



DR. CHRISTOPHER'S  
SCHOOL OF NATURAL HEALING  
CATALOGUE 2007

# COLLEGE OF HERBAL STUDIES

OUTSTANDING EDUCATION SINCE 1953

Licensed Post-Secondary School





Dear Prospective Student,

Thank-you for your inquiry about herbal education. We at The School of Natural Healing are delighted to fill your request.

For your convenience we have created a unique blend of home study and residency programs. The best of our resident lectures have been captured on video cassette and are included in the correspondence course. All course material is completed in the comfort of your home, office, or local library, while the social benefits of residency are realized at our one week intensive Master Herbalist Seminar in the beautiful Wasatch Mountains.

As Director of The School of Natural Healing since 1979, I have had a goal to provide quality, relevant education at an affordable price. I truly believe that we need an Herbalist in every home and a Master Herbalist in every community. Our well-rounded curriculum makes this goal a reality.

I personally expect every graduate to be a successful Master in this field and, at the very least, a blessing to their family, friends and neighbors.

David W. Christopher

What our students have said...

"You have a wonderful study program and I feel like I have learned so much. I have a much better understanding about how the human body works and more importantly how to keep it working. I look forward to the rest of my studies. Thank you."

L. Whitney

"I can honestly say I have never enjoyed going to school so much!"

G. Rosefield

"I expected the seminar to be good. It was better than good—it was a life changing experience. It was exciting, fascinating, stimulating, inspiring, and a lot of fun. Like Dr. Christopher, The School challenged us to go beyond timid, self imposed limits to become confident natural healers."

B. McCandless

"I am so excited to be a part of the program. Like everyone new to your program, I'm already trying out (cautiously and responsibly) some of the remedies, and am working to make myself and my family healthier! You provide such a valuable and wonderful opportunity for all of us to become responsible for our own health and that of our family. How liberating!"

K. O'Brien

"This has been a transformative experience. The knowledge and vitality of the teachers has been inspiring and motivating."

A. Candee

"The best part is now I feel I don't have to depend on someone else for our health."

Pam W



## What our students have said...

"The entire course was very interesting, encouraging and full of information presented in such a way that has already made a difference in our daily lives. The [CD's]...they were great and fun to listen to. The information was invaluable"

Lynn

"Thank you for all you do. I checked out numerous schools before I found yours...As I watched the videos, specifically, I knew I made the right choice. I only wish I could have found you sooner."

Tamera R.

"I have really enjoyed this series of lectures. David is a wonderful teacher. His knowledge and deep feeling really enhance his effectiveness as a teacher. When one feels as strongly as David does it only makes those who listen to him want to learn more. He is truly a great inspiration."

Vicki R

"I thank God everyday for directing me to the philosophies of Dr. Christopher [and] to The School of Natural Healing. By following these principles, my son, who was diagnosed with an autoimmune disease, is drug free and thriving!! I have a greater sense of well being, I know that I don't have to be dependant on others for my health and the health of my family. Thank you, thank you, thank you to David and Fawn Christopher for the work they do. It has changed my life!!!!"

Cindy

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# Dr. Christopher's School of Natural Healing

Thank you for requesting information about our herbal correspondence courses. Herbology is experiencing a re-awakening and thousands of people like you want to learn more. Learning by correspondence is the natural choice because you choose when and where to study without spending hours in a classroom. Since its founding in 1953, one of the School's goals has been to create an herbal course as interesting and diverse as the students who study with us. Here is what The School of Natural Healing has to offer you.

## 1. High Quality Education

Instructors at The School of Natural Healing include some of the most recognized experts in natural healing. You will receive instruction from: Dr. John R. Christopher M.H., David Christopher M.H., Dr. James Duke PhD, Christopher Hobbs O.M.D., Richard Schultz M.H., Sandra Ellis M.H., Dianne Bjarnson C.M., C.P.M., Q.E., and Dr. Ahmed Warfa Ph.D.

## 2. The Best Materials Available

Our courses include professionally produced DVDs, audio CDs, study guides, and the best herbal texts available. The School of Natural Healing offers more material than any other herbal school, and the course is updated every few years to bring you the very best in herbal education.

## 3. Hands-on Assignments

Most people learn better by doing rather than just reading. At The School of Natural Healing students gather and grow their own herbs and make their own tinctures and ointments.

