



GOLDEN FLOWER CHINESE HERBS

News  Autumn 2008

Dear Practitioner,

Autumn seemed to roll around quickly this year! We hope that you are enjoying it.

We are happy to introduce five new formulas recently added to the Golden Flower line:

Yin Valley Formula (*Yin Gu Fang*) nourishes liver and kidney yin, clears heat and toxin in lower warmer, cools heat in the blood, and invigorates blood. This formula treats a wide variety of gynecological problems where there is inflammation or irritation, including cervical dysplasia.

Resolve the Middle Formula (*Jia Wei Ping Wei Fang*) is used in cases of damp turbidity congesting the middle warmer. It is a modification of the traditional formula *Ping Wei San*. Damp accumulation disrupts the normal spleen function, inhibiting digestion.

Resolve the Middle Formula can be used as the first formula in a weight-loss program in such cases. With these patients, employing strategies that focus solely on supplementation can be counterproductive.

Luo Bu Ma Formula (*Luo Bu Ma Pian*) is commonly used to treat high blood pressure due to the excitation of liver fire. It is helpful for hypertension caused by excess patterns. It calms the liver, extinguishes wind, clears liver heat, eliminates damp by promoting urination, transforms phlegm, subdues yang, benefits the heart, and slightly moistens the intestine.

The final two formulas, **Ling Zhi Lung Formula** (*Ling Zhi Fei Pian*) and **Xanthium & Magnolia Formula** (*Jia Wei Xin Yi San*) replace two formulas (Ding Chuan and Minor Bluegreen Dragon), which we had to discontinue due to the FDA ban on ephedra *ma huang*. *Ma huang* is a challenging herb to replicate energetically. After much research, we offer you two effective alternatives.

Ling Zhi Lung Formula (*Ling Zhi Pian*). After clinical trials with several versions of this formula, we have found this one to be a safe and helpful alternative to formulas containing *ma huang* for treating wheezing, cough, and asthma. It helps to calm breathing, resolve phlegm, and descend lung qi. [See article below].

Xanthium & Magnolia Formula (*Jia Wei Xin Yi San*) is a modified combination of *Cang Er San* and *Xin Yi San* to treat severe nasal congestion with either constant or copious clear nasal discharge or post-nasal drip. This is a useful formula for wind-cold presentations of sinus allergies. It dispels wind, dries dampness, and frees the nasal passages.

We are confident that these formulas will be a welcome addition to your clinic pharmacy.

If you would like detailed information for any of these new formulas, please contact us.

Sincerely,

John Scott, DOM and Lorena Monda, DOM

A Breakthrough Formula for Cough and Wheezing

No one suffered more when the FDA implemented their ban on ephedra (*ma huang*) than patients who relied on Chinese herbal formulas to control their asthma. The two most popular formulas for treating this condition, Ding Chuan Formula (*Ding Chuan Wan*) and Minor Bluegreen Dragon Formula (*Xiao Qing Long Tang*) both contained ephedra (*ma huang*). Several other formulas used to treat asthma also contained ephedra. Patients were left with few effective options outside the use of steroids.

Breakthrough Formula (continued from page 1)

Recently, Golden Flower tested several prototypes in small clinical trials in an attempt to find a safe and effective formula for asthmatic symptoms. No fewer than five prototypes were created, and each participant tested at least three of them. The unanimous choice among all participants is the formula now named **Ling Zhi Lung Formula** (*Ling Zhi Fei Pian*).

The foundation of **Ling Zhi Lung Formula** is a synergistic triad of herbs found to be remarkably effective for treating asthmatic symptoms: ganoderma (*ling zhi*), sophora root (*ku shen*), and licorice root (*gan cao*). Two deputy herbs, lepidium (*ting li zi*) and jujube (*da zao*) were added to this foundation to increase the efficacy of the formula and protect the stomach. Any formula used for asthma dilates and relaxes the bronchials. **Ling Zhi Lung Formula** adds to this a gentle action to drain excess fluid from the lungs. But the genius of the formula is that it powerfully rectifies the lung qi by rescuing the kidney's action to grasp the qi from the lung. In an otherwise strong constitution, **Ling Zhi Lung Formula** can be used seasonally as a preventative in smaller doses of 2 tablets two or three times a day. It can also be used for an acute attack in higher doses of 3-5 tablets up to every 4 hours (for short duration).

