in TOUCH FOR HEALTH®

Issue One, 1989

The newsletter of the Touch For Health Foundation

Dewe It!

As most of you already know, Dr. Bruce Dewe M.D., from New Zealand will be touring the Northern Hemisphere with his new and dynamic applications of the Touch For Health synthesis. He brings with him the experience and training of the medical sciences in conjunction with his love for understanding human beings, and presents a package that will teach you how to balance clients better and with greater efficiency.

Bruce and his wife Joan use TFH synthesis in their own preventive medical practice in New Zealand. They have taught their program to well over 200 TFH Health Professionals. Their course, **Professional Health Provider Workshop I & II**, incorporates skills that are simple and safe. Beyond the applicability of the techniques learned in these workshops, the tools presented can have profound and life-transforming results for you and those with whom you share TFH.

Here at the Foundation we know of no better workshop to take for the advanced student of TFH. Dr. Dewe will present how to test and balance new muscles of the arms, hands, feet, neck, shoulders and spine. He will also present retrograde lymphatic, sustained muscle use, dural torque, pelvic corrections, contra lateral joint link and shock absorber corrections. In short, he brings medical science insight to alternative health practices and converts difficult concepts into easy, practical skills that enable you to achieve a greater level of clinical competence.

Schedule:
PHP I & PHP II
Pasadena, California
4/1-4/4 4/6-4/9
Las Vegas, Nevada
4/10-4/13 4/17-4/20
Toronto, Canada
5/1-5/4 5/6-5/9
St. Louis, Missouri
5/13-5/16 5/18-5/21
Annual Meeting
PHP III

If you can use any of these techniques - then we say DEWE IT! For no one can do it like the Dewes. Register for the **Professional Health Provider Workshop I, II & III** by contacting the Foundation at (818) 794-1181 or by mail.

The **Professional Health Provider Workshop I & II** will tour through the USA and Canada.

Annual Meeting

This edition of *In Touch* begins our focus on the Fourteenth International Annual Meeting in San Diego, California, USA.

As most of you already know, every year since our conception in 1974 the Touch For Health Foundation has held an International Annual Meeting. Here people from all over the world gather to share insights, inspiration, and laughter.

This year we're continuing the tradition and we want you to join us. Every year as our worldwide family gathers to share the latest in TFH concepts something magical happens-LOVE! As Drs. Victor and Hilda Pergament, TFH members from Brooklyn, New York so wonderfully stated from last year's meeting:

> *"Imagine 150 people from all parts of the world-all united by a common cause: to help bring and/or maintain good health to all people, including themselves. One hundred and fifty people filled with energy and love of life acting synergistically on one another. The halls of the University of San Diego overflowed with waves of vitality."*

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What's New ?

by Robert A. Aboulache'

As the editor of the *In Touch* I want to extend an invitation to you all. Since all of us are sharing Touch For Health synthesis with friends, family, clients, and yes, even ourselves - we all have stories to tell. Well, we'd like to hear them.

Of course, if we like your stories so would the rest of the world. And we're making you an offer you can't refuse - getting credit for your accomplishments and letting the world know it!

Would you like to be published in an international newsletter ? *Well, act upon it.* Write down what you're doing, learning and living - better yet, type it up and send it in - that's all you need to do. We will read everything, maybe "touch it up" and if we see it as relevant, thought provoking, and/or inspiring we will publish it for you. Yes, you can be a published author. "Cool, huh ?"

We're open to anything - almost. If it's a comic strip - great! If it's a poem - fabulous! If it's a personal transformation story - fantastic! We love successes, we love humor and most of all we love to hear of all the positive things that are happening worldwide - to you.

So, if you have something to share and would like to have others hear it (read it), then write us - right now!

Take a *write* turn.

From The Director

Barry Greenberg

As we all know, the underlying foundation's strength or weakness will ultimately determine the durability of the structure. The lasting impact and ongoing viability of the project can be best predicted by it's base. It matters little if it is an actual building or an eruditional concept, the base will determine longevity and application.

It is with the pride that I am sure we all share as Members of TFH that I can see our membership rolls continuing to expand. There are several areas of membership to consider.

Renewals - The consistency in this area has been remarkable. A "bravo" to all of you. This cohesive filament binding TFH'ers is our enduring base.

