October 26-30, 2014

Join the Academy of Integrative Health & Medicine: Translate the Science of Health and Healing into Practice

Science and Connection: A New Era of Integrative Health and Medicine

The Inaugural Academy of Integrative Health & Medicine Conference and The 15th Annual ABIHM Program

Paradise Point Resort & Spa, San Diego, California

October 25: Pre-Conference
- Integrative Mental Health: Practical Tools for Changing Lives
- Healing the Healer: Cultivating Resiliency in Health Care

October 26 – 30: Main Conference

October 30 – 31: Post Conference
- The Leadership in Integrative Health Certification Program for Health Care Administrators

October 31
- Final ABIHM Board Certification Exam
Planning Committee
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Director
Pain Recovery Program
Havre de Grace, Maryland
Steve Cadwell
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Associate Executive Director, AHIM
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Department of Psychiatry
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Duluth, Minnesota
Wendy Warner, MD, FACOG, ABHIM
Active ABHIM Emeritus Member
Founder, Medicine in Balance, LLC
Langhorne, Pennsylvania

ABHIM, AIHM, & Scrpps Faculty
Daniel Asimov, MD, MSED, ABHIM
Vice President, AIHM
ABHIM Board of Directors
Life Fitness Center
Pasadena, California and Maui, Hawaii
Robert Alan Bonakdar, MD, FAAFP, ABHIM
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Patrick Hanaway, MD, ABHIM
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Treasurer, AHIM and ABHIM
International Director
Sun Stone Management Resources
Harrisburg, Pennsylvania
David Rakel, MD, ABHIM
Founder & Director,
University of Wisconsin Integrative Medicine
Madison, Wisconsin
Allan Warshovsky, MD, FACOG, ABHIM
ABHIM Board of Directors Emeritus
Private Practice
Rye, New York

Guest Faculty
Ellen Beck, MD
Clinical Professor
Department of Family and Preventive Medicine, UCSD
Director/Co-Founder
UCSD Student-Run Free Clinic
Director, fellowship in Underserved Healthcare & Addressing the Health Needs of the Underserved Education Director
UCSD Center for Integrative Medicine
San Diego, California
David Becker, MD, MA, MFt
Associate Clinical Professor
UCSF Osher Center for Integrative Medicine
Department of Pediatrics
University of California - San Francisco
San Francisco, California
Jennifer Blair, LAc, MAOM
Licensed Acupuncturist
AHMA Board of Directors
Penny George Institute for Health and Healing
Minneapolis, Minnesota
Jeffrey Bland, PhD, FACN, FACB
Founder & President
Personalized Lifestyle Medicine Institute (PLMI)
Seattle, Washington

Guest Faculty (continued)
Kulreet Chaudhary, MD
Integrative Neurologist
Director of Wellspings Health
Scrpps Memorial Hospital
La Jolla, California
Gail C. Christopher, DN
Vice President-Program Strategy
W.K. Kellogg Foundation
Battle Creek, Michigan
Alan R. Gaby, MD
Past President, AHMA
Author, Nutritional Medicine
Concord, New Hampshire
Nita Gage, DSPS, MA, CSAC
Founder and Director
Healer Within Retreats
Executive Director
Integrative Medicine Consortium
San Rafael, California
Kenneth R. Ginsburg, MD, MSED
Professor of Pediatrics
The Children’s Hospital of Philadelphia
Perelman School of Medicine at the University of Pennsylvania
Philadelphia, Pennsylvania
Daniel Handley, PhD
Scientific Director
Clinical and Translational Genome Research Institute
Pittsburgh, Pennsylvania
Jamie Harvie, P. Eng
Executive Director
Institute for a Sustainable Future
Duluth, Minnesota
Shamini Jain, PhD
Senior Scientist
Center for Brain, Mind, and Healing (BMH)
Samueli Institute
Alexandria, Virginia
Mary Jo Kreitzer, PhD, RN, FAAN
Founder and Director, Center for Spirituality & Healing (BMH)
School of Nursing
Minneapolis, Minnesota
Michael Kurisu, DO, ABHIM
Clinical Director
University of California, San Diego
Center for Integrative Medicine
San Diego, California
Edward (Lev) Linkner, MD, ABHIM
ABHIM Board of Directors Emeritus
Clinical Associate Professor
Department of Family Medicine and School of Public Health
University of Michigan Medical School
Solo Private Practice
Ann Arbor, Michigan
Rick McKinney, MD
University of California, San Francisco
Director of Integrative Health Office
San Francisco General Hospital
President and co-founder
Integrative Medicine for the Underserved
San Francisco, California
Tabatha Parker, ND
AHIM Director of Education
Co-founder and Executive Director NDI
Co-Director Masters of Science in Global Health, NCNM
San Diego, California
Joseph Pizzorno, ND
Founding President
Bastyr University
Editor-in-Chief
Integrative Medicine
A Clinician’s Journal
Seattle, Washington
Leanna J. Standish, PhD, ND, LAc, FABNO
Research Professor
School of Naturopathic Medicine at Bastyr
School of Public Health at the University of Washington
Kenmore, Washington
Jill Stansbury, ND
Private Practice
Battle Ground Healing Arts
Battle Ground, Washington
Eric Yarnell, ND
Private Practice
Northwest Naturopathic Urology
Associate Professor
Bastyr University
Seattle, Washington
Heather Zwickey, PhD
Dean of Research
National College of Natural Medicine
Director, Helfgott Research Institute
Portland, Oregon

