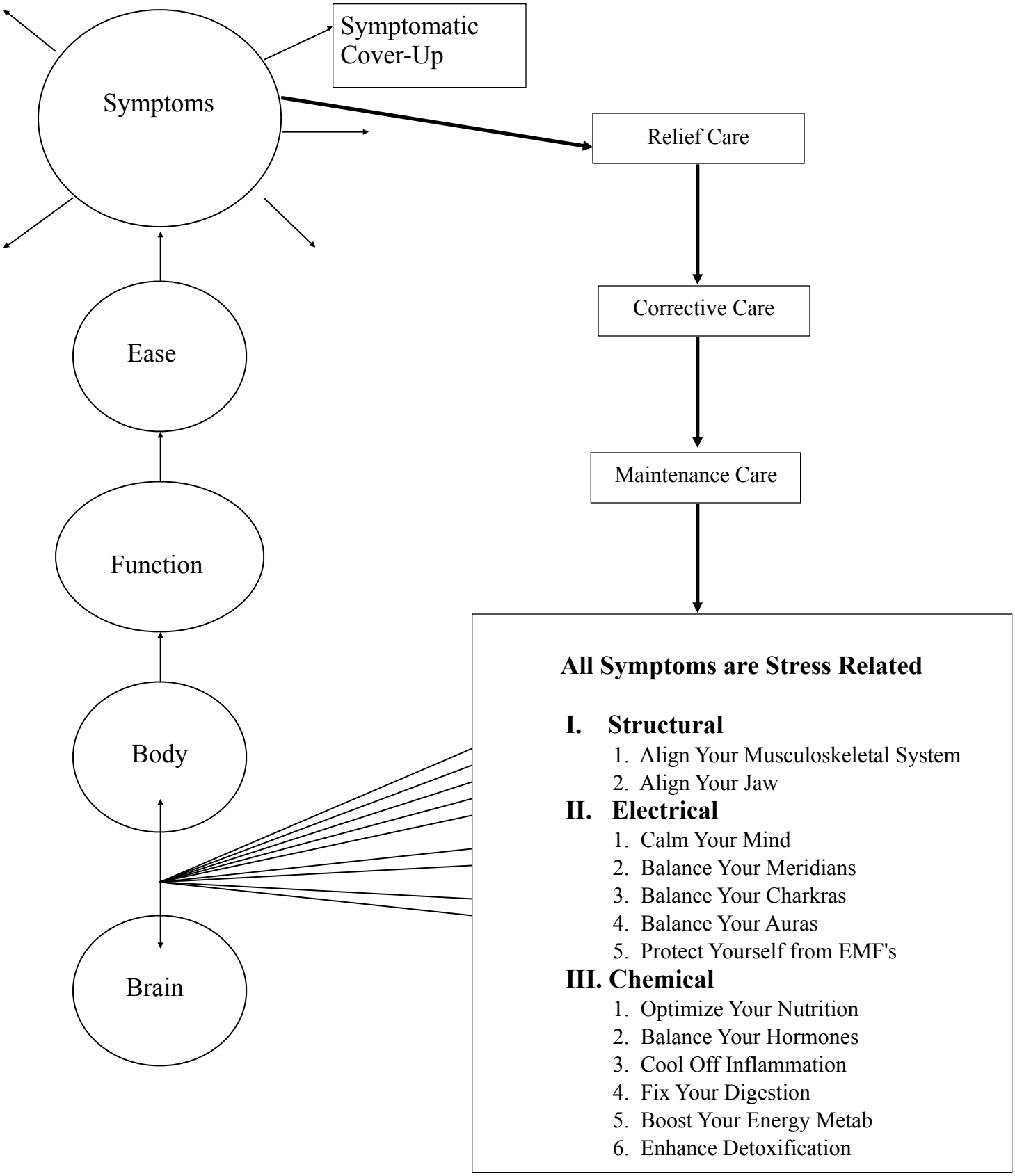Dr. Linda's Path to Wellness