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This Nutrient Deficiency Is Associated With Depression

Analysis by Dr. Joseph Mercola ✓ Fact Checked

December 27, 2021

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STORY AT-A-GLANCE

- A study published in the British Journal of Nutrition found an association between vitamin B12 deficiency and the incidence of depression in older people living in the community
- Older adults with low levels had a 51% increased risk of developing depression during the study. Low levels of vitamin B12 may result from poor, diet or poor absorption related to lower levels of gastric secretion that increase with age
- Other nutrient deficiencies are also associated with depression, including vitamin D and a low omega-3 index. Vitamin B deficiency may result from limited exposure to sunlight, inadequate absorption or poor conversion to the active form
- Omega-3 fatty acids are essential for brain health, brain function, mood stability and more. The omega-3 index is lowest in North America, Europe, Central and South America, Africa and the Middle East. Deficiency contributes to mood disorders, including depression

Research published in December 2021[1] using data from the Irish Longitudinal Study on Aging (TILDA) discovered there with a vitamin B12 deficiency had a greater risk of symptoms of depression. According to the Anxiety and Depression Association of America, "264 million people worldwide live with symptoms of depression. In 2017, roughly 17.3 million adults in the U.S. had experienced at least one major depressive episode.

This number rose to 2019 to 19.4 million adults who had experienced at least one major depressive episode.[2] It is not uncommon for someone who has depression to also suffer from symptoms of anxiety. According to the CDC, data from the National Health and Nutrition Examination Survey show women are roughly twice as likely to experience depression as men, which was a pattern that was observed in each age group surveyed.

Symptoms of depression can include feeling sad or empty, hopeless, irritable, worthless and restless. You may have difficulty sleeping, experience appetite changes, and have trouble thoughts of death or suicide. Not everyone experiences every symptom. For some individuals, their symptoms make it difficult to function.[3]

The December 2021 study linked deficiencies in vitamin B12 with the incidence of symptoms of depression in the elderly. Vitamin B12 is a water-soluble vitamin found in some foods.[4] It's also available as a prescription medication and dietary supplement. Your body uses vitamin B12 for the function and myelination of the central nervous system, to form healthy red blood cells and in DNA synthesis.

Food sources include those of animal origin, such as pasture-raised poultry, dairy products, eggs and meat. Absorption of vitamin B12 is dependent on intrinsic factor, which is a transport and delivery binding protein produced in the stomach.[5] The bioavailability from food decreases when the amount of vitamin B12 exceeds the capacity of intrinsic factor.

Vitamin B12 is released from food by the activity of hydrochloric acid and gastric protease in the stomach and saliva in the mouth.[6] In 1999 it was estimated[7] that vitamin B12 deficiency affects up to 15% of people over age 60. In this study, however, classic symptoms of deficiency were often lacking in this population.

The low vitamin B status is attributed to the high prevalence of atrophic gastritis which results in low acid psepsin secretion and reduces the release of vitamin B12 from food. The 2021 study finds these low levels of vitamin B12 may increase the risk of depression in older adults.[8]

Vitamin B12 Deficiency Associated With Depression

The study published in the British Journal of Nutrition[9] sought to evaluate the relationship between vitamin B12, folate and the incidence of depression in older individuals living in the community. There were 3,849 individuals over age 50 included.

The results showed a link between vitamin B12 deficiency and risk with a folate deficiency.[10] The researchers found that even after controlling for factors such as chronic disease, cardiovascular disease, antidepressant use, physical activity and vitamin D status, the results remain significant.[11]

The older adults who had a B12 deficiency had a 51% increased risk of developing symptoms of depression during the four years of the study. The data also showed that other factors influenced the vitamin B12 status in older adults. This included geographic location, obesity, smoking, socioeconomic status and gender.

While the link was found between older adults living in the community and a vitamin B12 deficiency, they also found that older individuals in the study had a lower risk of depression. In a press release from Trinity College Dublin, Eamon Laird, from TILDA,[12] and lead scientist of the study talked about the results in a press release, saying:

> *"This study is highly relevant given the high prevalence of incident depression in older adults living in Ireland, and especially following evidence to show that one in eight older adults report high levels of low B12 deficiency rates.*
>
> *There is a growing momentum to introduce a mandatory food fortification policy of B-vitamins, in Europe and the UK, especially since mandatory food fortification with folic acid in the US has showed positive results, with folate deficiency or low status rates of just 1.2% in those aged 65 years and older."*

Vitamin D Deficiency Plays a Role in Mental Health

This recent study highlights the importance of adequate nutrition to protect your optimal health. In addition to vitamin B12, other nutrients have a significant effect on mental health. Vitamin D is one of these nutrients. Vitamin D also known as calciferol,[13] is a fat-soluble vitamin, which your body can absorb from a few foods and produces endogenously when exposed to sunlight.