Faculty Disclosure
In accordance with the ACCME Standards for Commercial Support, course directors, planning committees, faculty and all others in control of the educational content of the CME activity must disclose all relevant financial relationships with any commercial interest that they or their spouse/partner may have had within the past 12 months. If an individual refuses to disclose relevant financial relationships, they will be disqualified from being a part of the planning and implementation of this CME activity. Employees of a commercial interest with business lines or products relating to the content of the CME activity will not participate in the planning or any accredited portion of the conference. Disclosure will be made to all participants at the conference location, prior to the educational activity commencement.

“Just a quick note to say that the conference has totally changed my practice and my life (no exaggeration). My passion was so ignited by what I heard, that I have continued to focus on all the great information that I have gained. Thank you.”
Join Us

For a unique educational experience that includes a current review of the art and science of integrative holistic medicine as well as an opportunity for personal renewal and meaningful connection with other participants. The course format includes lectures, a unique virtual question and answer process, networking opportunities, focused track sessions and experiential morning programs. Faculty are renowned experts in integrative holistic medicine representing multiple disciplines, with experience in providing practical summaries on a wide range of mind-body-spirit topics. This year is special as we celebrate the inauguration of our multidisciplinary global academy!

Target Audience

This educational course is for health care professionals who are seeking to expand their clinical competencies and advance their mind-body-spirit approach to healing. Credits are available for many health care professionals: physicians (MD, DO, ND), nurses, dietitians, acupuncturists, chiropractors, midwives, pharmacists, physician assistants and more.

2014 Conference Highlights

- Outstanding, comprehensive week-long educational course
- Evidence-based integrative holistic medicine presented by leading experts across many disciplines
- Interactive educational formats including: case studies, experiential demonstrations, and a unique virtual Q&A experience
- Pre-Conference Seminars, Focused Track Sessions, and a Post Conference that begins on October 30 for Health Care Administrators
- Main Conference materials available via mobile app and conference website
- Meaningful daily opportunities to interact with faculty and fellow attendees to establish a network of like-minded professionals
- Academy membership opportunities

Course Overview

Integrative holistic medicine embraces conventional and complementary therapies that are based in science. It focuses on the whole person: mind, body, and spirit, with a strong emphasis on the physician-patient partnership.

Integrative holistic medicine is based on the following principles:

- Health is more than the absence of disease.
- A person is more than their symptoms, and healing requires a whole person approach.
- Empowered patients make long-term and lasting changes that support healing and optimal health.

Research has demonstrated that nearly one in three Americans seek out complementary and alternative medicine to supplement conventional care. Patients are asking their physicians about the medical value of these therapies. Since these approaches have not become routinely incorporated into most health professional school curricula, health care providers are seeking trusted sources for learning about these techniques. The course was created with these needs in mind, and sets reasonable standards for the application of integrative holistic medicine. The course is valued for its evidence based, clinically relevant focus, and is appropriate for seasoned integrative practitioners as well as newcomers to the field.

