The Second Brain A Groundbreaking New Understanding Of Nervous Disorders Stomach And Intestine Michael D Gershon

Emeran Mayer

The Second Brain Michael D. Gershon, 2019-05-21 “Persuasive, impassioned. . . hopeful news [for those] suffering from functional bowel disease.” — New York Times Book Review Dr. Michael Gershon’s groundbreaking book fills the gap between what you need to know—and what your doctor has time to tell you. Dr. Michael Gershon has devoted his career to understanding the human bowel (the stomach, esophagus, small intestine, and colon). His thirty years of research have led to an extraordinary rediscovery: nerve cells in the gut that act as a brain. This second brain can control our gut all by itself. Our two brains—the one in our head and the one in our bowel—must cooperate. If they do not, then there is chaos in the gut and misery in the head—everything from butterflies to cramps, from diarrhea to constipation. Dr. Gershon's work has led to radical new understandings about a wide range of gastrointestinal problems including gastroenteritis, nervous stomach, and irritable bowel syndrome. The Second Brain represents a quantum leap in medical knowledge and is already benefiting patients whose symptoms were previously dismissed as neurotic or it's all in your head.

The Second Brain Michael Gershon, 1998-10-07 Dr. Michael D. Gershon's groundbreaking work clearly demonstrates that the human gut actually has a brain of its own. This remarkable scientific breakthrough offers fascinating proof that gut instinct is biological, a function of the second brain. An alarming number of people suffer from heartburn, nausea, abdominal pain, cramps, diarrhea, constipation, or related problems. Often thought to be caused by a weakness of the mind, these conditions may actually be a reflection of a disorder in the second brain. The second brain, located in the bowel, normally works smoothly with the brain in the head, enabling the head-brain to concentrate on the finer pursuits of life while the gut-brain attends to the messy business of digestion. A breakdown in communication between the two brains can lead to stomach and intestinal trouble, causing sufferers great abdominal grief and--too often--labeling them as neurotic complainers. Dr. Gershon's research into the second brain provides understanding for those who suffer from gut-related ailments and offers new insight into the origin, extent, and management. The Second Brain is the culmination of thirty years of research. It is an
extraordinary contribution to the understanding of gastrointestinal illnesses, as well as a fascinating glimpse into how our gut really works.

**Foundations for Osteopathic Medicine** Robert C. Ward, 2003 Thoroughly revised for its Second Edition, Foundations for Osteopathic Medicine is the only comprehensive, current osteopathic text. It provides broad, multidisciplinary coverage of osteopathic considerations in the basic sciences, behavioral sciences, family practice and primary care, and the clinical specialties and demonstrates a wide variety of osteopathic manipulative methods. This edition includes new chapters on biomechanics, microbiology and infectious diseases, health promotion and maintenance, osteopathic psychiatry, emergency medicine, neuromusculoskeletal medicine, rehabilitation, sports medicine, progressive inhibition of neuromuscular structures, visceral manipulation, A.T. Still osteopathic methods, treatment of acutely ill hospital patients, somatic dysfunction, clinical research and trials, outcomes research, and biobehavioral interactions with disease and health.

