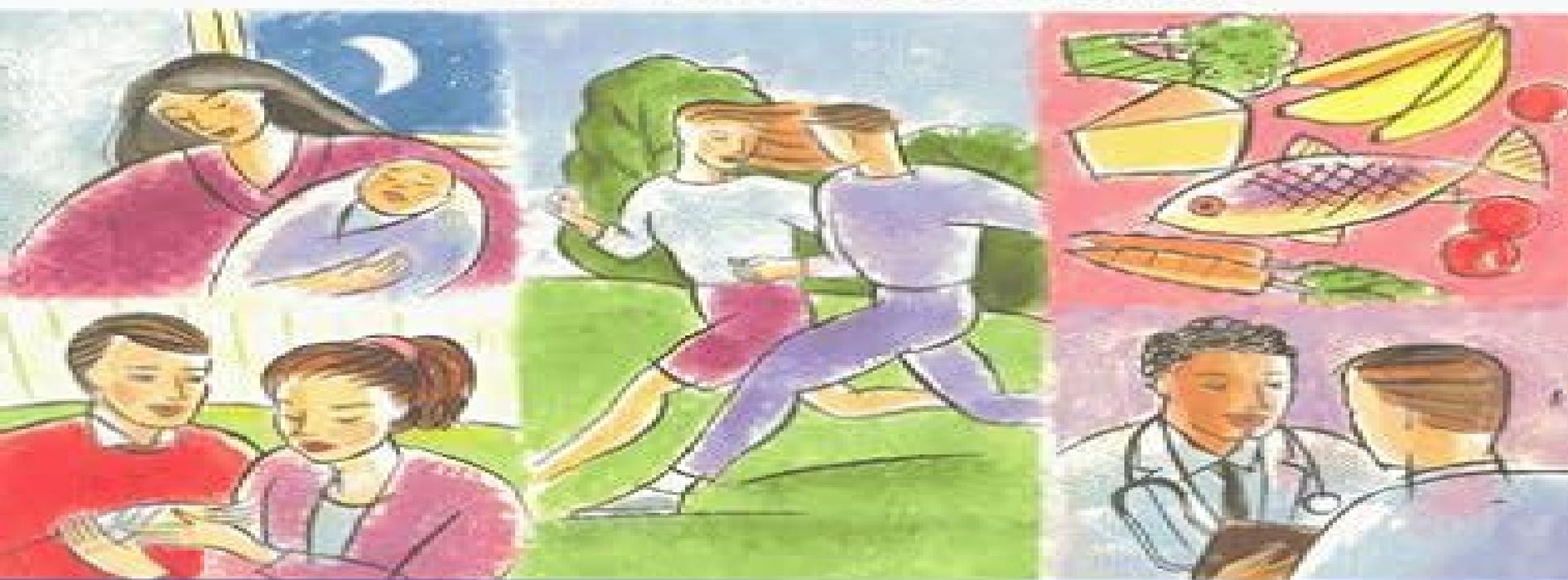


REVIEWED BY THE  
COLLEGE OF PHYSICIANS AND SURGEONS  
COLUMBIA UNIVERSITY

# THE CAREWISE GUIDE

Self-Care From Head To Toe



# The Carewise Guide Selfcare From Head To Toe

**JE Gale**



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