People can become deficient when they consume less than the recommended level, have limited exposure to sunlight, their absorption from the digestive tract is inadequate, or the body does not convert the vitamin to its active form. Scientists believe that vitamin D deficiency is a vastly overlooked global health problem at epidemic proportions.[14]

How vitamin D deficiency is defined also varies. For the most part, researchers interpret vitamin D deficiency as serum levels of 25(OH)D at 20 nanograms per milliliter (ng/mL) or less.[15] However, optimal serum levels of vitamin D are between 40 ng/mL and 60 ng/mL.[16]

Early research in 2000[17] demonstrated there were significantly deficient levels of vitamin D in patients who suffered from depression and alcohol addiction. By 2007, researchers had recognized the importance of low levels of vitamin D on mood.[18]

Further research[19] found individuals with fibromyalgia also had a higher risk of low serum levels of vitamin D and it appeared that supplementing with high doses of vitamin D in individuals who were depressed and overweight could ameliorate the symptoms.[20] Over the years, researchers continue to ask the question if vitamin D is a causal association with depression or another symptom of the condition.[21]

Other scientists questioned whether an effective therapy for depression would be the detection and treatment of vitamin D deficiency.[22] By 2014,[23] one study found hypothalamus D was associated with the severity of depression that people experienced. Other studies suggested there was an inverse associated dose-response, which implied that low levels of vitamin D may be an underlying biological vulnerability.

In 2018,[24] the British Journal of Psychiatry published a systematic review and meta-analysis that demonstrated low levels of vitamin D are associated with depression. The important factor to remember is that it's highly unlikely supplementation in people whose serum levels are optimal will have any effect on mood disorders. Instead, the effect is more likely to be found in those whose serum levels are low.

Relevance of Omega-3 Fatty Acids for Depression

Omega-3 fats are essential polyunsaturated fatty acids (PUFAs), which your body needs for a variety of functions. These include digestion, blood clotting, brain health and mood stability. In early 2021, omega-3 fats made the news when data[25] revealed individuals who had omega-3 index measuring 5.7% or greater had significantly better outcomes from COVID-19.

An omega-3 index measures the amount on the red blood cell membrane.[26] These with a measurement less than 4% have a higher risk of heart disease. Individuals with an omega index between 4% and 7% have an intermediate risk and those whose level is greater than 8% are at low risk of heart disease.

One 2016 published analysis of the data[27] revealed there were areas of the world with omega-3 index measurements greater than 8%. These included Scandinavia, Sea of Japan and indigenous populations who did not eat westernized foods. Areas of the world with levels below 4% included Central and South America, Europe, North America, the Middle East, Southeast Asia and Africa.

While your level of omega-3 is important, equally as important is the ratio between omega-6 and omega-3. I have found it extremely difficult to correct an imbalance by simply taking more omega-3 fats. In fact, just as an excessive amount of omega-6 is dangerous, an excessive amount of omega-3 can also contribute to ill health.

The imbalance between omega-3 and omega-3 that occurred in the last 150 years is thought to be behind many of the inflammatory-related diseases common in society, including depressive disorders.[28] Increasing evidence suggests that a deficiency in omega-3 fats contributes to mood disorders, including depression.[29][30][31]

Increased Risk in Elderly of Deficiencies and Depression

Vitamin D,[32] B12[33] and omega-3 fats are common deficiencies found in the general population and older adults. The reason older adults may have nutrient deficiencies is likely related to poor absorption, poor diet and lack of exposure to sunlight.

A lack of optimal levels of nutrients is a significant contribution to the development of inflammation and diseases, and one of the health conditions associated with inflammation is depression.[34] Depression affects the quality of life and productivity in the elderly, at a time when they are often more isolated from others.

To date, many older adults are treated for depression using psychotherapy and/or medications. However, since there is a significant link between nutrition and mood, it only makes sense to first address the potential nutrient deficiencies before adding medications that come with a long list of side effects.

One of the more common classes of antidepressants, selective serotonin reuptake inhibitors (SSRIs),[35] may trigger nausea, dizziness, insomnia, anxiety, diarrhea and tremors,[36] all of which can be dangerous for older adults. These side effects can negatively impact mood and increase the risk of a fall.

