



Type2DiabetesReversal.com

Your Path To Becoming Clinically Non-Diabetic

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The Big Lie Drug Companies Tell You About Diabetes to Keep You Hooked

**By Dr. J. Murray Hockings, D.C. D.PSc.
and Dr. Jason Kouri, M.D.**

Your Guide to Understanding Why Your
Diabetes Isn't Getting Better
and What You Can Do About It

Hi, I'm Dr. J. Murray Hockings, the CEO/Founder of Help Your Diabetes® (HYD). My first real exposure to diabetes came when I was much younger. My beloved aunt died from diabetes when she was just 34 years old, leaving her two children to make their way without their mother.

Hi, I'm Dr. Jason Kouri, national medical director for Help Your Diabetes® (HYD). I run 5 clinics now in the Dallas-Fort Worth area and have been using the HYD program to help my patients reverse Type 2 Diabetes for years now.

Every year 1.4 million people are diagnosed with Type 2 Diabetes. Over 34 million Americans live with diabetes and another 84 million have Pre-Diabetes.

Diabetes has been treated much the same way for generations. Doctors are trained and educated that they need to do three things when advising patients with diabetes:

- Prescribe one or more “diabetes” drugs
- Tell the patient to lose weight
- Tell the patients to watch what they eat

Everything beyond that is just managing symptoms.

Patients with diabetes don't get better when following this regimen because their doctors never tell them how to lose weight or what exactly they can eat and not eat. Instead almost everyone gradually deteriorates. If you follow this path you will likely eventually need more of the drugs the doctor has prescribed you. Your body begins to be dependent on these drugs to function. You continue to suffer, while the drug companies continue making a fortune off of “controlling” your disease.

Diabetes is a slow **death sentence**.

We knew there had to be a better way. We also knew that we would never find it by following the practices the big drug companies have been pushing for decades.

Thankfully, our education and training has been put to better uses. We have successfully helped over 20,000 patients with the Help Your Diabetes system. We actually train medical doctors the HYD system. We have spent a combined 28 years helping diabetic patients.

The amazing results of HYD and of our patients have been covered extensively in the media. Dr. Hockings has appeared on ABC, CBS, NBC, and FOX. We've written an extremely well received book on diabetes. There was a full-page article about HYD in *USA Today* in 2015. The Discovery Health Channel even aired a documentary about the amazing work HYD does in reversing Type 2 Diabetes.

We have seen the HYD techniques change lives. But, because the big money interests are still in control we are required to tell you a few things. We are required to tell you that you should seek the advice of your primary medical doctor before making any changes to the way you are treating your diabetes, even though medical doctors have zero training in how to reverse diabetes. We are also required to tell you that this material is not intended to be medical advice. It is merely information. (Although **it is** information that may just change your life for the better).

Your doctor means well. But, your doctor has only been trained to view diabetes one way. It is something that must be managed. That also happens to be exactly what the drug companies want you to think. They want you to get hooked on their drugs. Go ahead and ask your doctor when you can go off of your diabetes drugs. Your doctor will tell you some version of "never".

But, we have seen a combined tens of thousands of people reverse the effects of diabetes, without all the pain and misery that comes with taking more and more

diabetes drugs. We have also had some brave doctors come to us to learn how to better serve their patients. They realize the current system of diabetes drug “management” is the worst kind of fraud.

We want to give you the chance to see what your life could be like. We also want to make sure you understand what the drug companies are doing to your body.

After you have read this report we invite you to take part in a **FREE** appointment at one of our doctor’s offices. There you will watch a short 30-minute video presentation about how you can reverse diabetes. All you should do is call **800-821-3422** to make an appointment with a qualified clinic close to you.

The information you learn at your free consultation could save your life.

If you or a loved one has been diagnosed with Type 2 Diabetes, there is hope. It doesn’t have to be a death sentence. Life doesn’t have to be miserable. You and your family don’t need to end up like Dr. Hockings Aunt Lily and her children.

How Much Do You Really Know About Diabetes?

Many people are diagnosed with diabetes at a routine medical appointment after taking a blood test. You might be given some brochures or computer printouts about the disease. You will almost certainly walkout with one or more prescriptions. But, how much do you really know about the diabetes?

