

MICHAEL JOHNSON

CANNABIS

COOKBOOK

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Nice Cannabis Recipes That Boost Health

G Orfield



Nice Cannabis Recipes That Boost Health:

Marijuana Recipes and Remedies for Healthy Living Mary Jane Stawell, 2011-09-30 Marijuana is a palliative an analgesic with anti inflammatory properties it alleviates pain without addictive effects experienced with narcotics You might think of marijuana as being something like an herbal aspirin In fact it was used in folk medicines like aspirin for thousands of years to soothe aches and pains before aspirin was discovered When hearing marijuana most of us call up an image of recreational smoking to get high Being in the high state actually promotes wellness Being high feels good and feeling good encourages healing and homeostasis Most of us however are less familiar with the other ways in which one can use marijuana as a remedy for ailments that diminish quality of life like aching muscles from over exertion or spinal misalignment for example Actually the list of ailments that can be soothed with medical marijuana is quite long It is important to emphasize that marijuana does not cure rather it soothes and alleviates and in so doing we feel better and heal faster This comes from its palliative qualities Marijuana s palliative qualities can be delivered in a variety of ways smoking eating rubbing into the skin Each of these delivery methods has special benefits which are compared and contrasted in MARIJUANA RECIPES AND REMEDIES In addition to the delicious foods described MARIJUANA RECIPES AND REMEDIES tells how to extract the beneficial chemicals from the herb its essence to make tinctures and ointments good for massaging aching muscles soothing bug bites MARIJUANA RECIPES AND REMEDIES offers many easy delicious nutritious recipes including desserts of all kinds breads main courses and elixirs It also teaches principles such as using butter to extract the essence so that you can experiment with your own recipe development What fun Most cookbooks tell you how to cook from scratch which is great if you re a cook and you have enough time But many of us aren t cooks yet we would like to incorporate marijuana herbals in our menu MARIJUANA RECIPES AND REMEDIES is unique in that it shows how to use inexpensive off the shelf ready made mixes you can find at the corner store to make some fabulous cannabis cuisine How to convert off the shelf lotions into something fit for Cleopatra well almost Medical Marijuana / Cannabis Cultivation Jeffrey Winterborne, 2008 The grow guide represents to date the most documented and graphically illustrated complete grow guide ever published anywhere electronically or in print Nothing can compare it is a step by step guide walking you through every step of cannabis cultivation from start to finish It is the alpha to omega of cannabis cultivation and takes you on a journey through one complete cycle creating the spark of life by awakening the seeds from their sleep nurturing the life within and slowly but surely helping the life to fulfil its entropic way to completion of harvest manicuring and curing the massive resin coated crystallised buds of magick medicine *Cooking for Healthy Healing* Linda Page, 2002 Linda Page has been saying it for years Good food is good medicine Now in her new revolutionary cookbook set she presents the latest information about the problems with today s food supply and shows how to use food as medicine for healing and for wellness Cooking for Healthy Healing: Healing Diets Linda Page, 2002 You will discover the healing secrets of different kinds of foods for example

fruits vegetables and chlorophyll how they cleanse your body and heal health problems green superfoods and medicinal mushrooms how they work for faster healing herbs and sea greens how they help the body remain in balance spices and herbs how they boost thermogenesis to burn calories for hours Also includes complete nutrient value reference sections for food herbs and nutrients and a complete section dedicated to the importance of organic foods There are over 80 complete healing diets and programs from allergies to childhood disease control to recovery after radiation and surgery each detailed programme shows how to develop the healing diet and then refers to the easy to use recipes in **Cooking For Healthy Healing Book Two The Healing Recipes** **Cannabis for Health: Become a Coach** Elisabeth Mack RN BSN MBA,2020-04-23

