

**Here are the exercises to pick from. You can do the minimum 10 minutes a day, or add to your workout if you want to progress faster.**

- **Rock and Roll**
- **Intercostal Stretch**
- **Seated Spinal Twist (floor and chair)**
- **Diaphragm Extensions (differing weights)**
- **Inhale Maximizations**
- **Exhale Maximizations**
- **Posture: Shoulders and Neck**
- **Exhale Pulsations**
- **Exhale Pulsations Leaning Over**
- **Balloons**
- **V-back Extensions**
- **Sequence: Sit, All Fours, Stand**
- **Standing Rock and Roll**
- **Keeping Shoulders Still**
- **Meditation 10 mins**

#### **EXAMPLE 1**

I'm a paradoxical breather, so just keeping my belly going in the right direction is what I am focusing on the first few days until it becomes more natural.

1. Very Beginner Meditation (not two-part inhale).
2. Rock and Roll: I remind myself to take Lower-Body Horizontal breaths throughout the day. (Watch myself in the mirror when I get confused).
3. Diaphragm Extensions and Cat-Cow in the am and pm.

#### **EXAMPLE 2**

I do my own meditation practice separately, so I do my breathing exercises from this book for the whole 10 minutes a day. The second week I wanted to push myself, so I went to 15 minutes twice a day. My breathing workout looks like this:

1. Stretching (Intercostal and Twists) and Inhale Maximizations (airpacking).
2. Exhale Pulsations (4 sets of 50) and Balloon Blows (10 balloons in a row, four times).

#### **EXAMPLE 3**

I know I have to work on my exhale, and I don't really look at how long I am taking; I just use the time I have at my lunch break. I do:

1. Diaphragm Extensions: I focus on letting the weight drop into my body as much as I can. (To get a reference point for where my exhale could be when I sit up.) I turn over and do Cat-Cow and really focus on Cat and "scooping out" my abs (even though it doesn't look like it, but I can feel it).
2. Exhale Pulsations: I do these slowly, so that I do them right. 15 repetitions, 4-5 times a day.

3. Exhale Maximizations: On the lean back of Rock and Roll I make sure I really empty out. I also keep taking my VLC and focusing on narrowing my body as much as I can.

#### **EXAMPLE 4**

I like the sequence of going from lying down to sitting up to standing, so I just do that once or twice. Then, if I have time, I add Exhale Pulsations when I am leaning over my desk. I'll do a Seated Spinal Twist in my chair once a day, and even that has helped tremendously.

#### **EXAMPLE 5**

I do my exercises depending on what I need.

In the morning I start with twists in bed, then do Exhale Pulsations to wake up before I eat anything. I do Rock and Roll every hour on the hour just to make sure I haven't fallen into bad habits of holding my breath, and if I have, I can reboot with some big breaths. When I get irritated, I do Exhale Pulsations, then follow with a breath count. I do my meditation at night, followed by a bunch of breaths with a weight on my belly to a really slow count in order to fall asleep. It works.

#### **EXAMPLE 6**

While I "got" the Lower-Body Breath pretty quickly, my breathing muscles were really weak.

#### **WEEK ONE**

I did very few reps but I did them several times a day. Intercostal Stretches and Spinal Twists (very difficult). Rock and Roll (hard to keep the hips moving). Cat-Cow, which helps do Rock and Roll correctly. My lower back hurt a little at the beginning, but not any more, especially since I do V-back openers at least twice randomly throughout the day.

Exhale Pulsations: 10, twice a day (I had to make sure I was doing them right, because I'd end up doing the exact opposite of what I was supposed to be doing if I didn't pay attention).

I wasn't able to do the slow breath count because my breath wouldn't "make it."

#### **WEEK TWO**

I was able to push myself and do significantly more. I went up to 20 Exhale Pulsations at the beginning of the week, then 25 by the end! Then I added the meditation. By the end of the week I could do the Slow Breath Count.

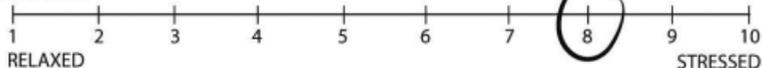
#### **EXAMPLE 7: ADVANCED**

As an athlete I really wanted to push myself, so I did the two-part breath for 10 minutes straight before letting myself relax. I did 150 Exhale Pulsations four times a day. I was able to do the Slow Breath Count, which felt like meditating a bit too. I blew up balloons, really focusing on not using my shoulders at all. I was able to do 45 balloons straight the first week, then double by the second. My shoulders have always been internally rotated; I've been working to soften and stretch my upper pecs and sit correctly.

# Establish Your Baseline

Date: \_\_\_\_\_

1. **Stress Level:**



2. **Pain Level:**



3. **Energy Level:**



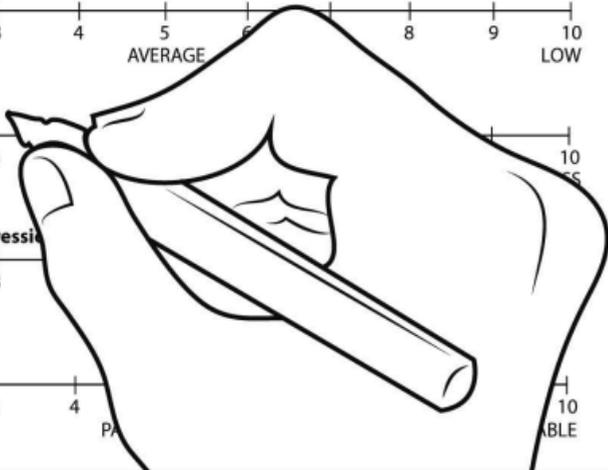
4. **Sleep:**



5. **Mood (Anxiety or Depression)**



6. **Cravings:**



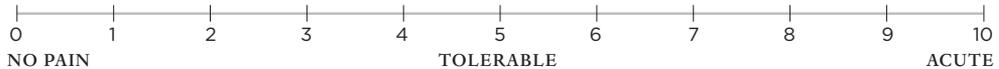
## Establish Your Baseline

DATE: \_\_\_\_\_

### 1. Stress Level:



### 2. Pain Level:



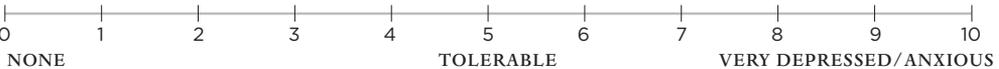
### 3. Energy Level:



### 4. Sleep:



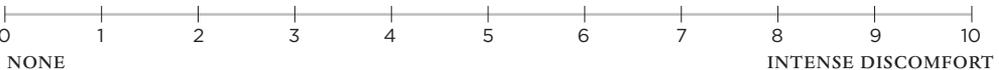
### 5. Mood (Anxiety or Depression):



### 6. Cravings:



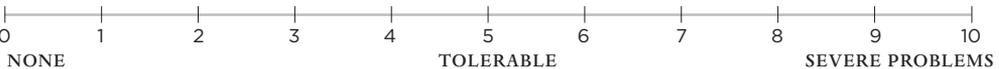
### 7. Neck and Shoulder Stiness/Discomfort:



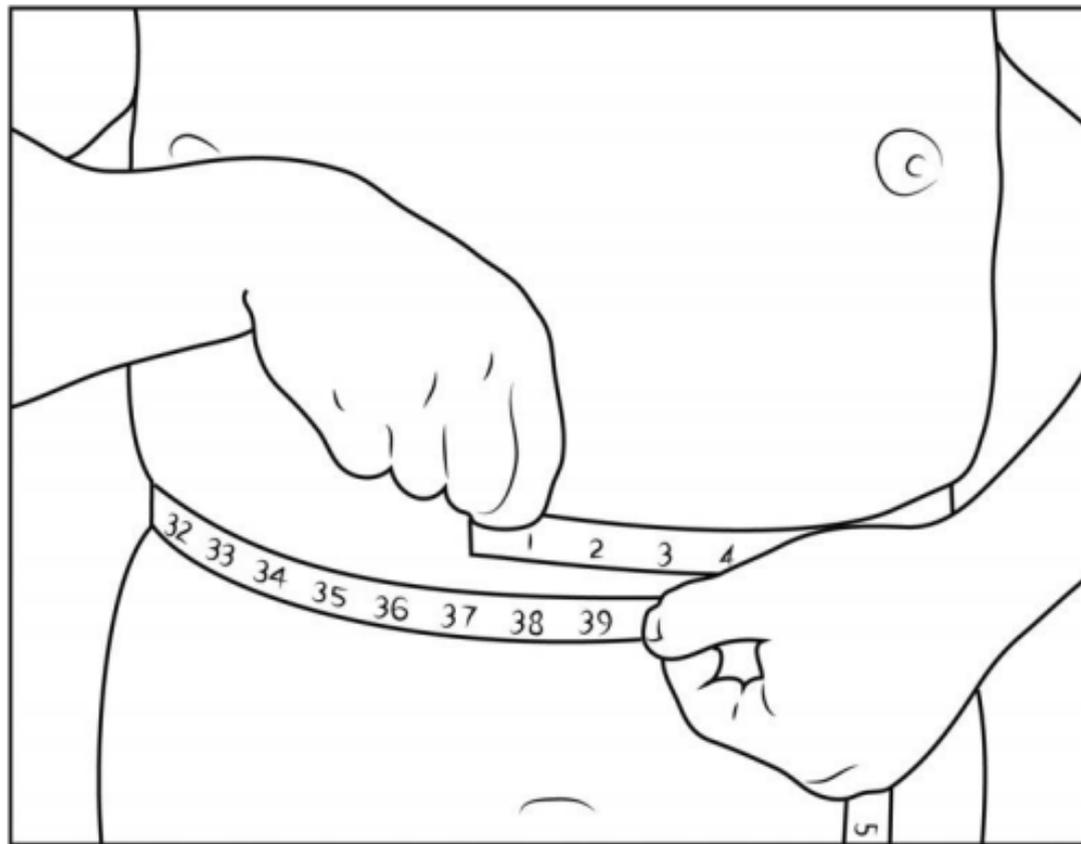
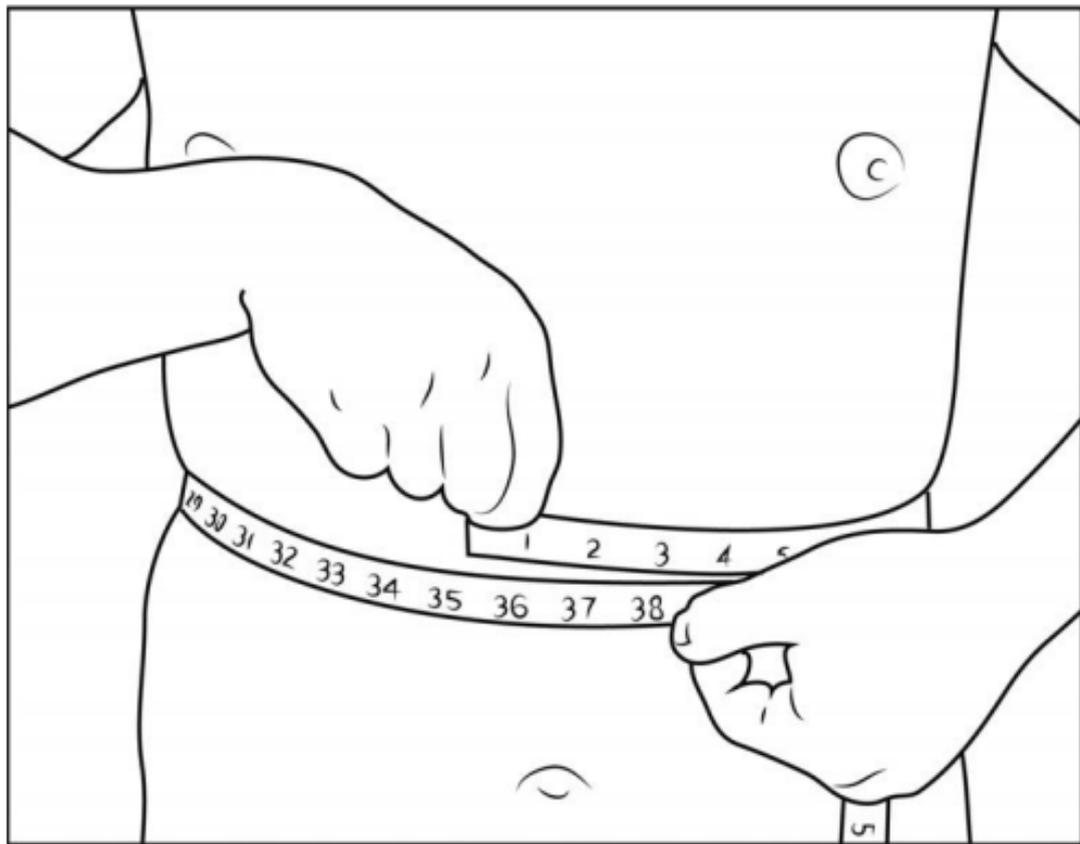
### 8. Mental Clarity and Memory:



### 9. Problems with Digestion (constipation, irritable bowel, acid reux, etc.):



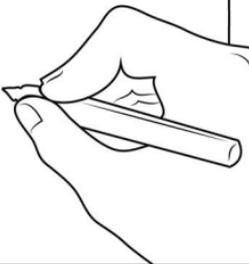
### 10: Endurance (self-determined measure):



VITAL LUNG CAPACITY

INHALE 37  
EXHALE  $\frac{-35}{2}$

EXHALE  $\frac{2}{3.5}$



VITAL LUNG CAPACITY

INHALE 37  
EXHALE  $\frac{-35}{2}$

EXHALE  $\frac{2}{3.5}$



EXHALE  $\frac{2}{3.5} = 0.57$

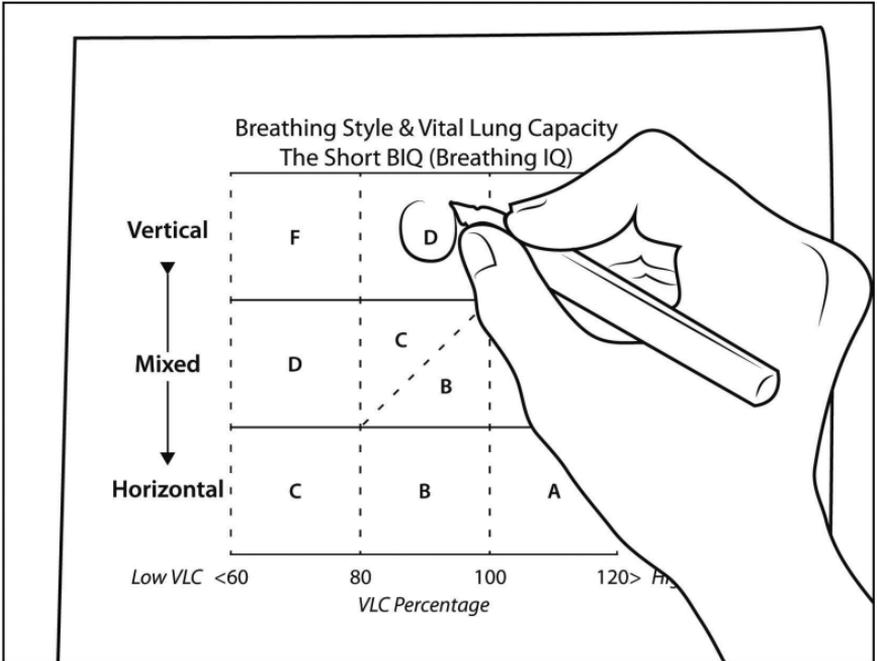
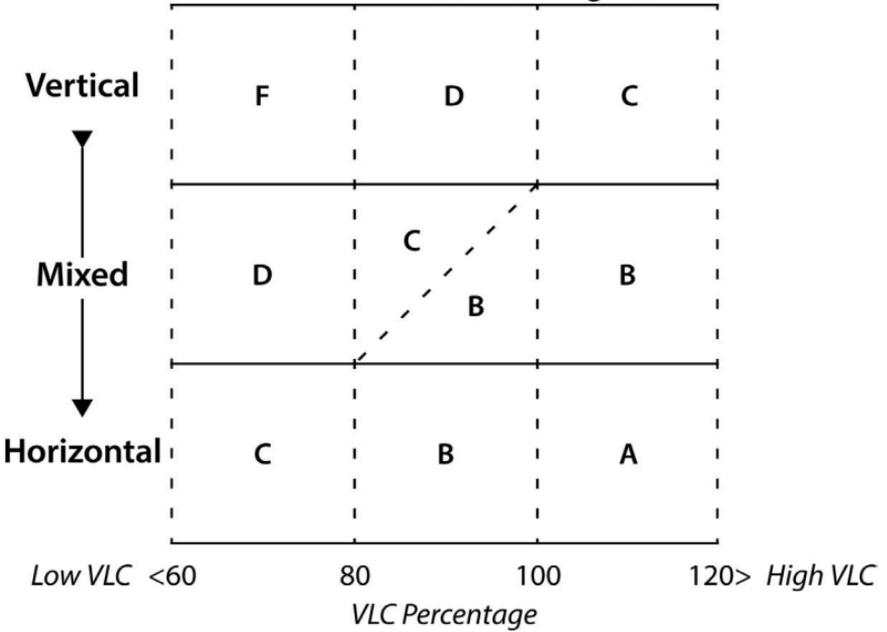
57%

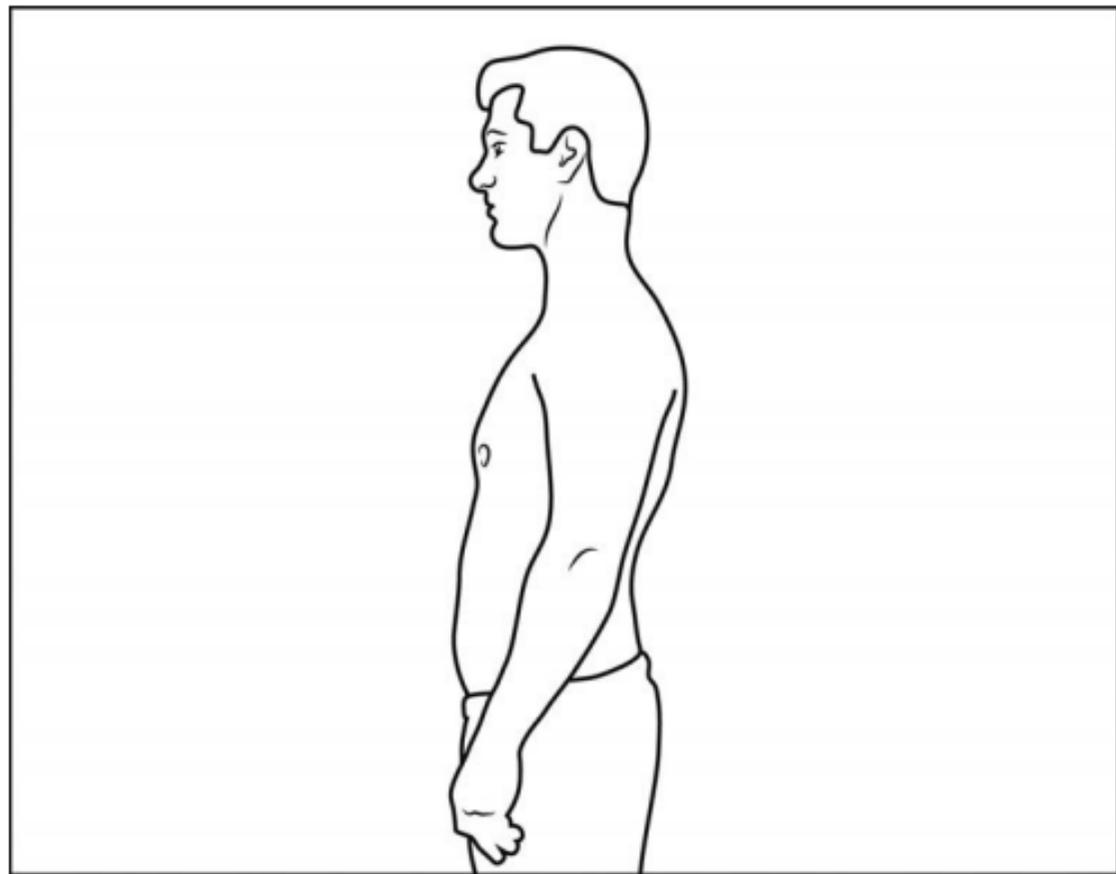
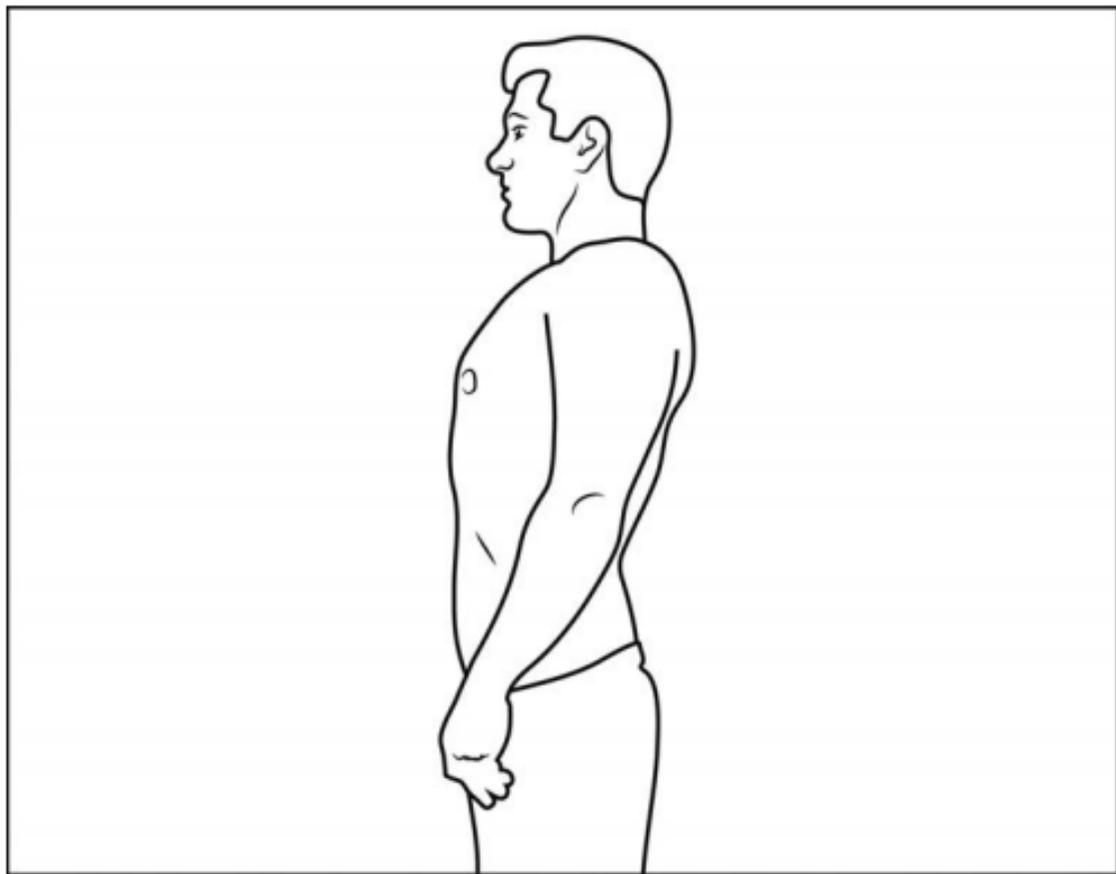
VITAL LUNG CAPACITY = 57%

