



METABOLIC ORIGINS
NUTRITIONAL THERAPY

YOUR GUIDE TO
**PREBIOTICS
PROBIOTICS
& SYNBIOTICS**

GUT RESTORE

www.metabolicorigins.com



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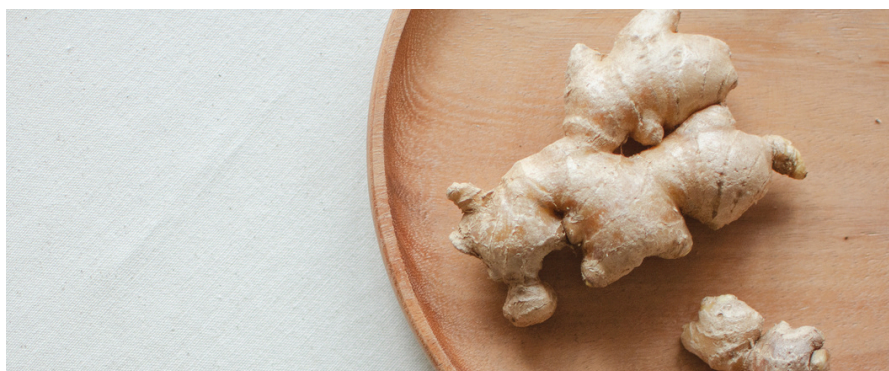
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Always consult a qualified healthcare provider – such as your doctor, gastroenterologist, naturopath/nutritionist, pharmacist or registered dietitian – before making changes to your diet, taking supplements, or addressing digestive health concerns. This is especially important if you have an existing medical condition, take prescription medication, are pregnant or breastfeeding, or have known food intolerances or allergies.

While every effort has been made to ensure the accuracy and reliability of the information presented, it is general in nature and may not be suitable for every individual. Gut health is highly personal, and outcomes depend on many factors including genetics, lifestyle, medical history, and dietary choices.

Any use of the foods, supplements, or strategies discussed in this guide is voluntary and at your own risk. The author and publisher are not responsible for any adverse effects, reactions, or consequences that may result.

This guide is designed to inform, support, and empower your understanding of gut health. For personalized recommendations, always work in partnership with a trusted healthcare professional.





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PREBIOTICS PROBIOTICS & SYNBIOTICS

WELCOME TO YOUR GUT HARMONY GUIDE

WELCOME

Your gut health is the foundation of your overall well-being, influencing everything from digestion to immunity, mood, and energy levels. This guide is designed to help you understand the powerful roles of prebiotics, probiotics, and synbiotics - and how you can use them to create balance and vitality in your daily life.

This isn't about perfection. It's about building awareness and simple, sustainable habits that strengthen your gut - and in turn, your whole body.



INSIDE, YOU'LL DISCOVER:

- What **prebiotics** are and how they feed your beneficial gut bacteria
- What **probiotics** are and the unique roles different strains play in your health
- How prebiotics and probiotics **work together** to create synergy in the microbiome
- Daily **gut-friendly habits** and a mini tracker to help you stay consistent
- What **synbiotics** are and why combining prebiotics + probiotics can be especially effective
- Practical **food sources** of prebiotics and probiotics, plus examples of how to pair them
- What to know about **supplements** - how to choose wisely and avoid common pitfalls
- **Smart next steps** to guide your journey safely





THE GUT: YOUR HIDDEN HEALTH ENGINE

When most people think about health, they focus on diet, exercise, or sleep. But there's an often-overlooked system that influences nearly every aspect of well-being: the gut. More specifically, the gut microbiome - the trillions of bacteria, fungi, viruses, and other microbes that live in your digestive tract.

THE GUT MICROBIOME EXPLAINED

Your gut is home to more than 100 trillion microorganisms. Together, they form a complex ecosystem that works symbiotically with your body. These microbes help break down food, produce essential nutrients, and protect against harmful pathogens. Scientists often call the microbiome an "organ within an organ" because of its vast influence on health.

