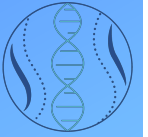


# Health Journey

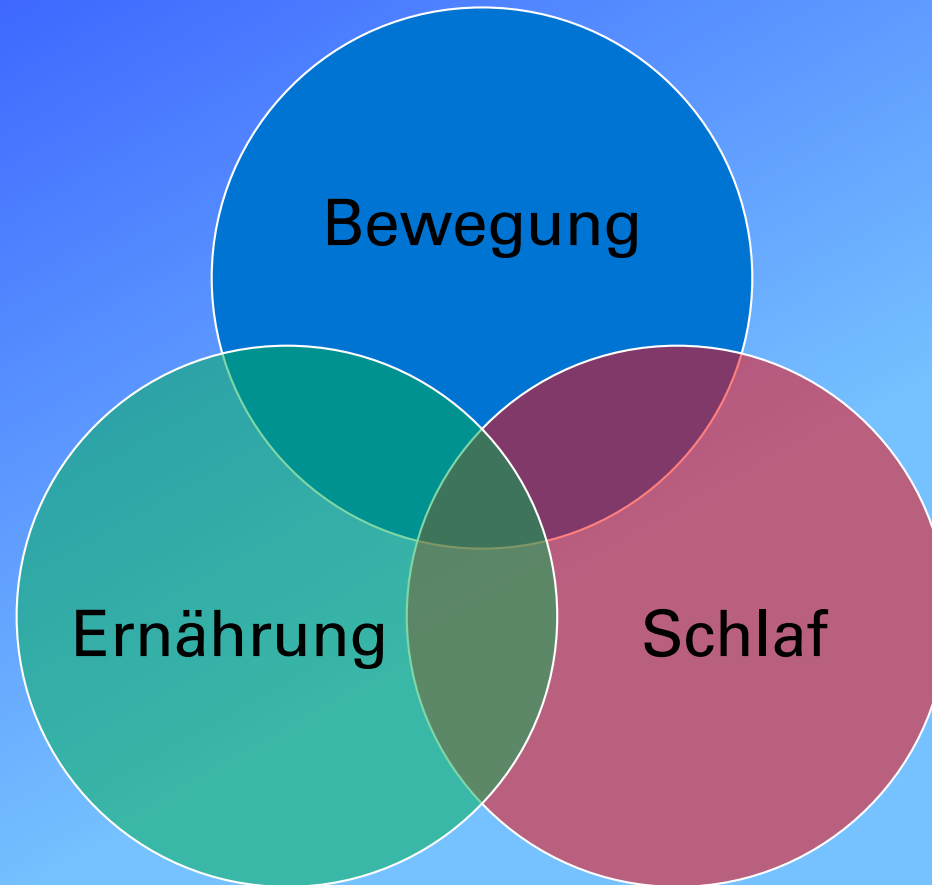
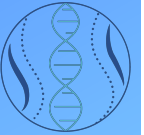
Fabio Arcucci



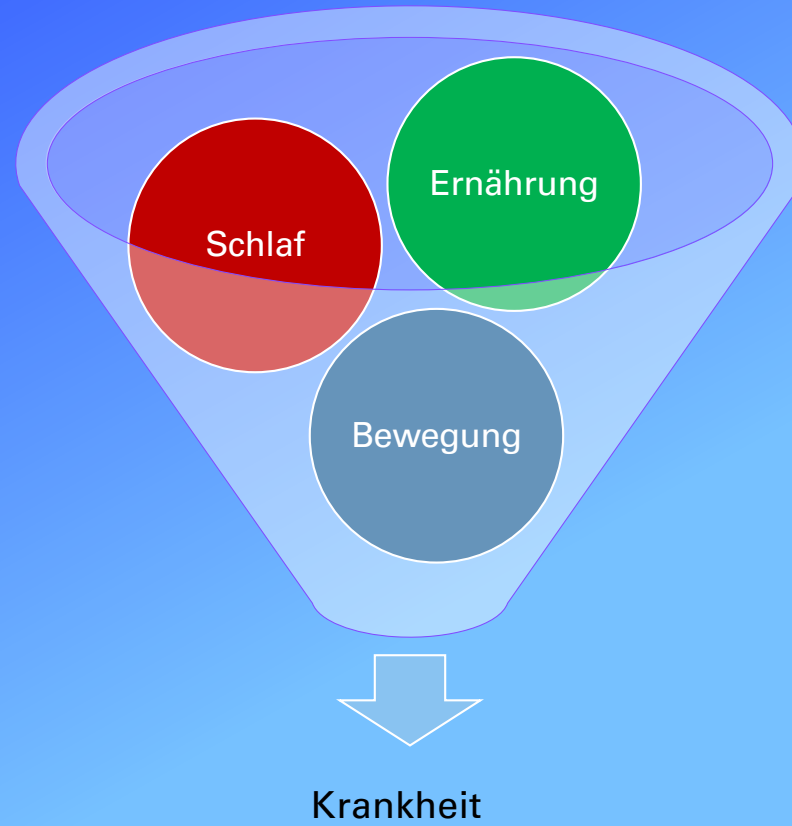
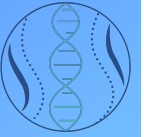
# Supplements?



Basics first!



Basics first!



Basics first!