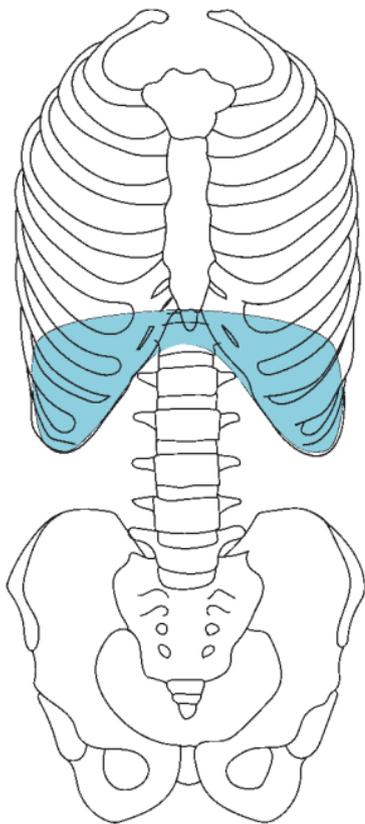
LOW



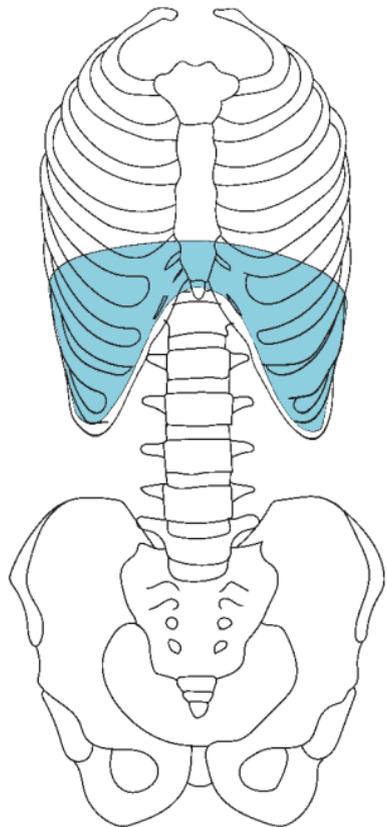
# Breathing Style & Vital Lung Capacity The Short BIQ (Breathing IQ)



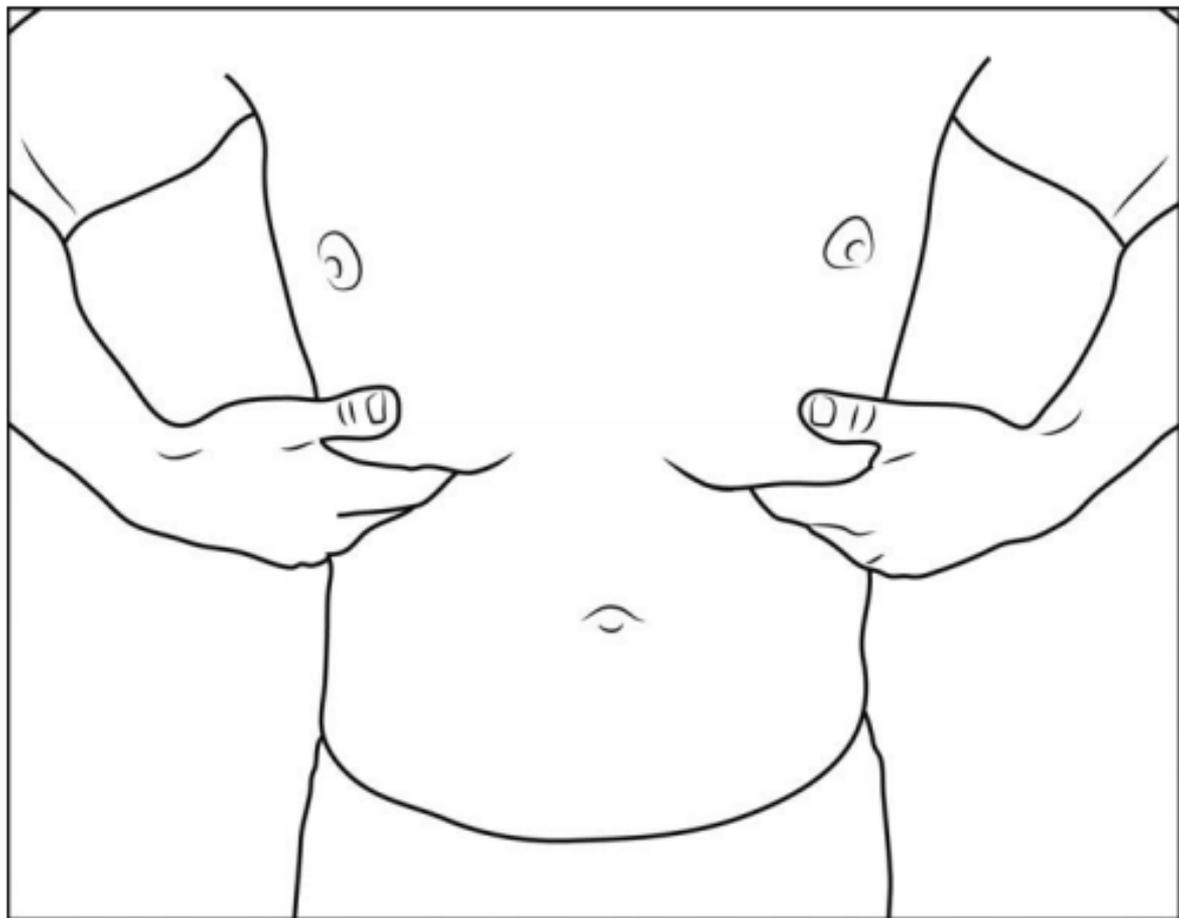


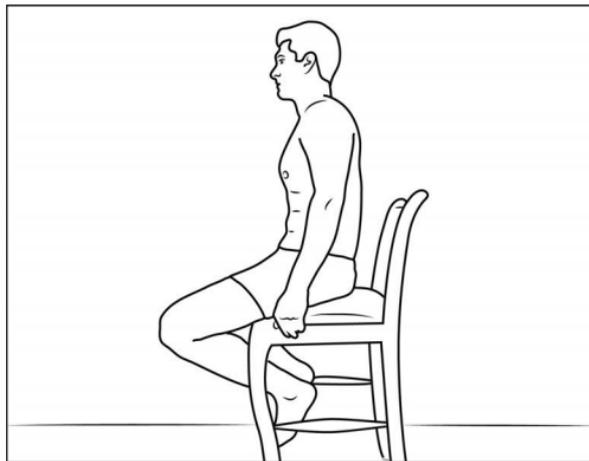
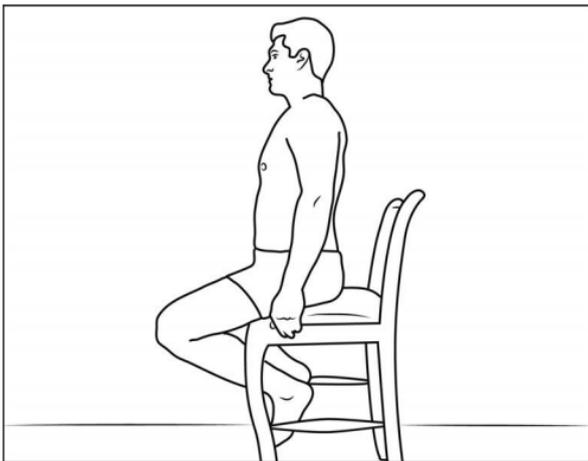
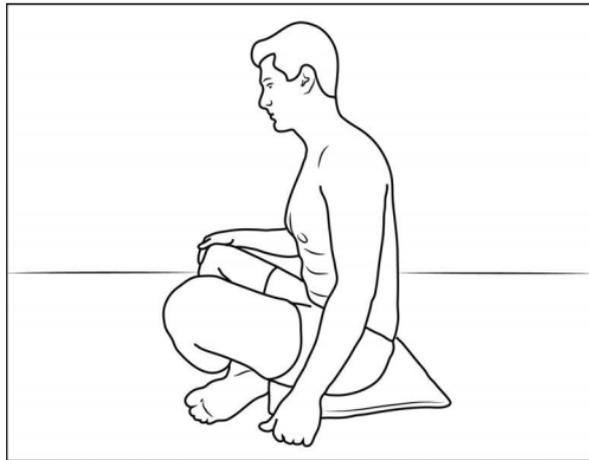
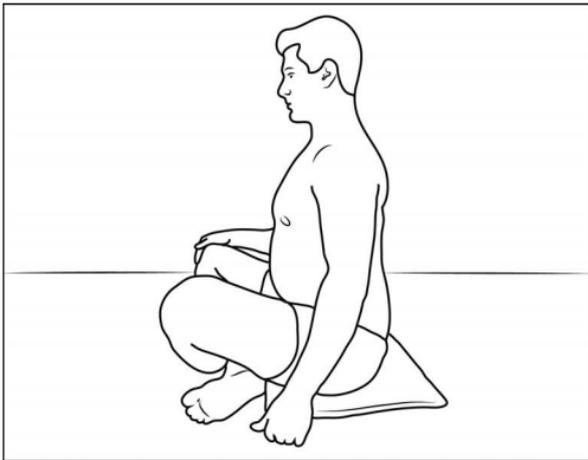


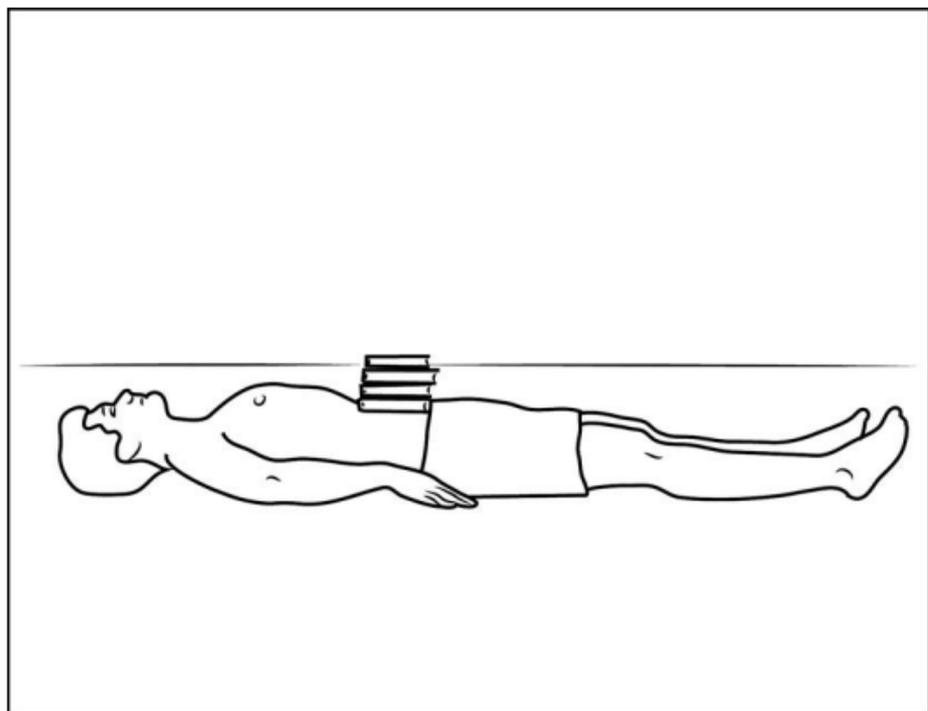
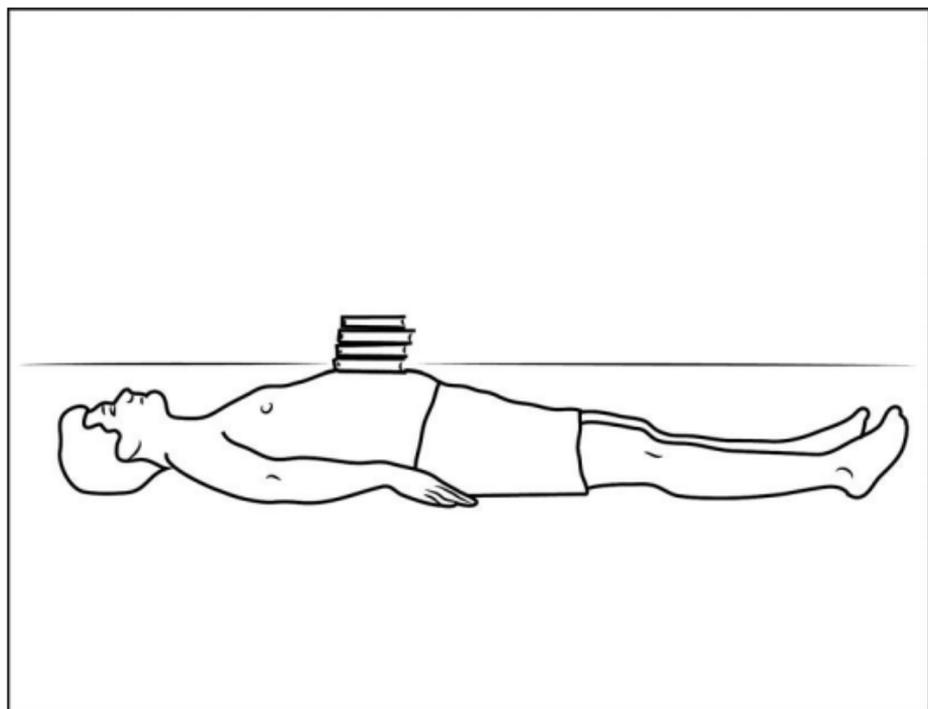
**Figure 1**  
**Inhale**

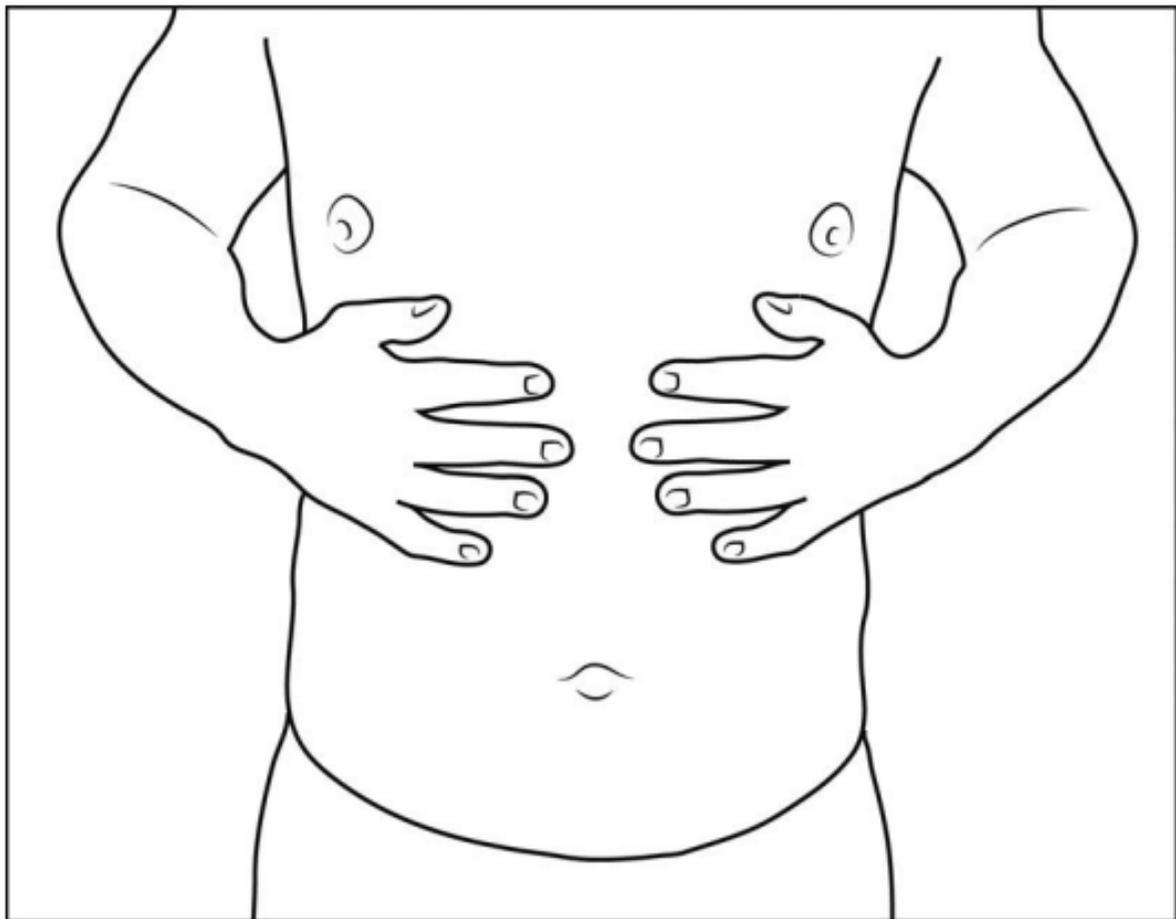


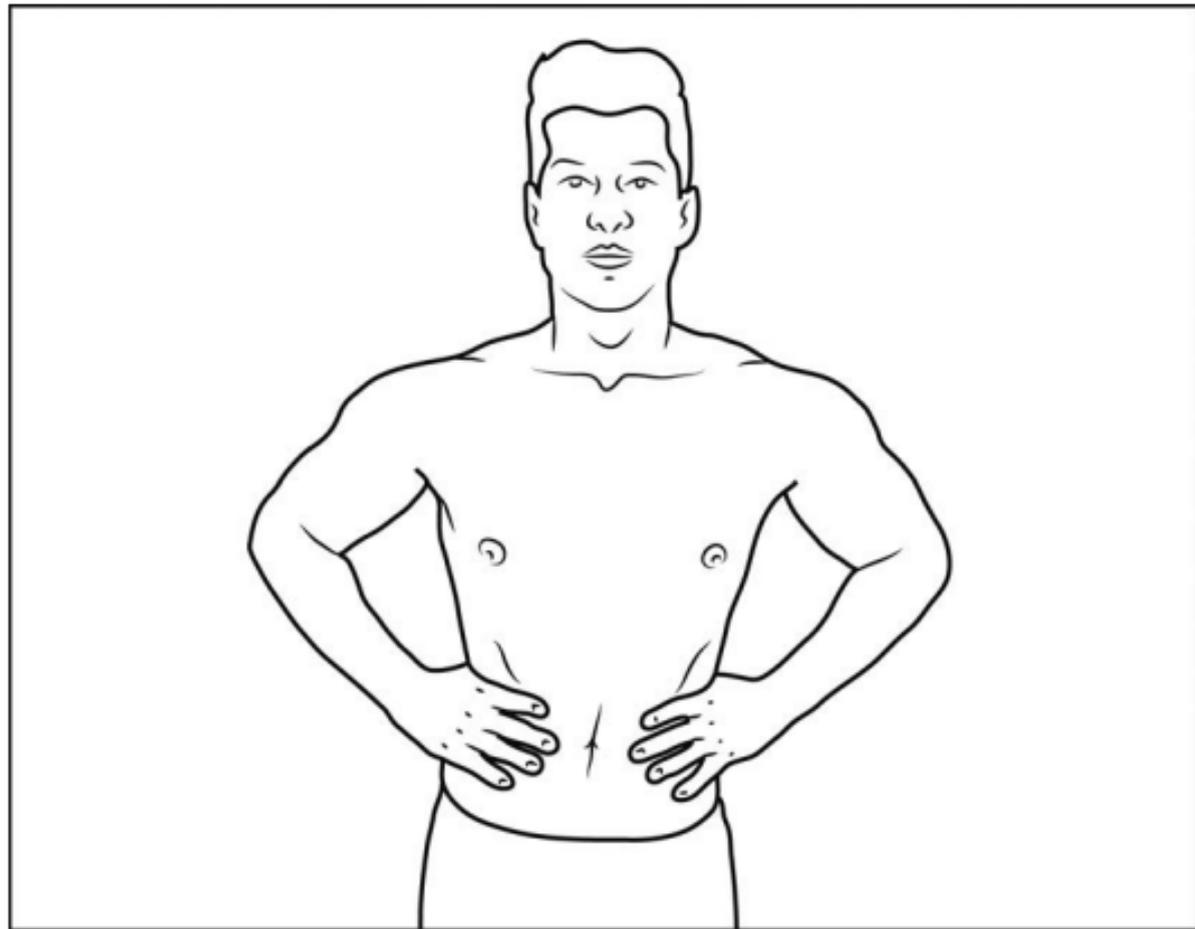
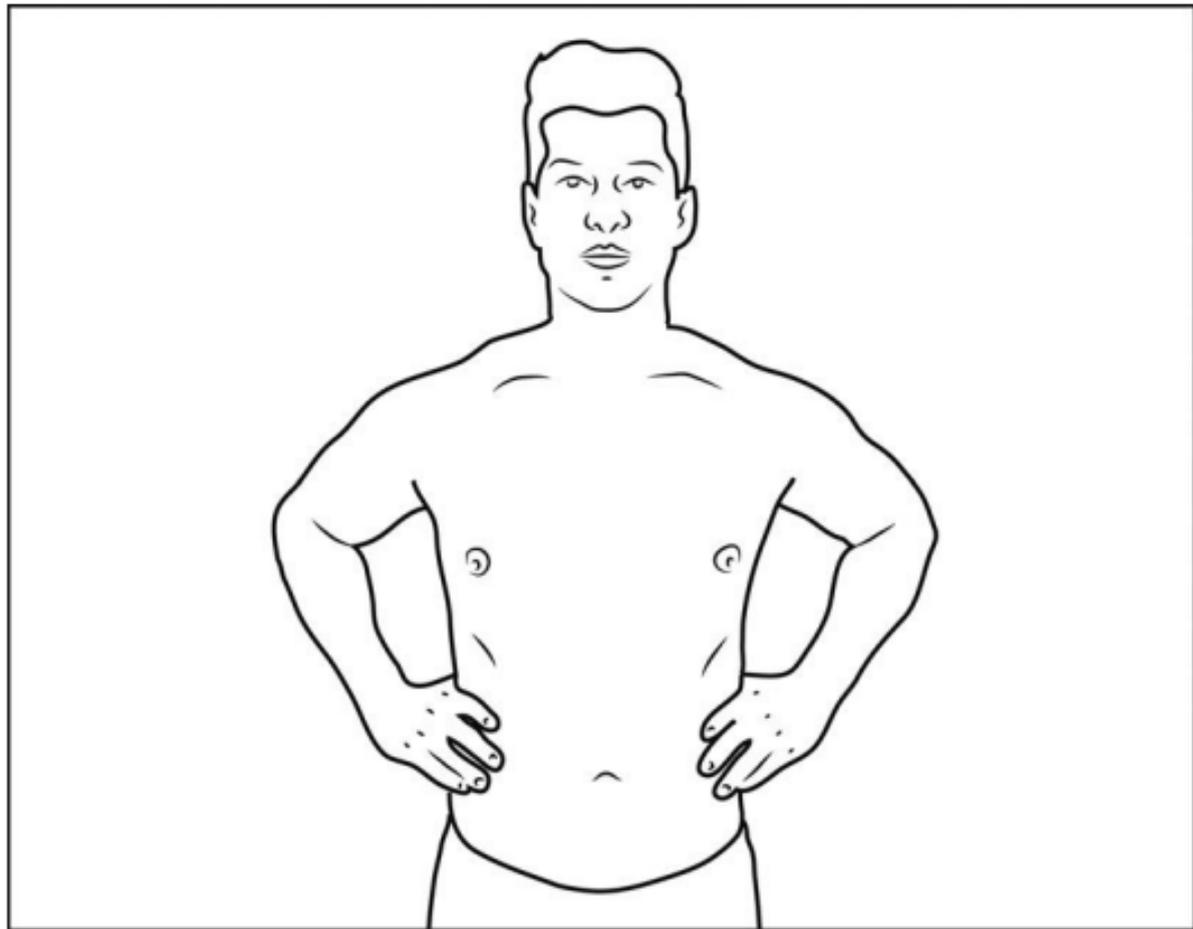
**Figure 2**  
**Exhale**

