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## Warning:

The tips and explanations described in this book explaining how to carry out certain 'medical' procedures need to be discussed with a medical professional at all times. Because described methods originate from ancient Indian health philosophies, neither the author nor the publisher of this book can be held liable for any injuries or physical/mental discomfort. Persons under the age of 18 are not allowed to read this book. The persons listed in the back of this book under Acknowledgements cannot be held liable for any damages.

## CONCEPT

How can you stop smoking and stay thin at the same time?