

The cover features a large yellow oval with a purple border. Inside the oval, the title 'AROMATHERAPY' is written in a large, black, serif font, and 'WORKBOOK' is written in a smaller, black, serif font. Between them, the subtitle 'A COMPLETE GUIDE TO UNDERSTANDING AND USING ESSENTIAL OILS' is written in a smaller, black, serif font. The background of the cover is a photograph of a lavender field with tall, purple flower spikes. A yellow horizontal band runs across the middle of the cover, passing through the oval.

# AROMATHERAPY

## WORKBOOK

A  
COMPLETE  
GUIDE TO  
UNDERSTANDING  
AND USING  
ESSENTIAL  
OILS

SHIRLEY PRICE

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# Aromatherapy Workbook Understanding Essential Oils From Plant To Bottle

**Sonoma Press**



## **Aromatherapy Workbook Understanding Essential Oils From Plant To Bottle:**

*The Aromatherapy Workbook* Shirley Price,1993      *Aromatherapy Workbook* Shirley Price,2012-08-30 An excellent guide for anyone wanting to delve deeper into the world of aromatherapy It clearly explains everything you need to know about understanding and using essential oils      **World of Aromatherapy** Jeanne Rose,1996 The voices in this collection are those of leading British and American women active in aromatherapy today They write with verve about the growth of the distillery process and the essential oil industry discuss such technical issues as whether synthetic or natural products are best and describe how they use oils and blends in healing skin care and stress reduction      **Non-Timber Forest Products** Azamal Husen,Rakesh Kumar Bachheti,Archana Bachheti,2021-07-30 Forests cover thirty one percent of the world s land surface provide habitats for animals livelihoods for humans and generate household income in rural areas of developing countries They also supply other essential amenities for instance they filter water control water runoff protect soil erosion regulate climate store nutrients and facilitate countless non timber forest products NTFPs The main NTFPs comprise herbs grasses climbers shrubs and trees used for food fodder fuel beverages medicine animals birds and fish for food fur and feathers as well as their products like honey lac silk and paper At present these products play an important role in the daily life and well being of millions of people worldwide Hence the forest and its products are very valuable and often NTFPs are considered as the potential pillars of sustainable forestry NTFPs items like food herbal drugs forage fuel wood fountain fibre bamboo rattans leaves barks resins and gums have been continuously used and exploited by humans Wild edible foods are rich in terms of vitamins protein fat sugars and minerals Additionally some NTFPs are used as important raw materials for pharmaceutical industries Numerous industry based NTFPs are now being exported in considerable quantities by developing countries Accordingly this sector facilitates employment opportunities in remote rural areas So these developments also highlight the role of NTFPs in poverty alleviation in different regions of the world This book provides a wide spectrum of information on NTFPs including important references We hope that the compendium of chapters in this book will be very useful as a reference book for graduate and postgraduate students and researchers in various disciplines of forestry botany medical botany economic botany ecology agroforestry and biology Additionally this book should be useful for scientists experts and consultants associated with the forestry sector      Foundations of Massage Lisa Casanelia,David Stelfox,2009-12-22 *Foundations of Massage 3e* is a comprehensive practical and theoretical foundation for all aspects of massage therapy The book prepares students for clinical practice through the presentation of step by step techniques and treatments This revision of this Australian text for the practice of massage therapy includes new material on specialised application of massage such as providing services for people with disabilities working in aged care and providing services for people with chronic disease states and life challenging illnesses More than 350 illustrations and photographs of manual applications Questions and activities at the end of each chapter Comprehensive glossary Evidence for massage therapy

completely revised and updated Inclusion of references to legislative and regulatory information to massage therapy practitioners Expanded anatomy illustrations in full colour appendices A more comprehensive chapter on pregnancy massage updated by well known international author Suzanne Yates A more comprehensive chapter on infant massage History chapter has been expanded to include influences on the massage industry from Europe and North America      **Aromatherapy**