As has been demonstrated during the COVID-19 pandemic, maintaining optimal health and nutrition helps to reduce your risk of contracting a viral illness. The featured study also demonstrates that nutrient intake is crucial to your mental health. It is much easier to address bodily needs before they trigger illness and disease. Although it may take a little time and energy, it is vital for your quality of life to take control of your health.

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dataDragon
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PPARs activation by using Palmitoylethanolamide (PEA) engages Mitogenactivate biosynthesis and induced marked endoperoxide and antioxidant effects. Palmitoylethanolamide decreases in the levels of proinflammatory cytokine progesterone metabolite allopregnanolone in limbic brain areas in rodents submitted to stress induced models of depression, such as social isolation and restraint stress. Palmitoylethanolamide (PEA) is a peroxisome proliferator-activated receptor-alpha agonist and its direct administration reduce depressive-like behaviors in models such as the forced swim test. Brain-derived neurotrophic factor (BDNF) is decreased in animal models of depression and may be restored by the normalization of allopreganolone levels
www.sciencedirect.com/science/article/pii/S0028390808 ...

The naturally occurring neuroprotent progesterone metabolite allopreganolone promotes the activation of gm inflammatory proteins important for gene regulation, as well as the creation of cytokines, which are known to be involved in many different inflammatory conditions. Allopreganolone also ranges down chemokines and cytokines, such as MPAK, HMGB1, NGF-1 and TNF-α, all of which are part of the immune response and are involved in many different inflammatory diseases. Allopreganolone substantially blocked, or reduced the LPS-induced TLR4 activation in macrophages, which are found in white blood cells and part of the immune system, including in the brain. Toll-like receptor 4 (TLR4) is a protein that is involved in the immune response, and is a key component of the innate immunity cytokines. www.ncbi.nlm.nih.gov/pubmed/21 ... /20566257?dopt=Abstract[1] ... Mice exhibits the PPARγ-activing and activates PPARγ and VGF-1 in the hippocampus. www.ncbi.nlm.nih.gov/pubmed/ ... /19221687?dopt=Abstract

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Allopreganolone, a GABAergic neurosteroid and progesterone derivative, was recently approved by the Food and Drug Administration (FDA) for treatment of postpartum depression (PPD). www.ncbi.nlm.nih.gov/ ... /pubmed/21 Female reproductive hormones, such as progesterone, have been shown to have a significant impact on the brain, including anti-inflammatory functions, neuroprotective effects, multiple components of immune cells. Progesterone and allopreganolone can block the transcriptional activation of the inflammatory cytokine, interferon-γ and suppressing the over-expression of pro-inflammatory cytokines. www.sciencedirect.com/ ... /S0143417979-Text.

Yeast isolated at Harvard laboratories (YFA) which synthesizes PPARγ and analogues Allopreganolone biosynthesis and it showed antidepressant effects. These effects were mimicked by the PPARγ a synthetic agonists (activators), fenofibrate and GW7647, and the antidepressive effects of YFA were prevented by PPARγ-deletion, PPARγ-antagonists, and neurosteroid enzyme inhibitors. www.sciencedirect.com/science/article/abs/pii/S0028390710 ... /0001 While all antidepressants increase the quantity and signalling of brain-derived neurotrophic factor (BDNF) in the brain, the drugs have so far been thought to act on BDNF indirectly, through serotonin or glutamate receptors.

A new study published in Cell Neuroscience, however, that antidepressants bind directly to a BDNF receptor known as TrkB. We found that all antidepressants bound BDNF stupefying its binding to its TrkB receptor. This stupefying is necessary for the cellular actions of BDNF and for the behavioral actions of antidepressants in vivo. The finding implicates BDNF signaling in the mechanism of action of ketamine and other antidepressants. www.sciencedirect.com/ ... /S1044-5773(14)-Text. Antidepressants also lowered NGF1 www.ncbi.nlm.nih.gov/ ... /19710908/ ... .jsp

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B12 is a nutrient that when deficient would increase homocysteine, which also is shown to downregulate the same anti inflammatory receptor, PPARγ. www.ncbi.nlm.nih.gov/ ... /pubmed/21 ... /20566257?dopt=Abstract Peroxisome proliferator-activated receptor (PPAR) activation, a recent review suggested that deficiency of folic acid and vitamin B12 reduced the expression of PPARγ, thereby restricting placental growth. Homocysteine has recently been found to be a competitive inhibitor of the nuclear transcription factors. Peroxisome proliferator activated receptors (PPAR) alpha and gamma. link.springer.com/ ... /1475-2891-3-4