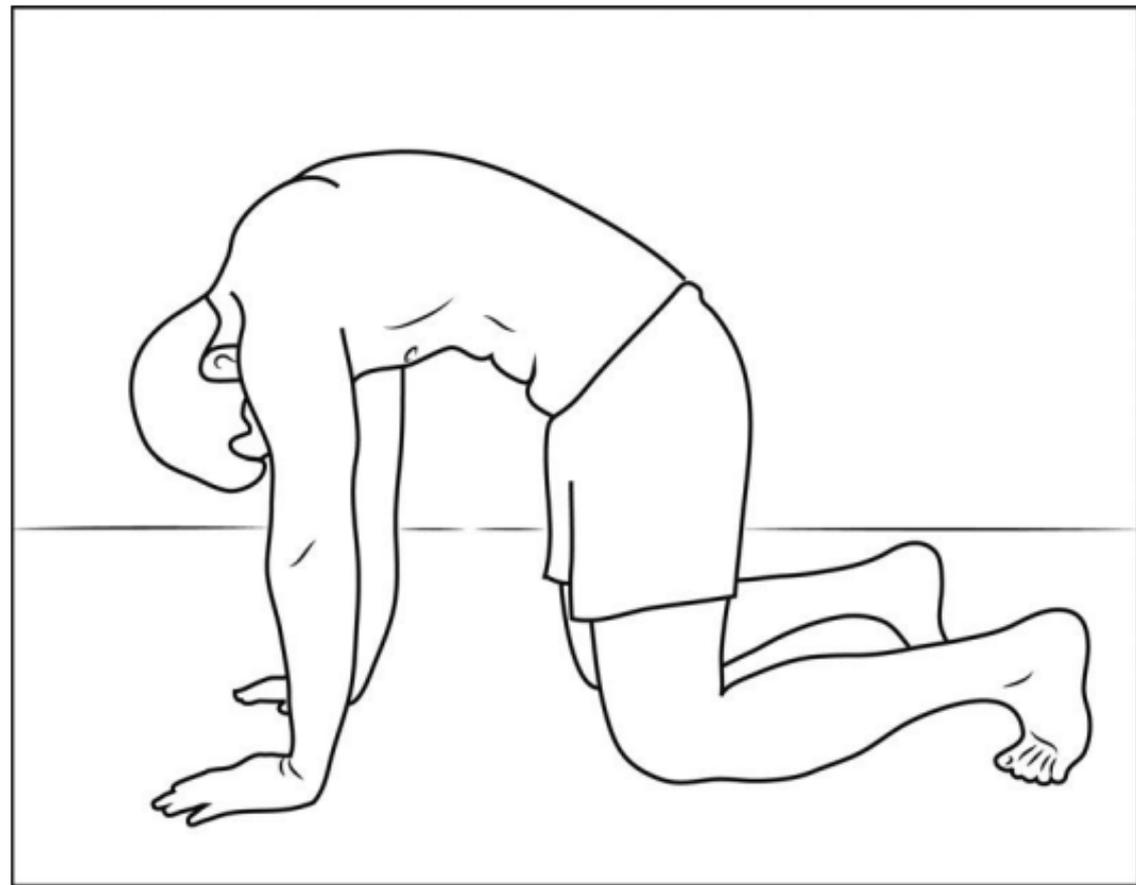
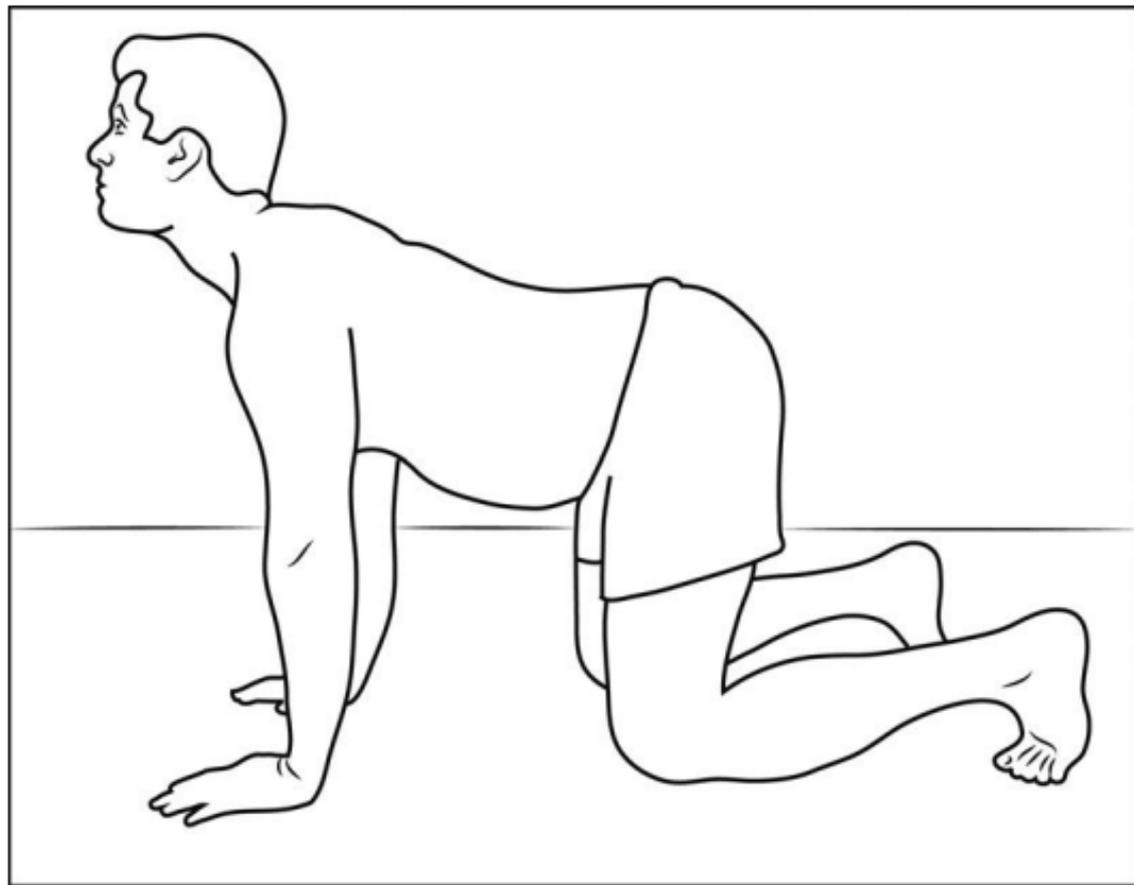


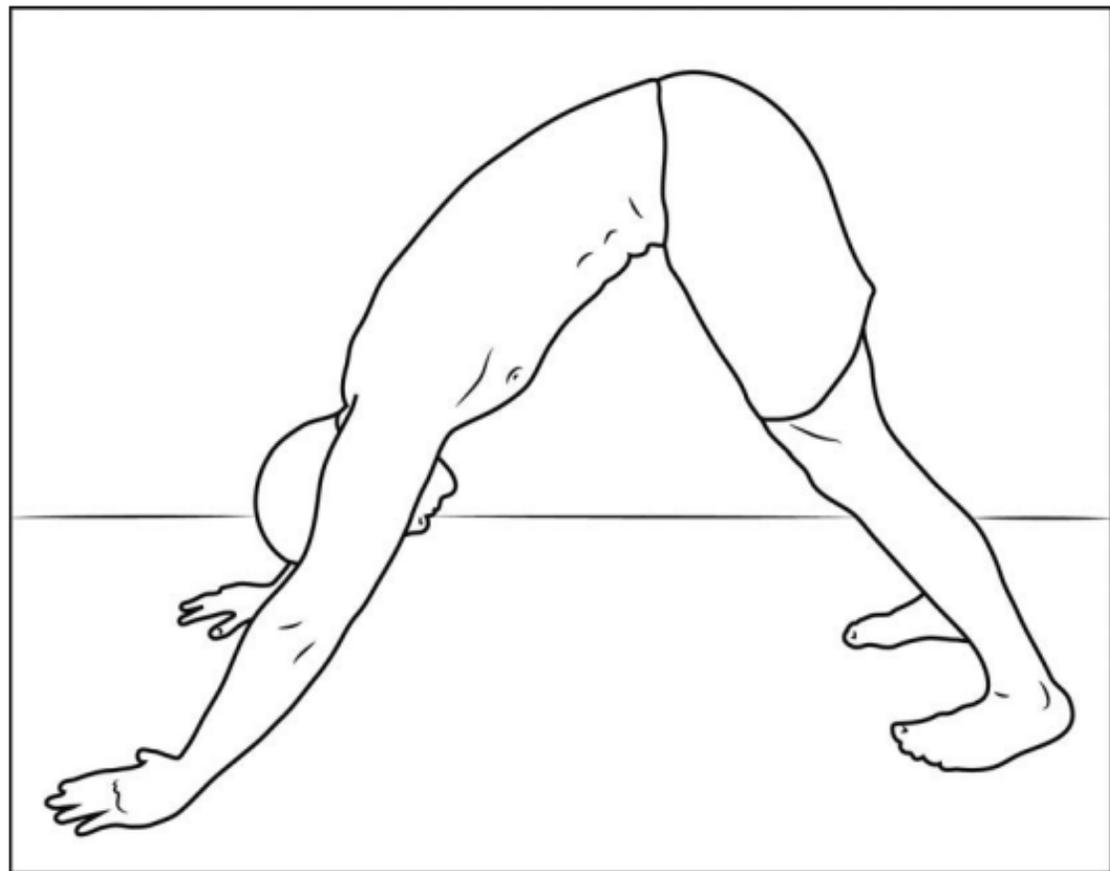
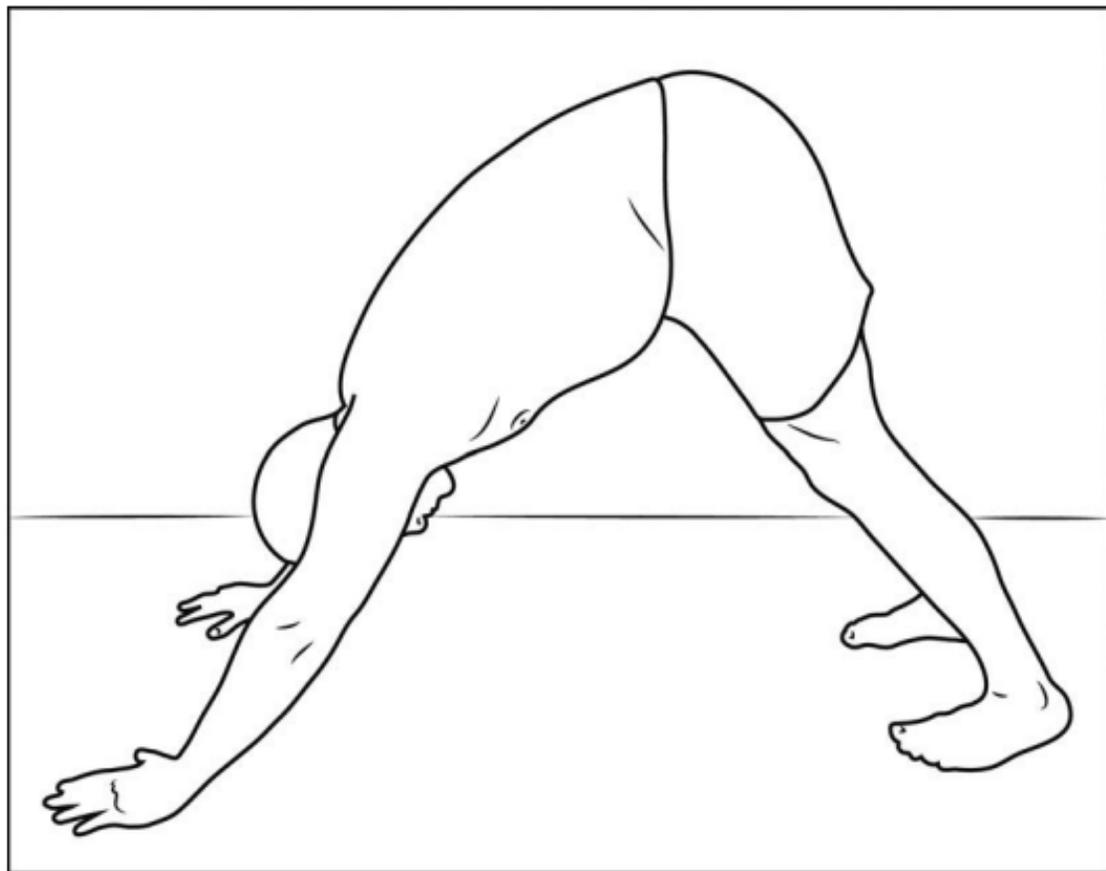


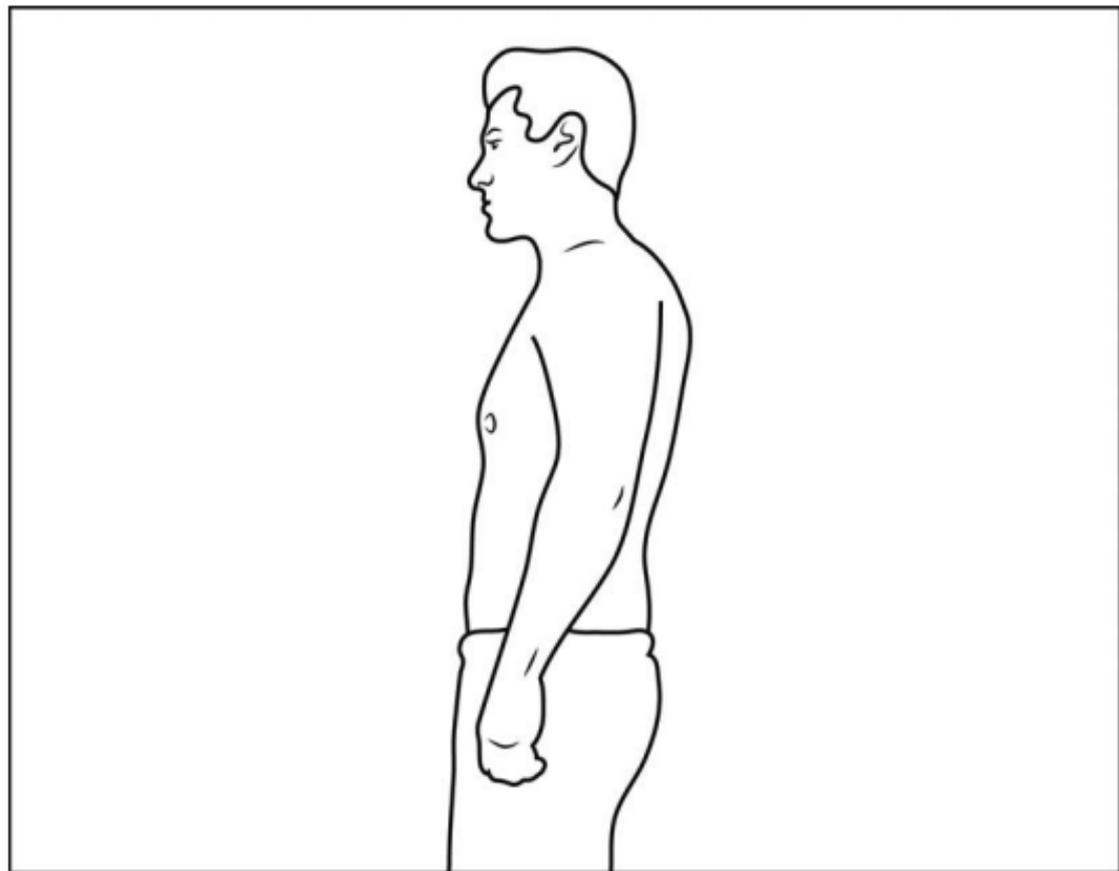
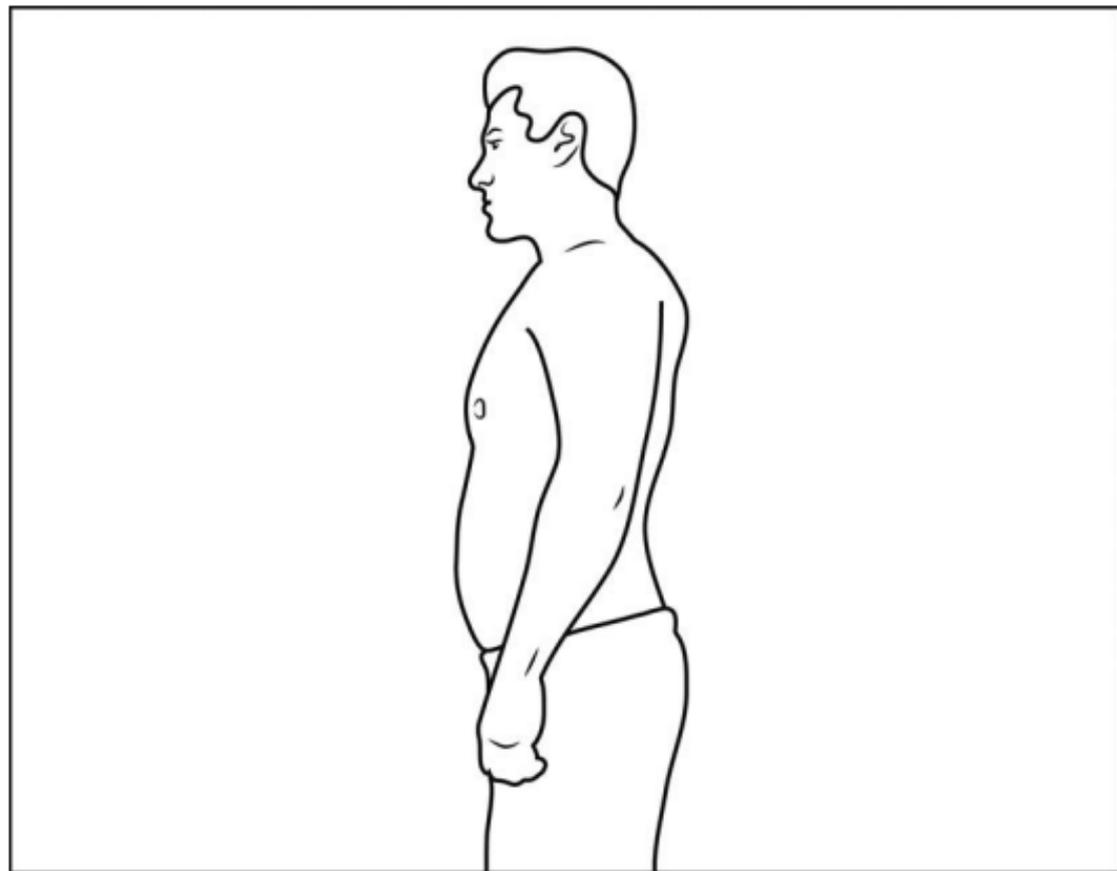












