

FILE PDF 101 MIRACLE FOODS THAT HEAL YOUR HEART

101 Miracle Foods that Heal Your Heart

A leading nutrition expert presents an A-to-Z guide listing 101 foods that should be on everyone's plate to combat heart disease and high blood pressure. Each food entry includes a nutritional profile and a recap of its health-promoting qualities. The book features more than 100 recipes and tips on shopping, preparation, and cooking.

101 Miracle Foods that Heal Your Heart

Boost your immune system with antioxidants, lower your risk for the flu, cancer, diabetes, heart disease, and more—with ordinary everyday ingredients you can find at home—and make healthy green choices in today's fast-changing world! From the author of *The Healing Powers of Vinegar*, a guide to the benefits of olive oil, including heart-healthy comfort food recipes and home cures. From ancient times to present day, olive oil has been used for everything from health ailments to beauty and the home and so much more. Now evidence shows that a diet based on olive oil can add years to our life and may even prevent some diseases. Health author-journalist Cal Orey has consulted top doctors, olive oil producers, and chefs, getting the most up-to-date information, written in a lively, warm and witty first-person narrative on the many health benefits of olive oil, and other oils, such as coconut, avocado, pumpkin seed, and canola oil. The wide world of oils teamed with a Mediterranean diet and lifestyle may help in: weight loss, heart health, relieving arthritis aches; inhibiting breast and colon cancer; preventing diabetes; reducing pain; staving off ulcers; and, fighting impaired memory. It also includes dozens of NEW easy and sophisticated comfort superfood delicious recipes that make healing oils a vital part of a long and healthy life! “A fascinating read—olive oil is not only delicious—it is good medicine!” —Ann Louise Gittleman, PhD, author of *The Fat Flush Plan* “One of our most important foods. This book deserves to be in everybody's home library.” —Elson M. Haas, MD, author of *Staying Healthy with Nutrition*, 21st Century Edition

The Healing Powers Of Olive Oil:

Boost your immune system with antioxidants, lower your risk for the flu, cancer, diabetes, heart disease, and more—with ordinary everyday ingredients you can find at home—and make healthy green choices in today's fast-changing world! From the author of *The Healing Powers of Vinegar*, a guide to the health benefits of chocolate, featuring recipes and remedies. Did you know?... Known as Mother Nature's “food of the gods,” the medicinal benefits of chocolate were recognized as far back as 4,000 years ago. Eating chocolate can help boost the immune system, lower the risk of heart disease, cancer, diabetes—even obesity—and increase lifespan. A 1.5-ounce bar of quality chocolate has as much antioxidant power as a 5-ounce glass of wine—without the side effects of alcohol. Chocolate is chock-full of mood-enhancing ingredients, including phenylethylamine (the “love drug”) and serotonin. Chocolate can relieve a host of ailments, including depression, fatigue, pain, and PMS, as well as rev up your sex drive! Drawing on the latest scientific research as well as interviews with medical doctors and chocolatiers, this fascinating book reveals how to live longer and healthier while indulging in one of nature's most decadent and versatile foods. Explore real chocolate (infused with fruits, herbs, and spices), Mediterranean-style, heart-healthy recipes, plus home remedies that combat everything from acne to anxiety. You'll also discover rejuvenating beauty and anti-aging spa treatments—all made with antioxidant-rich chocolate! “Can dark chocolate boost brain power? This book shows you how regular intake of antioxidant-rich cacao foods is likely to do just that, and more.” —Ray