Educational Objectives

After attending this activity, participants should be able to:

- Discuss the importance of treating the whole person, mind-body-spirit;
- Assess the value of a physician/patient partnership in improving health;
- Evaluate the role of evidence-based integrative holistic medicine in the treatment and prevention of common medical conditions and chronic illnesses;
- Incorporate integrative holistic medicine treatments into patient care, referring to specialists as necessary;
- Utilize tools and resources provided to incorporate integrative holistic medicine into their practices/organizations; and
- Establish a network of like-minded practitioners from various disciplines and geographic areas.

Travel Information

Conference Hotel

Paradise Point Resort & Spa
1404 Vacation Road  Phone: 858.274.4630
San Diego, CA 92109  Reservations: 800.344.2626

Be sure to mention that you are attending the Scripps Conference when making your reservations to receive the reduced rate of $192/night. A block of rooms is being held until October 3, 2014. After this date, reservations will be accepted on a space and rate available basis only. Book early! We sold out the hotel venue last year earlier than anticipated.

Scripps rate includes:

- Complimentary Passport to Paradise (valued at $17 per day, which includes complimentary guest room internet, domestic phone calls, access to fitness center and guest recreational activities)
- Complimentary day and overnight parking

Please note: Attendees who book their room through an online, third-party service (Hotels.com©, Expedia.com©, Priceline.com©, etc.) are not eligible to receive the amenities listed above.

Room Sharing

Interested in room sharing at Paradise Point Resort? Join the event’s Facebook page and connect with attendees.

American Airlines Flight Discount

The conference has received a 5% discount off flights booked on American Airlines. The discount can be booked on-line, www.aa.com/group or by calling American Airlines Meeting Services at 1-800-433-1790 (service charges apply to called-in reservations).

Authorization Number: 36H4BY
Group Name: SCIENCE AND CONNECTION
Valid travel discount dates : Oct 23 – Nov 3, 2014
The San Diego International Airport (SAN) is a 15 minute cab ride from Paradise Point Resort and will cost approximately $20 one-way.

Research abstracts of original work dealing with integrative holistic medicine will be accepted in three categories:

I. Original Clinical Research
II. Basic Sciences / Review / Case Studies
III. Student / Fellow

Selected abstracts will be presented in poster format throughout the conference (Sunday-Thursday).

The deadline for submissions is September 30, 2014.

For additional information and a submission packet, visit http://bit.ly/RC6WTA

“Just want to take the time to say that after 20 plus years of going to conferences this was hands down the best conference I have ever attended. It was so professionally run. Thank you again.”
The Academy of Integrative Health & Medicine (AIHM)

The mission of the expanded global academy is to implement the science of health and healing into practice by bringing leaders of medicine and the healing arts together into an academic and clinically focused community. This year, join the celebration as the AIHM offers membership to the conference community for the very first time.

Scripps Health

Scripps Health, a nonprofit health care system based in San Diego, California, includes more than 2,600 affiliated physicians and over 13,000 employees at five acute-care hospital campuses, home health care services and a network of clinics, physician offices and outpatient centers. Scripps is committed to contributing to the future of medicine through its clinical research trials, graduate medical education and continuing medical education programs. More information can be found at www.scripps.org.

The American Holistic Medical Association (AHMA)

The American Holistic Medical Association (AHMA) was founded in July of 1978. Back then, we created a safe harbor and training ground for the early pioneers in holistic medicine. Today’s members include holistic practitioners, organizational leaders, supporters, authors, and speakers. As a nonprofit association, AHMA established a reputation of connecting and collaborating with numerous others, collectively providing the voices necessary for continued progress in the transformation of health care. AHMA’s leadership is proud to be among those actively involved in creating the new home for holistic practitioners, the Academy of Integrative Health and Medicine. More information can be found at www.holisticmedicine.org.

