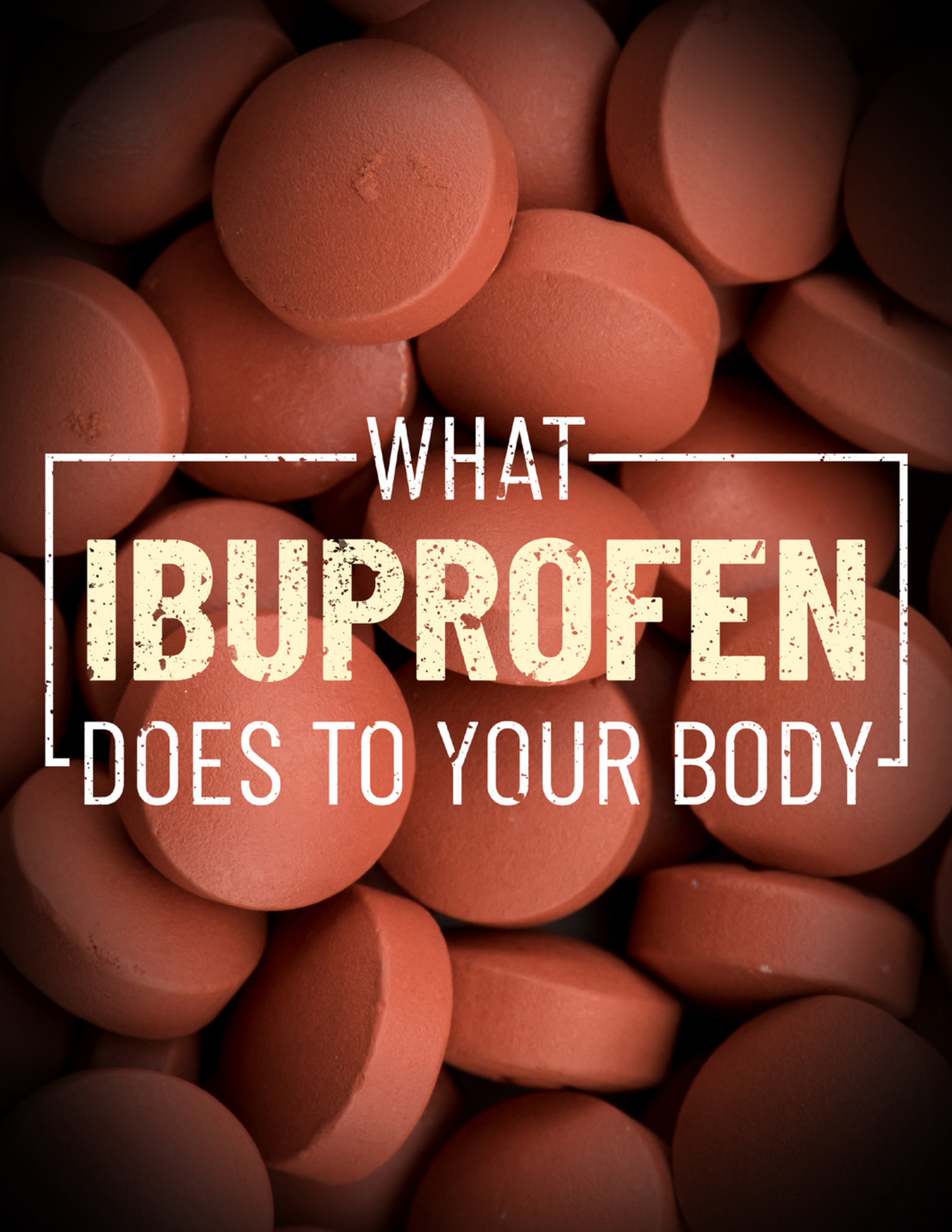

WHAT
IBUPROFEN
DOES TO YOUR BODY

WHAT IBUPROFEN DOES TO YOUR BODY

Joel Marion, CISSN

WHAT IBUPROFEN DOES TO YOUR BODY



It's 6am. The alarm goes off. You roll over to hit the 'Snooze' or 'Alarm Off' button and you can already feel it.

You slowly get out of bed and then it happens. You attempt to stand up and there it is…

… stiffness, aches, and pains.

Uncle Arthur (aka-arthritis) rears his ugly head.



Sucks getting old doesn't it?