Why Gut Health Matters Beyond Digestion

- **Immunity:** Around 70% of your immune system resides in the gut. A diverse, balanced microbiome helps train immune cells to distinguish between harmless and harmful invaders.
- **Mood & Mental Health:** The gut communicates with the brain via the gut-brain axis. Beneficial microbes produce neurotransmitters like serotonin, which affect mood, stress response, and cognitive function.
- **Metabolism & Weight:** Gut bacteria influence how efficiently you absorb calories, regulate blood sugar, and store fat.
- **Skin & Inflammation:** Conditions such as acne, eczema, or rosacea are increasingly linked to imbalances in the gut.



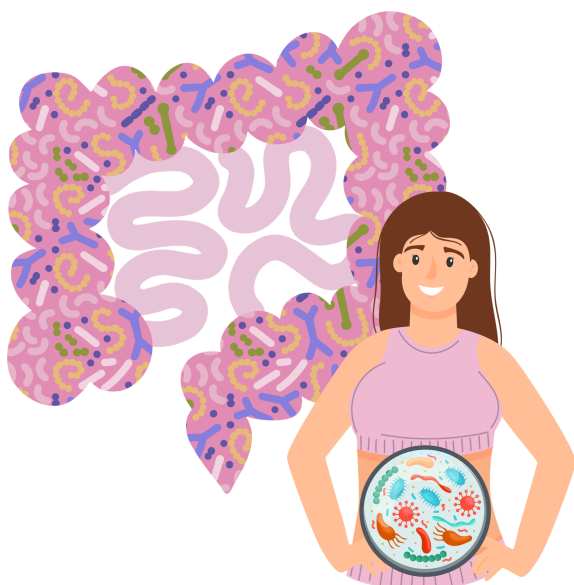


THE GUT: YOUR HIDDEN HEALTH ENGINE

Why Gut Health Matters Beyond Digestion

When the microbiome shifts out of balance - a state called dysbiosis - it can trigger health problems. Common red flags include:

- Bloating, constipation, or diarrhea
- Frequent colds or infections
- Food intolerances or sensitivities
- Low energy or poor sleep
- Mood disturbances like anxiety or brain fog



Understanding the gut's role as your "hidden health engine" lays the foundation for why prebiotics, probiotics, and synbiotics matter. These tools help fuel, repopulate, and restore balance to your microbiome - which we'll explore in the coming chapters.





THE GUT: YOUR HIDDEN HEALTH ENGINE

MEET THE MICROBES: KEY PLAYERS IN GUT HEALTH

Your gut is home to trillions of microorganisms, each with unique roles in digestion, immunity, and overall wellness. Below are some of the most commonly discussed bacterial strains - both the “good guys” and those that need balance.

Bacterium	Where It's Found	Role in Gut Health
Lactobacillus bulgaricus	Yoghurt and fermented dairy	Helps break down lactose and produces lactic acid, which supports digestion and inhibits harmful bacteria.
Lactobacillus (general)	Yoghurt, kefir, fermented foods	A large group of beneficial bacteria that aid digestion, reduce harmful microbes, and support immunity.
Propionibacterium	Swiss cheese and fermented dairy	Produces propionic acid, which has antimicrobial effects and may support gut pH balance.
Lactococcus	Buttermilk, cheese, kefir	Important in fermentation; contributes to flavour, texture, and gut-friendly metabolites.
Streptococcus thermophilus	Yoghurt, cheese	Breaks down lactose (helpful for lactose-intolerant individuals) and supports probiotic activity.
Lactobacillus acidophilus	Yoghurt, kefir, fermented foods	One of the most studied probiotics; may support digestion, immunity, and nutrient absorption.
Escherichia coli (E. coli)	Naturally present in the gut	Most strains are harmless and help with vitamin K production; however, some strains can cause illness if they overgrow or are pathogenic.
Bifidobacterium	Colon, fermented foods, supplements	Among the first microbes to colonize the gut at birth; supports digestion, reduces gut inflammation, and strengthens immunity.



