



# PALEOHACKS



## Paleo for Beginners

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## Thank you!

Thanks for grabbing our special report, "Paleo For Beginners."

I'm so glad that you've picked this up, and I know that you're going to get a ton out of it. I know that transitioning to the Paleo Diet isn't always easy, and that's why this guide is here to help make it as easy for you as possible.

Because the benefits are worth it.

## My Story

**My name is Dave, and I am just one of the MANY Paleo success stories.**

Up until a few years ago, I was constantly fatigued, depressed, couldn't sleep, and couldn't focus. For the longest time I was told that how I felt was "normal" - most people had one or two of these issues, and you just needed to take some pill to fix it.

For a while, I bought into it - I thought that this was just how life was. Being tired and depressed all the time was just part of the game - and if you didn't have these problems, you were just 'lucky'.

A few years ago, I moved across the country from Connecticut to San Diego, and was introduced to the Paleo Diet by my roommate.

The idea of eating just meat, fruits, vegetables and nuts sounded great to me - so I dove right in.

At the same time, my next door neighbor happened to be Sean Croxton - a natural health practitioner. Sean ran some tests on me, and lo and behold - there were some SERIOUS problems going on. My symptoms weren't just a natural thing - I had stage 3 adrenal fatigue, leaky gut, and serious dysbiosis.

Put more simply - my testosterone was lower than my mom's, I had all sorts of bad bacteria in my gut, and I was barely digesting my food.

Fast forward now - 3 years into the Paleo diet (and a little bit of supplementation along the way) - my testosterone has dramatically increased, I have more energy than I could have EVER imagined growing up, my mind is (almost!) like a steel trap, I am incredibly happy, and have no issues sleeping at all. Oh, and I'm leaner than I've ever been.

The change was like night and day. I feel like a complete person - and am able to function at a level I never could in the past.

All this is to give you the reason why I created the Paleo For Beginners free program -- I want help make your transition into eating Paleo as easy as possible so you can start experiencing the benefits - more energy, fat loss, clearer skin, more focus, and so, SO much more that would make this letter way too long.

So without further ado, please enjoy our free report – “Paleo For Beginners.”

Dave

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E-mail me at [Dave@Paleohacks.com](mailto:Dave@Paleohacks.com)

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## **Beginner's Guide to the Paleo Diet**

You have probably heard about the Paleo diet and how people are taking up the lifestyle to get healthy. But do you know exactly what it is or how it works? You might be interested but don't know how to start. To help you out, here's a beginner's guide to the Paleo diet.

### **What is the Paleo diet?**

Basically, this is a lifestyle that involves eating whole, real, natural food and avoiding processed foods.

Humans have only been eating the way we do now for about 10,000 years. Before that, people ate in a Paleo manner for a very, very long time: some estimates indicate more than two million years. In other words, humans and their bodies are meant to eat those foods that we used to eat, and not the highly processed, grain-based foods and sugar that only came into our diets most recently.

The Paleo diet aims to bring back those whole, real foods and to eliminate processed foods, sugar, refined sugar, grains, and hydrogenated vegetable oils that do nothing positive for our health and well-being.

### **History of the Paleo Diet**

Paleo men and women were lean, strong, and fit. They ate what they could hunt or gather; they didn't grow crops like we do today. They dug up tubers, ate insects and animals they caught, and picked berries when in season. They moved around following the food sources. They climbed trees, jumped streams, and were in pretty fantastic shape.

Humans ate like this for a really, really long time. So long, in fact, that the human body became pretty adapted to eating those foods. Their bodies ran more on fat than carbs.

Then along came the agricultural revolution and everything changed.

## **The Agricultural Revolution**

Also called the Neolithic Demographic Transition or the Neolithic Revolution, this happened around 10,000 to 12,000 years ago. Humans started to shift from a hunter-gather type of society to one where settlement and agriculture was more common. They began to grow grain crops and raise domesticated animals for food. Now, of course, 10,000 years ago, wheat and other grains were vastly different than they are now. The wheat we have now has been fiddled with and changed to have more gluten. Breads they ate then were also more likely to be sourdough, and they used the process of fermentation a lot more.

It's likely that digestive issues and diseases related to poor food choices started around this time.

