake and moving around. As Chip Bown notes, during REM, in some people, the intense activity occurring in the brain consumes oxygen and glucose at rates equal to or higher than in waking.

TIME editors explain why it is necessary to get a full night's sleep::

REM sleep stages tend to be relatively short during the first two-thirds of the night as the body prioritizes deeper, slow-wave sleep. And because longer periods of REM sleep happen only during the final hours of sleep (in the early morning, for most people), it can get cut off when you don't spend a full seven or eight hours in bed, says psychologist and sleep expert Rubin Naiman.

Van der Linden reports that severe REM sleep-deprivation is increasingly correlated to the development of mental disorders. *TIME* reports that chronic sleep deprivation and curtailed REM sleep is associated with “an increased risk of Alzheimers, depression, dementia, heart disease, and early death.”

Clearly, chronic sleep deprivation is a serious health issue. If you are a wage-slave and awakened to the clamor of an alarm clock, it's very possible that your dreamtime, your REM sleep is interrupted and you are at risk for ailments associated with insufficient REM sleep. REM Sleep Disorders

Many people have experienced a very peculiar, indeed terrifying, phenomenon called *sleep paralysis*. We have seen that, during REM your muscles become atonic or temporarily paralyzed. This sleep paralysis generally occurs during the transition moments of REM: during the beginning or ending moments of REM sleep (O'Brien). This transient paralysis is often accompanied by a sense that the sleeper is suffocating and/or by the strong impression that a malevolent person or entity is there in the room. This common phenomenon has given rise to many folktales around the world. I myself have experienced it a number of times since I was very young. It is indeed scary — an evildoer (human or demonic) is at the foot of the bed but I am completely paralyzed and can't breathe! Doctors do not consider this a “paranormal experience” but merely a rather common sleep disorder.

Dreams and Dreaming

Dreaming occurs primarily but not solely during REM sleep. As O'Brien notes, in the early years of sleep research, "it was thought that we dreamed only in REM sleep, but we now know that dreaming can occur in all stages of sleep. In general, however, when you wake from a dream, you have been in REM stage.

Throughout history, dreams have been considered conduits to otherwise inaccessible knowledge. Through dreams, I myself have many times acquired information (mostly about people I know but have not seen recently), information which has turned out to be accurate. Perhaps the other involved were thinking of me when they appeared in my dreams. I do not know!

What I do know is that consistently getting a good night's sleep, including ample REM sleep, is absolutely essential to good health and well-being in all its aspects: physical, mental, health, and emotional. My advice: turn off the video, turn off the lights, go to sleep earlier, use sound-blocking devices if needed, and wake up naturally (without the use of a jangling alarm clock). That is an important the strategy to achieving bio-natural health.

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An Aspirin a Day and the Doctor Will Stay

By Dr. Bera Dordoni, N.D.

(from a conversation with a client)



“Yo, Doc, you got some aspirin I could borrow?” Shelli asked.

“No. What hurts?”

“I feel a headache coming on.”

“Do you take aspirin often, Shelli?” “A couple times a day, maybe – when my fingers hurt from arthritis pain or I have a headache. I'm sore today because I worked out yesterday so I used up the rest of the bottle this morning. Do you have any? It can be generic; I'm not choosy about brand names.”

“Wow, that's a lot of acetylsalicylic acid to put into your body! Do you have any idea how dangerous that can be?” “Acetywhat? Come on, it's just aspirin. Don't make it into one of your big deals, okay? It's safe, everybody knows that. It's over the counter. It isn't even a drug, for Pete's sake.”

“Um...sorry. It is a drug, and while it was revolutionary when it was introduced and saved a lot of lives, it can be very dangerous, just like lots of OTC medications can be if they're taken indiscriminately.”

“Geez, Doc, you're such a poop!”

“Speaking of which, when *did* you last poop?”

“Excuse me?!”

“I'm just asking. That could be why you have a headache.”