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**What's Behind Your Belly Button?** Martha Char Love, Robert W. Sterling, 2011 Although numerous books and articles have recently talked about the gut instincts as valuable in giving us useful hunches in the decision-making process, What's Behind Your Belly Button? goes much further and explains how gut feelings not only have a psychological intelligence of their own, but are also understandably rational in their functioning. The authors explore how gut feelings are like a gas gauge in our guts indicating through an emotional feeling of emptiness or fullness how well the two instinctive human needs for acceptance (attention from others) and of control of one's own responses (freedom) in our lives are being met and how our behavior attempts to keep these two instinctive needs in balance at all times. They explore how these two instinctive needs motivate nearly all our behaviors all through our lives and that the feeling memory of how well these needs are met from moment-to-moment may be accessed through somatic awareness of our gut feelings of empty and full by using the Somatic Reflection Process the authors have developed. What's Behind Your Belly Button? explains exactly what your gut feelings are capable of telling you about your inner instinctive needs, how to listen to the voice of your gut, and how to use both of your brains-head and gut-to work together for your optimal health and well-being. This book is recommended for anyone looking for a hopeful view of humankind and a method for getting in touch with gut instincts to reduce stress, cope with fear and anxiety, deal with health issues and make efforts to stay healthy, and to increase optimal problem-solving and life decision-making abilities. In 1998, neurological research at Columbia University published the work of Dr. Michael Gershon that identified the enteric nervous system as a center of feeling-intelligence in the gut, which he called the Second Brain. The authors carefully examined this material and accepted the research findings as pointing to the same universal feeling
intelligence they experienced in counseling with hundreds of people. Utilizing the research of Dr. Gershon, the work of Dr. Lise Eliot who charts the development of children from conception through the first five years of life, recent research of their own in the Psychology Department at Sonoma State University, and their vast clinical experience, the authors have presented an interpretation of recent medical research into a Gut Psychology and a more accurate behavioral understanding of the Self and human nature than has previously been available. They share a complete protocol and results of clinical research findings for the Somatic Reflection Process that they have created and used successfully, with themselves and hundreds of people, to assist the process of getting in touch with the voice of the gut and learning to follow its wisdom toward a healthy life-unifying the body-mind split in the individuation process. The authors suggest that we are at the beginning of a Renaissance in human consciousness and that understanding our true human nature is the way to thrive in this present era. The authors suggest that early in a child's learning process, care be taken to offer the experience of freedom and acceptance to the child to form a positive self-concept and to self-regulate his and her behavior as part of the learning process in becoming a loving, caring person. After careful examination of life's processes, they conclude that of all the mammals in the animal kingdom, humans seem to be the only species that has been denied the open use of their natural instincts. Out of ignorance, fear or wanton control by others—we are denied the use of the brains we were born with. This awareness is of growing concern since the absence of the use of the feeling intelligence of the body interferes with a major stabilizing force-built into the human system—that can affect human behavior, provide a sense of well-being, and the ability of the body to combat disease.

**Functional Somatic Symptoms in Children and Adolescents** Kasia Kozlowska, Stephen Scher, Helene Helgeland, 2020-09-30 This open access book sets out the stress-system model for functional somatic symptoms in children and adolescents. The book begins by exploring the initial encounter between the paediatrician, child, and family, moves through the assessment process, including the formulation and the treatment contract, and then describes the various forms of treatment that are designed to settle the child's dysregulated stress system. This approach both provides a new understanding of how such symptoms emerge—typically, through a history of recurrent or chronic stress, either physical or psychological—and points the way to effective assessment, management, and treatment that put the child (and family) back on the road to health and well-being.

**Buddha's Brain** Rick Hanson, 2011-07-13 Jesus, Moses, Mohammed, Gandhi, and the Buddha all had brains built essentially like anyone else's, yet they were able to harness their thoughts and shape their patterns of thinking in ways that changed history. With new breakthroughs in modern neuroscience and the wisdom of thousands of years of contemplative practice, it is possible for us to shape our own thoughts in a similar way for greater happiness, love, compassion, and wisdom. Buddha's Brain joins the forces of modern neuroscience with ancient contemplative teachings to show readers how
they can work toward greater emotional well-being, healthier relationships, more effective actions, and deepened religious and spiritual understanding. This book will explain how the core elements of both psychological well-being and religious or spiritual life—virtue, mindfulness, and wisdom—are based in the core functions of the brain: regulating, learning, and valuing. Readers will also learn practical ways to apply this information, as the book offers many exercises they can do to tap the unused potential of the brain and rewire it over time for greater peace and well-being.

**The Craving Brain** Ronald A. Ruden, 2000-11-21 Where do the roots of addictive behavior lie— in our genes or in our environment, in our chemistry or in our character? In the Craving Brain, Dr. Ronald Ruden asserts that the roots of addiction most definitively do not lie in our character. Rather, they lie in a complex chain reaction that originates in an ancient survival mechanism in the brain. When this system is inappropriately activated, it drives the body to crave, sometimes with addictive behavior as the end result. In clear, straightforward language, Dr. Ruden outlines his remarkable successful treatment program which he believes can cure this problem. The Craving Brain offers crucial insights into the world of addiction. This revolutionary book will bring hope to millions of people who suffer from a wide range of addictions, from gambling and alcohol to drugs and food.

