

IN TOUCH FOR HEALTH



WE'RE REALLY GLAD FOR TOUCH FOR HEALTH

We're really glad for Touch For Health,
Touch For Health, Touch For Health,
Cause it's good for everyone.
We're really glad for Touch For Health,
Touch For Health, Touch For Health,
Cause it's just so easy done.

At this convention we really like to mention
We had a real adventure, there was so much to share.
In terms of feelings, we learned the real meaning
Of elemental being, the law of yin and yang.

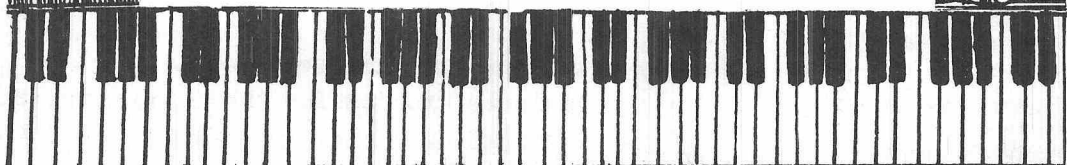
CHORUS.....

What the heck can joy be, when it is over energy,
It might cause too little sympathy,
Which gives you lots of grief.
Grief makes you fearful and the instructor tearful,
It might cause sometimes anger and throw us off balance.

CHORUS.....

Let's try together, to let it balance better,
And have the next convention a little closer home.
In relation, there should be integration,
Between the foreign members, U.S. and Touch For Health.

CHORUS.....



JULY / AUGUST 1982

Editor-in-Chief
Margo Dawn Bale
Technical Editor
Mary Marks, D.C.

The purpose of the Newsletter is to disseminate information on research plans, methodology, and results of self-development programs in health-care, both mental and physical. Further, the Newsletter is a forum to provide members with up-to-date information on programs, seminars, activities and training tips.

The Touch For Health Foundation is an educational non-profit corporation.

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The Touch For Health Foundation has a policy of non-discrimination and admits students of any race, color, and national or ethnic origin.

FRONT COVER

The International Contingent song which was sung at the annual meeting in San Diego, 1982, to the tune of "Never On A Sunday".

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New at the bookstore.

People from the conference who...

- neglected to pay for their massage tables
- left packages they intended to pick up later

-- PLEASE CONTACT THE BOOKSTORE!

Dr. JOHN F. THIE

PRESIDENT

Dear Friends,

I came away from the annual meeting at the University of San Diego with a feeling of unity among all the Touch For Health-ers who were present. I believe that this was our most fruitful meeting. It certainly was a wonderful 7th.

ANNUAL MEETING COMMITTEE ■

Our thanks go to Michael Schley for the wonderful help as Chairman. He and his committee deserve lots of strokes for all they did to make this year's meeting the best we have ever had. Thank you, Michael, and all your committee! Elly Wagner, who teaches Touch For Health at Pierce College in Woodland Hills, CA., will chair the 1983 annual meeting to be held again at the University of San Diego. We are looking forward to working with her and the committee she selects as the year goes on. If you would like to be a part of that committee, contact Elly, c/o the Foundation.

INSTRUCTOR UPDATE ■

Much new material was presented by the faculty at the Update sessions, which were the best attended and got rave reviews. Many people told me that they had already gotten enough information and had enough personal satisfaction, with the Updates, that if they got nothing more the rest of the week, they still would feel very satisfied.

NURSES ■

We have established a Touch For Health Nurses Organization. A column will be appearing in future issues of "In Touch For Health", sharing how nurses are utilizing TFH professionally. If you are a nurse or are interested in sharing with nurses and would like to be part of the committee, your more than welcome to join. The organization will be an active part of next year's annual meeting.

NEW TEACHING TOOLS ■

The new "Touch For Health Workbook" by Mary Marks, D.C., our resident faculty member, is an excellent asset for teaching TFH classes - Basic, TFH-II, TFH-III, and the Proficiency Workshop-the combined I, II, III, course, where all the TFH techniques are taught. Phillip Crockford shared the new "TFH-II Teaching Guide" he just completed. He also played portions of the excition tape "Tuned Up Touch - Vol. 1"

which he and instructor Patrick Clark composed and recorded for Basic Class students. The songs are a lively and fun way to cross-crawl and review the basic techniques.

