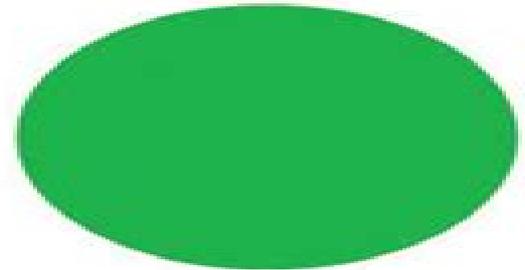
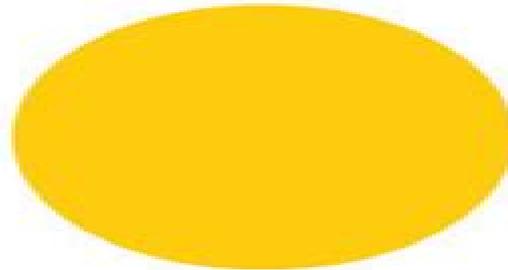
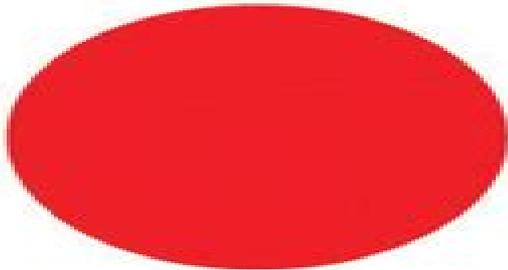


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# The Gi Diet Pocket Guide

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