Ling Zhi Lung Formula is indicated for most types of asthma. Under certain conditions it may need to be combined with another formula.

SUGGESTED COMBINATIONS WITH LING ZHI LUNG FORMULA

- With fever from viral infection, use with **Viola Clear Fire Formula** (*Di Ding Qing Huo Pian*).
- With fever and sore throat from toxin, combine with **Andrographis Formula** (*Chuan Xin Lian Kang Yan Pian*).
- For chronic asthma with yin deficiency, use with **Eight Immortals Formula** (*Ba Xian Chang Shou Wan*).
- For bronchitis caused by phlegm-heat, or for phlegm-heat cough, use with **Fritillaria and Pinellia Syrup** (*Chuan Bei Ban Xia Gao*) or **Tablets**.
- For chronic asthma from yang deficiency, use with **Essential Yang Formula** (*Jia Jian Jin Gui Shen Qi Wan*).

Caution should be used when the patient has marked deficiency of stomach or lung yin or when the lung qi is severely depleted. Always use appropriate supplementing formulas when there is remarkable deficiency.



THE 2009 GOLDEN FLOWER PROFESSIONAL EDUCATION PROGRAM

Golden Flower Chinese Herbs has been providing the highest quality in professional education courses for Oriental medicine practitioners for many years. Next year we bring you a great lineup of talented instructors and stimulating courses. With an eye to clinical application, the wisdom of the ancient masters meets modern research in our 2009 Professional Education Program.

Three Courses with Steven Alpern

Many practitioners want a deeper and more detailed knowledge of the way the ancient masters of our medicine understood energetic physiology and disease mechanisms. Steven has been intensely studying classical Chinese medicine texts and the oral traditions that illuminate them since 1994,

with Daoist Master Jeffery Yuen. The result is a deep, clear, systematic body of knowledge, which Steven presents in easily assimilated portions with immediate clinical application. In 2009, Steven will be teaching three classically rooted courses.

The first course, **External Medicine for Treating Orthopedic and Neurological Complaints**, introduces the External Medicine specialty, or *Waike*, developed by the Imperial Academy. Steven explains how to apply this detailed theory for treating a wide range of orthopedic and neurological issues. Treatments for arthritis, tendonitis, bursitis, radiculopathy, entrapment, and even cerebral palsy will be discussed.

Continued on page 7

May Chang Essential Oil Profile of a Heat-Clearing Oil

© Peter Holmes, L.Ac., M.H.

APPEARANCE

A mobile pale yellow fluid with an intense lemony-green, fruity, somewhat sweet scent

BOTANICAL NAME

Litsea cubeba (Lauraceae—laurel family)

PRODUCTION AREAS

Vietnam, South China

EXTRACTION

Steam distillation of the berries

MAIN CONSTITUENTS

- Aldehydes (including citral up to 85%, neral, geranial, citronnellal, limonene)
- monoterpenes
- monoterpenols
- ketones
- esters

THERAPEUTIC FUNCTIONS AND INDICATIONS

SAFETY STATUS

Non-toxic, non-irritant, skin sensitizing

FRAGRANCE CATEGORY

Top tone with lemony, green notes

TROPISM

Nervous, digestive systems

PSYCHOLOGICAL

(*Inhalation, diffuser, massage, bath*)

Renews emotions

- All pathogenic (unproductive, stuck) emotions and feelings in general

Nervous sedative

- Agitation, insomnia, anxiety; stress-related conditions in general; hypertension

Clarifies and calms mind and feelings

- Distraction, confusion, poor focus, and concentration
- Agitation, agitated depression, anger, excessive joy, hypermotivity



PHYSIOLOGICAL

(*Liniment, nebulizer, gel cap, suppository, pessary*)

Analgesic, smooth-muscle spasmolytic

- Gastric pain and colic, headache, chest pain

Anti-inflammatory

- Inflammation, incl. acne, boils, dermatitis, peptic ulcers, inflammatory colitis

Febrifuge

- Fevers

Digestive stimulant

- Upper gastric insufficiency with indigestion, flatulence, appetite loss.

