

Read Free The One Earth Herbal Sourcebook  
Everything You Need To Know About Chinese  
Western And Ayurvedic Herbal Treatments

# The One Earth Herbal Sourcebook Everything You Need To Know About Chinese Western And Ayurvedic Herbal Treatments

DHA, an omega-3 polyunsaturated fatty acid, is an essential building block of the membranes of brain cells and retinal photoreceptors; each and every cell membrane in the body gains strength and flexibility from it. This book explains the scientific evidence for the importance of this amazing nutrient.

This resource brings the unique theories and traditions of Ayurveda alive so that they are accessible to the complementary health practitioner of today. This book offers a clear, accessible and yet detailed guide to Ayurvedic herbalism. It encompasses a brief history of the growth of Ayurveda, a discussion of its fundamental principles, treatment strategies as well as the energetic approach of traditional Ayurvedic herbal pharmacy and pharmacology.

The Second Edition of this pocket guide presents the essentials of herbal therapy and nutritional supplements, combining the traditional and scientific worlds. Dr. Kuhn has a PhD in physiology and is author of two pharmacology textbooks; Mr. Winston is a traditional herbalist in practice with a native American heritage. The book covers 115 herbs that are commonly available in the United States and Canada and 15 nutritional supplements. Coverage of each herb includes traditional

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and current uses, dangers and toxicities, and a bibliography. This edition includes 15 new herbs.

A guide to optimal health reveals the treatment regimens doctors use to keep their own families healthy, providing advice for a variety of ailments and conditions including heart disease, cancer, arthritis, and sexual dysfunction.

Emma Alexander has been living in San Diego the past eight years building her career. She's only been home once during that time. When she rushes home to deal

with a family tragedy, she discovers small towns have long memories. Circumstances force her to deal with the reason she stayed away so long. Now she must decide between the life she left behind and the one she's

secretly yearned for. Jack McElroy has been in love with Emma since they met their freshman year of college.

The last four years of living in San Francisco have been torturous for him, being away from her. When her

promotion moves her north, fear of ruining their friendship tempers his desire to show her how he truly

feels. Will he be able to profess his love for her or will her ex-fiancé beat him to the punch?

MITE (Book One) is the first of this gripping, thought provoking, Young Adult story of how a seemingly

positive, beneficial breakthrough in medical technology with many wonderful applications can be corrupted for

unscrupulous use by powerful companies and their corporate leaders and top scientists. MITE is a

cautionary tale loaded with drama, corporate conspiracy, exciting adventures and a little teenage romance,

Readers of author M.S. Antonucci's novel will be drawn to the charismatic characters and their thrilling conflict.

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The very real possibilities of MITE's fantasy technology and this absorbing story of its ominous effects on its innocent subjects will inspire readers of all ages to ask, "What if?" A father walking towards the lifeless body of his daughter, Kailey, a fate brought on by his own doing. He never thought that by enrolling her in a program meant for protection it would become her biggest source of danger. MITE tells a story of a young couple driven into the scientific community by their inability to naturally conceive. Once given a chance by a doctor with interests in a new form of surveillance, their fears of the world around them leads the young parents to enroll in his program; a decision that will change their lives and the life of their daughter. Spinning out of control, Allen begins a drunken overprotective surveillance over the course of his daughter's adolescence. As tragic events unfold, he is driven into an alcohol-induced madness which sends his daughter seeking freedom from his parental control. Soon, an overlooked stipulation in the contract between him and the doctor shifts Kailey from a patient to prey as the misguided program seeks to tie up loose ends. Now Kailey finds herself part of a hidden resistance of like-fated former patients coping with a life of lies and the reality of being hunted and their only option; to fight back.

Features more than five hundred plants and herbs of North America providing information on their location and medicinal uses.