## 4. Student Help Every Weekday

It is important that your questions get answered in a timely manner. If you have any questions about your course work, you may call a student advisor toll-free Monday through Friday between 10:00 am and 4:00 pm MT.

## 5. Low Tuition

With payments starting at \$125, The School of Natural Healing offers quality herbal education to fit any budget.

## Mission Statement and History of The School

### Mission Statement

The mission of The School of Natural Healing is to train students in the safe and effective methods of nutrition and herbology. The School is committed to offering high quality education and seeks to fulfill the dream of our founder, Dr. John R. Christopher, to have an Herbalist in every home and a Master Herbalist in every community.

### History

The School of Natural Healing was founded in 1953 by Dr. John R. Christopher. Since that time courses through the School have been the means for thousands of students to begin and further their herbal education.

Dr. Christopher shared his philosophy with people throughout the United States. Through correspondence courses the School continues his legacy of educating people on how to work with the human body for increased health. Dr. Christopher's son, David Christopher, now directs the School with the same philosophy and commitment to natural healing.

### Dr. Christopher's Philosophy

1. Prevent disease through nutrition
2. Eradicate the cause of disease, not just the symptoms
3. Heal the body through natural methods
4. Educate



## Accreditation and Recognition

Currently there is no nationally recognized accreditation for herbal schools. The School of Natural Healing is a State Licensed Post Secondary School.

### Continuing Education Units (CEUs)

The AMMA (American Medical Massage Association) and ABMP (Associated Bodywork and Massage Professionals) accept The School of Natural Healing as a CEU provider. Both institutions have reviewed the School's curriculum and found it to meet or exceed their continuing education requirements for members.

Pharmacists, midwives, registered nurses, naturopaths, chiropractors, and veterinarians may be eligible for CEU or CME credit. Call the School office for details.

### Student Memberships

Students of The School of Natural Healing's correspondence courses are eligible to become student members of the American Herbalist Guild. Graduates of the Master Herbalist Program may apply for membership in the Guild's mentorship program and seek professional membership.

### Naturopathic Doctor Programs

The School of Natural Healing has chosen not to offer a Naturopathic Doctor (ND) program for the following reasons:

1. Most states do not allow an ND to practice medicine.
2. States that allow an ND to practice require the doctor to be a graduate of a 4 year residency program (which may cost more than \$20,000).
3. Instead of relying on an ND for health care, The School of Natural Healing believes that everyone should become their own doctor.

## Founder and Director



**John R. Christopher, M.H., N.D.**  
Founder & Instructor

In his youth, John Christopher began his own study on natural healing when he saw its positive results in healing his mother of dropsy. His enthusiasm increased when he cured himself of cancer using natural methods. After his experience as a supervisor of a medical dispensary during World War II, John chose to become an herbal practitioner. In 1946, he graduated with a Master of Herbology under Dr. H. Knowles at the Dominion Herbal College in Vancouver, British Columbia. Two years later he received his Naturopathic Doctor degree from the Institute of Drugless Therapy in Tama, Iowa. He received an Herbal Pharmacist degree under the renowned Dr. Edward Shook. Hailed as America's foremost herbalist, Dr. Christopher developed a program to pass on his methodology and founded The School of Natural Healing in 1953. His published works include Herbal Home Health Care, Every Woman's Herbal, and his most renowned work, School of Natural Healing. Prior to his death in 1983, Dr. Christopher received the Agnes Arber Distinguished Service Award for his continued devotion to the cause of herbal practice, and his contribution to public health. We were fortunate to capture Dr. Christopher on video prior to his death, assuring continual instruction from the School's founder.



**David W. Christopher, M.H.**  
Director & Instructor

Having been raised in the simple ways of natural health, David's interests grew beyond his university study and in 1974 he focused on the discipline of Herbology. In 1979 he became a Master Herbalist and the director of The School of Natural Healing. Today, thousands safely apply the Christopher methodology thanks to his directorship. David is an international lecturer, was instrumental in establishing England's College of Herbs and Natural Healing, and is a founding member of the American Herbalist Guild. David is the author of An Herbal Legacy of Courage and his writings on herbs and nutrition have been published in various magazines. David and his wife Fawn host a weekly radio program, A Healthier You, for over 15 years. It can be heard online at [www.ahealthieryouradio.com](http://www.ahealthieryouradio.com).



