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The Mindful Carnivore A Vegetarians Hunt For Sustenance Tovar Cerulli

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~~Tovar Cerulli~~ *Carnivore Diet: Why would
it work? What about Nutrients and Fiber?*

~~How To Balance Your Hormones: Neal~~

~~Barnard, MD | Rich Roll Podcast~~ **Low**

Carb, Keto, Carnivore, Menopause,

Hormones, Weight loss and Health Ep.

184 | Minimalist Diets (with Rich Roll, Dr.

Paul Saladino, and Dr. Tommy Wood)

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trying to heal myself with meat | Week 1
on Carnivore Dietitian Reviews
Everything Kelly Ripa Eats in a Day
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Kylie Jenner Eats in a Day (*YIKES*)
Dietitian Reacts to Everything Ian
Sommerhalder Eats in a Day (PS: This Gets

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~~Pretty Weird) Dietitian Reviews Tovar
MADELAINE PETSCH Vegan What I
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Dr. Berg and Frank Tufano on the

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Carnivore Diet *High Carb to Low Carb to
Keto to Carnivore | Dr. Ken Berry How to
Fix a DAMAGED METABOLISM*

*(Reverse Dieting vs All In) Dr Ken Berry
MD Carnivore Diet Success Story (+
Tips) Dietitians Thoughts on Amberlynn
Reid's Diet \u0026 Mukbangs (This
Might Be Hard to Watch...) ~~Eat More Fat?~~*

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~~Eat Less Carbs? Why Protein is Priority
(P:E Diet) Dr. Ted Naiman #152~~

Ketotarian Diet Review (+Tips for Keto
Vegetarians) • Dr Will Cole *Protein* \u0026
Fat Debate on Carnivore \u0026 *Keto*
with Craig Emmerich Carnivore vs.
Vegans! A friendly debate with Cyrus and
Robby from Mastering Diabetes ~~Dietitian~~

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~~Reviews Alyse Parker's 30-Day
CARNIVORE Diet Challenge (Ex-Vegan)~~

**Dietitian Reviews Kalel WHAT I ATE
TODAY (NOT VEGAN) Ken Berry,**

**MD: Keto \u0026 Carnivore (fatty meat)
Saved His Health The Mindful Carnivore**

A Vegetarians

I've just finished Tovar Cerulli's newly

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released The Mindful Carnivore: A
Vegetarian's Hunt for Sustenance, and I
highly recommend it to just about anyone
who eats and reads. No matter how you'd
label yourself--hunter, nonhunter,
antihunter, vegan, vegetarian, carnivore, or
just an omnivore with dilemmas--this is a
book worth reading.

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The Mindful Carnivore: A Vegetarian's
Hunt for Sustenance ...

Full of compassion, curiosity, and a
nourishing eloquence, Mindful Carnivore
is a healthy reminder that our choices
matter and an invitation to vegetarians and
carnivores alike to examine their paths to

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Hunt For Sustenance. Langdon Cook. Tovar Cerulli
has written the book I've been waiting for.
It's memoir, adventure story, and
exploration.

The Mindful Carnivore: A Vegetarian's
Hunt for Sustenance ...

In The Mindful Carnivore: A Vegetarian's

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Hunt for Sustenance (Pegasus Books, 2012), Cerulli beautifully chronicles his philosophical approach to eating and living. The book follows his journey from eschewing not only flesh but all animal products—such as milk and honey—to becoming, improbably, a hunter of deer in New England's woods.

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The Mindful Carnivore: A Vegetarian's
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The Mindful Carnivore A Vegetarian s
Hunt for Sustenance A vegan-turned-
hunter reignites the connection between
humans and our food sources and
continues the dialog begun by Michael

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Hunt For Barbara Kingsolver. While still
in high school, Tovar Cerulli
experimented with vegetarianism and by
the age of twenty, he was a vegan.

The Mindful Carnivore A Vegetarian s
Hunt for Sustenance

Both a personal tale of how one man

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comes to terms with the meat on his plate and a historical look at humanity's connection to animals, *The Mindful Carnivore* delivers new insight in the too-often simplistic vegetarian-versus-carnivore argument. — Novella Carpenter, author of *Farm City: The Education of an Urban Farmer* Bull's-eye!