“It's not. I have a *headache*, not a *buttache*.” “Yeah, but they're at opposite ends of the same body. It's all one system, Shelli, you know that! And people who don't poop often enough tend to get headaches because the toxic buildup in their intestinal tract affects every single other cell in their body. Every cell affects and is affected by every other cell. Come on, Shelli, you know that!” “Look, talking to you is making my head hurt more. I just want the pain to go away. Can you or can't you help me?”

“I can. What do you say we kill your pain right now?”

"Now you're talking!"

“Great, since I don’t have any aspirin, let's just sit here for a minute and breathe some oxygen into the area of your head that hurts. Breathe in slowly through your nose and visualize the oxygen going straight to the area of pain. Hold your breath a few seconds. Good. Now release it slowly through your mouth. Excellent. Now do it again.”

"I feel like an idiot.” "Stop fighting me and just breathe, okay? We're going to do this for about five minutes. Inhale through your nose—good—hold, now release through your mouth.”

“I’m getting dizzy.”

“Good. That means it's working. You’re getting oxygen to the brain. Stay seated so you don’t fall over. Again: in through the nose—”

“I don't believe it. I think the pain is less intense.”

“Good! Keep breathing. In through the nose—”

“It's slacking off! How's it getting better so fast? Even aspirin doesn't work this fast.”

"That's the point, isn't it? Keep breathing—”

"I’m serious—it really is lifting!”

“Fantastic! Most people don't realize that oxygen is the most potent painkiller on the planet—and it's free and can't cause any harm the way drugs can.”

“I'd never have believed it if it wasn’t going away as we speak. I thought aspirin was the safest thing I could take.”

“I know. Most people do because they're touted in commercials and ads and even by a lot of physicians for quick relief, but the truth is they don't actually "heal" anything. OTC drugs and NSAIDS (non-steroidal anti-inflammatory drugs) block inflammation to give you temporary relief, but they come with some pretty serious short and long-term side effects.”

“Side effects? Aspirin?! Like what?”

“Like liver damage, to begin with.”

“Aspirin causes liver damage. Yeah, right. Why do I ever listen to you?”

“Maybe because I study stuff you don't have time to read up on. For instance, according to the Mayo Clinic, ‘just aspirin’ overdosing is the leading cause of liver damage.”

"The Mayo Clinic? I thought they said an aspirin a day keeps you from having a stroke or a heart attack."

"Science is always discovering that something they thought was absolute isn't. When aspirin was first introduced to combat high fevers, no one knew that it increases specific liver enzymes that cause damage at the same time cell-protecting antioxidants are being depleted. When inflammation becomes chronic, it can lead to wrinkles, obesity, Alzheimer's, cancer, arthritis, and a whole lot more. In fact, new studies are finding that inflammation is behind an incredible number of human aches and ills. As to helping thin your blood to prevent stroke or heart attack? Researchers have also found that overuse of aspirin or NSAIDs can help leave the body vulnerable to them! Plus, they are a leading cause of gastrointestinal distress, including bleeding ulcers.” "So, if I shouldn't take aspirin as a blood thinner, then...?"

"Try cayenne pepper. It's a much better alternative to keep your circulatory system flowing smoothly.

And because it increases blood flow, it actually helps prevent ulcers—and arthritis. And even high blood-pressure headaches. How's yours, by the way?"

"Almost gone, miraculously."

"Not miraculously, just naturally. Holistically, if you prefer. Do you still drink diet sodas and eat fast food?"

"No! Not every day, anyway. Only when I don't have time to prepare something good. Between work, the kids, the weather, bills—I'm under a lot of stress. There's almost never enough time to plan a good meal. Hey! Don't laugh at me!"

"Come on, Shelli, you know that's all just a bunch of excuses. And they're not doing you or your kids any good. Whole foods give you the nutrients your body needs to have energy and oxygenate your body. You can't just breathe everything away! Pro-inflammatory foods deplete your oxygen stores. Natural, fresh foods increase them."