So, do you want to be lean and strong and healthy like our Paleo ancestors? If so, you should definitely try out the Paleo diet.

## **The Basics of the Paleo Diet**

What you *can* eat:

- Meat
- Nuts
- Vegetables and tubers
- Fruit
- Eggs
- Fish and Seafood
- Natural oils like avocado, coconut, olive, and butter or ghee from grass-fed cows if you have access

What you should *not* eat:

- Legumes
- Grains: wheat, barley, rye, corn
- Hydrogenated vegetable oils (corn, canola, soybean, margarine)
- Dairy (although some people eat raw dairy if they don't have a problem with it – these people follow what is called a Primal diet)

## **Why You Should Avoid Those Foods**

According to the CDC, more than 35 percent of all American adults are obese. Obesity leads to a higher risk of many diseases like some cancers, heart disease, type 2 diabetes, and stroke. Obesity can be caused by diets high in processed foods, diets too high in processed carbohydrates, and too high in sugar. Many people suffer from health problems associated with inflammation and food intolerances.

### Legumes

Legumes can cause people to suffer from inflammation and digestive upset. If you're one of those people, you definitely need to avoid them. Even if you don't suffer from side effects, it's likely that your body is experiencing inflammation, so it's best to avoid legumes. Safe legumes are peas and green beans. Unsafe legumes are soy, peanuts, and beans like kidney beans, Romano beans, etc.

### Grains

Grains (wheat, barley, and rye) contain lectins and gluten. Lectins are toxins that a plant develops to protect itself against consumption so that the plant may reproduce. These lectins can cause damage to the gastrointestinal tract and also pull vitamins from the intestines, preventing absorption of valuable micronutrients.

Proteins in the wheat, like gluten, can cause a whole assortment of problems for some people. You've probably heard of celiac disease, where the person is allergic to the gluten. These people suffer from abdominal pain or discomfort, bloating, and diarrhea when they eat gluten.

Did you know there are non-celiac gluten intolerances as well? These people may suffer from headaches, joint pain, mood disorders, and more, all because of gluten.

Other grains like rice, oats, and corn may also be contaminated with gluten at the factory.

Perhaps the scariest part is that a large majority of people who are gluten intolerant don't even know it; they have no outward symptoms, yet their insides are riddled with inflammation and they are on the fast-track to ill-health, all without knowing it.

## Glucose

One major reason to avoid grains is because they are very high in processed carbohydrates. Your body turns carbs into glucose, which gets stored to be used for energy. If you don't use those glucose stores, that glucose is stored as fat.

Processed sugars are extremely high in glucose as well.

The CDC says that sugars added to foods has been linked to a lowered level of essential micronutrients and an increase in body weight.

## Processed Oils

Processed oils and partially-hydrogenated and hydrogenated vegetable oils (also called trans fat) are simply not good for you. They cause inflammation and unhealthy levels of Omega 6 compared to Omega 3. Oils to avoid are all types of margarine, soybean oil, canola oil, "vegetable" oil, corn oil, and sunflower/safflower oil.

Most processed foods have at least one of these types of oils.

## Dairy

A lot of people have problems eating dairy products. If you're not one of those people, and you have access to raw milk, go for it. Raw milk (when it comes from a good, trusted source) is safe, delicious, and healthy.

## **Low Carb? No. Just different carbs**

Some people confuse a Paleo diet with a low-carb diet. Sure, if you're overweight, mostly sedentary, and want to lose weight, a lower-carb diet can help you lose weight quickly and safely.

If you're not overweight, are active at your job or work out a lot, you need those carbs. Just make sure you're getting those from "good" carb sources like sweet potatoes, starchy carbs, fruit, and sometimes rice, if you are out of other options. White rice is a benign grain, with very few lectins, and no gluten, as long as it hasn't been contaminated. Whether you eat white rice is up to you.

## **Fat**

Contrary to what you have been told, fat doesn't make you fat. In fact, your diet when eating Paleo will contain a lot of fat, particularly from meat, fish, eggs, avocados, and olives. This is good, healthy fat. Of course, if you eat more calories than you need, you'll gain weight; but it's highly unlikely that you'll do this if you're eating enough vegetables and healthy meats.

