



Example 1:

$$m^2 + 20m + 100 = 0$$

Example 2:

$$x^2 + 24x + 144 = 0$$

Example 3:

$$\frac{20}{x^2} + \frac{20}{x} + 1 = 0$$

Example 4:

$$x^2 + 12x + 36 = 0$$

Example 5:

$$x^2 + 12x + 36 = 0$$

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web la dieta paleo o dieta paleolitica consiste nel mangiare solo carne pesce frutta e verdura ovvero gli unici cibi esistenti nell'era paleolitica raramente si possono bere alcolici e invece sono concessi caffè e tè quindi cereali e tutti i suoi derivati come pasta e pane non sono ammessi

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web si bien no hay una forma única de seguir la dieta paleo la idea básica es evitar los alimentos procesados y centrarse en cambio en alimentos integrales y saludables los alimentos paleo amigables incluyen carne pescado huevos semillas nueces frutas y verduras junto con grasas y aceites saludables