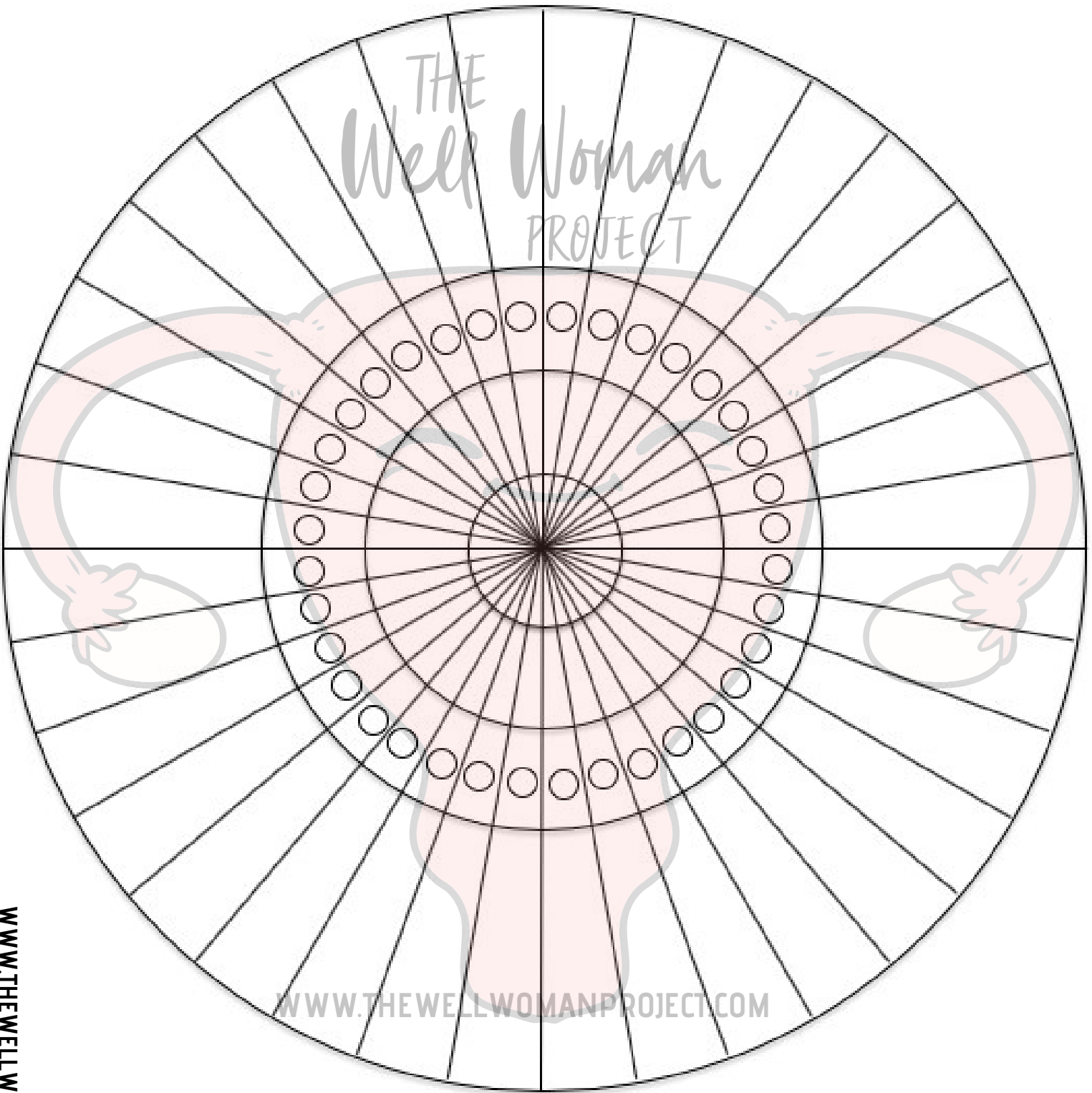




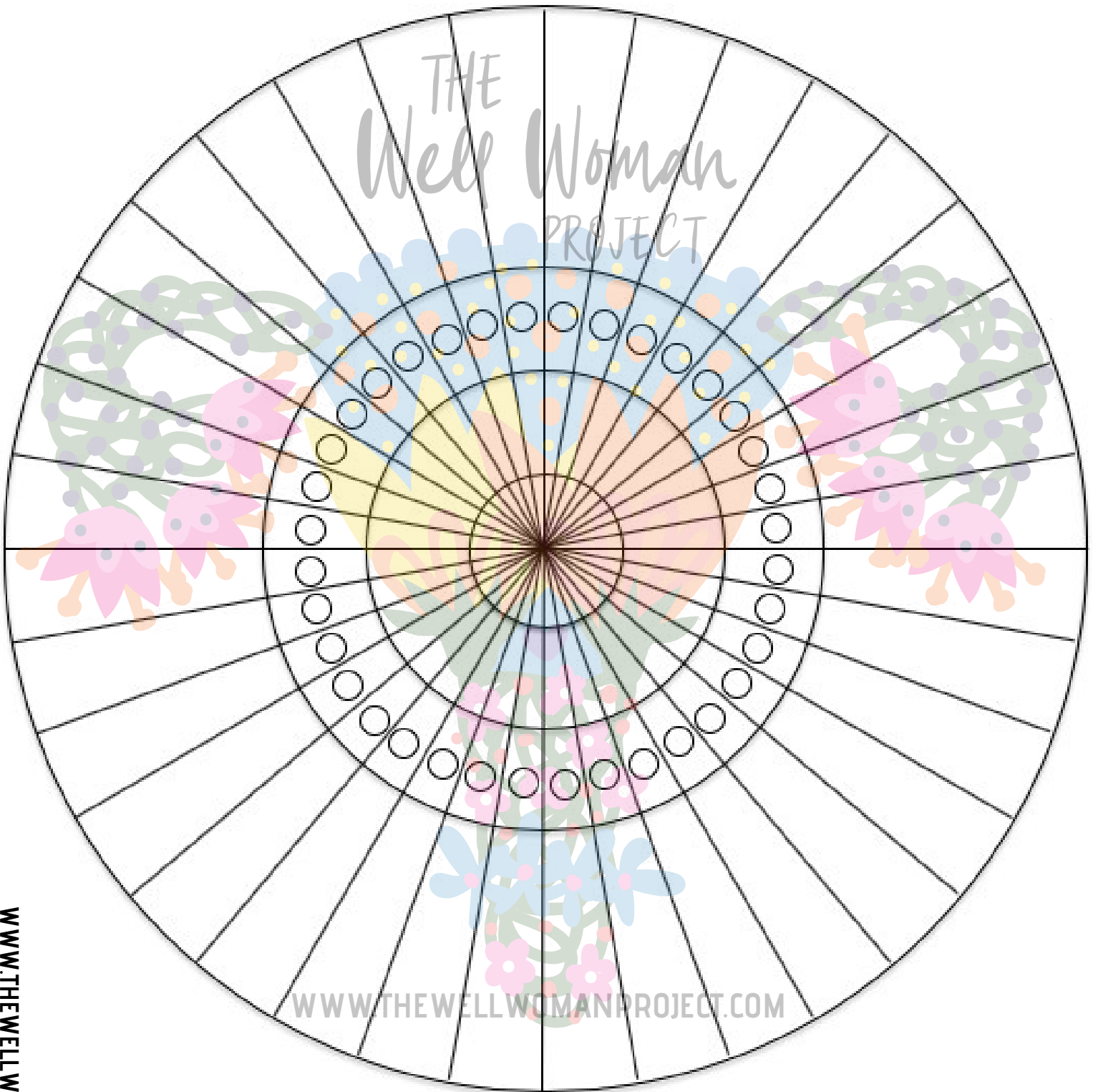
# Flow Chart

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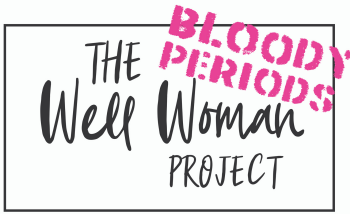


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