Sahelian, MD, author of Mind Boosters

The Healing Powers of Chocolate

Discover wellness in a cup—with dozens of tea-licious recipes and treatments to benefit body and mind! “A fascinating book.” —Anne Gittleman, PhD, author of *The Fat Flush Plan* It picks you up and calms you down, warms you and refreshes you. With black, white, red, green, and herbal varieties, there’s a tea for every taste, and now this time-honored superfood is trending as the drink of choice for health-conscious people of all ages and cultures. This fascinating book boils down the rich history of tea—as well as the ever-expanding list of health and weight loss benefits found in its leaves. You’ll discover: · How black and white teas are heating up the beverage world with antioxidants and nutrients that lower heart disease, stroke, and cancer risk, and fight inflammation, viruses, and bacteria. · How age-defying spa treatments made from tea can soothe your skin, soften your hair, and give you an all-over glow and peace of mind. · The latest knowledge from top medical researchers and tea experts on how the superfood can tackle digestive problems, depression, anxiety, aches and pains, and add years to your life. · Over 50 home cures you can stir up to boost energy and lessen stress, and treat the common cold, insomnia, and more. · Comforting recipes like Warm Scones with Jam and Devonshire Cream, Assorted Finger Sandwiches, Scrumptious White Tea Scallops, and Russian Tea Cookies paired with the perfect brew—hot or iced. Better health is just a sip away. With this book (sweetened with lively stories) you’ll learn the hottest tips to improve your health, boost brainpower—and even clean your house!

Raw-Riffic Food's 101 Super-Charged Juices, Shakes & Smoothies

A collection of natural recipes, home cures, and ageless secrets from an amazing treasure chest of surprise, delicious superfoods. Apples, leafy greens, shellfish, yogurt—even ice cream and pasta. The latest scientific studies reveal that many of the classic foods you've always loved are superfoods that can supercharge your health! Not only are they delicious, they're affordable—plus these essential farm-to-table favorites can work with any diet plan, from the balanced Mediterranean Diet to the hunter-gatherer Paleo plan. With over 50 recipes for both cooked and raw dishes, including smoothies and soups, a detox juice fast and a jump-start pounds-off diet, this down-to-earth guide will show you how to get healthy and stay healthy with body-friendly superfoods. *Boost your immune system with citrus and nutrient-dense berries, including fresh, frozen, and dried. *Enjoy the healthy fats in eggs and nuts, including nut butters, to fight inflammation, slow the aging process, and lower your risk of cancer, heart disease, and diabetes. *Trade white sugar for antioxidant-rich sweeteners like maple syrup, the newest superfood! *Create home remedies designed to ease anxiety, improve sleep, boost brainpower and enhance energy. *Keep your home spotless for kids and pets using eco-friendly superfood-rich formulas. *And more! Now you can indulge in a Pesto Pizza or Berry Basil Smoothie, a Chicken Bone Broth or dark chocolate gelato, while chilling with an ancient-oats facial or relaxing in a warm, herb-scented bath. Infused with heartwarming stories and inspiring legends, this book will take you to a world of wellness that starts at home with our favorite foods from Mother Nature—enjoyed in a new way with a

The Healing Powers of Tea

The Mediterranean Diet 101 help to transition to a Mediterranean diet, one of the healthiest diets in the world, with 150 delicious and this is very easy-to-follow Mediterranean diet recipes. These healthy recipes use fresh whole foods that are low in carbohydrates and fats and, of course, high in phytonutrients and antioxidants that fight disease. The Mediterranean diet 101 is full of tasty foods that have been scientifically proven to reduce the risk of cancer and cardiovascular disease. The Mediterranean Diet 101 will change your diet forever with this followings: Salty recipes for a delicious breakfast, Avocados, beans, tomatoes and fish, nuts and seeds, yogurt, and more. Healthy ingredients and super foods full of omega-3, antioxidants, and fiber. Concrete information on how a Mediterranean diet 101 can aid weight loss, feel better, and significantly improve your heart health The Mediterranean Diet 101 was written with series of recipes for a

healthy Mediterranean diet showing you how you can live and eat healthy with a Mediterranean diet without sacrificing taste. What are you waiting for? **CLICK AND BUY**