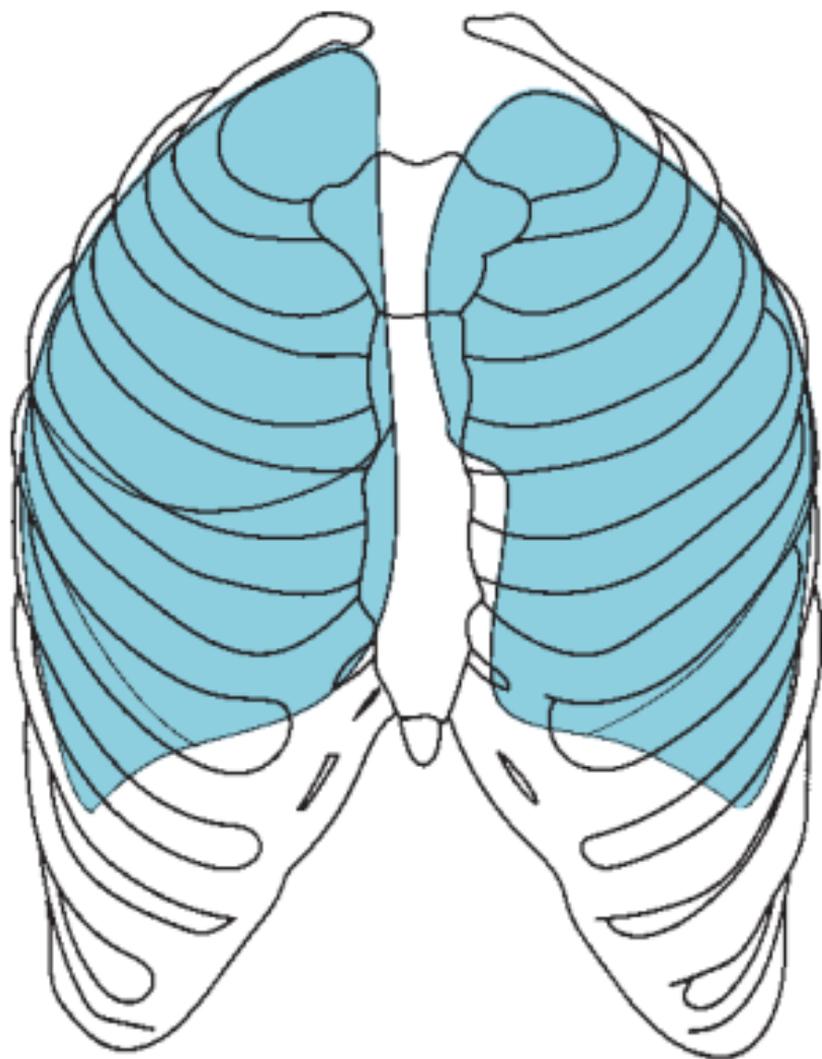
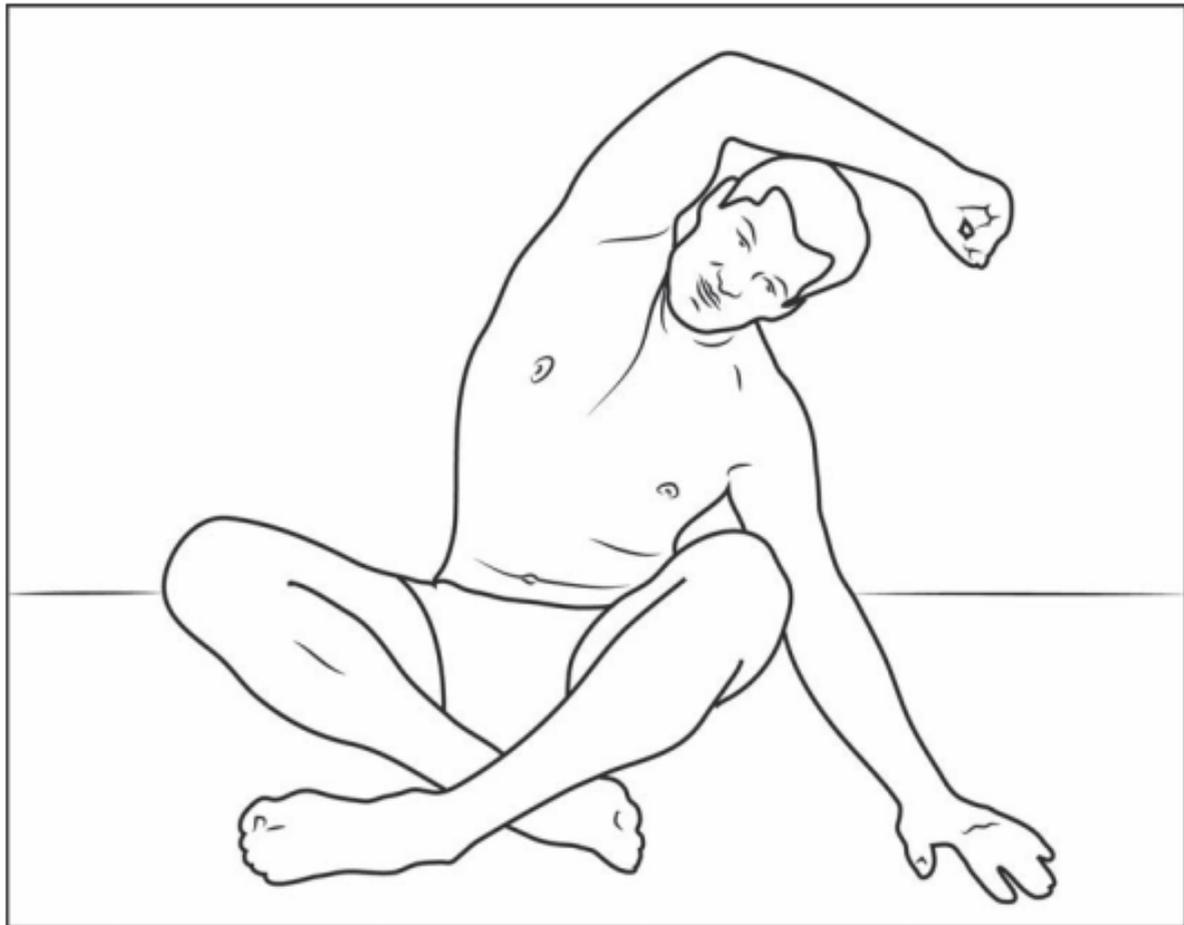
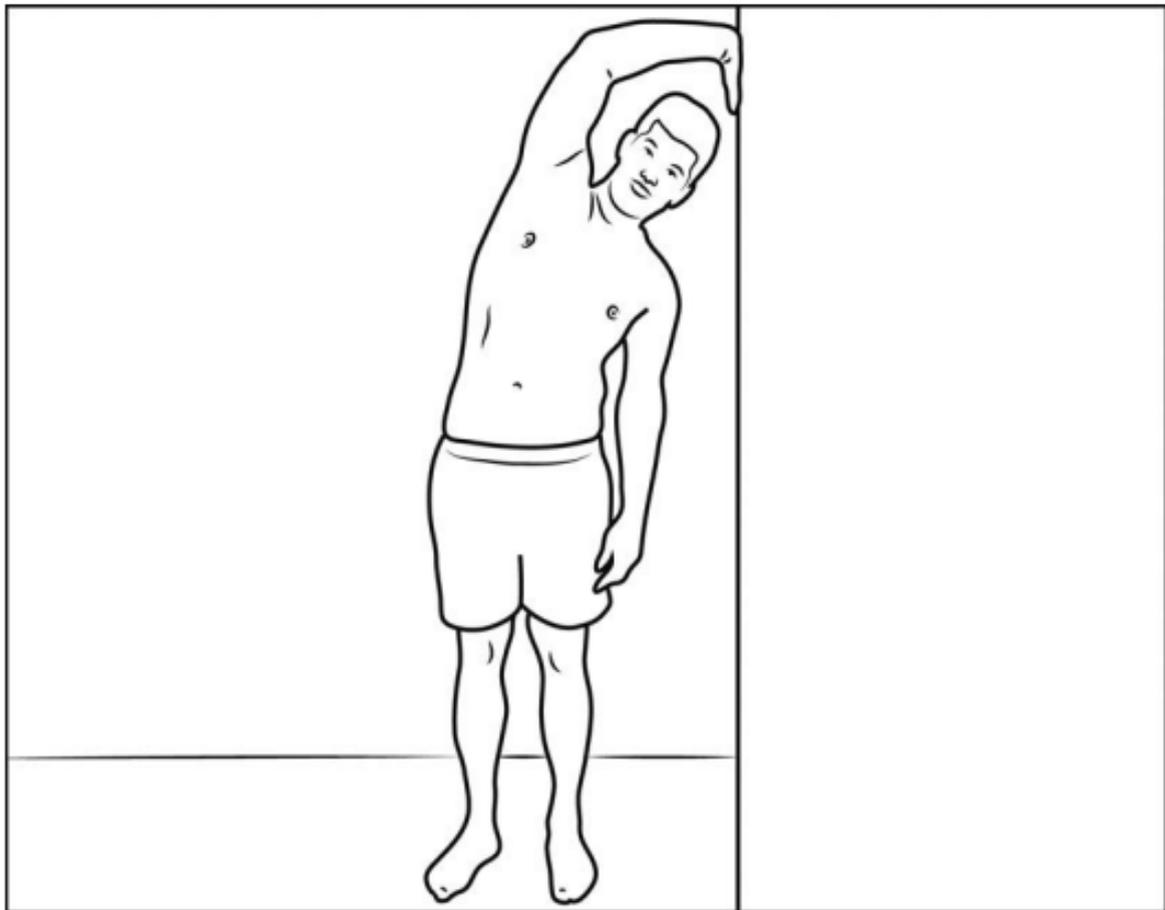
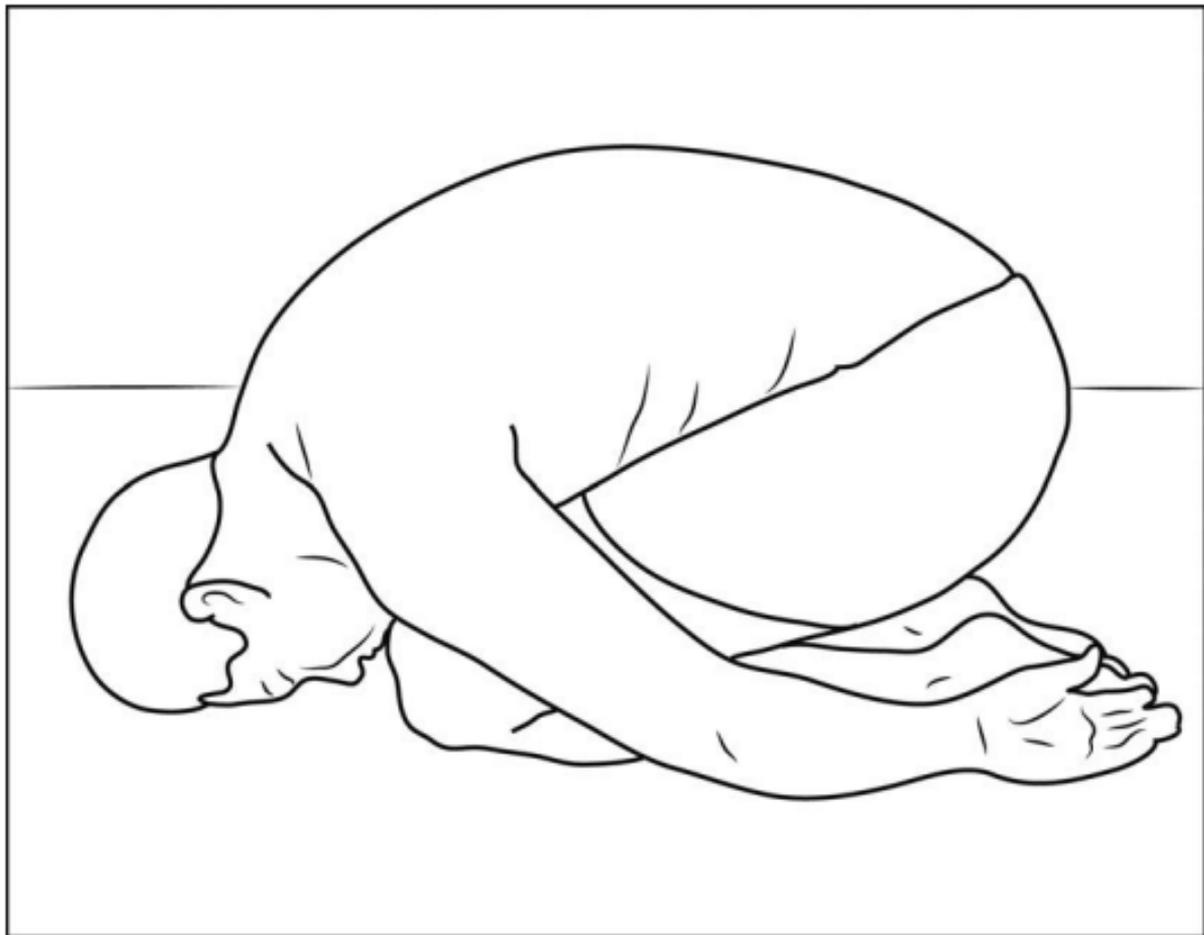
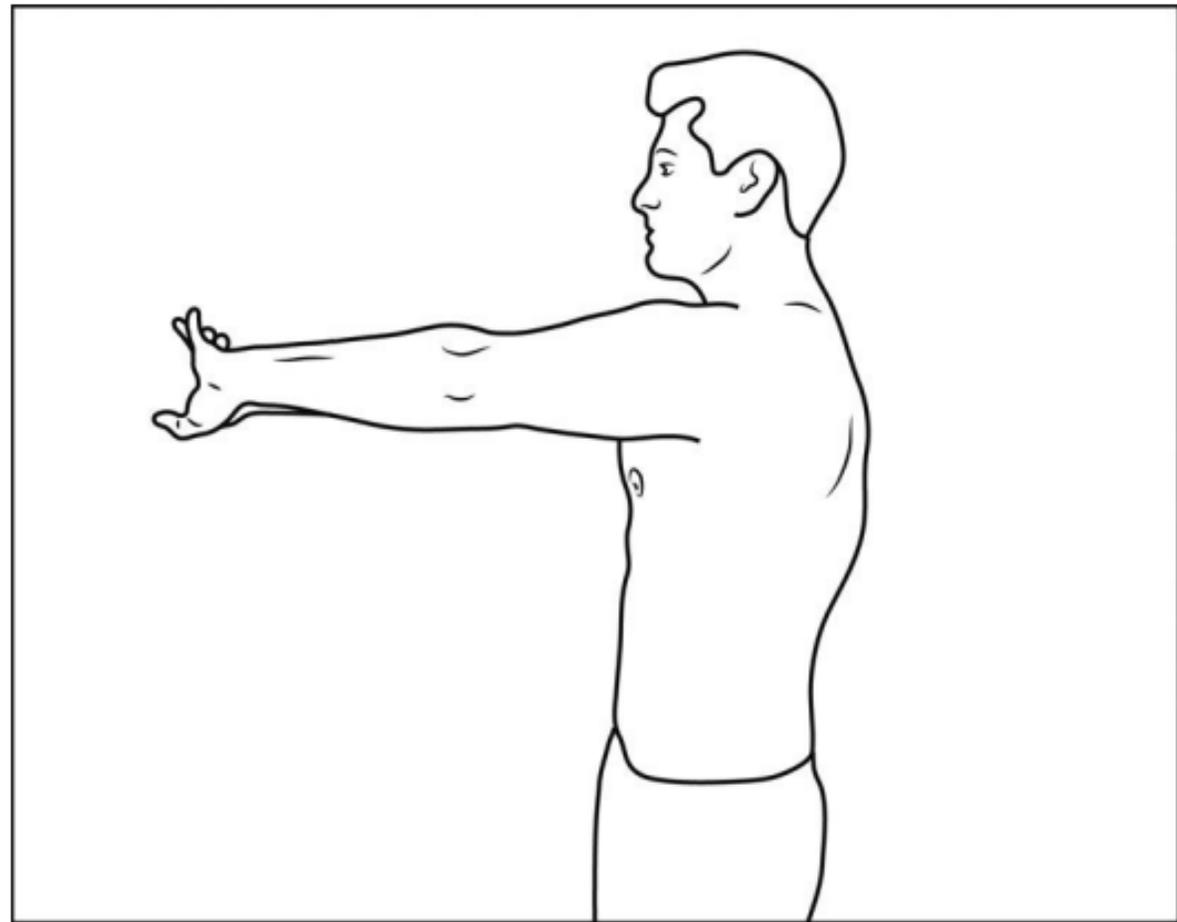
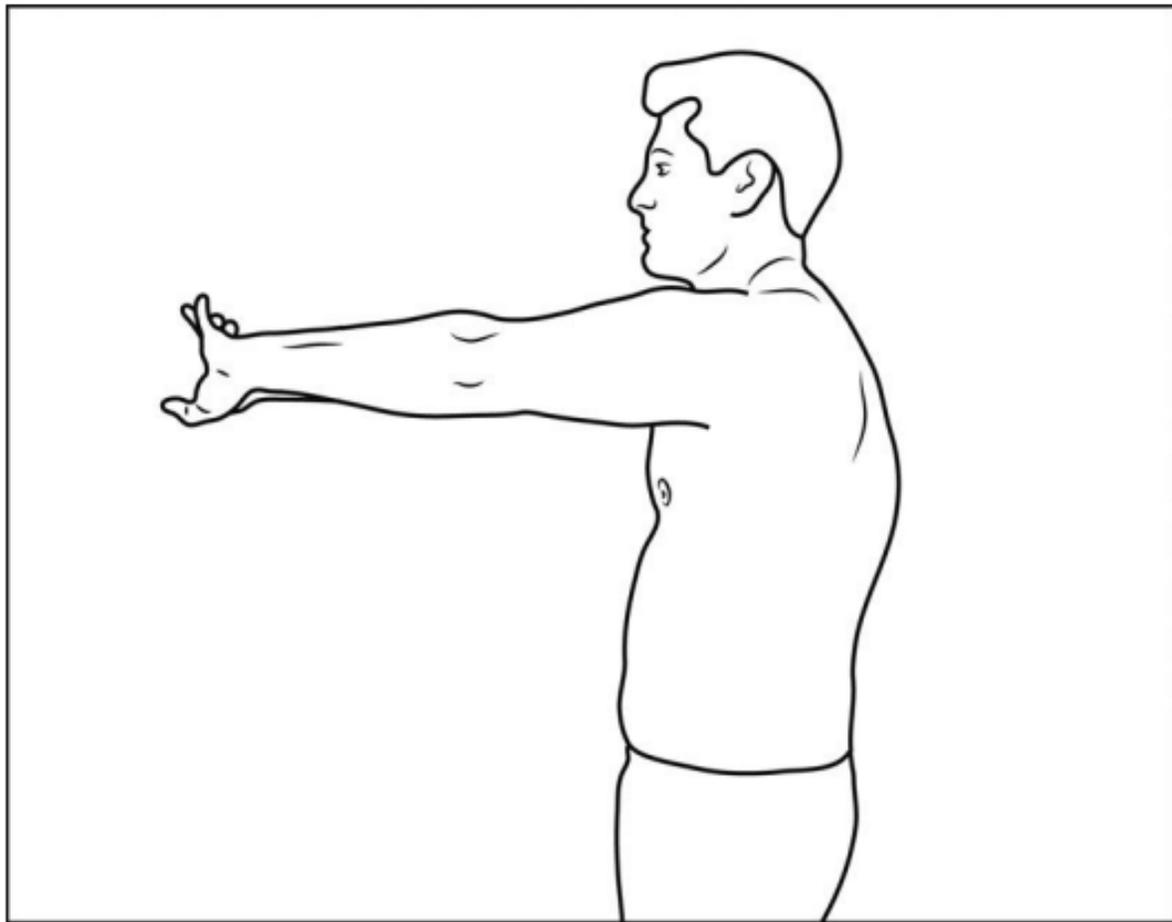


