

Inflammation

The #1 Cause of Disease

Many Scientists and Doctors worldwide have come to the same conclusion after reviewing thousand's of studies and ground breaking new research just released on disease and aging. We know that most ~ perhaps all ~ chronic diseases including aging have the same trigger; **inflammation**.

It is now clear that the destructive capacity of chronic inflammation is unprecedented among physiologic processes

(Karin et al. 2006 Accessed 2014).

**Read on to see the
top causes of chronic inflammation and the
top answers to eliminate the destructive fire within**

Where Health Comes Naturally



Stress-induced inflammation

once triggered by many lifestyle choices, can persist undetected for decades, propagating cell death throughout the body contributing greatly to deterioration associated with the aging process.

Inflammation is a natural process when we get hurt and is initially beneficial when, for example, your lower back hurts and is swollen from working it too hard or an ankle sprain. However, inflammation can be a bad thing if it is a low grade inflammation throughout the whole body and research proves that almost everyone has some form of chronic low grade inflammation in their bodies.

Slow recovery from heavy work or exercise, Back and neck pain, Male prostate issues, Female hormone imbalances and early Menopause, Bloating, lack of energy and focus, inability to maintain a healthy weight, diabetes, heart disease, bowel inflammatory diseases, allergies, cancers, chronic pain, ADD/ADHD, peripheral neuropathy, migraines, Macular degeneration, thyroid issues and even dental issues are all small examples of conditions and daily nuisances that can be caused by chronic low grade inflammation in the body.

Even the United States Centers for Disease Control has come out and stated that of the ten leading causes of mortality in the United States, chronic, low-level inflammation contributes to the pathogenesis of at least seven. These include heart disease, cancer, chronic lower respiratory disease, stroke, Alzheimer's disease, diabetes, and nephritis (Centers for Disease Control and Prevention).

Research shows that although some inflammation in the muscle after exercise is important for growth, chronic inflammation can dramatically eat away at muscles causing them to atrophy and cause a lack of performance. Reducing chronic inflammation is critical to not only stop disease and pre-mature aging but also to keep fluid movement and athletic growth at its peak longer.

According to all the recent research, chronic low-level inflammation is threatening your health at this very moment, without you realizing it. In this protocol you will learn the causes of inflammation and you'll also discover novel approaches that combat chronic inflammation to help avoid age-related health decline.

WHAT CAUSES LOW GRADE INFLAMMATION THROUGHOUT THE WHOLE BODY?

Some causes include; Excess body fat especially around the belly¹, High processed fat and High calorie meals, Obesity, Smoking, Alcohol, Excessive stress, Lack of sleep and a Lack of antioxidants (less than 8 servings of fruits and vegetables daily).

Research shows that one of the biggest causes of inflammation is the Non-digestion of foods because of heavy processing, Sugar, Cooking and Genetic modification. Inflammation is occurring in almost every individual at some level. The higher the level, the increased risk for disease.

(Singh et al. 2011). (Trayhurn et al. 2005; Schrager et al. 2007). (Fried et al. 1998). (Mohamed-Ali et al. 1997 (Ortega Martinez de Victoria et al. 2009, Weisberg et al. 2003). (Nappo et al. 2002) (Peairs et al. 2011). (Myhrstad et al. 2011, Poppitt et al. 2008, Payette et al. 2009 (Mozaffarian et al. 2004) (Lopez-Garcia et al. 2005 (Nielsen et al. 2011, Bendsen et al. 2011). (Ahmadi 2011; González 2012), (Arnsen et al. 2010 (Lee et al. 2011), (Vgontzas et al. 1997). (Trakada et al. 2007) (Pervanidou et al. 2011).



MORE GROUND BREAKING RESEARCH

Scientists from Stanford University, California, recently showed that people with heart disease, the leading cause of death globally, are most likely predisposed to the disease because they have systemic inflammation that is caused by lifestyle choices. The prestige Lancet Journal of Medicine reported 2 studies showing that the inflammation within artery walls is the reason why people with normal or even optimal cholesterol levels suffer heart attacks or strokes, while others with very high cholesterol never develop heart disease.

