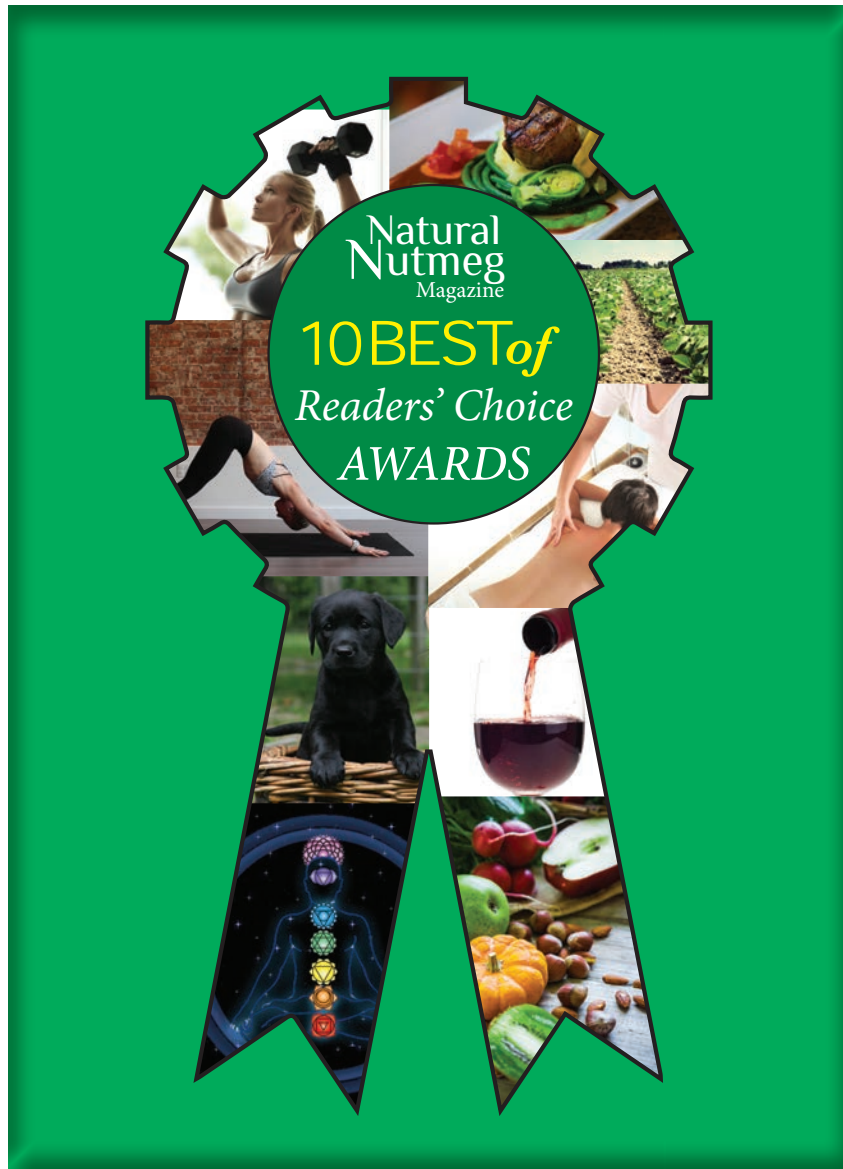


# Natural Nutmeg



An Essential Living  
Publication

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