The Healing Powers of Superfoods

Oltre 150 modi semplici e deliziosi per gustarlo La bibbia dello yogurt! Chi ha detto che con lo yogurt si può fare soltanto lo tzatziki? Ecco a voi oltre 150 ricette tutte da provare, in cui lo yogurt è l'ingrediente principale. Dal gratin di zucchine e porri alle fettuccine con granchio e gamberi, dalle scaloppine in salsa di yogurt e funghi agli scampi alla creola, questo ricettario vi mostrerà come unire gusto e salute a cucchiariate di fantasia! Potrete realizzare raffinate salse di accompagnamento per gli snack, oppure dressing speziati per le vostre insalate; scoprirete come dare un tocco di cremosità in più alle vostre zuppe ma anche come arricchire secondi piatti a base di carne, di pollo, di pesce. Senza dimenticare un gran numero di ricette vegetariane, di dessert e bevande a base di yogurt. Una ricca sezione introduttiva mostrerà ai più intraprendenti i pochi, semplici passi per realizzare lo yogurt direttamente a casa, con ingredienti freschi e naturali. Pat Crocker è un'esperta di erbe, autrice di ricettari e fotografa. Ha scritto 17 libri di cucina di successo, che hanno vinto numerosi premi e riconoscimenti. Ha fondato la Crocker International Communications Inc., agenzia di relazioni pubbliche al servizio di società alimentari e di consumo. Vive a Neustadt, Ontario, in Canada. Con la Newton Compton ha pubblicato La cucina vegetariana, Frullati sani ed energetici, Succhi e centrifughe, La bibbia del vegano e Le migliori ricette con lo yogurt.

Understanding Mediterranean Diet 101

Heart disease kills more people than any other medical condition, and no one is more aware of this than renowned cardiologist Dr. Chauncey Crandall. In addition to having performed over 40,000 heart procedures during his career, Dr. Crandall has experienced this deadly disease on the most personal level — as a patient. At the age of 48, and with no major risk factors, he found himself in the ER with a blockage of his main coronary artery. After emergency intervention, he recovered from heart disease using the same course of treatment he recommends to his thousands of patients, making him living proof of his program's success. In his new book, *The Simple Heart Cure: The 90-Day Program to Stop and Reverse Heart Disease*, you'll find this top doc's groundbreaking, three-pronged approach to prevent and reverse heart disease — an approach honed by his study of cultures free of heart disease, and his decades of experience helping thousands of patients achieve a healthier heart at any age. So if you're recovering from a heart attack or concerned with preventive maintenance, you'll find the help you need in *The Simple Heart Cure*, including great, heart-healthy menus, and a 90-day, week-by-week plan to help you start taking action immediately. Here are just a few of the potentially life-saving gems you'll discover in *The Simple Heart Cure: The 90-Day Program to Stop and Reverse Heart Disease*: How to slash your risk of a deadly heart attack by 61%... Proven ways to banish your "bad" cholesterol... 8 easy steps to head off high blood pressure... How you can safeguard against lethal stroke... Simple strategies to unclog your arteries — without surgery... What your belly says about your heart health... Must-have heart tests for every person over 50... Easy solutions to steer clear of statin drugs... Special advice for women, diabetics, the very stressed, and much more... "By following the advice in Dr. Chauncey Crandall's new book *The Simple Heart Cure*, you can surmount the biggest challenge of all and win your battle against heart disease." — Scott Carpenter, Astronaut, NASA's Mercury Project

When it comes to your heart health, *The Simple Heart Cure* could be the most important book you'll ever read! Normal 0 false false false EN-US X-NONE X-NONE /* Style Definitions */ table.MsoNormalTable {mso-style-name:"Table Normal"; mso-tstyle-rowband-size:0; mso-tstyle-colband-size:0; mso-style-noshow:yes; mso-style-priority:99; mso-style-parent:""; mso-padding-alt:0in 5.4pt 0in 5.4pt; mso-para-margin-top:0in; mso-para-margin-right:0in; mso-para-margin-bottom:10.0pt; mso-para-margin-left:0in; line-height:115%; mso-pagination:widow-orphan; font-size:11.0pt; font-family:"Calibri"

Apple Cider Vinegar Miracle Health System

One of the foremost nutritional experts in the U.S. cuts through the fads with her Simple Six Eating Plan for

those who want to take control of their hearts' health.

The Publishers Weekly

The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographical index. 30 photographs and illustrations - mostly color. Free of charge in digital PDF format.

Le migliori ricette con lo yogurt

The objective of preparing this book is to make the populace aware about health benefits of fruits and vegetables. This book containing very concise and precise information has been written in a very simple language, which can be explicable even to undergraduate students and common man. The information given in this book is truly based on scientific records of scientists working on particular aspects.