- ✍ Do you know that if you follow your doctor’s orders you will spend the rest of your life taking more and more prescription drugs?***
- ✍ Do you know what these drugs are doing to your body?***
- ✍ Do you know what will happen to your body, even if you lose weight and faithfully take your drugs?***

The answers to these questions aren't pretty. The problem isn't really with your doctor. Most doctors want to do the right thing. But, they are trapped in a system that punishes problem solving. Their work, education, and lifestyle have been largely funded by the big drug companies that you are now a customer of. Most doctors don't even realize how much control the drug companies have over the "standard of care" they are supposed to adhere to when advising diabetes patients.

What Happens to Your Body With Type 2 Diabetes

90% of all people diagnosed with diabetes, have Type 2 Diabetes. Most people who have this disease just know it is a metabolic disorder and has something to do with the way your body processes sugar. You deserve a better explanation than that. You deserve to understand what is happening to your body.

When you eat, your body breaks down the food into different components. Carbohydrates or "carbs" are changed into glucose. In a healthy body, the pancreas produces insulin to help transport the glucose to the different cells in the body. The cells use that glucose for growth and energy. Glucose is a sugar. When the cells use the glucose, it reduces the level of sugar in your bloodstream.

When you have Type 2 Diabetes, your body is insulin resistant. The insulin tries to take the glucose into the cells, but the door to the cells is shut. This means the glucose stays in your bloodstream, giving you an elevated blood sugar level. Sometimes this excess glucose is released through your urine. Sometimes it gets converted into fat. If your blood sugar level gets too high, you can develop *hyperglycemia*. This means the cells in your body begin to starve, even though you have eaten enough food to fuel your body.

Because your cells will not allow the insulin to pass through their walls (door) to deliver the glucose, they may have trouble getting the glucose they need to grow and function properly. This is what insulin resistance means.

Diabetes has been with us for centuries. It is not a modern disease. The term diabetes can be traced all the way back to the second century. Modern medicine states that there is not a “cure” for Type 2 Diabetes, which is true. There is no “cure” for Type 2 Diabetes, but they also say it can’t be “reversed”.

This is a lie.

We have seen thousands upon thousands of patients reverse Type 2 Diabetes in their bodies. Think of reversing your diabetes as putting it into remission or putting it dormant. That’s what happens. This means that once you’ve reversed your diabetes, you need to continue eating the right way for the rest of your life to keep it reversed, otherwise it will come back again.

What “Managed” Diabetes Looks Like

Instead of focusing on reversing diabetes, modern medicine, with the sponsorship of the big drug companies, focuses on managing diabetes. Can you guess what the key ingredient is in the “management” process?

Drugs. Expensive, toxic, prescription drugs.

Here are the ways your body changes when you have Type 2 Diabetes:

- Your hands and feet sometimes feel numb or tingly because the excess glucose in your bloodstream crystallizes and those crystals create tiny cuts in your blood vessels and it starts affecting your nerves. This neuropathy can lead to amputation.

- Your vision is sometimes blurry. This is caused by the glucose crystals cutting blood vessels in your eyes. This can lead to diabetic retinopathy and blindness.
- You may have all kinds of skin problems. You might itch all the time for no apparent reason. Cuts and bruises appear and take forever to heal. You may even get red swollen gums, which are easily infected.
- You suffer sudden fatigue when the insulin supply is inadequate.
- You may feel intensely hungry, even after you have just eaten, because your body is not able to properly use insulin to process the glucose in your body.
- Your body begins to store fat to try and get the glucose out of the body.
- You have to urinate frequently because your body is trying to get rid of glucose any way it can.
- Women become more prone to bladder infections and vaginal yeast
- Men may develop erectile dysfunction and men and women can develop a lower sex drive

Overtime diabetes can lead to **cataracts, blindness, high blood pressure, cardiovascular disease, strokes, foot ulcers and infections, neuropathy, amputations, kidney disease, kidney failure, dialysis** and eventually, **death**.

Which of these problems do diabetes drugs reverse?

None of them.

“Managed” means the course of the disease is supposed to “slow down”. You aren’t getting better. You are gradually getting sicker and sicker.

The longer you live with “managed” Type 2 Diabetes the more you and your insurance will spend on expensive drugs.