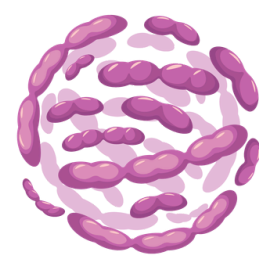
Bulgaricus



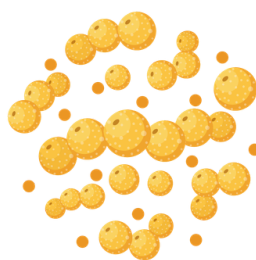
Lactobacillus



Propionibacterium



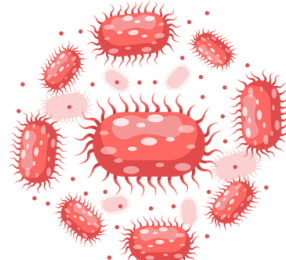
Lactococcus



Streptococcus thermophilus



Lactobacillus acidophilus



Escherichia coli



Bifidobacterium





WHAT ARE PREBIOTICS?

If probiotics are the beneficial “live bacteria” in your gut, then prebiotics are their food supply. These are specialized plant fibers and compounds that humans cannot digest but that selectively feed and stimulate the growth of beneficial microbes. Without prebiotics, probiotics have little fuel to thrive.

Defining Prebiotics

Prebiotics are a type of non-digestible carbohydrate that travel through the upper digestive tract intact, reaching the colon where they are fermented by gut bacteria. This fermentation process produces beneficial short-chain fatty acids (SCFAs), such as butyrate, acetate, and propionate, which support colon health, regulate inflammation, and provide energy to intestinal cells.

TYPES OF PREBIOTICS

Not all fibers are prebiotics. Only those proven to benefit healthy microbes qualify. Common categories include:

- **Inulin & Fructooligosaccharides (FOS):** Found in chicory root, onions, garlic, and asparagus; among the most studied prebiotics.
- **Galactooligosaccharides (GOS):** Naturally present in legumes; shown to boost bifidobacteria in the gut.
- **Resistant Starch:** Found in under-ripe bananas, cooked-and-cooled potatoes, oats, and legumes.
- **Polyphenols:** Plant compounds in foods like berries, cocoa, and green tea that also act as prebiotic-like substances.





WHAT ARE PREBIOTICS?

HOW PREBIOTICS WORK

- 1 **Selective Feeding:**
Beneficial bacteria, such as Bifidobacteria and Lactobacilli, thrive on prebiotics, while harmful bacteria typically do not.
- 2 **Fermentation:**
As bacteria ferment prebiotics, they release SCFAs that:
 - Nourish colon cells
 - Support immune regulation
 - Help maintain a healthy gut pH
- 3 **Systemic Effects:**
These processes extend beyond digestion, influencing metabolic health, hormone regulation, and even mood.

**Evidence-Based Benefits of Prebiotics**

Research highlights several roles prebiotics may play:

- **Digestive Health:** Improve regularity, reduce constipation, and support overall microbiome diversity.
- **Mineral Absorption:** Enhance absorption of calcium and magnesium, supporting bone strength.
- **Immune Function:** Increase production of immune-regulating compounds, potentially lowering infection risk.
- **Mental Well-Being:** Early studies link prebiotics to reduced stress responses and improved mood via the gut-brain axis.

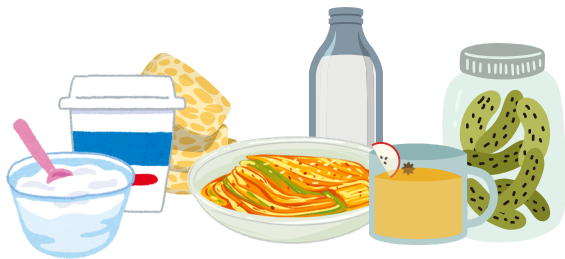


Prebiotics are, in essence, the foundation for a flourishing microbiome. By feeding the “good” bacteria, they create an environment where probiotics can do their best work - which we’ll explore further in the next chapter.



WHAT ARE PROBIOTICS?

If prebiotics are the fuel, probiotics are the living organisms that bring the gut ecosystem to life. They are beneficial bacteria and yeasts that, when consumed in adequate amounts, support balance in the gut microbiome and positively impact overall health.



