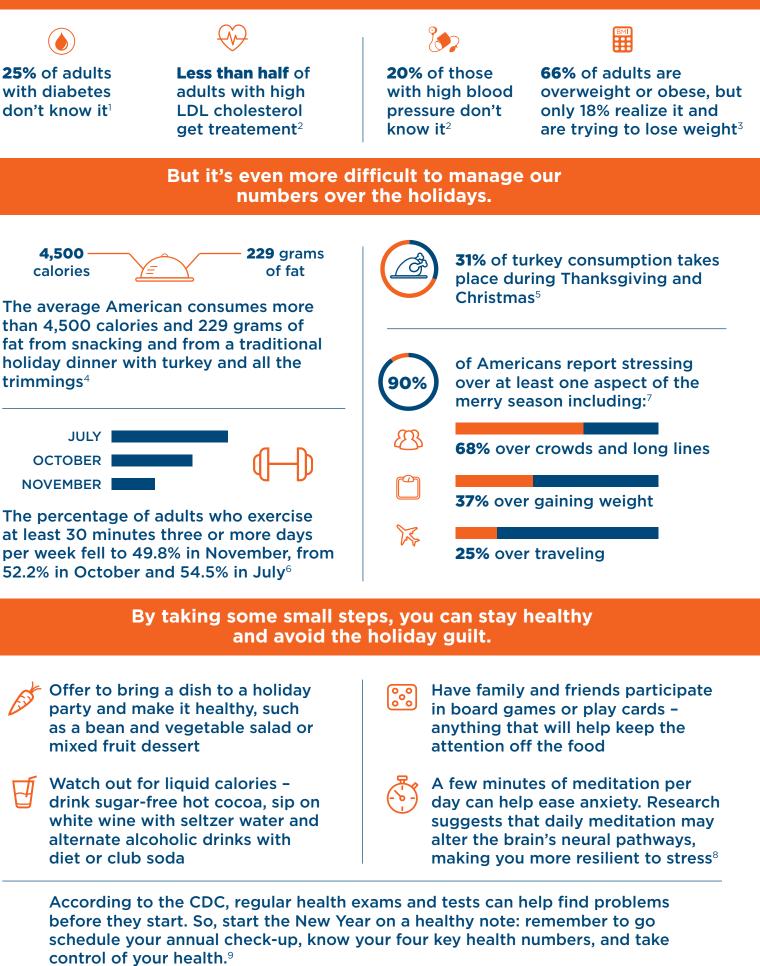
Holiday SURVIVAL GUIDE

We all struggle with our health and managing our four key health numbers all year long.



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