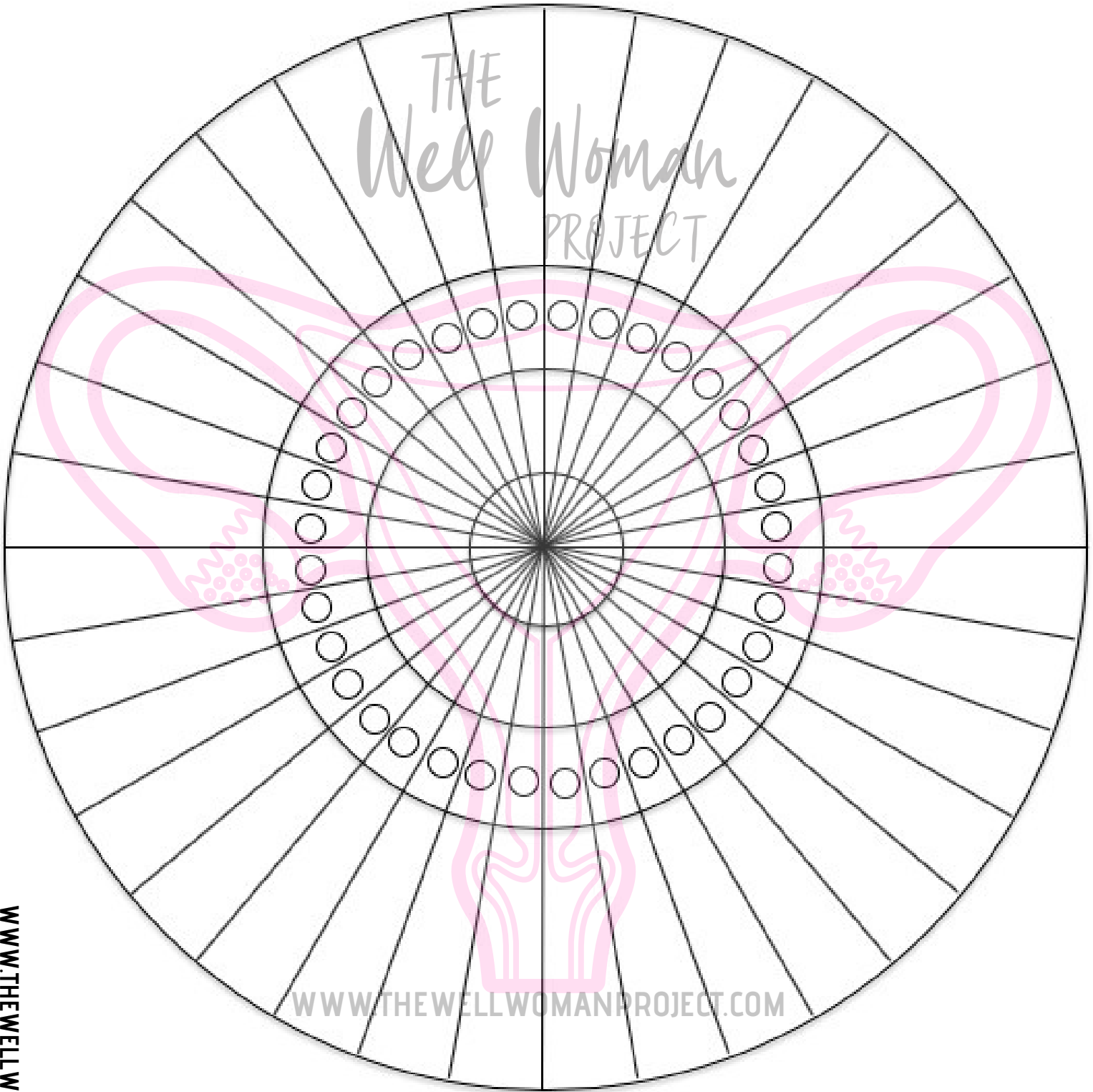


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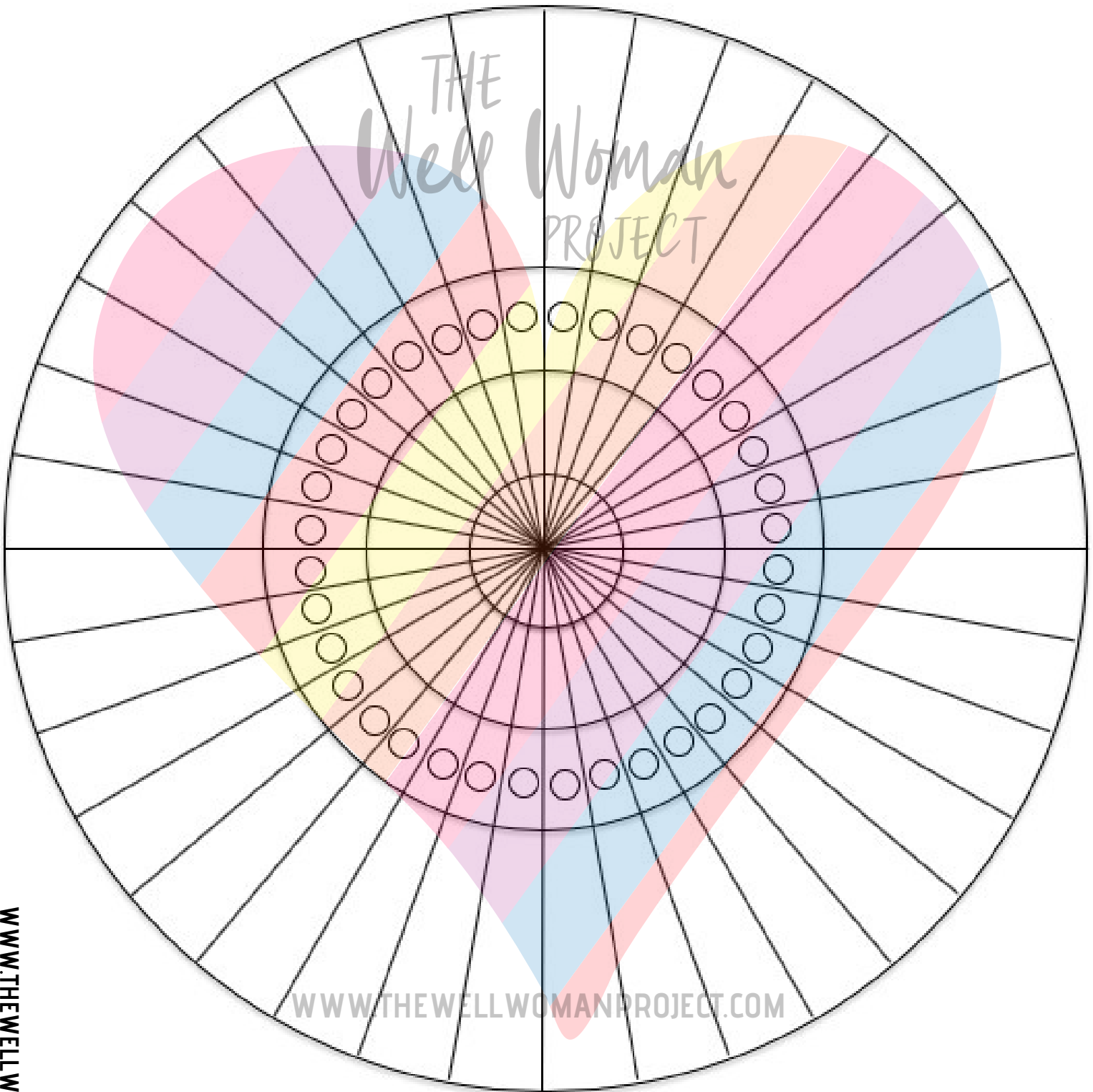


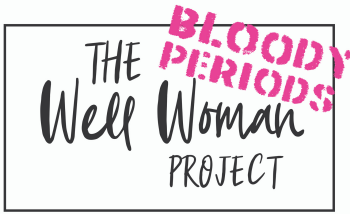
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