**Workbook** Marcel Lavabre,1996-12-01 Aromatherapy Workbook first published in 1990 is an essential guide to the history folklore science and practice of aromatherapy It features more than seventy essential oils classified by botanical family with detailed discussions of their specific actions along with unique insights into their energetic and spiritual properties This revised edition incorporates the latest biochemical research with the spiritual and psychological understanding of essential oils Author Marcel Lavabre a founder of the American Aromatherapy Association explains the mysterious and powerful influence of scent on our mental state emotion and sexuality He discusses the various methods of extraction devotes a special section to the art of blending and presents specific formulas for disorders such as digestive and circulatory ailments headaches insomnia and menstrual problems Aromatherapy Workbook is an ideal guide for beginners as well as a reference for practitioners More than 90 000 copies sold Easy to follow illustrated reference for beginners A desk resource and teaching tool for practicing aromatherapists      **Aromatherapy for Health Professionals E-Book** Shirley Price,Len

Price,Penny Price,2019-09-07 Now entering its 5th edition Aromatherapy for Health Professionals is an essential read for any professional wishing to practice aromatherapy in a clinical setting It covers the theory and practice of essential oil science and the application of aromatherapy for specific conditions giving an evidence based and in depth presentation of the subject Written by a highly experienced team of aromatherapists it is an authoritative guide for those wishing to use essential oils in a modern health care setting Contains an A Z of essential oils including their chemistry and properties allowing therapists to select the most effective oils for use in a clinical situation Includes a table giving the appropriate essential oils for different health conditions Includes case studies to help the reader understand how to put the theory into practice The text is fully referenced and evidence based for use in a clinical setting      ?????? ?????????????????? Leana Golan,Natalia

Vinogradova,2006-02-01      **Aromatherapy for Health Professionals Revised Reprint E-Book** Shirley Price,Len Price,Penny Price,2021-02-16 Now in its 5th edition Aromatherapy for Health Professionals is an essential resource for professionals wishing to practice aromatherapy in a clinical setting It covers the theory and practice of essential oil science and the application of aromatherapy for specific conditions giving an evidence based in depth presentation of the subject Written by a highly experienced team of aromatherapists this book is an authoritative guide for anyone seeking to use essential oils in a modern health care setting Contains an A Z of essential oils including their chemistry and properties allowing therapists to select the most effective oils for use in a clinical situation Details the appropriate essential oils for different health conditions Features case studies to help the reader understand how to put the theory into practice Fully referenced and evidence based

for use in a clinical setting      *The Art of Aromatherapy* Olivia Parker, AI, 2025-01-18 The Art of Aromatherapy presents a comprehensive exploration of essential oils and their therapeutic applications skillfully bridging ancient healing traditions with modern scientific understanding The book methodically examines how plant extracts interact with human physiology to promote wellness backing traditional practices with contemporary research and clinical studies Through a systematic approach it guides readers through the chemical composition of essential oils their extraction methods and practical applications in both personal and professional settings The book stands out by offering detailed profiles of 50 essential oils complete with their chemical compositions and specific therapeutic properties It addresses crucial aspects of aromatherapy practice from proper dilution ratios to safety guidelines making complex biochemical concepts accessible through practical examples and real world applications Readers learn how to create custom blends for specific health concerns while understanding the scientific principles behind their effectiveness Moving beyond basic applications the work delves into aromatherapy's role in modern healthcare settings and stress management programs It maintains a balanced perspective acknowledging both the benefits and limitations of essential oil therapy while addressing common misconceptions Whether for healthcare professionals or individuals seeking natural wellness solutions the book provides a thorough foundation in both the science and art of aromatherapy enabling readers to make informed decisions about incorporating essential oils into their wellness routines      *Holistic Aromatherapy for Animals* Kristen Leigh Bell, 2012-06-01 It is only in recent years that aromatherapy or essential oil therapy has gained substantial acceptance this is primarily due to French veterinarians who have begun using essential oils and hydrosols in their practices Laypeople of course have been enjoying great success treating animals with the very same substances for many years for it is not just the medical professionals who can safely and effectively administer these aromatic oils Anyone enabled with quality essential oils or hydrosols and adequate knowledge can use a plant's most concentrated and energetic byproducts to improve the health of their animals and treat and prevent various illnesses and common ailments Aromatherapy is actually a science that has a much larger archive of supported scientific data than most other holistic care methods However most of these studies were originally published in French or German Aromatherapy was the first natural holistic therapy the author began using and she relies on it as my primary form of healthcare to treat and balance all sorts of minor ailments and discomforts in the lives of her family and their pets She has rarely needed to use any other sort of remedy to achieve the desired result These powerful substances are the most fascinating sensual and complex of all natural therapies a combination that proves to be so enthralling it eventually develops into a grand passion for many      *Essential Oils* Mira Skylark, AI, 2025-03-13 Unlock the potential of botanical extracts with Essential Oils a comprehensive guide to enhancing natural beauty hair health and relaxation This book explores the science history and practical uses of essential oils separating fact from fiction to empower informed decisions Discover how these oils have been used for centuries across cultures from ancient Egyptian practices to traditional Chinese medicine and learn about