New Members - The constant addition of new members is vital to the vibrancy of TFH. New members bring with them new ideas and concepts. TFH must constantly be exploring new horizons. We can still find truth in the bromide, "new people bring new ideas." I ask all existing members to individually goal-set a new membership enthusiasm. Instructors should energetically suggest their students become members and share with us the rewards and benefits of the Touch For Health family. The physical, mental, and inspirational bonding through TFH togetherness will make all of our lives a more healthful and esthetic experience.

Supporting Members - We have in our ranks, whether they be basic members or instructors, a cadre of TFH'ers that enjoy the distinguished prefix SUPPORTING on their membership card. They have given and continue to give that extra "dollar" when they renew each year. We salute you. Surely all of you who are not yet of this rank will now consider adding your name to the list. The plus dollars, although welcomed by the Foundation, is not the only consideration. The esprit de corps, the expression of thanks, the openly saying "we-are-together" will invest the Foundation with even greater drive and energy than we already proudly have.

See you soon,

Barry

Dr. Thie

The Foundation is doing well; all our new staff members are working hard under the leadership of Barry Greenberg, our new Executive Director. We are adding staff for the necessary growth. New programs are coming along and more contact with the membership is being made. We will need to make some changes in the PIN program, as we use it we're finding things could be working better with some minor modifications. Pease help us with your input.

Hap and Elizabeth Barhydt have volunteered four months of full time work since the annual meeting and they were invaluable during this transition time. Thanks, Hap and Elizabeth.

The annual meeting this July will have a time for interaction between all the active teachers of TFH courses and others who are teaching other kinesiology courses. By being there personally or by sending in your comments, all of you will be part of the discussion about the new course materials that were introduced in the past two years as well as new course materials that are being developed. We would like to have feedback and questions about the courses as well as any other aspect of Touch For Health. It would be most helpful if we could have the feedback and questions before the meeting takes place, so that the conducting of the meeting would be done in a way that would give the most to those in attendance.

I would personally like to know your response to the new MAPS program. Have you attended a course? How was it for you? Do you feel that others would benefit from taking the course? Have you recommended it? Would you teach it yourself?

Dr. Bruce and Joan Dewe will be teaching new professional provider courses in several places prior to the annual meeting. We would like your response to these courses also, if you attend any of them. Do you intend to take further courses in this series? Would you like to be able to teach these courses?

Have you taught any short or long course that you feel should be part of the TFHF curriculum? Do you want to help introduce the material? Would you like the Foundation staff to further develop the information? We are all interested in helping people learn to have better health through touch. It is not that we don't believe in other methods - it's that we want touch to be our area of sharing.

1989 has all the signs of being the most exciting year we have had in a long time. The Board of Trustees, with all the new members, will be meeting in April, and more good things will come from this. People are applying for faculty status. If you feel you would like to be a TFHF faculty member for our new, exciting courses send in your resume and the reasons why you think you are qualified. I will be looking forward to seeing you in July at San Diego.

John F. Thie, D.C. President

Annual Meeting

CONTINUED FROM PAGE 1

This is something we all could use - a sense of community based on health and togetherness. This year's theme is "Health At Our Fingertips." We plan to explore the Touch For Health synthesis and how it relates to the "healer" as well as the "client". We will focus on our individual roles in living a healthier life on this planet.

Perhaps the most wonderful attribute of attending the Annual Meeting is the togetherness that is created. We realize that life is truly magical and that each of us has a unique gift to contribute. We make friends with people in all walks of life who are living a Holistic lifestyle.

This celebration of fellowship and information is an event you won't want to miss.

Enclosed you will find an application form for the Annual Meeting. We encourage you to take the time to fill it out now while it's still fresh on your mind. It will be a most memorable and nurturing experience. See you there!

Sign up today!

"PIN Head"

by Robert A. Aboulache'

"It's my way of keeping the thread of commu-nication alive within the fabric of TFH"

That's me, the one and only - PIN head. You ask, " why do they call me a PIN head?" "Well..." I answer, "..it's because of my needle ideas, y'know neat old ideas." OK, so what, I have a thin sense of humor - you can't blame a man for trying - can you?

For those of you who haven't figured it out yet, I am in charge of the PIN program here at the Foundation. If you don't know what PIN is, then hold on, I'm about to tell you.

