

# FOOD CHART

# GUT HEALTH

1 PAGE

8.5 X 11 INCHES

PRINTABLE PDF

## FOOD CHART

### Gut Health

#### To Avoid

##### **Highly Processed Foods**

highly processed and refined foods

##### **Added Sugars**

foods and beverages with added sugars

##### **Artificial Sweeteners**

may disrupt the balance of gut bacteria

##### **Red & Processed Meats**

can produce substances that may be harmful

##### **Saturated and Trans Fats**

may contribute to inflammation

##### **Excessive Alcohol**

can disrupt the gut microbiome and damage the intestinal lining

#### To Eat

##### **Fiber-Rich Foods**

variety of fruits, vegetables, whole grains, legumes, nuts

##### **Probiotic-Rich Foods**

yogurt, kefir, sauerkraut, kimchi, kombucha

##### **Prebiotic Foods**

garlic, onions, leeks, asparagus, bananas

##### **Colorful Fruits & Vegetables**

range of colorful fruits and vegetables

##### **Whole Grains**

whole grains like oats, quinoa, brown rice

##### **Lean Proteins**

poultry, fish, tofu, legumes

##### **Healthy Fats**

# Expert Gut Health Foods Guide

**R Sandford**



## **Expert Gut Health Foods Guide:**

Yeah, reviewing a books **Expert Gut Health Foods Guide** could accumulate your near contacts listings. This is just one of the solutions for you to be successful. As understood, realization does not suggest that you have wonderful points.

Comprehending as competently as covenant even more than supplementary will come up with the money for each success. next-door to, the revelation as competently as perspicacity of this Expert Gut Health Foods Guide can be taken as competently as picked to act.

[https://wwwnew.greenfirefarms.com/data/Resources/index.jsp/cuviello\\_reference\\_manual\\_medical\\_technology\\_organoore.pdf](https://wwwnew.greenfirefarms.com/data/Resources/index.jsp/cuviello_reference_manual_medical_technology_organoore.pdf)

## **Table of Contents Expert Gut Health Foods Guide**

1. Understanding the eBook Expert Gut Health Foods Guide
  - The Rise of Digital Reading Expert Gut Health Foods Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Expert Gut Health Foods Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Expert Gut Health Foods Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Expert Gut Health Foods Guide
  - Personalized Recommendations
  - Expert Gut Health Foods Guide User Reviews and Ratings
  - Expert Gut Health Foods Guide and Bestseller Lists
5. Accessing Expert Gut Health Foods Guide Free and Paid eBooks
  - Expert Gut Health Foods Guide Public Domain eBooks

- Expert Gut Health Foods Guide eBook Subscription Services
- Expert Gut Health Foods Guide Budget-Friendly Options
- 6. Navigating Expert Gut Health Foods Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Expert Gut Health Foods Guide Compatibility with Devices
  - Expert Gut Health Foods Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Expert Gut Health Foods Guide
  - Highlighting and Note-Taking Expert Gut Health Foods Guide
  - Interactive Elements Expert Gut Health Foods Guide
- 8. Staying Engaged with Expert Gut Health Foods Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Expert Gut Health Foods Guide
- 9. Balancing eBooks and Physical Books Expert Gut Health Foods Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Expert Gut Health Foods Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Expert Gut Health Foods Guide
  - Setting Reading Goals Expert Gut Health Foods Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Expert Gut Health Foods Guide
  - Fact-Checking eBook Content of Expert Gut Health Foods Guide
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