## Instructors

**James A. Duke, Ph.D.** - Economic Botanist (Ret.) With over 30 years of experience in the U.S. Dept. of Agriculture (USDA), Dr. Duke became the leading medicinal plant specialist in the federal government and is an expert in ethnobotany. He is the author of over 300 educational and scientific articles and 15 books. As an active member in the American Herb Association, Dr. Duke devotes his time to re-establishing respect for herbal alternatives in modern medicine.

**Christopher Hobbs, O.M.D.** Christopher is a fourth generation herbalist and botanist with over 20 years experience, and is an expert in herbal pharmacology. Christopher has written extensively on the medicinal and edible use of plants. His titles include Foundations of Health and a number of single herb publications. He teaches internationally on herbal medicine and has taught at The School of Natural Healing since 1984.

**Dr. Ahmed Warfa, Ph.D.** Dr. Warfa has studied throughout the world receiving degrees in botany, plant systematics, and agriculture. He taught for 17 years at the University of Somalia, served as Somalia's Council Chairman of Agricultural Research, and was one of 5 senior advisors to the United Nations. He is currently employed in botanical research at Brigham Young University and is an advisor to the herb industry.

**Richard Schulze, M.H.** Richard has taught at The School of Natural Healing for more than 15 years. As an experienced herbal practitioner, Richard emphasizes the simple and effective art of herbal cleansing. His instruction reflects nature's success when dealing with "incurable" diseases. He stimulates students through creative teaching and hands-on demonstrations.

## Instructors

**Sandra Ellis, M.H.** Sandra has had ample opportunity to discover the miraculous healing power of herbs as an herbal student and mother of 13 children. She is the author of Dr. Mom and Dr. Mom II, Dr. Mom's Healthy Living, and has been teaching with The School of Natural Healing for over 12 years.

**Dianne Bjarnson, C.M., C.P.M., Q.E.** For over 5 years, Dianne has been an instructor for The School of Natural Healing. As a NARM certified midwife, Dianne counsels women in the use of nutrition, herbs, and natural procedures for healthy pregnancies and safe childbirth. Dianne is the founder and director of the Utah School of Midwifery.



2000 Master Herbalist Seminar



## Why Natural Healing?

Studies show that over half the population of the United States will use some form of alternative medicine this year. Tens of thousands of people rely on herbs instead of drugs when they feel ill. What is causing this trend? What has changed in the last 40 years that has so many people turning from their doctors and drugs to herbology and other forms of alternative medicine?

**Medical mistakes:** In a landmark study in the New England Journal of Medicine it is estimated that one million patients nationwide are injured yearly by errors during hospital treatment and 120,000 people die as a result (NEJM, Leape et. al 1991 Vol 325 (3):210).

**Dangerous Drugs:** A study published in the Journal of the American Medical Association found that an estimated 100,000 people die every year due to correctly prescribed medications. Every drug has side effects, some of them are very lethal (JAMA Leape et. al July 5, 2000 Vol 284:95).

**Herbs are safe:** For thousands of years, herbs have been used to treat and prevent disease. In that time, very few adverse reactions have been reported. When adverse reactions do occur, they are usually the result of a mixture of herbs and pharmaceutical drugs.

**Look to the cause:** In order to effectively deal with health problems, herbalists look to the cause of disease instead of just the symptoms.

**Herbs work:** Natural healers throughout history have witnessed the healing power of herbs. The School of Natural Healing has received thousands of letters and calls from people delighted with the results of herbal remedies.

## Herbalists Do:

Use whole herbs and foods to prevent disease. Herbalists use herbs and whole food to support the body in its proper function.

Seek to educate those who needlessly suffer. The selfless acts of natural healers like Jethro Kloss, Dr. Christopher, Bernard Jensen, and other herbalists have helped thousands of people become healthier.

Honor the Hippocratic Oath's admonition to "First do no harm!" Herbs are a safe alternative to dangerous drugs.

Look to the cause behind disease. Herbalists know that symptoms are really the body's signal that something is wrong and needs to be addressed using natural methods.

## Herbalists Do Not:

Diagnose, treat, or prescribe. Herbalists seek to educate about the safe and effective use of herbs.