PIN stands for the Professional Instructor Network. As PIN members we cooperate to develop, expand and assist each other in both the application of the TFH synthesis and the education of its concepts.

Let's get to the point, to be the PIN head, you need to be sharp. I have over ten years experience in planning, developing, coordinating, implementing and evaluating educational programs. I also have a Masters Degree in Clinical Holistic Health Education and Counseling - now that's sharp.

So, you will be getting information about PIN in every issue of *In Touch*. It's my way of keeping the thread of communication alive within the fabric of TFH. If you're a PIN instructor you'll love it - if you're not, well, we're sure you'd like to become one. After all, you'll get ideas about how to do what you do better, no matter what you do. Now, that's a <u>great</u> deal.

And, here's my first report - Oooo. We have developed promotional packages for each of the courses offered at TFH. This helps all our PINners be winners. They get a professional strategy plan of marketing their courses and presenting them in a successful and enlightening manner. Flyers have been sent to some, mailing lists to others, and all have responded with enthusiasm. And, there's more to come!

If you want to be a PINner then contact me - the PIN head. I'll work with you and fill you in on all the details to get you started. I'm telling you it's a program you can't be without. So, ... stick around!

"The answer to every question, the solution to every problem comes naturally and effortlessly when you are at peace - fearless, content and in the moment."

- AMRIT DESAI -

THE FELDENKRAIS TRAINING PROGRAM - 1989

The Institute for Movement Studies, under the direction of Dr. Frank Wildman, announces a Feldenkrais Professional Training Program to begin in July of 1989. This program, co-sponsored by John F. Kennedy University, will be held at a beautiful facility in the San Francisco Bay Area. ***Academic and continuing education credits may be available to participants under the advisement of Dr. Wildman. This training is fully accredited by the Feldenkrais Guild.***

"The body reflects the attitutes of the mind. Improve the function of the body and you must improve the function of the mind. The movements are nothing. They're an idiotic thing. What I'm after isn't flexible bodies but flexible minds."
Moshe Feldenkrais

The Feldenkrais Professional Training Program will instruct participants in the two branches of the Method: **Awareness Through Movement** techniques utilize verbal cues to direct the participant's attention through sequences of movement exploration. **Functional Integration** is the intensive hands-on technique used by the practitioner to promote and communicate changes and refined distinctions in another's body organization. Students will be exposed to a highly-experienced and preeminent team of trainers of the Feldenkrais Method throughout the program.

The Institute for Movement Studies is currently directing two of the most successful **Feldenkrais Professional Training Programs** in the world, both of which are sponsored by **universities** The Institute also teaches seminars to health professionals in hospitals and health care systems throughout the United States, Australia and New Zealand.

Educational Director: Frank Wildman, Ph.D.

The Institute for Movement Studies *also funds research in the fields of sensory-motor learning.*

Tuition: $3000 per year
Course site: San Rafael, located 15 minutes north of San Francisco
Housing: Dormitory facilities on site; off-campus housing available
Child care available

The Institute for Movement Studies offers four-day clinical applications courses in the Feldenkrais Method. For application and other information, please contact ***The Institute for Movement Studies****, 721 The Alameda, Berkeley, CA 94707 (415) 524-6558.*

Sign Up Today and Save !

Opportunity Knocks - Answer it.

Today we are being given an opportunity to better our world and the lives of those around us. This is literally a chance of a lifetime. The 14th International Annual Meeting will be a journey into the discovery of what we are and how we can heal ourselves and others.

We will explore **"Health At Our Fingertips."** Not only through the TFH synthesis that already exists, but through the *special* applications that encompass this years Annual Meeting.

There will be six days and five nights filled with courses, lectures and workshops that will help you in all of your daily activities. It will help you do what you do better.

In addition, for those of you who have traveled a long distance to California, we have arranged advanced TFH courses the week before and after the Annual Meeting.

Join us at the 14th International Annual Meeting, it will truly be an opportunity of a lifetime.

□

Annual Meeting Highlights

Dr. John F. Thie

Dr. Thie, Founder and President of Touch for Health, is well known for inspiring people on their path of optimum wellness. He alone is worth the price of the Annual Meeting.

Dr. Bruce Dewe

International faculty member, Bruce Dewe, M.D., will share with us his new applications of the TFH synthesis. His program, the Professional Health Provider Workshops are destined to bring new successes to the world of Touch Healing. The series is for the advanced student of Touch for Health.

