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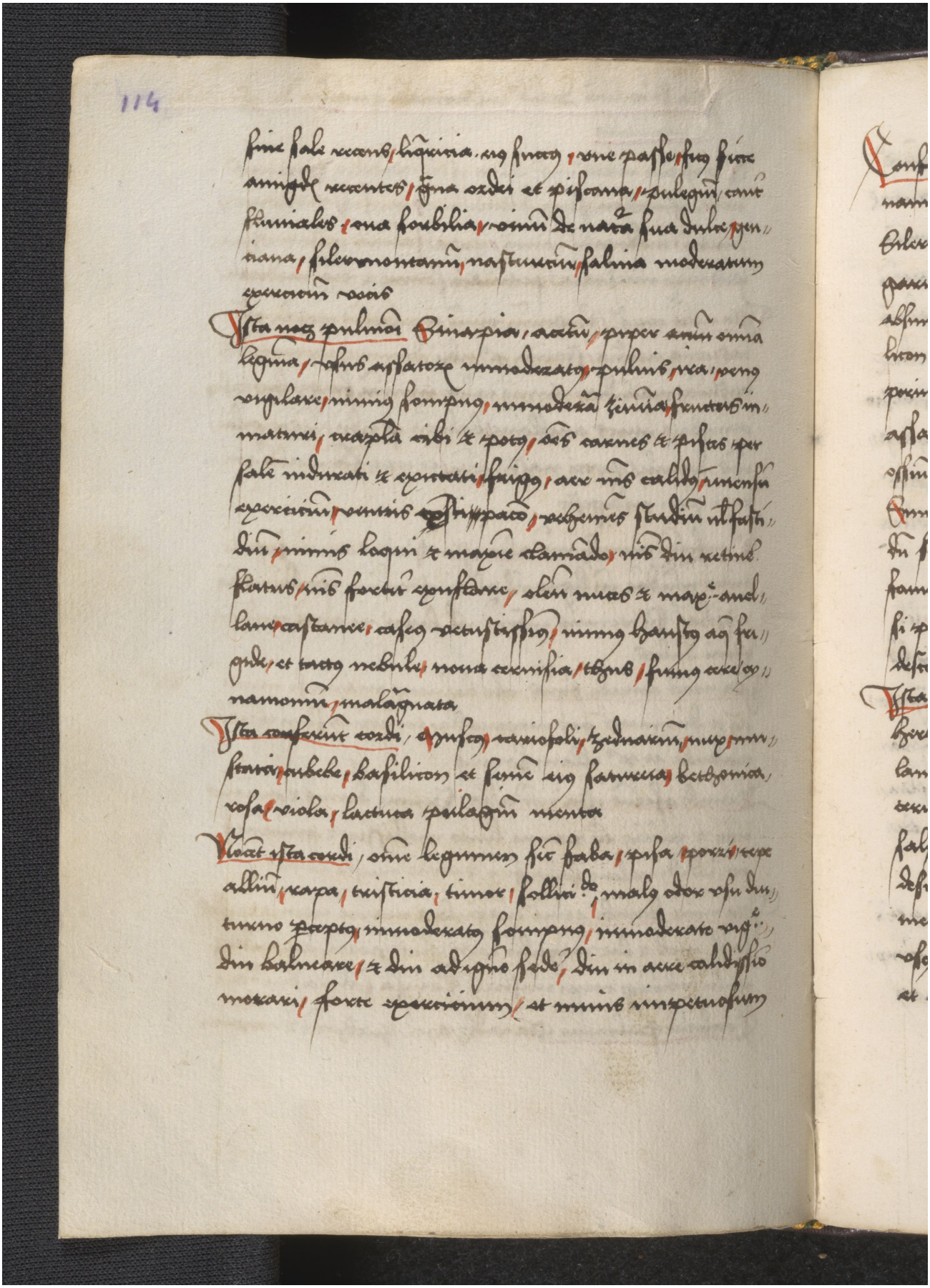

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sine sale recens, ligurica, aq fructu, vine passe, fructu ficus
amigdle recentes, ptna ordei et pisanna, pulegium, cum
feniculus, una fabilia, omnia de natura sua dulce, gen-
iana, silveromontanum, nasturcium, salvia moderatum
exercitium vocis

Ista nocet pulmoni: Vinarpia, acetum, piper cum omni
legumine, cibus aspatorie immoderato, pulvis, ira, peng
angustare, nimis sompno, immoderata venus, frenetis in-
matutini, crapula cibi et poti, dies carnes et pisces per
sale indurati et exortati, frigo, aere nimis calido, mensa
exercitium omnis extirpato, vehemens studium ultasti-
dium, nimis loqui et magne clamando, nis diu retine
flatus, nis forter exonstare, olera nucis et mag.-and-
lane castanee, caseo vetustissimo, nimis haustu aq fri-
gide, et tacto nebule, nocta vecinisia, tempus, frigus aere ex-
namonum, malagrata

Ista conferunt cordi: apuscu, vinopoli, zedoarium, nux mus-
scata, cubebe, basilicon et semen eius satureia, betonica,
rosa, viola, lactuca, pulagium, mentha

Nocet ista cordi: omne legumen sicut faba, pisa, porri, cepe
allium, carpa, tristicia, timor, follicitudo, malo odore esu diu-
turno prepio, immoderato sompno, immoderato aspectu
diu balneare, et diu adigno sede, diu in aere calidissimo
morari, forte exercitium, et nimis impetuosum