The American Board of Integrative Holistic Medicine (ABHIHM)

The ABHIHM was founded in 1996, with a vision to transform medicine through the incorporation of the art and science of a whole person approach to health care. Since 2000, the ABHIHM has set a recognized standard for knowledge by MD’s and DO’s in integrative holistic medicine, and has certified over 2,500 Diplomates. See www.abhihm.org for important information about the future of Integrative Medicine and the ABHIHM.

Save the Date!

AIHM 2nd Annual Conference

October 24 -29, 2015

Paradise Point Resort, San Diego, California
Healing the Healer: Cultivating Resiliency in Health Care

Current research highlights an epidemic of stress and burnout in health care providers. In this workshop, Dr. Daniel Friedland will share with you a 4-step Framework that integrates brain science, cognitive behavioral therapy, positive psychology and mindfulness practice to empower you with skills and practices to effectively navigate stress and experience greater meaning and joy in caring for your patients, your loved ones and yourself.

Daniel Friedland, MD, ABIHM, Chair, AIHM

Objectives:

After attending this activity, participants will be able to:

1. Recognize the factors that put you at risk for burnout
2. Identify the key skills and practices that promote your resilience
3. Apply 4 Steps to cultivate resilience and enhance your health, relationships and sense of meaning and fulfillment in your medical life

Monday, October 27 – Focused Track

Controversies in Nutritional Medicine

Alan Gaby, MD

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<td>2 p.m.</td>
<td>Break &amp; View Exhibits</td>
<td>Q &amp; A</td>
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<td>Break &amp; View Exhibits</td>
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Tuesday, October 28 – Focused Track

Diet-Induced Acidosis, Mitochondrial Dysfunction and Restoration, and Glutathione in Detoxification

Joe Pizzorno, ND

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**Main Conference continued**

**Wednesday, October 29**

- Translating the Science of Health and Healing into Practice
  - 6:30 – Morning Renewal
  - 7:30 a.m. Yoga/Meditation with Karen Sothers, M.D.
  - 7:30 a.m. Registration, Breakfast & View Exhibits
  - 8:15 a.m. Daily Welcome & Experiential
  - 8:30 a.m. Holistic Cardiovascular Evaluation and Treatment
  - 9:30 a.m. Glycemic Imbalance and Diabetes
  - 10:30 a.m. Break & View Exhibits
  - 11 a.m. Estrogen Dominance Conditions
  - 11:45 a.m. Menopause and Hormone Balancing
  - 12:30 p.m. Lunch
  - 2 p.m. Integralistic Holistic Approach to Mental Health

- Effective Natural Medicine for Gastrointestinal Conditions
  - 2:45 p.m.

- Break & View Exhibits
  - 4 p.m. Integrative Holistic Cancer Care
  - 5 p.m. Integrative Holistic Neurology

- 6 p.m. Adjourn

- 7:30 p.m. Drum Circle

- 10:30 p.m. Christine Stevens, MSW, MA, MT-BC

**Thursday, October 30**

- Toward a Healthier Globe
  - 6:30 – Morning Renewal
  - 7:30 a.m. Yoga/Meditation with Karen Sothers, M.D.
  - 7:30 a.m. Registration, Breakfast & View Exhibits
  - 8:15 a.m. Daily Welcome & Experiential
  - 8:30 a.m. Natural Approach to the Healthy Child
  - 9:30 a.m. Resilience in Action: Addressing Adolescents’ Risk by Building on Their Strengths
  - 10:30 a.m. Break & View Exhibits
  - 11 a.m. Pediatric Mental Health and Autism Spectrum Disorders
  - 11:45 a.m. Motivational Interviewing and Health Coaching
  - 12:30 p.m. Lunch
  - 2 p.m. Health as an Economic Strategy

- 2:45 p.m. Spirituality in Health and Medicine
  - 3:30 p.m. Break & View Exhibits
  - 4 p.m. Global Health
  - 4:45 p.m. Personalized Integrative Health Care: A Look Ahead

- 5:30 p.m. Closing Remarks & Ceremony

- 6 p.m. Adjournment

**ABHIM Board Certification Exam - Friday, October 31**

- Registration & Breakfast
  - 8 a.m.

