

# Everything You need to Know about Histamine and Histamine Intolerance

## WHAT ARE LOW HISTAMINE FOODS?

If you have histamine intolerance, these are the food that you should eat:

- Freshly served Meat and Poultry, either fresh or frozen
- Fresh Fish
- Extra Virgin Olive Oil
- Farm Fresh Eggs from organically fed chickens
- Brown rice, Quinoa, and other gluten-free grains
- Fresh Fruits
- Fresh Vegetables
- Dairy products from Coconut, Rice, Hemp and Almond
- Butter from grass fed goats and almond
- Organic Coffee
- Leafy vegetables
- Herbal and Green Tea

## WHAT ARE HIGH HISTAMINE FOODS?

If you have histamine intolerance, these are the food that you shouldn't eat:

- Fermented alcoholic drinks like wine, beer, and champagne
- Fermented food and ingredients like vinegar and soy sauce
- Food with vinegar in them like mayonnaisse and pickles
- Cured meat like bacon and salami
- Soured food like sour milk and sour cream
- Dried fruit like apricots, mangoes, and raisins
- Most citrus fruits, bananas, pineapples, tomatoes, and strawberries
- Aged Cheese
- Peanuts, cashews, and walnuts
- Vegetables: avocados, eggplant, spinach, and tomatoes
- Smoked fish, especially mackerel, Mahi-Mahi, anchovies, sardines, and tuna
- Processed and Preserved foods of any kind

# Is Pork High In Histamine

**Reinhart Jarisch**



## Is Pork High In Histamine

*Histamine Intolerance* Reinhart Jarisch, 2014-11-10 Histamine is an important mediator of allergic diseases but knowledge of histamine as a cause of numerous non allergic symptoms and signs is limited This book offers wide ranging coverage of histamine intolerance There is extensive background discussion of the origin of histamine its content in food and alcoholic beverages and intolerance to red wine Diagnosis of histamine intolerance is explained and the various symptoms of histamine intolerance are clearly described Subsequent chapters cover the relation of histamine to a wide variety of conditions including drug intolerance atopic dermatitis seasickness and osteoporosis This book will prove of value in clinical practice by facilitating differential diagnosis which is by no means straightforward given the multiplicity of symptoms of histamine intolerance and by assisting in the selection of therapeutic measures

*Histamine Haven* Tracey Reed B.Ed. CHNC, Luka Symons B.A. CHNC, 2023-04-05 Tracey and Luka have written an easy to understand reference book brimming with information and amazing recipes Following the paleo low histamine diet covers the majority of issues that arise within individuals suffering from complex multi symptom illness A must read Dr Bruce Hoffman Co author of the paper Diagnosis of mast cell activation syndrome a global consensus 2 with Dr Lawrence Afrin Histamine Haven is a resource guide and cookbook designed to share the science behind histamine intolerance and mast cell activation disorders Tracey Reed and Luka Symons both holistic nutrition professionals share how changing their diet allowed them to navigate these conditions and symptoms with ease They provide detailed information helpful tips and tricks and more than 140 easy recipes that lead to a delicious and empowering journey to wellness Histamine Haven is low histamine low lectin low salicylate low oxalate low mold fits in with an AIP approach Histamine can do lots of great things for you but what about when you have too much Can foods high in histamine be contributing to your health problems Get to the bottom of what's ailing you and discover a diet that alleviates symptoms with this essential guide to histamine and mast cell activation

Is Food Making You Sick? James L. Gibb, 2014 People all over the world suffer from histamine intolerance without being aware of it We itch sneeze suffer from joint pain inflammation sleep disorders irritability anxiety bowel disease diarrhea flatulence stomach pain heartburn and acid reflux nausea bloating and other digestive problems eczema psoriasis tissue swelling urticaria hives itching skin itching scalp sinusitis runny nose puffy eyes hay fever asthma and breathing difficulties or endure tension headaches migraines fuzzy thinking dizziness irregular heartbeat painful periods women sudden drops in blood pressure faintness or flushing immediately after the consumption of histamine rich foods or many hours afterwards Histamine is colorless odorless and tasteless invisible and undetectable except by scientific analysis and yet crucial to our well being Individual histamine tolerance thresholds vary greatly A range of circumstances including our genes our environment our diet and stress cause our bodies histamine levels to rise If they rise faster than our bodies can break them down we experience the excessive inflammation brought on by histamine intolerance or HIT The good news is if we can understand what is happening and why we can treat or prevent this widely unrecognized condition By far the best way to treat histamine intolerance is with diet All foods with the potential to raise histamine levels should be avoided until symptoms improve This book discusses HIT in depth including causes symptoms and therapies backed by scientific research Along with a list of foods to help HIT sufferers it includes a wide range of recipes for everything from entrees to desserts