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The Mindful Carnivore: A Vegetarian's
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Full of compassion, curiosity, and a
nourishing eloquence, Mindful Carnivore
is a healthy reminder that our choices
matter and an invitation to vegetarians and
carnivores alike to examine their paths to

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sustenance., A personal tale of how one man comes to terms with the meat on his plate and a historical look at humanity's connection to animals.

The Mindful Carnivore : A Vegetarian's
Hunt for Sustenance ...

The mindful carnivore : a vegetarian's hunt

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Hunt For Sustenance. [Tovar Cerulli] -- A former
vegan returns to eating meat for health
reasons and discusses and challenges the
behavior of hunters and vegetarians alike,
ultimately determining that both groups
are motivated by values ...

The mindful carnivore : a vegetarian's hunt

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I've just finished Tovar Cerulli's newly released *The Mindful Carnivore: A Vegetarian's Hunt for Sustenance*, and I highly recommend it to just about anyone who eats and reads. No matter how you'd label yourself--hunter, nonhunter, antihunter, vegan, vegetarian, carnivore, or

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just an omnivore with dilemmas--this is a
book worth reading.

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both the behavior of many hunters and the illusion of blamelessness ...

[PDF] Books The Mindful Carnivore A Vegetarians Hunt For ...

At that time, the choices for vegetarians were salads, steamed vegetables, and rubberized fake meat. While I enjoy a

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good salad, the rest was a hard pass, and I fell back on my carnivore ways. Fast-forward nearly 20 years, and I attended a yoga retreat where every meal was a freshly cooked vegan meal.

Conversion of the Carnivore: Becoming a Vegetarian is more ...

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Throughout *The Mindful Carnivore*, the predominating character trait revealed by Cerulli is his ambivalence, his ability to see both (or more) sides of an issue and then step forward with uncertainty about how right he is. This is true for hunting as it was for veganism, despite his positive connections with hunting and his growing

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Cerulli

Book Review: Tovar Cerulli's The
Mindful Carnivore

The Mindful Carnivore has earned praise from ecologists, conservationists, hunters, and vegetarians, among others. You can get it in paperback, hardcover, and all

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flavors of eBook through your local
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including Barnes & Noble and Amazon.

Tovar Cerulli | Book | Catalyzing insights
for conservation

As a vegan-turned-hunter, active listener,
and student of culture and communication,

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Tovar has a unique ability to comprehend and relate to diverse groups, issues, and perspectives. Drawing on mature, adaptive speaking skills, he delivers seminars and keynote talks, addressing controversial topics in ways that cultivate mutual respect.

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"Both a personal tale of how one man comes to terms with the meat on his plate and a historical look at humanity's connection to animals, *The Mindful Carnivore* delivers new insight in the too-often simplistic vegetarian-versus-

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"Hunt For Sustainable."—Novella Carpenter,
author of *Farm City: The Education of an
Urban Farmer*

The Mindful Carnivore | Tovar Cerulli |
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The Mindful Carnivore - Ebook written by
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The Mindful Carnivore A vegan-turned-hunter reignites the connection between humans and our food sources and continues the dialog begun by Michael Pollan and Barbara Kingsolver. While still in high school, Tovar Cerulli experimented with vegetarianism and by the age of twenty, he was a vegan.

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Some celebs choose to follow a vegan diet or a vegetarian diet and they go this route for many reasons. Maintaining a healthy, fit physique is a huge motivational factor towards following a vegan diet. Keeping blood pressure and cholesterol levels low

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is another huge reason why some celebrities might consider a vegan or vegetarian diet in their lifetime.

5 Celebs Who Live A Vegan/Vegetarian
Lifestyle (& 5 ...

Certified mindfulness meditation
facilitator, award winning health educator,

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and longtime vegan advocate Lani Tovar Muelrath has been practicing mindfulness meditation for 25 years. In *The Mindful Vegan*, she teaches you how to practice mindfulness and shows how it can bring freedom and a new joy to your eating—and living—experience.

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Subject: carnivore. Vegetarian could transform your inter-dietary relationship into a carnivore and i like to date with vegan cooking as well. Such two different lifestyles will love. Certainly, 2019.

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is unlikely. Regardless, or share dating a
cashew creme sauce instead of this,
vegetables, 2011.

