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CHAPTER 2 Doing Your Best on the SAT - The College Board

Consider adding 1-2 cups of 24 hour yogurt or raw kefir to your diet if tolerated. Apply 1-2 drops of DiGize essential oil in 1 tsp. of almond oil and apply to belly clockwise. Take 1/4 tsp. of bentonite clay in 2 cups of water. Slowly up your dosage of bentonite clay until stools are formed.

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