Health coaches holistic healers nurses and their patients will unravel the myriad of cannabis products to discover the health benefits of cannabis as a medicine In addition they ll get insight into how cannabis works in the body with practical guidance on dosing to reduce suffering and improve their quality of life Author Elisabeth Mack RN BSN MBA in Healthcare administration shares her personal healing experience using medicinal cannabis Her holistic methods using cannabis oils reduced her need for 12 pharmaceuticals per day enabling her to go days without a pill To shorten the experimentation for other she wrote one of the most practical cannabis books with advice for daily use providing patients the ability to heal without the high as quickly as possible The author is also the Founder and CEO of Holistic Caring which bridges the gap between conventional and cannabis therapeutics Her company provides care for patients through zoom consultations across America and globally This handbook of cannabis will help health coaches and patients understand the research and applications of healing the Endocannabinoid System The book provides practical advice on how to shop for CBD THC CBG CBN THCA CBDA and terpenes Finally based on the author s professional experience training hundreds of healthcare professionals and thousands of patients readers will get practical guidance on administration routes including tinctures topicals oils vapes patches and more Cannabis for Health Become a Coach acts as a guide to good health with lifestyle medicine tips to help healthcare professionals more easily reduce suffering in their patients It s time to change the paradigm from disease focused care to empowering patients and professionals to holistically improve their health and well being with safe experimentation with cannabis as a medicine **Be Good to Your Gut** Eve Kalinik,2017-09-07 Named one of Vogue s Best New Healthy Cookbooks Named Best Book for Improving Gut Health in Healthista com s 13 best healthy cookbooks of the year Each page oozes wisdom and insight mirrored with realistic tips and advice on nurturing your digestive health Get the Gloss The most relevant and provocative nutritionist I ve ever met Nick Barnard founder of Rude Health In a world of food fads Eve s approach is grounded sensible and do able Suzy Greaves Editor Psychologies Eve is smart and practical her advice is spot on and her recipes are distinctive and easy to make Ian Marber nutritional therapist and author Each chapter leaves you feeling enlightened and fired up to make real change Healthista com In Be Good to Your Gut nutritional therapist Eve Kalinik shows you the path to better digestion and reveals the far reaching effects of good gut health from a stronger

immune system and balanced hormones to a greater resilience to stress and reduced inflammation The real work on getting your gut to be as healthy and happy as it can be starts with what you feed it Eve s advice is complemented with over eighty enticing nourishing recipes you ll want to eat over and over again including Miso Cod with Wasabi Broccoli Chocolate Chia Fudgy Pancakes Matcha Banana Bread Turmeric Chicken with Laksa Zoodles Amandino Ice Cream and Happy Cow Burgers If you simply want to improve your gut health and overall wellbeing but don t know where to start or you are looking for further insight into digestive conditions such as IBS the advice in Be Good to Your Gut will help you feel fantastic and proves that being good to your gut is great for your taste buds too [Cooking with cannabis for beginners](#) Elizabeth

Flournoy,2022-01-27 Discover the Tasty and Easy to Follow Recipes to Get High On Perfect for Marijuana Lovers Dry l v fl w r and d f m r ju n are b n f l t use for d ff r nt health problems but marijuana smoke has some adverse effects on your lungs and brain So how to gain all the benefits without exposing yourself to risk Well through ingestible oils foods drinks and tinctures the recipes can be found inside this cannabis cookbook If you tried to prepare meals infused with marijuana a couple of years ago most people would call you crazy Today it s a whole different story and this cookbook is a perfect opportunity for you to add something new and unique to your kitchen Discover tasty and mouthwatering recipes for marijuana infused meals try something new something bold From marijuana infused milks oils and butters which you can use to prepare other meals to tasty cakes cookies and also soups and beverages this cookbook has it all Learn how to enjoy marijuana in a thousand different ways and surprise your senses Here s what this cannabis cookbook will offer you Everything you need to know about cooking with marijuana Canna recipes for preparing cannaoils cannabutters and cannatinctures 40 satisfying recipes for marijuana infused treats cakes and brownies Unique marijuana soup recipes Refreshing and invigorating marijuana beverage recipes Tasty marijuana infused party snacks And much more If you want a tastier and better method to enjoy marijuana then marijuana foods and edibles are the way to go and this cookbook has the best recipes to try out All you have to do is to follow the easy instructions it s that easy Scroll up click on Buy Now with 1 Click and Get Your Copy Now **The Art of Cooking with Cannabis** Tracey Medeiros,2021-05-25 2021 Readable Feast