Defining Probiotics

The World Health Organization (WHO) defines probiotics as “live microorganisms which, when administered in adequate amounts, confer a health benefit on the host.” Unlike prebiotics, which are dietary fibers, probiotics are living microbes - most often strains of bacteria naturally found in the human digestive system.

HOW PROBIOTICS WORK

Probiotics support gut health through several mechanisms:

- **Colonization:** They adhere to the gut lining, preventing harmful microbes from attaching and multiplying.
- **Competition:** Probiotics compete with “bad” bacteria for food and space, limiting the growth of pathogens.
- **Production of Protective Compounds:** Certain strains produce lactic acid, hydrogen peroxide, and other substances that discourage harmful organisms.
- **Immune Modulation:** Probiotics help train the immune system to respond appropriately, reducing inflammation while boosting defenses.





WHAT ARE PROBIOTICS?

KEY STRAINS AND THEIR ROLES

Not all probiotics are the same. Different strains provide different benefits:

- 1 Lactobacillus species:** Commonly found in yogurt and fermented foods. Support digestion, reduce lactose intolerance symptoms, and may help with diarrhea.
- 2 Bifidobacterium species:** Naturally abundant in the colon. Improve bowel regularity, reduce inflammation, and support immune balance.
- 3 Saccharomyces boulardii (a beneficial yeast):** Helpful in preventing and treating diarrhea, especially after antibiotics.
- 4 Other emerging strains:** Such as Streptococcus thermophilus and Bacillus coagulans, now studied for digestion, immunity, and metabolic support.

When Probiotics Are Most Effective

Probiotics can be particularly beneficial in specific scenarios:

- **After Antibiotic Use:**
To replenish the microbiome and reduce the risk of antibiotic-associated diarrhea.

- **Digestive Disorders:**
Certain strains support those with irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), or constipation.
- **Immune Challenges:**
Probiotics may reduce the duration and severity of common colds.
- **Everyday Wellness:**
When taken regularly, they contribute to maintaining microbial diversity and balance.

Limits of Probiotics

While the science is promising, probiotics aren't a cure-all. Their effectiveness depends on the strain, dosage, and an individual's existing gut microbiome. That's why combining probiotics with prebiotics - which we'll discuss in the next chapter - creates a more powerful, lasting effect.





THE POWER OF PARTNERSHIP: HOW PREBIOTICS & PROBIOTICS WORK TOGETHER

Now that we've defined prebiotics and probiotics individually, it's time to see why they're most effective together. Alone, each has unique benefits. But when combined, they form a powerful partnership that strengthens the gut microbiome and amplifies health outcomes.

WHY SYNERGY MATTERS

Think of probiotics as beneficial guests arriving at a party. Without food or proper conditions, they won't stay long or thrive. Prebiotics act as the nourishment and environment that allow these "guests" to settle in, multiply, and contribute to the community. This relationship ensures probiotics are not only introduced into the gut but also supported in the long term.



HOW THEY WORK TOGETHER

- 1 Feeding the Right Bacteria:** Prebiotics selectively fuel strains like Lactobacillus and Bifidobacterium, helping probiotics flourish.
- 2 Enhancing Colonization:** When probiotics have a steady food source, they're more likely to adhere to the gut lining and integrate into the microbiome.
- 3 Boosting SCFA Production:** Prebiotic fermentation produces short-chain fatty acids (butyrate, acetate, propionate). Probiotics then help regulate how these metabolites are used, supporting immunity, reducing inflammation, and nourishing colon cells.
- 4 Strengthening Gut Barrier Function:** Together, they reinforce the intestinal lining, reducing the risk of "leaky gut" and pathogen invasion.





HOW THEY WORK TOGETHER

EVERYDAY EXAMPLES OF THE PARTNERSHIP

This synergy doesn't just happen in supplements; it naturally occurs in food pairings:



- 1 Yogurt topped with oats or bananas (probiotic + prebiotic fiber)



- 2 Kimchi mixed into a quinoa bowl (fermented food + resistant starch)



- 3 Miso soup with seaweed and vegetables (fermented broth + plant fibers)

These combinations show how everyday meals can act as functional medicine for the gut.

