

health and wellness valley springs

Health and Wellness Valley Springs: Your Guide to a Vibrant Life

Are you searching for a haven of tranquility and rejuvenation? Do you crave a lifestyle that prioritizes your physical, mental, and emotional well-being? If so, then welcome to your comprehensive guide to Health and Wellness in Valley Springs! This post delves deep into the vibrant landscape of wellness opportunities available in Valley Springs, exploring everything from local fitness studios and healthy eateries to natural escapes and holistic wellness practices. We'll equip you with the knowledge to craft a personalized wellness journey right here in this beautiful community. Get ready to discover your path to a healthier, happier you in Valley Springs!

Finding Your Fitness Flow in Valley Springs

Valley Springs boasts a surprisingly diverse range of fitness options, catering to every fitness level and preference. Forget the generic gym experience! We're talking personalized studios, invigorating outdoor activities, and a community spirit that fosters motivation and support.

Boutique Fitness Studios: Look for locally-owned studios offering specialized classes like yoga, Pilates, spin, and CrossFit. These often offer smaller class sizes, personalized attention from instructors, and a strong sense of community. Researching online reviews will help you find the perfect fit. Don't hesitate to try introductory classes to discover what resonates with you.

Outdoor Adventures: Valley Springs' natural beauty is a fantastic resource for fitness. Embrace hiking trails winding through stunning landscapes, invigorating bike rides along scenic routes, or kayaking/canoeing on nearby waterways. The fresh air and natural surroundings provide a uniquely therapeutic fitness experience.

Community Fitness Events: Keep an eye out for local community events like 5k runs, charity walks, and fitness challenges. These are excellent opportunities to connect with your community while achieving your fitness goals. Check local community boards, social media groups, and the Valley Springs town website for upcoming events.

Nourishing Your Body: Healthy Eating in Valley Springs

Fueling your body with nutritious food is crucial to your overall wellness journey. Fortunately, Valley Springs offers a surprising array of options to support your healthy eating goals.

Farmers' Markets: Embrace the bounty of fresh, locally sourced produce at Valley Springs farmers' markets. These markets typically offer seasonal fruits, vegetables, and other locally made products, promoting both your health and supporting local businesses.

Health-Conscious Eateries: Valley Springs is seeing a rise in restaurants and cafes offering delicious and healthy meal options. Search online for establishments focusing on organic, vegetarian, vegan, or gluten-free choices. Look for keywords like "healthy eating," "organic," or "farm-to-table" in your online searches.

Cooking at Home: Preparing your meals at home gives you complete control over the ingredients and allows you to experiment with healthy recipes. Invest in a good cookbook, explore online recipe databases, or take a cooking class to expand your culinary repertoire.

Mindful Moments: Mental and Emotional Wellness in Valley Springs

Maintaining a healthy mind and emotional well-being is just as vital as physical fitness. Valley Springs provides many opportunities for self-care and stress reduction.

Yoga and Meditation Studios: Many studios offer a range of yoga and meditation classes, fostering mindfulness and stress reduction techniques. These practices can significantly improve mental clarity, emotional regulation, and overall well-being.

Nature's Therapy: Take advantage of Valley Springs' serene natural surroundings. Spend time hiking, meditating in nature, or simply relaxing amidst the peaceful landscape. Nature has an undeniable ability to soothe the mind and calm the spirit.

Therapy and Counseling Services: If you need professional support for mental health, research local therapists and counselors in Valley Springs. Don't hesitate to seek help; prioritizing your mental health is a sign of strength.

Holistic Wellness Approaches in Valley Springs

Beyond traditional fitness and healthy eating, explore holistic approaches to wellness available in Valley Springs.

Massage Therapy: Relieve muscle tension and promote relaxation with a professional massage. Many spas and massage therapists are located throughout the area.

Acupuncture and Traditional Chinese Medicine: Explore the benefits of acupuncture or other traditional Chinese medicine practices. These modalities can address various health concerns and promote overall well-being.

Chiropractic Care: Maintain proper spinal alignment and improve overall body function with chiropractic

care. Finding a reputable chiropractor in Valley Springs can contribute to your long-term health.

Building Your Valley Springs Wellness Community

Connecting with like-minded individuals can significantly enhance your wellness journey.

Join Local Fitness Groups: Many fitness studios or community centers offer group fitness classes or running clubs. Connecting with others pursuing similar goals provides motivation, support, and a sense of community.

Explore Online Forums and Groups: Connect with people in Valley Springs interested in health and wellness through online platforms like Facebook groups or local community forums. These online communities can offer valuable resources, support, and a sense of belonging.

