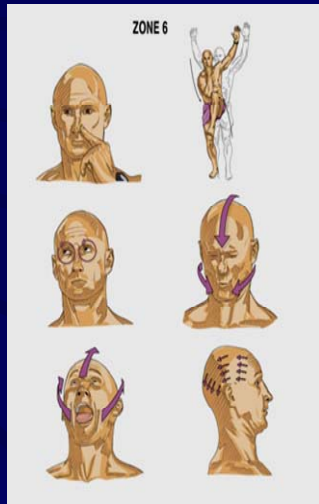
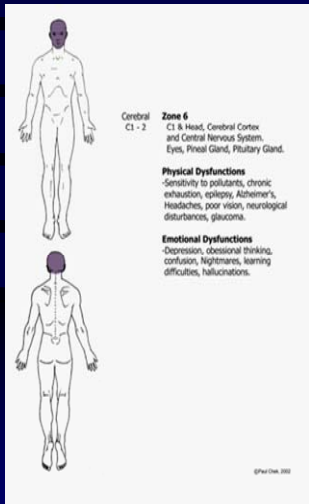


# Zone Exercises

## For Stress Reduction



## Is Your Digestive System Healthy?