The Bigger Impact on Health

When prebiotics and probiotics work hand-in-hand, the benefits extend beyond digestion:

- Greater microbial diversity in the gut
- Stronger immune responses to infections
- Improved nutrient absorption
- More stable mood and energy levels

This collaboration sets the stage for synbiotics, a formal term for products and foods that intentionally combine both prebiotics and probiotics - which we'll explore in the next chapter.





INTRODUCING

SYNBIOTICS: THE BEST OF BOTH WORLDS

We've seen how prebiotics fuel beneficial bacteria and how probiotics deliver live organisms to the gut. When the two are deliberately combined in a single product or food, the result is called a synbiotic. This concept takes the natural partnership between prebiotics and probiotics and designs it into a targeted tool for gut health.

WHAT ARE SYNBIOTICS?

The term synbiotic comes from "synergy" and "biotic," reflecting their complementary nature. Synbiotics contain both:

Probiotics
(the beneficial microbes)

Prebiotics
(the food that helps them thrive)

This combination ensures probiotics not only reach the gut alive but also have the nourishment they need to establish themselves effectively.



Why Synbiotics Matter

While probiotics alone may struggle to colonize in some people - especially if the gut environment is imbalanced - pairing them with prebiotics improves survival and activity. This makes synbiotics particularly valuable for:

- Supporting recovery after antibiotics
- Promoting a diverse and stable microbiome
- Enhancing digestive comfort and regularity
- Strengthening immune resilience





SYNBIOTICS: THE BEST OF BOTH WORLDS

EXAMPLES OF SYNBIOTICS

Synbiotics appear in both foods and supplements:

- **Food-Based Synbiotics:**
 Yoghurt with added inulin, kefir with fruit and oats, or kombucha blended with fiber-rich ingredients.
- **Supplemental Synbiotics:**
 Capsules or powders that include specific strains (like *Bifidobacterium lactis*) along with prebiotic fibers (such as GOS or inulin).

What Research Says



Although the field is still evolving, early studies suggest synbiotics may outperform probiotics alone in several areas, such as:

- Reducing gastrointestinal symptoms (bloating, constipation, diarrhea)
- Improving nutrient absorption
- Supporting immune defenses in vulnerable populations (like the elderly)
- Enhancing overall gut microbial diversity

Everyday Perspective

Think of synbiotics as a “smart package deal.” They don’t just deliver beneficial bacteria; they also bring the groceries those bacteria need to stay, grow, and make a difference in your health.

Next, we’ll shift focus from definitions and concepts to something practical and actionable: real food sources of prebiotics and probiotics that you can start including in your daily meals.





SOURCES OF PREBIOTICS & PROBIOTICS


















SOURCES OF PREBIOTICS & PROBIOTICS

FOOD FIRST: NATURAL SOURCES OF PREBIOTICS & PROBIOTICS

While supplements have their place, the most accessible and sustainable way to support your gut is through whole foods. Prebiotics and probiotics occur naturally in many everyday ingredients, and when you combine them, you create meals that naturally function as gut-friendly “synbiotics.”

Prebiotics are mostly found in plant-based foods, especially those rich in fibers your body can't digest.

Probiotics are most abundant in fermented foods, where beneficial microbes grow naturally during the fermentation process.

Category	Food Examples	Key Benefits/Notes
Prebiotics       	Chicory root	One of the richest natural sources of inulin; often used in fiber supplements
	Onions, garlic, leeks, shallots	Everyday cooking staples that feed beneficial bacteria
	Asparagus, Jerusalem artichokes	High in inulin and resistant starch
	Green (unripe) bananas, plantains	Provide resistant starch before they ripen
	Whole grains (oats, barley, rye)	Contain beta-glucans and resistant starch to support gut microbes
	Legumes (lentils, beans, chickpeas)	Rich in galactooligosaccharides (GOS)
	Berries, apples, pears	Contain polyphenols that act in prebiotic-like ways
Probiotics       	Yoghurt (with live cultures)	Look for labels that specify “live and active cultures”
	Kefir	Fermented milk drink with diverse strains of bacteria and yeast
	Sauerkraut	Fermented cabbage; only raw/unpasteurized versions contain probiotics
	Kimchi	Spicy Korean fermented vegetables with live cultures
	Miso	Fermented soybean paste used in soups and marinades
	Tempeh	Fermented soybeans, high in protein and probiotics
	Kombucha	Fermented tea beverage containing live cultures
	Pickles (brine-fermented, not vinegar)	Naturally fermented in brine; vinegar pickles do not contain probiotics