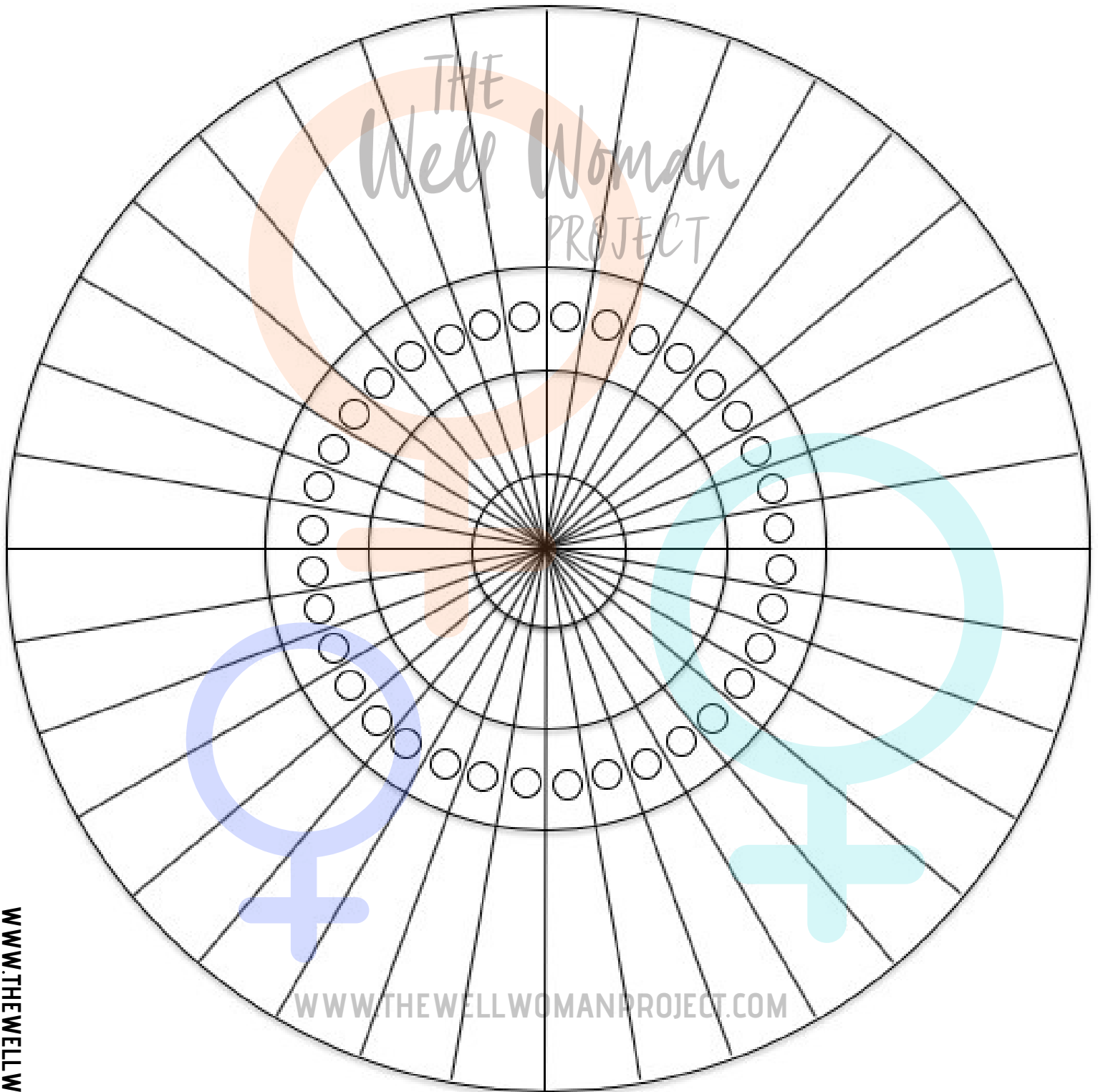
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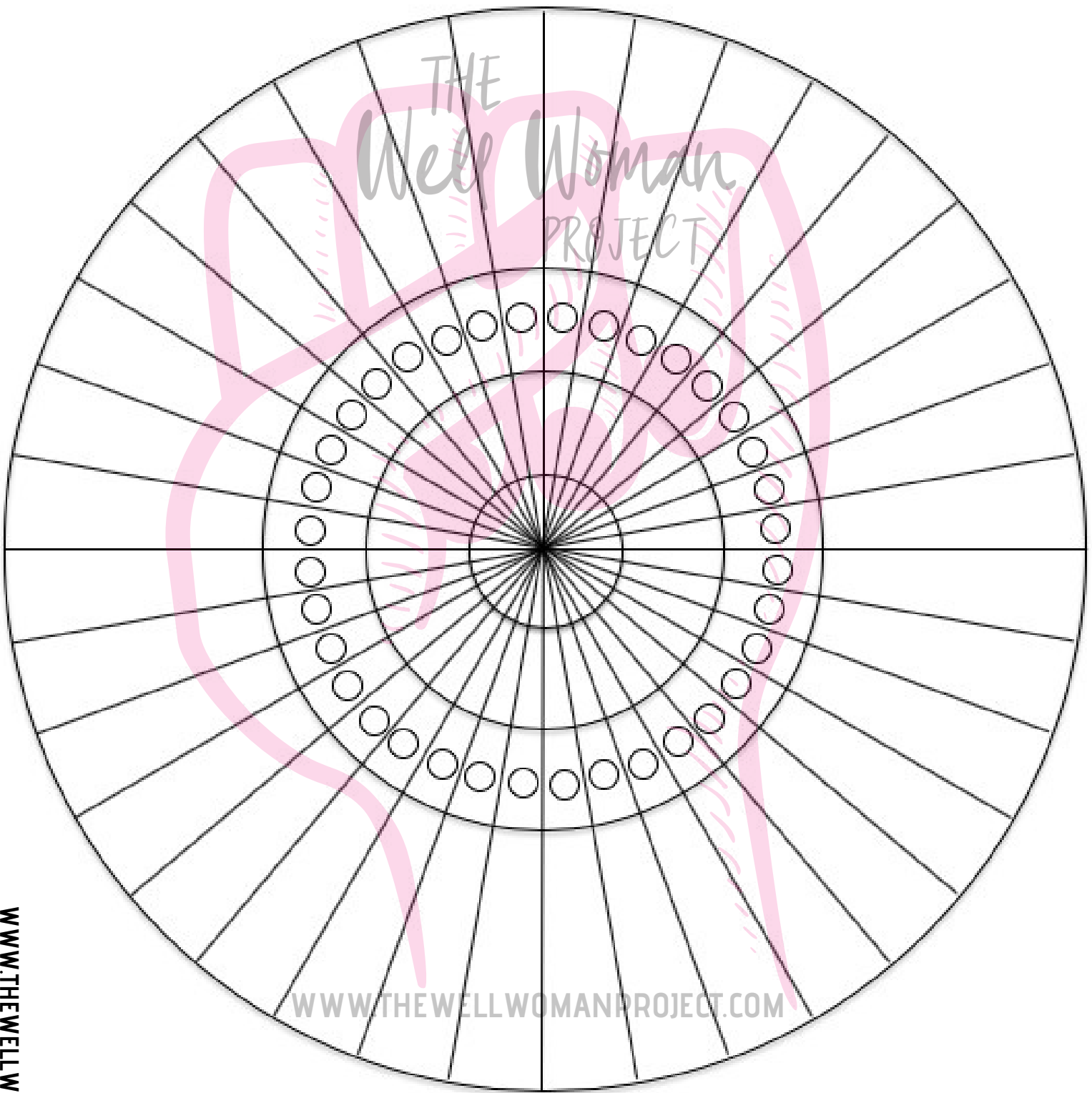
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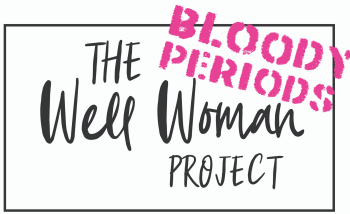