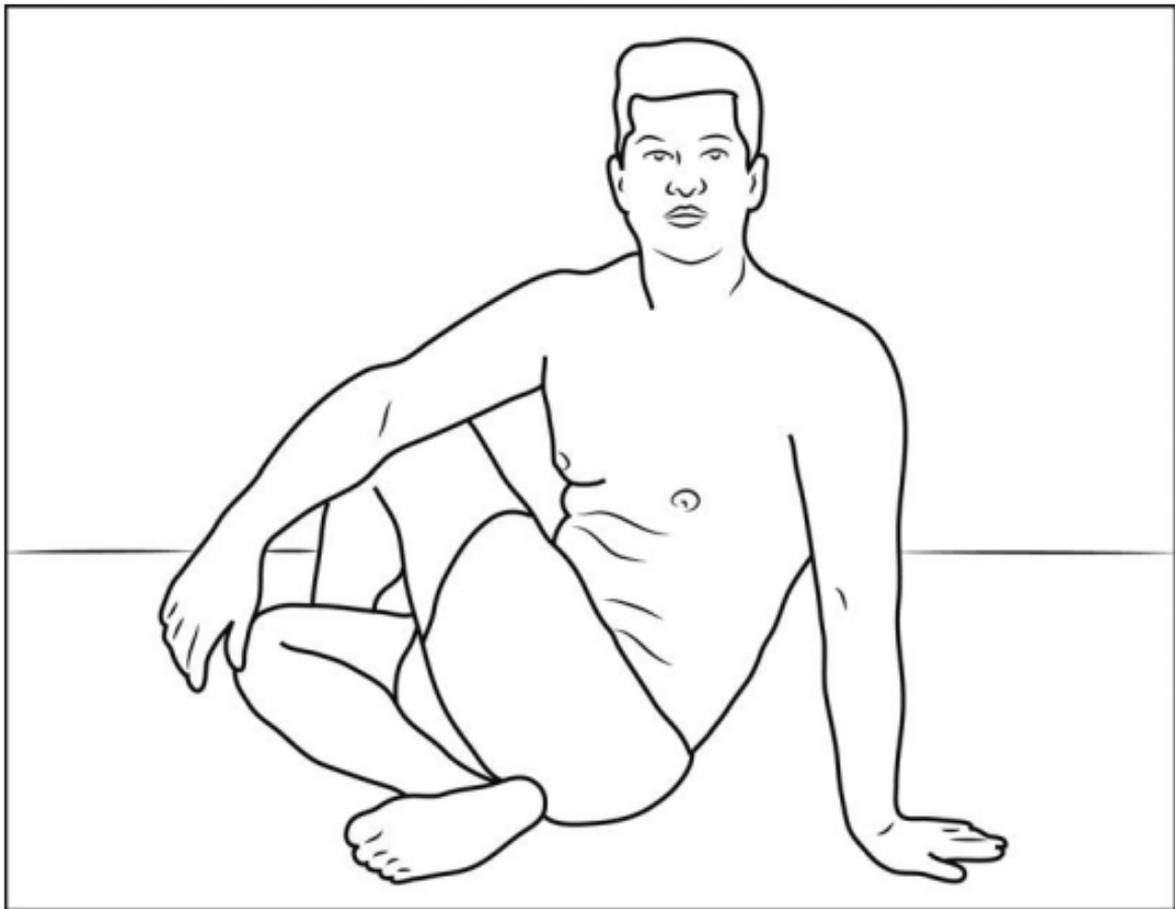
Figure 3c

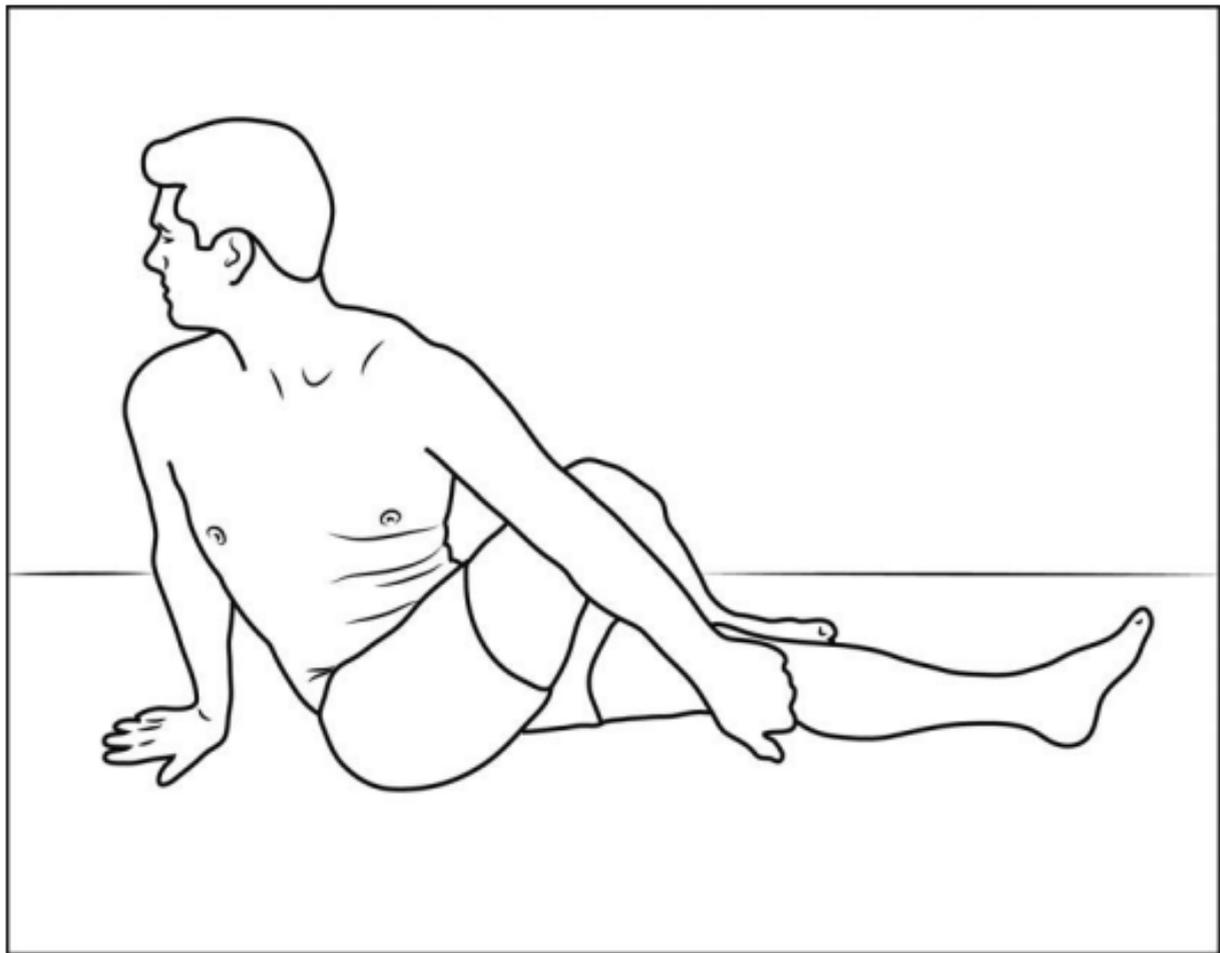


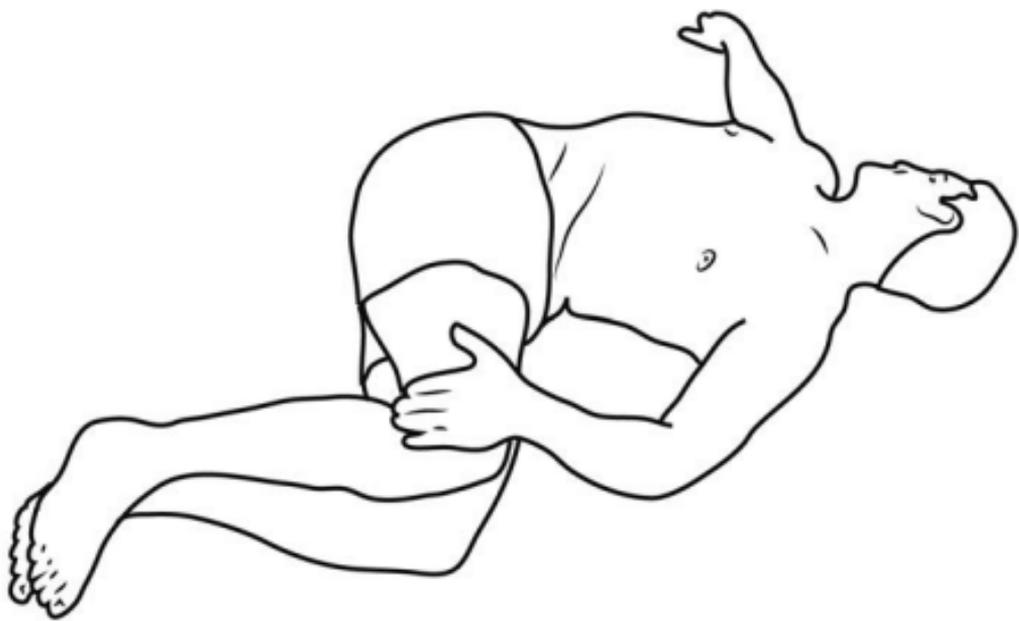


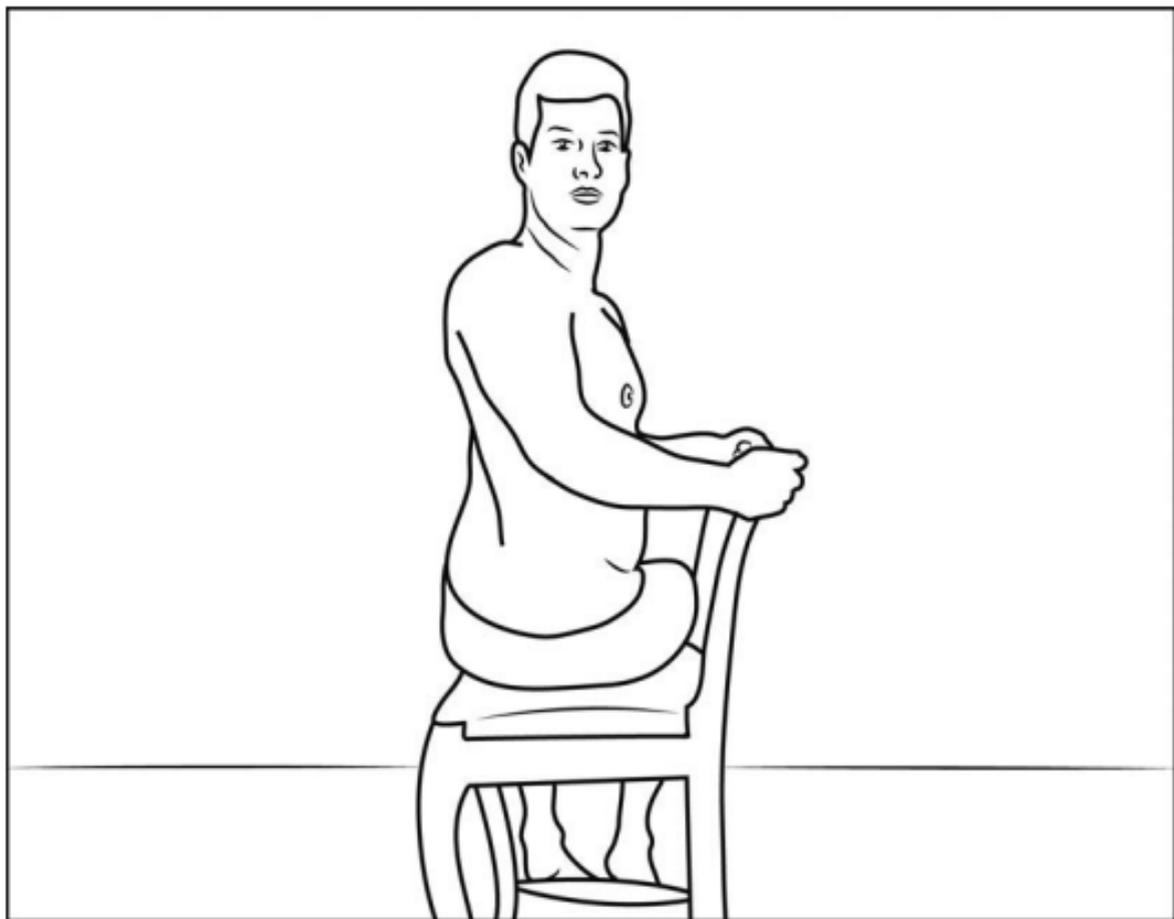


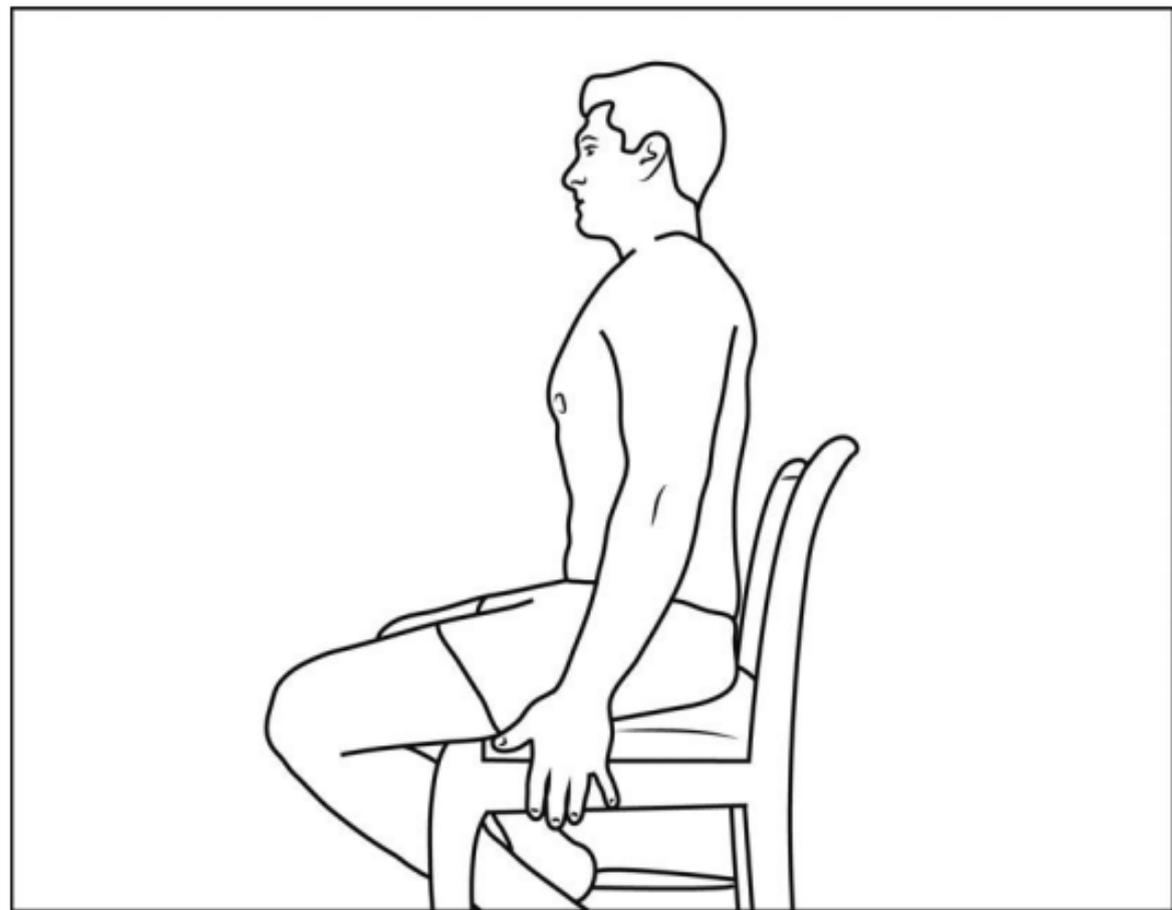
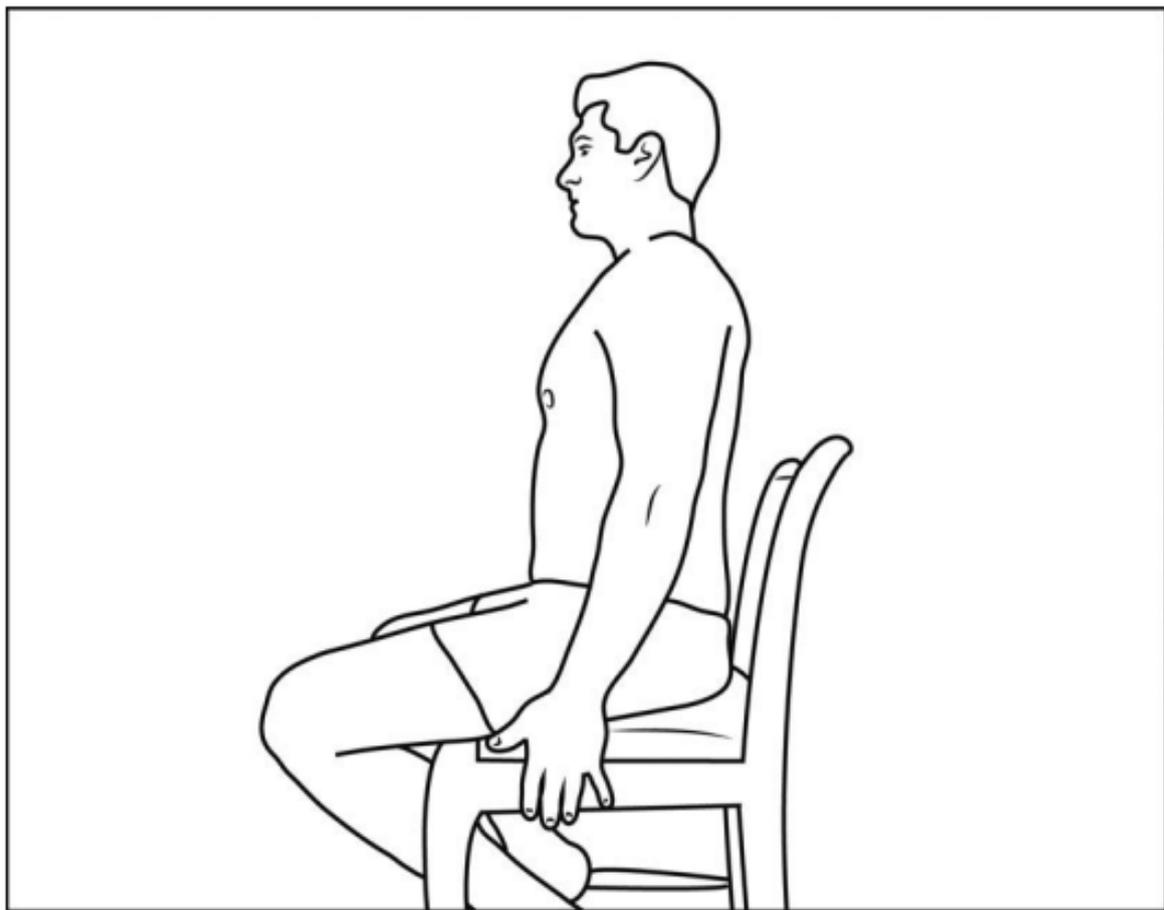










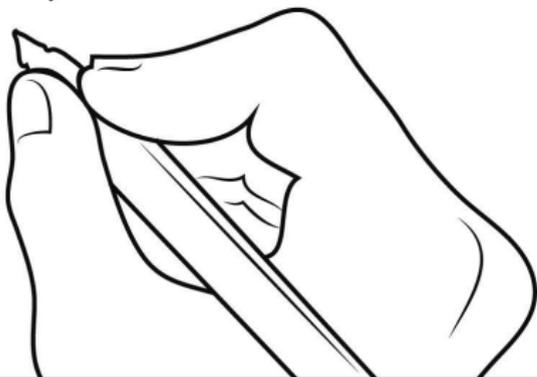


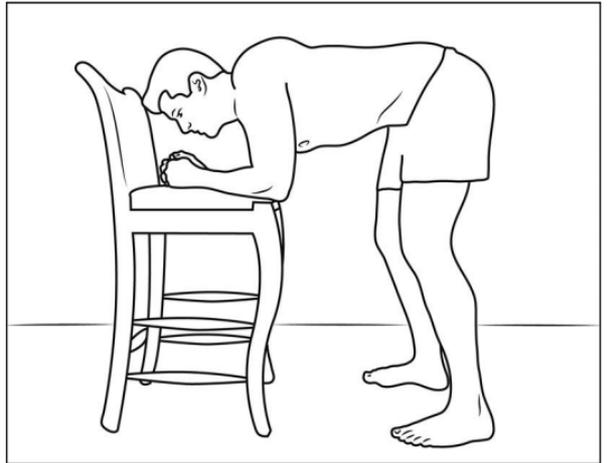
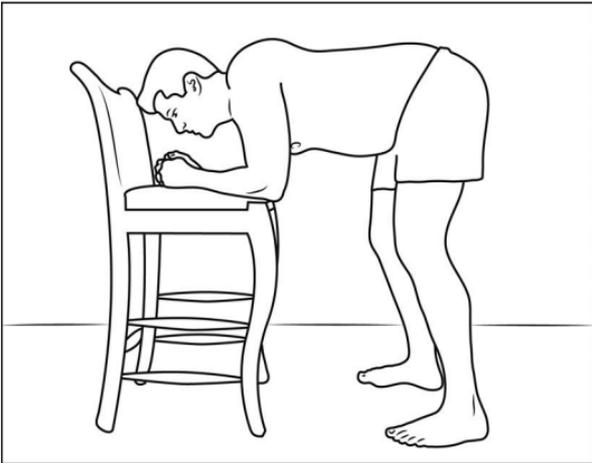
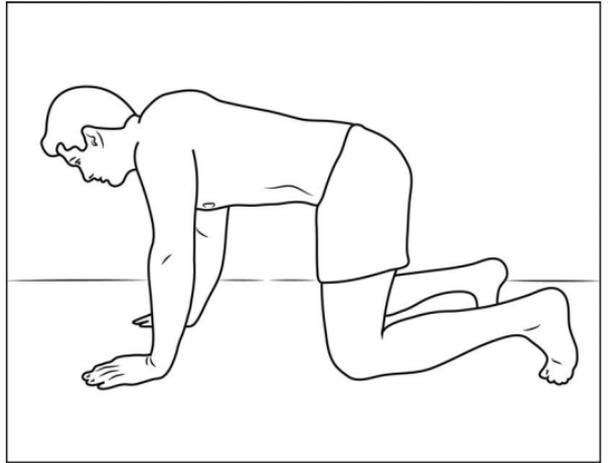
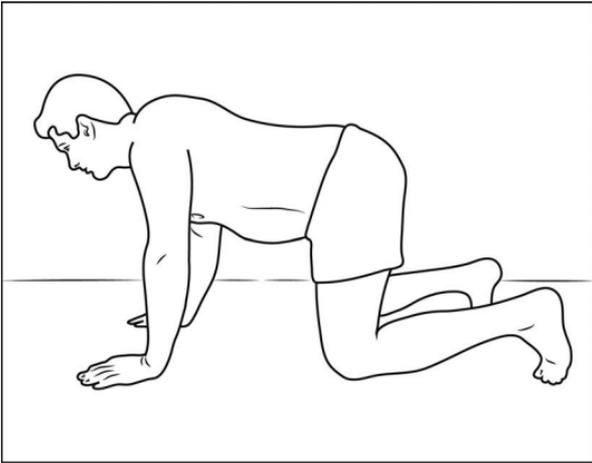
## EXHALE PULSATIONS

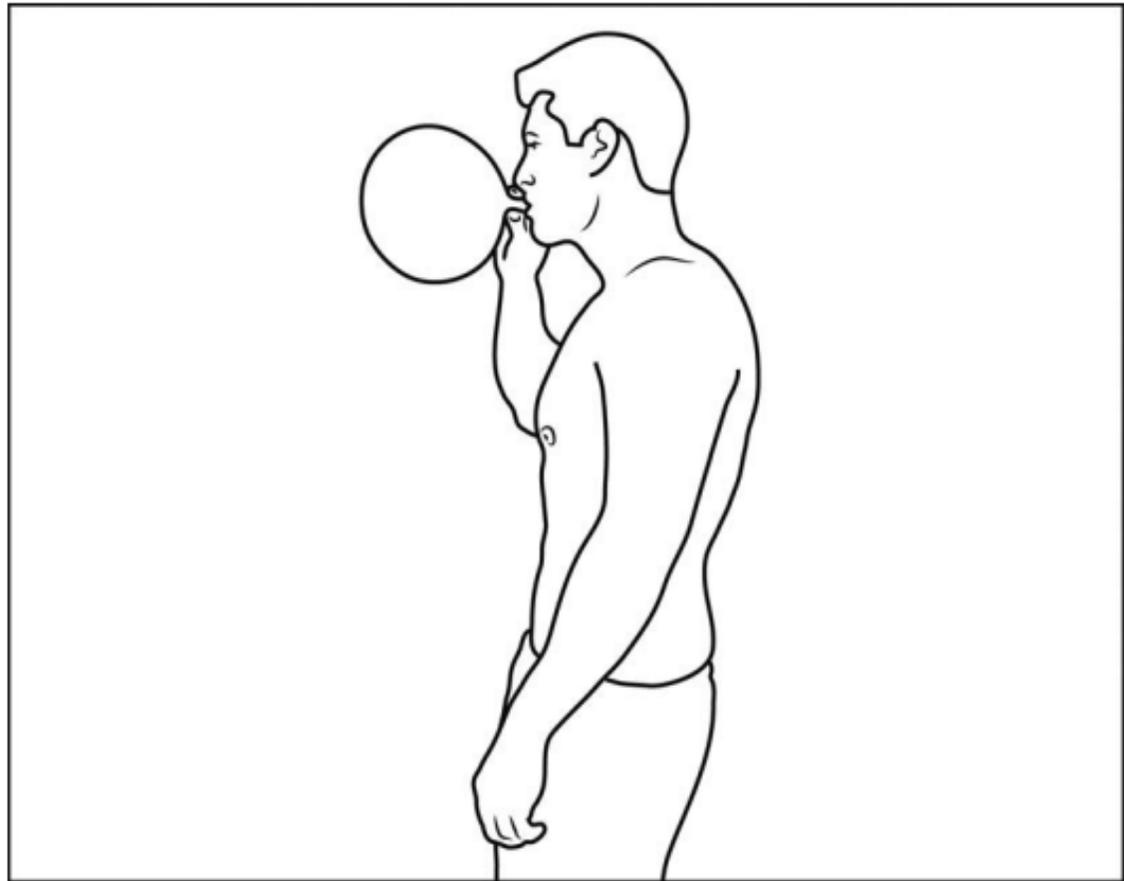
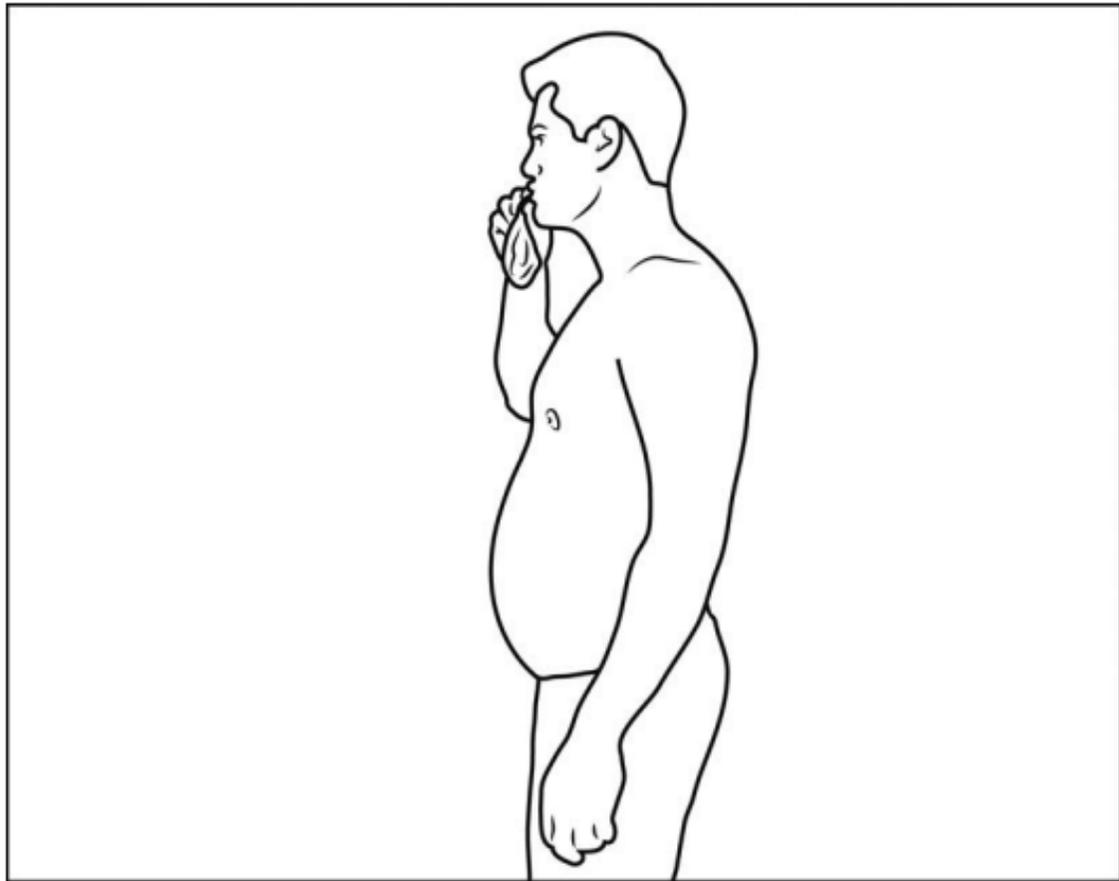
MAX: 40