SOURCES OF PREBIOTICS & PROBIOTICS

FOOD VS. SUPPLEMENTS

Whole foods provide not just probiotics or prebiotics, but also vitamins, minerals, and antioxidants. Supplements can be useful when:

- Diet is limited or restrictive
- Recovery is needed after antibiotics or illness
- Targeted strains are recommended for specific conditions

Still, food should be the foundation. A diet rich in prebiotic and probiotic foods supports a diverse microbiome and makes supplementation more effective when needed.

	Approach	Advantages	When It's Most Useful
	Whole Foods	Provide natural prebiotics/probiotics, plus vitamins, minerals, antioxidants, and fiber	Best as a daily foundation for gut health
	Supplements	Deliver concentrated doses, specific strains, and consistent amounts	Helpful when diet is limited, during recovery after antibiotics or illness, or when targeted strains are recommended by a professional

PRACTICAL TIPS FOR GETTING MORE

- Add sliced bananas or oats to yogurt (synbiotic pairing)
- Include garlic and onions in daily cooking for effortless prebiotic intake
- Enjoy a side of kimchi or sauerkraut with meals a few times per week
- Rotate different probiotic foods to introduce diverse strains into your gut

The key isn't perfection but consistency. A small daily dose of these foods builds long-term gut strength.





SUPPLEMENTING WISELY: WHAT TO KNOW BEFORE YOU BUY

While food should always be the foundation of gut health, supplements can play an important role when diet alone isn't enough. Choosing the right probiotic or prebiotic supplement, however, can be overwhelming. Not all products are created equal, and understanding what to look for helps you invest wisely.

- 4 Shelf Stability:** Some probiotics need refrigeration, while others are heat-stable. Always check storage instructions.
- 5 Prebiotics in the Mix:** Supplements that combine probiotics with prebiotic fibers (synbiotics) may enhance effectiveness.

KEY THINGS TO LOOK FOR

- 1 Strain Specificity:** Benefits depend on the exact strain, not just the species. For example, *Lactobacillus rhamnosus* GG may support immunity, while *Bifidobacterium infantis* may help with IBS.
- 2 CFU Count:** This refers to “colony-forming units,” or the number of live organisms per dose. More isn't always better; the ideal range depends on the strain and intended use (often 1-20 billion CFU for general wellness).
- 3 Formulation & Delivery:** Capsules, powders, and chewables vary in how well they survive stomach acid. Delayed-release capsules or spore-based probiotics often have better survival rates.





SUPPLEMENTING WISELY:

SUPPLEMENT SHOPPING GUIDE

What to Look For	Why It Matters
Specific strain names listed (e.g., L. rhamnosus GG)	Ensures proven benefits; not all strains work the same
Clearly labeled CFU count per serving	Lets you know the potency and compare products
Third-party testing or certifications	Confirms quality, purity, and accurate labeling
Delivery system designed for survival (delayed-release, spore-based)	Protects probiotics from stomach acid so they reach the gut
Clear storage instructions (refrigerated or shelf-stable)	Maintains potency until expiration date

Potential Risks & Considerations

While generally safe, supplements may not suit everyone:

- **Digestive Discomfort:** Some people experience bloating or gas initially.
- **Immune-Suppressed Individuals:** Probiotics may pose a risk in those with weakened immunity – medical supervision is essential.
- **Interactions:** Certain supplements can interact with medications.

Who May Benefit Most

- **After Antibiotics:** To restore balance and reduce diarrhea risk.
- **Digestive Issues:** Such as IBS, constipation, or traveler's diarrhea.
- **Skin or Immune Health Goals:** Some strains are being studied for acne, eczema, or allergy support.
- **Athletes or High-Stress Lifestyles:** Where gut resilience may be challenged.