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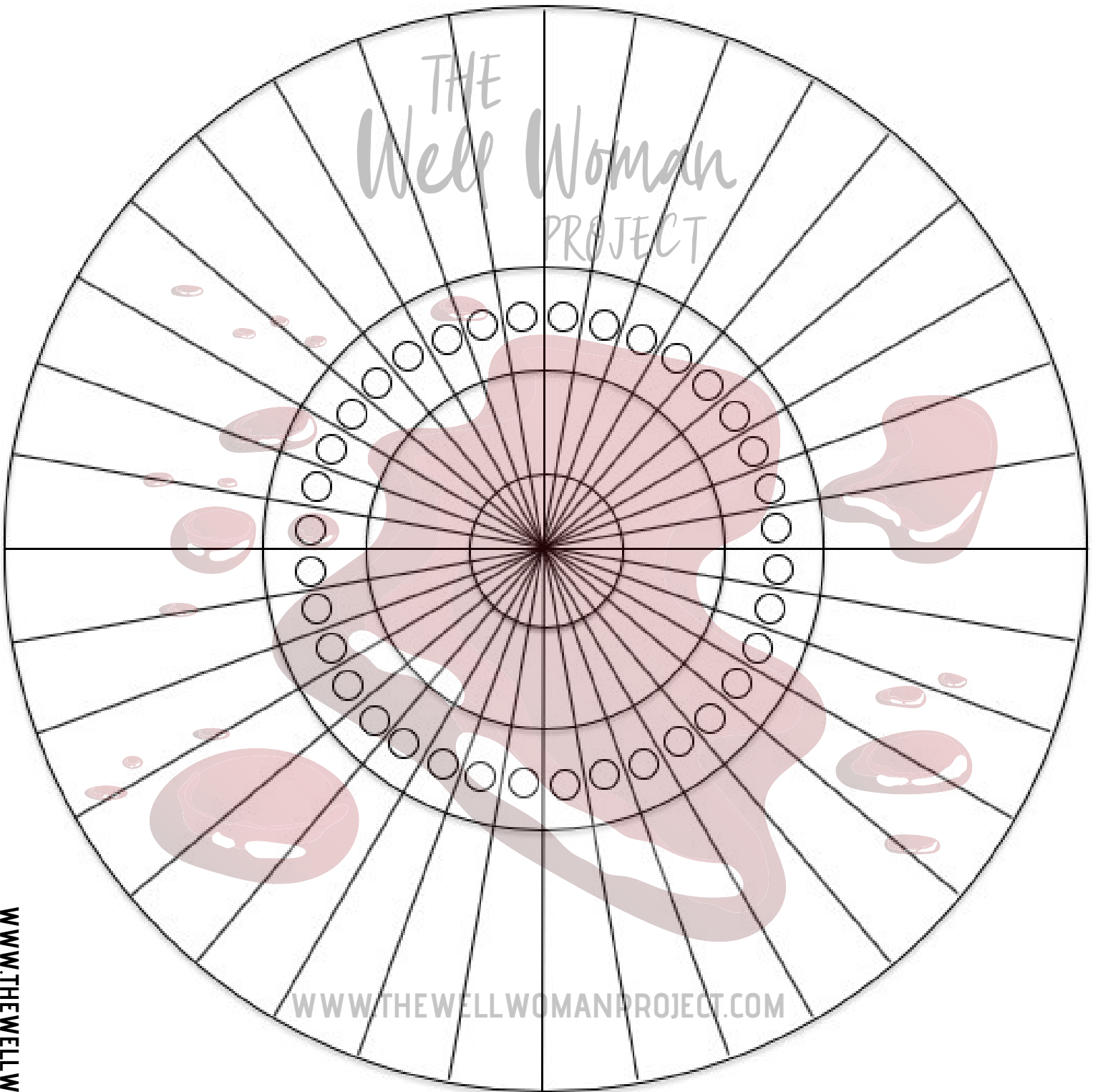


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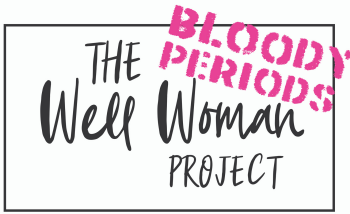
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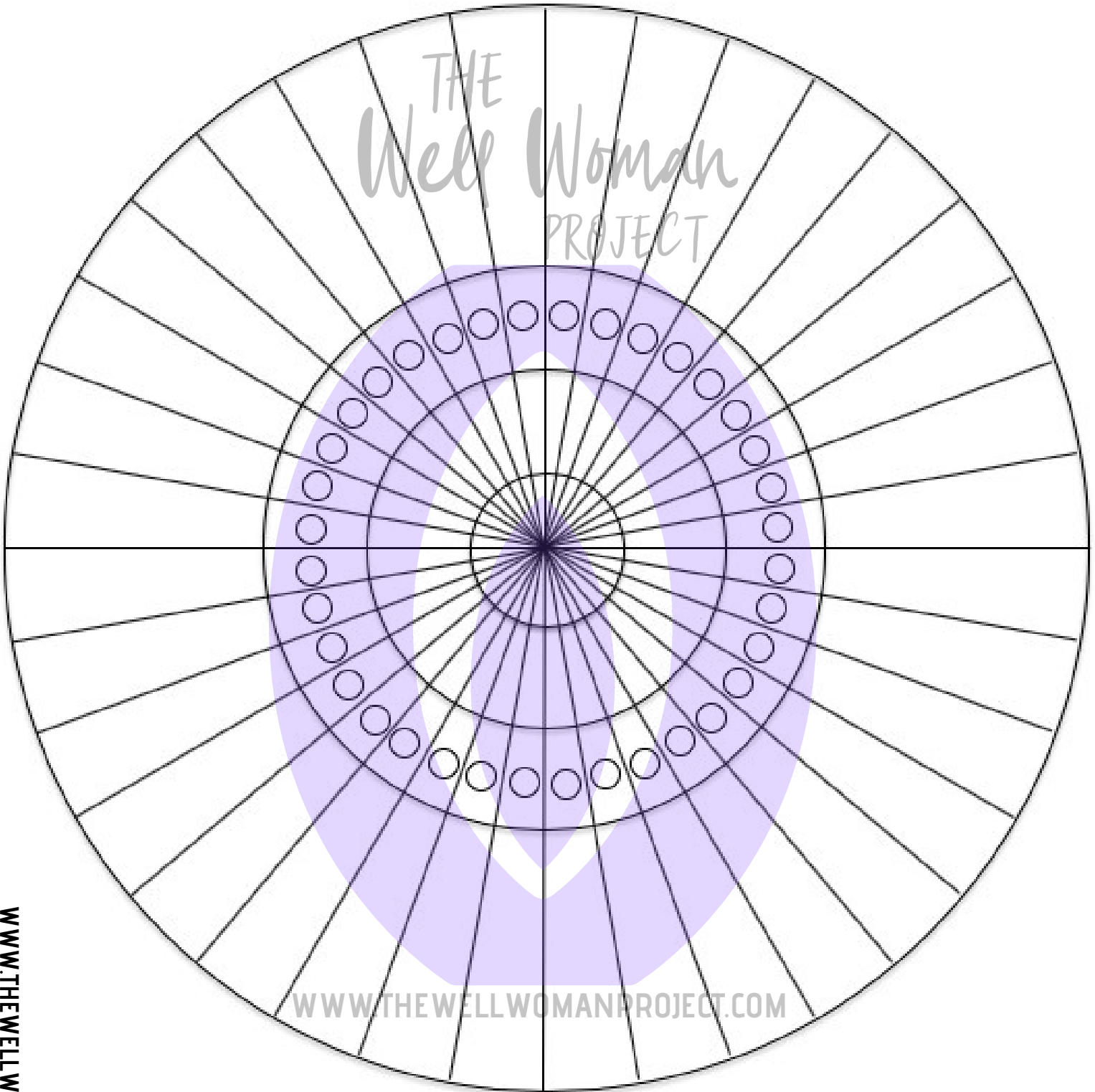