Awards Honorable Mention 125 mouthwatering recipes featuring CBD hemp and THC from organic farmers award winning chefs artisans and food producers across the country More than a cookbook The Art of Cooking with Cannabis is a valuable resource for new inspiration and excitement surrounding cannabis food and responsible consumption Tracey Medeiros introduces the reader to dozens of organic farmers award winning chefs artisans and food producers who are leading the green revolution by doing their part to demystify cannabis and its culinary use Individual profiles contain stories from the book s contributors who come from rural and suburban communities and bustling cities across this nation These folks have generously shared their personal struggles and successes which have led them to understand the many health and wellness benefits of the cannabis plant and its important role in society From chemistry to culinary the book contains 125

mouthwatering recipes such as Chicken Kale Meatballs with Cherry Tomato and Pesto Sauces from Chef Jordan Wagman Avocado Mash with Nori and Cucumber from Chef Michael Magliano CBD Infused Vegan Gluten Free Miso Broth from Jessica Catalano THC and CBD Infused Smoked Cheddar with Green Chili Stone Ground Grits from Chef Kevin Grossi Sh mac and Cheese from Carly Fisher Vegan No Bake Cashew Cheese Cake from Chef Maria Hines Simple and beautifully presented spirit free and spirit cocktails such as The 700 Club and Rebellious are also featured in the cookbook from contributors including Entente Chicago and Prank Bar Recipes are divided into three categories CBD Hemp and THC each adapted to meet the reader s cooking and tolerance levels Insightful sidebars offer informative tips and how to guidance helping the cook to use cannabis with ease and confidence

WEED GUMMIES COOKBOOK Deborah Hoglund,2024-10-04 Are you looking for a fun and delicious way to incorporate cannabis into your life Are you looking to elevate your cannabis experience with a delicious and fun twist Are you looking for a fun and delicious way to enjoy cannabis Then look no further than the Weed Gummies Cookbook This comprehensive guide is the ultimate resource for anyone looking to create delicious and easy to make cannabis infused gummies and other confections at home With step by step instructions and beautiful color photos you ll learn how to safely handle and label your creations and easily infuse your favorite sweet treats with the benefits of cannabinoids as well as tips for incorporating a variety of cannabinoids into your routine Whether you re a seasoned cannabis enthusiast or a curious newcomer this cookbook has something for everyone Inside you ll find a wide range of tempting recipes including basic weed gummies creative weed gummies vegan weed gummies sugar free low calorie weed gummies and other cannabis infused edibles and treats this cookbook offers a wide range of mouth watering recipes that will satisfy any sweet tooth With this user friendly cookbook in hand you ll be able to create your own special cannabis infused edibles and treats that are even better than what you can buy at the dispensary Whether you re a novice or a seasoned cannabis chef this book is the perfect resource to elevate your cooking skills and satisfy your sweet tooth So get ready to mix measure and mold your way to some seriously delicious edibles So why wait Click the BUY NOW button right now and get your sugar fix and take your cannabis cooking skills to the next level with the Weed Gummies Cookbook

[Legal Cannabis: The Great Social Experiment](#) Peter M. Birkeland,2018-06-07 Colorado Washington Oregon Colorado Since 2012 nine states and DC have legalized cannabis with more states to follow Already a 9 7 billion dollar industry creating hundreds of thousands of new jobs legal cannabis is not only one of the fastest growing industries but it is changing the dynamics of American society Through interviews and fieldwork Peter M Birkeland shines a sociological lens on the relevant issues of legal cannabis and investigates the most pressing issues Who are the cannabis industry participants What are the costs in running a marijuana business and how much money is generated Who are the users of cannabis in this newly legal market What are the challenges in creating a regulatory framework What has happened to crime teenage use and the black market Birkeland s book provides a documentary like account of the emerging cannabis industry in Colorado the first jurisdiction in the world to

legalize cannabis cultivation manufacturing and retail sales Birkeland worked with cannabis business owners interviewed regulators policy makers including Governor Hickenlooper industry participants and opponents to legalization He attended tradeshow symposiums meet ups penetrated the black market and visited communities that have embraced cannabis sales Through his firsthand experience interviews and research Birkeland traces the evolution of the cannabis industry from strictly illegal to legal and he documents the challenges operators regulators and consumers face in the quest to carry out sales of a federally illegal product Is cannabis legalization a short lived social experiment or is it ushering a new era of herbal medicine and recreational use that will transform society The author uncovers the realities of the newly legal cannabis industry in Colorado a litmus test for other states considering legalizing cannabis

