

Stop The Madness Thyroid

Janie A. Bowthorpe

Stop the Thyroid Madness Janie A. Bowthorpe, 2008 A gutsy and revolutionary patient-to-patient book against a five-decade, worldwide medical scandal involving hypothyroid diagnosis, treatment, medications, and adrenal fatigue! Among the things you will learn in this book are: the TSH lab test is a failure for diagnosis and treatment; patients report many lingering hypothyroid symptoms while on T4-only medications like Synthroid and Levothyroxine; and, a far better treatment has been there all along and to which patients are returning.

Stop the Thyroid Madness II Andrew Heyman, James Yang, 2014-07-31 Created by Janie Bowthorpe, patient-to-patient STTM (Stop the Thyroid Madness) birthed hypothyroid treatment knowledge and protocols to counter decades of treatment mismanagement due to inferior medications, the wrong lab work, and a poor understanding of symptoms. Now Bowthorpe brings the reader this book, authored by over a dozen medical professionals. You'll read about the functional and holistic approach to thyroid disease, how stress affects the thyroid patient, the superior treatment of natural desiccated thyroid, why the TSH lab test is inadequate, what normal really doesn't mean when it comes to lab work, the importance of nutrition in regaining health and well-being, all about the autoimmune Hashimoto's version of hypothyroidism, why doctors are the way they are and how to relate to them, gluten and nutritional issues, thyroid toxicity and how to counter those toxins, the Reverse T3 problem, how MTHFR and methylation blockages can affect thyroid patients, and an understanding of why so many thyroid patients end up with low cortisol, aka hypocortisolism.

Dirty Bombshell Lorna J. Brunelle, 2010-12-02 A treasured read. I learned, laughed, and cried. I will pass on this remarkable resource. - Dawn Eger Rizzo, Thyroid Cancer Survivor Unflappable, witty, honest, and inspirational describe Lorna's exploration of her journey. As a survivor of kidney cancer, I was awed, captivated, and encouraged by the positive nature of Lorna's personal philosophy. - Marsha E. Bergquist, Cancer Survivor Having suffered much loss from this disease, Lorna's narrative about dealing with thyroid cancer is not only filled with useful and practical information, but was cathartic for my own repressed emotions. I laughed, I cried, and I healed. - Ellie Osborne Lorna has the innate gift of bringing light, laughter, and hope while sharing her journey with readers. I was pulled in by her honesty and even laughed out loud at times. - Linda Joy, Publisher Main Entry: dirty bomb-shell Function: noun Date: 2005 : a former bombshell beauty fighting thyroid cancer in the Nuclear Medicine Department of a hospital about to ingest a purple radioactive radiation pill that will

make her a contagious toxic human dirty bomb. Dirty Bombshell is the poignant and brave story of a 33 year old girl who is fighting her way back to wellness. Her triumphant story sheds light on a cancer most Americans are in the dark about. This story of faith, forgiveness, strength, hope, courage, tolerance, and self-discovery will change the way you tackle hardship, leaving you with the power to survive and thrive. Dirty Bombshell will help you find your way back to FABULOUS! As an actor, singer, writer, producer, and teacher, Lorna J. Brunelle has always had a passion for the arts. A tireless volunteer, with an indelible commitment to bring positive change, she is dedicated to a range of causes.

Stop the Thyroid Madness Paige Adams, Geoffrey T. Bouc, Jeffrey Dach, Lena D. Edwards, Andrew H. Heyman, Carla Heiser, Paula H. Luber, Benjamin D. Lynch, William D. Trumbower, Philip L. Roberts, Yusuf Saleeby, Laura R. Stone, Nguyen D. Phan, James C. Yang, 2014 Created by Janie Bowthorpe, patient-to-patient STTM (Stop the Thyroid Madness) birthed hypothyroid treatment knowledge and protocols to counter decades of treatment mismanagement due to inferior medications, the wrong lab work, and a poor understanding of symptoms. Now Bowthorpe brings the reader this book, authored by over a dozen medical professionals. You'll read about the functional and holistic approach to thyroid disease, how stress affects the thyroid patient, the superior treatment of natural desiccated thyroid, why the TSH lab test is inadequate, what normal really doesn't mean when it comes to lab work, the importance of nutrition in regaining health and well-being, all about the autoimmune Hashimoto's version of hypothyroidism, why doctors are the way they are and how to relate to them, gluten and nutritional issues, thyroid toxicity and how to counter those toxins, the Reverse T3 problem, how MTHFR and methylation blockages can affect thyroid patients, and an understanding of why so many thyroid patients end up with low cortisol, aka hypocortisolism.