When your diabetes is “managed” it only means that your symptoms are treated by different drugs. You may start with diabetes specific drugs, but then you may need blood pressure medication and a cholesterol medication. Soon you have to add a blood thinner. The disease may take your sight, your enjoyment of intimate relationships, and eventually your life.

Why Do Diabetics Develop Other Conditions?

Most Type 2 Diabetes patients eventually also develop one or more other chronic conditions:

- High blood pressure
- High cholesterol
- High triglycerides
- Acid Reflux/Indigestion
- Gout

If you have diabetes you also probably have one of these other conditions. Many diabetes patients eventually develop three or more of these conditions. Do you know why high blood pressure, cholesterol, and triglycerides are linked to diabetes? If you are

like most patients your doctor never explained to you how these conditions are linked to diabetes. But, you were probably given another prescription drug to start taking.

Remember with Type 2 Diabetes your cells won't allow the insulin and the glucose your body has produced inside. This means there are high amounts of glucose and insulin in your bloodstream. The tiny crystals end up cutting the inside of your arteries. It is like rubbing your face with sandpaper. When your body senses these micro tears, it releases a healing agent to fix them.

Cholesterol is the substance your body uses to heal micro tears in your blood vessels. Because Type 2 Diabetes causes you to frequently suffer these micro tears, your body may end up releasing a lot of cholesterol, which increases your cholesterol levels.

The cholesterol starts to buildup in your blood vessels. It forms a plaque inside of your arteries. This makes the blood vessel narrower. Because the same amount of blood now has to pass through a narrower passageway, your blood pressure becomes elevated.

The unused glucose that has been floating around causing all this damage must go somewhere. Your body converts it into triglycerides. This increases your body fat, makes your diabetes worse, and puts additional strain on your heart.

Diabetes is a deadly domino effect.

The prescription diabetes drugs do not reverse the effects of diabetes. This is why even if you faithfully take your drugs every day, you will still most likely develop these other complications. When you go back to your doctor with high blood pressure or high cholesterol you are given more drugs. Just like the drugs for your diabetes are only to "control" the symptoms, the drugs for these other conditions are only for "management" of the diseases.

Not to mention the fact that the FDA publicly admitted that all statin medication used to treat high cholesterol, actually makes diabetes worse.

Because your body continues to be insulin resistant, the entire cycle keeps repeating. It is slower than if you were not taking your drugs, but over time your body is getting worse and worse.

If you don't reverse your diabetes, you will become more and more miserable. You will most likely eventually die from diabetes, or one of the related conditions. Your doctor doesn't tell you this because he or she has never learned about the ways to reverse Type 2 Diabetes. They live in a sheltered world. The information they receive is carefully filtered through the medical establishment that is committed to helping the pharmaceutical industry make their profits.

Your doctor means well, but doctors are not God. They are as mortal as you and me. They only make decisions based on what they know. Most are reluctant to believe that they have been lied to.

Diabetes is a real killer. Once you have Type 2 Diabetes your chances of dying from heart disease increase 70%. The reasons are clear. All the glucose in your bloodstream is causing a chain reaction. For many people that chain reaction is fatal. But, the prescription drug regimen you are on is not designed to reverse this chain reaction. It doesn't solve the real problem of too much glucose in your bloodstream. All the drugs you are given only slow the chain reaction down, buying you more time, so they say.

Diabetes is Like a Time Bomb

It's like you have a time bomb in your body. Nobody knows exactly when it is going to go off, but everyone knows it will explode at some point. But, instead of trying to defuse the bomb, everyone is focused on adding time to the timer. All the diabetes

prescription drugs in the world won't stop the clock. All the drugs do is give you an unknown amount of extra time, so they say. Let's hear what Dr. Ron Rosedale, M.D. says,

“Treating Type 2 Diabetes with medications causes a progression of the disease, appropriately called “DIE”, or Doctor Induced Exacerbated Diabetes.”

Dr. Rosedale is the founder of the Carolina Center for Metabolic Medicine and he says taking diabetic medications actually makes your diabetes worse. Wow!!!

Why is the mainstream medical community so focused on managing diabetes instead of reversing it? The two main reasons are **ignorance** and **greed**.

Most doctors are not trained in natural methods of healing. They have been trained to be suspicious of anything from outside of the established medical community. Doctors rely heavily on their extensive education, training, and the research of others to help them make decisions for their patients. Most doctors simply don't know there are other options, and they are professionally skeptical of anything that doesn't come from established channels. Most doctors stick to the “management” model of treating diabetes out of ignorance.