their resurgence in modern aromatherapy The book begins by introducing essential oils their extraction and safety guidelines before delving into applications for skin and hair Explore how oils like lavender and tea tree can improve skin health while rosemary and cedarwood can stimulate hair growth The final section focuses on aromatherapy detailing how essential oils impact the limbic system to reduce stress and enhance mood Essential Oils stands out by emphasizing a fact based safety conscious approach highlighting the importance of dilution and patch testing Through scientific studies recipes and DIY formulations this book provides the tools to create personalized skincare routines and aromatherapy practices promoting wellness and mindful application in daily life

**Essential Oils & Aromatherapy, An Introductory Guide** Sonoma Press,2014-12-01 Your personal guide to using essential oils and aromatherapy for your health home and beauty regimen Lavender peppermint rosemary and other healing plants are likely right at your fingertips or just beyond at a nearby garden Now unlocking their healing powers is too Essential Oils and Aromatherapy An Introductory Guide offers all the techniques tools and tips you need to start creating natural toxic free medicine and everyday household products from the comfort of your home Essential Oils and Aromatherapy contains A Comprehensive Introduction covering everything you need to know to get started with essential oils 300 Recipes providing comforting remedies for your health and home plus beauty and skincare recipes Helpful Techniques for measuring dispensing and blending essential oils like a seasoned aromatherapist plus tips for massage acupressure inhalation and more Personal Apothecary featuring in depth profiles of more than 60 essential oils for you to choose the best ones for your needs Recipes in Essential Oils and Aromatherapy address common ailments such as acne migraines nausea and stress Toxin Free Household Items such as lavender laundry detergent and all purpose cleaner to air fresheners Beauty Treatments such as face masks body butter and soothing bath salts and much more

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□1 pancakes, Annonaceae 1 Apiaceae 2 3 4 Asteraceae Compositae 5 6 7 Burseraceae 8 9 10 11 12 Caprifoliaceae Valerianaceae 13 Geraniaceae 14 Lamiaceae 15 16 17 18 19 20 21 22 23 24 25 26 Lauraceae 27 28 29 Magnoliaceae 30 31 Malvaceae 32 Myrtaceae 33 34 35 Nelumbonaceae 36 Oleaceae 37 38 Pinaceae 39 Poaceae 40 41 Rosaceae 42 43 44 Rubiaceae 45 Rutaceae 46 47 48 Verbenaceae 49 Zingiberaceae 50 1 2 3 4 5

**The Complete Book on Onion & Garlic Cultivation with Processing (Production of Onion Paste, Flakes, Powder & Garlic Paste, Powder, Flakes, Oil)** NPCS

Board of Consultants & Engineers,2015-08-10 Onion and garlic are the spice commodities used for flavouring the dishes These are considered as valuable medicinal plants offer variety of medicinal properties Onion onion pickle onion chutney onion paste garlic oil garlic paste garlic powder garlic flakes onion flakes onion powder in the departmental stores super markets shopping malls backed up by publicity is the key to success It is also possible to have tie up with exclusive restaurants star hotels renowned caterers for their regular requirements This handbook is designed for use by everyone engaged in the onion garlic products manufacturing The book explains manufacturing process with flow diagrams of various onion garlic products and addresses of plant machinery suppliers with their photographs Major contents of the book are