Antibacterial, antiviral, antifungal, antiseptic

- Peptic ulcer; viral disorders, including viral neuritis; general sanitation, insect repellent

CHINESE MEDICINE FUNCTIONS AND INDICATIONS

(*Acupoints, nebulizers*)

TEMPERATURE

Cool to cold

MERIDIANS

Liver, Heart, Spleen, Stomach

1. Clears heat and calms the mind; clears the Heart, cools the Liver, and spreads Liver Qi

- Mind agitation, especially from heat or Qi stagnation, with irritability, overexcitement, anger, loss of focus
- Heart fire, with intense emotions, insomnia, anxiety, agitation, talkativeness
- Liver Qi stagnation turning into fire, with moodiness, irritability, anger, agitated depression
- Liver fire with mind agitation, with red complexion, anger, headache, possible fever

- Stomach fire with sores, fever blisters, irritability

2. Regulates the Qi in the middle warmer and relieves distension

- Stomach-Spleen Qi stagnation with indigestion, flatulence, epigastric bloating and pain, nausea, appetite loss

PRECAUTIONS

With topical use, watch out for any possible signs of skin sensitization if the oil is used more than once in massage or in a liniment.

ACUPOINT TREATMENT

2 drops on a Q-tip applied to the point for 10-60 seconds prior to needling or manual stimulation. The Q-tip may be held in place longer if necessary (for several minutes).

LINIMENT

2-5% dilution in a base of vegetable oil

MASSAGE

1-3% dilution in a lotion or vegetable oil base

REMARKS

May Chang is a lesser-known essential oil from South China, Vietnam, and Taiwan, extracted from the berries of a shrub in the Laurel family, and so botanically related (perhaps surprisingly) to Cinnamon, Laurel and Camphor. The berry, *Bi Cheng Qie* in Mandarin, is also used in Chinese medicine. The current English name for its oil, May Chang, may derive from an unknown local South China name.



With its fresh lemony-green fragrance, May Chang is one of several oils appropriate for treating conditions of internal heat, focusing on the Heart and Liver, and secondarily the Stomach-Spleen. May Chang is equally at home with Heart fire and its retinue of agitated *shen* symptoms, and with Liver fire arising from internal causes, as well as from an actual fever. For these syndromes it can be used on the usual indicated points, e.g. Ht 7, P 8, Liv 2, and so on.

May Chang also works well on spreading and softening the Liver Qi, especially on the emotional level. It is perfect for Liver Qi stagnation that generates fire, i.e. before it becomes a full-blown Liver fire pattern. It is one of the best for stuck feelings and unresolved emotions that can drain the righteous Qi and ultimately end up in a Liver Yin or general Qi deficiency condition. For Liver Qi stasis with heat, May Chang works well with Blue Tansy and Lavender oils.

In the middle warmer, May Chang activates the Qi to relieve stagnation in the upper digestion, where it can relieve most of the symptoms found. Here it acts much like the oils of Fennel and Peppermint.

On the *shen*, May Chang has an interesting dual calming and clearing, focusing effect. As seen above, when used by inhalation, e.g. in diffusion or nebulization, it can be used to both calm the mind in conditions of shen agitation, and focus and concentrate the mind in conditions of distraction, loss of focus and so on. On a more general level, this oil will relax and balance the mind to allow a greater rate of emotional turnover—helping the resolution of negative emotions and creating the space for new, synergic feelings to arise.

WEIGHT LOSS

Three Formulas, Many Possibilities

By Kirsti Reed, DOM

While presenting a weight loss seminar around the country I had many requests from clinicians for an herbal formula with a stronger action on dampness. Practitioners were also concerned that many patients with a weight problem have chronic loose stools and cannot tolerate rhubarb root (*da huang*). In my clinic, I often use a modification of *Ping Wei San* with weight loss patients in order to strongly treat the dampness and stagnation that occurs with some overweight or obese patients. *Ping Wei San* is the inspiration for **Resolve the Middle Formula**, a new formula designed to address the damp stagnation issue safely, without *da huang*. *Ping Wei San* is generally only used for a short duration, but this version has been modified to allow a patient to remain on the formula for many months, provided there are breaks between courses of treatment, or that the formula is supplemented with at least small amounts of protective tonics—those that generate fluids as well as supplement qi. The following is a discussion of three effective weight loss formulas and their applications.