Dr. Sheldon Deal

President of the International Board of Examiners for the International College of Applied Kinesiology and Vice President of the TFH Foundation, will bring us the latest developments in the applicability of TFH.

Business Breaks

Richard Harnack, M. Rel., is presenting a TFH package designed for the working man and woman. Whether you're an executive or work on an assembly line, Business Breaks will give you the tools necessary to help yourself. And, for those of you who wish to teach this course, certification will be available.

Tea In The Garden

What could be better than a garden tea party in the California sun to start off a week of healing energy? In this unstructured setting you will renew old friendships and create new ones.

Sunset Cruise

Imagine sailing through a California sunset: the joy, the beauty, and the warmth of a summer evening. This is all part of the Annual Meeting - a time for growing and enjoying, so climb aboard.

Saturday Night Live

Every joke has a little bit of truth to it, well hang on because Saturday Night Live will be an evening filled with laughs and learnings. So, Heeere's... Johnny (Thie, that is).

Banquet

We are planning a banquet so that we may gather together and share good food and good times with good people from around the world. This evening will fill you with satisfaction.

And much, much more!

We will have a wealth of workshops highlighting holistic health practices, yoga exercises in the mornings, and freetime to make friends and have fun in the California sun.

ANNUAL MEETING

University of San Diego

Registration Form

Name _____ Name (if couple) _____

Address _____ Address _____

City _____ State/Prov. _____ City _____ State/Prov. _____

Country _____ Zip/Post code _____ Country _____ Zip/Post code _____

Membership # _____ Telephone _____ Membership # _____ Telephone _____

REGISTRATION FEE: A non-refundable deposit of **$100.00** before May 15, 1989 reserves the discounted price.

Registration fee sent *before* May 15 ☐ $225.00 (U.S.) per person, *after* May 15 ☐ $295.00 (U.S.) per person

Weekend rate *before* May 15 (3 days) ☐ $195.00 (U.S.) per person, *after* May 15 ☐ $235.00 (U.S.) per person

ROOM & BOARD: Room rates include 3 meals per day.

☐ $50.00 a night per person (double occupancy) ☐ $60.00 a night single occupancy

☐ *We* would like a double room ☐ *I* would like to share a room ☐ *I* would like a single room

Please try to place me with _____ whose telephone # is _____

COMMUTER FEES: Does not include meals.

☐ $15.00 a day per person

I (we) will be staying these **nights** (enter *N* in dates below), or commuting these **days** (enter *C* in dates below).

TUES	WED	THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN	MON
4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24

Room & Board is ☐ $50.00 ☐ $60.00 x _____ (indicate # of nights) = $ _____

or Commuter fee is ($15 per person per day) x _____ (indicate # of days) = $ _____

COURSE TUITION: Includes all course materials.

		Single	Couple	
Facilitator Program July 5-9, 1989	Regular	☐ $465	☐ $ 750	$ _____
	by May 15	☐ $395	☐ $ 695	
Kinetic Education Instructor Training July 17-23, 1989	Regular	☐ $785	☐ $1250	$ _____
	by May 15	☐ $695	☐ $1195	
Professional Health Provider Workshop III July 6-9, 1989	Regular	☐ $400	☐ $ 800	$ _____
Professional Health Provider Workshop I July 16-19, 1989	Regular	☐ $400	☐ $ 800	$ _____
			Total Tuition	$ _____

Included in your registration fee are the following TFH courses:

- Business Breaks
- MAPS Update
- Kinetic Education Consultant Training
- And the many program speakers from all over the world sharing Touch Healing with you.
- Basic TFH updates
- At least one Bruce Dewe mini-workshop

TOTAL CONFERENCE FEE

☐ Check ☐ Money order
☐ Visa ☐ M/C

Signature _____ exp. date _____

Amount Enclosed or Authorized

Amount Remaining

TRILATERAL INTEGRATION (PART 2)

by
Elizabeth and Hap Barhydt

In Part 1, published in the preceding issue of *In Touch,* we compared Unilateral, Bilateral, and Trilateral states of brain integration and showed how to muscle test for these three states of integration and how to repattern for Trilateral integration with the Five Finger Quick Fix, using the brain, earth, and space buttons. In Part 2 we will show how to do additional muscle testing to illustrate how Trilateral integration works.

