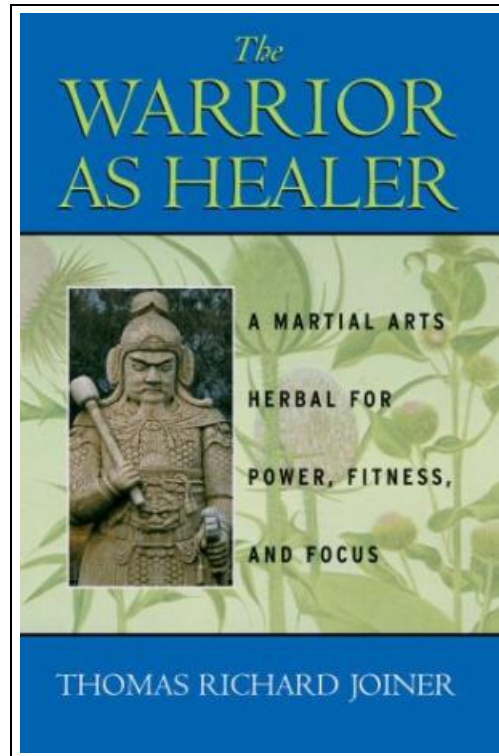


## Warrior as Healer: A Martial Arts Herbal for Power, Fitness and Focus



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