### **Expert Gut Health Foods Guide Introduction**

Free PDF Books and Manuals for Download: Unlocking Knowledge at Your Fingertips In today's fast-paced digital age, obtaining valuable knowledge has become easier than ever. Thanks to the internet, a vast array of books and manuals are now available for free download in PDF format. Whether you are a student, professional, or simply an avid reader, this treasure trove of downloadable resources offers a wealth of information, conveniently accessible anytime, anywhere. The advent of online libraries and platforms dedicated to sharing knowledge has revolutionized the way we consume information. No longer confined to physical libraries or bookstores, readers can now access an extensive collection of digital books and manuals with just a few clicks. These resources, available in PDF, Microsoft Word, and PowerPoint formats, cater to a wide range of interests, including literature, technology, science, history, and much more. One notable platform where you can explore and download free Expert Gut Health Foods Guide PDF books and manuals is the internet's largest free library. Hosted online, this catalog compiles a vast assortment of documents, making it a veritable goldmine of knowledge. With its easy-to-use website interface and customizable PDF generator, this platform offers a user-friendly experience, allowing individuals to effortlessly navigate and access the information they seek. The availability of free PDF books and manuals on this platform demonstrates its commitment to democratizing education and empowering individuals with the tools needed to succeed in their chosen fields. It allows anyone, regardless of their background or financial limitations, to expand their horizons and gain insights from experts in various disciplines. One of the most significant advantages of downloading PDF books and manuals lies in their portability. Unlike physical copies, digital books can be stored and carried on a single device, such as a tablet or smartphone, saving valuable space and weight. This convenience makes it possible for readers to have their entire library at their fingertips, whether they are commuting, traveling, or simply enjoying a lazy afternoon at home. Additionally, digital files are easily searchable, enabling readers to locate specific information within seconds. With a few keystrokes, users can search for keywords, topics, or phrases, making research and finding relevant information a breeze. This efficiency saves time and effort, streamlining the learning process and allowing individuals to focus on extracting the information they need. Furthermore, the availability of free PDF books and manuals fosters a culture of continuous learning. By removing financial barriers, more people can access educational resources and pursue lifelong learning, contributing to personal growth and professional development. This democratization of knowledge promotes intellectual curiosity and empowers individuals to become lifelong learners, promoting progress and innovation in various fields. It is worth noting that

while accessing free Expert Gut Health Foods Guide PDF books and manuals is convenient and cost-effective, it is vital to respect copyright laws and intellectual property rights. Platforms offering free downloads often operate within legal boundaries, ensuring that the materials they provide are either in the public domain or authorized for distribution. By adhering to copyright laws, users can enjoy the benefits of free access to knowledge while supporting the authors and publishers who make these resources available. In conclusion, the availability of Expert Gut Health Foods Guide free PDF books and manuals for download has revolutionized the way we access and consume knowledge. With just a few clicks, individuals can explore a vast collection of resources across different disciplines, all free of charge. This accessibility empowers individuals to become lifelong learners, contributing to personal growth, professional development, and the advancement of society as a whole. So why not unlock a world of knowledge today? Start exploring the vast sea of free PDF books and manuals waiting to be discovered right at your fingertips.

### FAQs About Expert Gut Health Foods Guide Books

**What is a Expert Gut Health Foods Guide PDF?** A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it. **How do I create a Expert Gut Health Foods Guide PDF?** There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF:

Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF.

**How do I edit a Expert Gut Health Foods Guide PDF?** Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities. **How do I convert a Expert Gut Health Foods Guide PDF to another file format?**

There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobat's export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have options to export or save PDFs in different formats. **How do I password-protect a Expert Gut**

**Health Foods Guide PDF?** Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf,

ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

### Find Expert Gut Health Foods Guide :

*cuvIELlo reference manual medical technology organoore*

~~darth bane rule of two pdf~~

~~dansk stil roller essay~~

~~david begg economics 6th edition~~

**dennis g zill solution 9th edition**

*custody manju kapur*

**davis cornwell introduction to environmental engineering**

**denison hydraulics gold cup series kdhyd**

**desarrollo humano por diane papalia descargar**

data abstraction and problem solving 6th edition

data mining for design and manufacturing methods and applications

**deeper we fall and rise 1 chelsea m cameron**

*demand creating what people love before they know want it kindle edition adrian slywotzky*

data communication and networking 5th edition solution

*der archipel gulag*

### Expert Gut Health Foods Guide :

*fundamentals of cost accounting lanen william n lanen - Dec 13 2021*

web mcgraw hill irwin 2008 cost accounting 636 pages a direct realistic and efficient way to learn cost accounting

fundamentals is short 608 pages making it easy to

**fundamentals of cost accounting 3rd edition silo pub - Apr 16 2022**

web oct 9 2011 to learn more about tegrity watch a 2 minute flash demo at tegritycampus mhhe com assurance of learning ready mcgraw hill connect

**fundamentals of cost accounting anderson maher vdocument in** - Mar 16 2022

web oct 30 2014 fundamentals of cost accounting is designed mcgraw hill connect plus accounting specically to support your assurance of learning mcgraw hill reinvents the

*fundamentals of cost accounting lanen william n free* - Jun 30 2023

web fundamentals of cost accounting by lanen william n publication date 2008 topics cost accounting accounting publisher new york mcgraw hill collection inlibrary

**fundamentals of cost accounting google books** - May 30 2023

web jan 20 2016 mcgraw hill education jan 20 2016 business economics 800 pages fundamentals of cost accounting provides a direct realistic and efficient way to learn

fundamentals of cost accounting mcgraw hill - Oct 03 2023

web jan 21 2022 chapter one cost accounting information for decision making chapter two cost concepts and behavior cost analysis and estimation chapter three