A vegan-turned-hunter reignites the
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sources and continues the dialog begun by Michael Pollan and Barbara Kingsolver. While still in high school, Tovar Cerulli experimented with vegetarianism and by the age of twenty, he was a vegan. Ten years later, in the face of declining health, he would find himself picking up a rifle and heading into the woods. Through his

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personal quest, Tovar Cerulli bridges disparate worldviews and questions moral certainties, challenging both the behavior of many hunters and the illusion of blamelessness maintained by many vegetarians. In this time of intensifying concern over ecological degradation, how do we make peace with the fact that, even

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in growing organic vegetables, life is sustained by death? Drawing on personal anecdotes, philosophy, history and religion, Cerulli shows how America's overly sanitized habits of consumption and disconnection with our food have resulted in so many of the health and environmental crises we now face.

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If we want to improve the treatment of animals, Dominique Lestel argues, we must acknowledge our evolutionary impulse to eat them and we must expand our worldview to see how others consume meat ethically and sustainably. The position of vegans and vegetarians is

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unrealistic and exclusionary. Eat This Book calls at once for a renewed and vigorous defense of animal rights and a more open approach to meat eating that turns us into responsible carnivores. Lestel skillfully synthesizes Western philosophical views on the moral status of animals and holistic cosmologies that

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recognize human-animal reciprocity. He shows that the carnivore's position is more coherently ethical than vegetarianism, which isolates humans from the world by treating cruelty, violence, and conflicting interests as phenomena outside of life. Describing how meat eaters assume completely—which is to say,

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metabolically—their animal status, Lestel opens our eyes to the vital relation between carnivores and animals and carnivores' genuine appreciation of animals' life-sustaining flesh. He vehemently condemns factory farming and the terrible footprint of industrial meat eating. His goal is to recreate a kinship

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between humans and animals that reminds us of what it means to be tied to the world.

In this book, Jan Deckers addresses the most crucial question that people must deliberate in relation to how we should treat other animals: whether we should eat animal products. Many people object to

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Hunt For Sustainable To var
Cerulean
the consumption of animal products from
the conviction that it inflicts pain,
suffering, and death upon animals. This
book argues that a convincing ethical
theory cannot be based on these important
concerns: rather, it must focus on our
interest in human health. Tending to this
interest demands not only that we extend

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speciesism—the attribution of special significance to members of our own species merely because they belong to the same species as ourself—towards nonhuman animals, but also that we safeguard the integrity of nature. In this light, projects that aim to engineer the genetic material of animals to reduce their

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capacities to feel pain and to suffer are morally suspect. The same applies to projects that aim to develop in-vitro flesh, even if the production of such flesh should be welcomed on other grounds. The theory proposed in this book is accompanied by a political goal, the 'vegan project', which strives for a qualified ban on the

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consumption of animal products. Deckers also provides empirical evidence that some support for this goal exists already, and his analysis of the views of others—including those of slaughterhouse workers—reveals that the vegan project stands firm in spite of public opposition. Many charges have been pressed against

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vegan diets, including: that they alienate human beings from nature; that they increase human food security concerns; and that they are unsustainable. Deckers argues that these charges are legitimate in some cases, but that, in many situations, vegan diets are actually superior. For those who remain doubtful, the book also

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contains an appendix that considers whether vegan diets might actually be nutritionally adequate.

From the Publisher: Jonathan Safran Foer spent much of his teenage and college years oscillating between omnivore and vegetarian. But on the brink of fatherhood-

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Cerull
facing the prospect of having to make dietary choices on a child's behalf-his casual questioning took on an urgency.

His quest for answers ultimately required him to visit factory farms in the middle of the night, dissect the emotional ingredients of meals from his childhood, and probe some of his most primal instincts about

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right and wrong. Brilliantly synthesizing philosophy, literature, science, memoir and his own detective work, *Eating Animals* explores the many fictions we use to justify our eating habits—from folklore to pop culture to family traditions and national myth—and how such tales can lull us into a brutal forgetting. Marked by

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For's profound moral ferocity and unvarying generosity, as well as the vibrant style and creativity that made his previous books, *Everything is Illuminated* and *Extremely Loud and Incredibly Close*, widely loved, *Eating Animals* is a celebration and a reckoning, a story about the stories we've told-and the stories we

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now need to tell.
Cerulli

Vegetarian and Plant-Based Diets in Health and Disease Prevention examines the science of vegetarian and plant-based diets and their nutritional impact on human health. This book assembles the science related to vegetarian and plant-