Trust me, I can relate!

The first thing on the list after brushing your teeth is to take a few ibuprofen.

After all, there's nothing else you know of that can help you get some relief before starting your busy day.

Well, maybe an addictive opiate pain killer, which is obviously not an intelligent decision.

But what if it didn't have to be this way?

What if you could just add a few foods to your daily regimen to reduce all this age-related inflammation so you didn't have to rely on drugs?

At the end of this free report ’ll share how this IS possible.

Although ibuprofen can definitely reduce your pain (for a short period of time anyway) **have you considered whether or not it’s really worth the RISK?**

Let’s take a deep dive into what the research and science says so you can make an educated decision on what’s best for YOU.

I’m sure you know by now ibuprofen is often touted for its ability to relieve minor aches, pains and fever.

While it goes by many brand-names Ibuprofen belongs to a group of drugs called nonsteroidal anti-inflammatory drugs. Otherwise known as NSAIDs. These particular drugs temporarily reduce the amount of a substance your body produces called prostaglandins.

Whenever you have an injury, your body automatically releases prostaglandins, the substances which contribute to inflammation.

This inflammation leads to swelling, fever and increased sensitivity to pain. When you take ibuprofen it can help lower fevers and relieve minor pain from:

- ✔ Headaches
- ✔ Joint pain
- ✔ Toothaches
- ✔ Menstrual cramps
- ✔ Muscle soreness



Over 111 million prescriptions are issued yearly for anti-inflammatory drugs like ibuprofen.

However, what you may not know is the **short and long term side-effects** of this drug.

Although it reduces pain from inflammation for a short period of time, it's important to learn exactly what these effects are… AND when they're most likely to happen so that you can use this drug safely if you choose to do so.

Odd Snack Reverses Alzheimer's (Details Below)

Dear Reader,

The Alzheimer's-reversing power of THIS chewy snack virtually **shut down research at one of the biggest pharmaceutical companies.**

Why?

Because the memory-boosting power of this snack is so powerful, medical experts are coining it "THE ALZHEIMER'S DISCOVERY" of the century.

I thought this was impossible too...

Until I saw this chewy snack **reverse even the most severe cases** of Alzheimer's and dementia.

So, if you are at all worried about your own memory, then you **MUST** stock up on this chewy superfood **IMMEDIATELY.**

Christine O'Brien
Nutrition & Healing

P.S. This delicious food is known to literally turn back the clock and give your brain cells new life. **Click here right now** to see if you have it in your pantry.

After you find out what this wildly popular pain-killer REALLY does to your body, you may consider seeking other alternatives.

Inside this free health report I'll reveal all the ins and outs of this anti-inflammatory drug so you can make an educated decision on how to use it.

I also reveal 4 different foods and spices which can reduce inflammation safely and naturally.

ONE of them tastes absolutely delicious and has been shown in over 74 published scientific studies to be more powerful than ibuprofen.

Trust me when I say drug companies do NOT want to know about mother-nature's anti-inflammatory secrets.

First, let's quickly cover this drug's history and how it has become one of the most popular over-the-counter drugs in the world over the last 20 years.

THE HISTORY OF IBUPROFEN

According to Wikipedia, ibuprofen was originally derived from propionic acid in the 1960s.

It was discovered through research studies during the 1950s and 1960s to find a safer alternative to aspirin.

Stewart Adams led the research and the patent application was filed in 1961.

Funny story about how it all started… **Adams initially started experimenting with this drug as treatment for his hangover**.

After some success, the United Kingdom launched it **as a treatment for rheumatoid arthritis** in 1969. The United States jumped on the band-wagon five years later in 1974.

Then, in 1983 and 1984, ibuprofen became the first NSAID, other than aspirin, to be available over the counter in both of these countries.

And that's how it all began!

ALERT: Get Your FREE Container of Premium Protein Powder (Today Only)

Today only, for everyone who downloaded this report, my BioTrust Nutrition partner Josh and I are going to give you a free 150-gram container of our award-winning, incredibly delicious metabolism-boosting protein, BioTrust Low Carb, to celebrate over 2 million containers sold! No strings attached!

It's made with natural ingredients and certified hormone-free proteins from grass-fed cows, contains NO soy or gluten, and it's also naturally sweetened with stevia and a naturally sweet form of gut-friendly prebiotic fiber called inulin. **And did I mention it tastes incredible?**Just like a rich and creamy milkshake, only it comes in at just 150 calories while being packed with fat-burning, super high quality protein!



