



image-1627481443695.png



168,204,231



24

168: 16 8
204: 20 4
231: 23 1

231



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[illegible]






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A 10x10 grid of squares. The first 9 rows are completely filled with 10 squares each. The 10th row contains 5 squares, starting from the left.

□□□□ (HGH)□□□□

[illegible]Dr. Eric Berg DC

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[illegible]

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□□□ Dr. Eric Berg DC

<https://www.youtube.com/watch?v=ucPymf2kWOA>

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