AWARDS ■

Elsewhere in this issue you will see our Award winners. A note from you congratulating them on their achievement and thanking them for their contribution would be nice. These are the people who, in the opinion of the Foundation and the Awards Committee, did the most to make our world better through Touch For Health in 1981-82. We encourage you to nominate people that you feel are deserving of next year's awards.

BOOK TRANSLATIONS ■

During the conference, we were able to make agreements to have the Touch For Health book translated and published in German, French and Portuguese. We have been assured that it is already available in Spanish, Dutch and Swedish. Although I have not yet seen copies of these translations, they are being used in classes. It is very exciting to know that we are part of a world-wide movement in helping people become more aware of their abilities to have fewer "problems with living" through TFH.

ITW CHANGES ■

At the faculty meeting just prior to the conference, we discussed the new Proficiency Course, the Instructor Training Workshop, and the proposed examinations. In order to upgrade the instructors' proficiency with Touch For Health and improve their confidence in teaching, a new certification program was developed. No examination will be required before entering the ITW, but a student must already have completed TFH-I, II, & III, or have taken these same subjects in the Proficiency workshop. This material will not be taught in the ITW, but will be reviewed in learning the communication and presentations skills used in teaching TFH. Graduates will be given a certificate of completion. Only those who pass the exams given in the ITW will be granted certified instructor status. This must be kept up by teaching at least 10 students per year (as evidenced by sending rosters to the Foundation), attending an Update course given at the annual meeting or scheduled throughout the year by the Foundation, or by refreshing

vent anyone from teaching Touch For Health, but to upgrade the quality of instruction. OUT-OF-TOWN ITW's ■

Another decision made regarding ITW's was that the Foundation will be putting on classes outside the Pasadena office only when we are requested by someone who will be the local chairperson of that ITW. That person will be responsible for securing and arranging the site and insuring that there will be a minimum of 20 students. Some of the signs that an area could generate enough ITW students and support more active instructors, are when the Foundation has received basic class rosters from the area, and the basic students have returned our postcards saying that they would like more training. In this way, we can be sure of meeting the needs of the community. As you can see from this, we want to continue to share TFH, and we need the support of the local Touch For Health-ers. If you want an ITW in your area, contact the Foundation office and talk to Liz Gunn.

STATE-OF-THE-FOUNDATION ■

I have been very pleased with the changes that have taken place in the financial picture. We are not out of the woods yet, but we can see the light at the end of the tunnel. We continue to need your support, and we thank all of you who have come through with it. We especially give thanks to Elisabeth Barhydt, who became a life member at the annual meeting, and to Sally Nye, W.R. (Bill) Pennington, Karen Sorensen, and Joan Voors. We also raised \$1055 for scholarships through the skills auction. It was really fun being the auctioneer! DONATIONS SOUGHT ■

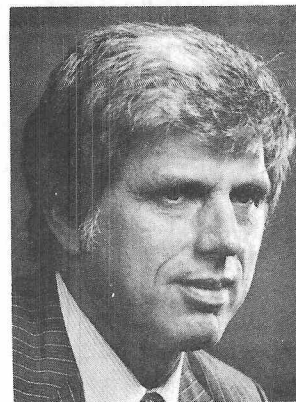
Several people have suggested that 10% of whatever is earned in teaching Touch For Health be given as a donation to the Foundation so that we can continue to keep our fees as low as possible. This would be tax-deductible, of course. We are looking at how we can restructure our financial base in order to keep up the quality of instruction and spread the information as widely as possible. Any suggestions that you have will be welcomed.

THANKS TO EVERYONE ■ ■ ■

who attended the 7th Annual Worldwide Touch For Health Meeting. It was great seeing you. Those of you that were not able to attend--

we missed you. Hope to see you soon.

