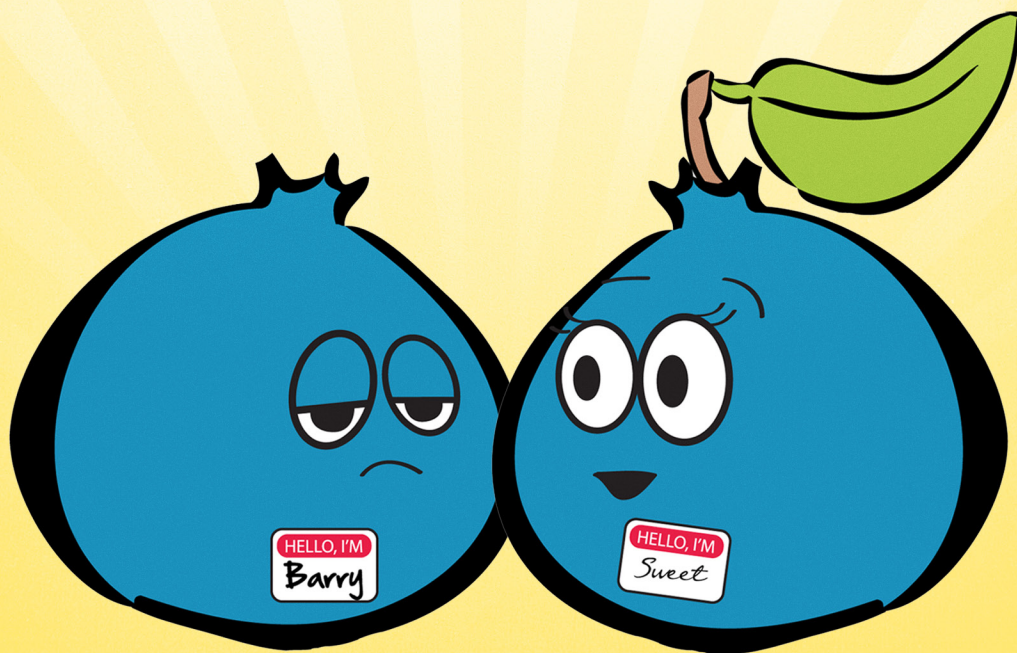


TOOLS, TIPS, AND RECIPES TO HEALTHY LIVING

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A HEALTHY GUIDE  
TO A COLORFUL LIFESTYLE

**Monica H. San Miguel**



“HEY BARRY, WHY SO BLUE?”