Conclusion

Valley Springs presents a wealth of opportunities for building a vibrant and fulfilling health and wellness lifestyle. By embracing the diverse options available, from boutique fitness studios to tranquil natural escapes, you can cultivate a personalized wellness journey tailored to your unique needs and preferences. Remember, prioritizing your health and well-being is an ongoing process, and Valley Springs offers the perfect environment to support your journey every step of the way. Start exploring today and discover the thriving health and wellness community awaiting you!

FAQs

1. Are there any affordable fitness options in Valley Springs? Yes, many options exist, including outdoor activities (hiking, biking), community fitness events, and some studios that offer affordable memberships or introductory deals. Be sure to research and compare prices before committing.
1. Where can I find information about local farmers' markets in Valley Springs? Check the Valley Springs town website, local newspapers, and community bulletin boards for schedules and locations. You can also search online for "Valley Springs farmers markets."
1. What kind of holistic wellness practitioners are available in Valley Springs? The availability varies, but you might find massage therapists, acupuncturists, and chiropractors. Searching online using

terms like "acupuncture Valley Springs" or "massage therapist Valley Springs" will provide more specific results.

1. Are there any support groups for mental health in Valley Springs? Contact your local healthcare provider or search online for mental health resources and support groups in the Valley Springs area.
1. How can I connect with other health-conscious individuals in Valley Springs? Join local fitness groups, participate in community events, or connect with others through online forums and social media groups focused on health and wellness in Valley Springs.

health and wellness valley springs: Health and Wellness Tourism Patricia Erfurt-Cooper, Malcolm Cooper, 2009-07-27 Geothermal springs constitute a major tourism resource, providing spectacular settings, recreation facilities, a recognised value in treatments beneficial for health and wellness, a sense of heritage and adventure, and links with the natural environment. Health and wellness tourism accounts for a significant proportion of the world's tourism consumption, with components ranging from hot spring bathing for leisure and recreation, through mineral water use in health treatments under the supervision of highly specialised medical professionals, to water treatments in the wellness and beauty therapy sector and the use of mineral water for drinking purposes. This makes it an economically and socially important area of tourism demanding in-depth analysis. This book explores health and wellness tourism from a range of perspectives including usage, heritage, management, technology, environmental and cultural features, and marketing.

health and wellness valley springs: The Great Physician's Rx for Health and Wellness Jordan Rubin, 2007-06-03 At 19 years old, Jordan Rubin was a healthy 6'1 and 180 pounds. Shockingly, his weight fell to just 104 lbs. in a matter of months. His immune system was at an all-time low, as he suffered from Crohn's disease, food allergies, anemia, fibromyalgia, intestinal parasites, and a host of other conditions. After seeing over 70 health professionals, using both conventional and alternative medicines, Rubin was sent home in a wheelchair to die. But his story didn't end there. Through determination and a powerful faith in God, Rubin refused to give in to disease. Instead, he educated himself on natural health, and applied its principles. Now, ten years later, Rubin is fully recovered-and he desires to share the keys to his own good health. These keys aren't just for the disease-ridden; they are for anyone desiring to live an abundant life of health and wellness.

health and wellness valley springs: Drunk Yoga Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the

average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

health and wellness valley springs: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

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health and wellness valley springs: *Health and Wellness Tourism* Marta Peris-Ortiz, José Álvarez-García, 2014-11-18 This book aims to contribute to the literature and aid in developing a theoretical and practical framework in the area of health and wellness tourism. With contributions and research from different countries using a practical approach, this book is an essential source for students, researchers and managers in the health and wellness tourism industry. Recently, there has been an increased interest in health and wellness due to greater life expectancy, aging populations, increasing levels of stress among others. In this context, the concepts of health, wellness, beauty, relaxation, and tourism can be combined to satisfy the needs of people seeking better quality-of-life. This has given rise to health and wellness tourism, a new market segment that contributes to employment and economic growth in the new economy. Health and wellness tourism involves two aspects: therapeutics, which seeks to cure certain diseases; and relaxation and leisure. As an alternative to traditional tourism, health and wellness tourism provides a new means of achieving regional and local development from a demographic, social, environmental and economic point-of-view. It contributes to tourist destinations' economic growth, acting as a pillar to support other complementary activities. In short, health and wellness tourism contributes to employment growth and regional wealth, contributes to tourism seasonality, promotes quality in tourism destinations, helps create new tourist services with high value, promotes establishment of international cooperation networks, and yields a number of additional benefits. Featuring a variety of programs and initiatives from different regions, with an emphasis on thermal and thalassotherapy establishments, this volume sheds light on this emerging market segment and its implications for economic and policy development.

