

# GET LEAN

## NUTRITION GUIDE



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,1988-10

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serpentinite is composed of one or more serpentine group minerals formed by hydration and low temperature metamorphic transformation of ultramafic rocks from platinum nickel chromium deposits 2017

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serpentine subgroup part of the kaolinite serpentine group in the category of phyllosilicates are greenish brownish or spotted minerals commonly found in serpentinite they are used as a source of magnesium and asbestos and as decorative stone

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aug 24 2023 the serpentine mineral chrysotile is common found in many parts of the world is easily mined and can be processed to recover the heat resistant fibers attractive serpentine can be cut into a wide variety of gemstones it is most often cut into cabochons some varieties of serpentine can be carved into beautiful stone sculptures

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serpentine is a large mineral group with hydrous magnesium iron silicate that forms from the serpentinization of rocks like peridotite and olivine as a silicate crystal it forms many varieties of green brown blue red black white pink orange and yellow colors with a greasy silky soapy or flaky texture

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serpentinization is a hydration and metamorphic transformation of ferromagnesian minerals such as olivine and pyroxene in mafic and ultramafic rock to produce serpentinite 1 minerals formed by serpentinization include the serpentine group minerals antigorite lizardite chrysotile brucite talc ni fe alloys and magnetite

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of characteristic of or resembling a serpent as in form or movement having a winding course as a road sinuous shrewd wily or cunning noun a device on a harquebus lock for holding the

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serpentinite is a rock composed predominantly of one or more serpentine group minerals the name originating from the similarity of the texture of the rock to that of the skin of a snake serpentinite has been called serpentine or serpentine rock particularly in older geological texts and in wider cultural settings

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the serpentine crystal stone protects the heart with its powerful snake medicine a strong force that helps give you an overall energy detox like a refreshing and nutritious green drink for the soul the serpentine crystal is like spring cleaning for the soul

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serpentine any of a group of hydrous magnesium rich silicate minerals the composition of these common rock forming minerals approximates  $\text{Mg}_3\text{Si}_2\text{O}_5 \cdot \text{OH}_4$  serpentine generally occurs in three polymorphs chrysotile a fibrous variety used as asbestos antigorite a variety occurring in either

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