Test Your Thyroid Function Benedicte Mai Lerche MSc PhD, 2024-08-24 YOU MIGHT BE EXPERIENCING SYMPTOMS OF A SLUGGISH METABOLISM (HYPOTHYROIDISM) EVEN IF YOUR THYROID BLOOD TESTS APPEAR NORMAL: In Test Your Thyroid Function, biochemist Benedicte Mai Lerche, MSc, PhD, addresses this critical issue by introducing a more accurate method of thyroid testing based on Dr. Ray Peat's research. WHAT YOU WILL LEARN: This comprehensive guide provides the tools and knowledge to assess your thyroid health and accurately detect hypothyroidism. It explains how to interpret thyroid lab results using optimal values rather than broad reference ranges. The book also teaches you how to monitor your metabolism at home by tracking pulse rate, temperature, and symptoms of low thyroid function. KEY TOPICS COVERED: □ The role of the thyroid gland in regulating metabolism □ How the T3 hormone controls the metabolic rate □ Recognizing common symptoms of hypothyroidism □ How stress impacts thyroid function □ The anti-metabolic effects of reverse T3 (rT3) □ Issues with converting T4 to T3 □ Understanding blood tests for TSH, T4, T3, rT3, and thyroid antibodies □ Interpreting lab results based on Dr. Ray Peat's research □ Differences between optimal and normal values for thyroid lab tests □ Preparing for thyroid blood tests □ Why thyroid antibodies become elevated □ The truth about Hashimoto's Thyroiditis

□ How Dr. Broda Barnes used temperature to diagnose hypothyroidism □ Why Dr. Ray Peat relied on both temperature and pulse to track metabolism □ How to use pulse and temperature to track your metabolism at home □ And much more TABLES & TEMPLATES FOR TRACKING YOUR METABOLISM: □ A table comparing optimal values with standard values for thyroid blood tests □ Tables showing pulse and temperature ranges for healthy thyroid function □ A list of symptoms associated with hypothyroidism □ Personal tracking templates for pulse, temperature, and symptoms WHO THIS BOOK IS FOR: Test Your Thyroid Function is perfect for those who suspect their health issues are related to a sluggish metabolism (hypothyroidism) and for thyroid patients who want to track their metabolic health with confidence and precision. If you've been told your thyroid blood tests are normal but still experience symptoms of hypothyroidism, this book offers a comprehensive, straightforward guide that clears up the confusion surrounding thyroid testing. It provides crucial insights for understanding and monitoring both thyroid function and metabolic health at the cellular level. HEALING METABOLISM - BOOK SERIES: This book is the second volume in Benedicte Mai Lerche's Healing Metabolism series: Book 1: How I Overcame Hypothyroidism Book 2: Test Your Thyroid Function Book 3: How To Boost Metabolism With Food

The 30-Day Thyroid Reset Plan Becky Campbell, 2018-06-12 Get Your Health Back for Good In 30 Days Millions of Americans have thyroid disorders and don't even know it. Dr. Becky Campbell, who has years of experience in the field, was one of those people but cured herself using this revolutionary program. What makes this approach different—and more effective for lifelong results—is that it looks for root causes and offers a well-rounded, holistic treatment plan that addresses lifestyle, diet, environmental toxins and more. This way, you can fix the underlying problem rather than covering up the symptoms. Because the thyroid affects every system in the body, a whole host of symptoms can arise and can vary from person to person. To help individuals find the root cause of their thyroid disorder, Dr. Becky Campbell explains the seven hidden triggers that cause illness: gut infections, leaky gut and food sensitivities, vitamin deficiencies, HPA-axis imbalance, heavy metal toxicity, sex hormone dysfunction and chronic infections. She then provides her all-natural treatment plan, which includes a highly effective and easy-to-follow 30-day reset diet, so you can find which foods work for your body and which do not. She will also help you adjust your lifestyle with recipes for toxin-free products, ways to reduce stress and much more. Invest in your health and use The 30-Day Thyroid Reset Plan to heal your body for life.