varieties of onion onion production onion dehydration types of garlic garlic growing garlic dehydration onion pickle onion chutney onion paste garlic oil garlic paste garlic powder garlic flakes onion flakes onion powder pest species and pest control of garlic and onion integrated weed management packaging product advertising and sales promotion marketing etc It will be a standard reference book for professionals entrepreneurs food technologists those studying and researching in this important area and others interested in the field of onion garlic products manufacturing TAGS Best small and cottage scale industries Business consultancy Business consultant Business guidance for garlic production Business guidance for onion production Business guidance to clients Business Plan for a Startup Business Business start up Cultivation of garlic Cultivation of Onion Dehydrated Garlic Garlic Powder Dehydrated Garlic Dehydrated Onion Onion Powder Dehydrated Onion Garlic and Onion production Garlic and Onion production Business Garlic and Onion Small Business Manufacturing Garlic dehydration Garlic Oil manufacturing process Garlic paste manufacturing process Garlic powder manufacturing plant Garlic powder manufacturing process Garlic powder processing plant Garlic processing plant Garlic Production Growing Garlic Harvesting Garlic How to Cultivate Onions How to Grow Garlic How to Grow Onions How to make onion powder How to start a successful Garlic and Onion production business How to Start Garlic and Onion production business How to Start Onion and Garlic Processing Industry in India How to Start Onion and Garlic Production Business Manufacturing Process of Garlic Flakes Manufacturing Process of Garlic Paste Manufacturing Process of Onion Chutney Manufacturing Process of Onion Flakes Manufacturing Process of Onion Paste Manufacturing Process of Onion Powder Modern small and cottage scale industries Most Profitable Onion and Garlic Processing Business Ideas New small scale ideas in Garlic and Onion processing industry Onion Garlic Cultivation with Processing Onion and Garlic Based Profitable Projects Onion and Garlic Based Small Scale Industries Projects Onion and Garlic Processing Industry in India Onion and Garlic Processing Projects Onion cultivation Onion cultivation in India Onion dehydration plant in India Onion dehydration process Onion farming business plan Onion Farming in India Onion farming techniques Onion Pickle Manufacturing Process Onion powder making plant Onion Powder Onion Processing and Onion Products Onion processing industry Onion processing plant Onion processing unit Onion production Onion Storage Onions powder making Pest species and pest control of garlic and onion Preparation of Project Profiles Process technology books Processing of garlic Profitable small and cottage scale industries Profitable Small Scale Garlic and Onion Manufacturing Project for startups Project identification and selection Setting up and opening your Garlic and Onion Business Small scale Commercial Garlic and Onion by products making Small scale Garlic and Onion production line Small Scale Onion and Garlic Processing Projects Small Start up Business Project Start up India Stand up India Starting an Onion and Garlic Processing Business Startup Start up Business Plan for Garlic and Onion by products Startup ideas Startup Project Startup Project for Onion and Garlic by products Startup project plan Technology Book of Garlic Cultivation and processing Technology Book of Onion Cultivation and processing Technology Package of Garlic

Processing for Value Addition Varieties of garlic Varieties of onion      **The Complete Book on Adhesives, Glues & Resins Technology (with Process & Formulations) 2nd Revised Edition** NPCS Board of Consultants & Engineers, 2017-02-24