**Love Your Gut: Supercharge Your Digestive Health and Transform Your Well-Being from the Inside Out** Megan Rossi, 2021-03-02 Support your immunity and fuel your metabolism with this revolutionary guide to gut health, including 50 fiber-packed recipes to nourish your microbiome—from the award-winning Gut Health Doctor (@TheGutHealthDoctor) and author of the forthcoming How to Eat More Plants. Publisher’s Note: Love Your Gut was previously published in the UK under the title Eat Yourself Healthy. The path to health and happiness is inside you—literally. It’s your gut! When you eat well, you feed the helpful gut microbes that nourish your metabolism, your immunity, and even your mood. But your microbiome is as unique as you are, so how to eat well varies from person to person. There’s more to it than one-size-fits-all advice like “Take probiotics” and “Eat more fermented foods”—in Love Your Gut, Dr. Megan Rossi cuts through the noise. You’ll learn what your gut actually needs, how it works, and, most importantly, what to do when it’s not loving you back. Gauge your gut health with 11 interactive questionnaires: How happy is your microbiome? Could you have a hidden food intolerance? Are your fruit and veggie choices stuck in a rut? You’ll answer these questions and many more! Craft a personal action plan and treat common problems: Learn to manage IBS, bloating, constipation, heartburn, SIBO, and stress—with evidence-based diet strategies, gut-directed yoga flows, sleep hygiene protocols, bowel massage techniques, and more. Enjoy 50 plant-forward, fiber-filled recipes, including Banana, Fig, and Zucchini Breakfast Loaf, Sautéed Brussels Sprouts and Broccolini with Pesto and Wild Rice, Prebiotic Chocolate Bark, and more! Get ready to discover your happiest, healthiest self. Love your gut!

**The Mind-Gut Connection** Emeran Mayer, 2018-06-05 Cutting-edge neuroscience combines with the latest discoveries on the human microbiome to inform this practical guide that proves once and for all the inextricable, biological link between
mind and body. We have all experienced the connection between our mind and our gut—the decision we made because it “felt right;” the butterflies in our stomach before a big meeting; the anxious stomach rumbling when we’re stressed out.

While the dialogue between the gut and the brain has been recognized by ancient healing traditions, including Ayurvedic and Chinese medicine, Western medicine has failed to appreciate the complexity of how the brain, gut, and more recently, the microbiome—the microorganisms that live inside us—communicate with one another. In *The Mind-Gut Connection*, Dr. Emeran Mayer, Executive Director of the UCLA Center for Neurobiology of Stress, offers a revolutionary look at this developing science, teaching us how to harness the power of the mind-gut connection to take charge of our health. The Mind-Gut Connection, shows how to keep the communication brain-gut communication clear and balanced to:

- Heal the gut by focusing on a plant-based diet
- Balance the microbiome by consuming fermented foods and probiotics, fasting, and cutting out sugar and processed foods
- Promote weight loss by detoxifying and creating a healthy digestion and maximum nutrient absorption
- Boost immunity and prevent the onset of neurological diseases such as Parkinson’s and Alzheimer’s
- Generate a happier mindset and reduce fatigue, moodiness, anxiety, and depression
- Prevent and heal GI disorders such as leaky gut syndrome; food sensitivities and allergies; and IBS; as well as digestive discomfort such as heartburn and bloating
- And much more.

**The Canon** Natalie Angier, 2008-04-03 The New York Times bestseller that makes scientific subjects both understandable and fun: “Every sentence sparkles with wit and charm.” —Richard Dawkins From the Pulitzer Prize–winning New York Times science journalist and bestselling author of Woman, this is a playful, passionate guide to the science all around us (and inside us)—from physics to chemistry, biology, geology, astronomy, and more. Drawing on conversations with hundreds of the world’s top scientists, Natalie Angier creates a thoroughly entertaining guide to scientific literacy. For those who want a fuller understanding of some of the great issues of our time, The Canon offers insights on stem cells, bird flu, evolution, and global warming. For students—or parents whose kids ask a lot of questions about how the world works—it brings to life such topics as how the earth was formed, or what electricity is. Also included are clear, fascinating explanations of how to think scientifically and grasp the tricky subject of probability. The Canon is a joyride through the major scientific disciplines that reignites our childhood delight and sense of wonder—and along the way, tells us what is actually happening when our ice cream melts or our coffee gets cold, what our liver cells do when we eat a caramel, why the horse is an example of evolution at work, and how we’re all really made of stardust.

