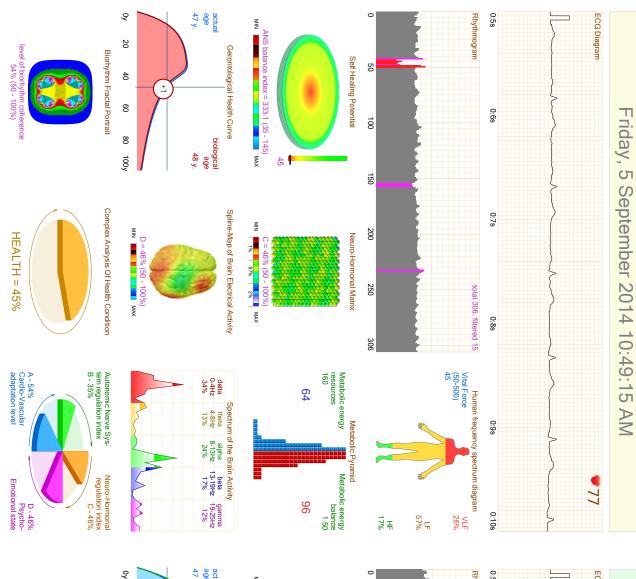
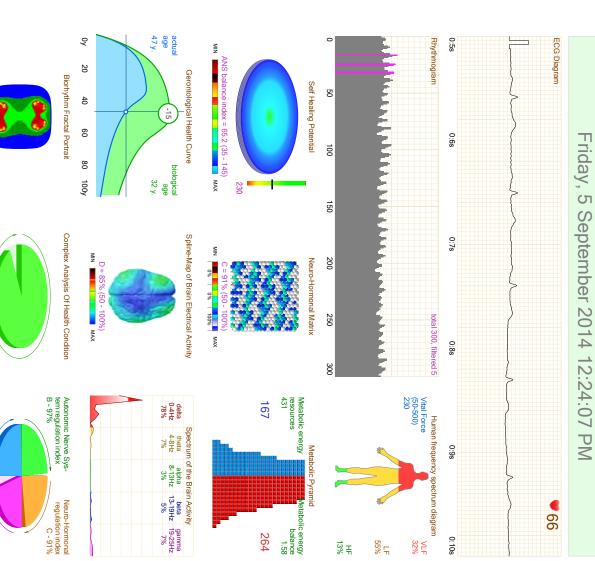
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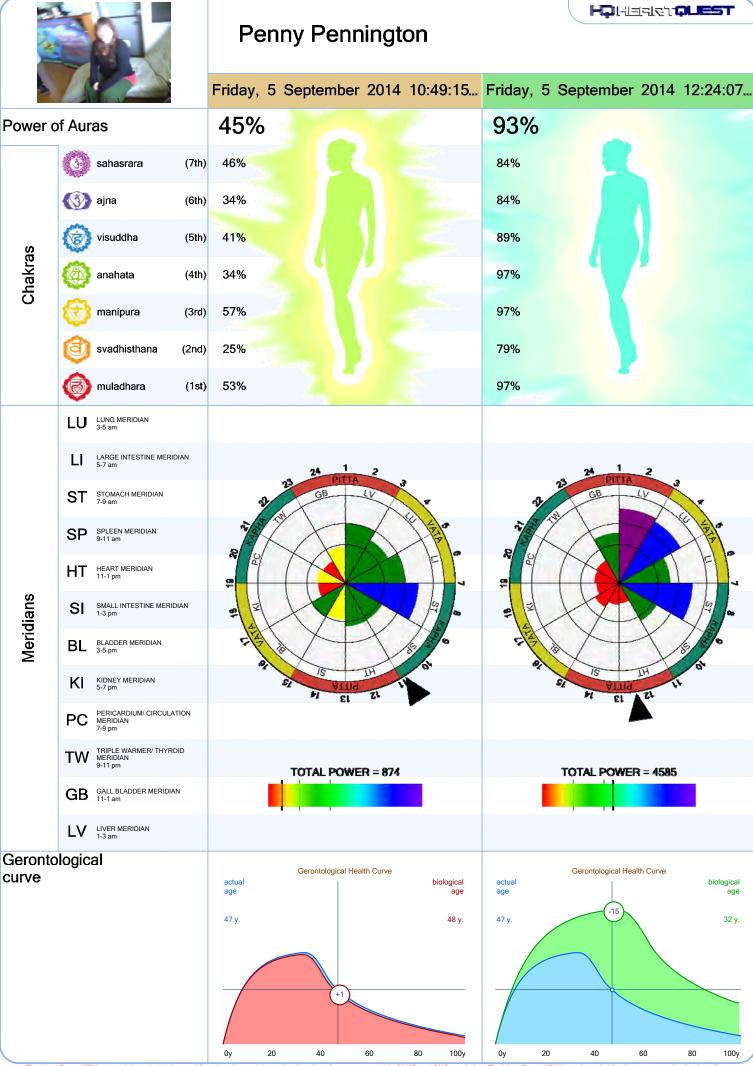




HEALTH = 93%

A - 98% Cardio-Vascular adaptation level

D - 85% Psycho-Emotional state





The doshas and the 5 elements

Penny Pennington



Friday, 5 September 2014 12:24:07 PM

