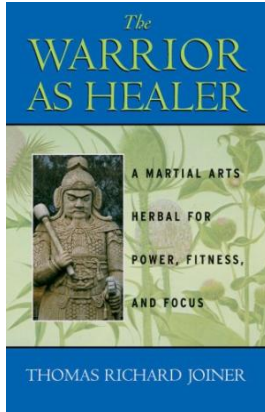


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# WARRIOR AS HEALER: A MARTIAL ARTS HERBAL FOR POWER, FITNESS AND FOCUS



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