Dr. Colbert's Hormone Health Zone Don Colbert, 2019-01-22 NEW YORK TIMES BEST-SELLING AUTHOR OF DR. COLBERT'S KETO ZONE DIET, THE SEVEN PILLARS OF HEALTH, AND DR. COLBERT'S I CAN DO THIS DIET WHAT IF YOU COULD REGAIN YOUR YOUTH? After more than thirty years of study Don Colbert, MD, has finally solved the hormone puzzle. Now the answers you need are available, and with the latest groundbreaking information Dr. Colbert provides in this book, you no longer have to settle for simply balancing your hormones; you can OPTIMIZE them to return to the healthy, fit, and vibrant life you enjoyed in your twenties. It sounds too good to be true—but it's not! Hormones play a vital role in each of

our lives, and the benefits of optimizing your hormone levels can include: Increased energy, strength, ability to lose fat, and libido Better moods, memory, and mental clarity Improved relationships Feeling younger, healthier, and happier Dr. Colbert's Hormone Health Zone, dispels the myths about bioidentical hormones, sheds light on common hormone disruptors you need to avoid, and tells you what your doctor may not know about the proper tests, optimum hormone levels, and action steps you need to take to achieve your desired results. For years hormone imbalances have gone undiagnosed, but not anymore. Arm yourself with the latest information from a trusted source. A balanced, happy, healthy life is the goal, and getting in the zone—the hormone zone—is the way to achieve it.

Dr. Colbert's Health Zone Essentials Don Colbert, 2024 After reading this book, you will have the knowledge and the understanding to create clean, healthy habits to guide your lifestyle so you can prevent and reverse a life of illness.--Cover.

How to Heal Hashimoto's Marc Ryan, LAC, 2017-06-20 Here's the simple truth about Hashimoto's: It's way more than a thyroid problem. And even though it's an autoimmune disease, it's also way more than an immune system problem. Over time, it progressively becomes a body-wide disorder. Most people are familiar with the common hypothyroid symptoms of fatigue, brain fog, weight gain, sensitivity to cold, hair loss, and constipation. But what many people don't seem to understand is that many Hashimoto's patients also have anxiety and depression, acid reflux, blood sugar imbalances like hypoglycemia and insulin resistance, intestinal permeability, anemia, food intolerances, and much more. This is not coincidence. It is all caused by repeated patterns of one system of the body breaking down and bringing other systems down with it. This causes vicious cycles that lead to the breakdown of the gut, the brain, the adrenals, the stomach, the gall bladder, the liver and every other major organ in the body. *How to Heal Hashimoto's* offers a practical, easy-to-follow approach that treats the whole body, by figuring out what is breaking down and then developing a plan for fixing it. Using an autoimmune diet, lifestyle changes like meditation and qi gong, and other natural interventions, Marc Ryan shows you how to transform these vicious cycles into positive healing momentum —thereby allowing the body to return to balance. Get ready to take charge of your health and reclaim your life!

Minority Report William T. Lynch, 2020-10-16 In Philip K. Dick's *The Minority Report*, 'precogs', who are imaginary individuals capable of seeing the future are relied upon to stop crime, with a consensus report synthesized from two of three precogs. When the protagonist is indicted for a future murder, he suspects a conspiracy and seeks out the "minority report," detailing the suppressed testimony of the third precog. Science works a lot like this science fiction story. Contrary to the view that scientists in a field all share the same "paradigm," as Thomas Kuhn famously argued, scientists support different, and competing, research programs. Statements of scientific consensus need to be actively synthesized from the work of different scientists. Not all scientific work will be equally credited by science as a whole. While this system works well enough for most purposes, it is possible for minority views to fail to get the hearing that they deserve. This book analyzes the

support that should be given to minority views, reconsidering classic debates in science and technology studies and examining numerous case studies.