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health and wellness valley springs: *The Whitaker Wellness Weight Loss Program* Julian Whitaker, 2006-04-16 This physician-designed diet and wellness plan revs up your metabolism, resulting in permanent weight loss and overall improvement in health and well-being. Dr. Whitaker's proven holistic approach focuses on improving your health with weight loss as the inevitable result.

health and wellness valley springs: *The Geoheritage of Hot Springs* Patricia Erfurt, 2021-04-24 The aim of this book is to provide an overview of topics related to the extensive geoheritage of hot springs, their natural environments, and their integration into commercial and industrial functions. The eleven chapters explore aspects of historical and cultural traditions, geology and geochemistry, research updates, conservation issues and of course health, wellness, and recreation throughout time. Because natural hot springs and active hydrothermal areas play a significant role in the tourism industry, visitor expectations are examined together with an assessment of common hazards and potential risks in active hydrothermal environments, along with recommendations how to stay safe. For the purpose of showcasing certain unique features, to share noteworthy events and developments or to identify concerns associated with the sustainability of natural water source, examples of particular hot spring areas are included in several chapters. One chapter is also dedicated entirely to the protection of natural hot springs and raises awareness for conservation, while another chapter reviews the history of hot springs in great detail to establish a realistic and justifiable timeline of their original use. Lastly, the significance of natural hot springs for various tourism sectors is analysed and the potential for sustainable future destination development in rural and remote regions is discussed. Many locations were considered and invite the reader to use the information as a reference point in the quest to further explore the remarkable natural and cultural geoheritage of hot springs worldwide.

health and wellness valley springs: *The Art of Selling the Art of Healing* Alex Lubarsky, 2015-03-04 The most important ingredient in the art of healing is the art of selling. I say that with all the respect in the world for every other part of this vast system of care that has grown into a sprawling and complex three-trillion-dollar metropolis. For the last sixty or so years, the providers of care have depended on third-party entities to handle the part of selling for them. From insurance companies who sold millions of people on the importance of paying monthly premiums for health-care insurance to the government that did the same thing under the more intimidating, compulsory taxation. Today, we have come to a fork in the road where (as the system implodes) those who control the flow of monetary resources are filling their own bank accounts, leaving the people who are busy providing care on that field of battle with all supply lines cut off. Many healers are, therefore, forced to shed all the entities that have forced themselves between the doctor and her patient. Exploring their original entrepreneurial roots, allowing the patient to bypass all middlemen and pay the doctor for care directly. The trouble comes in when the healing professional steps out of a world where all the marketing was handled for them and the only thing they needed to know was how to submit a bill to a third-party payer for reimbursement. So when embarking on this new journey of building a concierge, pay-for-service practice, many are derailed by the Flat Earth Fallacy that is a perception of things as they seem but are, in reality, very different. This book then is to share some field-tested experiences that will, in all probability, save the health-care

entrepreneur some pain and expense, while providing a perspective on the driving elements of success in the art of selling the art of healing.

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health and wellness valley springs: Hidden Valley Road Robert Kolker, 2020-04-07 #1 NEW YORK TIMES BESTSELLER • OPRAH'S BOOK CLUB PICK • ONE OF GQ's TOP 50 BOOKS OF LITERARY JOURNALISM IN THE 21st CENTURY • The heartrending story of a midcentury American family with twelve children, six of them diagnosed with schizophrenia, that became science's great hope in the quest to understand the disease. Reads like a medical detective journey and sheds light on a topic so many of us face: mental illness. —Oprah Winfrey Don and Mimi Galvin seemed to be living the American dream. After World War II, Don's work with the Air Force brought them to Colorado, where their twelve children perfectly spanned the baby boom: the oldest born in 1945, the youngest in 1965. In those years, there was an established script for a family like the Galvins--aspiration, hard work, upward mobility, domestic harmony--and they worked hard to play their parts. But behind the scenes was a different story: psychological breakdown, sudden shocking violence, hidden abuse. By the mid-1970s, six of the ten Galvin boys, one after another, were diagnosed as schizophrenic. How could all this happen to one family? What took place inside the house on Hidden Valley Road was so extraordinary that the Galvins became one of the first families to be studied by the National Institute of Mental Health. Their story offers a shadow history of the science of schizophrenia, from the era of institutionalization, lobotomy, and the schizophrenogenic mother to the search for genetic markers for the disease, always amid profound disagreements about the nature of the illness itself. And unbeknownst to the Galvins, samples of their DNA informed decades of genetic research that continues today, offering paths to treatment, prediction, and even eradication of the disease for future generations. With clarity and compassion, bestselling and award-winning author Robert Kolker uncovers one family's unforgettable legacy of suffering, love, and hope.