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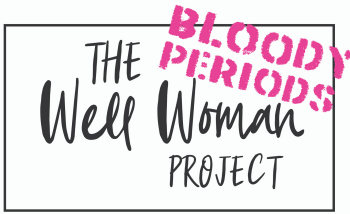
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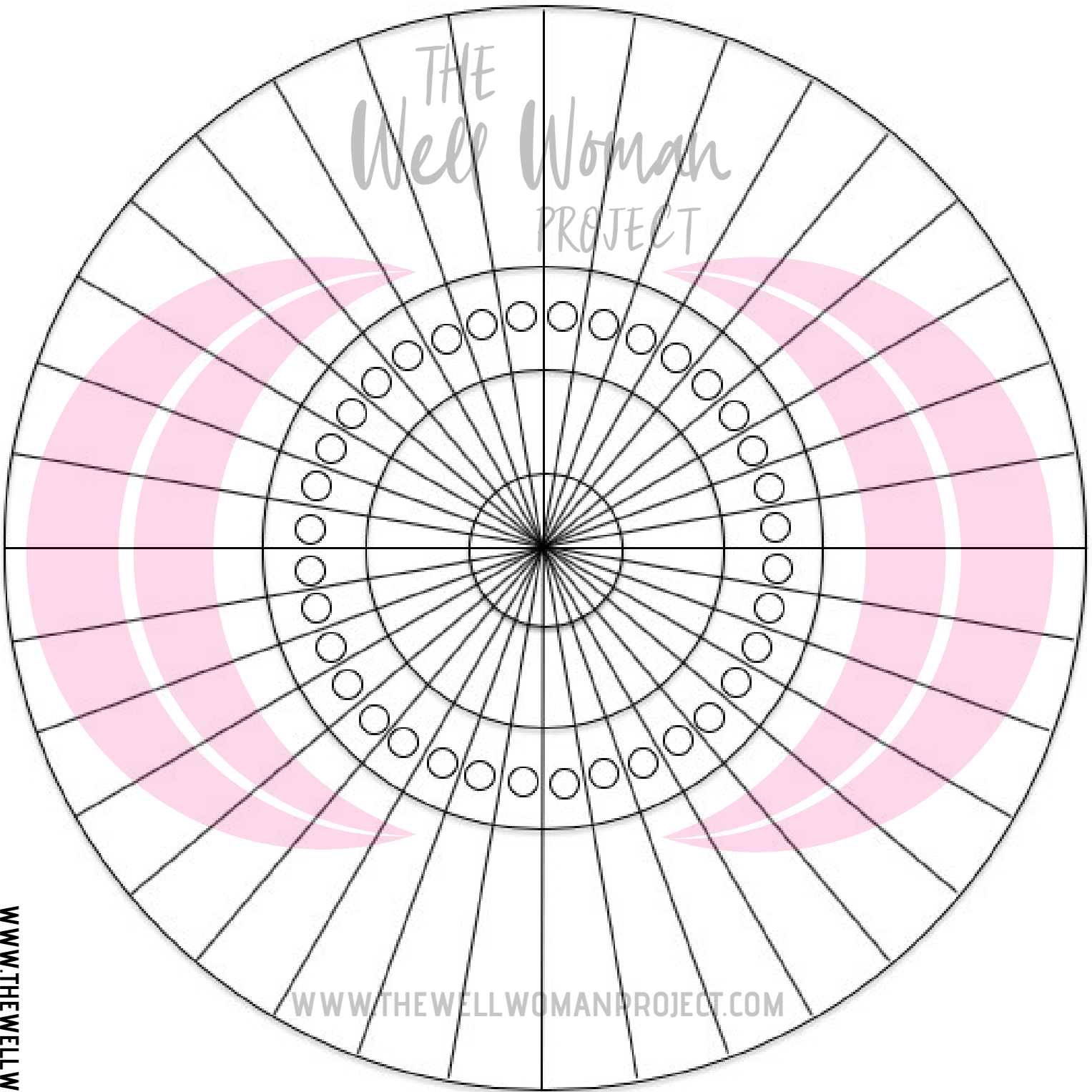
