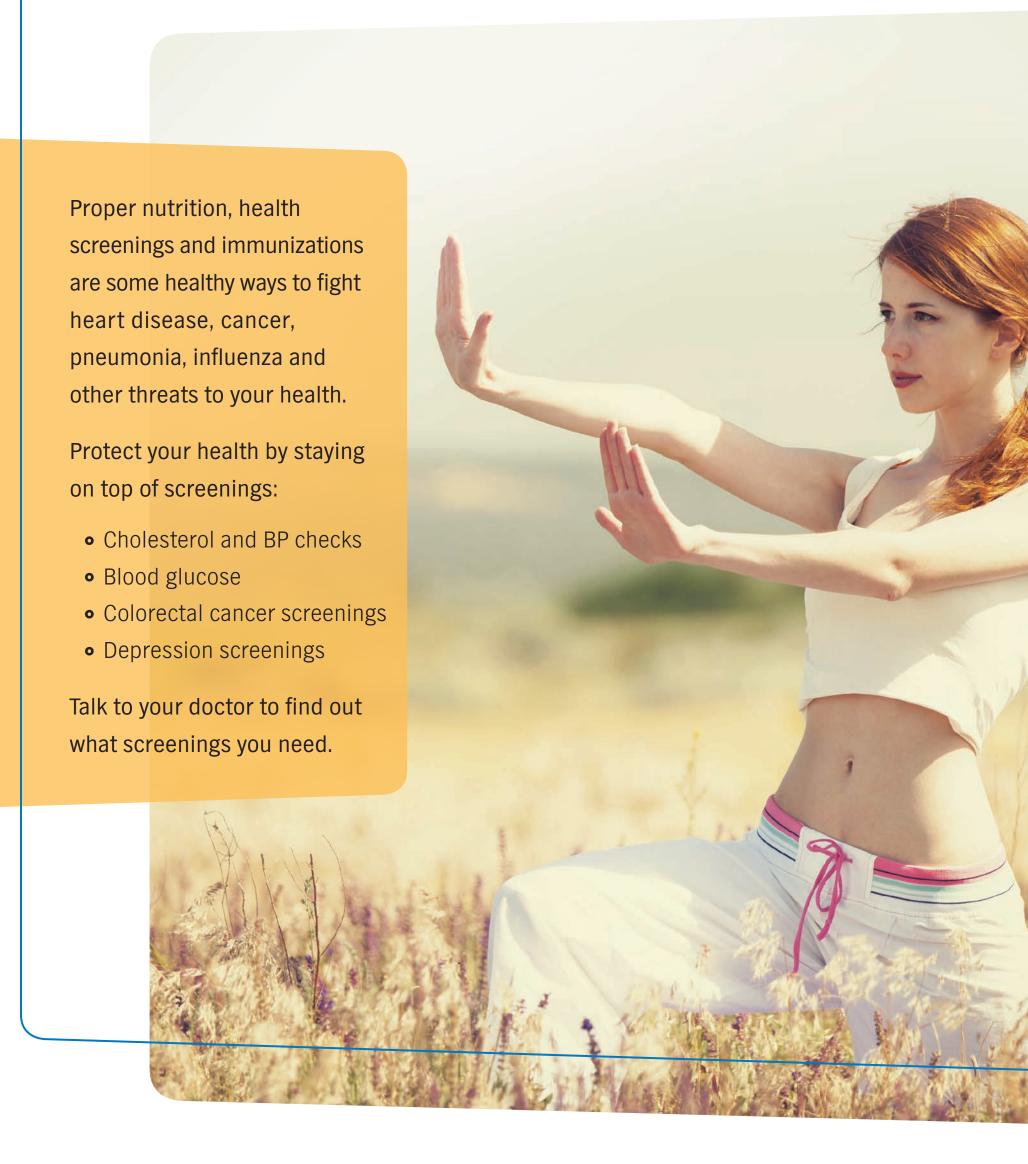
## Be your own bodyguard.

When it comes to wellness, the best defense may be a healthy offense.





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