"Pro-inflammatory foods. You mean like burgers and fries? We don't have burgers and fries every night! Sometimes I cook!"

"Good—but what I really meant was stuff like sugar, pasteurized dairy foods, too much meat, processed foods with white flour and GMOs (pastries, donuts), trans fats, sodas and energy drinks."

"Just everything we eat, in other words."

"Look, I know you're not going to throw everything out and only eat fresh fruits and vegetables all day, every day. But if your body doesn't have enough oxygen circulating through it, inflammation can build up, and inflammation causes pain, discomfort, and ultimately, disease. What I'm saying is that if you take away the *cause* of it and then consume foods, herbs, and spices that can help alleviate inflammation, you're going to feel better. As will your kids."

“What kind of 'foods, herbs, and spices?’”

"Well, let's see. Ginger root and turmeric are both flavorful and anti-inflammatory. Celery seed tea is great for easing the calcium buildup in painful joints. Pineapples have great digestive enzymes to reduce soreness and inflammation—and they just might satisfy your sweet tooth."

"I like sweet." "I know you do. Then there's

Whole grains

Beans

Winter squashes

Sweet potatoes

Orange and yellow fruits

Berries

Dark leafy greens

Flax seeds with omega-3s providing anti-inflammatory fats

Avocados

Raw walnuts, cashews and almonds

Raw seeds Virgin coconut oil" "I like a lot of that stuff. But what about chocolate? I thought that's supposed to be good for you, too."

"It is, if it's dark raw chocolate. Many health food stores carry dark raw chocolate. And don't forget to keep exercising—not now and then, which leaves you sore, but regularly. It's one of the best oxygen-raising anti-inflammatories on the planet." "What about coffee? I can't get going without a cup or two in the morning." "Do you drink it black?"

"I just add a little cream and sugar."

"Then it's not helping you at all. A cup or two of black coffee would be more useful to your body."

"Ugh! Not gonna happen, Doc."

"Well, then, try green tea if you're looking for a beneficial kick. Its antioxidants stage an anti-inflammatory assault against inflammatory invaders. And don't forget to drink enough water to wash away those toxins."

"Enough being...?"

"At least half your body weight in ounces."

"That's a lot of water."

"Our bodies take in a lot of toxins, even if we don't eat them."

"Yeah, that much I know. From chem trails and now I hear that the Covid-19 vaccine is dangerous and full of toxins."

"Oh, Shelli, I'm so glad you're aware of the dangers of the new vaccines. There haven't been enough trials for them to know if they're safe."

"Well, we just have to deal with whatever happens, I guess. I hear we don't have a choice."

"We have to educate ourselves so we can protect ourselves and our loved ones. We're already exposed to all the electromagnetic fields from our TVs and phone and Internet connections..."

"Oh, yeah. Modern living. Can't avoid it, can we?"

"I guess not, if we want to live in society."

"How about pizza?"

"Wow – talk about changing the subject. Leave out the dough and cheese, and just eat the garlic. Eat it raw, minced, chopped, sautéed, in soups, salads, stews, stir-fry—any way you can. It packs a wallop against swollen joints."

"It also gives you bad breath."

"Let's call it 'fragrant' breath. It reduces inflammation and makes the pain it causes go away."

"Well, when you put it that way..."

"By the way, how's your headache?"

"What headache?"

About the Author

Dr. Bera “The Wellness Whisperer” Dordoni, N.D.

With over 35 years of serving as a vegan/vegetarian-oriented Naturopathic Doctor/nutritionist, Dr. Bera now focuses primarily on teaching Ho’oponopono in workshops and at retreats in her home in the Zuni mountains. She provides gourmet vegan meals and a relaxing stay where deer and wild turkeys play... as well as instruction in plant-based living, immune-system building and how to make the laws of attraction work for you. To learn more or book your stay, visit drberatl.com or bastis.org, or call (505) 783-9001.