- Exam
  - 8 a.m.

- Noon Q&A

**Post Conference**

The Leadership in Integrative Health Certification Program for Health Care Administrators

*F. Nicholas Jacobs, FACHE, AIHM Treasurer, International Director, Sun Stone Management Resources*

Health care is transforming toward models of integrative medicine, prevention, sustainability and community collaboration. By exploring key components of an Integrative Health model, this leadership program will provide essential clinical, financial and four administrative tools to respond to the emerging challenges of health care delivery. Utilizing a personalized comprehensive approach to health care, attendees will join a unique, rapidly growing group of healthcare executive leaders.

This certificate program is offered by nationally recognized experts in integrative medicine and administration, and will utilize an integrative health framework to connect with population health, ACO’s, the impact of the ACA, patient and employee satisfaction, community benefit, and sustainability. Evidence-based practices that address wellness and health with multiple benefits will be explored, preparing participants to become inspired change agents who will make a true difference in health care delivery.

Health care transformation will require unprecedented changes in treatment and care models. Whole person approaches to health and wellness have been shown to improve the health of populations and reduce the costs of care. Success stories of engaged institutions will be central to the conversation about how innovations can be shared and implemented.

This two day on site event will begin with the final day of the AIHM Inaugural Conference, including the Focused Track on Transformational Leadership, and culminate in a second day of highly practical education that provides tools to deliver more effective and satisfying care.

After the completion of an additional 6 hours of online content and post-tests (included in your registration fee) Certificates of Completion will be provided for approximately 20 total contact hours.

**Thursday, October 30**

- 8 a.m. Registration & Breakfast
  - 8:15 a.m. Welcome & Introduction
  - 8:30 a.m. Focused Track: Transformational Leadership in Integrative Health Care
  - 10:30 a.m. Break & View Exhibits
  - 11 a.m. Focused Track: Transformational Leadership in Integrative Health Care

- Noon Q&A

- 12:30 p.m. Lunch

**Friday, October 31**

- 8 a.m. Breakfast
  - 8:30 a.m. Part I
  - 10:30 a.m. Break
  - 11 a.m. Part II

- 1 p.m. Lunch

- 2 p.m. Part III

- 4:15 p.m. Adjourn
1. PRE-CONFERENCE SEMINARS (OCT. 25)
   Included: Course tuition and materials, breakfast, breaks and lunch.
   Thru Sept 12   Sept 13 – Oct 19   On-site   After Oct 19
   Healing the Healer: Cultivating Resiliency in Health Care $350 $450 $475
   Integrative Mental Health: Practical Tools for Changing Lives $350 $450 $475
   $50 off for ABIHM Diplomate/AHMA Member for both Pre-Conferences

2. MAIN CONFERENCE (OCT. 26-30)
   Included: Course tuition, access to conference materials (via mobile app and conference website) internet in meeting space, breakfasts, breaks, lunches and the Sun and Wed evening functions.
   Thru Sept 12   Sept 13 – Oct 19   On-site   After Oct 19
   ABIM Diplomate/AHMA Member $1175 $1275 $1300
   MD/DO $1075 $1175 $1200
   RN/PA/NP/LaNCD/Pharmacists/ Psychologists/Nurse Midwives $775 $875 $900
   Students/Residents/Fellows/Community Members $625 $725 $750
   Day Rate(s) Please circle: Sun – Mon – Tues – Wed – Thurs $350 $375 $450
   A limited number of scholarships are available! For more information contact the ABIHM at 218-525-5651

3. THE LEADERSHIP IN INTEGRATIVE HEALTH CERTIFICATION PROGRAM
   FOR HEALTH CARE ADMINISTRATORS (OCT. 30-31)
   Included: Course tuition, access to conference materials (via mobile app and conference website) internet in meeting space, approximately 6 hours of online education and post-tests, breakfasts, breaks and lunch. Begins at 8:15 a.m. on Oct 30 and ends at 4:15 p.m. on Oct 31
   Thru Sept 12   Sept 13 – Oct 19   On-site   After Oct 19
   MD/DO $1275 $1300
   RN/PA/NP/LaNCD/Pharmacists/ Psychologists/Nurse Midwives $875 $900
   Students/Residents/Fellows/Community Members $625 $750
   Day Rate(s) Please circle: Sun – Mon – Tues – Wed – Thurs $375 $450
   $1500 $1600 $1650