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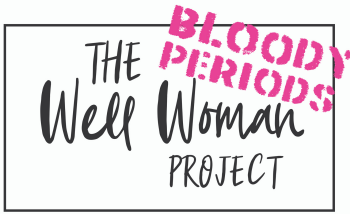
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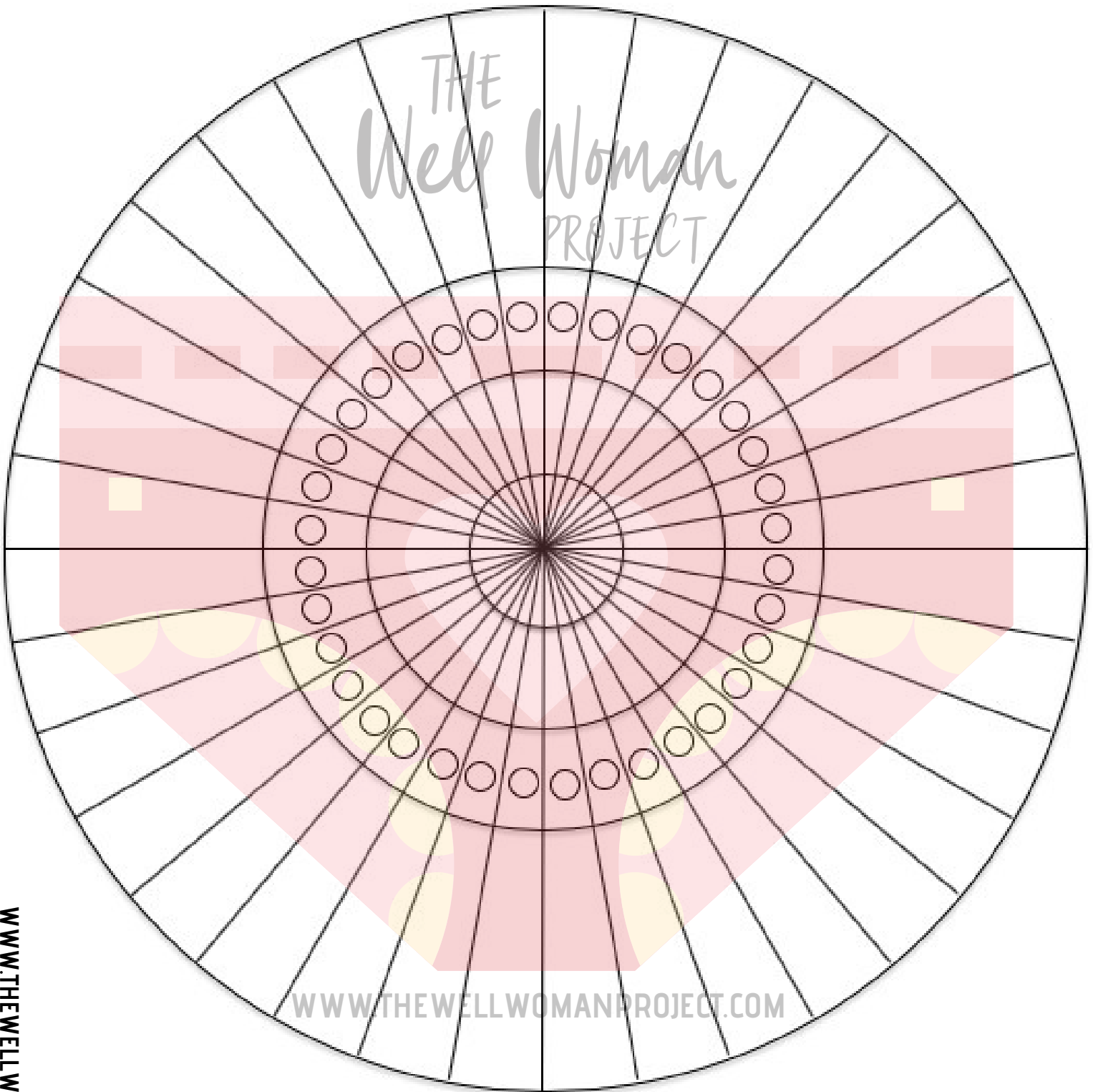
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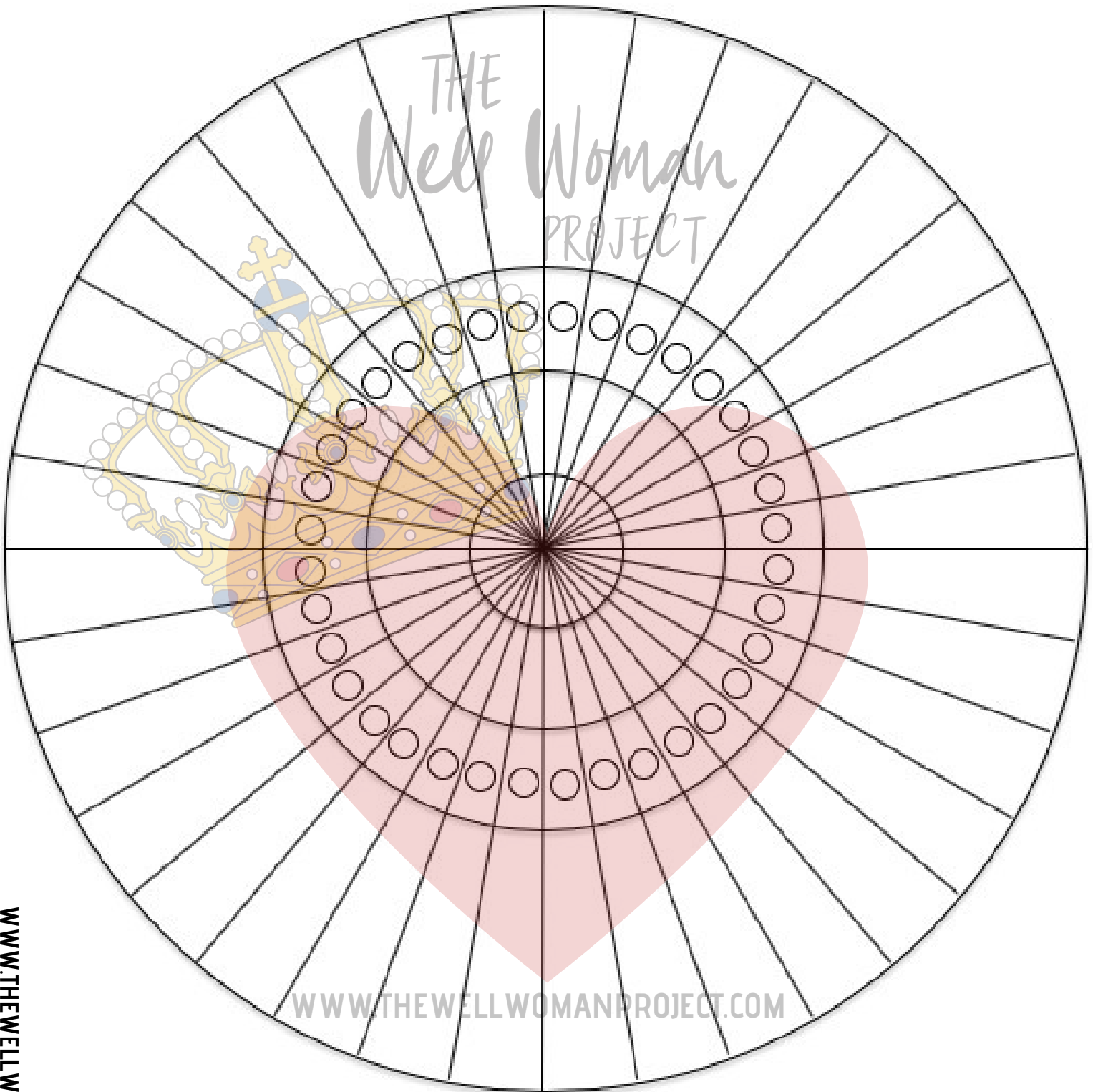