Tired of Being Sick and Tired Michael Berglund, 2011-10-04 So many people wonder why they constantly deal with a lack of energy. The answer could be a low-functioning thyroid—even when blood tests say otherwise. In *Tired of Being Sick and Tired*, Dr. Michael Berglund addresses the surprising hidden reasons why you, like so many other people, may be struggling to overcome exhaustion, depression, and weight gain. If your thyroid isn't working properly, you can eat perfectly, take your vitamins, and still feel sick. What's worse, the typical blood test to determine low-functioning thyroid doesn't always give you the whole picture. Dr. Berglund explains the truth that your doctor may not be telling you, including: What tests you should ask for if you suspect your thyroid is the culprit behind your fatigue How traditional thyroid treatments can lead to the thyroid gland becoming even less productive How healthy eating and a new approach to nutrition can put you back on the path to great health

Integrative Geriatric Medicine Mikhail Kogan, 2017-11-24 Integrative geriatrics is a new field of medicine that advocates for a whole-person, patient-centered, primarily non-pharmacological approach to medical care of the elderly. Most current geriatric practices overprescribe medications and procedures and underutilize non-pharmacological, low-cost, high-touch methods. Patients, however, often show reluctance towards these standard practices, as the interventions they rely upon are often invasive. The practice of integrative geriatrics is rooted in lifestyle interventions, such as nutrition, movement therapies, and mind-body and spirituality approaches, that allow patients to have different path to their healthcare—one that utilizes pharmaceuticals and invasive procedures only when safer integrative approaches are not available or not effective. This first definitive textbook of this new field presents detailed, evidence-based information for all healthcare providers and advocates who work with geriatric population. It is intended not only for providers in outpatient settings, but also to those who work in nursing homes, assisted and independent living facilities, and senior community centers. In addition, *Integrative Geriatric Medicine* will provide valuable information for leaders and politicians who are involved with implementing policies and procedures for care of elderly patients looking for safer, less costly, and more patient-centered approaches.

Undoctored William Davis, 2017-05-09 Conventional health care is no longer working in your favor—but thankfully, Dr. Davis is. In his New York Times bestseller *Wheat Belly*, Dr. William Davis changed the lives of millions of people by teaching them to remove grains from their diets to reverse years of chronic health damage. In *Undoctored*, he goes beyond cutting grains to help you take charge of your own health. This groundbreaking exposé reveals how millions of people are given dietary recommendations crafted by big business, are prescribed unnecessary medications, and undergo unwarranted procedures to feed revenue-hungry healthcare systems. With *Undoctored*, the code to health care has been cracked—Dr. Davis will help you create a comprehensive program to reduce, reverse, and cure hundreds of common health conditions and

break your dependence on prescription drugs. By applying simple strategies while harnessing the collective wisdom of new online technologies, you can break free of a healthcare industry that puts profits over health. Undoctored is the spark of a new movement in health that places the individual, not the doctor, at the center. His plan contains features like: • A step-by-step guide to eliminating prescription medications • Tips on how to distinguish good medical advice from bad • 42 recipes to guide you through the revolutionary 6-week program Undoctored gives you all the tools you need to manage your own health and sidestep the misguided motives of a profit-driven medical system.

Bioidentical Hormones 101 Jeffrey Dach, 2011-09-09 American medicine has lost its way. In *Bioidentical Hormones 101*, author Dr. Jeffrey Dach uncovers the ills in today's health care system and suggests ways to get it back on track. Through a series of articles that originally appeared on his Internet blog, Dach provides evidence that bioidentical hormones are safer and more effective than synthetic hormones. He describes how to win the information war and take control of your health. Questioning the prevailing medical dogma, he covers a wide range of topics related to health and health care: Natural thyroid Iodine supplementation Selenium Dangers of GMO food Avoiding bad drugs Limitations of cancer screening with mammograms PSA testing Thyroid ultrasound Low-dose naltrexone Future of medicine Health insurance companies Dispensing the truth about drugs, health care, and medicine, *Bioidentical Hormones 101* uses information to empower America to embrace a more holistic approach to health care.