Supplements can be powerful allies - but they're not magic pills. They work best when paired with a nutrient-rich diet, stress management, and healthy lifestyle habits. In the next chapter, we'll put it all together into daily gut-friendly habits you can track and sustain.





BUILDING GUT-FRIENDLY HABITS

Understanding prebiotics, probiotics, and synbiotics is only the first step. The real transformation happens when you weave gut-friendly practices into your everyday life. Small, consistent habits compound over time to create a healthier, more resilient microbiome.

DAILY PRACTICES FOR GUT HEALTH

1 Eat a Variety of Plant Foods

Diversity matters – the more types of fiber and polyphenols you consume, the more diverse your gut microbes will be. Aim for fruits, vegetables, whole grains, legumes, nuts, and seeds every day.

2 Include Probiotic Foods Regularly

Try to add fermented foods like yogurt, kefir, kimchi, or sauerkraut to your meals. Rotate them weekly to introduce a wider range of beneficial strains.

3 Stay Hydrated

Water helps fiber move through the digestive tract and supports fermentation processes that benefit your microbiome.

4 Move Your Body

Regular exercise improves gut motility and may increase microbial diversity. Even daily walks make a difference.

5 Manage Stress

Chronic stress disrupts the gut-brain axis and can worsen digestive symptoms. Practices like deep breathing, journaling, or meditation calm both mind and gut.

6 Prioritize Sleep

A consistent sleep routine supports circadian rhythms, which in turn influence microbial balance and digestion.





BUILDING GUT-FRIENDLY HABITS

MINI DAILY GUT HEALTH TRACKER

This simple tool helps you turn intention into action. Use it to check off your habits each day and notice patterns over time.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Ate at least 2 prebiotic foods (onions, oats, bananas, etc.)							
Ate at least 1 probiotic food (yogurt, kimchi, kefir, etc.)							
Drank enough water (6–8 glasses)							
Moved my body (walk, workout, yoga)							
Took 5 minutes for stress relief (breathing, journaling, meditation)							
Slept 7–8 hours							

How to Use the Tracker

- Don't aim for perfection - consistency matters more than hitting 100%.
- Review your tracker at the end of each week to see which habits feel natural and which need support.
- Over time, you'll build routines that nourish your microbiome as naturally as brushing your teeth.





SMART NEXT STEPS

As exciting as the science of prebiotics, probiotics, and synbiotics is, it's important to remember that gut health is highly individual. What works beautifully for one person may have little effect - or even cause discomfort - in another. That's why approaching these strategies with both enthusiasm and caution is essential.



SMART NEXT STEPS

Start with Food First

Incorporate more prebiotic fibers and probiotic-rich foods into your daily diet. Focus on variety and consistency rather than perfection.

Experiment Mindfully

Try adding one new food or supplement at a time. This makes it easier to notice how your body responds.

Keep a Gut Journal

Track what you eat, how you feel (digestion, energy, mood), and note any changes over weeks rather than days. Patterns often reveal themselves gradually.

Seek Professional Guidance When Needed

If you have ongoing digestive issues, unexplained symptoms, or health conditions, working with a doctor or registered dietitian ensures you receive safe and personalized advice.

Think Holistically

Remember that gut health is not just about diet. Sleep, stress, exercise, and lifestyle choices all play key roles in shaping your microbiome.

Your gut truly is a hidden health engine. By feeding it with the right prebiotics, introducing supportive probiotics, and embracing gut-friendly habits, you create the conditions for better digestion, stronger immunity, more balanced energy, and even improved mood.





THANKYOU LET'S BEGIN!

Thank you for taking the time to explore this guide on prebiotics, probiotics, and synbiotics.

Your commitment to learning more about your gut health is an investment in your overall well-being, and every step you take toward nourishing your microbiome supports a healthier, more vibrant you.

Remember - small, consistent choices add up to lasting change. Here's to a balanced gut and a healthier future!

If you feel ready to take the next steps and need 1-1 bespoke nutrition support to review your gut health or if you want to learn about DNA AND GUT TESTING, I invite you to reach out via my website contact form or email me directly to:
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**YOU'VE
GOT THIS!**