But, there is also something more sinister at work. Greed plays a big part in the way diabetes is handled. The U.S. market for diabetes drugs is over \$300 billion dollars. Drug companies make a fortune off of these drugs. Drug companies want to get you hooked on these drugs. They don't want you to know about other methods. They don't want diabetes to be reversed. They want diabetics, they want you, to stay sick for as long as possible. The longer you take the drugs the more money they make. The greed of the pharmaceutical industry helps keep much of the medical community ignorant.

In many ways big drug companies operate like common street dealers. They know once you get hooked, you will be a steady income stream for them. They don't

care if you are paying out of pocket for the drugs, or if your insurance company is paying. They just want the money.

Treating a Patient or Treating a Disease?

How do your friends and family see you? Do they see a diabetic? No. They see you as a whole person. You have your strengths and weaknesses. You have your hobbies. You have your passions. How does your doctor see you? Sadly, for many people, their doctors only see them as diabetics. In medicine in general, and with diabetes in particular, instead of treating patients, medical providers treat diseases.

Instead of seeing you and your body as a complex system, they see a disease. They are trained to diagnose diseases and then dispense drugs or order a surgical intervention. Medical doctors are simply not trained in wellness, nutrition, exercise, and prevention. They don't understand how things outside of prescription drugs can help you, the patient, feel better. They are trained to deal with the disease.

This is why many doctors fail to explain the domino effect of diabetes that causes high blood pressure, high cholesterol, and high triglycerides. Instead they wait for these diseases to show up. Then they diagnose them and give you more drugs.

Treating the disease and not the patient is why doctors rarely talk about things like the increase of liver failure and kidney failure with diabetes. They wait until those things happen and then they react. Much of modern medicine is reactionary. It is not preventative. They don't know how to treat your problem until you have it. Instead, they make the pain more tolerable. They control the symptoms. They "manage" the disease. They don't treat you, the patient.

How Diabetes Drugs Work (Or Don't)

When your doctor gives you a prescription you naturally assume it has been scientifically proven to work for your condition. But, the truth is much more complicated. In the United States the FDA is responsible for approving prescription drugs to be used on patients. But, the FDA is not really a neutral forum. For generations there has been a revolving door between federal regulators and industry. Many people come to the FDA from the highly profitable pharmaceutical industry. They spend a few years “regulating” the industry and then later leave the FDA to work for the same companies they were in charge of monitoring. Only now they make even more money than they did before.

Avandia and Actos

The results of this relationship can be seen by looking at a few different diabetes drugs. The prescription drugs Actos and Avandia have been the subject of numerous expensive lawsuits all across the country. These two diabetes drugs were given for years to patients, even though there was significant evidence that there was something wrong with them. In both cases the United States continued to allow these drugs to be prescribed, even after most European countries had banned their use for safety reasons.

There have been serious allegations that the drug companies in both cases knew these drugs were potentially dangerous, even as they were seeking to have them approved by the FDA.

In the case of Avandia, the science shows the drug increases the chances of having a heart attack, many times a fatal one. This was not a risk factor that was disclosed to patients. Actos is a drug related to Avandia. It was supposed to be better. In fact it does seem to cause far fewer heart attacks than Avandia. But, now Actos is too being pulled

from the shelves and is the subject of several lawsuits. The reason? Actos has caused an increased risk of bladder cancer.

More recently, the drug Januvia, is showing an increase in pancreatic cancer!! When will this madness end. What drug is the next to cause severe complications?

In all of these cases the drugs that were supposed to help “manage” diabetes, were causing even worse health problems. These issues are not unique to diabetes drugs. They are an all too common problem with many prescription drugs. The known and unknown side effects are often worse than the disease they are being used to control.

Long Term Effects of Diabetes Drugs

Even if you are not taking a drug that is increasing your chances of getting bladder cancer, having a heart attack or getting pancreatic cancer, your diabetes medication is not helping you get better. In the case of many drugs, they may help lower the blood sugar and temporarily relieve the symptoms of Type 2 Diabetes, but they are also causing long-term damage to your body. Even though Type 2 Diabetes is an insulin resistance disease, many of the drugs increase the insulin in the bloodstream. The hope is that more insulin will help the glucose get to the cells that will accept insulin. But, the body can be overwhelmed with insulin. This results in excess insulin that the body converts in triglycerides, or fat. These drugs can make you gain more weight. The excess weight puts increased stress on your heart. It also often makes insulin resistance worse over time.