**Enteric Glia** Brian D. Gulbransen, 2014-07-01 The enteric nervous system (ENS) is a complex neural network embedded in the gut wall that orchestrates the reflex behaviors of the intestine. The ENS is often referred to as the “little brain” in the gut because the ENS is more similar in size, complexity and autonomy to the central nervous system (CNS) than other components of the autonomic nervous system. Like the brain, the ENS is composed of neurons that are surrounded by glial
cells. Enteric glia are a unique type of peripheral glia that are similar to astrocytes of the CNS. Yet enteric glial cells also differ from astrocytes in many important ways. The roles of enteric glial cell populations in the gut are beginning to come to light and recent evidence implicates enteric glia in almost every aspect of gastrointestinal physiology and pathophysiology. However, elucidating the exact mechanisms by which enteric glia influence gastrointestinal physiology and identifying how those roles are altered during gastrointestinal pathophysiology remain areas of intense research. The purpose of this e-book is to provide an introduction to enteric glial cells and to act as a resource for ongoing studies on this fascinating population of glia. Table of Contents: Introduction / A Historical Perspective on Enteric Glia / Enteric Glia: The Astroglia of the Gut / Molecular Composition of Enteric Glia / Development of Enteric Glia / Functional Roles of Enteric Glia / Enteric Glia and Disease Processes in the Gut / Concluding Remarks / References / Author Biography

**Biohack Your Brain** Kristen Willeumier, 2020-12-29 A neuroscientist’s groundbreaking, science-driven plan for revitalizing, nourishing and rejuvenating your most essential asset—your brain. Your brain is the most essential organ in your body. The brain and spinal cord are intimately connected to every bodily system and organ, so when it is balanced everything in your body and mind will function more efficiently. It’s vitally important to take proactive steps now, or you risk losing everything, including your ability to think clearly, be creative, remember details, solve problems and retain your memory. In Biohack Your Brain, leading neuroscientist Dr. Kristen Willeumier reveals how you can change your brain by making simple and easy modifications to your lifestyle. Combining clinical experience with revolutionary science, she details how biohacking your brain can boost your cognitive performance and so much more. Dr. Willeumier’s essential guidebook shows you the most effective techniques to prevent memory loss and neurodegenerative disorders like Alzheimer’s disease—and even how to overcome negative thoughts and stress. Through research and case studies, you’ll learn how to upgrade your nutritional choices along with the effective use of supplements, brain games, and physical activity to overcome cognitive damage, whether it’s from previous injuries, such as a concussion or a bad fall or from the effects of living in modern day times. Dr. Willeumier shares her own story alongside those from the NFL players and other clients she has worked with to help you leverage the latest research to find personal solutions. Biohack Your Brain teaches you how to take better care of your brain, and also how to enhance your memory, lose excess weight, increase your energy and vitality in order to create the best health and life possible.

**The Inside Tract** Gerard E. Mullin, Kathie Madonna Swift, MS, RDN, LDN, Andrew Weil, M.D., 2011-07-05 More than 60 million Americans suffer from digestive disorders such as gastroesophageal reflux disease and irritable bowel syndrome. In The Inside Tract by Gerard E. Mullin, MD, a comprehensive plan for overcoming these common digestive ailments, you’ll learn how a simple regimen of dietary changes, supplements, and a 7-step lifestyle modification program can help heal intestinal problems and get you on track to vibrant health!
The Good Gut Justin Sonnenburg, Erica Sonnenburg, 2016-05-03 This book offers a new plan for health that focuses on how to nourish your microbiota, including recipes and a menu plan. The authors show how we can strengthen the community that inhabits our gut and thereby improve our own health. They look at safe alternatives to antibiotics; dietary and lifestyle choices to encourage microbial health; the management of the aging microbe; and the nourishment of your own individual microbiome.