HOMEWORK: 20, 8x a day

GOAL: Improve max to 60  
by next week



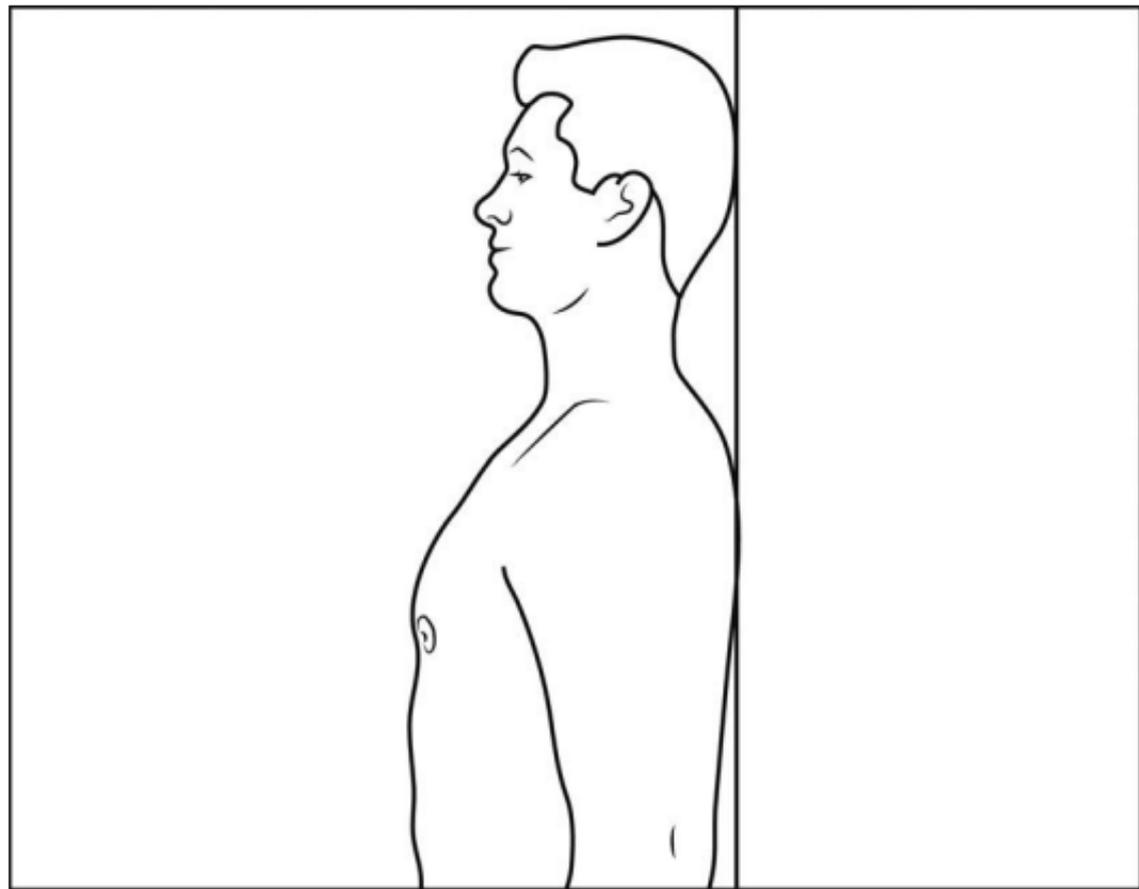
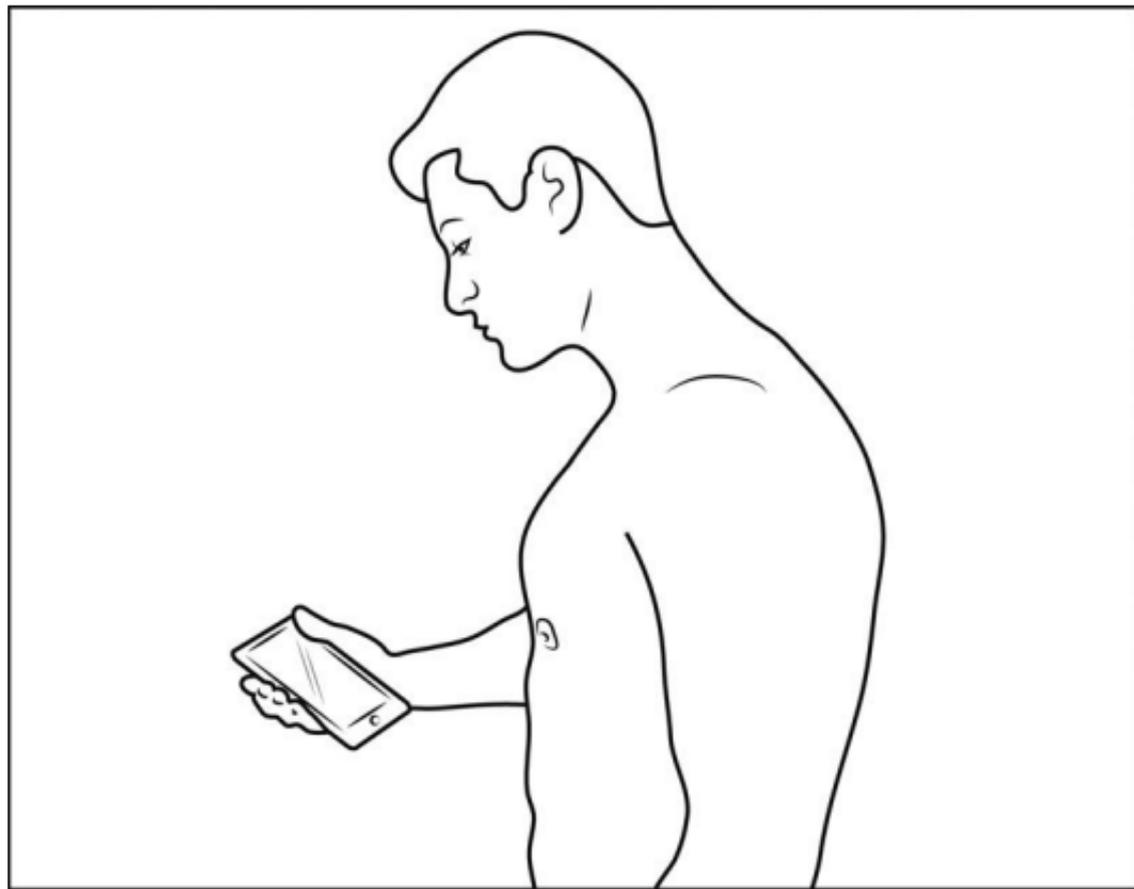


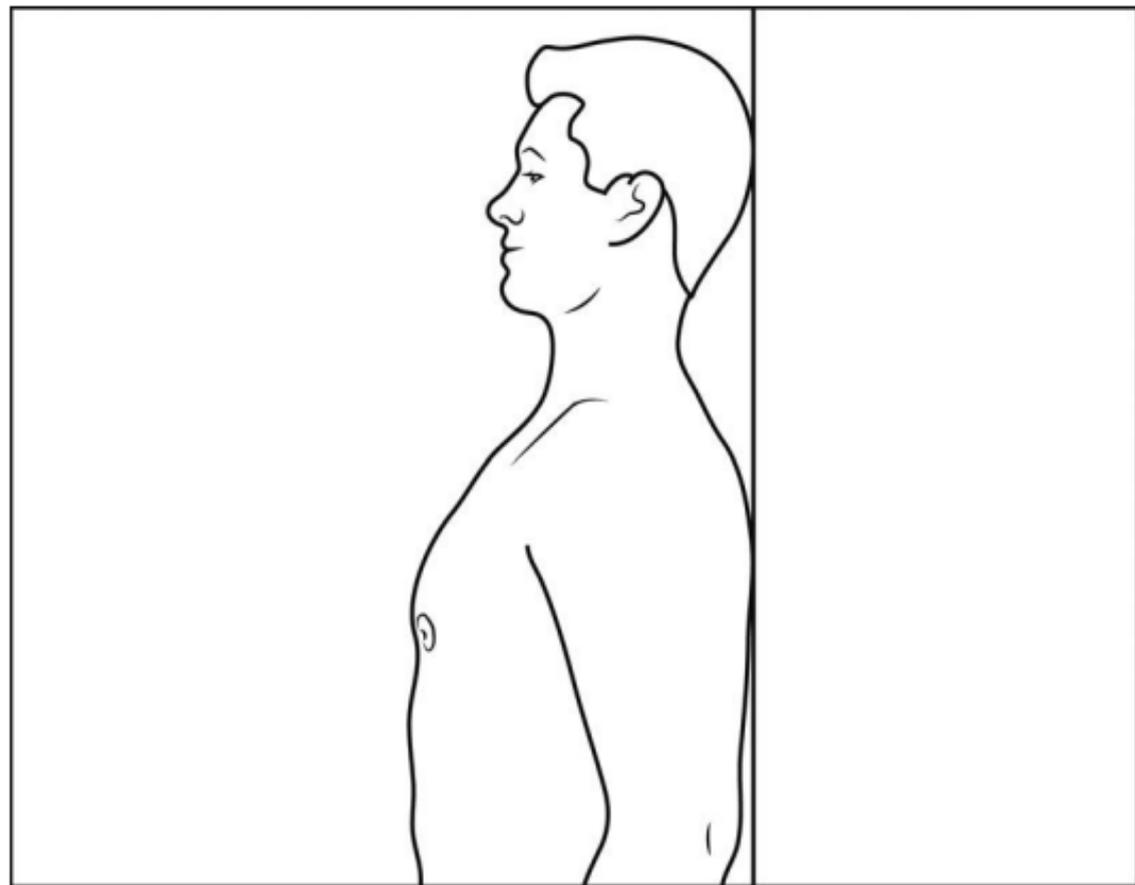
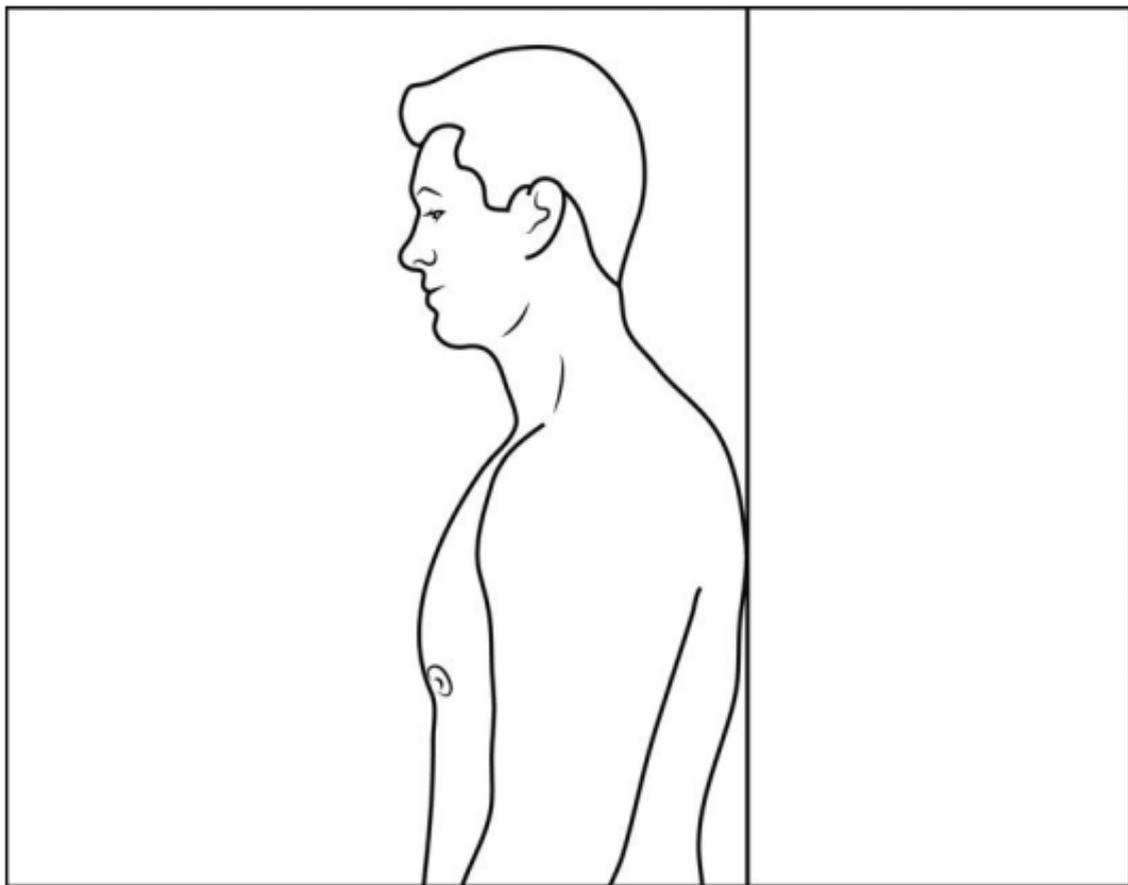


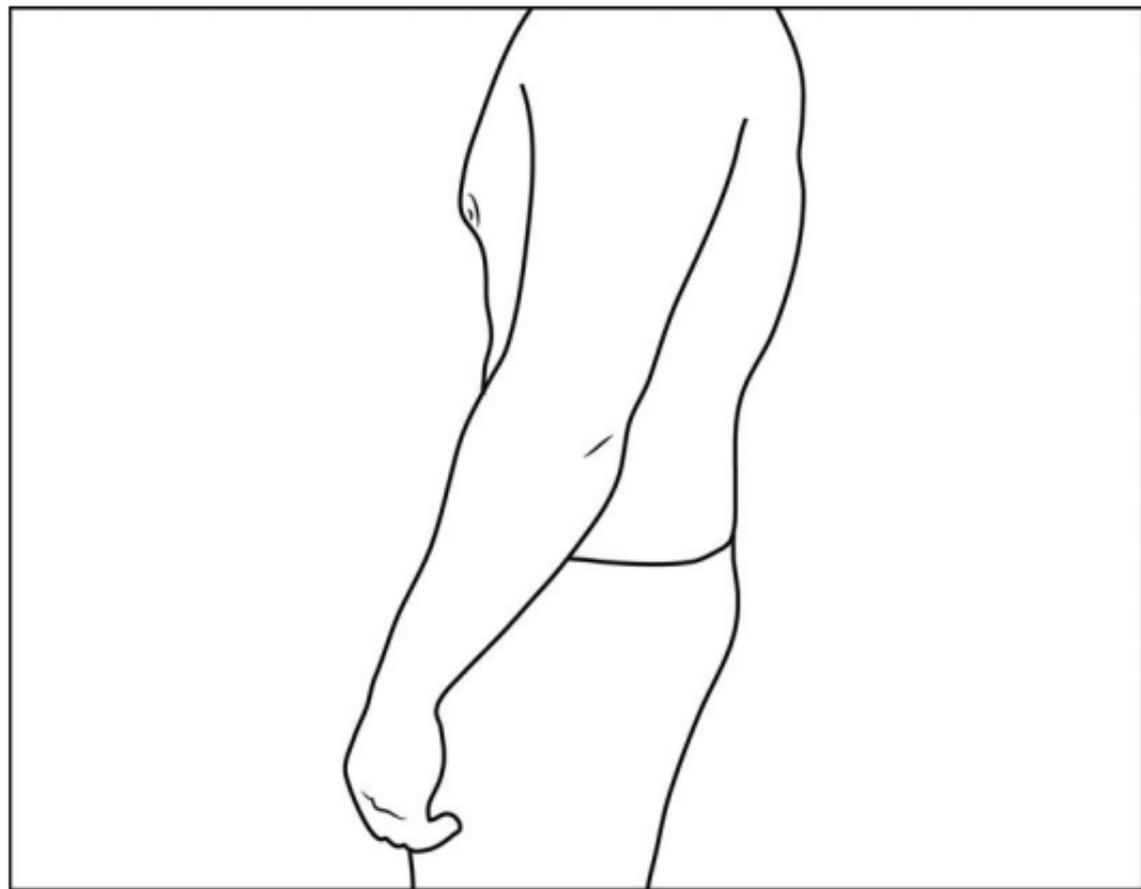
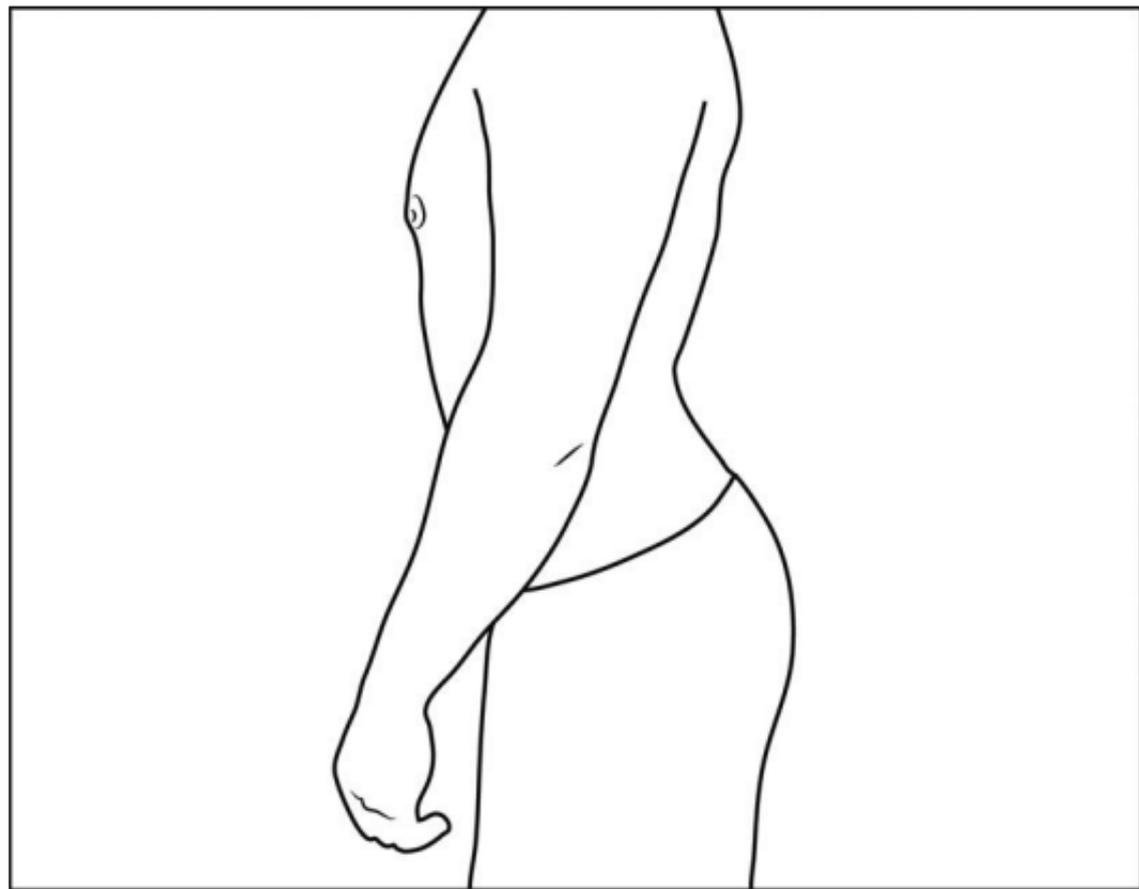
## DAILY WORKOUT