The Simple Heart Cure

"A wonderful guide for getting babies off to the right start, and helping them enjoy the gift of health for life." - Sally Fallon Morell, President, Weston A. Price Foundation "A clear, practical, and nontrendy guide for parents on how to best feed babies and toddlers, backed by common sense, ancestral wisdom, and sound science." - Kaayla T. Daniel, Ph.D., C.C.N., Vice President, Weston A. Price Foundation, and author of *The Whole Soy Story: The Dark Side of America's Favorite Health Food* "Super Nutrition for Babies is something that every expectant and new mother and father should read. This book is a rare treasure!" - Natasha Campbell-McBride, M.D., author of *Gut and Psychology Syndrome* "A grand reference book that can be used for many years of a child's life." - Nancy Appleton, Ph.D., best-selling author of *Healthy Bones and Lick the Sugar Habit* There is a better way to feed your baby. *Super Nutrition for Babies* gives parents the latest science-verified nutritional recommendations for feeding their child. Based on a program used at one of the largest holistic practices in the country, this book provides information on all aspects of nutrition and feeding, including introducing meat in a child's diet, healthier alternatives to dairy and soy, starting solid foods, establishing a regular eating schedule, dealing with picky eating, and the best foods for every age and stage so your baby gets the best nutrition to minimize illness and optimize sleep, digestion, behavior, and brain development.

Khasiat Minyak Zaitun

This book studies different food groups, with a chapter devoted to each major classification of foods. First the Biblical evidence is considered, then modern-day scientific research. Foods are classified as God-given foods and non-God-given foods. A healthy eating plan is composed of a variety of God-given foods and avoids non-God-given foods. Unlike other books on this subject, this book does not promote a vegetarian diet since God gave us meat for food, and meat-eating is assumed throughout Scripture, with no negative connotations. Moreover, meat, poultry, and fish can and should be included in a healthy eating plan. The proposed eating plan is also designed to optimize hormones, such as testosterone, growth hormone, and insulin. This can produce dramatic differences in a person's health and well-being and can lead to a gain in muscle mass and a loss of body fat. It can also lead to improved athletic performance. This book also looks at other aspects of athletic nutrition.

Eat Your Way to a Healthy Heart

The world's most comprehensive, well document, and well illustrated book on this subject. With extensive index. 28 cm.

History of Soy Nutritional Research (1990-2021)

The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 245 photographs and illustrations - mostly color. Free of charge in digital format on Google Books

Vegetables and their Allied as Protective Food

The world's most comprehensive, well documented and well illustrated book on this subject. With extensive index. 435 color photographs and illustrations. Free of charge in digital PDF format on Google Books.

American Book Publishing Record

The world's most comprehensive, well documented and well illustrated book on this subject. With extensive subject and geographical index. 234 photographs and illustrations - mostly color. Free of charge in digital PDF format on Google Books

The British National Bibliography

"Writing with a delicate balance of humor and truth, critically acclaimed author Rebecca Barry reflects on motherhood, work, and marriage in her new memoir about trying to build a creative life. When Rebecca Barry and her husband moved to upstate New York to start their family, they wanted to be surrounded by natural beauty but close to a small urban center, doing work they loved, and plenty of time to spend with their kids. But living their dreams turned out not to be so simple: the lovely old house they bought had lots of character but also needed lots of repairs, they struggled to stay afloat financially, their children refused to sleep or play quietly, and the novel Rebecca had dreamed of writing simply wouldn't come to her. Recipes for a Beautiful Life blends heartwarming, funny, authentically told stories about the messiness of family life, a fearless examination of the anxieties of creative work, and sharp-eyed observations of the pressures that all women face. This is a story of a woman confronting her deepest fears: What if I'm a terrible mother? What if I'm not good at the work I love? What if my children never eat anything but peanut butter and cake? What if I go to sleep angry? It's also a story of the beauty, light, and humor that's around us, all the time--even when things look bleak, and using that to find your way back to your heart. Mostly, though, it is about the journey to building not just a beautiful life, but a creative one"--From publisher's website.

Super Nutrition for Babies

The world's most comprehensive, well documented and well illustrated book on this subject. With extensive subject and geographical index. 615 photographs and illustrations - mostly color. Free of charge in digital PDF format on Google Books.

History of Soy Yogurt, Soy Acidophilus Milk and Other Cultured Soymilks (1918-2012)

The world's most comprehensive, well documented and well illustrated book on this subject. With extensive subject and geographical index. 363 photographs and illustrations - many in color. Free of charge in digital PDF format.

