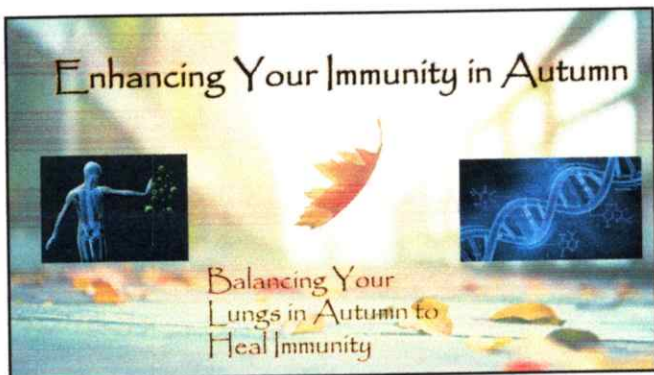


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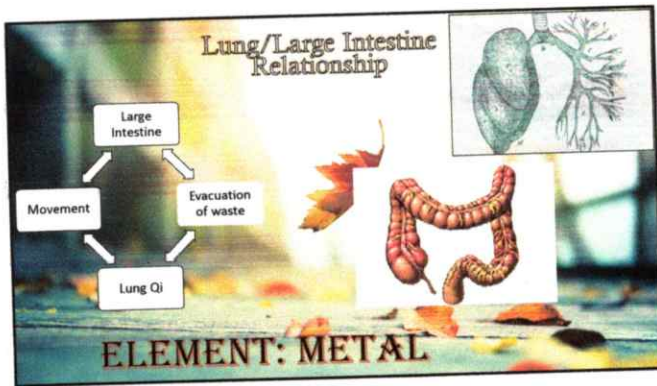
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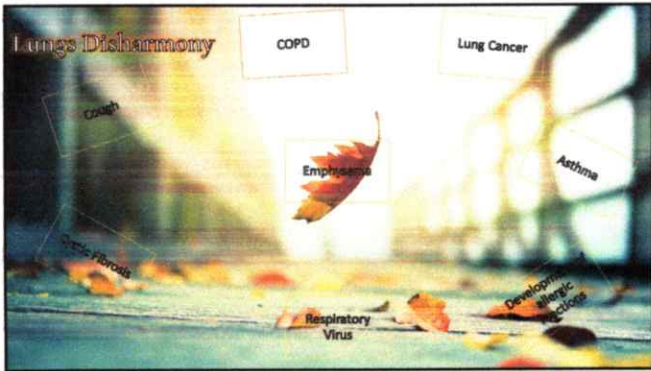
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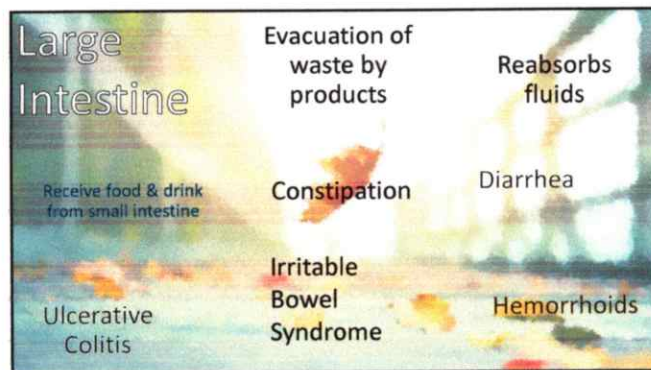
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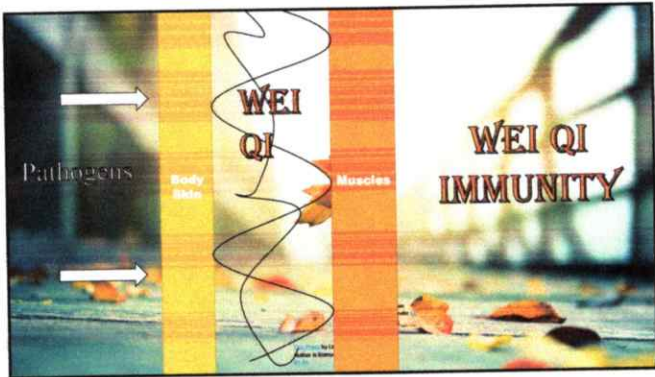
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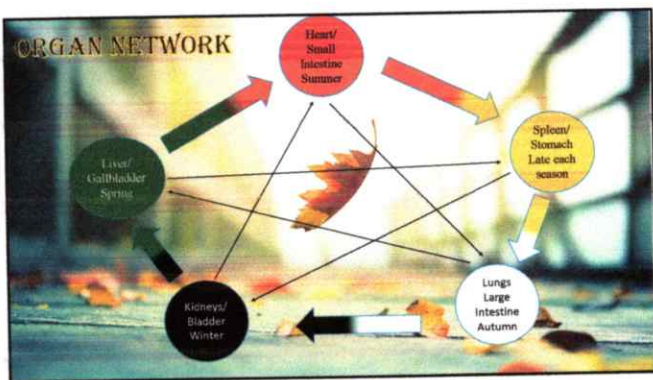
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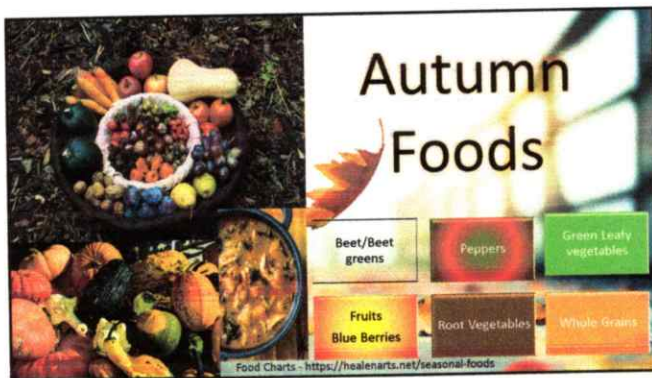
9



10



11



12

Autumn Nutrients

- Zinc (lean red meat, seafood (oysters), milk, grains, lentils, nuts),
- Vitamin E (nuts, seeds, vegetable oils).
- Vitamin D (spending time in the **autumn** sunshine), add in supplements.
- Iron (meat, legumes, fortified breakfast cereals).
- Vitamin C (fruits and vegetables).
- Selenium (Brazil nuts, mushrooms, fish, brown rice).

13

Fasting – Cleansing - Nourishing

**REJUVENATING
DIGESTION**

Benefits shown in boxes:

- Sinews digestion
- Cleansing
- Digestion
- Nourishing
- Increases Qi levels
- Calculation of nutrients
- Helps avoid supplements
- Cleansing Nourishing

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Herbal Packages

Cleansing Within the
Seasons Art of Fasting

*Triangle of Life
Immune Support
Program*

**Yu Ping and
Green Earth Food**

Bowel Enhancer

www.healenarts.net

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