Healing recipes Nutritious Plant-Based Recipes to Feel Better, 2024-01-12 Feeling better starts here Now more than ever so many of us are looking for ways to improve our health and boost our immunity and the very best and easiest place to start is in the kitchen Paying attention to what and how we eat is such a simple way we can all take more control over our wellbeing I truly believe that plants have the power to heal and I m so excited to share this new collection of recipes and wellness ideas with you My recipes are inexpensive and low effort but packed with incredible ingredients that will make you feel instantly better These are the recipes I cook and eat at home that keep me and my family feeling happy and healthy and that help us get back on track when illness does inevitably strike My food is always bright and colourful using 100 per cent plant based wholefoods along with some of my favourite magical superfood ingredients to boost your mood and supercharge your immunity I ve studied plant based nutrition extensively and am incredibly passionate about the amazing ways plants can be used as medicine to help heal us from the inside out I know first hand the incredible impact diet can have on how we feel having been on my own journey to wellness when I began eating a plant based diet ten years ago Ever since making that life changing decision my energy levels have increased my hormones have felt more in balance my mood has lifted and I get ill much less often More recently I ve learnt about the powerful effects specialist ingredients like medicinal mushrooms plant powders and seaweed can have and I ve seen some really impressive results For me and my family eating plant based wholefoods keeps the focus on un refined healthy and nutritious meals with small amounts of animal products included I still have eggs and a little dairy from time to time and my kids sometimes eat fish and meat so I don t claim to be vegan That is why my recipes occasionally contain honey or other non vegan ingredients To maximise the nutritional benefits of ingredients it s generally fine to just wash or scrub fruit and veg without peeling them The skin is rich in nutrients so this increases your intake of vitamins minerals antioxidants and fibre Whether you are currently experiencing a period of ill health have specific recurring symptoms or simply want to learn about ways you can support your immune system I ve included all my favourite ways to give yourself a head start maximise your wellbeing and take control over your health It can feel like such an enormous and overwhelming topic with a huge amount of information available out there but I hope I ve been able to bring together the key

ideas to produce a practical guide to keeping well Don't feel you have to suddenly overhaul your life Even eating a few more veg based meals trying a couple of the self care ideas or adding a plant powder or two to your morning smoothie will bring you so many benefits and you can build on it from there

Growing Medical Marijuana Dave DeWitt,2013-02-19 A beginner's guide to growing weed at home featuring straightforward advice for designing indoor and outdoor cannabis gardens choosing seed varieties buying equipment planting pot harvesting storage stash security troubleshooting and more This beginner's guide to growing cannabis at home features straightforward advice for designing both indoor and outdoor marijuana gardens from choosing and obtaining the most potent and prolific seed varieties to buying the right equipment and setting up your grow room Steering clear of unnecessary scientific and technical jargon Growing Medical Marijuana offers step by step instructions 125 helpful photographs and detailed illustrations to help you plant harvest and store your crop whether you're a novice pot gardener or an experienced grower who wants to go legit Outlining the ins and outs of marijuana cultivation in the states in which it's legal this guide also presents easy to master approaches to fertilizing pruning controlling pests maximizing flower production cloning producing your own seeds and more And once your stash is trimmed cured and ready to enjoy nearly thirty recipes along with dosage instructions provide a delicious alternative to smoking your healing herb

Aunt Sandy's Medical Marijuana Cookbook Sandy Moriarty,2011-11-01 Medical edibles have come a long way since the infamous pot brownies that were consumed with crunchy awful tasting leaves and stems Aunt Sandy's Medical Marijuana Cookbook is a collection of recipes by cooking instructor Sandy Moriarty who is a professor at Oaksterdam University in Oakland Ca Oaksterdam University has pioneered training for jobs in the booming marijuana industry The cookbook is retro in design and content reminiscent of classic Betty Crocker type comfort foods Some of Sandy's favorites include mac and cheese spicy buffalo wings and scalloped potatoes The book visually demonstrates and reveals the process for creating Sandy's 10x Cannabutter It includes 40 easy to prepare delicious dishes from her signature dessert Blue Sky Lemon Bars to the Dizzy Bird Turkey with Stuffing for a festive holiday dinner The book updates some of the classics with low calorie vegetarian vegan sugar free and gluten free options Each individual's potency level is different The author teaches how potency can be adjusted by the amount of plant material used in the butter oil or tincture The American Medical Association has now recognized the medical value of marijuana and the federal government has provided medical marijuana to selected medical patients for many years