Love, John



TOUCH FOR HEALTH AS A TOOL FOR HOLISTIC HEALING

John Thie, D.C., researcher, lecturer, and co-author of Touch For Health, past Chairman, International College of Applied Kinesiology, will present an experiential workshop. Participants will learn how to touch and be touched: about causes of blocks in natural energy flow; how foods can be either energy producing or energy blocking. Participants will learn and experience how to work with their own natural energies and feel the difference immediately.

MANDALA HOLISTIC HEALTH ■

P.O. Box 1233 ■
Del Mar, CA 92014 ■
(714) 481-7751 ■
Aug. 21, thur Sept. 1 ■

1st

FROM THE NURSES

During the recent TFH Worldwide Conference, the Rose Garden was the setting for the initial meeting of a Network for International Nursing Issues, (N.I.N.I.). Nineteen people attended the first meeting and several mini-meeting followed. Mary Jo Bulbrook guided these meetings and reported that Dr. John Thie was fully supportive. N.I.N.I. is a association of nurses who have a desire to share information or who need information. We want to insure professionalism and to provide leadership and education within the profession as it applies to TFH and Holistic Health.

A committee was formed to organize the N.I.N.I. Conference in 1983 either separately or in conjunction with the next TFH conference. Those on the committee are: Coby Schasfoort, Peggy Maddox, Ollie Euler, and Idelle Wiessenberg. An other committee of three was formed to begin sharing information. Judy Pagnatta is the chairperson. She will act as a clearing house, so send your questions or items of interest to Judy. Marjory Tsuda and Jonsie Crabill will assist her. Marjory will be doing a question and answer column is the TFH TIMES. Judy's address is:

Rt #1
Box 273
Colbert, WA. 99005

Some of the needs and concerns of the non-members were as follows:

1. How to facilitate the acceptance of TFH in the nursing profession.
2. What brings nurses to TFH?
3. Legal ramifications in teaching nurses.
4. What kind of people are nurses?
5. How can we reach professional people?
6. Exchange of information, notes, etc, on experience.
7. Certification needs of nurses.

The nurses present expressed the following concerns:

1. Certification requirements
2. Scope and application of TFH in regards to the Nurse Practice Act.
3. Marketing
4. Sponsorship of Spring Conference
5. Research in healing
6. Funding and grants
7. International needs
8. Leadership and education

From a very personal stand point it was great being a part of the 1982 Worldwide Convention, but to be able to share with so many of my peers who are also interested in TFH was the "icing on the cake". I left the conference in the knowledge that there are many more similarities than differences in nursing and TFH, and a desire to share this message with a new awareness and enthusiasm.

by Jonsie Crabill, R.N.



THRU MY EYES !

by Margo Dawn Bale

I was able to attend the convention for only a few days. My regret for sure but I would like to share with you some of the fun things that I saw. I arrived early Tuesday morning, and the hassle of the people behind the scenes was great to behold. Meetings were going on, and the office, bookstore, and balancing room had to be arranged. Thanks Gang!

That evening, Dr. Thie got the week off to a great start, speaking to us about how we all can excell to excellence. One way is to recognise who you are right now and to give yourself a pat on the back for your gifts and talents. Then validate your gifts by confirming other people's gifts. Dr. Thie will always be "The Man Of Fables" to me, for his Precious Present.

Phillip Crockford gave us motivation as to why most people take the Basic Class. Then he proceeded to take the "Do it to me Doc." attitude out of TFH. He showed us how we can teach the Basic by having the student balance us. This method shifts the issue of responsdibility, however the content is still the same.

Yoka Brouwer went through ESR with us the safe way to help ourselves and thereby not dumping all of our problems on someone else. Her teaching was that we use the little problem-the minor irritations-for demonstration purposes.

Bob and Barbara MacMullan had us all digging into our pockets and not regreting giving up money. They spoke of the abundance of the

Universe and how money is

energy, how we can learn to harness that energy by tithing to ourselves. Magnificent!