Use harmful chemical drugs or invasive procedures. Herbalists use safe alternatives to these potentially dangerous medical practices.

Use isolated or partsome herbs or vitamins. Herbs are safe when used in their natural form. When herb constituents are isolated the herb becomes more like a drug and less like what nature intended.



## Career Opportunities

Many students of The School of Natural Healing enroll simply for personal enrichment while others use their education in the alternative health field. All of our students become a great help to their family, friends, and neighbors by applying the concepts of natural healing taught in our course. Through The School of Natural Healing's Graduate Teaching Program, graduates have the opportunity to lecture in their own area. This is the perfect opportunity for new Master Herbalists to create their niche in the natural health community as herbal educators.

Graduates of The School of Natural Healing have used their education to start exciting careers in alternative medicine such as:

- Developing and marketing their own herbal formulas
- Consulting for major supplement manufacturers
- Working as nutritional consultants in health food stores
- Free lance writing for health magazines
- Authoring herb and health texts
- Instructing at alternative medical schools
- Operating health food stores
- Giving phone tutorials on herbal topics
- Lecturing at conventions and symposiums
- Consulting with pharmacists and doctors about the correct usage of herbs
- Teaching classes all over the world about the correct use of herbs

## Student Services

One of the main problems with correspondence courses is that the student does not feel like part of a "real" school. The School of Natural Healing realizes how important it is for the student to feel like more than just a number, and to be able to communicate with instructors and other students. For this reason the School treats each student as an individual, and tries to foster a sense of community for its students. This is accomplished in the following ways:

### Individually graded assignments

The School will grade your assignments and exams individually. When you turn in any course work to the School, our grader will personally evaluate it and send you confirmation of your progress.

### Call the School if you have any questions

Students have access to a full-time Student Advisor. If you have any questions about your course work, call our toll-free number (or send an e-mail) and get your questions answered.

### Use our reference library on-line

We have developed a useful list of links on our website to help you with research.

### Talk with other students

We have set up an on-line herbal community for our students to enjoy. Students can use our message boards to post a question about an assignment or talk with other students from around the world about herbs in our chat room. At The School of Natural Healing we encourage students to pass notes during class.

### Go to school with a friend

Talk to your friends about the School. If they enroll, you can receive a special commission. Your immediate family members may enroll for half tuition. Call the School for details.

## Student Policies

### Access to Student Advisor

Students that are currently working through the program, and have not yet expired, have access to speak with a student advisor. When their program has been completed, they are no longer eligible to speak with the student advisor, and need to call during the 1:00-2:00 call time. Master Herbalist graduates are the exception, as they have lifetime access to the student advisor. The student advisor is available from 9:00am-4:00pm Mountain Time Monday-Friday. Students can also post messages for the student advisor via our bulletin board on our web-site.

### Shipping

For students living inside the Continental US, School courses are shipped via UPS Ground with no shipping charge. Students living outside the Continental US pay exact cost of shipping. Any student that needs their package shipped differently will pay the exact cost of shipping the package to them.

### Replacement Materials

Students who need to replace materials can do so. Replacement materials are sold at retail price. We charge for shipping on replacement material orders.

### Re-Registration

Students who have allowed their deadlines to expire for over six months are required to re-register for the program. The re-registration gives them one year in which to complete the program (please call the office for re-enrollment costs.) Students who re-register are required to complete any new assignments that have been added to the program after their original registration. Students are required to purchase any materials necessary to complete the added requirements.



## Dismissal

Students found to be practicing medicine without a license will be dismissed. The School of Natural Healing does not tolerate students breaking the law. The School does not teach its students to conduct themselves in any manner that is contrary to the laws of the land. Students will be asked to return their materials, and remaining tuition will be refunded. Students who are found to be representing themselves as having achieved a higher level of education than they have actually obtained will have their student status revoked. Students making promises to other students on behalf of the School of Natural Healing will have their student status revoked.

Materials are subject to change without notice.

## Frequently Asked Questions

*Q. When do classes start and how do I enroll?*

A. Because we have a correspondence course, people enroll every day at The School of Natural Healing. Call the School's toll free number and speak to a registrar or visit our website at [www.snh.cc](http://www.snh.cc).

*Q. May I call the School if I have questions on the course material?*

A. The School of Natural Healing has full-time student advisors trained to assist students as they work through the course.