**The Paleo Approach** Sarah Ballantyne, 2014-01-28 An estimated 50 million Americans suffer from some form of autoimmune disease. If you're among them, you may know all too well how little modern medicine can do to alleviate your condition. But that's no reason to give up hope. In this groundbreaking book, Sarah D. Ballantyne, PhD, draws upon current medical research and her own battle with an autoimmune disorder to show you how you can become completely symptom-free the natural way. The Paleo Approach is the first book ever to explain how to adapt the Paleo diet and lifestyle to bring about a full recovery. Read it to learn why foods marketed as healthy, such as whole grains, soy, and low-fat dairy, can contribute to the development of autoimmune conditions. Discover what you can eat to calm your immune system, reduce inflammation, and help your body heal itself. Find out which simple lifestyle changes, along with changes in diet, will make the biggest difference for your health. There's no need to worry that going Paleo will break the bank or require too much time in the kitchen preparing special foods. In *The Paleo Approach*, Dr. Ballantyne provides expert tips on how to make the switch easily and economically. Complete food lists with strategies for the day-to-day, how to stay within your food budget, where to shop for what you need, how to make the most out of your time in the kitchen, and how to eat out, take all the guesswork out of going Paleo. Simple strategies for lifestyle adjustments, including small steps that can make a huge difference, guide you through the most important changes to support healing. Do you have a complicated condition that requires medical intervention, medication, or supplements? Dr. Ballantyne also walks you through the most useful medical tests, treatments, and supplements, as well as the most counterproductive ones, to help you open a dialogue with your physician. Features such as these make *The Paleo Approach* the ultimate resource for anyone suffering from an autoimmune disease. Why suffer a moment longer? Reclaim your health with *The Paleo Approach*.

*Food Quality: Balancing Health and Disease* Alexandru Mihai Grumezescu, Alina Maria Holban, 2018-02-03 *Food Quality: Balancing Health and Disease*, Volume Thirteen in the Handbook of Food Bioengineering series, provides essential information for researchers, scientists, and students on the relationship between the quality of foods and disease at the biological level. It presents different technological approaches to detect food properties and their capabilities for balancing health and disease to deliver high-quality products to consumers. This volume explores the dynamic potential of how food bioengineering can improve traditional foods through modern methods to make a positive impact on human health and foster innovation. Provides information on how bioavailability of nutrients and food formulation can be used to prevent or improve disease. Includes the most recent research methods of metabolomics and genomics to detect best outcomes. Includes innovative applications for anti-aging effects and curative properties in foods. Presents research examples on how both human gut microbiota and food components control the way certain organisms develop and react in different environmental conditions.

*Medical Medium Celery Juice* Anthony William, 2019-05-21 Celery juice is everywhere for a reason because it's saving lives as it restores people's health one symptom at a time. From celebrities posting about their daily celery juice routines to people from all walks of life sharing pictures and testimonials of their dramatic recovery stories, celery juice is revealing itself to ignite healing when all odds seem against it. What began decades ago as a quiet movement has become a global healing revolution. In *Celery Juice: The Most Powerful Medicine of Our Time: Healing Millions Worldwide*, Anthony William, the originator of the global celery juice movement, introduces you to celery juice's incredible ability to create sweeping improvements on every level of our health: Healing the gut and relieving digestive disorders, Balancing blood sugar, blood pressure, weight, and adrenal function, Neutralizing and flushing toxins from the liver and brain, Restoring health in people who suffer from a vast range of chronic and mystery illnesses and symptoms among them: fatigue, brain fog, acne, eczema, addiction, ADHD, thyroid disorders, diabetes, SIBO, eating disorders, autoimmune disorders, Lyme disease, and eye problems. After revealing exactly how celery juice does its anti-inflammatory, alkalizing, life-changing work to provide these benefits and many more, he gives you the powerful, definitive guidelines to do your own celery juice cleanse correctly and successfully. You'll get instructions on how to make the juice, how much to drink, when to drink it, and what to expect as your body begins to detox, plus answers to FAQs such as: Is it safe to drink celery juice while pregnant or breastfeeding? Is blending better than juicing? and Can I take my medications with it? Here is everything you need to know from the original source to receive the full gift of what Anthony calls one of the greatest healing tonics of all time.