Brian Butler gave us his personal expericence about how we first have to schedule classes before anyone will attend.

Bill Coope and Annette Senginger's words of wisdom, to use FREE marketing, and it's a lot more convincing to have someone else do your PR work.

Grace Halloran, said, "So you shall believe so you shall see". If you'd like to look up the literal translation, it's found in St. Mark ch.10 verse 52.

Alice Thie-Evans gave us a game to play whereby we can know ourselves better. The WIN for me was that my being an introvert is not a handicap. Thank you, Alice.

I was eating at the cafeteria when a couple of young ladies from the University sat down beside me. They said they set up conference at the University and that our group has been the best they've worked with. Even the University students ask from year to year when we will be coming back. They said we are more loving and caring than any other group, and that they will be happy when we come back.

As I said earlier, I only stayed for a couple days, so there were a lot of wonderful things that I missed. I loved being there, and you can be sure I'll be there next year for the whole convention!



Didn't David Isaacs say, "A sound that vibrates heals?"

TOUCH FOR HEALTH

What is it?

Touch for Health is a do-it-yourself natural health program using touch, acupressure and massage to improve postural balance and reduce physical and mental pain and tension.

It is a "whole person" approach to health, combining ancient oriental principals and recent Western developments with emphasis on nutrition, exercise, posture and muscle balance. It releases the energies of the body to help the body keep itself healthy and in balance.

TOUCH for HEALTH:

1. is a exercise in communication-
 - a. learning to listen to what your body tells you.
 - b. learning how to effectively respond to that message.
 - c. learning to read the body - posture, gestures, signals, balance; looking at another person and knowing something of how they feel intuitively.
 - d. finding concrete ways to express your caring for those around you.
2. offers opportunity for increased self awareness.
3. makes one feel more alive.
4. is a sharing and caring activity.
5. is alive, ongoing, growing and dynamic.
6. gives obvious, immediate results, as well as extended improvement.
7. is preventative care, concentrating on health and maintaining it rather than on illness and how to cure it.
8. offers alternatives to pills and other medication.
9. presents techniques for genuine health enhancements-
 - a. tests for nutrition.
 - b. tests for body balance.
 - c. stress control.
 - d. pain control.
 - e. surrogate testing for use with the very young and old, injured, or very strong.
10. is practical - can be learned and used by all who are interested in maintaining, preserving, and cultivating good health.

Touch for Health is not - treating, curing, for disease, illness, or even minor complaints.



This is a hand out distributed at TFH demonstrations and introductory lectures by TFH instructors in West Australia. Phillip Crockford is making it available to all of us as a simple, effective promotional piece. TRY IT --- it gets results. -ed.-



What is now required to enroll in an Instructor Training Workshop?

Anyone who has taken TFH I,II, and III or has completed the new TFH Proficiency Workshop, or has already learned these techniques (e.g., through job experience, tutoring or special training)

Who can teach TFH-I, II, III, and Proficiency Classes?

Any certified instructor is eligible to teach any of these courses.

How are instructors certified?

Our new certification program qualifies all new ITW graduates who successfully complete the ITW examination and course requirements.

What do I have to do to maintain my certification?

Instructors are considered active and up-to-date who teach a minimum of 10 students per year and send rosters of the names and addresses of these students to the Foundation.

What if I haven't been teaching? How can I get re-certified?

Instructors who are not teaching need to attend an Update Course given at the annual meeting or throughout the year at the Foundation. They may also refresh their teaching skills at another ITW.

As a refresher, what does it cost to repeat a class?

Foundation members may refresh any Foundation course they have already completed for 25% of the tuition. Non-members may repeat for 50%. Thus, instructors may repeat TFH, I,II,III, and the Proficiency course, as well as the ITW. This fee does not include books or materials that are part of the full-pay tuition.

What about instructors who do not re-certify?

We encourage EVERYONE to share the benefits and principles of Touch for Health. The Foundation will refer perspective students only to Member instructors who have maintained their certified status by sending rosters of their classes, or taking measures to update their training and submit the dates of their upcoming class schedules! Only these instructors will have their names printed in the TFH Times, listing and advertizing that they are teaching "Touch for Health Classes" .