Available in Delicious
Milk Chocolate or **Vanilla Cream!**

Even better, today we're also going to throw in THREE additional bonus gifts for a value of over $100, and all we ask in return is that you help cover the very small cost of shipping. By the way, this is NOT a monthly subscription program – we just want to get this amazing protein in your hands today as we know that once you taste it, you'll be back for more (just like more than 2 million other happy customers have!).

>> Click Here To Secure Your FREE Container Now! (Today Only)

IBUPROFEN SIDE EFFECTS[1]

Ibuprofen is so widely used without a second thought it can be easy to forget this drug can cause some serious side-effects.

Remember, ibuprofen is a drug. And like any drug, it comes with certain risk factors.

The more common side effects of ibuprofen are:



- ✔ Stomach pain
- ✔ **Vomiting**
- ✔ Diarrhea or constipation
- ✔ **Gas**
- ✔ Nausea
- ✔ **Heartburn**

Not every person experiences these side-effects, and when they do, the effects are typically mild. Most people can prevent the known side-effects simply by taking ibuprofen with food.

However, serious side effects can happen.

Keep in mind, most of these risks are uncommon and can usually be minimized by taking ibuprofen as recommended.

Taking too much ibuprofen for extended periods of time can make these serious side effects more common.

The side-effects include…

Liver Failure

Although there seems to be a very rare risk of liver failure from taking ibuprofen, if you have liver disease, talk to your doctor first.

If you start to have any of the following symptoms stop taking ibuprofen and contact your doctor immediately…

- ✘ **Nausea or stomach pain**
- ✘ Fatigue
- ✘ **Itchiness**
- ✘ Lack of energy
- ✘ **Nausea**
- ✘ Itchiness
- ✘ **Flu-like symptoms**
- ✘ Yellowing of your skin or the whites of your eyes
- ✘ **Pain in the upper right area of your abdomen**

Any of these symptoms could potentially be a sign of liver damage or liver failure.

Heart Attack & Stroke

The risks of heart attack and stroke are rare for most people, unless you use higher dosages than recommended or use it for too long.

Your risk can also increase if you have other medical or health challenges such as…

- ✘ Family history of heart attack or stroke
- ✘ Blood clotting disorder
- ✘ Take medications that affect how your blood clots

If you have any of these risk factors or take other drugs, make sure you talk to your doctor before using ibuprofen.

Increased Blood Pressure & Decreased Kidney Function

Ibuprofen changes your body's production of prostaglandins, which helps keep the pressure in your kidneys at the right level, while filtering out fluids in your body and maintaining healthy blood pressure.

This can lead to a fluid imbalance, which can decrease your kidney function and increase your blood pressure.

#1 WORST Food for High Blood Pressure (Do NOT Eat)

Did you know there's one food that a majority of Americans eat that causes high blood pressure? (and it's not salt)

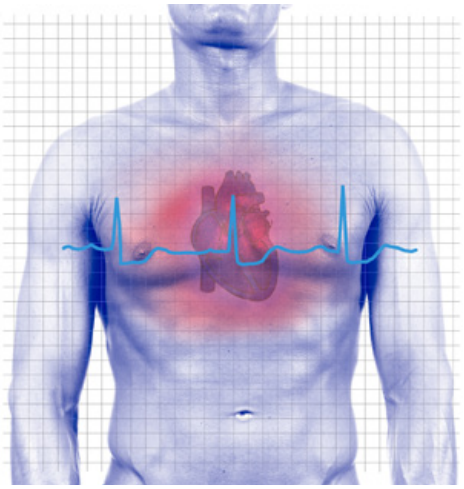
In fact, 80 million Americans now suffer from high blood pressure and new studies suggest the number of Americans with high blood pressure is only going to go up, and it's almost entirely because of this one single food.

Find out what this one food is and what you can do to fight this high blood pressure epidemic today...

#1 Worst Food for High Blood Pressure (do NOT eat)

If you experience any of the following symptoms it's a sign of decreased kidney function…

- ✘ Dizziness
- ✘ **Water retention or fluid buildup**
- ✘ Dehydration
- ✘ **Increased blood pressure**
- ✘ Urinating less frequently



Your risk can also increase if you are an older adult, take blood pressure meds, or have kidney disease.