**Biogenic Amines in Food** Bahruddin Saad, Rosanna Tofalo, 2019-11-01 A precise analysis of biogenic amines is important as an indicator of food freshness or spoilage that can cause serious toxicity. This book provides comprehensive background information on biogenic amines and their occurrence in various foods and drinks such as fermented and non-fermented sausages and fish products, cheeses, vegetables, and beverages, e.g., beer, cider, and wine. It gives a detailed description of both the established analytical methods and the emerging technologies for the analysis of them. As the first book on the detection of biogenic amines in all types of food, it provides help to get a better understanding of the risks associated with biogenic amines and how to avoid them. It serves as an excellent and up-to-date reference for food scientists, food chemists, and food safety professionals.

*The 4-Phase Histamine Reset Plan* Dr. Becky Campbell, 2019-12-10 Uncover the Root Cause of Your Health Issues and Heal Your Body for Life. Millions of people suffer from allergies, migraines, skin issues, sleep disturbances, digestive ailments, or anxiety due to undiagnosed histamine intolerance. Dr. Becky Campbell, who has years of experience in the field and who suffers from histamine intolerance herself, has created a revolutionary four-phase program to heal your body naturally. What makes her approach different and more effective for lifelong results is that it looks for root causes and offers a well-rounded, holistic treatment plan that addresses diet, environmental toxins, lifestyle, and more. To help you uncover why your body is not processing histamine correctly, Dr. Campbell explains the eight most common factors and how to address them. Then she gives you a plan that includes a low-histamine diet, liver care, gut support, and direction on how to safely reintroduce the foods that were once making you sick. Along with her wealth of delicious recipes, she also includes information on supplements, ways to reduce stress, and much more. Invest in your health and use *The 4-Phase Histamine Reset Plan* to heal your body for good.

**Dirty Genes** Ben Lynch, 2018-01-30 Instant National Bestseller After suffering for years with unexplainable health issues Dr Ben Lynch discovered the root cause dirty genes Genes can be born dirty or merely act dirty in response to your environment diet or lifestyle causing lifelong life threatening and chronic health problems including cardiovascular disease autoimmune disorders anxiety depression digestive issues obesity cancer and diabetes Based on his own experience and successfully helping thousands of clients Dr Lynch shows you how to identify and optimize both types of dirty genes by cleaning them up with targeted and personalized plans including healthy eating good sleep stress relief environmental detox and other holistic and natural means Many of us believe our genes doom us to the disorders that run in our families But Dr Lynch reveals that with the right plan in place you can eliminate symptoms and optimize your physical and mental health and ultimately rewrite your genetic destiny

**Heal Your Headache** David Buchholz, 2002-08-12 Based on the breakthrough understanding that virtually all headaches are forms of migraine because migraine is not a specific type of headache but the built in mechanism that causes headaches of all kinds along with neck stiffness sinus congestion dizziness and other problems Dr Buchholz s **Heal Your Headache** puts headache sufferers back in control of their lives with a simple transforming program Step 1 Avoid the Quick Fix Too often painkillers only make matters worse because of the crippling complication known as rebound Step 2 Reduce Your Triggers The crux of the program a migraine diet that eliminates the foods that push headache sufferers over the top Step 3 Raise Your Threshold When diet and other lifestyle changes aren t enough preventive medication can help stay the course That s it in three steps turn your headache problems around