## **Specifics of What You Can Eat**

Eat meat: grass-fed, pastured bison, beef, poultry, lamb, and pork is best, if you have access to it. Grass-fed and pastured meats come from animals that are healthy and happy, and their meat has more minerals, vitamins, and better fatty acids. Eat eggs from pastured chickens and ducks, too.



Use natural oils like coconut, olive, and avocado. Butter and ghee from pastured, grass-fed cows is acceptable.

Eat some seeds and nuts, particularly macadamia and walnut as they are highest in Omega 3.

As mentioned, for good carbs, eat tubers like yams and sweet potatoes. Other good carbs are squashes, beets, and other root vegetables.

Eat fruit in moderation (if you're trying to lose weight, keep these in check). The best fruit are dark berries, which are high in anti-oxidants and low in sugars.

Eat lots of produce! Leafy greens, cruciferous vegetables, colorful plants, and other assorted vegetables should be a large part of your diet. Eat organic when possible, and eat the "Dirty Dozen" as organic always, if you can.

Enjoy fish (preferably wild-caught, sustainable). Fatty fish are best, like salmon. If you get canned salmon, get it with the skin and bone still present for the best nutrients.

Because these foods are filling, full of nutrients, and low in "bad" fats and carbs, you can most likely eat as much as you want (aside from nuts and fruit) and not gain weight. In fact, if you go from eating a Standard American Diet to the Paleo diet, you'll probably lose weight without even trying.

## **Getting Over Grain Addiction**

If you are really serious about giving this a try, start with a 30-day challenge. Cut out all the bad stuff and eat as much of the good stuff as you want. You'll feel better, look better, and you'll probably lose some weight.

If you won't do it all at once, cut out MOST bad foods and leave in one day where you will eat a "cheat" meal or even for the whole day. That will make a difference, too – although not as dramatic as if you cut it all out entirely.

A lot of people will find out they actually do have intolerances, particularly if they cut out gluten for 30 days and then re-introduce it. You might get headaches, joint pain, stomach upset, bloating, or other symptoms. If you do, then you can know for certain that you should definitely avoid gluten all the time. You can also do this kind of elimination diet for dairy if you aren't sure if it causes a problem. Just make sure you don't introduce two potential foods at once, as you won't know which one caused the reaction if you have a problem.

## **How to Succeed**

You can get healthy, lose weight, or maintain a healthy weight quite easily on the Paleo diet. Here's how to get started:

- Get rid of all the junkfood – now. Donate all the junk food, packaged stuff, and other undesirable food from your pantry. Give it to a homeless shelter or food bank. Or throw it out.
- Don't eat out at restaurants until you know you can resist temptation – and know which foods do not have gluten/dairy etc. in them
- Don't overthink it. Some people like to overcomplicate the Paleo Diet - but what it really comes down to is "JERF" – which is "Just Eat Real Food."

And with that, here's our bonus recipe manual – enjoy the delicious recipes below!

I hope you enjoyed this guide! Please feel free to hit me up at [Dave@paleohacks.com](mailto:Dave@paleohacks.com) if you have any questions about anything.

Thanks!

Dave

# SPICY ALMONDS

Serves 2-4

1 cup almonds	1 tsp sesame seeds
1 tsp ground cumin	½ tsp salt ( <i>optional</i> )
1 tsp ground coriander seeds	1 egg white

## Instructions

Preheat a oven to 180° Celsius/350° Fahrenheit.

Place egg white into a bowl and beat until slightly frothy.

Add almonds, cumin, coriander, sesame seeds and salt and combine well.

Spread almond mixture onto an oven tray lined with baking paper.

Place tray in oven and bake for 10 minutes until almonds are lightly browned and egg has set.

Remove from oven and cool.

To serve, break up baked mixture to separate almonds.



# CHICKEN AND BACON SALAD

*Serves 2*

1 chicken breast	5 medium tomatoes, cut into quarters
2 cups water	½ avocado, diced
Juice of half a lemon	2 cups fresh rocket
1 tbs oil	1 tbs oil
8 rashers of bacon, fat removed and cut into strips	2 tbs balsamic vinegar

## Instructions

In a saucepan bring water and lemon juice to the boil. Reduce heat, then add chicken breast, cover and simmer on low heat for 15-20 minutes, or until chicken is firm and cooked. Remove from heat and leave chicken in liquid to cool. When cold remove chicken from pan and shred meat, tearing along the grain.