Stomach Ulcers & Bleeding

As previously mentioned, ibuprofen decreases how much prostaglandin you make. Since prostaglandins helps repair your stomach lining, this can

limit the protection you get and increase damage from stomach acid. This can lead to stomach damage such as bleeding and ulcers in the stomach and intestines.

Although the risk of this side effect is fairly rare, it can quickly increase the longer you use ibuprofen.

Other factors at play which can increase your risk include…

- ✘ **Old age**
- ✘ Smoking
- ✘ **Excess alcohol intake (more than 3 drinks per day)**
- ✘ A family history of ulcers or bleeding in your stomach or intestine
- ✘ **Use of blood thinners or oral steroids**



Allergic Reactions

It's pretty rare, but some people have an allergic reaction to ibuprofen.

For example, if you've ever had allergic reactions to aspirin, you should NOT take ibuprofen.

Always Talk With Your Doctor or Health Professional

If you start to have trouble breathing or your face or throat starts to swell, make sure you contact your doctor immediately and stop taking ibuprofen altogether until you get the green light from a professional.

Ibuprofen can be a safe and easy over-the-counter remedy for minor aches and pains. However, if you decide to overuse (i.e. abuse) and don't use it as recommended, ibuprofen could be seriously harmful.

Can I Take Ibuprofen With Alcohol?[2]



Great question! And one which should be taken very seriously.

Hopefully you know by now, mixing medication with alcohol can be dangerous to your health.

Alcohol can interfere with some drugs, making them less effective.

It also intensifies the potential side-effects when you mix it with alcohol.

In most cases, **consuming small amounts of alcohol while taking ibuprofen is not a huge risk.**

However, if you decide to binge drink (aka-get drunk), taking more than the recommended dosage of ibuprofen can raise your risk significantly.

Here are a few examples…

Gastrointestinal Bleeding

One study of 1,224 participants showed regular use of ibuprofen increased risk of stomach and intestinal bleeding in people who consumed alcohol.

People who drank alcohol but only used ibuprofen occasionally did not have this increased risk.

Will Amazon STUN Seniors on Social Security with THIS news?

Dear Reader,

When this New York millionaire went public with this controversial Amazon prediction…

He received hundreds of hate tweets.

They've accused him of "pulling a stunt"... and called him "fake news guy" and a "con artist."

But now some recent news involving Amazon has vindicated him…

You see, THIS "smoking gun" proves that Amazon could change the retirement of millions of Americans.

There's a lot of money on the line… And there's no time to waste… Because it's scheduled to happen in early 2018.

Click here to see what is very likely to be the biggest market shock of 2018.

Sincerely,

Doug Hill,
Publisher, Choose Yourself Financial

If you have any signs of stomach problems, call your doctor right away. Symptoms of this problem can include:

- ✘ Dark, black, tarry stools or bowel movements
- ✘ Blood in your vomit or vomit that looks similar to coffee grounds
- ✘ An upset stomach that doesn't go away

Kidney Damage

Long-term use of ibuprofen can also damage your kidneys.

Because alcohol use can harm your kidneys, using ibuprofen and alcohol together can greatly increase your risk of kidney problems.

Symptoms of kidney issues can include:

- ✘ Fatigue and tiredness
- ✘ Shortness of breath
- ✘ Swelling in your hands, feet, or ankles

Decreased Alertness

Ibuprofen reduces your pain, which can help you relax. Alcohol also causes you to relax so taking these two drugs together increases your risk of not paying attention while driving, slowed reaction times, and falling asleep.

We all know drinking alcohol and driving is a no-no.

If you drink while taking ibuprofen, you definitely should not drive.

Ibuprofen Drug Interactions To Be Aware Of

There are certain medications you need to be aware of, which can increase your risk of having an overdose from ibuprofen.

Make sure you don't use the following medications with ibuprofen without consulting your doctor or health professional first:

- ✘ **Aspirin (increase chances of side-effects)**
- ✘ Diuretics (increases risk of kidney failure)
- ✘ **Lithium and methotrexate (increases risk of toxicity)**
- ✘ Blood thinners (anticoagulants)



Symptoms Of An Ibuprofen Overdose

According to Healthline[3], not everyone will experience symptoms of an ibuprofen overdose right away. And some people won't have any visible symptoms at all.