**Histamine Intolerance Cookbook** Sally Lee, 2018 Are you suffering from histamine intolerance and looking for low histamine recipes that are easy and delicious In this book you will find A list of high histamine risky and low histamine foods An overview of histamine intolerance chronic urticaria mastocytosis and mast cell activation syndrome How histamines inflammation and the DAO enzyme are integral for health and healing The most commonly reported symptoms of histamine intolerance How doctors diagnose histamine intolerance Breakfast recipes including Honey Cardamom Raisin Pudding Sweet Potato Apple Hash and Peach Mango Smoothie Bowl with Ginger Snack recipes including Ranch Plantain Chips Tortilla Chips with Vegetable Cream Cheese Dip and Apples with Maple Spice Dip Appetizer side and salad recipes including Creamy Broccoli Blueberry Salad Maple Thyme Roasted Beet Medley and Sweet Potato Garlic Shoestring Fries Soups and stews including Corn Potage Watermelon Gazpacho and Rustic Beef Stew Main dishes including Stuffed Artichoke Kale Spaghetti Squash with Chicken Fish Tacos with Slaw Spicy Cream Sauce and Rice Flour Tortillas and Swedish Meatballs and Cranberry Sauce Desserts including Sweet Potato Coconut Pie Coconut Macaroons and Honey Lavender Ice Cream with Blueberries Get the book and learn more about histamine intolerance how to seek a medical diagnosis how to begin the elimination phase of the low histamine diet reintroducing high histamine foods safely and recipes to get you well on your way towards success and wellness today

**Dealing with Food Allergies** Janice Vickerstaff Joneja, 2003-04-01 Presenting up to date information on current diagnostic methods and treatment options this guide describes the effects of food allergies on the skin mucous membranes and respiratory and digestive tracts discusses treatment by allergists and other healthcare professionals and empowers readers to manage their food allergies

**Carnivore Cure: Meat-Based Nutrition and the Ultimate Elimination Diet to Attain Optimal Health** Judy Cho, 2020-12-02

Carnivore Cure is the first elimination protocol to explain how to adopt a meat based diet to bring about healing. Get back to optimal health by finding the perfect foods to fuel your individual body. Most elimination diets work to an extent but fail to consider all the individual physical symptoms and food sensitivities. Most elimination diets remove processed foods and additives but fail to remove plant based toxins that can contribute to disease. Until now, introducing Carnivore Cure. You start with meats that have the least number of allergens and sensitivities. Once you reach a baseline of health, then you can incorporate other meats that may have previously caused a sensitivity. As you heal the gut, if you choose, you can slowly add back plant based foods. Carnivore Cure will allow you to figure out what plant based foods can work for your body in the long term. The Carnivore Cure will support you to find your happy medium by focusing on a meat based diet while incorporating the safest plants with most food intolerances considered. This book provides you a step by step protocol to optimal health while also providing you extensive nutritional information and support for a meat based diet including debunking nutrition misinformation and providing lifestyle support through the lens of holistic health. YOU CAN HEAL. Because the right food is medicine. Eliminate the wrong foods and eat the right foods for you and you alone. Take your life back with the Carnivore Cure.

**The Gut Health Protocol** John G. Herron, 2016-07-31 Second Edition THANK YOU I have been suffering from IBS and SIBO for years I came across your gut health protocol and followed it to a T and I truly have not felt this good in years You have given me my life back I never realized how sick I was and I forgot how a healthy person should feel I thought I had to live my life feeling the way I did Not the case at all To everyone out there read the gut protocol follow what is suggested its so worth it Jackie A I ve been doing John s protocol for the last two months and it has helped immensely with my SIBO My bloating and stomach distention are pretty much gone ditto stools pretty much normal and motility much better I had a glucose breath test unfortunately only for hydrogen a couple of weeks ago and it was negative I did the protocol full swing all of the supplements and extra antimicrobials as well as lifestyle changes I m not necessarily 100% better but it s the first thing I ve done beside a ridiculously restrictive diet that has actually helped me heal In fact previously my diet was slowly becoming more and more restricted Give it a try it s good stuff And hey John Herron thank you Michelle M I would like to share that I have had such great success My gut is probably about 90% better I realize that it still probably has issues and this is a journey of healing and keeping it well but I have had no bloating belching constipation or diarrhea and limited moments of soreness I feel that I am now digesting my food and the shortness of breath heart palpitations and discomfort in my throat are gone too Berea F I just looked at your latest protocol and I have to say it is totally amazing It seems more thorough than most of the 5 books I have read Were are you something famous for your job Debbie H The Gut Health Protocol outlines natural approaches to tackling dozens of stomach and intestinal health issues using only scientifically studied natural herbs supplements and diet Supplements commonly available in local health foods stores and at your favorite online retailer Many common ailments often have gut issues as their underlying cause conditions such as recurring stomach aches diarrhea constipation heartburn IBS acid reflux nausea eating disorders eczema obesity Chronic Fatigue Syndrome and even major depression have all been linked to gut issues The root of many of these problems can often be traced quite convincingly to Small Intestinal Bacterial Overgrowth SIBO intestinal candida albicans h pylori bacteria overgrowth in the stomach bacterial dysbiosis throughout the gut or other secondary conditions that these infections cause The Gut Health Protocol and The Gut Health Diet can usually resolve these issues and without damaging antibiotics or steroids Even if you choose to go the antibiotic route The Gut Health Protocol can make the treatment more effective and can help prevent serious complications The Gut Health Protocol contains over 1200 published scientific studies summarized and explained in easy to understand language over 500 pages on paper and reviews of several treatment options Unlike many self help books nearly everything in the book is based on science not opinion The author takes all of this brilliant research and translates it to the practical application of healing and caring for our gut The book is written in such a way as allow your doctor to easily look up the scientific studies to validate the claims and treatment suggestions No need to take the author s word for anything you and your doctor can read the research It is recommended that everyone works with a doctor to determine a treatment plan Though everyone s condition is different you can be feeling much better in as little as 2 weeks naturally and without risky antibiotic treatments Be sure visit The Gut Health Protocol on Facebook there are thousands of members just like you all helping each other