Epidemiology of Thyroid Disorders Jahangir Moini, Katherine Pereira, Mohtashem Samsam, 2020-01-08 *Epidemiology of Thyroid Disorders* provides comprehensive, clinical knowledge to professionals dealing with thyroid disorders. The book focuses on the pathophysiology of thyroid disorders, the prevalence and incidence of various diseases, and their prevention. This focused analysis on thyroid disorders raises awareness of this global problem that, once diagnosed or misdiagnosed, can sometimes lead to over-treatment and cardiovascular complications, especially in the elderly. This succinct, targeted reference gives the reader excellent information on the epidemiology of global thyroid disorders, as well as up-to-date treatment data and a special focus on prevention. - Serves as a starting point for medical professionals, addressing the patterns, risk factors, prevention, and treatment of thyroid disorders around the world - Discusses the prevalence of thyroid disorders around the world, covering disability and cost burden - Covers recent trends, technologies and advancements in the management of thyroid diseases

Healing the Thyroid with Ayurveda Marianne Teitelbaum, 2019-03-26 A comprehensive guide to addressing the growing epidemic of thyroid disease from the perspective of the Ayurvedic tradition • Details the author's successful treatment protocols for Hashimoto's thyroiditis, hypothyroidism, and hyperthyroidism developed over more than 30 years of Ayurvedic practice • Explores the underlying causes of thyroid malfunction, the thyroid's connections to the liver and gall bladder, and the importance of early detection • Also includes treatments for common symptoms of thyroid disease, such as

insomnia, depression, fatigue, and osteoporosis, as well as for weight loss and hair growth. In this comprehensive guide for practitioners and those concerned with thyroid health, Marianne Teitelbaum, D.C., integrates the ancient medicine of Ayurveda with modern scientific findings to address the growing epidemic of thyroid disease. Revealing how the thyroid is the victim of many factors that conspire to create ill health--and how many cases of thyroid disease go undiagnosed--Teitelbaum focuses not only on treating thyroid problems and symptoms but also on diagnosing them at their earliest, most reversible stages. She outlines the basic principles of Ayurveda, including pulse diagnosis, a key tool for early detection, and explains the successful treatment protocols she has developed over more than 30 years of Ayurvedic practice. She details the underlying reasons for thyroid malfunction, such as inflammation, malnutrition, and toxins, and how the thyroid is connected with the health of the rest of body, including the liver and gall bladder. She explores the Ayurvedic treatment of thyroid-related conditions, such as Hashimoto's thyroiditis, hypothyroidism, and hyperthyroidism, offering guidance on the targeted use of herbs, specific dietary recommendations, proper detoxification, and Ayurvedic recipes. She also includes treatments and remedies for common symptoms of thyroid disease, including insomnia, depression, fatigue, and osteoporosis, as well as for luxurious hair growth and weight loss. Based on the treatment of thousands of patients, this book also shares success stories of thyroid healing and the scientific studies that support the author's Ayurvedic thyroid protocols. Offering an easy-to-follow yet comprehensive guide, Teitelbaum shows that optimum thyroid health as well as overall health are within everyone's reach.

The Hashimoto's 4-Week Plan Karen Frazier, 2016-03-01 The Hashimoto's 4-Week Plan will be the book that I give to all of the clients who come to me seeking nutritional strategies for managing their Hashimoto's symptoms.—Sara Peternell, MNT From The Author of The Hashimoto's Cookbook & Action Plan Your Customized Lifestyle Plan For Better Health With 75 Quick & Easy Recipes Using 5 Main Ingredients or Fewer If you already own The Hashimoto's Cookbook and Action Plan, now it's time to enhance your journey to wellness with a revolutionary Hashimoto's lifestyle plan. In The Hashimoto's 4-Week Plan, you'll learn to adapt lifestyle strategies by addressing the physical and emotional symptoms of hypothyroidism. Packed with inspiration and ideas for managing your Hashimoto's holistically, The Hashimoto's 4-Week Plan combines lifestyle advice, emotional support, and dietary tips with a practical meal plan featuring easy-to-make, Hashimoto's-friendly recipes. The empowering strategies help you achieve a healthier diet, better sleep, and greater self-compassion so you discover the path to wellness—on your own terms. By committing to four weeks, you will take important steps toward a lifetime of better health. The Hashimoto's 4-Week Plan provides practical strategies to help you: EAT HEALTHIER: A convenient meal plan, shopping lists, and 75 delicious recipes that use 5 main ingredients or fewer SLEEP BETTER: Action-oriented tips to improve sleep hygiene REDUCE STRESS: Practical advice to manage stress and anxiety PRACTICE SELF-COMPASSION: Simple step-by-step exercises and daily checklists to treat yourself with kindness