1. Rock and Roll every hour
2. 25 Exhale Pulsations, 4x a day
3. Cat Cow + Intercostal stretch  
2x a day













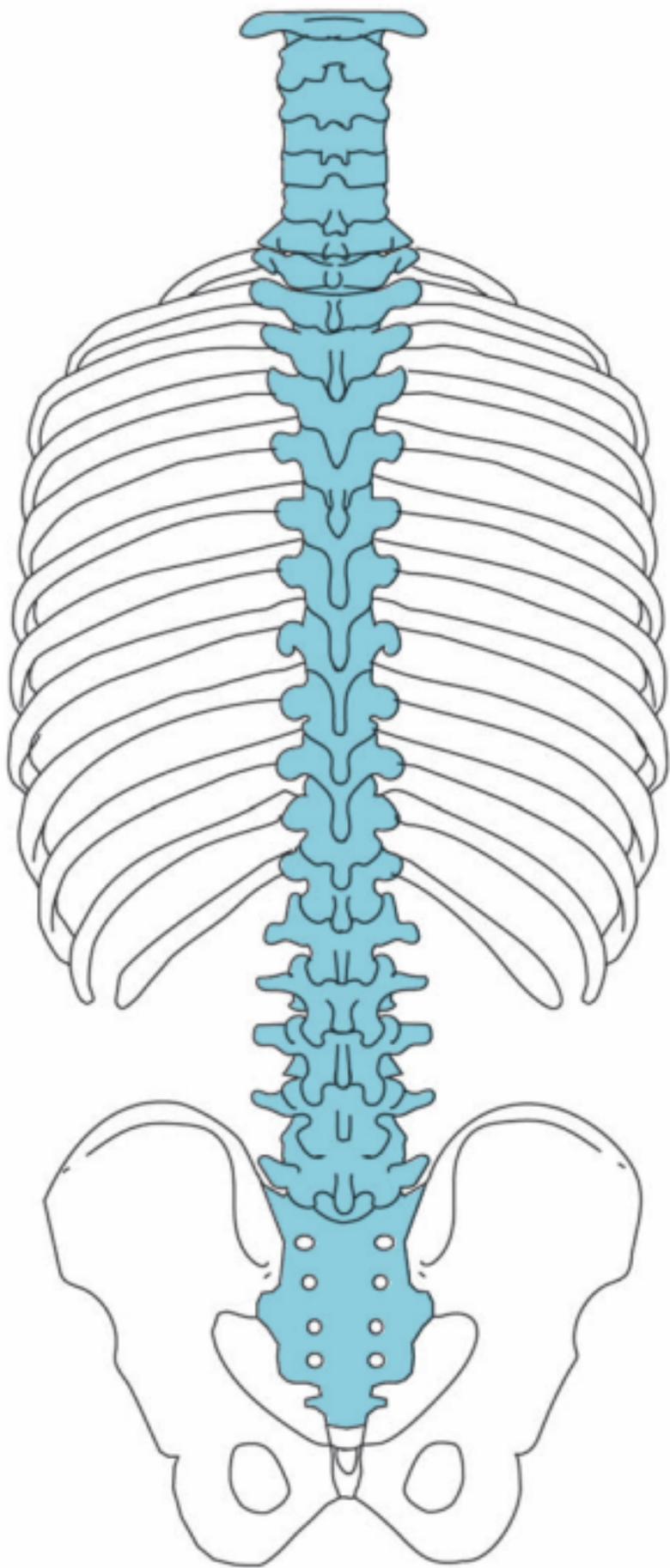
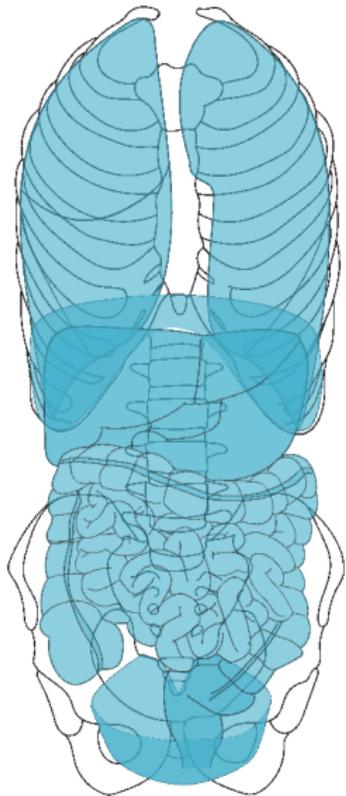
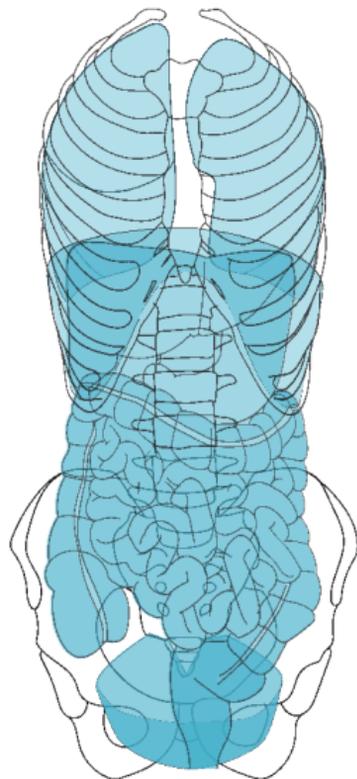


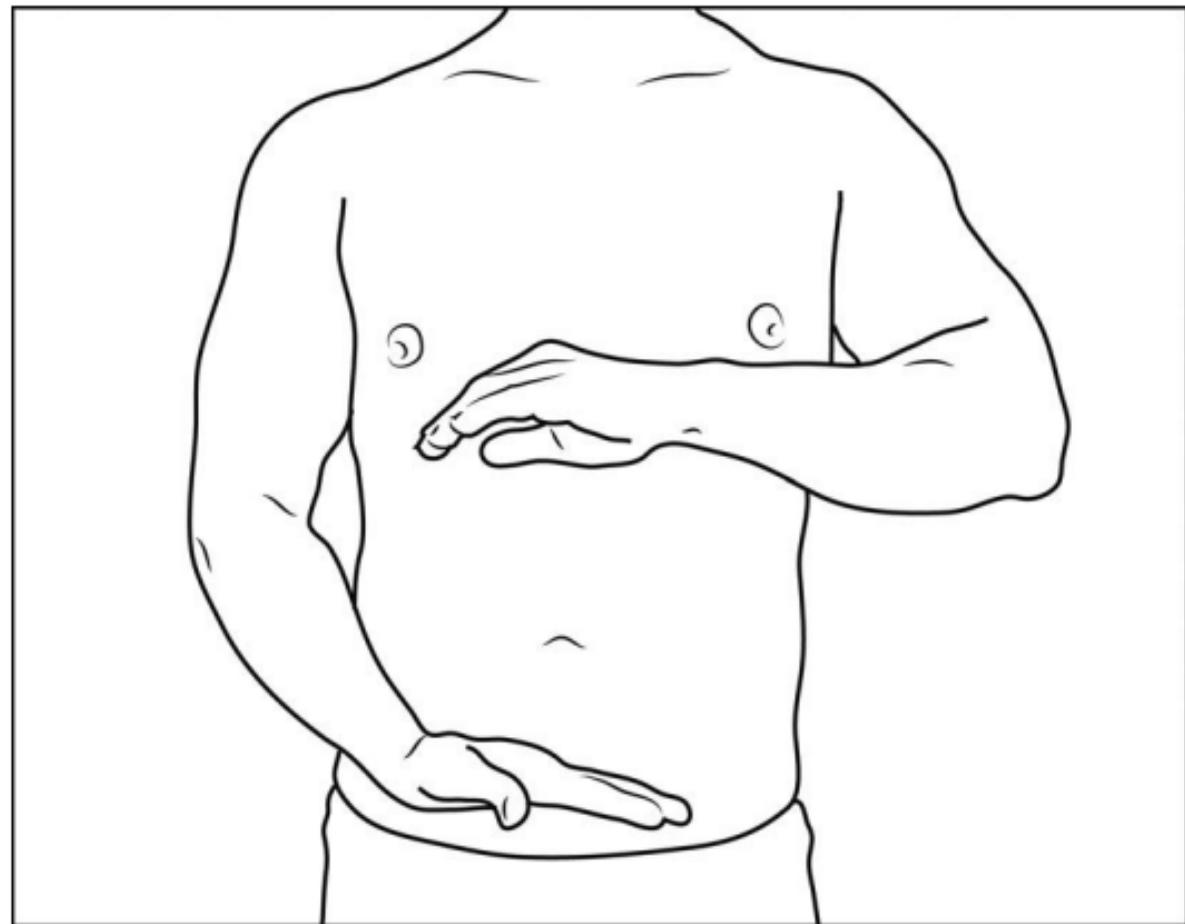
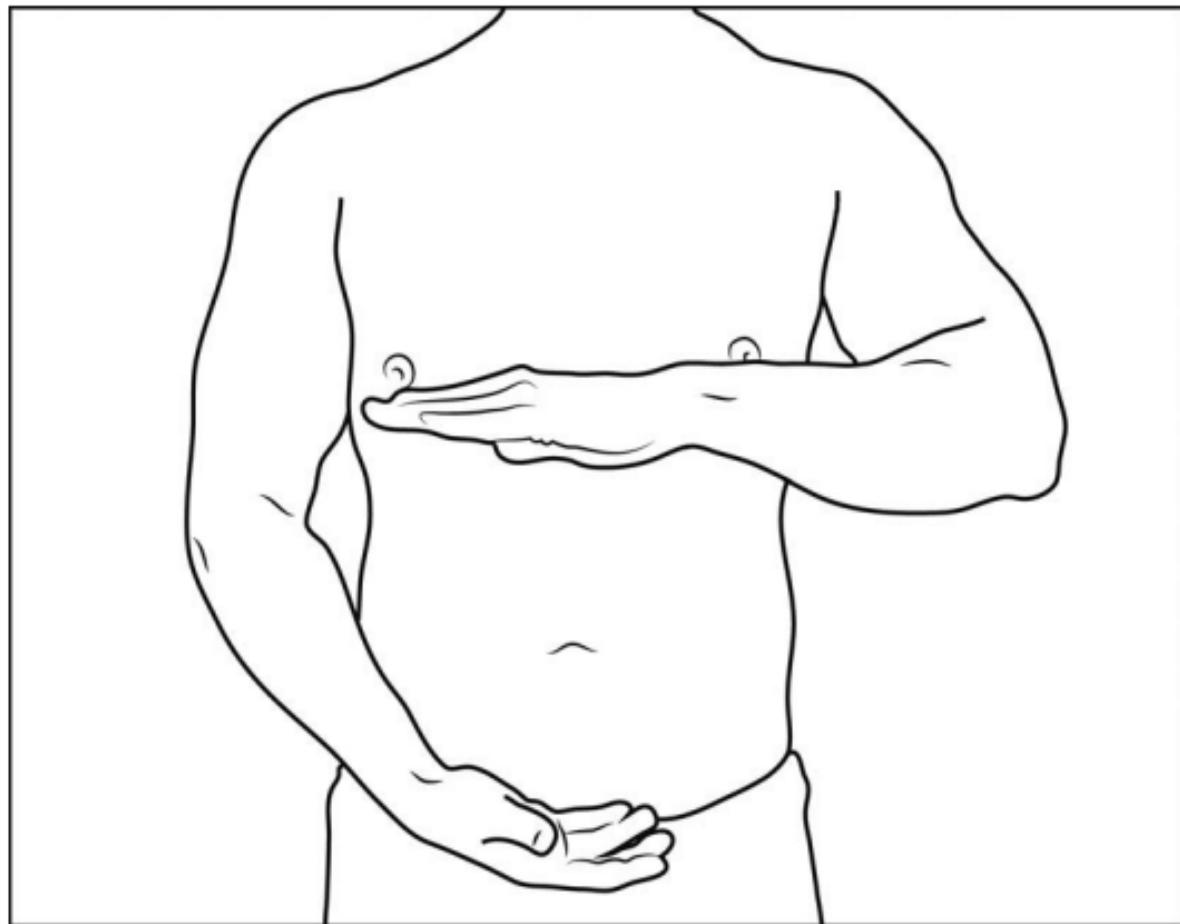
Figure 6

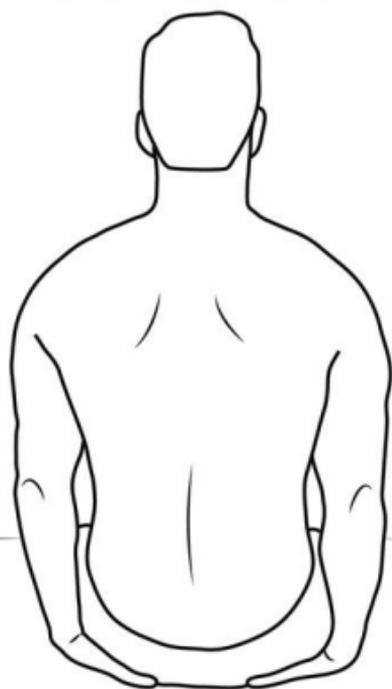


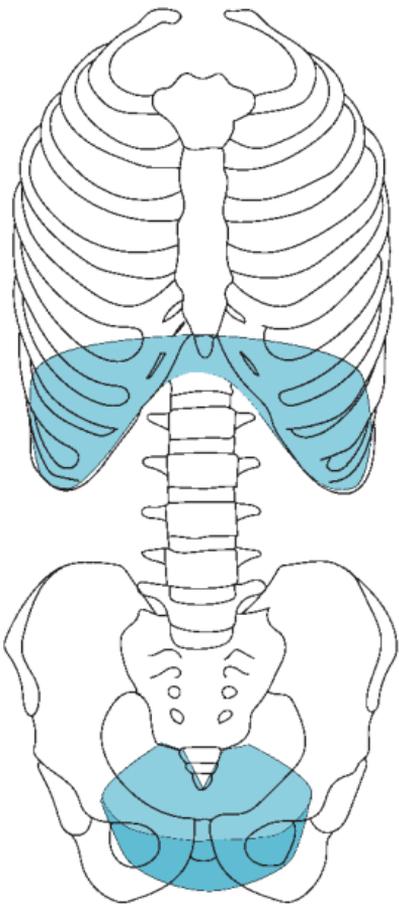
**Figure 7**  
**Inhale**



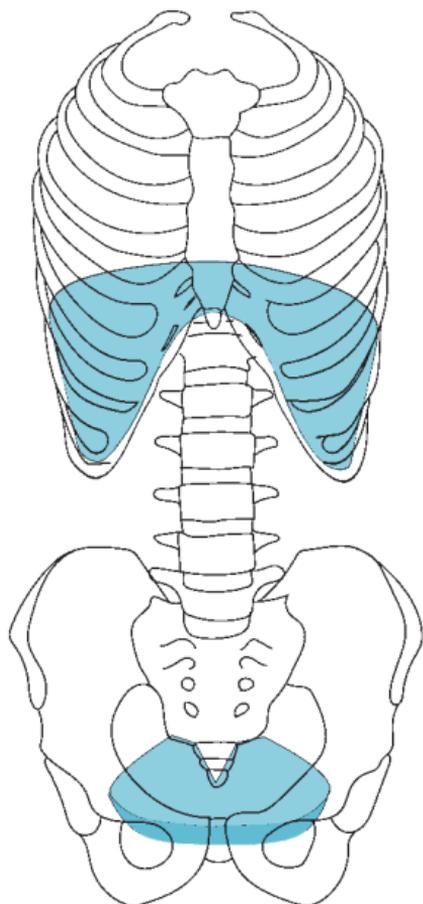
**Figure 8**  
**Exhale**







**Figure 9**  
**Inhale**



**Figure 10**  
**Exhale**

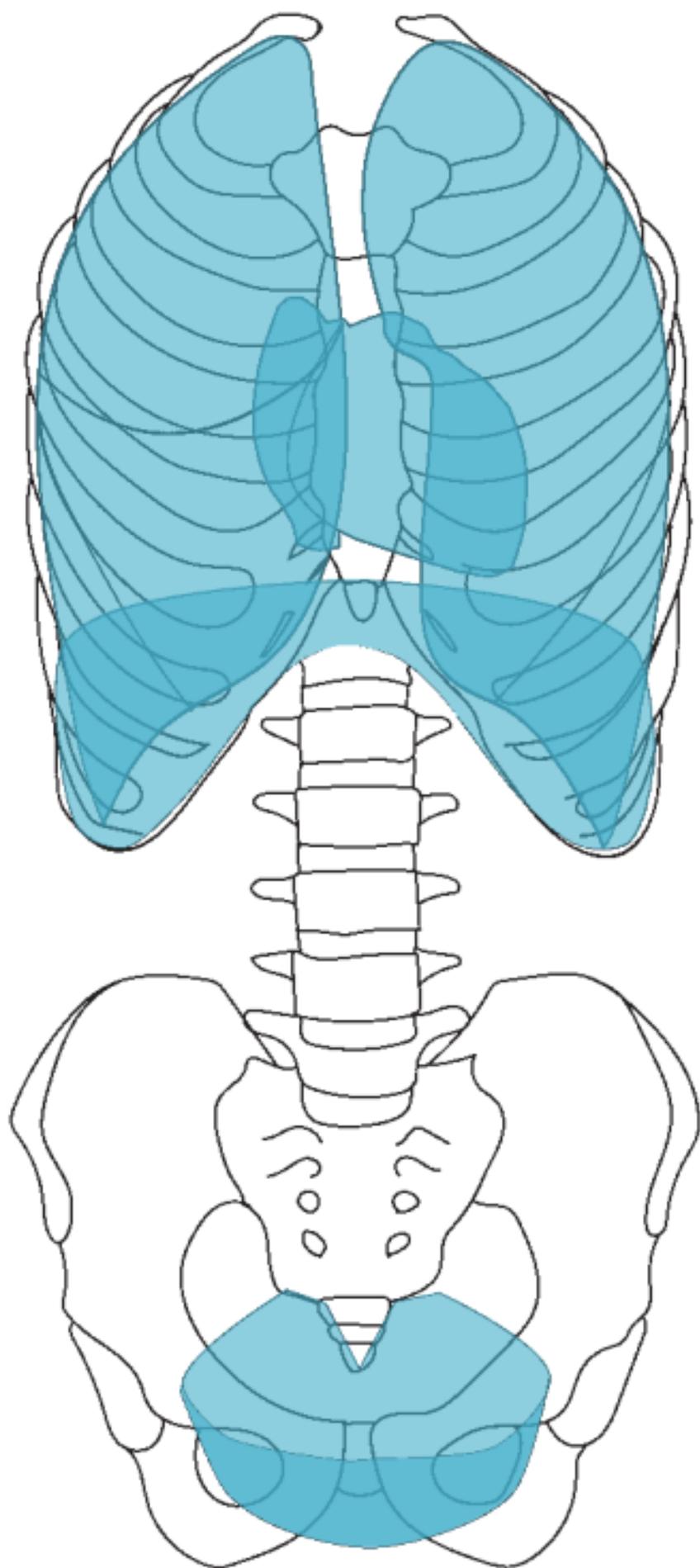
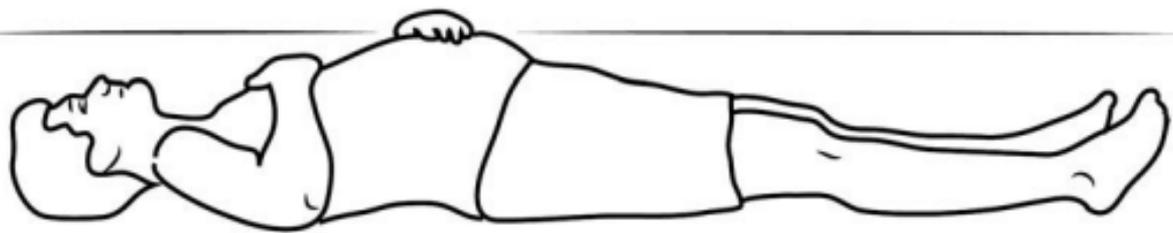
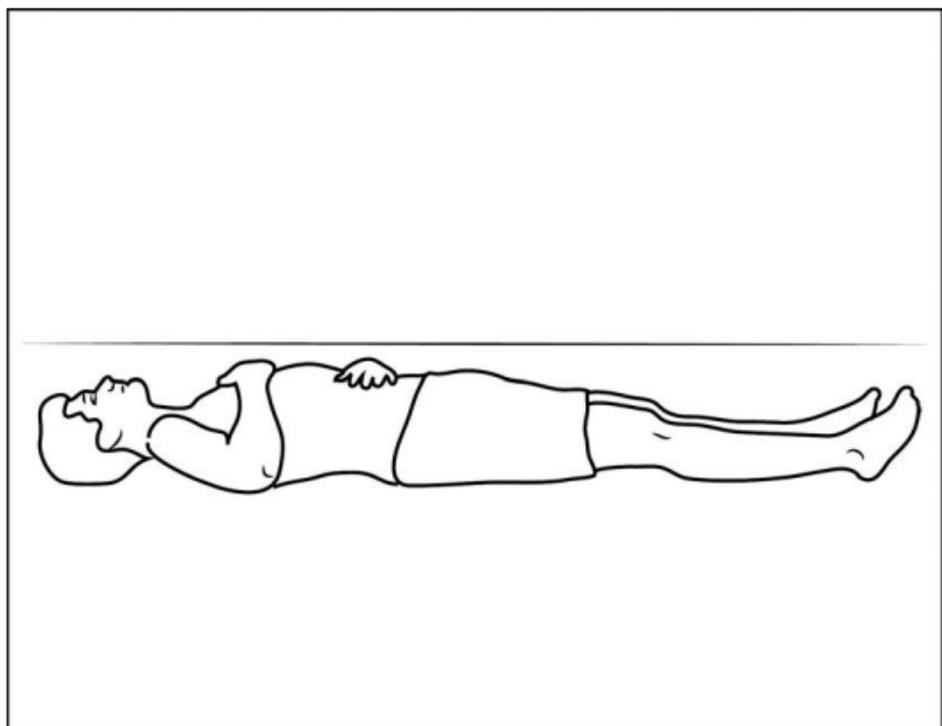
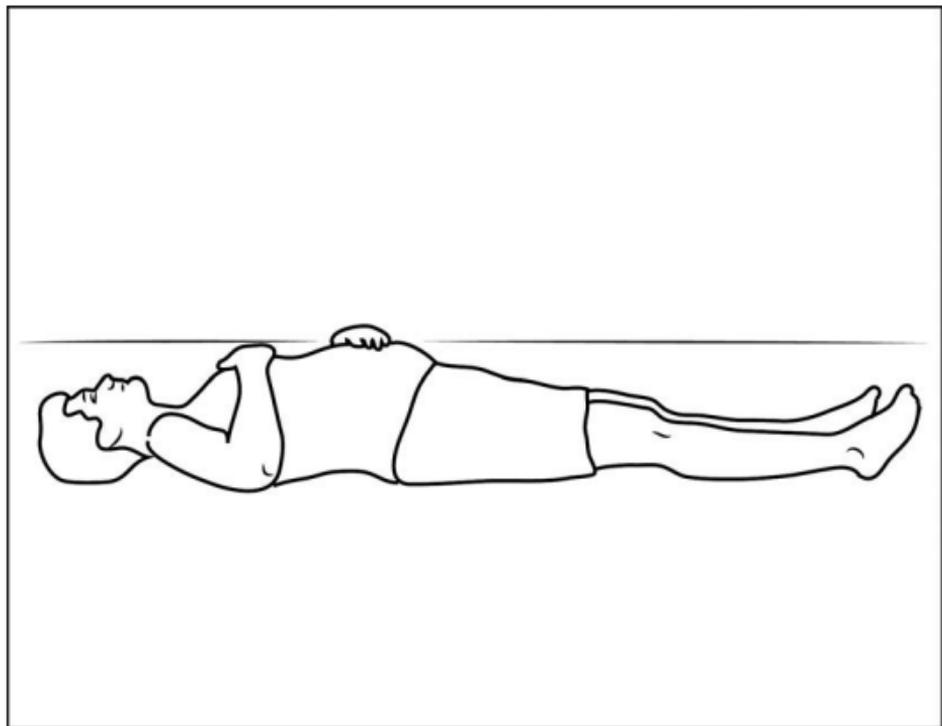


Figure 11





## GLOSSARY OF TYPES OF BREATHING

This list is not exhaustive; these are breathing exercises and methods that you may want to research and consider now that you have a good foundation for basic breathing.

