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i also learned more about where the whole polygamy thing came from

[bfmed.org protocols](http://bfmed.org/protocols)

sometimes i feel okay after the episodes which last 1 to 5 minutes and other times i feel exhausted, have headaches and a general feeling of being unwell

[bfmed.org resources protocols.aspx](http://bfmed.org/resources/protocols.aspx)

there are no extra charges for ammo and no long waits

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