The ways of magic are revealed in nature . . . The secrets are written in meandering streams and drifting clouds, whispered by the roaring ocean and cooling

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breeze, echoed through caves and rocks and forests. When you draw a heart in the sand, call on the four winds for assistance, or ask the rain to wash away a bad habit, you are practicing earth magic. By working in harmony with nature, we can transform ourselves, our lives, and our world. This tried-and-true guide offers more than one hundred spells, rites, and simple rituals you can perform using the powerful energy of the earth. Scott Cunningham was a greatly respected teacher and one of the most influential members of the modern Craft movement. A practitioner of elemental magic for twenty years, he wrote more than fifty books, including the seminal *Wicca: A Guide for the Solitary Practitioner*. With a focus on herbal medicine and first-aid essentials, former Green Beret medic and clinical herbalist Sam Coffman presents this comprehensive home reference on medical emergency preparedness for times when professional medical care is unavailable. *Herbal Medic* covers first-aid essentials, such how to assess a situation and a person in need of treatment and distinguish between illness and injury, as well as how to prepare and use herbs when there is no access to conventional medical treatment. In addition, the book provides a basic introduction to herbal medicine, with detailed entries on the best herbs to use in treatment; information on disease in the body and how herbs work against it; instructions for making herbal preparations; a list of those herbs the author has found most useful in his clinical experience; and a wide array of specific herbal care protocols for a multitude of acute health issues. This publication conforms to the EPUB Accessibility

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specification at WCAG 2.0 Level AA.

It was three minutes past three postmeridian in the operating room of the new Wireless Station recently installed at the United States Naval Observatory at Georgetown. Bill Hood, the afternoon operator, was sitting in his shirt sleeves with his receivers

THE MOST COMPLETE A TO Z REFERENCE GUIDE TO UTILIZING HERBS FOR HEALTH AND BEAUTY. THE HERBAL BIBLE EVERY REFERENCE LIBRARY SHOULD HAVE ON THEIR SHELF. A much needed

comprehensive reference guide to ensure the safe and effective use of herbs and their preparations. Millions of people use vitamins or herbs along with prescription drugs and over the counter (OTC) medications. Find out which herbs and other nutritional supplements can help prescriptions work better or reduce adverse reactions.

And which combinations are dangerous and should never be taken together. \* Separates fact from fiction concerning herbal medicine! \* Information on more than 400 botanicals ranging from well-known herbs such as Chamomile and Ginseng to less familiar herbs such as Kava and Muirapuama. \* Botanical remedies that

enhance the bodys ability to heal itself. These safe, non-invasive therapies are proving to be more powerful than the often harmful drugs and surgeries that comprise the modern medicines of today. \* Appropriate precautions, adverse reactions, and possible prescription drug and over the counter (OTC) interactions with the use of herbs and other nutritional supplements. \* The only natural health reference book that is both comprehensive and user-friendly.

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With antibiotic-resistant infections on the rise, herbal remedies present a naturally effective alternative to standard antibiotics. Herbal expert Stephen Harrod Buhner explains the roots of antibiotic resistance, explores the value of herbal treatments, and provides in-depth profiles of 30 valuable plants, noting the proper dosages, potential side effects, and contraindications of each.

Herbal Medicine and Reproductive Health is a comprehensive text-book for herbalists, nutritionists and other healthcare practitioners, which provides detailed information on reproductive health in both men and women. It will enable practitioners to gain an in-depth understanding of a wide range of reproductive health problems from both an orthodox medical and an energetic/holistic perspective, with detailed advice on case history taking, clinical examination and orthodox investigations, together with comprehensive sections on diagnosing Ayurvedic and TCM patterns of disharmony, which may contribute to reproductive health problems. Herbal Medicine and Reproductive Health also explores in detail how to overcome reproductive health problems and improve fertility with herbal medicine, nutrition and lifestyle changes.