The medical solution? Increase the dosage. Put even more insulin in the body. When that fails, insulin injections are used. The mainstream approach to treating your insulin resistant body is to give it more and more insulin. The number one side effect of taking a lot of artificial insulin is belly fat storage and weight gain.

The longer you are on diabetes medicines the more likely you are to develop problems like high blood pressure, high cholesterol, and high triglycerides. Each of these new diseases increases your chances of having a heart attack, stroke, neuropathy, cataracts, blindness, and many other health problems. New evidence is even finding links between diabetes and different cancers and diseases like Alzheimer's.

More and More Drugs

Besides all these other health problems your diabetes drugs may be making worse over time, you then have to deal with the side effects of the drugs you take for the high blood pressure and high cholesterol. Some patients even have to take more drugs to deal with the side effects of the drugs prescribed for the side effects of their diabetes. It's a scary, never-ending, downward spiral.

It's no wonder that drug companies don't want you to know about any ways to reverse the effects of diabetes in your body. From this one condition they can get you hooked on as many as 15 different prescription drugs.

And the dirty little secret about taking all these drugs is that they eventually destroy your kidneys. The number one cause of dialysis, kidney failure and kidney transplants is from diabetes and the drugs you take because of it.

Drug companies lie to you. They tell you and your doctors that there is no other choice. They lie about there being no way to reverse Type 2 Diabetes. They act like they are doing you a favor. Instead they turn you into a kind of junkie. You become dependent on them for your health. You keep taking more and more drugs, believing that is the price you have to pay to stay alive as long as possible. But, your condition just keeps getting worse. Little do you know that the drugs themselves may be making your suffering worse, and even shortening your life.

Diabetes is simple to understand. However, instead of spending the time examining people who have successfully reversed Type 2 Diabetes without prescription drugs, the drug companies and their cronies continue to spend millions developing new drugs to “manage” diabetes. They spend millions because they know they will make billions off of you and other people who desperately want to feel better and live a long healthy life. The drug companies want to keep you hooked.

But, it doesn't have to be that way. It is possible to find a place where medical professionals are interested in treating YOU. A place where they are interested in your overall health, not just your disease. It is possible to find doctors trained in proven strategies that reverse diabetes and let you get off of your diabetes drugs.

However, you have to know where to look. You have to find the right doctors with the right training. Ones that are not ignorant and are free from the greed-fueled lies put out by drug companies.

You already know what life is like with diabetes. You now know what you can expect for your future if you keep mindlessly taking the drugs pushed on you by the big pharmaceutical companies. You will suffer. You will die.

Do you want to see what your life could be like? Do you want to see what happens when you take a different approach to your health? Here is what your life could be like if your medical professionals treated **you** and not just “managed” your disease.

What Your Life Could Be Like

- ✍ **Imagine** not having to take any prescription drugs.
- ✍ **Imagine** having the energy to do whatever you wanted.

✍ **Imagine** seeing your blood pressure go down.

✍ **Imagine** having your cholesterol levels lowered.

✍ **Imagine** losing weight and feeling great.

✍ **Imagine** having an increased sex drive

✍ **Imagine** having no more neuropathy in your feet

These are not fantasies. These are the results thousands of people have enjoyed after they started following the HYD program.

Consider the story of Carl Vann:

“I was diagnosed with Type 2 Diabetes before coming to see Dr. Hockings. I was taking Metformin three times a day, Actos, along with other blood pressure medicine, and weighed about 340 lbs. My health was getting bad. After four months of being on the program, I have lost 58 lbs. As I lost weight, my doctor gradually lowered my medications. I started feeling good and now, I don’t take any medications at all. I feel 100 percent better. I breathe a lot better. My energy level is high. My doctor can’t believe the difference. I have taken my life in control. I would recommend this to anybody that thinks that they’re going no-where and feel that their health is in bad shape. It’s an easy program, easy steps. I was a non-believer at first because I thought I would never get over it, but in just the short months that I’ve been in this, it’s made a world of difference. After going through this program, I really feel that this program was a lifesaver—this saved my

life. I feel on top of the world now."