Heat oil in a frying pan on high heat, add bacon and fry until bacon strips are lightly crisp. Remove bacon from pan and add tomato quarters, stir on high heat for 2 minutes, or until tomatoes soften slightly.

To make the dressing, mix oil and vinegar until well combined.

Place diced chicken breast, bacon, tomatoes, avocado and rocket and dressing in a salad bowl and mix until well combined. Serve.



# SPICY MEATBALLS IN TOMATO SAUCE

Serves 4-6

<u>Tomato sauce</u>	<u>Meatballs</u>
1 onion, peeled and diced	410g minced beef
3 garlic cloves finely chopped	2 garlic cloves, finely chopped
1 chilli finely chopped	2 tsp ground cumin
1 tsp ground cinnamon	1 tsp ground cinnamon
2 tsp ground cumin	1 tsp ground turmeric
½ tsp ground cloves	1 tsp chilli powder
800g canned diced tomatoes <i>or</i>	1 egg
4 cups freshly diced tomatoes	Ground pepper

## Instructions

Preheat oven to 180° Celsius/350° Fahrenheit.

To make the meatballs – in a bowl mix the garlic, cinnamon, turmeric, chilli powder, egg, pepper and minced meat until well combined. Neatly shape the meat mixture into 12 balls.

Place meatballs on an oven tray and bake in the oven for 20-30 minutes or until cooked.

To make the tomato sauce – fry onion, garlic and chilli in a pan on medium heat until they begin to soften and lightly brown. Add cinnamon, cumin and cloves and continue to cook for a few minutes to release flavours.

Add the tomatoes and simmer for 10 minutes. When meatballs are cooked add them to the tomato sauce. Simmer on low heat for a further 15 minutes.

Serve with fresh coriander.



# LAMB AND BACON DUMPLINGS

Serves 6-8

<u>Meatballs</u>	500g minced lamb
6 rashers bacon, meat only finely diced	1 egg
1 small onion, finely chopped	<u>Sauce</u>
1 tbs oil	800g canned diced tomatoes <i>or</i> 4 cups freshly diced tomatoes
2 tsp sage, finely chopped	1 tsp basil, finely chopped
1 tsp ground paprika	Pinch of salt ( <i>optional</i> )
Pinch of salt ( <i>optional</i> )	Pinch of pepper
Pinch of pepper	

## Instructions

Preheat oven to 180° Celsius/350° Fahrenheit.

In a medium sized pan on medium/high heat fry onion and bacon in oil for 5 minutes or until onion is tender. Add the sage, paprika, salt and pepper and cook for a further 2 minutes.

Remove pan from heat and allow to cool.

In a large mixing bowl combine cooled bacon mixture, egg and minced lamb well.

Roll the lamb mixture into 12 balls and place onto a baking tray lined with baking paper. Bake in the oven for 30-40 minutes until well cooked.

To make the sauce, place diced tomatoes, basil, salt and pepper in a medium sized pan and simmer for 2-3 minutes. Add the cooked meatballs and simmer gently for a further 10 minutes.

Serve.





# BLUEBERRY AND PEAR CRUMBLE

*Serves 4-6*

5 pears	2 tbs arrowroot
1 tbs mixed spice	½ cup almond meal
4 tbs lemon juice	10 dates
1 tbs honey	1 tbs water
300g packet frozen blueberries	⅓ cup walnuts, chopped

## Instructions

Preheat an oven to 180° Celsius/350° Fahrenheit.

Peel, core and slice the pears. Heat a medium sized pan to low-medium heat. Add pear slices, mixed spice, lemon juice and honey. Cover and cook for 10 minutes stirring regularly.

Add arrowroot and water to the pears and stir until pears are coated. Add blueberries and stir continuously for 5 minutes or until the blueberries have defrosted and the sauce has thickened. Remove from heat.

Place almond meal, dates and water in a food processor and blend until well combined. Transfer mixture to a bowl and stir in the walnuts.

Place pears and blueberries in an ovenproof dish and top with almond crumble mixture. Bake the crumble in the oven for 15-20 minutes or until the top is golden brown. Serve.