When a person is not in a Trilateral state of integration, a balanced indicator muscle will unlock when they touch their body with five fingers. The directions that are out of balance can be checked by using the same points used for the Five Finger Quick Fix:

Right-left: **both K27s**
(upper ends of kidney meridians brain buttons)
Up-down: **lower lip**
(upper end of central meridian earth button)
Front-back: **upper lip**
(upper end of governing meridian space button)

The testee holds five fingers against their body while the testor touches the points listed above and retests the indicator muscle. Those directions for which the indicator muscle relocks are out of balance. (Remember in kinesiology two unlocks equals a lock; the body energy system uses binary counting.)

In the case of a person that tests strong on homolateral and weak on cross crawl, muscle testing will also show that right-left electromagnetic switching is out of balance. Probably up-down and/or front-back electromagnetic switching will also be out of balance.

A person in a Trilateral state of integration will usually muscle test strong after both cross-crawl and homolateral exercise

If the testee tests strong to cross crawl and weak to homolateral crawl, the testee is in a Bilateral state of integration. You will find that the testee will still test weak when their body is touched with five fingers, checking for overall electromagnetic balance and Trilateral integration. Their test muscle will remain unlocked when the testor touches the two K27s, showing that right-left balance has been corrected (in kinesiology one unlock plus one lock equals an unlock, binary counting again). Their test muscle will relock when the testor touches the lower lip and/or the upper lip, showing that the testee is still out of balance in the up-down and/or front-back directions. (If you don't get this result, the indicator muscle is out of balance, possibly becoming overenergy or "frozen".)

After doing the Five Finger Quick Fix to balance electromagnetics and to integrate the brain in all three directions, the testee will be in a Trilateral state of integration and will muscle test strong to the Five Finger Test. The person will also usually muscle test strong after both cross crawl and homolateral exercise. The few people we have found who still muscle test weak after homolateral exercise have proven to be out of balance in the lower back or pelvic area. This can be corrected by chiropractic techniques or by muscle balancing. After making the appropriate corrections, these people have also all muscle tested strong after both cross crawl and homolateral exercise.

Remember: It is important to use a balanced indicator muscle when doing these tests. If an overenergy (i.e., "frozen") muscle is used, the testee will test strong after both homolateral and crosscrawl exercise regardless of their state of brain integration.

Another interesting test that can be used to illustrate this point is the Right-Left Brain Integration Test. In this test two balanced indi-

CONTINUED ON NEXT PAGE

TRILATERAL INTEGRATION (CONT.)

cator muscles on opposite sides of the body are used, usually the deltoids. In this case the testee holds both arms out to the side horizontally with the palms facing down. The testor presses simultaneously on both arms just above the wrist while the testee counts by twos or does some other activity that activates the linear-logic-language brain hemisphere. Then the testor repeats the test while the testee activates the spatial-visual-integration hemisphere by visualizing a colorful rainbow. (Often humming a single note is used for this, but with some people this activates the linear-logic-language brain hemisphere.)

When the brain is in Trilateral integration, both arms will test strong. If one or the other arms test weak, one or more directions of electromagnetic balance and brain integration are out of balance. The usual interpretation is that the arm that tests weak is on the opposite side from the brain hemisphere that is switching off. Thus we would normally expect that the left arm would switch off while counting by twos and the right arm would switch off while visualizing a colorful rainbow.

However there is a significant minority of people that test in the opposite way so that the brain hemispheres are apparently on the "wrong" side. This has been called "transposed hemispheres". It is important to understand that this is a deeper level switching phenomenon and not an actual physical transposition of the brain hemisphere functions. Whenever this has occurred we have found that the right-left brain control circuit is out of balance and that balancing the right-left circuit only, leaving the up-down and front-back brain control circuits in their present state of balance, corrects this anomaly. The right-left integration is accomplished by rubbing the K27s (brain buttons) with one hand while touching around the navel with the five fingers of the other hand.

Elizabeth Barhydt has a B.A. in psychology and "Hap" Barhydt has a PhD in engineering physics. They have been working with Touch for Health and other related disciplines since 1981. Both Hap and Elizabeth have integrated TFH in their private practice. TFH is proud of their efforts.

