



THE SECRETS TO *True Health*



How to Become
The Healthiest You

FREDERICK ESPIRITU

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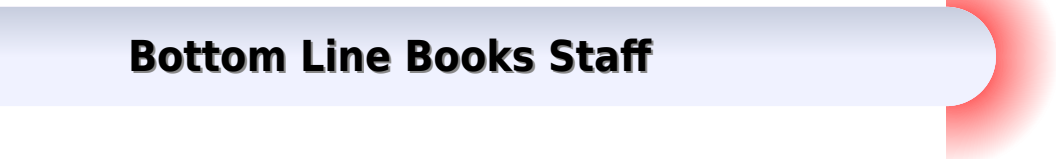
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