The U.S. National library of medicine and national institutes of health stated that “It is becoming

increasingly apparent that certain types of inflammatory tissue injury are mediated by reactive oxygen metabolites” (free radicals). They found that oxidation from chemical exposure in the air, water and food along with stress, damages the cells causing inflammation. Specifically, the free radicals caused cell damage altering the protease balance that normally exists in the tissue. Oxidation (free radicals) dramatically speeds up the aging process which includes the skin, eyesight, joints and even your ability to metabolize foods so you can maintain a healthy weight.

THE ANSWER TO INFLAMMATIONS DAMAGING EFFECTS

Specific blood and urine inflammatory markers have been tested creating an inflammatory index. It was found that certain foods and lifestyle choices increase inflammation while other foods, nutrients and lifestyle choices completely rid the body of disease causing inflammation.

Stopping the inflammation is possible with a 2-step approach. First we must realize that there are

things in our environment that cause inflammation that we cannot always control, but there are things that we eat and drink each day that either inflame our systems or reduce the inflammation that we can control. Based on the latest research studies, here is a list of what to do and not to do to get rid of damaging inflammation now.

Top ten worst foods/habits that create chronic inflammation

1. Eating too much food / Poor digestion

Too much food causes excess belly fat and when you consume excess calories, you do not digest the food properly. If you can grab more than a small handful of fat around your midsection, you are at risk for a variety of dangerous diseases linked to chronic inflammation. In a recent study, a team from Pennington Biomedical Research Center in Baton Rouge, Louisiana and scientists at the Fred Hutchinson Cancer Research Center in Seattle, Washington found that when men and women lose excess body fat, they had measurable falls in levels of inflammation markers. The more body fat you have, the higher the amount of inflammation. Excess calories are hard to digest and the non-digestion of foods is the quickest cause of inflammation because the body immediately attacks the non-digested food causing inflammation. Eating more raw foods and taking digestive enzymes with cooked food is your best defense.

2. Processed white flour products

White breads and pastas break down immediately into sugar, and in turn lead to inflammation. In a 2010 study, researchers found that a diet high in refined grains led to a greater concentration of a certain inflammation marker in the blood, while a diet high in whole grains resulted in a lower concentration of two different inflammation markers².



3. Sugar

Sugar in the form of candies, sodas and additives such as corn syrup raise blood sugar which can be converted to fat and creates a huge inflammatory response³.

“During the past 25 years, the average person’s intake of sugar and other natural sweeteners ballooned from 123 to as many as 160 pounds a year. That breaks down to more than 20 teaspoons of the added sweet death per person per day”.

The other problem is that when blood sugar is high, the body generates more free radicals. Free radicals stimulate the immune response, which can inflame the lining of the blood vessels leading to the heart. And the damage doesn’t stop there. Too much sugar can alert the body to send out extra immunity messengers, called cytokines. Switch to stevia which is a natural sweetener that doesn’t cause inflammation.



4. Fried foods

Fried foods create a neurotoxin chemical called acrylamide, which causes extreme inflammation. If you consume a fried food weekly, you will be keeping a constant supply of inflammation that wreaks havoc on your body. The only way to resolve that problem is to bake at lower temperatures. Same for potato chips. To avoid, bake fries in the oven and look for baked chips that don’t contain oil. Organic baked corn chips are a great substitute if it’s a crunch you’re after. When you do have a processed fat, make sure you take an enzyme supplement that has Lipase in it. Lipase digests fat which can then lower the inflammatory response (ask about the Fat • Sugar • Trim Formula that digests body and dietary fried fats and has patented Chromium and Cinnamon to help balance blood sugars).