HAWTHORN & FENNEL FORMULA

This formula has a broad application when it comes to weight loss. In most cases, **Hawthorn & Fennel Formula** (*Shan Zha Xiao Hui Xiang Fang*) can be used as the herbal foundation for a general weight loss program. I have personal experience using this formula for my own 65 lb weight loss. Using this formula helped me to have consistent weight loss without ever hitting a plateau. I took the formula for many months without any issue or side effect. Another benefit of this formula is its ability to lower cholesterol. Cassia seed (*jue ming zi*), hawthorn (*shan zha*), rhubarb root and rhizome (*da huang*), alisma (*ze xie*), and green tea leaf (*lu cha*) all have been shown to have an action to reduce blood lipids. **Hawthorn & Fennel Formula** also relieves food stagnation that can cause bloating and discomfort. Additionally, it gently reduces generalized edema.

In terms of Chinese medical actions, **Hawthorn & Fennel Formula**: drains dampness, moves qi and blood, disperses food stagnation, moves stool, supplements the spleen, clears liver heat, regulates the appetite, and adjusts metabolism. When deciding on the right formula for weight loss patients, **Hawthorn & Fennel Formula** is best administered to those who have a more robust constitution. Though the formula does contain the qi supplementing herbs astragalus (*huang qi*) and atractylodes (*bai zhu*), these herbs are included to balance the effect of the strong draining, descending, and heat clearing herbs: alisma (*ze xie*), raphani (*lai fu zi*), nelumbinis (*he ye*), rhubarb (*da huang*) and cassia (*jue ming zi*). Furthermore, the formula contains *da huang*, so it is contraindicated for those with marked spleen qi deficiency symptoms such as loose stool or diarrhea. In such cases, the practitioner first should supplement the spleen qi and firm up the stool with formulas like **Six Gentlemen** (*Liu Jun Zi Tang*) or **Ginseng and Atractylodes** (*Shen Ling Bai Zhu San*) for a month or two, depending on the severity of the symptoms. That should prepare the patient to begin a full-on weight loss program. However, if it seems that dampness is causing the diarrhea or loose stool rather than spleen qi deficiency, then the appropriate formula to transition the patient into a more aggressive program is **Resolve the Middle Formula** (see below).

PORIA 15 FORMULA

This formula is similar to **Hawthorn & Fennel Formula** in its broad application for general weight loss. The Chinese medical actions of **Poria 15 Formula** (*Shi Wu Wei Fu Ling Pian*) are: drains damp, moves qi and blood, relieves food stagnation, moves the bowels, benefits the spleen and kidneys, and clears the liver. Like the above formula, **Poria 15 Formula** also can help to reduce cholesterol, relieve food stagnation and edema. In contrast, **Poria 15 Formula** can be given to those with mild underlying yang deficiency. But like **Hawthorn &**

Fennel Formula, if loose stool or diarrhea is part of the pattern, the formula is contra-indicated. I frequently use this formula in cases where stagnation of qi and damp has led to severe constipation. **Poria 15 Formula** is a great remedy for damp stagnation in the bowels. Please be aware that there are cold herbs in this formula. It is not appropriate if the patient has severe yang deficiency with obvious cold signs. The spleen qi tonics in the formula are generally sufficient when mild yang deficiency is present.

Both **Poria 15** and **Hawthorn & Fennel** formulas are useful in assisting the weight loss process for those with normal to strong constitutions. Those patients with marked digestive weakness or cold signs should have these issues addressed before committing to a weight loss program. Without a properly functioning digestive system our patients are not going to be able to lose weight in a healthy and sustainable way.

RESOLVE THE MIDDLE FORMULA

Atractylodes Cang Zhu	14%
Coix Yi Yi Ren	12%
Hawthorn Shan Zha	11%
Magnolia Hou Po	9%
Citrus Peel Chen Pi	8%
Aurantii Zhi Shi	8%
Vladimiria Chuan Mu Xiang	7%
Amomi Sha Ren	7%
Codonopsis Dang Shen	6%
Poria Fu Ling	6%
Zingiberis Recens Sheng Jiang	4%
Toasted Licorice Root Zhi Gan Cao	4%

RESOLVE THE MIDDLE FORMULA

As mentioned above, this formula was inspired by *Ping Wei San*, which is comprised of atractylodes (*cang zhu*), magnolia (*hou po*), fresh ginger (*sheng jiang*), citrus peel (*chen pi*), toasted licorice root (*zhi gan cao*), and jujube (*da zao*). **Resolve the Middle Formula** (*Jia Wei Ping Wei Fang*) has been modified with additional damp draining herbs as well as qi moving herbs.