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based diets in a comprehensive, balanced, single reference that discusses both the overall benefits of plant-based diets on health and the risk of disease and issues concerning the status in certain nutrients of the individuals, while providing overall consideration to the entire spectrum of vegetarian diets. Broken into five sections,

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the first provides a general overview of vegetarian / plant-based diets so that readers have a foundational understanding of the topic. Dietary choices and their relation with nutritional transition and sustainability issues are discussed. The second and third sections provide a comprehensive description of the

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relationship between plant-based diets and health and disease prevention. The fourth section provides a deeper look into how the relationship between plant-based diets and health and disease prevention may differ in populations with different age or physiological status. The fifth and final section of the book details the nutrients

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and substances whose intakes are related to the proportions of plant or animal products in the diet. Discusses the links between health and certain important characteristics of plant-based diets at the level of food groups Analyzes the relation between plant-based diet and health at the different nutritional levels, i.e. from

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dietary patterns to specific nutrients and substances Provides a balanced evidence-based approach to analyze the positive and negative aspects of vegetarianism

Addresses the different aspects of diets predominantly based on plants, including geographical and cultural variations of vegetarianism

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Master entrepreneur, original hip-hop mogul, and three-time New York Times bestselling author Russell Simmons offers an inspiring guide to the benefits of conscious eating and veganism In the New York Times bestseller Success Through Stillness, Russell Simmons shared how

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meditation can be used as a powerful tool to access potential in all aspects of life, having seen himself how achieving inner peace led to outward success. In *The Happy Vegan*, Simmons shares how once he started practicing yoga and meditation, he became more conscious of his choices, particularly the choices he made regarding

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his diet. Simmons first adopted a vegetarian and then vegan diet, and almost immediately began to experience the physical, mental, and emotional benefits of eating green and clean. He delves into research about mindful eating, the links between stress and poor eating habits, the importance of listening to your body, the

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well-documented problems associated with eating animal products and processed foods, along with tips on how to transition to a vegan diet. Drawing on his own experience, the experiences of others, and science and research on the health benefits of conscious eating and veganism, The Happy Vegan is an accessible and

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inspiring guide to help others make the
move toward a vegan diet and a more
successful, focused, and purposeful life.

Shawn Baker's Carnivore Diet is a
revolutionary, paradigm-breaking
nutritional strategy that takes
contemporary dietary theory and dumps it

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It runs on its head. It breaks just about all the “rules” and delivers outstanding results.

At its heart is a focus on simplicity rather than complexity, subtraction rather than addition, making this an incredibly effective diet that is also easy to follow.

The Carnivore Diet reviews some of the supporting evolutionary, historical, and

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nutritional science that gives us clues as to why so many people are having great success with this meat-focused way of eating. It highlights dramatic real-world transformations experienced by people of all types. Common disease conditions that are often thought to be lifelong and progressive are often reversed on this diet,

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and in this book, Baker discusses some of the theory behind that phenomenon as well. It outlines a comprehensive strategy for incorporating the Carnivore Diet as a tool or a lifelong eating style, and Baker offers a thorough discussion of the most common misconceptions about this diet and the problems people have when

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Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, No Meat Athlete is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious

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athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: - Weight loss, which often leads to increased speed- Easier digestion and faster recovery after workouts- Improved energy levels to help

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with not just athletic performance but your day-to-day life - Reduced impact on the planet Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a

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plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The

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manual provides training plans for
common race distances and shows runners
how to create healthy habits, improve
performance, and avoid injuries. No Meat
Athlete will take you from the start to
finish line, giving you encouraging tips,
tricks, and advice along the way.

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Cerulean

For many years Josephine Moon struggled with the question of eating meat, fervently wishing to live as a vegetarian yet requiring meat in her diet. From Josephine's philosophical, spiritual and physical battle with eating meat came, Buddhism for Meat Eaters – a book for animal lovers, the environmentally and

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ethically conscious, and generally thoughtful people who eat meat but perhaps aren't entirely comfortable doing so. Open, honest and utterly without judgement, Buddhism for Meat Eaters encourages readers to be more mindful about their choices, rather than berating themselves for them, and offers ways for

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How to live ethically, honestly and guilt-free, whether as a carnivore, vegetarian or vegan. This highly practical guide also includes workbook-style activities and topics for consideration to guide you in your own journey to making wiser decisions on how you consume, how you live, and how to change the world around

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