God-given Foods Eating Plan: for Lifelong Health, Optimization of Hormones, Improved Athletic Performance

The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 100 photographs and illustrations - mostly color. Free of charge in digital PDF format.

History of Soy Flour, Grits and Flakes (510 CE to 2013)

Learn the Bragg Healthy Lifestyle that can keep you ageless. Their proven system of body purification, toxicless diet and healthy habits helps cleanse your body of toxins to strengthen nerves, increase energy, enhance mental clarity and promote longevity. This book inspires super health and youthfulness!

History of Soy Flour, Flakes and Grits (510 CE to 2019)

“This book busts all the myths about the brain and replaces them with solid science, great humor, and a completely accessible writing style.” —Christiane Northrup, MD, #1 New York Times bestselling author
The differences between men and women go well beyond the surface, and the brain is no exception to this. Scientists and researchers are continually learning about the phenomenon of women’s brains. Health and science writer Sondra Kornblatt brings to readers the latest scientific studies about how women’s brains and brain memory work. Our brains are affected and shaped by a multitude of things, from our environment to the foods we eat to hormones. Because of this, it is imperative that women are conscious of how their daily habits are affecting them. Caring for our minds is important at all stages of our lives, but it becomes especially important as we age. With experience in counseling, hypnosis, coaching, yoga, neuro-linguistic programming and more, Kornblatt is an experienced and knowledgeable source for learning and growing. By recognizing the diversity of forces that influence the female brain, Kornblatt enables readers to be proactive in caring for their brain. Whether it’s what we eat to how we use our computer, brain fitness practices can be incorporated into every aspect of our lives. Read Brain Fitness for Women and discover . . . Tips and fun facts that will keep women entertained and their brains sharp
Engaging and informative chapters such as “The Electronics on the Brain: One Second, I Just Need to See This Text” and “The Aging Brain: Did I Read This Already?”
Advice from an author of four health books, certified in neuro-linguistic programming

History of Meat Alternatives (965 CE to 2014)

The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 325 photographs and illustrations - mostly color. Free of charge in digital PDF format.

History of Tempeh and Tempeh Products (1815-2020)

The world's most comprehensive, well documented, and well illustrated book on this subject, with 445 photographs and illustrations. Plus an extensive index.

Recipes for a Beautiful Life

Many edible plants considered exotic in the Western world are actually quite mainstream in other cultures. While some of these plants are only encountered in ethnic food markets or during travels to foreign lands, many are now finding their way onto supermarket shelves. Top 100 Exotic Food Plants provides comprehensive coverage of tropical and semitropical food plants, reviewing scientific and technological information as well as their culinary uses. Wide-ranging in scope, this volume’s coverage includes plants that produce fruits, vegetables, spices, culinary herbs, nuts, and extracts. A user-friendly format enables readers to easily locate information on botanical and agricultural aspects, economic and social importance, food uses, storage, preparation, and potential toxicity. The book also contains an introductory chapter that reviews important historical, economic, geopolitical, health, environmental, and ethical considerations associated with exotic food plants. Thoroughly referenced with more than 2000 literature citations, this book is enhanced by more than 200 drawings, many chosen from historical art of extraordinary quality. This timely volume also highlights previously obscure edible plants that have recently become prominent as a result of sensationalistic media reports stemming from their inherently entertaining or socially controversial natures.

Some of these plants include the acai berry, kava, hemp, and opium poppy. A scholarly yet accessible presentation, the book is filled with numerous memorable, fascinating, and humorous facts, making it an entertaining and stimulating read that will appeal to a broad audience.

History of the Soyfoods Movement Worldwide (1960s-2019)

Life is simple, we complicate it. We fight, struggle and enter into conflict, why? Thoughts are potent. Positive thoughts make our life meaningful. Everyone looks for happiness and bliss. We also want good health and inner calm. Importance of Yoga, Ayurveda and Meditation for inner peace is well established. All these issues have been covered in the book under 6 chapters, viz; 1) Introduction, 2) Happiness, 3) Health, 4) Healthy Food, 5) Healthy Living and 6) Healthy thoughts. I am confident that the book would be of immense help to everyone who wants to lead a happy, healthy and blissful life.