Resolve the Middle Formula treats stagnation in the middle warmer caused by damp turbidity. Unlike the two formulas above, **Resolve the Middle Formula** can be used even when the patient has loose stool. Frequent over-indulgence of food or alcohol, and poor diet can wrap the spleen in dampness. This does not always result in deficiency. The encumbrance of damp compromises the spleen's transportation and transformation functions. When the patient presents with damp encumbrance in the middle warmer, use **Resolve the Middle Formula** before addressing the root conditions. Signs and

symptoms may include frequent abdominal distention, diarrhea/loose stools, heavy limbs, dull taste buds, no desire for fluids, a thick, slimy tongue coat, and a rolling, moderate, or confined pulse.

Since all disease eventually affects the kidneys, one of the ways that long-standing dampness affects the kidneys is by hindering the will. This hindrance

of will can sometimes keep people from initiating or sticking to a weight loss plan. Thus, the purpose of the formula and the name of the formula is twofold. **Resolve the Middle Formula** not only resolves the dampness in the middle warmer but also strengthens the resolve in those embarking on a weight loss plan.

Assisting patients in the weight loss process is one of the most difficult tasks for any healthcare provider, but with these three formulas the process can be much easier. Patient compliance is generally what

hinders success more than anything else. So it is crucial to educate patients about diet and exercise. It sometimes seems that we are able to perform magic on the sick. However, when it comes to weight loss, the patient is truly the magician and we are just a coach or a facilitator for change.

KIRSTI REED, DOM is a New Mexico native practicing in Albuquerque, where she focuses on helping people with weight loss and emotional issues. She has personal experience with weight loss as she has lost a considerable amount of weight and is committed to assisting others in their own weight loss journeys. Dr. Reed is a member of Golden Flower Chinese Herbs' professional consulting staff.

Professional Education Program (continued from page 2)

Another specialty from the Imperial Academy is *Changwei*, the **Digestion Specialty**. Perhaps the most famous book on this was Li Dong-Yuan's *Treatise on the Spleen and Stomach*, but the theory extends beyond nourishing the spleen and stomach in order to keep the body strong and healthy. The classical energetic physiology that describes how food is assimilated by the body also describes the way experience becomes a part of our personalities. Steven will discuss how to use digestive formulas to facilitate the healthy assimilation of both experience and food. He will demonstrate how to differentiate and locate areas of distress that can interfere with digestion, the production of qi and blood, and the assimilation of experience. This course makes it clear why Li Dong-Yuan's Spleen/Stomach School was able to treat most anything by focusing on problems of assimilation.

The third course that Steven Alpern will present is a two-day workshop, **Divergent Channel Theory and Treatments**. For centuries there were schools of practitioners who used divergent channel treatments as their primary modality. In this course, Steven will discuss the origin of the divergent channels and their trajectories. He will discuss disease mechanisms that engage the divergent channels and when to utilize them for treatments. Part of the workshop will include initial instruction in the "feedback pulse energetics" method with time for practicing in class.

Jake Fratkin — The Treatment of Metabolic Syndrome and Leaky Gut Syndrome

This course shows how to combine functional medicine with OM to treat two common modern illnesses that receive limited attention in OM. The first, now reaching epidemic proportions in the West, is Metabolic Syndrome, also known as Insulin Resistance, and includes Type 2 Diabetes. Dr. Fratkin discusses the use of diet, supplements, and Chinese herbal remedies to help put the patient back on a healthy track. Leaky Gut Syndrome is a small intestine inflammation, which Dr. Fratkin claims is often initiated by antibiotics or vaccinations. It can lead to eczema, asthma, chronic fatigue, headaches, or fibromyalgia. Dr. Fratkin is a nationally recognized authority on Leaky Gut Syndrome.