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provides students with the skills and knowledge to become a leader in the development of this new wave of exciting, nutritious, safe and profitable wellness products, services and practices.

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Addressing the continuous need for new growth sectors in post-industrial cities, this book considers the economic significance of wellness from a development policy perspective. The author goes beyond personal health discourse to conceptualise wellness as an emerging industry, presenting empirical cases of community, attraction, and export-orientated strategies around the world. Combining holistic health, urban governance and economic development, this book will provide valuable reading for those studying policy, tourism and the wellness sector as well as business entrepreneurs within this evolving industry.

health and wellness valley springs: *100 Things to Do in Napa Valley Before You Die* Marcus Marquez, 2017-09-15 Napa Valley is so many things to so many people. Being one of the world's best wine country destinations for amazing food, excellent wine, and breath-taking views makes spending time here a once in a lifetime experience. If you spill red wine on yourself just know you are amongst some of the best. You can be here your whole life and discover new attractions that pop up or find yourself coming for a specific reason and fall in love with something totally different. Napa Valley is a one of a kind destination. Revisit some of the historical wineries or find the ones that will push your taste buds to the next level. Eat with the locals and drink at their favorite watering holes. Dine at places that will keep you talking for a lifetime. *100 Things to Do in Napa Valley Before You Die* is your book to take notes expand on the tips and share with your friends. There is nothing better than a personal touch to all the experiences in this book. Make it your own. Let me know what you discover.

health and wellness valley springs: *The Pure Cure* Sharyn Wynters, 2012-04-12 The human race has invented nearly every toxin imaginable. In our food, there are chemicals that kill pests, make foods ripen faster and grow bigger, and lengthen shelf life. In our clothing, chemicals make fabrics soft, keep them from wrinkling, make them fire retardant and resistant to stains, and keep them from collecting static. In our kitchens and bathrooms, chemicals create suds, remove grease, stiffen our hair, make our skin feel smooth, stop us from perspiring, change our hair color, lengthen our lashes, and make us smell good. Unfortunately, many of these chemicals, designed to improve and simplify our lives, cause birth defects, hyperactivity, learning disabilities, attention deficit, early puberty, and developmental problems—to name a few. *The Pure Cure* takes readers to a new level of awareness regarding the dangers of the toxins in everyday products and services. Taking a thorough and comprehensive approach, the book guides readers through every room in the house and beyond, identifying problematic toxins and a course of action for eliminating them. The author also points to surprising new areas of concern, makes suggestions for healthy solutions, and provides a lists of products and companies that can offer safer alternatives.

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health and wellness valley springs: **Social Media Wellness** Ana Homayoun, 2017-07-27

Solutions for navigating an ever-changing social media world Today's students face a challenging paradox: the digital tools they need to complete their work are often the source of their biggest distractions. Students can quickly become overwhelmed trying to manage the daily confluence of online interactions with schoolwork, extracurricular activities, and family life. Written by noted author and educator Ana Homayoun, *Social Media Wellness* is the first book to successfully decode the new language of social media for parents and educators and provide pragmatic solutions to help students: Manage distractions Focus and prioritize Improve time-management Become more organized and boost productivity Decrease stress and build empathy With fresh insights and a solutions-oriented perspective, this crucial guide will help parents, educators and students work together to promote healthy socialization, effective self-regulation, and overall safety and wellness. Tips From Teens On Promoting Social Media Wellness Ana Homayoun has written the very book I've yearned for, a must-read for teachers and parents. I have been recommending Ana's work for years, but *Social Media Wellness* is her best yet; a thorough, well-researched and eloquent resource for parents and teachers seeking guidance about how to help children navigate the treacherous, ever-changing waters of social media and the digital world. —Jessica Lahey, Author of *The Gift of Failure* This is the book I've been waiting for. Ana Homayoun gives concrete strategies for parents to talk with their teens without using judgment and fear as tools. This is a guidebook you can pick up at anytime, and which your teen can read, too. I'll be recommending it to everyone I know. —Rachel Simmons, Author of *The Curse of the Good Girl* Read About Ana Homayoun in the news: *NYTimes*, *The Secret Social Media Lives of Teenagers* *NYTimes*, *How to Help Kids Disrupt 'Bro Culture'* *Pacific Standard*, *Holier Than Thou IPO: Snapchat and Effective Parenting* *Parenttoolkit.com*, *Emojis, Streaks, Stories, and Scores: What Parents Need to Know About Snapchat* *Los Angeles Review of Books*, *Life and Death 2.0: When Your Grandmother Dies Online* *Chicago Tribune*, *Social Media Footprints are Nothing New, So What Were those Harvard Students Thinking?* *Today Show*, *9 Tips to Help Teens Manage Their Social Media Footprint* *5 Ways Parents Can Help Kids Balance Social Media with the Real World*