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The purpose of the Touch For Health Publication is to disseminate information on research, methodology, results, and teaching of self-development programs in health enhancement, both mental and physical. Further, the newsletter is a forum to provide up-to-date information on programs, seminars, and activities of the Foundation and its members.

The Touch For Health Foundation is a tax-exempt, non-profit educational corporation. Publications of the Foundation include the Curriculum Catalogue and "In Touch For Health," (sent to all members). Members also receive the "Touch For Health Journal" of comprehensive research papers and training information and applications. The Journal is published in July of every year.

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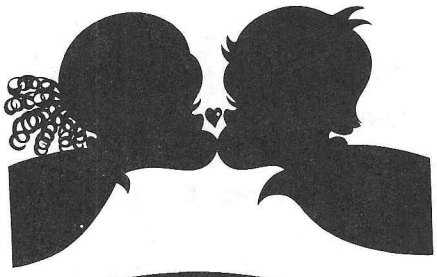
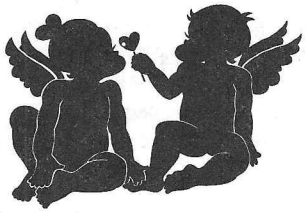


Making Contact

I believe the greatest gift
I can conceive of having from
anyone is to be seen by them,
heard by them, to be understood
and touched by them.
The greatest gift I can give is to see,
hear, understand and to touch
another person.
When this is done I feel
contact has been made.

-Virginia Satir-



MAPS Around the World

John Varun Maguire

MAPS made another appearance this Fall in Hawaii following the first stop at the Ironman Triathlon in Kona. Paula Johnson, a TFH instructor who attended the MAPS certification program at the '88 Annual Meeting, had an exciting time working with athletes at the Ultraman competition in November on the Big Island.

The Ultraman is the ultimate challenge of endurance. The three day race begins with a six mile ocean swim followed by cycling 270 miles around the island. The grueling race concludes with a 52 mile run.

Paula worked with athletes during the bike-to-run transition as well as during the run, getting great results using neurolymphatic points on muscles that were sore. Several of the 50 triathletes who raced got a chance to work with Paula. They were amazed with the results of the quick tune-up and wanted to know more. Great job, Paula!

Mary Gooch, a TFH instructor from England, took MAPS to Scotland to balance athletes who ran in the annual race up and down the country's tallest mountain (in near blizzard conditions). Mary and MAPS got a warm response from the athletes, who had her teach a course while she was there so that they could make MAPS part of their training routine. Way to go, Mary!

Calling All TFH Fitness Enthusiasts

We need you in Paradise! MAPS is traveling to the America's Paradise Triathlon on St. Croix in the Virgin Islands. We will be at the pre-race expo on April 20 - 22 where 700 triathletes will get a chance to experience the power of MAPS. You can be part of the action and make a big difference in the athletes' performance by joining the fitness team on this beautiful tropical island.

A week of sports fun with many other events including snorkling, sailing, windsurfing, beach volleyball and tennis can be enjoyed on each of the U.S. Virgin Islands: St. Croix, St. Thomas, and St. John. Dionne Warwick and Motown musicians will be there to provide the music and dancing.

We will be working with Triathlete of the Year, Mike Pigg, who will have the opportunity on April 23 to break his previous course record of 4:07:14.

If you would like to experience the flavor of the West Indies while working with some of the top endurance athletes in the world, contact us at the Foundation.

New MAPS Manual

The new, expanded MAPS Manual is now available. It contains new information on nutrition, including guidelines on how to discover a diet that gives you maximum performance and energy, how to do carbo-loading and how to replace your glycogen stores. You will also find a section on stretching, how to balance for higher levels of stress and a chapter on *Strategies for Excellence:* what to do before, during, and after training or an event to produce winning results. To order a copy contact T.H.Enterprises. (see page 12)

If you have a win using or teaching MAPS techniques, please let us know so that we can share it with everyone in the next *In Touch.*

MAPS got a warm response from the athletes, they had Mary teach a course while she was there so that they could make MAPS part of their training routine.

IN TOUCH FOR HEALTH

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NEW EDITIONS FROM THENTERPRISES

MAPS: *Maximum Athletic Performance System* (Workshop Manual) - $10.95

by John Varun Maguire - Touch For Health Foundation

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