-
- ▶ You cannot give to someone else, but only to yourself, and this you learn through teaching. ◀
 - ▶ Teaching is but a call to witnesses to attest to what you believe. The curriculum you ◀
 - ▶ set up is therefore determined exclusively by what you think you are, and what you believe
 - ▶ the relationship of others is to you. Certain pupils have been assigned to each of God's ◀
 - ▶ teachers, and they will begin to look for him as soon as he has answered the Call. When ◀
 - ▶ the teacher is ready to learn, the opportunities to teach will be provided for him. ◀

INSTRUCTORS ASK

Do I have to become a member?

The Foundation no longer includes memberships with the Instructor Training Workshop. Anyone wishing to receive the newsletter, directory, journal of TFH articles, and discounts at the THER enterprises Store, may join as a basic member for \$30/yr. Instructors may join as basic members to receive these benefits however in order to be listed and receive students referrals, they must be Instructor-Members (\$40/yr). Only Professional-Members will be given referrals of clients looking for licensed practitioners who use TFH as part of their treatment. (\$60/yr)

What is taught in TFH-I, II, and III?

Individual instructors often tailor their materials to specific groups or teaching situations. The faculty recommends that the Touch for Health material be covered as follows:

•TFH-I (12 hrs. Minimum)

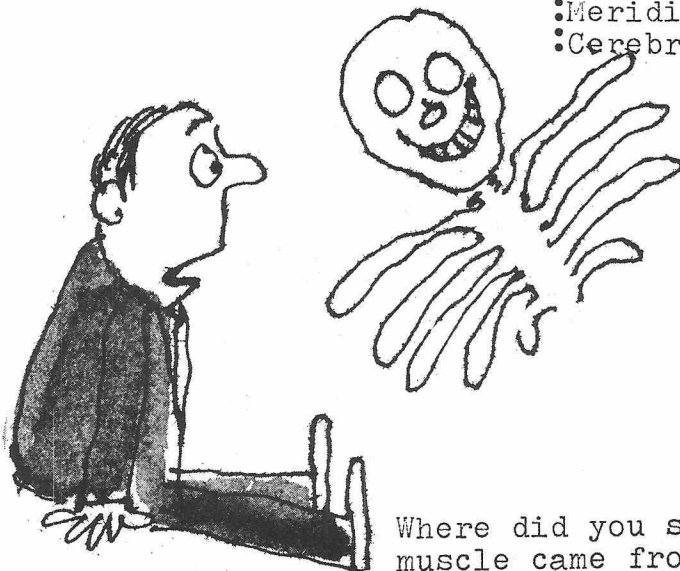
- Intro to TFH book
- 14 muscle tests
- "Balance as you go"
- Neuro-Lymphatics
- Neuro-Vasculars
- Meridians
- Acupressure Holding Points
- Origin/Insertion technique
- Challenge
- Cross-Crawl
- Emotional Stress Relief
- Food Testing
- Posture Awareness
- Simple Pain Technique
- Surrogate Testing

•TFH-II (16 hrs. Minimum)

- Chart and Folio
- 28 additional muscle tests
- Balancing, using the Wheel
- Visual Inhibition
- Auricular Exercise
- Yin/Yang concept
- Golgi & Spindle theory
- Alarm Points/Over Energy
- Facilitation/Inhibition
- Emotional Stress Relief
- Balancing with food
- Proprioception
- Meridians for pain
- Cerebro-Spinal Technique

•TFH-III (16hrs. Minimum)

- Review all 42 muscles
- Balancing with 5-Elements
- Figure-8 Energy
- 5 Elements
- Acupressure Holding Points
- Reactive Muscles
- Gait Testing
- Postural Stress Relief
- Postural Analysis
- Pulses
- Pain Tapping



Where did you say that muscle came from?



INSTRUCTORS ASK

What are instructors charging for these classes?