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health and wellness valley springs: ,

health and wellness valley springs: **The Wellness Bucket List** Nana Luckham, 2024-10-08

This inspirational volume on wellness showcases ideas for replenishing the mind, body, and soul and

is the latest addition to the bestselling Bucket List series. For anyone seeking calming and therapeutic wellness respites, this aspirational guide contains 1,000 travel ideas organized geographically. Every aspect of wellness and self-care is covered: rid yourself of negative energy in a sweat lodge in Mexico; unwind with yoga in a tree house cabin by the Caribbean in Tobago; harness the healing power of seawater in France; practice the art of forest bathing in Japan; go on a wellness cruise down the Mekong in Vietnam; engage in holistic healing therapies in a former Maharaja's palace in India; learn more about gut health and gastronomy in California; experience holistic healing arts in the Hamptons . . . the possibilities are endless. Entries are broken down into six color-coded categories to help readers personally create the ultimate wellness escape for their needs at any time. The six categories are: renew and recharge; relax and indulge; explore and thrive; reflect and connect; savor and nourish; heal and balance. This is the definitive guide for anyone interested in travel that enriches life physically, emotionally, and spiritually.

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health and wellness valley springs: *Reclaiming Wellness* Jovanka Ciales, 2022-04-19 If you've ever felt left out of "elite" healthcare regimes or thought that being healthy shouldn't be expensive, this book is for you. *Reclaiming Wellness* explores today's most effective wellness practices — and their multicultural sources — in a way that makes overall health accessible to all. The book provides:

- practical, affordable, delicious, and fun ways to incorporate plant-based whole foods into even the most time-crunched routine
- lazy-proof means of movement that feel more like self-love than dreaded exercise
- techniques of mindfulness, meditation, and visualization that make them meaningful everyday tools
- ways to experience nature, music, and community to heal and connect

"If you've ever wondered about the origins of the world's best lifestyle choices for the healthiest body and mind, this book is for you. Or if you are looking for ways to incorporate plant-based foods, spices, and herbs into nutritious, delicious meals, this book is for you. You'll find easy ways to keep your body and mind feeling fresh and vibrant, and you'll learn about your ancestors, too!" — Jenné Claiborne, chef and creator of Sweet Potato Soul "In *Reclaiming Wellness*, Jovanka Ciales has brilliantly interwoven the power of multicultural ancestral traditions and wellness practices into a holistic road map to achieve optimized health even with the noise and chaos of the modern world trying to overwhelm us into dis-ease." — Jason Goldberg, author of *Prison Break* "Jovanka Ciales is a miracle worker, a trusted source for wellness transformation from the inside out. Her wisdom and knowledge have healed and helped so many; may this book support you in reclaiming your wellness journey." — Kelly Lynn Adams, award-winning entrepreneur, business and life coach, and podcaster

health and wellness valley springs: *Next Medicine* Walter Bortz, MD, 2011-01-03 Every year, the average American spends about \$7,300 on medical expenses. The typical Canadian pays \$2,700, the Briton only \$2,000. And yet, according to the World Health Organization, our healthcare system, in terms of total quality, ranks thirty-eighth in the world, right between Costa Rica and Slovenia. Not only do 40 million Americans lack health insurance, but more than 200,000 die each year because of medical mistakes. Our average life expectancy is lower than Cuba's. In *Next Medicine*, Dr. Walter Bortz zeroes in on why the American medicine is spiraling toward disaster. A physician with fifty years of experience and a leading authority on aging, Bortz argues that the financial interests of biotech and drug companies have distorted the healthcare system. Thanks to them, medicine today is economically motivated to treat disease rather than to prevent it. Heart disease, for example, is widely treated with drug interventions and invasive surgery--both of which are extravagantly profitable for pharmaceutical giants and hospitals. Daily exercise and a healthy diet, on the other hand, can prevent heart disease, and can be obtained by patients essentially for free--but there's no money in that. The medical-industrial complex has a vested interest in keeping us sick, and until that changes medicine will fail to effectively address the leading cause of disability and mortality today: chronic diseases like diabetes that are largely preventable. Bortz proposes a medical system that emphasizes personal responsibility and provides incentives for healthy lifestyle choices, along with new training for medical professionals. Through a lively narrative full of personal anecdotes and jarring statistics, Bortz makes a powerful case for a radically new medical

system--one that is based on rigorous science and loosens the strangle hold of corporate interests on American health.

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