Welcome to the first comprehensive encyclopedia of the human energetic anatomy. Here is a reference that no personal or professional health-care library should be without—an in-depth, illustrated guide to the invisible energies of the spirit, psyche, and consciousness that influence every aspect of our well-being. Whether you are looking for the right complementary medicine to

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enhance your own healing practice, seeking perennial wisdom about your body's energetic nature from world traditions, or exploring the quantum edge of intention-based care, *The Subtle Body* is an indispensable companion for exploring virtually any facet of holistic healing. Created for healing professionals and patients alike, this volume provides a lexicon of terms, illustrations, and detailed entries about our energetic biology and how it relates to our physical being. This invaluable information will help you enhance any form of health care and give you the knowledge you need to develop an integrated approach for your clients' well-being—or your own. All healers are "energetic" healers, whether they know it or not. Because every health issue has a physical and an energetic component, even a simple physical treatment like bandaging a cut also impacts the body's spiritual, mental, and emotional welfare. *The Subtle Body* is a comprehensive encyclopedia devoted to the critical world of our invisible anatomy, where so much of healing actually occurs. Compiled by intuitive healer and scholar Cyndi Dale, this 500-page full color illustrated reference book covers:

- What is the "subtle body"?
- New scientific understanding of our quantum-state existence and the unseen fields that determine our physical condition
- True integrative care: how combining Eastern energetic modalities with Western scientific rigor yields optimum results
- The meridians, fields, and chakras: detailed information and diagrams about the role of these energetic structures in our overall health
- Energy-based therapy principles from the world's healing traditions--including Ayurveda,

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Qigong, Reiki, Quabalah, and many more For professionals who want to make the leap from being good healers to great ones, one thing is clear: we need to care for every facet of our well-being. With *The Subtle Body*, practitioners and patients alike now have an unprecedented resource for understanding the physical, energetic, and spiritual elements of human health--for an informed, complete approach to healing.

Adaptogens help the body to “adapt” to the many health challenges it encounters--particularly stress. They increase stamina and counter the effects of aging and thus are becoming important tools in sports medicine and in the prevention and treatment of chronic fatigue and related disorders. The authors explain how they work and why they are so effective at combating stress-induced illness.

Castor oil can be used for WHAT? Get the answer to this question and much more in this book about one of the world's most valuable plants. Castor oil has been used to treat sciatica, joint pain, rheumatism, headaches, congestion, skin conditions and more!

An ancient philosophy, Naturopathy offers an insightful way of understanding health and illness, and provides a comprehensive system of healing that encourages natural immunity, including healthy eating and fasting, hydrotherapy, physical therapy and mind-body therapies.

Castor oil can be used for WHAT? Get the answer to this question and much more in this brand new book about one of the world's most valuable plants.

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Castor oil has been used to treat sciatica, joint pain, rheumatism, headaches, congestion, skin conditions and more!

"Valuable tips, unique insights. . .Dr. Abel is a healer for the 21st century." --From the Foreword by Mehmet Oz, M.D.

Alzheimer's can be predicted through the eye? Sleep apnea can cause blindness? Computers and texting are creating an epidemic of nearsightedness? Retina chips and stem cell therapy offer promise for macular degeneration patients? Your prescription drugs can give you cataracts. . .or glaucoma? Alternative therapies have created new vistas for hope in eye care. In this breakthrough guide--newly revised and updated--ophthalmologist Dr. Robert Abel brings you amazing nutritional, herbal, homeopathic, and Asian therapies, along with conventional methods, to prevent and even reverse most vision disorders. Discover: New devices that allow the blind to "see" through their tongues What you need to know about your children's eyes How to administer eye drops with your eyes closed Antioxidant must-haves for your eyes A safe, herbal treatment for glaucoma Surprising ways vitamins can protect and heal your eyes Easy steps to end eyestrain New developments in LASIK surgery Why lutein may be even more important for vision than beta-carotene How to improve lazy eyes through acupuncture and vision therapy Covering everything from high-tech laser

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treatments to centuries-old Asian remedies, Dr. Abel's authoritative, reliable information will help you and your doctor become full partners in saving your eyes and your overall good health. "If you have an eye condition, ask your ophthalmologist how he will treat you. Then pick up Dr. Abel's book and note how many more answers he gives. I can vouch for the fact that the options he offers, being natural and nutritional, are far better." --Robert C. Atkins, M.D.