If you do experience symptoms of an ibuprofen overdose, they're usually mild such as…

- ✘ Heartburn
- ✘ **Tinnitus (ringing in the ears)**
- ✘ Vomiting
- ✘ **Nausea**
- ✘ Diarrhea
- ✘ **Stomach pain**
- ✘ Blurred Vision
- ✘ **Dizziness**
- ✘ Rashes
- ✘ **Sweating**
- ✘ Difficult or slow breathing
- ✘ **Convulsions**
- ✘ Low blood pressure (hypotension)
- ✘ **Seizures**
- ✘ Headaches
- ✘ **Coma**

Please note: Infants who overdose may show signs of unresponsiveness (lethargy) or temporary cessation of breathing (apnea) following a more serious overdose of ibuprofen.

The 14 Day Ketogenic Diet

Today's most innovative doctors are using this diet to eliminate deadly belly fat, shrink cancer tumors, and cure epilepsy in children...

It's growing so fast that even senior citizens are using it to fight disease and rapidly burn belly flab **in just 14 days...**

It's called The Ketogenic Diet, and I personally used a new rapid 14-day version—utilizing 4 specific "super fats"—to completely transform my body in record time...



It all started by eating the 4 SUPER FATS below at the right time over a very short 14 day period (a few of them are probably in your kitchen right now)...

4 SUPER FATS that incinerate unwanted belly fat in just 14 days

To your rapid results,

Joel

Tips For Using Ibuprofen Safely

To get the best effects from your OTC treatment, follow these tips.

Only Take NSAIDS Based On Your Needs

Over-the-counter meds such as acetaminophen (Tylenol) are good for relieving pain, but they don't help reduce inflammation.

If you can tolerate it, ibuprofen is probably the better choice for arthritis and other inflammatory conditions.

Read the labels

It's important to read labels because some products combine acetaminophen and anti-inflammatory medicine together.

For example, ibuprofen can be found in some cold and flu medications. Taking too much of an active ingredient in combination products like this can increase your risk of the side-effects.

Storage of Ibuprofen

If stored in a hot, humid place, like your bathroom medicine cabinet, these over-the-counter medicines can lose their effectiveness before the expiration date.

You can extend their shelf life simply by keeping them in a cool, dry place.

Proper Dosage for Ibuprofen

Make sure you read and follow the directions carefully whenever you take these NSAIDS. Many of these products will vary in strength, so it's important to make sure you're taking the right amount each time.

Taking It Home

Ultimately, relying on ibuprofen for everyday aches and pains could lead to serious health challenges in the long run. However, when taken responsibly, and in moderation, they can help reduce inflammation helping you temporarily reduce joint, muscle, body, and head pain.

BONUS SECTION: 5 HOUSEHOLD ITEMS THAT CAUSE CANCER

Believe it or not, many of the household items you use each day to clean your body, improve your appearance, curb your appetite, and keep the house in order aren't so innocent.

Here's what to look out for.

Cancer Causing Household Item #1: Shampoo



Typically, when we open up a bottle of shampoo we are greeted with a fresh scent that is appealing, but in reality this pleasant smell is really a warning sign.

The fragrances used in shampoos may contain thousands of chemicals, some of which are phthalates and may **be linked to conditions such as attention-deficit disorder, breast cancer, obesity, type 2 diabetes, reduced IQ levels, neurodevelopmental issues, behavior issues, autism spectrum disorders, as well as altered reproductive issues** in both men and women.

Yikes!

And many people also show skin sensitivities or even allergies to fragrances as well, which also presents a problem with ongoing use.

Many of the fragrances used in shampoos and other beauty products are endocrine disruptors and can alter the natural hormonal state you're in, triggering weight gain and other diseases if exposure is continual and constant.

It might cost you a bit more, but it's in your best interest for long term health to invest in an organic, all-natural shampoo.

Cancer Causing Household Item #2: Cosmetics

One thing to note about personal care products is they aren't required to list their harmful byproducts and carcinogens on the label.

Even the ***American Cancer Society*** admits there are health risks related to long-term exposure of toxins found in these products.

In addition to cancer risk, there are other concerns you may want to be aware of like, disrupted hormones, dermatitis, skin rashes, and even birth defects.

Carcinogen contaminants like formaldehyde from these products can build up over time potentially causing irreversible damage.