Healing Foods DK,2016-02-18 Take control of your life and your health through what you eat with Healing Foods an indispensable resource that shows you exactly what foods are best and how to optimize their super food potential With more than 200 healing foods from carrots to clementines and 150 easy to prepare recipes that heal Healing Foods empowers readers to practice optimum nutrition and shows how certain foods can be incorporated into daily life to target specific health issues

Cannabis Cookbook Dr. W. Ness,2020-03-09 Cannabis Cookbook Ultimate Cannabis Recipe Book for Cooking with Marijuana at Home is a guide for people wanting to create

delicious meals using cannabis as one of the main ingredients Whether for recreational use or medical reasons cooking with cannabis allows individuals who may not be able to smoke marijuana to benefit from the effects this natural plant can offer Inside our cannabis cooking guide you will discover The Health Benefits of Eating Cannabis How to Make Your Own Healthy Cannabis Butter Oil How you can Benefit From Eating Cannabis A Selection of Delicious and Simple Cannabis Recipes How to Incorporate Cannabis In Foods for Breakfast Lunch Dinner How to Make Over 20 Delicious Cannabis Based Recipes in Minutes And so Much More Cannabis Cookbook Ultimate Cannabis Recipe Book for Cooking with Marijuana at Home will teach you the what the how and the why cannabis based recipes should be part of your weekly meal plan You too can benefit from the amazing healthy recipes inside our guide and start making nutritious and delicious cannabis based meals at home in just minutes

Merry Jane's The CBD Solution: Living Merry Jane,2021-06-25 Here is a guide to improving your day to day routines using CBD in every room of your home for wellness sleep sex cooking entertaining and with your pets From the team behind Merry Jane the cannabis focused digital media company founded by Snoop Dogg Upgrade your life with CBD Take a journey through your home to discover the many ways CBD can improve your day to day routines You ll learn how to Incorporate CBD into your bathroom skin care and beauty rituals Invite CBD into your bedroom to help you relax or rev up your sex life Experiment in the kitchen with CBD infused food and drink Throw a CBD themed dinner party Share the healing benefits of CBD with your furry friends With more than 25 recipes and DIY projects plus helpful tips on sourcing storing and using CBD in all its forms this is a wide ranging must have handbook for both the canna curious and canna competent anyone who wants to enhance their lifestyle with the awesome powers of CBD As the third installment in Merry Jane s THE CBD SOLUTION series this is a perfect gift or self buy on its own or as a set CONNECTIONS IN HIGH PLACES Merry Jane is the High Times for a new generation launched by Snoop and managed by his team This is the third book in their CBD SOLUTION Series GROWING CANNABIS CURIOSITY As CBD becomes increasingly legal in the United States and abroad people are starting to take a keener interest in the proper methods and usage This book provides an accessible entry into the world of CBD Perfect for People looking to experiment with CBD in different ways

Well+Good Cookbook Alexia Brue,Melisse Gelula,2019-04-16 RECIPES TO IMPROVE YOUR SKIN SLEEP MOOD ENERGY FOCUS DIGESTION AND SEX From the trusted influential and famously trend setting website comes the first ever Well Good cookbook Founders Alexia Brue and Melisse Gelula have curated a collection of 100 easy and delicious recipes from the luminaries across their community to help you eat for wellness These dishes don t require a million ingredients or crazy long prep times They are what the buzziest and busiest people in every facet of the wellness world fitness beauty spirituality women s health and more cook for themselves Enjoy Venus Williams Jalapeno Vegan Burrito Kelly LeVeque s Chia Flax Chicken Tenders Drew Ramsey s Kale Salad with Chickpea Croutons and Gabrielle Bernstein s Tahini Fudge among many other recipes for every meal and snack time Whether you want to totally transform your eating habits clear up your skin add more nutrient rich dishes to your