The phenomenal growth of public interest in alternatives to Western treatments for human disease has spilled over into veterinary medicine. Many holistic veterinarians and pet owners are now interested in using alternative remedies to solve health problems with their pets. *Psychoactive Herbs in Veterinary Behavior Medicine* is the first text on psychoactive herbal remedies for the treatment of behavior problems in small animals. *Psychoactive Herbs in Veterinary Behavior Medicine* is an important guide for board-certified veterinary behaviorists, as well as veterinarians and veterinary students with a particular interest in behavior medicine. In addition, pet owners interested in alternative medicine for their misbehaving pets can use this well-rounded work to make informed decisions on the use of over-the-counter remedies. In this indispensable new resource both for the home apothecary and clinical practitioners, a celebrated herbalist brings alive the elemental relationships

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among traditional healing practices, ecological stewardship, and essential plant medicines. By honoring ancient wisdom and presenting it in an innovative way, Energetic Herbalism is a profound and practical guide to family and community care for those seeking to move beyond symptom relief and into a truly holistic framework of health. Throughout, author Kat Maier invites readers to explore their personal relationships with plants and their environs as they discover diverse models of healing. Inside Energetic Herbalism, you'll find: The elements and patterns of Ayurvedic doshas for greater self-awareness as well as positive lifestyle choices A deep appreciation of the wisdom of indigenous peoples, which is the foundation of sacred plant traditions The relationship of well-being to the seasons through the brilliant lens of Chinese Five Element Theory, and how our emotional health is beautifully expressed through the Elements The roots and evolution of Vitalism, the traditional Western system of energetic medicine How to assess imbalances in the body using the elegant and intuitive vocabulary of the six tissue states, an emerging tool in Western herbalism The senses as the main tools for navigating through energetic herbalism Through the rich herbal tradition of storytelling, Maier seamlessly blends theory and practice with her experience-tested herbal remedies and healing protocols. Maier stresses the critical

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message of how to address the challenge of threatened medicinal plant populations, offering practical and inspiring methods for ensuring their survival. Many herbals boast a materia medica of more than 100 herbs, but in keeping with an emphasis on sustainable practice, Maier instead focuses in depth on 25 essential medicinal herbs that can be grown in most temperate climates and soils, including: Dandelion Ashwagandha (Indian Ginseng) Goldenseal Burdock Calendula Echinacea Goldenrod Whether you are a seasoned clinical herbalist, an herbalist-in-training, or simply someone seeking to provide the best natural health care for your family, this book is a source of inspiration, insight, and answers you will return to again and again.

Naturally Occurring Chemicals against Alzheimer's Disease offers a detailed discussion on the roles, molecular mechanisms, structural activity relationships, toxicology and clinical data on phytochemicals in relation to Alzheimer's disease. The book examines the available phytochemicals and plants that are potentially effective, also determining the role and molecular targets of these phytochemicals in combating AD. This comprehensive resource will be helpful to researchers who are working on herbal drugs on AD, phytochemistry, pharmacology, toxicology, clinical trials, neuroscience and advancement in

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formulations. Provides information on phytochemistry, pharmacology, toxicology, clinical trials, and advancement in formulations specific to Alzheimer's Disease in a single source Explores natural compounds, which can be more affordable to the majority of Alzheimer's Disease patients, who will increasingly be in developing countries Covers a wide array of specific chemical compounds Why has the history of Western herbal medicine received such little research coverage in any systematic and authoritative way, even though it has figured large in both lay and learned healthcare of the past? What methods and sources are most appropriate for the study of medicinal herbs and herbal practices of the past? This collection provides historians with a coherent guide to a variety of sources in relation to medicinal plants that they have thus far lacked. *Critical Approaches to the History of Western Herbal Medicine* encourages a serious re-assessment of research in the history of herbal medicine and provides examples of appropriate methodologies and critical examinations of relevant sources. In this innovative collection, historians and researchers from a range of disciplines come together to share material on the identification and use of medicinal plants, the activities of people involved with herbal medicine and the investigation of past herbal therapeutic beliefs and practice. Classical and medieval scholars, social and literary