Susan Johnson — Master Tung's Magic Points

Another classical offering in our program is the very popular **Master Tung's Magic Points**. This course explains the function, location, and clinical application of a non-*Nei Jing*-based system of points that dates back many centuries. Master Tung, who

died in 1975, inherited the family acupuncture system that had been kept secret. He was perhaps the greatest practitioner of this system in the history of his family, and was called by many "the greatest acupuncture technician who ever lived." In 2009, Susan Johnson will be presenting three separate weekends of **The Best of Master Tung's Magic Points**. This course is the best introduction of this system in English, anywhere. It explains in great detail how to use some of the most famous and powerful points in the Master Tung system. You will be able to use them in your clinic right away. Susan will also be teaching one **Advanced Series** of Master Tung's Magic Points in the spring, for those who have already been introduced to this marvelous system.

Cindy Micleu — Treating Infertility with Oriental Medicine

Cindy Micleu is the resident gynecologist and a founding member of the Jade Institute in Seattle, which offers advanced programs in OM. This course combines classical wisdom with modern research. A thorough discussion of the diagnosis and treatment of specific female reproductive disorders will be presented. Lifestyle, basal temperature interpretation, sperm disorders, and heart-spirit issues will be discussed in detail. This course will prepare the participant to treat infertility and to effectively interface with western medical professionals on this subject when needed.

Greg Sperber — Drug-Herb Interaction: How to Safely Prescribe Herbs to Patients on Pharmaceuticals

Dr. Sperber is acknowledged as one of only a few experts in the cutting-edge area of drug-herb interaction. An M.D. as well as an L.Ac., his book, *Integrated Pharmacology*, has become the authoritative resource for combining modern pharmacology with Chinese herbs. We may not be able to predict all drug-herb interactions, but we can determine potentials for interactions. A discussion of basic pharmacology, including the ADME scheme (absorption, distribution, metabolism, and elimination) with the therapeutic index, form the foundation of this understanding. The participant will leave with real skills to assess potential interactions and the ability to determine which are important, which aren't, and which may be in the future. The ten drugs and ten herbs most prone to drug-herb interactions will be discussed.

For more detailed information on these courses, including dates, locations, costs, and CEUs, visit our website at www.gfcherbs.com.



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CHINESE HERBS**

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December, 2008

Albuquerque, New Mexico

Master Li Jun Feng

SIX HEALING SOUNDS QIGONG

Saturday, December 6, 2008

Awakening the Soul Qigong

Sunday, December 7, 2008

Susan Johnson, L.Ac.

**MASTER TUNG'S MAGIC POINTS -
3-DAY, TWO-WEEKEND**

ADVANCED SERIES 19.5 CEUs

March 13-15, 2009

April 3-5, 2009

Portland, Oregon

**THE BEST OF MASTER TUNG'S
MAGIC POINTS 13 CEUs**

August 22-23, 2009

Denver, Colorado

September 26-27, 2009

Asheville, North Carolina

October 3-4, 2009

NYC, New York

Steven Alpern, L.Ac.

1) **EXTERNAL MEDICINE FOR TREATING ORTHOPEDIC
AND NEUROLOGICAL COMPLAINTS 7 CEUs**

2) **DIGESTION SPECIALITY 7 CEUs**

March 15-16, 2009

San Francisco Bay Area, California

April 25-26, 2009

Raleigh/Durham

**DIVERGENT CHANNEL THEORY AND
TREATMENT 14 CEUs**

September 12-13, 2009

Albuquerque, New Mexico

Cindy Micleu, L.Ac.

**TREATING INFERTILITY WITH ORIENTAL
MEDICINE -A COMPREHENSIVE COURSE
14.5 CEUs**

June 6-7, 2009

Albuquerque, New Mexico

September 19-20, 2009

San Diego, California

October 17-18, 2009

Tampa, Florida

Greg Sperber, M.D. L.Ac.

**HOW TO SAFELY PRESCRIBE HERBS
TO PATIENTS ON PHARMACEUTICALS
7.5 CEUs**

April 4, 2009

Boston, Massachusetts

May 3, 2009

Albuquerque, New Mexico

June 13, 2009

Seattle, Washington

August 29, 2009

S.F. Bay Area, California

October 10, 2009

Minneapolis, Minnesota

December 5, 2009

Jacksonville, Florida

Jake Fratkin, O.M.D.

**THE TREATMENT OF METABOLIC
SYNDROME AND LEAKY GUT
SYNDROME 7 CEUs**

May 16, 2009

Atlanta, Georgia

August 22, 2009

Madison, Wisconsin

October 24, 2009

Phoenix, Arizona

Professional Education Program 2009

See page 2 for details!