Histamine in Inflammation Robin Thurmond,2011-06-29 The year 2010 marks the centennial for the identification of histamine and the first glimpse of its many physiological functions From these initial findings a rich tapestry of research has uncovered roles for histamine in almost every physiological process with new findings emerging every year These diverse roles of histamine have made for fertile ground for the discovery of novel therapeutics and these drugs have been so successful that the term antihistamine has entered the common lexicon This volume is an attempt to give a snapshot in time as to the current understanding of the role of histamine in just one important therapeutic area inflammation The first three chapters provide some background context for the rest of the book starting out with a historical perspective by Figueroa and Shankley Bongers et al provide an overview of the pharmacology of the four histamine receptors and the chapter by Hiroshi Ohtsu describes how histamine is synthesized as well as the insights derived from mice where this synthesis is disrupted The next several chapters discuss disease areas where histamine is known to be involved Chapter 4 by Thomas Taylor Clark outlines the role of histamine in allergic rhinitis an area where antihistamines are commonly used This is also true for ocular allergy as discussed by Ohbayashi et al Both of these chapters highlight aspects of these conditions that are still not well controlled and suggest the utility of new antihistamines targeting other histamine receptors

*Handbook of Food-Drug Interactions* Beverly McCabe-Sellers, Eric H. Frankel, Jonathan J. Wolfe, 2003-04-29 With contributions from the fields of pharmacy dietetics and medicine *Handbook of Food Drug Interactions* serves as an interdisciplinary guide to the prevention and correction of negative food drug interactions Rather than simply list potential food drug interactions this book provides explanations and gives specific recommendations based on th

Immunising Your Thoughts Alicia Teo, 2016-12-25 This book is written specifically to highlight the importance of immunising our thoughts and bringing spiritual truths to believers for spiritual emotional and physical health It also contains the do s and don ts for optimal health Immunising your thoughts is the key in enhancing optimal health so that our immune system will be stronger each day to combat every toxicity both externally and internally that might bring harm to our bodies

**The Sustainability of Agro-Food and Natural Resource Systems in the Mediterranean Basin** Antonella Vastola, 2015-04-24 This book is focused on the challenges to implement sustainability in diverse contexts such as agribusiness natural resource systems and new technologies The experiences made by the researchers of the School of Agricultural Forestry Food and Environmental Science SAFE of the University of Basilicata offer a wide and multidisciplinary approach to the identification and testing of different solutions tailored to the economic social and environmental characteristics of the region and the surrounding areas Basilicata s productive system is mainly based on activities related to the agricultural sector and exploitation of natural resources but it has seen in recent years an industrial development driven by the discovery of oil fields SAFE research took up the challenge posed by market competition to create value through the sustainable use of renewable and non renewable resources of the territory Moreover due to its unique geographical position in the middle of the Mediterranean basin Basilicata is an excellent open sky laboratory for testing sustainable solutions adaptable to other Mediterranean areas This collection of multidisciplinary case studies and research experiences from SAFE researchers and their scientific partners is a stimulating contribution to the debate on the development of sustainable techniques methods and applications for the Mediterranean regions