Again, the choice is to go all-natural whenever possible. There are plenty of companies out there providing holistic solutions nowadays. Take advantage of them.

Cancer Causing Household Item #3: Canned Foods



The Center for Environmental Health (CEH) once released a report called Kicking the Can, which revealed up to 40 percent of canned goods they tested earlier this year contained traceable levels of the chemical BPA (bisphenol A).

Scientific studies show this chemical has been linked to diabetes, heart disease, birth defects, and yes, even cancer.

Caroline Cox, research director at CEH, said: ***"These companies have known for years that BPA is a serious health threat, yet too many of their food cans still contain this dangerous chemical,"***

"Americans deserve safe food for their children and families. It is past time for grocery retailers and dollar stores to end this health threat and develop safer alternatives for canned foods."

There are many food companies, like Trader Joe's and Thrive Market, who offer BPA free canned foods and toxin-free boxed alternatives.

Another one to take note of to protect you and your family.

Cancer Causing Household Item #4: House Cleaners

Researchers are now saying chemicals found in household cleaning products can be just as damaging to your lungs as smoking cigarettes.

Yikes.

And we all know smoking is linked to cancer.

We all want to live in a clean hours, but the items used to clean it are most-likely terrible for your health.

Research from the American Thoracic Society's American Journal of Respiratory and Critical Care Medicine, showed women had a noticeable decline in lung function after working as cleaners or using certain products—like cleaning sprays.

And the women who weren't cleaning did NOT experience the same rate of lung disease.

According to Healthline.com, scientists at the University of Bergen in Norway analyzed data from 6,235 participants in the European Community Respiratory Health Survey.

The participants were followed for more than 20 years.

The lead study author, Svanes, said, ***"The take-home message of this study is that in the long run, cleaning chemicals very likely cause rather substantial damage to your lungs."***

Just another reason to 'go green'!

Cancer Causing Household Item #5: Shower Curtains

In 2008, American scientists requested that all shower curtains containing PVCs be banned from stores.



Although these curtains are no longer sold, if you still have one in your bathroom, it likely leaked toxic, cancerous chemicals.

Even the shower liner can emit over 100 toxic chemicals into the air.

They contain dangerous substances like PVC (polyvinyl chloride) and VOC (volatile organic compounds).

Some great alternatives, outside of installing glass, is to look for shower curtains made from hemp, linen, birch, or even cotton.

Remember, it's not necessarily the minimal exposure you have to one of these compounds that can potentially cause the damage.

It's the cumulative load over time of being exposed to several of them at once that can really do the damage.

The bad news is that you'll have to spend a little time analyzing labels to avoid these compounds… it's just not worth the risk.

The good news is that in today's world you have dozens of all-natural and organic alternatives to use instead. Yes, they typically cost more, but you can't put a price tag on your health and longevity!

I view it as investment to spend the extra money to protect my wife and two little girls from this toxic burden.

You may feel like it's not worth going out of your way to avoid these dangerous shampoo ingredients because it's "no big deal", but over time, it does add up.

But what if you could just tweak your diet a bit to protect yourself from this toxic burden, while eliminating your need for drugs like ibuprofen.

Well fortunately, mother nature has provided us with a handful of all-natural inflammation reducing foods and ingredients you can consume to reduce your need for these drugs.

I would be doing you a disservice if I didn't share them with you, so here they are…

4 'ALL-NATURAL' FOOD SUBSTITUTIONS TO REDUCE INFLAMMATION & HELP ELIMINATE YOUR NEED FOR IBUPROFEN

Inflammation Reducer #1: Turmeric



Turmeric is now being touted in the innovative medical community as **the "fountain of youth" super spice.**

Used predominantly in Indian cuisine, the root of this spice is used for dozens of health benefits, including acting as a powerful, all-natural anti-inflammatory agent.

Often considered the forgotten spice, turmeric can assist your liver's enzymes in *flushing out* carcinogens from your body.

This is critically important for optimal health and efficient fat loss because your liver acts as a natural detoxifier. **It's your body's fat burning filter and turmeric will help you keep it healthy.**

A poor functioning liver will ZAP you of your energy and make it nearly impossible to shed unwanted body fat because it's responsible for the elimination of drugs, pesticides, and environmental chemicals from your body.