Before Carl came to Dr. Hockings, he was letting the drug companies control his health. He wasn't getting treated. His disease was being "managed". But, he kept feeling worse and worse. After Carl learned the secrets to reversing diabetes, the secrets the drug companies didn't want him or his doctors to know, he started to get better. Instead of getting sicker, Carl got healthier.

Lorrie Drogan is another great example of what can happen once you escape the drug companies:

"I was on 6 pills a day now I'm down to 1. My A1C went from a 7.8 to a 5.9. My waist has gone down 6 inches and I've gone from an 18 to a 10. It's just fantastic."

How much time and money are you spending on your medications? Wouldn't it be great to be free of all those pills and injections? Just about every prescription pill you put into your body has some side effect. Wouldn't it be nice to take control of your own health and not have to deal with those nasty side effects?

You only have one shot at this life. The real tragedy of Type 2 Diabetes is that so many people spend every day in agony when they don't have to. Why should you suffer when there are proven ways to reverse your Type 2 Diabetes? It's time for you to get your life back.

Notice what Lorrie and Carl have in common? They are all so much happier now. Isn't that what life is about? If you are suffering from Type 2 Diabetes, it is not only affecting your body and your health, but it is also taking a toll on your soul.

It is tough to be happy when you think you have a death sentence. When you spend much of your day thinking about when you next have to take your pills, you have less time to think about all the wonderful things in life. When you spend much of every

day in pain and dealing with different side effects, it is tough to keep a smile on your face.

You deserve better. You deserve to live a **healthy** and **happy** life. The drug companies have proven they don't care about your health or how you feel. They have shown they are even willing to let you get sicker. Why should you continue to trust them?

The drug companies have used one big lie to get you hooked on their drugs. They want you to keep coming back to feed their profit machine.

But, now you know all about their lie. You know there is another way to deal with your diabetes. You don't have to live with a death sentence. You don't have to let doctors "manage" your disease while you keep getting sicker and more miserable.

Now you know that there is a way to reverse the effects of Type 2 Diabetes. There are medical professionals out there who understand how to make you healthy and happy again.

The question is what are you going to do about it? Are you going to keep the drug company profit machine going while every day your health is worse and worse? Or, are you going to find out how to escape from the drug companies?

If you are serious about your health, we are ready to help you escape.

How Can You Escape the Drug Companies?

The drug companies may have a lot of influence with doctors and the FDA. But, they do not control everything. You still have the freedom to seek out information and to choose how you will treat your body.

If you have read this far you are a lighter. You are committed to doing what it takes to light your diabetes, and not just sit back and let the disease be “managed” until you die. The next step is for you to get more detailed information.

Through our many years of study and training we have found several medical professionals who share our convictions that diabetes patients deserve better than a death sentence. Dr. Hockings has trained many doctors on the best ways to reverse this disease instead of just turning people over to the drug industry. We want you to meet one of these professionals in your area.

It won't cost you anything. All you need to do is call **1-800-821-3422** and make a **FREE** appointment. During that first appointment, you will watch a 30-minute video about how you can reverse Type 2 Diabetes. After the consultation there is no obligation. You don't have to continue coming back. You don't have to try the same methods that have helped over 20,000 people all over the world completely reverse Type 2 Diabetes. You can continue taking your pills and live your life.

But, if you want to try something else, we are ready to help you. The purpose of the free appointment is to give you more information about how you can take control of your health. It is the first step in your journey back to a healthy life.

How much is your health worth to you? Is it worth a 30-minute presentation? How much is your health worth to your friends and family? When you start following the program Dr. Hockings has created, you won't just be changing your life, you will be giving an incredible gift to those that love you. You will be giving yourself back to them. The healthier and happier you become, the happier your loved one will be. You will no longer have to fear becoming a burden to your family as you get sicker and sicker.

How much is the happiness of your loved ones worth?

What are you waiting for? A wonderful future for you and your loved ones is out there. All you have to do is have the courage to make a phone call. Don't waste another second.

Let Us Help You Escape the Drug Companies.

**Call 800-821-3422 Right Now and Make Your FREE
30-Minute Consultation.**

It might be the best decision you ever make.

Dr. Hockings & Dr. Kouri

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