# COCONUT MACADAMIA DELIGHTS

*Serves 8-10*

1/3 Cup Coconut Flour  
1 heaped tbsp Arrowroot Flour  
1/3 cup Macadamia Butter  
2 tsp Coconut Oil  
2 tbsp Honey

## Instructions

Preheat oven to 160° Celsius/325° Fahrenheit.

Place the coconut flour, arrowroot flour, macadamia butter, coconut oil and honey in a bowl and combine well.

Roll 2 tablespoons of mixture in the palm of your hands, then place onto a baking tray lined with baking paper and press down to create a flat biscuit shape. Repeat with the remaining mixture. Bake in the oven for 8-10 minutes or until they are slightly golden.

Cool the biscuits in a refrigerator before serving.





## CHOCOLATE HAZELNUT SPREAD

*Serves 2-4*

*Contributed by Diana Keuilian of RealHealthyRecipes.com*

There's a certain chocolate hazelnut spread sold in stores that I used to be hooked on. Of course it's filled with soy, dairy, refined sugar, saturated fats and lord knows what else. This recipe takes real hazelnuts and dark chocolate and turns it into a heavenly, wholesome version of Nutella that's worth getting excited about.

- 1 cup raw hazelnuts
  - 4 oz very dark chocolate
  - 2 Tablespoons raw honey
  - 1 cup coconut milk, canned and full fat
  - dash of sea salt
1. Preheat the oven to 350 degrees F. Spread the hazelnuts on a baking sheet and toast for 15 minutes.
  2. In a double boiler, gently melt the chocolate and raw honey over low heat. Remove from heat.
  3. Place all of the ingredients in a food processor. Blend until smooth.
  4. Chill in the fridge for an hour before serving.



## CINNAMON BANANA BUTTONS

*Serves 4-6*

*Contributed by Diana Keuilian of RealHealthyRecipes.com*

My kids love this recipe for Cinnamon Banana Buttons, and I love it because it's extremely simple and quick to make. Put your bananas in the oven right before serving dinner and it will be ready by dessert time.

Here's what you need:

- 4 green bananas, thinly sliced
- Coconut oil in spray can
- Ground cinnamon
- Sea salt

### Instructions

1. Preheat the oven to 350 degrees F. Lightly spray a baking sheet with coconut oil.
2. Place the thinly sliced bananas over the tray in a single layer.
3. Spray the tops of the bananas with coconut oil. Sprinkle with cinnamon and salt.
4. Bake for 30-40 minutes, until tender and golden.



## CHOCOLATE MILKSHAKE

*Serves 1-2*

*Contributed by Diana Keuilian of RealHealthyRecipes.com*

This creamy chocolate shake brings me back to my ice cream eating days, minus the dairy and refined sugar bellyaches that would follow. Enjoy one of these on a warm summer afternoon.

Here's what you need:

- 2 bananas, peeled and frozen
- 1 cup coconut milk, canned and full fat
- pinch of salt
- 1 packet stevia
- 1/3 cup unsweetened cocoa powder
- \*optional, handful of ice cubes

### **Instructions**

1. In a high speed blender combine the bananas, coconut milk, salt, stevia and cocoa powder.
2. If the mixture is not thick enough, then add some ice and blend until smooth.



## CANDIED BACON

Serves 4-6

*Contributed by Diana Keuilian of RealHealthyRecipes.com*

I'll tell you one of my darkest secrets –if you promise not to judge me. When I was 12 I gave up meat altogether (cold turkey!) and didn't come to my senses for a full 18 years. For 18 years I was a junk food vegetarian....tsk tsk. Now that I'm eating meat again, bacon and I are making up for lost time. So it's only natural that I'd turn it into dessert I'll be you'll enjoy this sweet & salty treat as much as I do.

Here's what you need:

- 1/3 cup pure maple syrup
- 1 teaspoon Dijon mustard
- 8oz nitrate free bacon strips

### Instructions

- 1) Preheat the oven to 400 degrees F. Line a baking sheet with foil and place a metal cooling rack on it.
- 2) In a shallow bowl, combine the syrup and mustard.
- 3) Drag each strip of bacon through the syrup mixture, coating both sides. Place on the cooling rack. Bake for 15-20 minutes until crispy.