5. Animal Meat and Purine-laden Proteins

This is a tough one for most people to hear but the latest research can’t be overlooked. A new study out of the University of Southern California shows that a high animal based protein diet can increase your risk of cancer 400%. Cancer is probably the most inflammatory disease known. The problem is the acidity and purine content from animal meats and the protein structure



being hard to digest. The acidity creates inflammation and the non-digestion of the meat creates a digestive response that immediately creates system wide inflammation in the gut. Your animal meat consumption needs to be cut down and make sure you take a strong plant digestive enzyme supplement (such as Optimal 1 Digestion) containing proteases and peptidases to guarantee full digestion of the meat. Better yet, if you cannot find grass fed beef or hormone free meats, go vegetarian. Try it one day a week and progress from there. **Genetically altered grains** contain hard to digest purine proteins called gluten that can cause inflammation if not digested. The answer is to consume only non-altered whole grains and take a digestive enzyme that has plant protease enzymes designed to digest purine proteins.

6. Nitrates

Nitrates are chemicals found in deli meats and most sausages including most bacon. Nitrates are a cancer-causing chemical that causes inflammation. Worse, we cook animal fats at high temps on the griddle and those crispy black marks that crop up from overcooking, called creosote, are carcinogenic as well. If you do eat animal meats, avoid any meats that have nitrates in them and when cooking on the grill or at high temperatures, use fresh citrus juice (orange, lemon etc.) to eliminate the inflaming radicals that are easily created from high temperature cooked meats.



7. Alcohol



Although some research shows a limited amount of red wine a day is beneficial, the research is overwhelming showing that other forms of alcohol and even wine when consumed in excess (more than a glass or two a day) creates inflammation in the body linings starting

with your throat all the way through the dozens of feet of stomach and intestinal lining. The Mayo clinic and others have shown that inflammatory markers are very high when alcohol is consumed versus not.

8. Soda

Carbonated beverages contain phosphoric or carbonic acid. This acid inflames the body and because sodas are consumed consistently throughout the day, a constant state of acidic inflammation burns through out the body. In addition, sodas contain either sugar or worse yet synthetic sweeteners like aspartame. Both types of sugars increase inflammation and so sodas actually are a double edge sword. The bottom line is that you need to cut out sodas altogether if you want to reduce chronic inflammation, lower your risk of disease and slow down the aging process.



9. Additives/food coloring/preservatives

The additives, colors and preservatives put in the packaged foods we eat are lab created chemicals that cause oxidative damage to our cells. Oxidation is better known as free radical damage. These free radicals from these chemicals tear at our cells causing inflammation and a tremendous amount of disease and aging causing damage. A few names to look to avoid are; Monosodium Glutamate (MSG), sulfites, benzoates, and colors named FD&C #”X.” Unfortunately, many foods consumed by children are loaded with these harmful, toxic ingredients including most candies. Look at labels and try to avoid additives and colorings. Candies and other foods that have natural food coloring from vegetable sources and no additives are becoming more popular and easier to find.



Deli Meats are full of nitrites, additives and many of them contain MSG

10. Lack of sleep and too much stress

Lack of Sleep - According to research out of UCLA, a lack of sleep, even for a few short hours during the night, can prompt one's immune system to turn against healthy tissue and organs. Losing sleep for even part of one night can trigger the key cellular pathway that produces tissue-damaging inflammation according to new research. The findings show that you need 7-8 hours a night of good sound sleep. NOTE: chemical sleep aids are not the answer because they can cause inflammation.

Stress - A new study provides a better understanding of why chronic stress leads to high levels of inflammation in the body. Researchers found that chronic stress changes gene activity of immune cells before they enter the bloodstream so that they're ready to fight infection or trauma -- even when there is no infection or trauma to fight. This then leads to increased inflammation. This phenomenon was reported by researchers from Ohio State University, the University of California, Los Angeles, Northwestern University and the University of British Columbia. Yoga or at least 10 minutes a day of meditation helps the body relieve stress.