The Neuropsychology of Mental Illness Stephen J. Wood, Nicholas B. Allen, Christos Pantelis, 2009-10 Describes neuropsychological approaches to the investigation, description, measurement and management of a wide range of mental illnesses.

Mitochondria and the Future of Medicine Lee Know, 2018 With information for patients and practitioners on optimizing mitochondrial function for greater health and longevity. Why do we age? Why does cancer develop? What's the connection between heart failure and Alzheimer's disease, or infertility and hearing loss? Can we extend lifespan, and if so, how? What is the Exercise Paradox? Why do antioxidant supplements sometimes do more harm than good? Many will be amazed to learn that all these questions, and many more, can be answered by a single point of discussion: mitochondria and bioenergetics. In Mitochondria and the Future of Medicine, Naturopathic Doctor Lee Know tells the epic story of mitochondria, the widely misunderstood and often-overlooked powerhouses of our cells. The legendary saga began over two billion years ago, when one bacterium entered another without being digested, which would evolve to create the first mitochondrion. Since then, for life to exist beyond single-celled bacteria, it's the mitochondria that have been responsible for this life-giving energy. By understanding how our mitochondria work, in fact, it is possible to add years to our lives, and life to our years. Current research, however, has revealed a dark side: many seemingly disconnected degenerative diseases have tangled roots in dysfunctional mitochondria. However, modern research has also endowed us with the knowledge on how to optimize its function, which is of critical importance to our health and longevity. Lee Know offers cutting-edge information on supplementation and lifestyle changes for mitochondrial optimization, such as CoQ10, D-Ribose, cannabinoids, and ketogenic dietary therapy, and how to implement their use successfully. Mitochondria and the Future of Medicine is an invaluable resource for practitioners interested in mitochondrial medicine and the true roots of chronic illness and disease, as well as anyone interested in optimizing their health.

The Microbiome Solution Robynne Chutkan M.D., 2015-08-25 The author of Gutbliss and one of today's preeminent gastroenterologists distills the latest research on the microbiome into a practical program for boosting overall health. Michael Pollan's widely discussed New York Times article, "Some of My Best Friends Are Germs," was just the tip of the iceberg. The microbiome—the collective name for the trillions of bacteria that live in our gut—is today's hottest medical news topic. Synthesizing the latest findings, Dr. Robynne Chutkan explains how the standard Western diet and lifestyle are
starving our microbiome, depleting the “good bugs” that keep us healthy and encouraging overgrowth of exactly the wrong type of bacteria. The resulting imbalance makes us more prone to disease and obesity and negatively affects our metabolism, our hormones, our cravings, our immunity, and even our genes. But beyond the science, what sets this book apart is Dr. Chutkan’s powerful three-level program for optimizing your gut bacteria for good health. Dr. Chutkan shares: Why hand-sanitizing gels and antibiotics are stripping our bodies of their natural protective systems Essential prebiotics and probiotics Recipes with ingredients that replenish the microbiome for each rehab level Cutting-edge research on the connection between the microbiome and the brain An intro to the stool transplant, the superfix for a severely troubled microbiome Dr. Chutkan is one of the most recognizable gastroenterologists working in America today, and this is the first book to distill the research into a practical, effective plan for replenishing our microbiomes. The Microbiome Solution will bring welcome relief to the millions who want to grow a good “gut garden”—and enjoy healthier, happier lives.

**The End of Illness** David B. Agus, Kristin Loberg, 2012-01-17 Challenges popular conceptions to outline new methods for promoting wellness and longevity, arguing that traditional medicine has not been successful in treating serious illness while urging readers to embrace a systemic understanding of the body that incorporates the use of revolutionary technologies.

**Swimming in the Sea of Talmud** Michael Katz, Gershon Schwartz, 1998 A clear, accessible guide to reading and understanding the Talmud. This book offers a unique introduction to the study of the Talmud and suggest ways to apply its messages and values to contemporary life. Imaginatively conceived, this volume is recommended for both individuals and group study sessions.