An adhesive is a material used for holding two surfaces together In the service condition that way adhesives can be called as Social as they unite individual parts creating a whole A useful way to classify adhesives is by the way they react chemically after they have been applied to the surfaces to be joined There is a huge range of adhesives and one appropriate for the materials being joined must be chosen Gums and resins are polymeric compounds and manufactured by synthetic routes Gums and resins largely used in water or other solvent soluble form for providing special properties to some formulations More than 95% of total adhesive used worldwide are based on synthetic resins Gums and resins have wide industrial applications They are used in manufacture of lacquers printing inks varnishes paints textiles cosmetics food and other industries Increase in disposable income levels rising GDP and booming retail markets are propelling growth in packaging and flexible packaging industry Growth of disposable products is expected to increase which leads to increase in consumption of adhesives in packaging industry The global value of adhesive resins market is estimated to be 11 339 66 million and is projected to grow at a CAGR of about 4 88% in coming years Rapid urbanization coupled with growing infrastructure and real estate construction projects is projected to further fuel demand for adhesives in India This handbook covers photographs of plant machinery with supplier s contact details and manufacturing aspects of various adhesives glues resins The major contents of the book are glues of animal origin fish glues animal glues casein glues adhesives blood albumen glues amino resin adhesives cyanoacrylate adhesives epoxy resin adhesives phenolic resin adhesives polychloroprene resin adhesives polysulfide sealants adhesives resorcinolic adhesives furan resin adhesives lignin adhesives polyamide adhesives rosin adhesive tannin adhesives terpene based adhesives starch adhesives acrylic adhesives and sealants pressure sensitive adhesives hot melt adhesives alkyd resins acrylic modified alkyd resins alkyd amino combinations based on neem oil amino resins carbohydrate modified phenol formaldehyde resins epoxy resins etc It will be a standard reference book for professionals entrepreneurs those studying and researching in this important area and others interested in the field of adhesives glues resins technology TAGS Formulation and Manufacturing Process of Adhesives Manufacturing Process of Glues Manufacturing Process of Resins Manufacturing Process of Glues of Animal Manufacturing Process of Fish Glues Manufacturing Process of Animal Glues Manufacturing Process of Amino Resin Adhesives Manufacturing Process of Epoxy Resin Adhesives Manufacturing Process of Phenolic Resin Adhesives Manufacturing Process of Rosin Adhesives Manufacturing Process of Alkyd Resins Manufacturing Process of Hydrocarbon Resins Manufacturing Process of Polyurethane Resins Formulation of Glues Formulation of Resins Formulation of Glues of Animal Formulation of Fish Glues Formulation of Animal Glues Formulation of Amino Resin Adhesives Formulation of Epoxy Resin Adhesives Formulation of Phenolic Resin Adhesives Formulation of Rosin Adhesives Formulation of Alkyd Resins Formulation of Hydrocarbon Resins



Formulation of olyurethane Resins Production of glues from animal How glue is made Making fish glue How to make glue from fish Book on Adhesives Glues Resins Technology Casein Glues and Adhesives Blood Albumen Glues Silicone Adhesives and Sealants Formulation of Tannin Adhesives Terpene Based Adhesives Production Starch Adhesives Manufacturing Formulation of Acrylic Adhesives and Sealants Hot melt Adhesives Formulation Formulations of Amino Resins Phenolic Resins Manufacturing How to manufacture adhesives How are Adhesives Manufactured Industrial Adhesive Manufacturing Process Adhesives for Industrial Manufacturing Adhesive manufacturing process Adhesive and Sealant Manufacturing Adhesive Making Plant How to make a better adhesive Production of Adhesives Start an Adhesive and Glues Manufacturing Business What is the history and manufacturing process of glue Manufacture of glues How to Make Glue How to Manufacture Glue Glue manufacturing process Glue Production Glue Making Process Animal glue Production Technology Applications Adhesive Technology and Formulations Adhesive Formulation Glue formulation Resin Types and Production How to Manufacture Resins Resin Manufacturing esins Manufacturing Plant Resin manufacturing process Types of resins Industrial Resins Technological advances in the manufacture of resins Resins properties and applications Types of Resins and their Uses Use of resin How to Start Adhesive Glues and Resin Industry in India Adhesive Glues and Resin Industry in India Most Profitable Adhesive Glues and Resin Business Ideas Adhesive Glues and Resin Based Profitable Projects Adhesive Glues and Resin Processing Projects Small Scale Adhesive Glues and Resin Projects Starting Adhesive Glues and Resin Business How to Start Adhesive Production Business How to Start Glues Production Business How to Start Resin Production Business Adhesive Glues and Resin Based Small Scale Industries Projects New small scale ideas in Adhesive Glues and Resin industry Startup Project for Adhesives Startup Project for Glue Startup Project for Resin Business Plan for a Startup Business Small Start up Business Project Start up Business Plan for Adhesives Start up Business Plan for Glue Start up Business Plan for Resin Start up India Stand up India Adhesive Making Small Business Manufacturing Resin Making Small Business Manufacturing Glues Making Small Business Manufacturing Small scale Adhesive Glues and Resin production line Setting up your Adhesive Glues and Resin production Business Opening your Adhesive Glues and Resin production Business How to Start Adhesive Production Industry How to Start Glues Production Industry How to Start Resin Production Industry How to start a successful Resin business How to start a successful Glue business How to start a successful Adhesive business Small scale Commercial Adhesive Glues and Resin making Adhesive Glues and Resin Business Profitable Small Scale Resin and Glues Adhesive Manufacturing