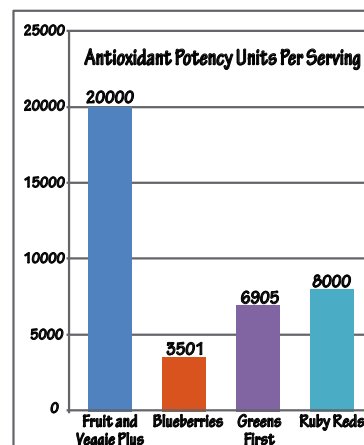
Top 10 Anti-inflammatory foods, nutrients and lifestyle choices

1. Vegetables & Fruits that have high anti-oxidant and phytonutrient levels.

There are 5 main free radicals that cause inflammation and it takes a mixture of high antioxidant fruits and vegetables to ensure the inflaming oxidation of your cells is stopped. Research is very clear that it takes 10 servings a day from a mixture of high antioxidant and phytonutrient rich fruits and vegetables a day to get rid of inflammation⁴. The top fruits and vegetables are; **Dark cherries, Blueberries, Raspberries, Strawberries, Kale, Broccoli sprouts, Spinach, Cranberries, Sweet potatoes, Onions, Pineapples and Carrots.** Remember though that any fruits and vegetables can be beneficial so eat up. It is important to try and find organic fruits and vegetables. When unavailable, make sure and wash your produce very well to make sure any chemicals that could cause inflammation are washed off.

If you have trouble consuming at least 10 servings a day of fresh antioxidant rich fruits and vegetables, there is a raw organic and pesticide free extremely high antioxidant powder with over 35 fruits and vegetables you can use to help. Antioxidant potency is rated and the average American gets 1,200 units a day according to the USDA. The "Fruit & Veggie Plus" powder has 20,000 antioxidant units per serving which is the highest on the market per gram of powder⁵.

Click or scan the QR code with your smart phone for a full in depth report on antioxidants and phytonutrients.



Scan here for Phytonutrient Special Health Report



2. Salmon

Salmon is an excellent source of EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), two potent omega-3 fatty acids that douse inflammation. Be sure to include some oily fish such as wild Alaskan salmon in your diet twice a week.

Additional choices: Anchovies, mackerel and sardines



3. Olive Oil

Extra Virgin olive oil is the Mediterranean diets secret to longevity. It has a rich supply of polyphenols that protect the heart and blood vessels from inflammation. The monounsaturated fats in olive oil are also turned into anti-inflammatory agents by the body. Look for the harvest date. Remember that olive oil is the opposite of wine. It is not meant to age. Olive oil is good for about two years if stored in optimum conditions, which means in a dark, room-temperature cupboard. If the back of the label doesn't have the harvest date, you may consider

putting that bottle back on the shelf.

Another good choice; Avocado oil has a fatty acid composition similar to olive oil and it is even better for cooking because it has a higher smoke point.



4. Plant enzymes (Proteases & Peptidases)

You might not have heard about plant enzymes as anti-inflammatories while searching the webs long list of anti-inflammatory articles but you actually have in a way when you see recommendations for papaya and pineapple. These fruits anti-inflammatory benefits come from their enzymes that have tremendous research showing they reduce inflammation. Papayas enzyme is called Papain and Pineapples anti-inflammatory enzyme it contains is called Bromelain.

The exciting news is that plant enzymes specifically grown for their anti-inflammatory benefits have even greater potent effects at reducing inflammatory markers in the body than Papain and Bromelain. These enzymes are named Proteases and Peptizymes. When looking for anti-inflammatory enzymes, it is important to make sure the label lists all four of these enzymes (Bromelain, Papain,

Protease and Peptidase) along with minerals to activate them and whole food vitamin C from Arnica or another food source to help deliver them⁶.



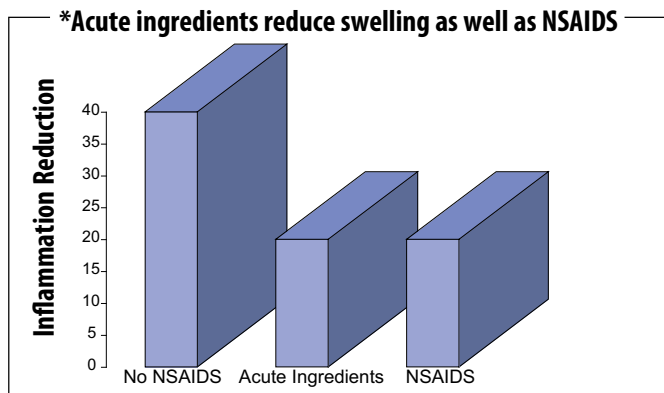
NOTE ON ANTI-INFLAMMATORY DRUGS AND A PROVEN NATURAL FORMULA;