**The Mind-Gut-Immune Connection** Emeran Mayer, 2023-11-07 Cutting-edge neuroscience combines with the latest discoveries on the human microbiome to inform this practical guide that proves once and for all the inextricable, biological link between mind and body. We have all experienced the connection between our mind and our gut—the decision we made because it “felt right;” the butterflies in our stomach before a big meeting; the anxious stomach rumbling when we’re stressed out. While the dialogue between the gut and the brain has been recognized by ancient healing traditions, including Aryuvedic and Chinese medicine, Western medicine has failed to appreciate the complexity of how the brain, gut, and more recently, the microbiome—the microorganisms that live inside us—communicate with one another. In The Mind-Gut Connection, Dr. Emeran Mayer, Executive Director of the UCLA Center for Neurobiology of Stress, offers a revolutionary look at this developing science, teaching us how to harness the power of the mind-gut connection to take charge of our health. The Mind-Gut Connection, shows how to keep the communication brain-gut communication clear and balanced to: • Heal the gut by focusing on a plant-based diet • Balance the microbiome by consuming fermented foods and probiotics, fasting, and cutting out sugar and processed foods • Promote weight loss by detoxifying and creating a healthy digestion and maximum nutrient absorption • Boost immunity and prevent the onset of neurological diseases such as Parkinson’s and
Alzheimer’s • Generate a happier mindset and reduce fatigue, moodiness, anxiety, and depression • Prevent and heal GI disorders such as leaky gut syndrome; food sensitivities and allergies; and IBS; as well as digestive discomfort such as heartburn and bloating • And much more. Supplemental enhancement PDF accompanies the audiobook.

Whispering the Secrets of Language: An Emotional Quest through The Second Brain A Groundbreaking New Understanding Of Nervous Disorders Stomach And Intestine Michael D Gershon

In a digitally-driven world where screens reign supreme and immediate conversation drowns out the subtleties of language, the profound secrets and psychological subtleties hidden within words usually go unheard. Yet, nestled within the pages of The Second Brain A Groundbreaking New Understanding Of Nervous Disorders Stomach And Intestine Michael D Gershon a fascinating fictional treasure pulsing with fresh emotions, lies an extraordinary quest waiting to be undertaken. Composed by a talented wordsmith, this marvelous opus attracts readers on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within ab muscles fabric of each and every word. Within the emotional depths of the touching review, we shall embark upon a genuine exploration of the book is key styles, dissect their interesting publishing model, and succumb to the effective resonance it evokes strong within the recesses of readers hearts.

https://staging.cmsny.org/primo-explore/Resources/index_htm_files/kangaroo_old_test_papers.pdf

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Introduction

The Second Brain A Groundbreaking New Understanding Of Nervous Disorders Stomach And Intestine Michael D Gershon

Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. The Second Brain A Groundbreaking New Understanding Of Nervous Disorders Stomach And Intestine Michael D Gershon Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. The Second Brain A Groundbreaking New Understanding Of Nervous Disorders Stomach And Intestine Michael D Gershon: This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, it's a popular resource for finding various publications. Internet Archive for The Second Brain A Groundbreaking New Understanding Of Nervous Disorders Stomach And Intestine Michael D Gershon: Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks The Second Brain A Groundbreaking New Understanding Of Nervous Disorders Stomach And Intestine Michael D Gershon Offers a diverse range of free eBooks across various genres. The Second Brain A Groundbreaking New Understanding Of Nervous Disorders Stomach And Intestine Michael D Gershon Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. The Second Brain A Groundbreaking New Understanding Of Nervous Disorders Stomach And Intestine Michael D Gershon provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific The Second Brain A Groundbreaking New Understanding Of Nervous Disorders Stomach And Intestine Michael D Gershon, especially related to The Second Brain A Groundbreaking New Understanding Of Nervous Disorders Stomach And Intestine Michael D Gershon, might be challenging as they're often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to The Second Brain A Groundbreaking New Understanding Of Nervous Disorders Stomach And Intestine Michael D Gershon, sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some The Second
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