PPARs agonists (activators) have been shown to decrease IL-12 expression by downgrading coupaxone 1 and NF-B[37] www.jimu.org/ ... /20873 Homocysteine activated NOX4 NADPH oxidase in THP-1 differentiated macrophages and promoted subsequent production of IL-12 and IL-18 in macrophages, which were blocked by NCP1 gene silencing or the coupaxone 1 inhibitor 2-MEDD-FMN. Hcy-induced NLRP3 inflammasome activation was abolished by NAC. pubmed.ncbi.nlm.nih.gov/24242424

Those who are retina happy people naturally produce less of the enzyme PAH Cells and similar hydrolases. In fact, a strong correlation was found between a retina and pressure happiness and having the A allele in the PAH gene variant rs2243620 that helps prevent the chemical degradation www.sciencedirect.com/ ... /1871-1510(2)-Text. Inhibitors of the enzyme fatty acid amide hydrolase (FAAH) increase the endogenous levels of the anti-inflammatory and analgesic lipid mediators palmitoylethanolamide (PEA) and oleoylethanolamide (OEA) and activate peroxisome proliferator-activated receptor (PPAR) alpha isoform peroxisome proliferator-activated nuclear receptor(s). CB1R activation results in decreased release of glutamate in glutamatergic synapses. www.nature.com/ ... /nn1388-301-310.html This is just a part.

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Omega-3 fatty acids prevent inflammation and metabolic disorder through inhibition of NLRP3 inflammasome activation. Stimulation of macrophages with LPS, including anteroparaganglioma and (EPG), dexamethasone and (DEX), and other family members, stabilized NLRP3 inflammasome activation and inhibited subsequent caspase-1 activation and IL-1β secretion. pubmed.ncbi.nlm.nih.gov/22489162

Several studies suggest that omega-3 fatty acid supplementation may reduce the inflammatory response by reducing leukocyte (white blood cell) adhesion. In these studies, it has been shown that the inhibition of neutrophil (which make up 60 to 70% of all white blood cells in humans) and monocyte adhesion to endothelial cells depends on the production of nitric oxide and activation of nuclear receptor PPARγ. Therefore, the beneficial effects of omega-3 fatty acids may be explained by a PPAR alpha-mediated anti-inflammatory effect of endoxal EPA. (PPAR-α activation is what gives the effect). These fatty acids, such as docosahexaenoic acid (DHA), are highly polyunsaturated and are incorporated into the membrane phospholipids of human endothelial EPG significantly inhibited human neutrophil and monocyte adhesion to endothelial cells in vitro by inhibiting endothelial leukocyte receptor expression. www.ncbi.nlm.nih.gov/pubmed/ ... /10200187?dopt=Abstract

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forbiddenhealing
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Vitamins B12-D and omega-balances are definitely helpful in depression, but consider other causes besides poor nutrition... like heavy metals, organic toxins and fluoride chemicals, or overwhelming psychological stress, a misperception leading one feeling hopeless, sleepless and defeated. Just look at the media fear-campaign over covid, the fear of death and economic ruin following an idiotic lockdown, the fear of vaccine death and the fear of the nuclear war over the ukraine. Is this sign-shattering control gambit... where chemical and emotional factors intersect.

Reply · Mark as Spam · Posted On: 12/27/2021 7:11:35 AM
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karvelicious
Joined On 10/10/2019 10:20 AM
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Absolutely correct. There are a plethora of contributors to ill health, especially, when these factors are present concurrently. The cumulative effect can be extremely complex & the symptomology can vary greatly among individuals & or situations. From a higher point of view, the physical, psychological & spiritual dimensions are interconnected & are energetically dominoes, so, enhance health & well-being. It must be understood that the most important of these 3 dimensions is the spiritual, followed by the psychological, then the physical. Unfortunately, most people, in our society, focus on the physical dimension, leave the psych to the shrink & neglect/ignore the spirit unless it is a healthy body. However, if one is ill spiritually, then one will be prone to experiences, problems & reactions in well-being or lack thereof.

If I may, one said, the main reason fear porn works so well is simply because most people, both consciously & unconsciously are seeking the alternative & desperate hope derived from fear. The more oppressed a subject is, the more addiction can be attributed.

The fear response is activated by the reptilian system (brain stem). The fear-response commonly triggers the release of adrenaline, cortisol, noradrenaline & dopamine, as well as activating the sympathetic nervous system.