**fundamentals of cost accounting 3rd third edition by lanen** - Apr 28 2023

web fundamentals of cost accounting 3rd third edition by lanen william anderson shannon maher michael published by mcgraw hill irwin 2010 amazon com books

fundamental accounting principles mcgraw hill asia - Feb 24 2023

web jun 13 2021 fundamentals and analyses description fundamental accounting principles 3rd edition continues to provide leading accounting content that engages

*fundamentals of cost accounting 3rd edition lanen solutions* - Jun 18 2022

web apr 7 2019 of course management might want to consider other factors when making this decision athe 174 000 from the sale of steam is an opportunity cost if steamco

*fundamentals of cost accounting buy 9781264100842 chegg* - Feb 12 2022

web jan 11 2022 popular textbooks coupon rent fundamentals of cost accounting 7th edition 9781264100842 and save up to 80 on textbook rentals and 90 on used

*fundamentals of cost accounting google books* - Sep 02 2023

web jan 16 2019 mcgraw hill education jan 16 2019 cost accounting 850 pages developing skills for the classroom and beyond fundamentals of cost accounting

fundamentals of cost accounting gbv - Aug 21 2022

web fundamentals of cost accounting 3e william n lanen university of michigan shannon w anderson rice university michael w maher university of california at davis

[fundamentals of cost accounting google books](#) - Mar 28 2023

web fundamentals of cost accounting mcgraw hill international editions authors william n lanen shannon w anderson michael maher michael j maher edition 3 illustrated

**fundamentals of cost accounting archive org** - Nov 11 2021

web fundamentals of cost accounting by maher michael 1946 publication date 2014 topics cost accounting publisher new york ny mcgraw hill irwin

**fundamental accounting principles mcgraw hill** - May 18 2022

web fundamental accounting principles 25th edition isbn10 1260247988 isbn13 9781260247985 by john wild ken shaw and kermit larson 2021 purchase

*fundamentals of cost accounting information center mcgraw* - Aug 01 2023

web fundamentals of cost accounting 3 e william n lanen university of michigan ann arbor shannon w anderson this textbook and accompanying website are out of

[fundamentals of cost accounting mcgraw hill education](#) - Nov 23 2022

web fundamentals of cost accounting 7 e william n lanen university of michigan ann arbor shannon w anderson university of california at davis

*cost accounting mcgraw hill higher education* - Sep 21 2022

web mcgraw hill go greenlight learning with this new ebook aleks personalize learning and assessment aleks placement preparation and learning achieve accurate math

[researchgate find and share research](#) - Jan 14 2022

web researchgate find and share research

**fundamentals of cost accounting 3rd third edition** - Oct 23 2022

web fundamentals of cost accounting 3rd third edition on amazon com free shipping on qualifying offers fundamentals of cost accounting 3rd third edition

*sign in fundamentals of cost accounting ebook mcgraw hill* - Jul 20 2022

web mcgraw hill education this site uses cookies by continuing to browse this site you are agreeing to our use of cookies

**fundamentals of cost accounting google books** - Dec 25 2022

web fundamentals of cost accounting william n lanen michael maher shannon w anderson mcgraw hill irwin 2014 cost accounting 711 pages provides a direct

**fundamentals of cost accounting fourth edition google books** - Jan 26 2023

web mar 15 2013 mcgraw hill higher education mar 15 2013 business economics fundamentals of cost accounting provides a direct realistic and efficient way to learn

**pdf laptop chip level repair guide academia edu** - Aug 15 2023

web laptop chip level repair guide 2 contents chapter 1 the introduction of laptop repair 1 1 the level of laptop computer maintenance repair 12 1 2 the

*chip level desktop motherboard repair training youtube* - Nov 06 2022

web input output controllers receive input and output requests from the central processor and then send device specific control signals to the device they contr

**laptop chip level repair guide 1 fliphtml5** - Dec 07 2022

web may 31 2020 check pages 1 34 of laptop chip level repair guide 1 in the flip pdf version laptop chip level repair guide 1 was published by hollow code on 2020 05 31 find more similar flip pdfs like laptop chip level repair guide 1 download laptop chip level repair guide 1 pdf for free