*Q. Can my spouse or family member take these classes along with me?*

A. Yes, family members living in the same household can share materials and enroll for half the cost of tuition.

*Q. What sets The School of Natural Healing apart from other herbal schools?*

A. The School invites leading experts from around the country to teach on campus. This expert instruction is part of our correspondence course in the form of DVDs and audio CDs. Students graduate from our course with a library of course material including 24 texts, 48 DVDs, and 24 audio CDs... more material than any other herbal school.

*Q. How long does it take to complete the entire home study course?*

A. It takes about two years if the student works on the course two hours a day. Some students finish in as few as six months while others take as many as three years to complete the entire course.

## Family Herbalist Program (Level 100)

Medicinal plants have been used for centuries to keep us healthy. These healing herbs are around us everyday—in our spice cupboards, refrigerators, gardens, and lawns.

The Family Herbalist course is designed to empower you with the knowledge and confidence needed to tackle almost any health issue. This course is essential for anyone who wants to take charge of their own health and become more informed, educated, and independent. This course explores important concepts in natural medicine that even the most experienced natural healers need to know for success.

Materials included:

An Herbal Legacy of Courage text, Herbal Home Health Care text and study guide, Simple of Home Remedies and Fundamentals of Herbology DVDs and study guide, Internal Cleansing audio CD, Safety of Herbs audio CD, Master Herbalists Speak audio CD.



The Family Herbalist is a pre-requisite to all programs offered by The School of Natural Healing.



# The Nutritional Herbologist Program

(Levels 200-500)

This program is for those who want a basic understanding of natural health care for their family. This program focuses on internal cleansing, nutrition, and common health problems. Learn how to effectively deal with a wide variety of health concerns such as:

- Multiple Sclerosis
- Arthritis
- Heart disease
- Emergency health care
- Cancer
- Depression and Anxiety
- Women's, children's and men's health problems
- Skin problems such as eczema, psoriasis, and acne
- Current information on vaccinations
- The role of nutrition in health care
- Controlling diabetes naturally



## Materials Included in the Nutritional Herbologist Program

One difference that separates The School of Natural Healing from other schools is the amount of materials included with every course. The Nutritional Herbologist program includes 5 texts, Study guides, 10 DVDs, and 10 audio CDs. It is divided into 5 separate levels:

### Level 200 Fundamentals of Natural Healing

Materials Included: Herbal History DVD, Super Immunity DVD, study guide for the Vitalist DVDs, Herbs to the Rescue text and study guide, 10 audio CDs with album.

### Level 300 Basic Herbal Healing

Materials Included: Vaccines - Are They Really Safe and Effective? text and study guide, Women's Health DVD, Men's Health DVD, Children's Health DVD, Herbal Midwifery DVD, Dr. Mom text and study guide.

### Level 400 Nutritional Healing

Materials Included: Transfiguration Diet text, Eat to Live text and study guide.

### Level 500 Specifics in Herbal Healing

Materials Included: Auto Immune Disease DVD, Emotional Immunity DVD, Cancer Concerns DVD, Controlling Diabetes DVD.



# The Herbalist Program

(Levels 600-1300)

Prerequisite: The Nutritional Herbologist Program

One of Dr. Christopher's goals was to have an Herbalist in every home and a Master Herbalist in every community. The Herbalist Program is for those who are serious about becoming an herbal resource for those around them. Many mothers, massage therapists, midwives, and other health care professionals choose to get their Herbalist certification because they want to be able to educate their families, friends, or clients. The Herbalist Program includes instruction on:

- Dr. Christopher's methods of healing
- Women's health problems
- Diet and pregnancy
- Identification of herbs in the wild
- Basic botany
- How to start your own organic garden
- How to make tinctures, salves, ointments, and teas
- Advanced herbal techniques



## Materials included in the Herbalist Program

The Herbalist Program expands your herbal library with 8 texts, 11 audio CDs, 16 DVDs, and 5 study guides.

### Level 600 Introduction to Herbal Traditions

Materials Included: Dr. Christopher's Herbal Lecture CDs, Back to Eden text and study guide.

### Level 700 Herbal Health Care for Women

Materials Included: Every Woman's Herbal text and study guide, Herbal Midwifery DVD, Diet and Pregnancy audio CD.

