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When Quina uses Eat or Cook, the enemy is surrounded by giant cutlery and disappears in a flash of light if the command succeeds. Eat is used to both defeat low health enemies, and to learn new Blu Mag spells.

[Eat \(Final Fantasy IX\)](#)

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quina *noun*. quina *f* (plural quines) the bark of the cinchona tree, a natural source of quinine. a tonic made from this bark.

[quina - Wiktionary, the free dictionary](#)

[en.wiktionary : wiki : quina](#)

Having a plan while trading is very important. Assuming you'll be one of the profitable ones, it's likely take six months to a year trading/practicing every day until you are consistent enough to pull a regular income from the market. If you make money in the first couple months it's likely pure luck.

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