**Complementary and Alternative Medicine for Health Professionals** Linda Bailly Synovitz,Karl L. Larson,2013 Highly researched and referenced Complementary and Alternative Medicine for Health Professionals A Holistic Approach to Consumer Health educates students about the many complementary and alternative medicine CAM modalities that are available in addition to the more traditional methods that exist Early chapters provide an overview of both traditional and alternative medicine scientific method and steps in scientific research and look at the cost of

health care in the U S Later chapters introduce students to integrative medicine and provide a thorough overview of CAM practices employed today Topics that are covered include acupuncture meditation herbals and aromatherapy By reading this text students will become astute at distinguishing among those traditional and CAM health practices that are helpful those that have been scientifically tested and those that may offer no benefit Case studies throughout the text give students an opportunity to apply material and ideas to real life situations

**The Essential Guide to Aromatherapy and Vibrational Healing** Margaret Ann Lembo, 2016-03-08 Improve your life and enhance your healing practice with The Essential Guide to Aromatherapy and Vibrational Healing an A to Z guide to sixty essential oils and their corresponding vibrational elements Renowned author Margaret Ann Lembo shows you how to achieve physical spiritual and emotional balance using a variety of vibrational tools including Flower Essences Gemstone Essences Chakras Divine Messengers Zodiac Signs Planets Colors Numbers Animals Holy Water Discover how different oils can be combined with the power of intention to create and maintain positive change in your life Learn how aroma energetic practices support your journey to self awareness and well being Outlining detailed information on all sixty essential oils from therapeutic properties and fragrances to complementary essences and interesting tidbits this comprehensive book provides everything you need to heal transform and evolve on every level Praise This is absolutely the best book I ve read on the topic It s all here and more Cyndi Dale author of The Complete Book of Chakra Healing An off the charts must have resource to have in your home With such clean style and grace she reviews the history the mystical and all practical applications of essential oils AMAZING Joan Ranquet author of Energy Healing for Animals

**The Complete Technology Book on Soaps (2nd Revised Edition)** NIIR Board of Consultants & Engineers, 2016-04-08 Soap is the traditional washing compound made from oil fats and caustic alkali It is an item of daily necessity as cleaning agent There are few specialty soaps like the washing soaps castile soaps sandal soap specially flavored soaps medicated soaps toilet soaps and baby soaps Population growth especially households with children has a proportional impact on the growth of the manufacturing sector of the industry The soap industry is vivacious varied creative and tricky and has the prospective to provide a gratifying career With increasing popularity there has been increase in potential competitors but it still has the opportunity of further exploitation Today with increase in disposable incomes all around the world demand for these products expected to increase because consumers are moving up towards premium products With increasing awareness of hygienic standards the market for the Soap is growing at a rate higher than 8% annually People have become more creative in trying to find new ways in which they can make soap either for domestic use or commercial purposes This book will provide all the basic facts and information you need to get started You will be able to slowly build your way up to completely master the art of soap making The book contains processes formulae Photographs of Plant Machinery with Supplier s Contact Details Addresses of Raw Material Suppliers and providing information regarding manufacturing method of different washing and toilet soaps Some of the fundamentals of the book are raw material oil and

fats fatty acids manufacture of soap products technology of soap manufacturing various formulations of soaps soap perfumery management of soap factories analytical methods This book will be a mile stone for its readers who are new to this sector will also find useful for professionals entrepreneurs those studying and researching in this important area *Fashion Technology Hand Book* Meenakshi Narang, 2003-10-01 Fashion leads the world it will continue to do so through times Human can not be ever segregated from fashion With the advancement of new age we envisage tremendous change We also see for the career boom of young designers are always in search of course way in which they can be explained the requirement and stages in which to work This book helps to find place in such students shell who want to have an insight to the techniques of designing

Embark on a transformative journey with Written by is captivating work, **Aromatherapy Workbook Understanding Essential Oils From Plant To Bottle** . This enlightening ebook, available for download in a convenient PDF format , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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## **Aromatherapy Workbook Understanding Essential Oils From Plant To Bottle Introduction**

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