### Level 800 Herbal Identification

Materials Included: Herbal field guide selected for your region, The Herb Walk DVD, The Herb Walk Manual and study guide.

### Level 900 Introduction to Botany

Materials Included: Botany for Gardeners text, Botany with Kaye Thorn DVD and workbook, Plant Press paper and assignment.

### Level 1000 Horticulture and Organic Gardening

Materials Included: Growing and Using Herbs Successfully text and study guide, Principles of Organic Gardening DVD, Horticulture assignment.

### Level 1100 Herbal Preparations

Materials Included: Herbal Preparation and Natural Therapies DVDs and lab text with Deborah St. Clair, Formulation and Preparation assignment.

### Level 1200 Herbal Practice Part 1

Materials Included: Dr. Christopher's Herbalist Seminar DVDs 1-4 and study guide.

### Level 1300 Herbal Practice Part 2

Materials Included: Dr. Christopher's Herbalist Seminar DVD sessions 5-8.



# The Advanced Herbalist Program

(Levels 1400-2200)

Prerequisite: The Herbalist Program

The Advanced Herbalist Program is the final part of the Master Herbalist Home Study Course. Whether you're a stay-at-home mom, concerned father, herb retailer, chiropractor, massage therapist, midwife or medical professional, the training the Advanced Herbalist Program offers will make you a valuable asset to your community. Even if you are not interested in making herbology your profession, the Advanced Herbalist program will give you the understanding you need to deal with any health concern naturally.

Topics include:

- Herbal formulations
- The history of herbal medicine
- The Cold Sheet Treatment
- Advanced Herbal Therapies
- Herbal Chemistry
- Botany
- Jurisprudence (laws affecting herbal practice)
- Ethnobotany (traditional usage of plants)



# Materials Included in the Advanced Herbalist Course

The Advanced Herbalist Program completes your extensive herbal library with 9 texts, 20 DVDs, 4 study guides, and 1 CD-Rom.

## Level 1400 Herbal Formulary

Materials Included: School of Natural Healing text and study guide, Herbal Virucide and Hydrotherapy DVD, Cold Sheet Treatment booklet.

## Level 1500 Herbal History

Materials Included: Green Pharmacy by Barbara Griggs text and study guide, A Modern Herbal Volumes I & II, history assignment.

## Level 1600 Herbal Therapies

Materials Included: Herbal Therapies DVDs with Richard Schultze MH, Richard Schultze Teachers Notes, Teaching assignment.

## Level 1700 Human Anatomy and Disease

Materials Included: The Human Body in Health and Disease by Memmler Cohen-Wood text and study guide.

## Level 1800 Advanced Herbal Botany

Materials Included: Botany in a Day text and study guide, Taxonomy and Herb description assignment.

## Level 1900 Herbal Chemistry

Materials Included: Herbal Chemical Constituents DVDs with Christopher Hobbs, Medicinal Plant Constituents text by Christopher Hobbs, Herbal Chemistry and Drug Substitution assignment.

## Level 2000 Herbal Jurisprudence

Materials Included: Jurisprudence with David Christopher DVDs, Jurisprudence assignment.

## Level 2100 Herbal Mastery

Materials Included: Dr. Christopher's Herbal Writings on CD-Rom, Thesis assignment.

## Level 2200 Pharmacognosy

Materials Included: Pharmacognosy DVDs, Green Pharmacy by James Duke, Pharmacognosy assignment.



# The Complete Master Herbalist Course

(Levels 100-2200)

Save money by enrolling in the complete program. The entire Master Herbalist Course will change the way you think about health and may even change your life.



## Master Herbalist Certification Seminar

To receive the title of Master Herbalist (MH), students are required to complete levels 100-2200 of the correspondence course and attend a 6 day certification seminar at our facilities in the beautiful Wasatch Mountains of Utah. Students attending this live seminar experience hands-on learning, herb walks, and receive advanced instruction drawn from the field's most qualified professionals including:

David Christopher, M.H.  
James A Duke, Ph.D.  
Dr. Ahmed Warfa, Ph.D.  
Christopher Hobbs, O.M.D.  
Dianne Bjarnson, C.M., C.P.M.  
Sandra Ellis M.H., Lay Midwife



For more information or to enroll securely online, please visit <http://www.snh.cc>

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