**Histamine Intolerance Diet** Connell Hywel, 2023-10-31 Histamine Intolerance Diet Diet plays a crucial role in managing histamine intolerance as it directly influences the amount of histamine that enters the body The goal of a histamine intolerance diet is to reduce the intake of histamine rich foods and minimize histamine production within the body Individuals with histamine intolerance should limit or avoid foods that are naturally high in histamine such as aged cheeses fermented products like sauerkraut and soy sauce certain fruits e g bananas avocados strawberries and alcoholic beverages Some foods can trigger the release of histamine within the body These include tomatoes spinach egg whites and processed or canned foods Opting for fresh unprocessed foods is essential Fresh meats poultry and fish are generally lower in histamine than their aged or processed counterparts Low histamine diets emphasize foods that are less likely to provoke histamine related symptoms This includes fresh fruits and vegetables rice gluten free grains and specific cuts of meat GRAB YOUR COPY NOW TO CONTINUE READING

**Paleo Principles** Sarah Ballantyne, 2017-11-07 From the New York Times bestselling author of *The Paleo Approach* and *The Healing Kitchen* comes the most comprehensive resource to date for those seeking a scientifically founded nutritional approach to optimal health. In her signature approachable yet comprehensive style, Sarah Ballantyne PhD has laid a complete foundation for understanding the principles of the Paleo template in order to inform and empower people's day-to-day choices. Combined with an unprecedented collection of practical strategies, tips, and visual guides, plus more than 200 delicious recipes and twenty meal plans for a variety of health goals, this book is a one-stop shop for nutrition nerds, health nuts, and gourmards alike. The Paleo diet is a nutrient-dense, anti-inflammatory whole foods diet based on eating a variety of quality vegetables, meats, seafood, fruits, eggs, nuts, seeds, healthy fats, herbs, and spices. It is clinically proven to improve health by providing complete and balanced nutrition while omitting most processed and refined foods and empty calories. Far from being a historical re-enactment, the Paleo framework is derived from thousands of scientific studies that illuminate our understanding of which foods support health and which foods undermine it. Combined with attention to essential lifestyle factors like physical activity, sleep, and stress, the Paleo template is quite simply the most robust approach out there for optimal health performance and longevity. With the perfect balance of detailed explanations, accessible summaries of actionable information, and visual guides, *Paleo Principles* provides everything readers need to achieve their best health. Beyond a set of rules, this book teaches precisely why some foods are better choices than others while providing indispensable resources like food lists, shopping guides, and cooking how-tos. Health comes from more than just the foods on our plates, however, which is why Dr. Ballantyne also incorporates a focus on lifestyle factors known to improve health, including being active, getting enough sleep, managing stress, and connecting with community. People needn't worry that following a Paleo style diet will leave them feeling hungry or deprived. Healthy re-creations of family-friendly favorites, from pizza to pancakes, prove that you can regain your health and love every bite. *Paleo Principles* contains more than 200 nutritious Paleo recipes that are free of gluten, grain, dairy, legumes, and refined sugar, including kitchen basics, breakfasts, soups, and salads, main dishes, side dishes, baked goods, and desserts, all labeled for the top eight allergen ingredients, as well as other common food sensitivities like FODMAPs and nightshades, and the Autoimmune Protocol. Adapt the Paleo template to serve your specific needs and health goals by using *Paleo Principles*'s guides on customizing macronutrient ratios, navigating gray area foods, troubleshooting chronic illnesses, and food sensitivities, transitioning to a Paleo style diet, understanding your body's individual response to different foods, and balancing Paleo priorities with competing interests for lifelong success. Combine these resources with twenty meal plans reflecting the most common health objectives, and you have the know-how to personalize your plan to fit your life. Join the millions of people taking back their health by following a Paleo lifestyle. Whether your goal is to lose weight, increase performance, reduce cardiovascular disease risk factors, prevent cancer, mitigate autoimmune disease, reverse diabetes, or simply achieve your best health, *Paleo Principles* gives you answers and a veritable toolkit to make lasting positive change toward better health.

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### Is Pork High In Histamine Introduction

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