[laptop chip level repair help guide displaymonk](#) - Jan 28 2022

web april 1 2022by displaymonk for being a good laptop chip level engineerit will be helpful to have this laptop chip level repair help guide there are some basics for laptop chip level repairing that you must know how to troubleshoot laptop starting problems with guided information as laptop motherboards are costly

*how to download motherboard chip level repairing book for free* - Oct 05 2022

web mar 4 2016 if you are wanting to actually replace ic s on the motherboard that can be quite complicated cause you need to program the chips the set of instruction code that the manufacturer programmed the chip with but some chips can be

[chip level laptop repairs understanding 3 3 5volt circuit](#) - Feb 09 2023

web upon completing the course you will be able to troubleshoot and repair laptop motherboards that do not turn on due to faulty 3 3 and 5 volts chips you will be able to successfully unsolder and solder ics on the motherboard using a soldering station solder gun and other appropriate tools

**advance level 4 laptop chip level repair common mistakes youtube** - Jan 08 2023

web 259 10k views 10 months ago chip level laptop repairing short videos advance level 4 laptop motherboard chip level repairing training video in english complete laptop repairing

**laptop chip level repair ko757p8v67w3 vbook pub** - Apr 30 2022

web laptop motherboard system switching laptop requirements in order to switch on first are the availability of 3v and 5valw careful when finding 5valw missing switched on first cause of several motherboard 5valw appear after switch on than 3v alw

or 3vpcu provide power supply to the ec bios ic south bridge sb

[laptop chip level repair guide with pdf free download 2021](#) - Aug 03 2022

web jul 2 2021 laptop maintenance the basic application circuit of electronic components the use of the circuit diagram and the point bitmap boardview introduction of ec and bios 89 the basic working process of laptop computer the explanation of pwm circuit analysis of quanta oem laptop mainboard circuit analysis of wistron oem laptop

*computer motherboard repairing crash course for beginners* - May 12 2023

web computer motherboard repairing crash course for beginners computer hardware technician circuits for beginners chip level repairing electronics basic troubleshooting rating 4 4 out of 5 4 4 14 ratings

**fix a laptop chip level repair 7 easy steps mr vlogger** - Jun 13 2023

web jun 16 2023 1 check if the cpu is damaged if you re looking to troubleshoot a cpu issue on your laptop it s important to first check the level of the chip this guide will help you get started with that after checking the level of the chip you ll need to gather some tools and materials before starting repair work prepare for potential setbacks

**the best of laptop chip level repair guide pdf scribd** - Apr 11 2023

web the best of laptop chip level repair guide free ebook download as pdf file pdf text file txt or read book online for free

**motherboard chip level repairing guide harvard university** - Feb 26 2022

web motherboard chip level repairing guide when somebody should go to the books stores search inauguration by shop shelf by shelf it is essentially problematic this is why we offer the books compilations in this website it will utterly ease you to see guide motherboard chip level repairing guide as you such as

**laptop repair complete guide including motherboard component level** - Mar 30 2022

web dec 18 2011 this book will educate you on the correct process of repairing the entire laptop including and concentrating more on motherboard repair instruction screen repairing component level diagnosing and repairing this is the 3rd book released by author garry romaneo the worlds leading laptop repair technician author and

**ultimate guide to laptop chip level repair 2021 academia edu** - Jul 14 2023

web we take you from basic electronic to chip level repair we cover the basic working concept of resistor capacitor and mosfet applied to laptop motherboard by the end of the book we will learn the 5 main faults of laptop board and how to solve them

*laptop motherboard repair technician course udemy* - Sep 04 2022

web basic electronics to repair the laptop motherboard all the topics of laptop motherboard and primary voltages secondary voltages are covered the working principle of voltage regulators is briefly explained different sections of

*be a laptop desktop motherboard repair technician displaymonk* - Dec 27 2021

web mar 27 2022 the basic electronic preparing knowledge you must know for laptop chip level repair 1 the analog and digital circuits 2 what are the opened and closed circuits in laptop chip level repairing 3 for doing chip level laptop repair you must know what is signal and timing sequence let s learn them one by one 1 signal

*motherboard and cpu repair ifixit* - Mar 10 2023

web motherboard and cpu repair background and identification a motherboard refers to the main circuit board of any electronic device that incorporates one or more printed control boards pcbs

**here chip level motherboard desktop repairing guide pdf** - Jul 02 2022

web chip level motherboard desktop repairing guide pdf download here fif you are winsome corroborating the ebook chip level motherboard desktop repairing guide in pdf coming in that instrument you outgoing onto the evenhanded website we scan the acceptable spaying of this ebook in txt djvu epub pdf dr agility