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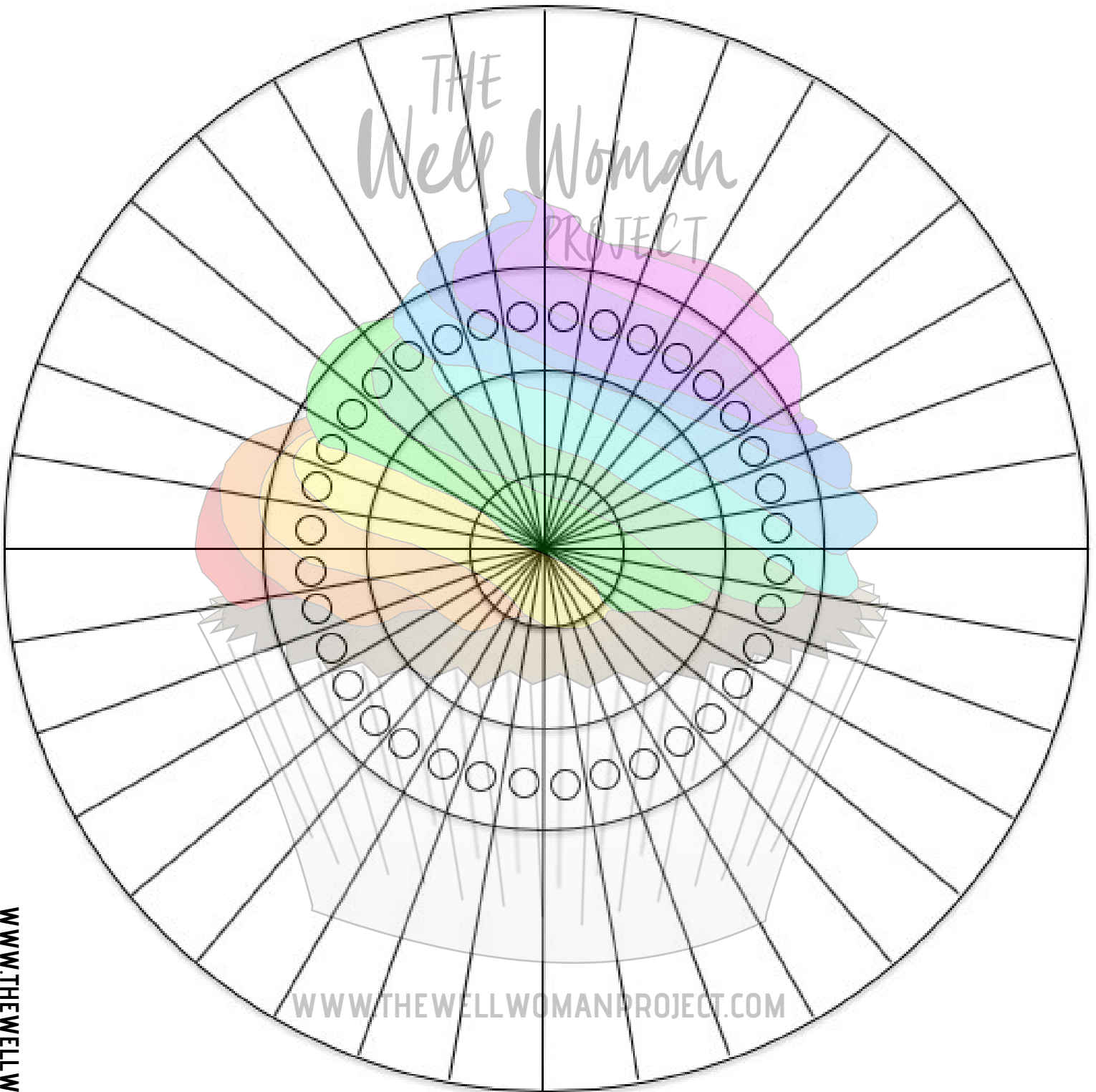
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Know your flow and go with your flow. Everything you need to know about yourself is within your cycle, there will be things that turn up without fail each month and there will be things that come and go but sure enough they will all be leading you to the clues about your body and the vital signs that is is telling you