The Hormone Cure Sara Gottfried,2014-03-11 A Harvard physician's method to improve physical and mental health by optimizing the hormones in the 30s, 40s, and beyond.

It's Not Your Fault It's Your Hormones Mitchell R. Suss,2019-06-25 All too often, women are told that feeling overweight, moody, asexual, tapped out, dried up, stressed out, and sleep deprived is just part of aging. Or they're led to believe that the answer can be found by taking hormone replacement treatments (HRT) Finally, author and wellness entrepreneur Mitchell R Suss, in his new book "It's not your fault, its your hormones!" offers encouragement for women seeking non-pharmaceutical ways to cut down on weight, mood swings, hot flashes-while staving off heart disease, breast cancer, osteoporosis and other diseases of aging. Mitch's book is the answer for women struggling with weight gain and harsh menopausal symptoms that can disrupt a women's life as she ages. He introduces a hormone free, drug free, all natural alternative program to hormone replacement therapy (HRT) created by women's hormone and health expert , Dr Siobhan Kealy. Combining natural therapies with rigorous scientific testing and comprehensive lab work, Dr Kealy can identify the common causes of hormonal imbalances and abnormal weight gain. As a functional medicine doctor, she addresses fat loss and fat loss resistance from a completely different approach than traditional (HRT) practitioners. Dr Kealy's program will free you from sugar cravings, calorie counting, and the roller-coaster diet mentality. It is designed to change your habits so you'll instinctively be eating in ways that are aligned with your female genetics and metabolic hormones. Women today do not need to accept the hormonal hell of being fat, tired,stressed, and never in the mood for sex-"It's not your fault, Its your hormones!" Gives you a safe and effective, easy-to-follow program to balance your "Hunger Hormones", lose fat, gain muscle without the use of hormone pills, drugs or antidepressants. "It's not your fault, Its your hormones!" Brings to light the secrets that every middle-age women must know to turn on your "Weight loss Hormones", control your "Hunger Hormones" and crank up your "Feel Good Hormones"! This highly anticipated book reveals why women are experiencing the ravages of menopause, weight gain, night sweats, irritability, and how your body's own natural hormones create a "seismic shift" during menopause. "Its not your fault, It's your hormones!" answers questions you probably didn't know enough to ask: . Why do menopausal women gain weight, even while exercising more and eating less? . Why I am accumulating a bigger waistline? . Why am I feeling so tired, sluggish and empty? . Why am I not getting quality sleep? . And why did my sex life come to a complete stop? And What Should I Do about this, and how should I make it work? There is no reason to suffer or expose yourself to the many side effects of (HRT) "Its Not Your Fault, Its Your Hormones!"... Inspirational, Educational, Motivational!

The Original Diet Roy Mankovitz,2011-01-08 Illness prevention, designed by nature, and researched by a rocket scientist! You do not need a background in science to understand The Original Diet because it is based on common sense. The diet is backed by the largest clinical study in human history, and works for everybody. Find out what nature designed humans to eat.

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Stop The Madness Thyroid**

In a world inundated with displays and the cacophony of immediate communication, the profound energy and mental resonance of verbal artistry frequently diminish into obscurity, eclipsed by the constant onslaught of noise and distractions. However, set within the musical pages of **Stop The Madness Thyroid**, a charming perform of fictional splendor that impulses with natural thoughts, lies an remarkable journey waiting to be embarked upon. Published by a virtuoso wordsmith, this interesting opus instructions viewers on an emotional odyssey, gently revealing the latent potential and profound impact stuck within the complicated internet of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is main themes, dissect their fascinating publishing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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Stop The Madness Thyroid Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and

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