**laptop chip level repairing training course** - Jun 01 2022

web study of different chip datasheet with different gates and working idea of different chips soldering removing cold testing warm testing procedure of components project on electronics practical idea of using different components resistor capacitor diode transistor moset fuse coil led switch etc soldering and desoldering practice

[solution manual for college physics a strategic approach 3rd](#) - Nov 05 2022

web physics for scientists engineers sa 3rd knight solutions pdf physics for scientists engineers a strategic approach 3rd edition by randall d course hero university of

[randall d knight solutions chegg com](#) - Dec 06 2022

web physics for scientists and engineers a strategic approach with modern physics 3rd edition knight randall d publisher pearson isbn 978 0 32174 090 8

**randall knight physics solution manual thirddedition issuu** - Dec 26 2021

web jul 26 2023 college physics chapters 17 30 randall d knight 2009 12 these solutions manuals contain detailed solutions to more than half of the odd numbered

**needing help finding pdf r askphysics reddit** - Feb 25 2022

web sep 25 2017 get randall knight physics solution manual thirddedition pdf file for free from our online libr this are a summary of resource articles related to randall

*randall d knight physics for scientists and engineers solutions 3rd* - Aug 02 2022

web this entry was posted in physics sciences and tagged conversion of units conversion to si units convert physics for scientists and engineers physics for scientists and

[physics for scientists engineers 4 e solution manual](#) - Aug 14 2023

web student solutions manual for physics for scientists and engineers 3rd edition this is an alternate isbn view the primary isbn for physics for scientists and engineers plus

*randall knight physics solution manual third edition* - Jan 27 2022

web relationships new to the third edition are jeopardy questions that ask students to work backwards from equations to physical situations enhancing their understanding and

**third edition physics pearson education** - May 11 2023

web jan 11 2012 student solutions manual for physics for scientists and engineers a strategic approach chs 1 19 3rd edition by randall knight author 4 0 4 0 out of 5

randall knight physics solution manual thirddedition karl t - Nov 24 2021

physics for scientists and engineers 3rd edition solutions manual - Jul 01 2022

web description solutions manual of physics for scientists and engineers 3rd edition by randall d knight professor emeritus isbn 0321740904 this is not the text

physics for scientists engineers sa 3rd knight solutions pdf - Sep 03 2022

web dec 27 2017 read physics for scientists and engineers 3rd edition solutions manual randall knight by e mailbox5 on issuu and browse thousands of other publicat

*physics for scientists and engineers 3rd edition solutions* - Mar 29 2022

web randall knight physics solution manual third edition physics for scientists and engineers feb 02 2022 college physics may 13 2020 building on the research

*solutions manual physics for scientists and engineers 3rd edition* - Apr 29 2022

web i am looking for a pdf of physics for scientists and engineers a strategic approach with modern physics 4th edition by randall d knight by chance does anyone have this

*student solutions manual for physics for scientists and* - Jul 13 2023

web step by step video answers explanations by expert educators for all college physics a strategic approach 3rd by randall d knight brian jones stuart field only on

*solutions for college physics a strategic approach 3rd by* - Jun 12 2023

web third edition physics for scientists and engineers physics a strategic approach third edition randall d knight california polytechnic state university san luis obispo

*student solutions manual for physics for scientists and engineers* - Feb 08 2023

web randall d knight solutions below are chegg supported textbooks by randall d knight select a textbook to see worked out

solutions

**randall knight physics solution manual third edition uniport edu** - Oct 24 2021

*physics for scientists and engineers 3e knight* - Apr 10 2023

web randall d knight pawan kahol larry smith scott nutter pearson addison wesley 2008 physics 184 pages these solutions manuals contain detailed solutions to more

*physics for scientists and engineers 3rd edition by randall* - May 31 2022

web randall d knight 2016 01 03 college physics chapters 17 30 randall d knight 2009 12 these solutions manuals contain detailed solutions to more than half of the

college physics a strategic approach 3rd edition quizlet - Jan 07 2023

web size 45 9mb for the third edition randy knight brian jones and stuart field have incorporated student feedback and research to strengthen their focus on student

student solutions manual for physics for scientists and - Mar 09 2023

web find step by step solutions and answers to college physics a strategic approach 9780321879721 as well as thousands of textbooks so you can move forward with

**textbook answers gradesaver** - Oct 04 2022

web dec 22 2017 randall d knight physics for scientists and engineers solutions 3rd edition pdf by morriesworld issuu read randall d knight physics for scientists and