

# Friendly Aquaponics, Inc. **Indoor Aquaponics Systems Do-It-Yourself Training**

***"If you have light and heat,  
you can have fish and plants."***

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**A note on printing this manual: To be respectful and conscious of our planet, please print only the sections you really need to print. We broke the document up into a lot of sections to make this easier to do. For example, the photos are all low resolution, and will not reproduce very well, so don't print pages that have a lot of photos unless you really need them. Also, you probably will not want to print this table of contents, the introduction, or the cover page (all that black will use up a LOT of your printer's ink!) Alternatively, you can take the entire document to a print shop, and have them print it out. It will cost a lot less than printing the whole thing at home. And, they'll bind it!**

**THANKS FOR BEING CONSCIOUS AND RESPECTFUL!**

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**IMPORTANT: To fully understand the following sections, you need to have read completely and have a good understanding of all of the previous pages of this manual.  
THE FOLLOWING ARE NOT STAND ALONE SECTIONS!**

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