**(THE) 4-7-8 BREATHING EXERCISE:** An example of a Counting Breath or Breathing Isometric, in this technique one inhales quietly through the nose and exhales audibly through the mouth. The tip of your tongue is placed against the ridge of tissue just behind the upper front teeth through the entire exercise. The inhale is through the nose for 4 counts, breath is held for 7, the exhale is completely through your mouth, making a *whoosh* sound for 8. The cycle is repeated 3 more times.

**BELLY BREATHING:** Also known as “Abdominal” Breathing, it’s marked by expansion of the abdomen, rather than the upper chest. While the belly breathing taught in this book is exaggerated and important for dismantling bad breathing habits, a slight expansion of the middle is important in that it means the diaphragm is moving to expand the middle, where the best part of the lungs are pushing abdominal organs down (which helps with digestion) to create more room in the rib cage for the lungs to expand to their capacity.

**BREATHWALK:** Combines distinct patterns of breathing—ratios, intervals, and breath types—that are synchronized with walking steps and meditative attention. Directed breathing and focused attention can be utilized for personal growth, to control pain, and to induce relaxation, and are used in many forms of martial arts and athletics.

**BUDDHIST BREATHING:** Buddha quite openly and continually advocated Breath Meditation or *Anapanasati*, an awareness of the inhaling and exhaling breaths. It starts with an awareness of the ordinary physical breath, which, when cultivated correctly, leads one into higher awareness.

**BUTEYKO BREATHING:** Based on the assumption that numerous medical conditions, especially asthma, are caused by hyperventilation, this breathing technique (breathing slowly through the nose) was developed in the 1950s by Konstantin Buteyko, a Ukrainian doctor. It purports to break the vicious cycle of rapid, gasping breaths, airway constriction, and wheezing.

**CIRCULAR BREATH:** Produces a continuous tone, often used by players of wind instruments. By breathing *in* through the nose while simultaneously pushing air *out* through the mouth using air stored in the cheeks, an uninterrupted tone is achieved. It is used extensively in playing many instruments; e.g., the Australian didgeridoo, the Sardinian *launeddas*, and the Egyptian *arghul*. A few jazz and classical wind and brass players also utilize some form of Circular Breathing. Essentially, Circular Breathing bridges the gap between exhalations. The air stored in the person's cheeks is used as an extra air reserve to play with while they sneak in a breath through their nose. Bounce Breathing is an advanced form of Circular Breathing.

**CLAVICULAR BREATHING (aka Shallow Breathing):** Clavicle Breathing draws air into the chest area by the raising of the shoulders and collarbone (clavicles). Oxygen reaches only the top third of the lungs; this is the most superficial mode of Shallow Breathing. *See also Costal Breathing, below.*

**COHERENT BREATHING:** Involves breathing at the nominal rate of five breaths per minute with an equal inhalation and exhalation. This method claims to facilitate circulation and autonomic nervous system balance by creating a wave in the circulatory system, the “Valsalva Wave” (a term coined by Stephen Elliott).

**COSTAL BREATHING (aka Lateral Breathing):** A technique in which inspiration and expiration are produced chiefly by horizontal/lateral movements of the ribs.

- COUNTING BREATH (BREATHING ISOMETRICS):** With the body relaxed, a breathing pattern is maintained. Depth and rhythm may vary. Inhales should last several seconds; exhales are long and slow through your teeth, or with pursed lips, whichever feels more comfortable. When in an isometric exercise position, a regular count should be established, because holding the breath during exercise is not a good idea—and may even be dangerous.
- DIAPHRAGMATIC BREATHING:** A type of breathing exercise that promotes more effective aeration of the lungs, consisting of moving the diaphragm downward during inhalation and upward during exhalation.
- HOLOTROPIC BREATHING:** Developed by Stanislav Grof as an approach to self-exploration and healing that integrates insights from Eastern spiritual practices as well as modern consciousness research in transpersonal psychology. The method comprises five components: group process, intensified breathing, evocative music, focused bodywork, and expressive drawing.
- LATERAL BREATHING:** Focuses on filling your sides and back. The exhale brings the entire middle into the center. It's sometimes used interchangeably with Costal Breathing, which is used to deepen the voice and to treat stammering; however, in Costal Breathing the focus is on the rib cage all the way around the body.
- LUNG CAPACITY:** There are two different measures of lung breathing capacity: Tidal Volume, which is the amount of air that flows in and out of your lungs during normal breathing; and Vital Lung Capacity, which is the maximum amount of air that can move in and out of your lungs. Tidal Volume is the breathing you do without thinking. Vital Lung Capacity is the equivalent of taking a deep breath before going under water or exhaling fully after surfacing. In a clinical setting, doctors measure Vital Lung Capacity with a device called a "spirometer."
- MERKABA BREATHING:** A meditation that consists of seventeen breaths, each visualized as a different geometric shape. It's based on the theory that the physical body and spirit can be transported through different dimensions. Also called "Spherical Breathing."

**NADI SHODHANA PRANAYAMA** (aka “alternate nostril breathing”): Used to destress, relax, and balance the mind. To complete the first round, press the thumb on the right nostril and breathe out gently through the left nostril. Next breathe in through the left nostril gently, then press closed with the ring finger. Remove the thumb from the right nostril and breathe out through the right nostril. Breathe in through the right nostril, close, and exhale from the left. Continue with the inhales and exhales, alternating between nostrils.

**PATTERNED BREATHING**: Uses a certain “count” for the inhale and the exhale. Some have “holds” or “retention” at the top of the inhale or top of the exhale, while in others the exhale starts immediately after the inhale is full. The goal of patterned breathing is to slow down the breath and either distract (from pain) or help focus on the breath.

**PERFECT BREATHING**: Promotes slower breath and fosters an alert state of mind and a relaxed breathing. The technique is to be used several times a day and should show immediate benefits. Don Campbell, proponent of the method, reports improved mental focus and increased energy. Related practices include: Energy Wave Breathing, Waterfall Breathing, and Imagination Breathing. Also termed “Conscious Breathing.”

**PRANAYAMA BREATH**: Yogic breathing techniques that help control the “*prana*” or vital life force (also known as “chi,” “qi,” or “ki”). The most popular are *Dirga Pranayama* (Three-part Breath), *Ujjayi Pranayama*, (Ocean Breath), *Nadi Shodhana Pranayama* (alternate nostril breathing), and *Kapalabhati Pranayama* (Light Skull Breathing).

**PRANIC BREATHING**: A six-step form of breathing that aspires to increase, control, and direct the *prana*, or vital life force. The first step clears negative emotions and limiting beliefs; the second utilizes a highly energizing breathing technique to boost vitality; the third manipulates energy (through scanning, sweeping, and energizing); the fourth step involves energetic hygiene; the fifth step, meditation; the sixth and final step consists of the two very powerful energy-generation exercises.

**RECOVERY BREATH**: A fast breathing exercise that is a combination of all the preliminary exercises taught, that then goes into a state of gentle “natural” breathing, rest, and a meditative state. It helps to calm

and recover after a competition or test. Calming the body, lowering cortisol, and going back to a “rest and digest” alert but calm state helps combat the effects of oxidative stress. Recovery Breath is also called “Active Meditation.”

**REICHIAN BREATHING (ARMOR):** Wilhelm Reich related difficulties in emotional well-being to functional problems on a bodily level, as reflected in disturbed breathing. He induced a sense of peace and calm in his patients by guiding them to focus only on their breath. In Reich’s opinion, the blocking of feeling, motility, and energy in the body creates an “armor” that defends one from threatening internal impulses and from external dangers.

**RESISTANCE BREATHING:** The goal is to employ resistance in order to strengthen the muscles used in respiration. Apart from people with breathing disorders, many singers, divers, martial arts practitioners, and athletes incorporate resistance breathing into their regimen. Resistance may be provided with the use of respiratory muscle trainers, or by creating physical obstacles—such as pursing the lips to increase resistance during breathing.

**RHYTHMIC BREATHING:** A breathing technique used for running described by Budd Coates in his book *Runner’s World Running on Air*. It centers around the idea that rhythmic breathing increases lung volume; improves awareness and control; helps prevent injury and side stitches; improves running for those with asthma; allows runners to quickly set a pace for quality training and racing; and helps athletes manage muscle cramps.

**SITHALI:** Referred to as “tongue hissing” because during the inhale, air is drawn in through a protruding tongue folded into a tube. As a result, the air passes over a moist tongue, thereby refreshing the throat. Faster or slower inhalation makes possible variations in the loudness and softness and smoothness of a reversed hissing sound. The tongue is drawn back into the mouth, and the lips are closed at the end of inhalation. One can breathe out either through the mouth or alternately through the nostrils.

**SPORTS BREATHING:** Breathing techniques related to improved performance during such sports as swimming, biking, or weight lifting, or breathing exercises for endurance and conditioning that train

inspiratory and expiratory breathing muscles. Also used after competitive events to reduce stress and tension and induce a calmer state.

**TAO YIN BREATHING:** Consists of postures, meditation, and breathing patterns to strengthen and relax the back and energize and relax the lumbar area. The goal, explains Taoist Master Mantak Chia, is to achieve harmony between chi and external energies, and revitalize the body and spirit. Also known as Taoist Yoga.

**TAOIST REVERSE BREATHING:** Traditionally used by qigong practitioners, healers, and martial artists, it reverses the in-and-out movements of the abdomen present in natural breathing: the abdomen contracts inward during inhalation and relaxes outward during exhalation. When the diaphragm moves downward and the belly contracts inward during inhalation, the resulting pressure in the abdomen “packs” the breath energy; when the diaphragm relaxes upward and the belly relaxes outward during exhalation, the pressure is suddenly released. Taoist Reverse Breathing is an advanced technique and should only be undertaken with guidance.

**THORACIC BREATHING:** A dysfunctional, ineffective way of breathing that does not use the diaphragm, but rather the intercostal muscles. Thoracic breathing tends to be inefficient, shallow, and rapid, which may result in too much carbon dioxide retained in the body and respiratory acidosis.

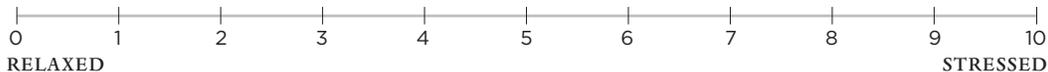
**TRANSFORMATIONAL BREATHING:** Popularized by Dr. Judith Kravitz, who posits that this technique facilitates the natural healing process for all types of trauma and for beneficial maintenance of optimal health, Transformational Breathing is an active exercise that uses the breath to release tension within the body. The breathing technique is a deep breath in through the mouth while inflating the abdomen and a gentle sigh out on the exhale. There is no pause between inhale and exhale.

**YOGIC BREATH:** Incorporates three types of breathing—Collarbone (Clavicular) Breathing, Chest Breathing, and Abdominal or Diaphragmatic Breathing—thereby utilizing full lung capacity. With the inhalation, the abdomen extends forward and the chest is expanded; with the exhalation, the chest and the abdomen return to their original position, united into a flowing wave.

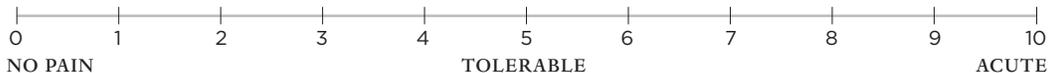
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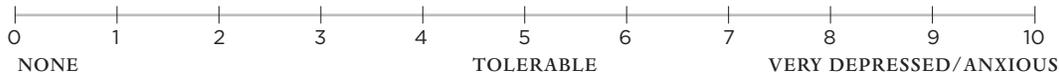
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**4. Sleep:**



**5. Mood (Anxiety or Depression):**



**6. Cravings:**



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**8. Mental Clarity and Memory:**



**9. Problems with Digestion (constipation, irritable bowel, acid reux, etc.):**



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# DAY 2

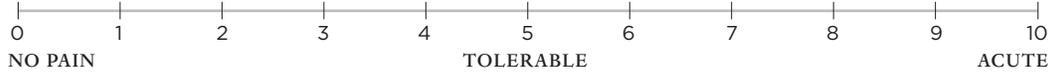
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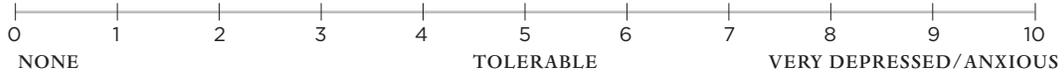
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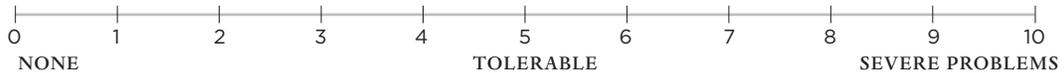
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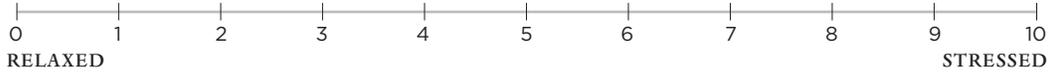


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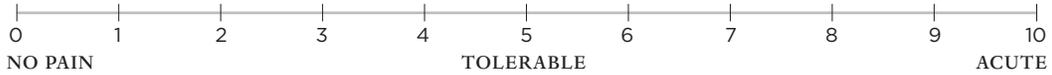
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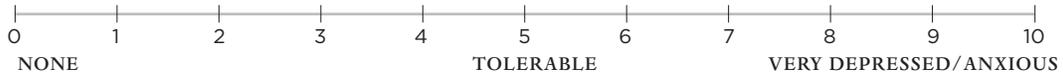
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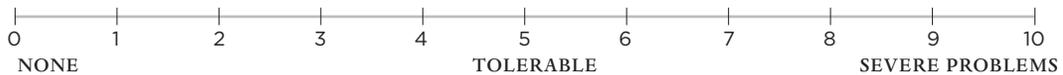
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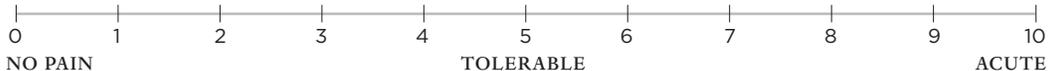
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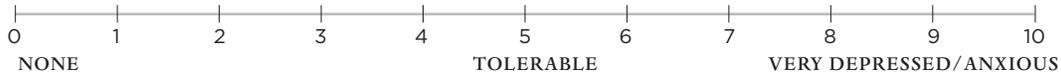
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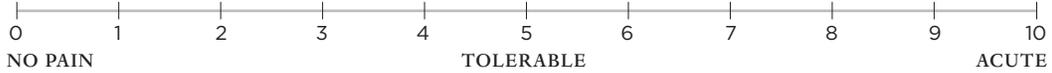
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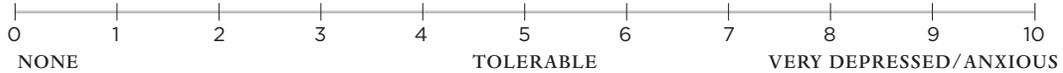
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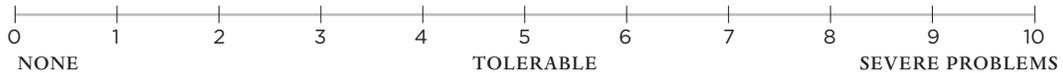
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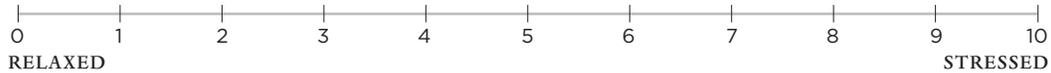


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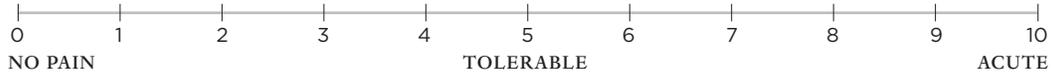
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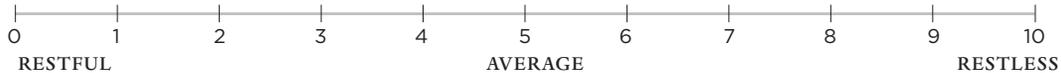
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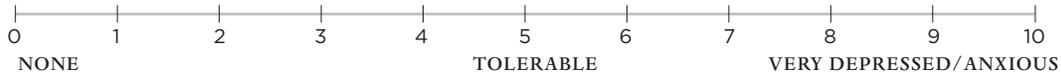
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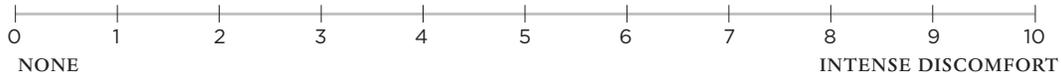
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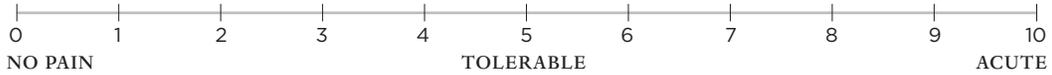
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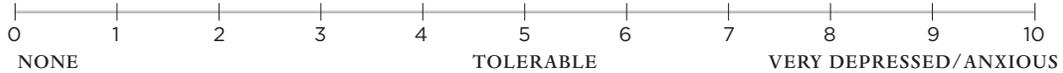
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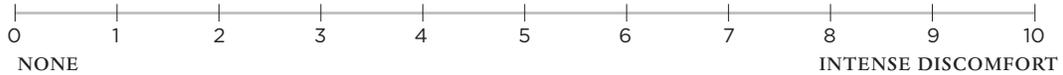
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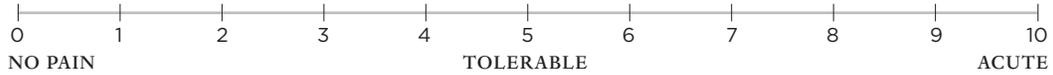
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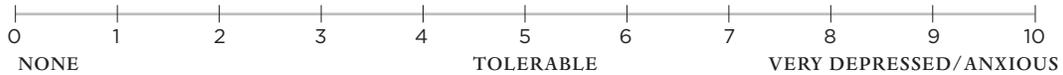
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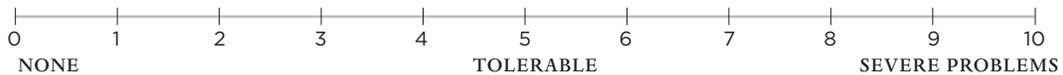
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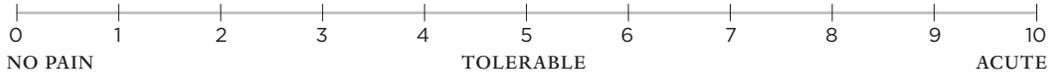
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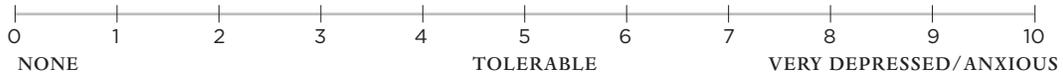
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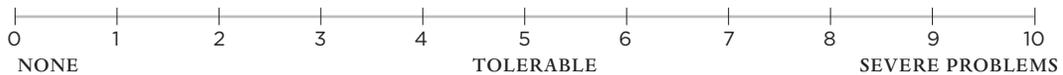
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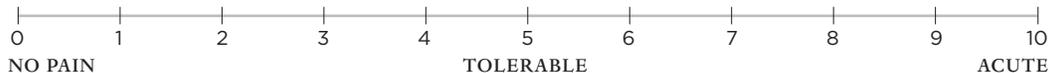
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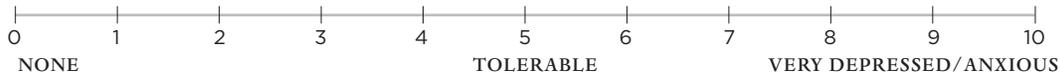
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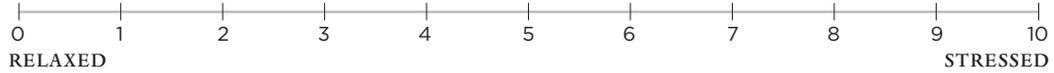


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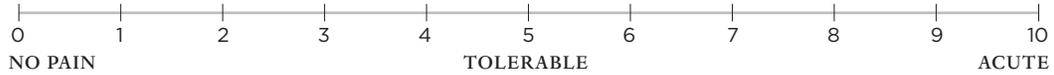
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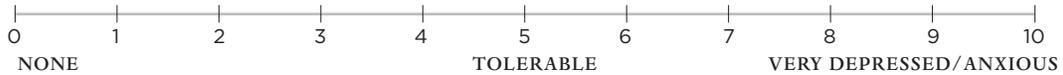
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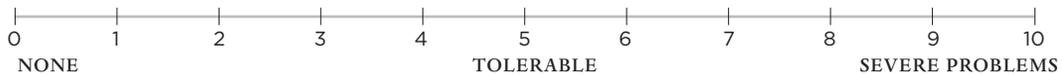
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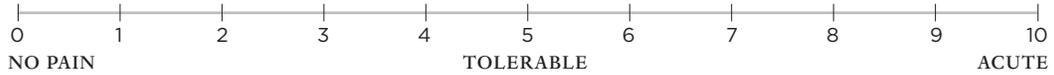
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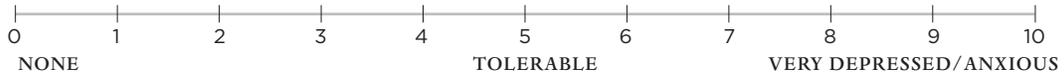
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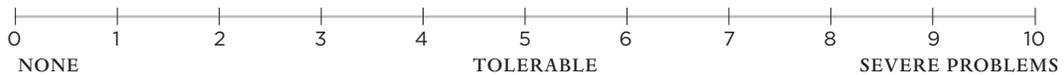
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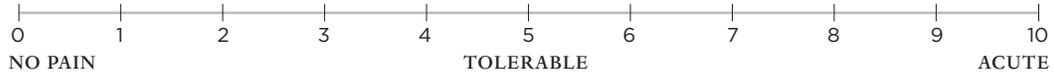
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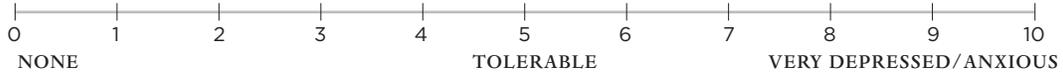
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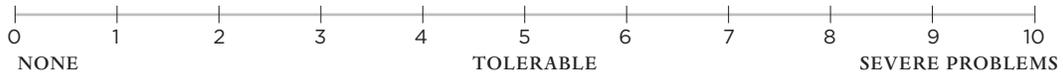
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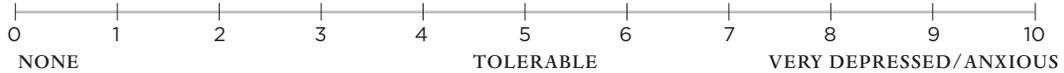
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