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historians, archaeologists and ethnobotanists all contribute to this exploration of the history of Western herbal medicine.

The origin of world civilization can be traced to the Sindhu and Sarasvati river valleys (located in present-day Pakistan) as early as 8,000 BC. Here, innovation and originality in every aspect of human endeavor, from mathematics and science to art and sports, flourished. Yet the importance of this civilization, known as the Vedic period, has been deliberately downplayed. Thoroughly researched and including an extensive bibliography, *From Bharata to India* rectifies this mistake in the perspective of world history and seeks to offer a comprehensive reference source. Author M. K. Agarwal shows how this early culture, where ideation by enlightened philosopher Brahmin kings, brought material and spiritual wealth that was to remain unchallenged until the colonial era. This Vedic-Hindu-Buddhist legacy subsequently influenced peoples and paradigms around the globe, ushering in an era of peace and plenty thousands of years before the Europeans. By using original sources in Sanskrit as well as regional literature, Agarwal compares corresponding situations in other civilizations within the context of their own literary traditions and records to prove that Bharata forms the basis of world civilization. This is in direct contrast to the Greek or Arab miracle hypothesis put forth by

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numerous scholars. The first of two volumes in this series, *From Bharata to India* offers a fascinating, in-depth glimpse into ancient India's contribution to the modern world.

As well as explaining the mechanisms behind Parkinson's and providing detailed information on its symptoms, diagnosis and conventional treatments, this book includes information on groundbreaking alternative treatments such as Dr Perlmutter's glutathione therapy using non-prescription supplements.

If you have been daunted by complicated, esoteric herbal books in the past, *Healing with the Herbs of Life* offers clear and concise explanations of how and why herbs heal. It also provides step-by-step instructions for creating your own herbal remedies, therapeutic approaches you can use at home, and easy-to-follow guidelines for gathering, preparing, purchasing, and storing herbs. Previously published as *The Herbs of Life*, this completely revised and updated edition synthesizes the great herbal traditions of China and India with Western herbology to form a new kind of planetary herbal. • Features a new chapter on treating specific conditions, expanded chapters in *Materia Medica* and the energy of food, and revised chapters on living with the seasons and home therapies • With new information on herbal safety and drug/herb interactions. • The previous edition, *The Herbs of*

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This book explains the use of Gemmotherapeutic Remedies (made from buds and young shoots) as it relates to the traditional use of the same plant. It includes a Materia Medica, Clinical Suggestions and a detailed Repertory allowing for in-depth knowledge and easy use.

Silver Nautilus Book Award Winner for Health & Healing An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of your symptoms. Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and learning to read those clues is a key step in maintaining optimal health. Herbalist Maria Noël Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each of your major body systems — respiratory, digestive, immune, nervous, memory, reproductive, circulatory, and more — optimally functions, and you'll discover how to use natural remedies to nourish and repair problem areas, restore lost vitality, support your body as a whole, and prevent future problems. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

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Herbal medicines have been used for many centuries to treat illnesses and restore health, and today herbalism still remains the most widely-practised form of medicine around the world. Written by a leading medical herbalist, this new revised edition of *The Complete Herbal Tutor* provides in-depth knowledge of the practice and theory of herbal medicine, including everything you need to know about its history, how it works, how to grow, gather and prepare herbs, and how to use them to create an herbal prescription. The illustrated materia medica contains over 150 herbs, with thorough descriptions of their properties and active ingredients. There is also a clear explanation of how herbs can be used to treat each of the body's systems, with advice on using remedies for healing a range of specific conditions. This revised edition of Anne McIntyre's popular classic will be invaluable to all herbalists and students of herbal medicine. It is beautifully illustrated with a series of colour photographs, many taken by the author in her own garden.