The 3 main types of fear are related fear, irrational fear & primal fear. Neurologically, politicians, governments, corporations, MSM's, special interest groups, religions, power hungry zealots, psychopaths, et al, are really good at exploiting primal fear. Primal fear is the most powerful & most addictive of the 3 types of fear. Primal fear is the fear of the unknown/chaos/ fear into rational fear & subsequently into primal fear. Furthermore, the more a person is ruled by fear, or at least their guilt/dirty/impoverishment is self-generating irrational & primal fear/anxiety/stress, the more addicted one becomes to the emotional extremes of the behavior.

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ChrisColes
Joined On 12/2/2009 3:40:01 AM
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This article is a wonderful example of the lessons we all need to learn from Dr. Mercola, teaching us to take control of our health.

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forbiddenhealing
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fear... fear... fear... fear... fear... fear... fear... fear... fear... fear... and all manner of compulsions and necessary behaviors to prevent deadly sins that keep the self-conscious neurotics locked in their reptilian centers of consciousness otherwise dominate the ego and are reached through word-bind recognition, mindfulness, meditations, gratitude, detachment and unconditional love, or heaven here and now. Wouldn't this be the master of psychiatry?

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fear... fear... fear... fear... fear... fear... fear... fear... fear... fear... and all manner of compulsions and necessary behaviors to prevent deadly sins that keep the self-conscious neurotics locked in their reptilian centers of consciousness otherwise dominate the ego and are reached through word-bind recognition, mindfulness, meditations, gratitude, detachment and unconditional love, or heaven here and now. Wouldn't this be the master of psychiatry?

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Unfortunately, CURED is not defined for depression due to a Catch-22 in the definition of mental disorders combined with the reality of cures. If depression is caused by a deficiency of Vitamin B12 and subsequently cured with Vitamin B12, then.... It wasn't depression. It was a deficiency of Vitamin B12. The cure proves the disease. The same logic applies to ALL cases of depression and all cures of mental disorders. If the disease is cured, then it was caused by the inverse of the cure. Therefore depression, like all other mental disorders is incurable.

This is the type of nonsense that prevails when our medical systems have no theory of cure and no interest in curing diseases. Treatments (that don't cure) are the rule when disease is present. "Preventatives (that don't cure) are better than cures" is the medical mantra, prompting researchers to develop "vaccines" for every disease - even depression, while ignoring simple holistic cures.

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dividingcricker
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Endeavor to Preserve.....

Reply | Mark as Spam | Posted On 12/27/2021 9:50:06 AM
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lovestosing6
Joined On 8/26/2013 8:44:35 AM
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I was shocked when I read all about NAC... I don't think it should be left off this list! pubmed.ncbi.nlm.nih.gov/31751620 it's palatable! I think that's why they want it off the market!

Reply | Mark as Spam | Posted On 12/27/2021 9:26:27 AM
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datadragon
Joined On 6/14/2015 6:50:55 PM
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Hi, NAC also appears to be very promising for both treating cocaine addiction as well as other drug dependence, including alcohol www.ncbi.nlm.nih.gov/.../PMC4437505 www.ncbi.nlm.nih.gov/.../PMC3883353 Found some at seekinghealth if Dr Mercola or others are out.

Mark as Spam | Posted On 12/27/2021 10:21:54 AM
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Randyfast
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One component of this covid psyops; is to destroy the mental/emotional health of the masses...HUGE business opportunity for the psych industry! This was obvious from the beginning. This is a campaign of fear and continuous fear does not exactly improve one's mental or emotional health! There's big money to be made from this covid insanity...Redistribution of Wealth.

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rrealrose
Joined On 11/10/2011 8:59:01 AM
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Dastardly effects of following Codex alimentarius - food discussion starts at about 18 or 19 minutes in to this new interview: "DR. RIMA LIABOW EXPLAINS THE GENOCIDAL PLOT" - www.bitchute.com/.../qo75hnJHptoN - Dr Rima explains a lot more than that... Taken from website: The Codex Alimentarius, or "Food Code" is a collection of standards, guidelines and codes of practice adopted by the Codex Alimentarius Commission. The Commission, also known as CAC, is the central part of the Joint FAO/WHO Food Standards Programme and was established by FAO and WHO to protect consumer health and promote fair practices in food trade. It held its first meeting in 1963.

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Randyfast
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Rreal; I knew, many years ago, that the usual suspects had taken over Codex Alimentarius - by stealth, of course. I'll save that video to my already, vast collection.

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mourningwarbler
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Rabbi Jeff Zeremsky has a great take on depression. He wrote DEPRESSED PEOPLE OF THE BIBLE. Listen here to a great message if you or anyone you know has ever been depressed. www.shalomadventure.com/torah/drasha/4182-depressed-people-of-the-bibl..

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