Fees vary depending on the instructor, location, and community expectation. At the Foundation, fees are as follows:

TFH-I: 12 hours, \$100 for 1 person,
\$140 for two from the same
household, including one copy of the
Touch for Health book.

TFH-II: 16 hours, \$125 for 1 person, or \$180 for
2, including one Touch for Health Workbook.

TFH-III: 16 hours, \$125 for 1 person or \$180 for 2,
including one copy of Gordon Stokes' 5
Element Book.

What is the new Proficiency Course?

This course is the TFH-I, II, and III combined in a single workshop. Equivalent in hours cost, and materials. It is held over 6- $\frac{1}{2}$ days as an intensive workshop, or over a period of weeks as an evening class. All three of the books used in the separate classes are included. The cost for 1 person is \$350, for 2 it is \$500.

How to use the Workbook!

The new Touch for Health Workbook is here, and there's something in it for everyone! It has pictures to color, lines to be drawn in, activity pages for the different Touch for Health techniques, and a lot of space for adding your own notes as you study either in class or at home. It even tells which page to find the answers, since the workbook subjects correspond with your Touch for Health book as it is used in the basic and advanced classes.

The back page has a balancing chart which is covered with a plastic sheet so that you can write directly on it -- it has both the wheel and the five elements, with all 42 muscles listed. Just wipe it off when you've finished.

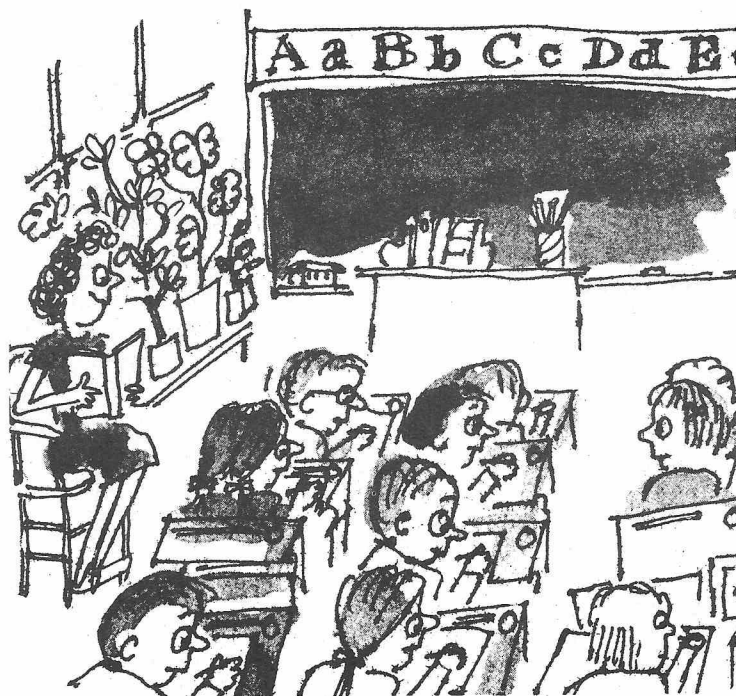
Some of the materials in the Workbook include: a chart of the many nutrients

that may be contained in common foods,

summaries of the Emotional Stress Release techniques, how to use the meridians for relieving pain, variations on cross-crawl, diagrams of visual inhibition, the figure-8 energy patterns a chart showing some of the reative muscle areas, the individual points used for pain tapping, and a list of the balancing options with an outline of the complete procedure to follow.