4. SUNDAY WELCOME RECEPTION & WEDNESDAY DRUM CIRCLE
   Included: Course tuition, access to conference materials (via mobile app and conference website) internet in meeting space, approximately 6 hours of online education and post-tests, breakfasts, breaks and lunch. Begins at 8:15 a.m. on Oct 30 and ends at 4:15 p.m. on Oct 31
   Yes, I will attend: ____________________________
   If you are also attending the main conference, the leadership program fee will be discounted by $600. Please contact Scripps directly if you plan to register for both events.

5. MAIN CONFERENCE FOCUSED TRACKS
   Included in the cost of main conference registration fee. The focused tracks are limited by capacity and are ideal for previous Annual Conference attendees, experienced integrative health practitioners, and ABIHM Diplomates. Physicians who are preparing for the ABIHM exam or who are new to the Annual Conference content are advised to attend the general conference program.
   ☐ Monday Afternoon: Controversies in Nutritional Medicine with Alan Gaby, MD
   ☐ Tuesday Afternoon: Diet-Induced Acidosis, Mitochondrial Dysfunction and Restoration, and Glutathione in Detoxification with Joe Pizzorno, ND
   ☐ Wednesday Morning: Integrative Medicine for the Underserved with Tabatha Parker, ND
   ☐ Thursday Morning: Transformational Leadership in Integrative Health Care with Daniel Friedland, MD and Nicholas Jacobs, FACHE

6. GUEST MEAL BADGES
   Included: Breakfasts, breaks, lunches and evening functions.
   Guest Meal Badge $450

7. MAIN CONFERENCE PRINTED SYLLABUS
   Included: Course materials will be available via mobile app and conference website. You are able to download, save and/or print these presentations from the mobile app and conference website onto your tablet, laptop, or smart phone. Attendees will receive an email prior to the conference with directions on how to access the mobile app and conference website and how to download the presentations. You will also want to bring your tablet, laptop or smart phone with you to the conference. If you would like a pre-printed version you must pre-order it here limited supply available.
   Printed Syllabus $100

Exhibit & Support Opportunities
For information on exhibit and support opportunities during this and many other Scripps educational conferences, please contact: Scripps Conference Services & CME
858-652-5400
med.edu@scrippshealth.org
scripps.org/conferenceservices

Attendance Policies
Registration Confirmation
A confirmation letter will be e-mailed to you upon receipt of the conference registration form and payment. If you have not received it within two weeks, please contact the Scripps Conference Services & CME office.

Attendee Cancellation, Substitution, Refund
The course tuition is refundable, minus a $100 processing fee for the Pre-Conference Seminar(s), Day Rate(s) and Leadership Conference $150 processing fee for the Main Conference, if your cancellation is received in writing no later than October 19, 2014. Attendee substitutions are allowed, but notification must be made in writing by October 19, 2014. After this date, no circumstances will result in refunds, credits, or substitutions be granted. No refunds or credits will be granted to “no shows.”

Guest Attendance Policy
All conference activities (including educational sessions, meal functions, exhibit hall, etc.) are exclusively reserved for conference attendees. Non-registered guests (including children, family members, colleagues, etc.) are not allowed in the conference areas. Badges provided at registration are required for entrance into all functions and will be strictly enforced. Guest meal badges are available for purchase.

Scripps Conference Modification or Cancellation
Scripps reserves the right to modify the course’s schedule or program as necessary. Scripps also reserves the right to cancel this conference, in which case a full refund of the registration fee will be provided. We are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.

Recording and Photography Clause
Scripps and ABIHM reserve exclusive rights to record (audio and video) and/or photograph all conference proceedings for use in marketing materials, presentations and course content sales.
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October 31
• Final ABIHM Board Certification Exam

Recordings of the conference lectures will be available through AIHM e-Learning in late 2014.

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