History of Soynuts, Soynut Butter, Japanese-Style Roasted Soybeans (Irimame) and Setsubun (with Mamemaki) (1068-2012)

If you're feeling overwhelmed by clean eating advice, look no further. Super Clean Super Foods is the ultimate nutritional guide to superfoods, telling you all you need to know to power up your plate. Super Clean Super Foods offers an introduction to over 50 delicious superfoods including quinoa, acai, buckwheat, chia seeds, kale, tumeric, coconut, matcha, and bee pollen, showing you the nutritional benefits of each. Enrich your diet with the world's healthiest foods, with advice on the best superfoods for pregnancy, children, energy-boosting, and over-50s. Learn how to prepare unfamiliar ingredients and which ingredients to mix with tips for 200 tasty ways to prepare your superfoods. Supercharge your plate, energise and boost your health, and introduce vitamins and minerals into your diet with Super Clean Super Foods.

History of Miso and Its Near Relatives

The New York Times bestselling guide to the lifesaving diet that can both prevent and help reverse the effects of heart disease Based on the groundbreaking results of his twenty-year nutritional study, Prevent and Reverse Heart Disease by Dr. Caldwell Esselstyn illustrates that a plant-based, oil-free diet can not only prevent the progression of heart disease but can also reverse its effects. Dr. Esselstyn is an internationally known surgeon, researcher and former clinician at the Cleveland Clinic and a featured expert in the acclaimed documentary Forks Over Knives. Prevent and Reverse Heart Disease has helped thousands across the country, and is the book behind Bill Clinton's life-changing vegan diet. The proof lies in the incredible outcomes for patients who have followed Dr. Esselstyn's program, including a number of patients in his original study who had been told by their cardiologists that they had less than a year to live. Within months of starting the program, all Dr. Esselstyn's patients began to improve dramatically, and twenty years later, they remain free of symptoms. Complete with more than 150 delicious recipes perfect for a plant-based diet, the national bestseller Prevent and Reverse Heart Disease explains the science behind the simple plan that has drastically changed the lives of heart disease patients forever. It will empower readers and give them the tools to take control of their heart health.

History of Edamame, Vegetable Soybeans, and Vegetable-Type Soybeans (1000 BCE to 2021)

Oltre 1200 gustose ricette per scoprire tutto il gusto di un'alimentazione sana e naturale Vivi con gusto e in salute! Un libro completo che invita ad alimentarsi in modo equilibrato, sano e gustoso! Sempre più nutrizionisti, medici e oncologi sono d'accordo sul fatto che un'alimentazione a base vegetale sia la scelta giusta da fare per la nostra salute. Purtroppo molti pensano ancora che la cucina green sia priva di gusto, ma il ricchissimo ricettario di Pat Crocker è stato pensato per sfatare questo pregiudizio. Cucinare con ortaggi, frutta e legumi freschi, infatti, non solo ci mette di nuovo in contatto con la natura, ma ci regala una quantità

incredibile di combinazioni gastronomiche e la possibilità di sfruttare le proprietà nutritive degli alimenti soprattutto se utilizzati nella loro stagionalità. «Fa' che il cibo sia la tua medicina e che la medicina sia il tuo cibo», diceva Ippocrate, il padre della medicina, oltre 2500 anni fa, e forse è venuto il momento di dargli davvero ascolto. Sarà divertente sperimentare piatti vegani e vegetariani, originali ricette per succhi ed estratti salutari, irresistibili e con ingredienti naturali al 100%. Vivere a lungo e in salute è facile con la cucina veg. Naturale, no? Pat Crocker è un'esperta di erbe, autrice di ricettari e fotografa. Ha scritto 17 libri di cucina di successo, che hanno vinto numerosi premi e riconoscimenti. Ha fondato la Crocker International Communications Inc., agenzia di relazioni pubbliche al servizio di società alimentari e di consumo. Vive a Neustadt, Ontario, in Canada. Con la Newton Compton ha pubblicato Le migliori ricette con lo yogurt e i singoli volumi che compongono Le migliori ricette di cucina veg: La cucina vegetariana, Mangio sano cucino vegano, Frullati sani ed energetici, Succhi e centrifughe.

The Bragg Healthy Lifestyle

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