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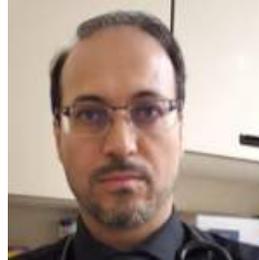
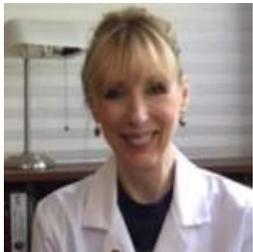
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Conference Committee and Speakers

1st BioNatural Healing Conference Virtual May 24-25 2021

Conference Committee



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Mr. Wais Seddiqi (B.S. University of California San Diego, major Biology, minor Psychology) Conference Coordinator, Student Service Coordinator at BioNatural Healing College (BNHC).

Keynote Speaker and Invited Speakers



Honorable Prof. Dr. Mohammad Osman Babury,
Title: Natural Ingredients of Afghanistan and its Role in the Health Sector.
Affiliation: Vice Chancellor of Kabul University of Afghanistan. (Professor of Pharmacognosy & Phytotherapy)



Eng. Mr. Mirwais Sediqmal
Title: Coronavirus an Overview in Laghman province and its behavior on Laghman University.
Affiliation: Vice-Chancellor Laghman University, Afghanistan.



Dr. Abdur Rauf
Title: "Scope of Ibn Sina's (known as Avicenna) Cardiac Medicines in Healing Psychological and Cardiovascular Diseases"
Affiliation: Department of Ilmul Advia Ajmal Khan Tibbiya College Aligarh Muslim University, Aligarh, India



Dr. Rajan Gupta, MD
Title: Suffering & Its Solution
Affiliations: CEO & Medical Director Pain New Jersey.



Dr. Khalil Rahmany
Title: "Stress, Mental Health, and the Community"
Affiliation: John Muir Hospital Walnut Creek, Board of Psychology, California USA



Dr. Falak Zeb
Title: Effect of Ajwa Date Pits Powder (*Phoenix dactylifera L.*) on Body Composition, Lipid Profile and Blood Pressure of Patients with Hyperlipidemia
Affiliation: Department Human Nutrition and Dietetics, National University of Medical Sciences, Rawalpindi-Pakistan.



Prof. Josephine Kasolo Ph.D.
Title: Innovative way of developing drugs from plants in Low and Middle-income Countries.
Affiliation: Makerere University College of Health Sciences, Kampala, Uganda.

Invited Speakers



Dr. Bera Dordoni ND
Title: Rewrite Your Life Story with Ho'oponopono
Affiliation: The Wellness Whisperer



Dr. Karin Buchart
Title: Resin Salve in the Traditional Biogenic Medicine in The Alps, Austria
Affiliation: University of Salzburg, Austria Bioscience and Health



Dr. Tanveer Alam Ph.D.
Title: Natural Food Colours: Stability, Formulations & Their Application.
Affiliation: University of Nizwa, Oman. BioNatural Healing College (BNHC)



Dr. Sally Warren
Title: Hemp in housing for health
Affiliation: Build Green Now, American association of Hemp growers, US Hemp Builders Association



Dr. Abdullah Mohammad Shohael
Title: Application of bioreactor system for the production of commercially viable medicinal plants.
Affiliation: Jahangirnagar University, Bangladesh.



Dr. Bahaudin G. Mujtaba
Title: Managing Mental Health, Stress, Conflict, and Suicidal Tendencies amid challenging Times.
Affiliation: Prof. of International Management and HRM Huizenga College of Business and Entrepreneurship Nova Southeastern University 3301 College Ave. Fort Lauderdale, Fl. 33311 USA.





Prof. Aicha Blama Ph.D., Candidate

Title: Healthy Diet of Sahran Algeria Population.

Affiliation: Division of Agri-Food Technologies. National Institute of Agronomic Research of Algeria (INRAA).

