Run in an Iframe

If for some reason you want to run the bookstack in an iframe, you have to modify the .env file to set the allowed urls.
This change is instantly and doesn't require the docker or service to be restarted.

```
cd /config/www
vi .env
```

```
ALLOWED_IFRAME_HOSTS="http://wiki.sophior.com https://wiki.sophior.com localhost
# Application URL
# This must be the root URL that you want to host BookStack on.
# All URLs in BookStack will be generated using this value
```

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