Turmeric not only helps you maintain a healthy functioning liver, research indicates curcumin, a chemical found in turmeric, may help reduce joint pain caused from inflammation.

As you can clearly see, this spice is definitely one you want to consider using in place of NSAIDS.

Inflammation Reducer #2: Lemon Juice



The all-natural *alkalizing effect* of fresh squeezed juice, from organic lemons, has **a very powerful detoxifying effect** that can purge toxins from the blood and help assist in removing harmful compounds from your body.

Almost everybody has been misled to believe lemons are acidic, but inside your body lemons are an incredibly alkaline food that can help balance your body's pH, **which means LESS inflammation.**

Lemon juice has also been shown to improve your digestive function, acts as a mild diuretic and is loaded with healthy ingredients *(citric acid, vitamin C, calcium, magnesium, bioflavonoids, pectin)* **that helps boost your immune function.**

Combine all these benefits together and you have the PERFECT environment for reduced inflammation WITHOUT the potential pitfalls of taking ibuprofen each day.

All you need to do to get all these healthy anti-inflammatory benefits is squeeze a medium sized lemon (use organic if possible to avoid residual pesticides) into a small glass of water every morning and drink on an empty stomach.

Inflammation Reducer #3: Cruciferous Vegetables



Cruciferous vegetables contain a naturally occurring ingredient called **3,3′-**Diindolylmethane or DIM for short.

DIM has strong anti-inflammatory effects, which can help fight against inflammation caused from constant exposure to environmental toxins.

DIM also acts as an immunostimulant, which means it can *naturally* "boost" your immune system and Wikipedia even touts this ingredient to have various potent *anticancer* properties.

Obvious choices to add to your daily nutrition plan are **broccoli, cauliflower, spinach, and cabbage.** Some other, lesser-known, super veggies include **swiss chard, arugula, collard greens, bok choy, kale, and watercress.**

IMPORTANT TIP: Since DIM is *fat soluble,* it's best to consume these veggies with other healthy oils and friendly fats like grass fed butter or olive oil.

This will greatly enhance the absorption of these powerful fat-fighting nutrients.

Inflammation Reducer #4: Tart Cherries



The anthocyanins and phenols found in *tart cherries* have been shown to provide STRONGER protection against muscle injury and damage than ibuprofen.

In other words, **this tiny fruit has been proven MORE effective for reducing inflammation and muscle soreness.**

This is probably why **the FDA sent out warning letters to cherry growers insisting they cease making substantiated claims** that chemicals found in tart cherries can reduce pain and inflammation.

However, according to *Life-Extension Magazine,* over 74 published studies indicate tart cherries deliver a high level of protection against cardiovascular disease, metabolic syndrome, and can even fight against Alzheimer's.

Many of these studies also validate tart cherries and tart cherry beverages **speed up recovery time from exercise and reduce inflammatory markers significantly.**

But there's MORE...

Tart cherries also contain a hefty dose of naturally occurring melatonin, your sleep hormone. One of the BEST things you can do to reduce inflammation is get high-quality sleep each night.

Not to mention, tart cherries have one of the highest anti-oxidant scores of all fruits and they score amazingly low on the glycemic index (~20).

So they're one the best anti-inflammatory fruits to eat for reduced joint pain AND even faster fat loss.

I recommend consuming one cup of organic tart cherries (or 4-6oz of organic, flash pasteurized tart cherry juice) after exercise sessions or a few hours before bed to help your body fight inflammation.

Although ibuprofen (and other drugs) always have their place when needed, I highly recommend you try these 4 all-natural remedies FIRST… before you take on the potential risk of taking these over-the-counter meds.

Thanks for reading this!

To your ultimate health and longevity,

Joel Marion
Founder of Transformation Insider & Born To Impact Podcast

WORST Salad Dressings: Balsamic Vinegar & 7 Other Waist Expanders

You've probably been told over and over again that eating salad is extremely healthy and helps you burn fat, but truth is, there are EIGHT salad dressings that can completely sabotage your efforts, and your flat-belly results! Fortunately, I just wrote a brand new free report that you can download for free for the rest of the day, showing you ALL 8...

You see, these rogue salad dressings wreak havoc on your body's fat-burning hormones and quickly bring weightloss to a dead stop -- even though you're trying to eat healthy! Don't fall victim to these waist-expanding salad dressings any longer:

>> NEVER eat these 8 salad dressings (EVER!)

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