Dr. Pratibha Gupta, Ph. D.

Title: Diabetes: The More You Know

Affiliation: Research Associate Prof. Extension Specialist Food Nutrition and Health, Nutritional Biochemistry /Nutrigenomics Research A.R.D.P, College of Engineering, Science, Technology and Agriculture Central State University, Ohio USA.

Dr. Vivek Sharma

Title: Cytomorphological Evaluation, Phytochemical Characterization, and Bioactivities of *Vernonia amygdalina* Delile from Himachal Pradesh

Affiliation: Associate Professor-Botany (Medicinal Plants), Department of Botany, Eternal University, Baru Sahib, District Sirmour, Himachal Pradesh-173101 (India). Also, BioNatural Healing College.

Prof. Asmatullah Dorani

Title: Effect of Biochar Application in Soil Health's

Affiliation: Chancellor Laghman University, Afghanistan

Prof. Dr. Aziz Kamali MD

Title: Nutrition and Exercise, as We Age, Path to Longevity.

Affiliation: FACP, FRCPE, Associate Clinical Professor of Medicine at University of California (U.C. Davis), School of Medicine California.

Dr. Achint Choksy Title: Future of Medicine: Healing through practicing precise and personalized epigenetic medicine that combines ancient and eastern with modern and western healing Modalities.

Affiliation: CEO and Medical Advisor for RxPredict, Inc. CEO of GenoSup, Inc. USA.





Shivani Sharma
Ph.D., Candidate
Title: *BOTANICAL AND PHYTO-PHARMACOLOGICAL EXPLORATION OF BOERHAVIA DIFFUSA (L.) FROM SIRMOUR DISTRICT OF HIMACHAL PRADESH*
Affiliation: Department of Botany, Eternal University, Baru Sahib-173101 (H.P.) India.



Shagun Sharma
Title: *Botanical and Phyto-pharmacological Exploration of Genus Berberis (L.) from Himachal Pradesh*
Affiliation: Department of Botany, Eternal University, Baru Sahib-173101 (H.P.) India.



Pratibha Sharma Ph.D., Candidate
Title: *MAIZE MORADO (PURPLE CORN) HEALTH BENEFITS*
Affiliation: Department of Biotechnology, Eternal University, Baru Sahib-173101 (H.P.) India.



Jasneet Kour Ph.D Candidate
Title: Investigations on the Herb species of genus *Phyllanthus* (L.)
Affiliation: Department of Botany, Eternal University, Baru Sahib-173101 (H.P.) India.



Prof. Nilima Mishra
Title: Nutraceutical and the Functional Foods
Affiliation: State Extension Specialist for Dietetics and Human Nutrition Kentucky State University, USA.





Anjali Thakur Ph.D., Candidate

Title: *COMPARATIVE PRILIMINARY QUALITATIVE ANALYSIS OF LEAVES AND STEM OF CRUDE EXTRACT OF MURRAYA KOI (L.) SPRENGENIGI*

Affiliation: Department of Botany, Eternal University, Baru Sahib-173101 (H.P.) India.



Rohita Singla Ph.D., Candidate

Title: Botanical and Phyto-pharmacological Exploration of Genus *Physalis* (L.) from North India

Affiliation: Department of Botany, Eternal University, Baru Sahib-173101 (H.P.) India.



Srishti Chauhan Post Graduate Student

Title: Phytochemical Characterization and Bioactivities of *Woodfordia fruticosa* (L.) Kurz (Dhataki) from District Sirmour (H.P.).

Affiliation: Department of Botany, Eternal University, Baru Sahib-173101 (H.P.) India



Deepika Thakur Post Graduate Student

Title: Hydroponics and Phytochemical Characterization of *Bacopa monnieri* (L.) (Brahmi) from Himachal Pradesh .

Affiliation: Department of Botany, Eternal University, Baru Sahib-173101 (H.P.) India





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