The Workbook is available to members at the same discount as the other Touch for Health published materials: The Workbook is included in TFH-II, and Gordon Stokes' 5 Elements Rebalancing Book comes with TFH-III. Anyone enrolling in the TFH "Proficiency" course, which is the three classes combined and taught in 6- $\frac{1}{2}$ days, will receive all three books,

SCHEDULE OF CLASSES



TFH-I (Basic)

August 6-7 Friday 6-10PM, Sat. 9AM-6PM
 August 10,11,12 Tues., Wed., Thurs. 6-10PM
 August 13-14 Friday 6-10PM, Sat. 9AM-6PM
 August 17,18,19 Tues., Wed., Thurs. 6-10PM

September 7,8,9 Tues., Wed., Thurs. 6-10PM
 September 15,16,17 Tues., Wed., Thurs. 6-10PM
 September 21,22,23 Tues., Wed., Thurs. 6-10PM

October 1-2 Friday 6-10PM, Sat. 9AM-6PM
 October 15-16 Friday 6-10PM, Sat. 9AM-6PM
 October 19,20,21 Tues., Wed., Thurs. 6-10PM
 October 26,27,28 Tues., Wed., Thurs. 6-10PM

November 2,3,4 Tues., Wed., Thurs. 6-10PM
 November 9,10,11 Tues., Wed., Thurs. 6-10PM
 November 16,17,18 Tues., Wed., Thurs. 6-10PM

December 7,8,9 Tues., Wed., Thurs. 6-10PM
 December 13,14,15 Mon., Tues., Wed. 6-10PM
 December 28,29,30 Tues., Wed., Thurs. 6-10PM

TFH-II

September 3-5 Friday 6-10PM, Sat. & Sun. 9AM-4PM
 October 5,7,12,14 Tues. & Thurs. Evenings, 6-10PM
 October 8-10 Friday 6-10PM, Sat. & Sun. 9AM-4PM
 November 5-7 Friday 6-10PM, Sat. & Sun. 9AM-4PM

TFH-III

October 22-24 Friday 6-10PM, Sat. & Sun. 9AM-4PM
 November 12-14 Friday 6-10PM, Sat. & Sun. 9AM-4PM

Proficiency Workshops (TFH-I, II, III Combined)

July 30-August 5 Friday 6-10PM, Sat. - Thurs. 9AM-5:30PM
 August 27-September 2 Friday 6-10PM, Sat. - Thurs. 9AM-5:30PM
 September 13-November 29 Monday Evenings 6-10PM
 September 24-30 Friday 6-10PM, Sat. - Thurs. 9AM-5:30PM

Instructor Training Workshops

August 28-September 5 Saturday 6-10PM, Sun.-Sun. 9AM-5:30PM (Florissant, MO)
 September 11-19 Saturday 6-10PM, Sun.-Sun. 9AM-5:30PM (Ontario, Canada)
 October 17-25 Sunday 6-10PM, Mon.-Mon. 9AM-5:30PM (Summit Sta. PA)
 November 27-December 5 Saturday 6-10PM, Sun.-Sun. 9AM-5:30PM (Pasadena, CA)

(Tentatively scheduled for October: Anchorage, Alaska, and No. Calif.)

Instructor Update Courses

August 20-22 Friday - Sunday 9AM-5:30PM
 September 10-12 Friday - Sunday 9AM-5:30PM
 November 19-21 Friday - Sunday 9AM-5:30PM
 December 10-12 Friday - Sunday 9AM-5:30PM

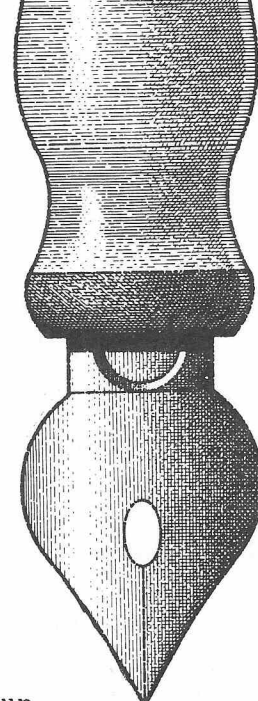
Chiropractic Assistants' Courses

August 9-14 Monday - Saturday 9AM-6PM (Los Angeles, CA)
 October 11-16 Monday - Saturday 9AM-6PM (New York, NY)
 (Doctors' Program Friday & Saturday of each workshop)

● ● "I am me! —
 ● ● But I've been granted —
 ● ● A strange, strange power —
 ● ● For I'm *enchanted*."



from the editor:



Hi! My name is Margo Dawn Bale, and I have just completed the Basic and ITW. I was at the Foundation volunteering my time when I became aware that an editor was needed. Presto, I got the job and was sent to San Diego for the TFH Worldwide Convention so I could learn more about TFH and its people. I loved it, and I love you.