# SWEET POTATO & CHICKEN SALAD

*Serves 2*

## **Here's what you need:**

- 1 barbequed chicken breast, shredded
- 2 cups diced sweet potato, peeled & diced
- 1 bunch fresh cilantro, roughly chopped
- ⅓ cup unsalted cashews
- 1 garlic clove, minced
- 1 tbsp. olive oil
- 2 tbsp. fresh lemon juice
- ¼ tsp. chili powder

## **Instructions**

1. Boil water in a small covered saucepan. Adding sweet potato for 3-4 minutes or until tender. Remove from heat and drain.
2. Place sweet potato into a salad bowl combined chicken, cashews and cilantro.
3. To make dressing, mix garlic, oil, lemon juice and chili powder well.
4. Drizzle dressing over salad when ready to serve.



# SPINACH & ASPARAGUS SOUP

Serves 2-4

## What you'll need:

4 chopped spring onions

4 cups spinach

6 thick asparagus spears sliced in half *or* 12 thin asparagus spears

½ tsp. olive oil

2 cups light coconut milk

Spices (choose your favorite spices or your favorite curry paste) – For example: cumin, cinnamon, Mexican chili powder, ground paprika, dried chili, garlic, ground cilantro, lime, cardamom, salt & pepper

## Instructions

1. In a saucepan on medium heat, fry the spring onions in oil until lightly browned.
2. Add spices, asparagus and spinach and stir until spices are heated and mixed through the asparagus and spinach.
3. Add the coconut milk and simmer for 10-15 minutes. Serve.



# STIR FRIED BEEF & CASHEWS

*Serves 4-6*

- 1 lb. lean beef, sliced thinly
- ½ tbsp. olive oil
- 2 tsp. red curry paste
- 2 tsp. fish sauce *or* 1 tsp. salt (*optional*)
- 2 tbsp. fresh lime juice
- 1 tsp. honey
- ½ cup water
- 1 cup green pepper, diced
- 1 tsp. arrowroot
- 24 unsalted, roasted cashews

## Instructions

1. Heat oil in a pan, on high heat, and fry beef until it changes color. Add the red curry paste and fry for a further minute. Reduce heat.
2. Add the fish sauce or salt, lime juice, honey, water and pepper and simmer for 20 minutes.
3. If desired, thicken the sauce with arrowroot mixed with a little cold water if desired. Add the cashews before serving.



# COCONUT CHICKEN CURRY

*Serves 2-4*

2 chicken breasts, sliced  
1 tbsp. olive oil  
1 white onion, diced  
2 garlic cloves, minced  
2 tbsp. red curry paste  
1 tsp. ground turmeric  
1¾ cups coconut milk  
12 bay leaves

## Instructions

1. Heat ½ tbsp. of oil in a wok or fry pan, add chicken and fry for 4-5 minutes or until golden brown. Remove chicken from pan.
2. Place remaining oil into the pan and fry onion and garlic until lightly browned, add red curry paste and turmeric and stir for an additional 1 minute. Add coconut milk and bay leaves and simmer on low heat for 15 minutes. Cool slightly before serving.





# THAI CHICKEN OMELETTE

*Serves 2*

- 1 chicken breast, diced
- 1 tsp. olive oil
- 3 spring onions, sliced
- 1 garlic clove, minced
- 1 small carrot, finely diced
- 1/3 cup sliced white mushrooms
- 2/3 cup bean sprouts
- Small handful fresh cilantro, chopped
- 1 tsp. salt
- 1/2 tsp. ground paprika
- 3 eggs, beaten

## **Instructions**

1. In a pan on high heat, add oil and fry diced chicken breast, onions, garlic, carrot and mushrooms for 5-6 minutes, or until chicken is thoroughly cooked. Remove from heat and add bean sprouts, cilantro, salt and paprika.
2. Heat a frying pan lined with baking paper. Pour beaten eggs onto the baking paper. When the bottom of the eggs are cooked turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer back to the heated frying pan. Cook for a further 2-3 minutes or until eggs are browned on the bottom.
3. To serve, place omelette on a plate and spoon chicken mixture onto one half. Fold over the other half of omelette.



I hope you enjoyed this free report!

I'd love to get your feedback - please hit me up at [Dave@Paleohacks.com](mailto:Dave@Paleohacks.com) if you have any questions!

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