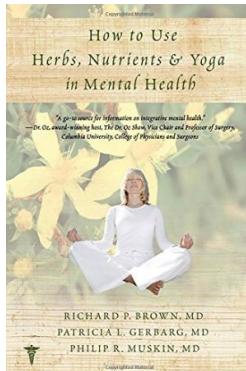


## How to Use Herbs, Nutrients, Yoga in Mental Health



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