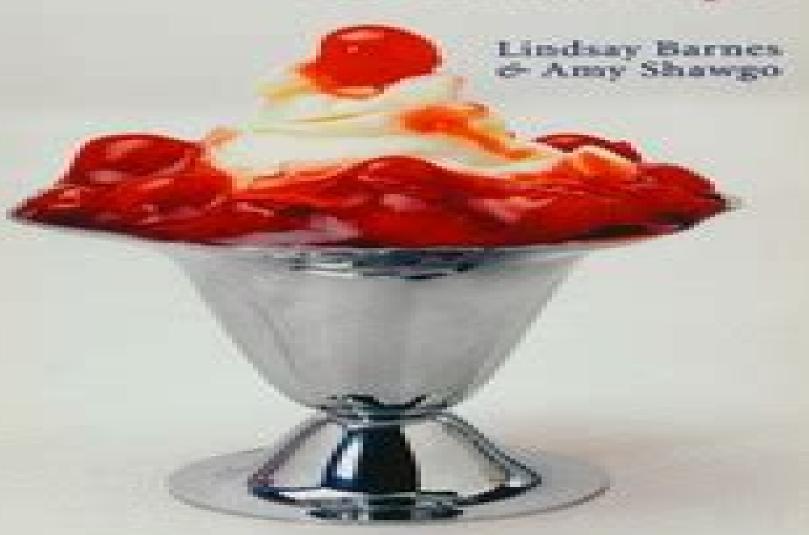
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dietary restrictions She proves that it doesn't necessarily take a medical degree to know a bit more about how the human body works You too can benefit from her journey to healthier food choices **Getting Down to Basics**, 1982 Abstract A dieters guide developed by USDA contains information on how to control weight and keep trim while maintaining nutritional requirements Recent dietary research is summarized Easy to follow guides for weight control or loss along with recipes that are low in calories fat sugar and salt are provided kbc *TV Guide ... Index*, 1979 <u>History of Tempeh and Tempeh Products (1815-2020)</u> William Shurtleff; Akiko Aoyagi, 2020-03-22 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 234 photographs and illustrations mostly color Free of charge in digital PDF format on Google Books **The Library Journal Book Review** R. R. Bowker LLC, 1973

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web balconies 60 diagram 3 balconies over 2 4m above ground level over 2 4m see diagram 5 because of the increased dificulties when inspecting and maintaining building components at height restrictions are placed on the use of timber for structural balcony components above 2 4m above ground level timber is not permitted for

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web description of construction this residence is a 16 year old two storey building clad with fibre cement boarding with sheet metal roof the collapsed deck was not part of the original dwelling and is a more recent addition and is approximately 2 5 metres above ground level

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web this appendix illustrates with typical details major design and construction issues which must be considered when using a timber frame approach the details shown are not intended to exclude other approaches but are currently accepted good practice

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web jul 14 2023 the guide provides detailed illustrations of best practices and checklists for inspection and maintenance to ensure the safety of home owners and users of balconies and decks a critical area for any cantilevered balcony design is the interface between the cantilevered members and the exterior walls of the building

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weaknesses of these two decking options 1 wood decking

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web balcony design nov 1 2018 figure 1 example of mixed use podium wood construction utilizing structural concrete for the first floor and wood framing for the upper five floors photo courtesy of construction science and engineering inc ibc changes and wood durability considerations by frank woeste ph d p e and don bender ph d p e

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