repertoire or sleep more soundly you'll find what you need in this book. Along with go deep guides on specific wellness topics contributed by experts, this gorgeous cookbook delivers a little more wellness in every bite. **Health and Beauty / Good-Looking Tips - 100% Natural** Marko Mut, 2019-06-04. Forget spending money on fancy facials and pricey products. Some of the best natural healthy beauty secrets are hiding right in your kitchen. We have made it very easy for you to use them as you peruse this Health Beauty eBook. Check out what in it for you: Effective Home Remedies To Remove Dark Spots Quickly, Simple Tips To Get Youthful Looking Skin, Homemade Skin Lightening Whitening Remedies And Treatments, Home Remedies For Getting Rid Of Eye Bags, Powerful Home Remedies For Hair Growth That Work Wonders, Simple Ways To Turn Gray Hair To Black Naturally At Home, Home Remedies To Lift Firm Up Sagging Breasts, Effective Home Remedies For Skin Tightening, Essential Home Remedies To Get A Flat Stomach Naturally, Simple Home Remedies To Remove Stretch Marks, How To Reduce Breast Size Naturally, Home Remedies For Breast Enlargement, Simple Ways To Get White Teeth Overnight, How To Enlarge Your Bums, Obtain Wider Hips And The Perfect Booty Naturally. **Preconception: Improve Your Health and Enhance Fertility** Penny Simkin, Janet Whalley, Ann Keppler, Janelle Durham, April Bolding, 2016-03-29. Pregnancy, Childbirth and the Newborn is one of the bestselling and most comprehensive books about pregnancy, childbirth and newborn care on the market. Now completely updated, expanded and redesigned, this authoritative book is the bible for expectant parents and childbirth educators. Here is a free sample chapter for you. In this chapter, Preconception: Improve Your Health and Enhance Fertility, you'll learn about Emotional wellness, Health Health care, Hazards, Enhancing fertility and the odds of conception, Concerns about infertility, Planning ahead, maternity care choices. If you like this sample chapter, look for Pregnancy, Childbirth and the Newborn. The Award Winning Resource Recommended by Experts, Loved by Parents. Parents love this book because it puts them in control by explaining a wide range of options, information and questions to ask so parents can find what works best for their health situation, personal goals and priorities. Experts love this book because it's based on the latest medical research and recommendations from leading health organizations. It's practical, rooted in the real life experiences of new families. The five authors bring a combined total of 150 years of experience working with expectant and new families as educators, nurses, counselors, doulas, physical therapists and lactation consultants. They have attended hundreds of births, heard thousands of birth stories and assisted innumerable new parents in adapting to their new lives. Not only that, the authors have a combined total of 12 children and 12 grandchildren. All of this experience allows them to write with compassion, understanding and wisdom based on what really works in the real world of parenting. The companion website offers even more details on select subjects, including lists of all the best resources on each topic and worksheets to guide parents' decision making process. The website also includes a bonus chapter on pre-conception which provides ways to improve your health and fertility before pregnancy begins. **How to Quit Smoking Weed** Edward Robertson Ph.D., 2024-01-16. Discover the path to freedom and sobriety. Are you tired of struggling with marijuana addiction and want to

leave it behind once and for all Have you tried several times before but felt trapped in a cycle of relapse You are not alone Many have been in your same situation and this book is designed to offer you a comprehensive and effective guide to free yourself from addiction for good What Can You Expect From This Book A comprehensive and detailed guide This book provides you with a clear easy to follow roadmap filled with proven strategies to quit smoking joints once and for all Inspirational success stories Throughout the book you ll find real stories of people who have overcome marijuana addiction and transformed their lives Practical tips and powerful tools You ll discover effective techniques for managing cravings dealing with triggers and developing the mental toughness you need to stay sober A compassionate and realistic approach This book understands your struggles and gives you emotional support every step of the way It doesn t judge you it guides you Relapse Prevention Strategies You ll learn how to identify and avoid the traps that can lead to relapse as well as how to recover if it happens Why Is This Book Different This book does not promise magical solutions or easy shortcuts Instead it offers you an honest evidence based guide to face your addiction with courage and determination No matter how many times you ve tried to quit smoking before this book equips you with the tools and knowledge to succeed Your Future in Your Hands Marijuana addiction can be a heavy burden but you don t have to carry it alone With the right guidance and personal commitment you can break free and open the door to a healthier life full of possibilities and fulfillment Don t wait any longer to take control of your life The decision to begin your journey to sobriety is just a click away Get your copy today and start writing your own success story Are you ready to leave addiction behind and embrace a sober and promising future The change starts now

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