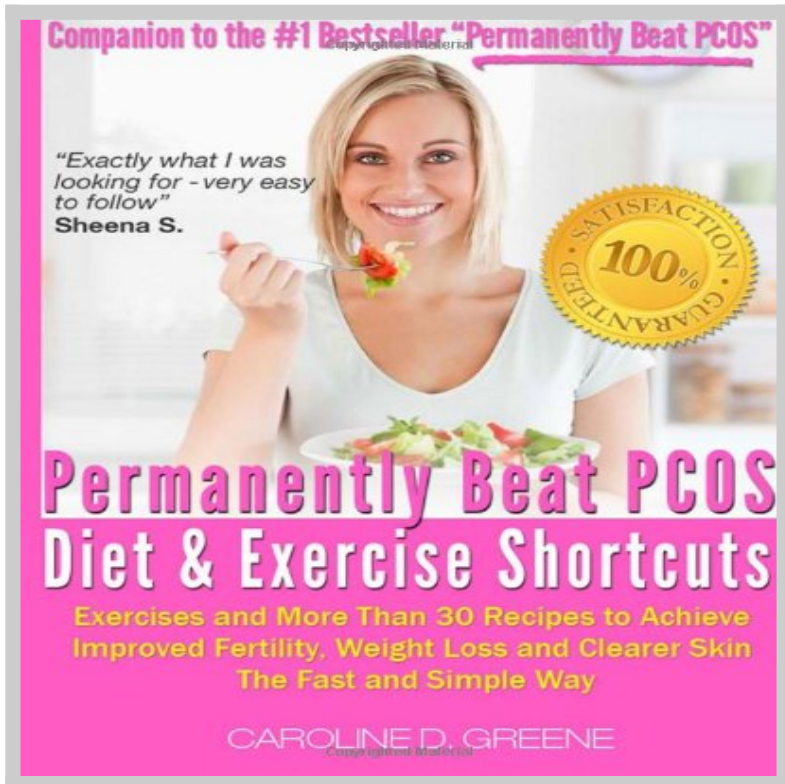


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- What you're not eating that you should be (and what you are eating but

shouldn't be)

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