I hope with my newly found love affair with TFH I can edit your letters and organize the material that you give to me, to produce a knowledgeable, intelligent and attractive publication.

The question was asked of me why and how articles get edited. To edit is to make the paper more of a group effort. Another reason is to set the political direction of the publication. This depends on our goals. As I see it, our goal as instructors is to teach others how to become responsible for their own health.

The purpose of this newsletter is to report on TFH and to serve as an exchange of ideas, experiences, wins, successes and new information in the field of Holistic Health. With your help this newsletter will accurately present this point of view.

I have set a tentative topic schedule for In Touch For Health. Please look it over to see if you have some tidbit or information that would help the newsletters.

September:	Our "Win" with TFH
October:	Children and Senior Citizens
November:	TOUCH FOR HEALTH TIMES-TFH Around the World
December:	JOURNAL - Paper of the Annual Meeting
January:	Teaching, Marketing, Promoting, and Advertising

COPY DEADLINES: The 1st of each preceding month
(exception: September)

Wishing you miracles,

MARGO DAWN

Touch for Health Worldwide

7th Annual Meeting — July 13-18, 1982

TAPES

TAPE NO.	LECTURE/SPEAKER
1THW82	"State of Foundation" — John F. Thie, D.C.
2THW82	"Opportunities" — John F. Thie, D.C.
	* RECERTIFICATION
3THW82 *	"What is TFH" - Brian Butler "Basic Balance" - Phillip Crockford
5THW82 *	"New 5 Element Chart" — Gordon Stokes "Basis of E.S.R." — Yoka Brouwer
6THW82	"Manifesting and Sharing Your Abundance"— Bob & Barbara Mac Mullen "Marketing, Promoting & Advertising TFH Classes"—Bill Cooper
9THW82	"A Look at Yourselves"—G. Bianconi, P.G. Bianconi, W. Topping
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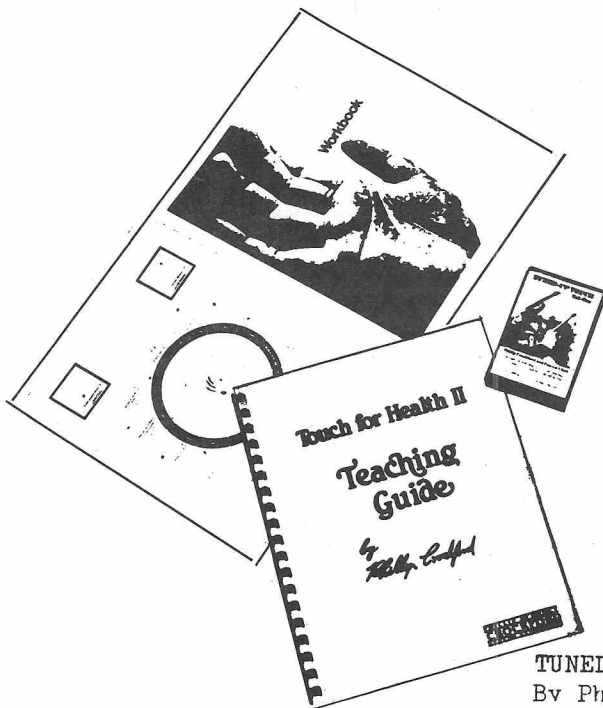
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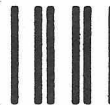
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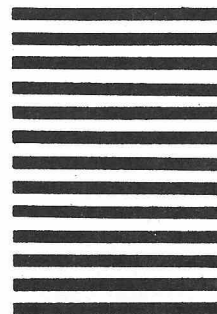
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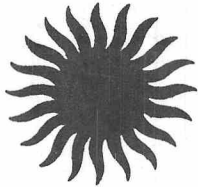
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