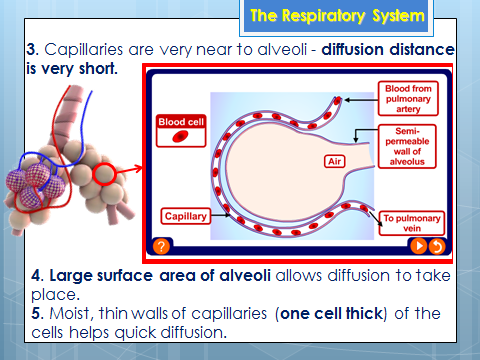
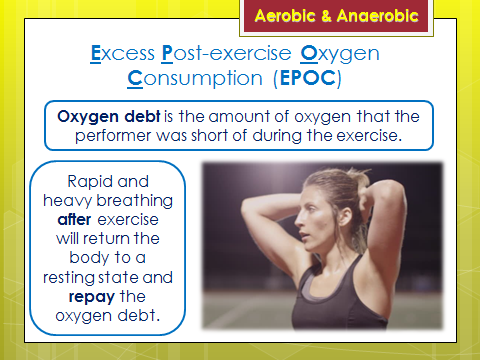
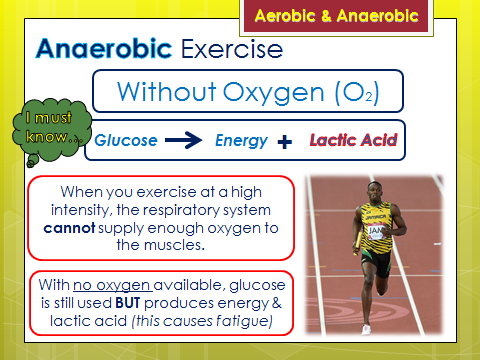
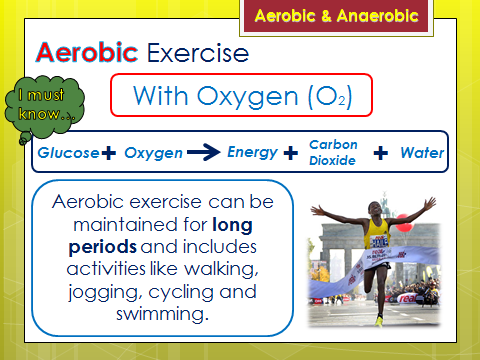


**RESPIRATORY**

**SYSTEM**

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**IMMEDIATE:**

**LONG TERM:**

You breathe more regularly and deeply.

Greater strength of intercostal muscles and diaphragm. Bigger TLC.