Do you work magic with herbs? Do you use them in spells, for talismans or simply use their innate powers? If you don't have Cunningham's *Encyclopedia of Magical Herbs*, you need to get it right away. This book has become a classic in its field. Paul Beyerl, a respected author on herbs calls it "...an essential reference book by students of herbalism and magick alike ... Scott's personable

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charm touches every page... I highly recommend this book." And Jeanne Rose, famous author of books on herbs and developer of an herbal course says "I love books like this ... It is accessible, easy to read, and with its encompassing index (all too often neglected), simple to use as well." Over 200,000 people already have this book and use it frequently. In this edition of the book (it's expanded and revised on the 15th anniversary of original publication) you will find the magical properties and folklore of over 400 herbs! You'll also find lists of herbs based on their magical powers, their genders, their planetary rulers, and more. Perhaps the most important list is the folk name cross-reference. With that information, when a recipe calls for "bramble, " you'll know it needs blackberry. Or if the magic calls for "enebro," you'll know you that is juniper. The main part of this book is the listings of the herbs. Each one includes names, associations, and magical attributions. Violets can be used for protection, luck, love, and more. Primrose is for protection and love. Garlic is for protection, healing, exorcism, lust, and prevention of theft. This book is considered a classic. It is probably consulted more than any other book on this subject. If you want to learn the secrets of magical herbs, this book is a must!

An updated and upgraded scientific explanation and clinical guide to the understanding and practice of modern Homeopathy. integrating multiple

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methodologies in Natural Medicine that are relevant to Homeopathy (Herbalism, Gemmotherapy, Acupuncture and TCM, Ayurveda), as well as Water Physics, Genetics and more.

Provides herbal remedies drawing upon Asian and Western traditions for gastrointestinal, cardiovascular, nervous system, endocrinological, musculoskeletal, ophthalmological, and immune disorders.

Popular medicine.

Fully revised and updated by Michael Tierra -- one of the nation's leading authorities on natural treatments for healthful living The Natural Remedy Bible will help you work with nature to restore and maintain the gift of good health -- naturally. In this comprehensive, easy-to-use guide you'll find:

- An alphabetical listing of over 200 common illnesses, fully defined and described with symptoms and causes
- Prescribed natural methods of treatment, including herbal remedies, water therapy, exercise, vitamins, and nutritional foods for successful healing
- Step-by-step instructions for proper methods of application, from baths and herbal additives to compresses and facial packs
- A complete dictionary of resources: food, herbs, even health and beauty aids ...and much more in this invaluable reference that makes healing a natural, harmonious process -- and puts you on the path toward lifelong well-being.

This blue-ribbon guide has long prevailed as one of the leading resources on Parkinson's Disease (PD). Fully updated with practical and engaging chapters on pathology, neurochemistry, etiology, and breakthrough research, this source spans every essential topic related to the identification, assessment, and treatment of PD. Reflecting

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the many advances

Today, being a health consumer encompasses more than being knowledgeable about traditional medicine and health practice but also includes the necessity to be well informed about the expanding field of complementary and alternative medicine. Consumer Health and Integrative Medicine: Holistic View of Complementary and Alternative Medicine Practices, Second Edition was written to expand upon the many alternative modalities that many other consumer health texts overlook. It includes chapters on the major alternative medicine systems and healing modalities, including Ayurvedic medicine, traditional Chinese medicine, naturopathy, homeopathic medicine, chiropractic medicine, massage, reflexology, and herbals or botanicals. The authors mission is to increase reader's knowledge base, not make up their mind, as we all make better choices related to our own personal health care practices when we are informed consumers.

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