Numerous published studies prove that proteolytic enzymes reduce inflammation as fast as NSAIDs, but far more importantly, they speed up the healing process faster than the drugs themselves. Many studies are listed at the end of the article*. A study that proved this on a specific product called "**Optimal Acute**" was performed at the University of Alberta by Dr. Fisher, Ph.D., and Trethart. Three groups of athletes were used in the study. When injuries occurred, one group took drug-based anti-inflammatories (NSAIDs), another group took nothing (placebo), and the final group took a specific blend of plant-based enzymes and nutrients found in a formula called 'Optimal Acute'. Below are the graphs depicting the important results from the study.

Graphs on following page

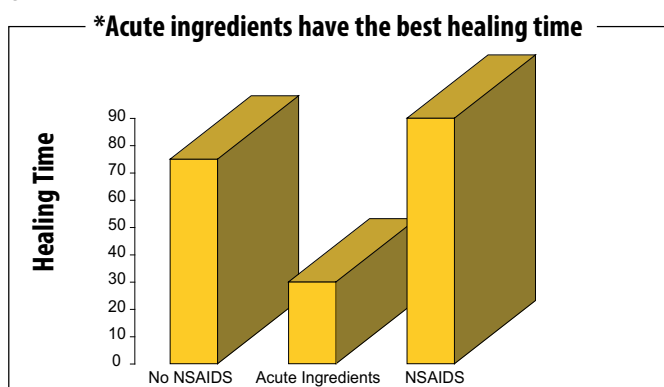
Graph # 1 shows the time it took for injury-caused swelling (inflammation) to go down amongst the three groups.

Graph #1 - Acute “Enzymes” Inflammation and Swelling Graph



Both the NSAID group and the Optimal Acute proteolytic enzyme blend group reduced swelling faster than not taking anything. The ‘bad’ prostaglandins were reduced both with NSAIDs and the ‘Acute’ formula when taken orally. The specific enzyme blend used in the University of Alberta study shows that ‘Optimal Acute’ reduces swelling just as well as NSAIDs^{7,8}.

Graph #2 - Depicts the time it took for the study participants’ tissues (muscles and tendons) to fully heal. The Acute Formula Group helped “heal” the damaged tissue 200 percent faster than the NSAID group.



The group that took nothing actually healed faster than the NSAIDs group!



Research proves that the detrimental effects from NSAIDs come from the blocking of the ‘good’ prostaglandins as well as the ‘bad’ ones,** while the proteolytic enzyme blend in Optimal Acute helped the injury heal two times faster than the NSAID group—with no detrimental side effects. This is because it reduces the inflammation causing bad prostaglandins and boosts the good ones!

Synopsis: The exact proteolytic blend of proteases, peptidase, bromelain and antioxidant co-factors found in Optimal Acute reduce swelling at the same speed as NSAIDs (Ibuprofen, Aspirin, prescriptions) and promote full healing **200% faster** than NSAIDs.

5. Raw Nuts

Raw nuts are best but research shows nuts in general are a good choice. Nuts contain specific fatty acids



that squelch the inflammatory fires that rage in our bodies.

Almonds and Walnuts are a rich source of fatty

acids that create DHA

and EPA which are two omega-3 fatty acids that help to calm the inflammation. Flax seeds, Macadamia nuts, Hazelnuts and Pecans are great choices also.

The new rising seed “Chia” also has a great anti-inflammatory rating, so eat up.

6. Herbs & Spices

There are a number of spices and herbs that show extremely good anti-inflammatory benefits and the good news is that you can just start sprinkling them on your food or drink more of these herbs and spices.

Green tea has been the subject of much excitement in the research community as of late. This great tasting drink contains a natural antioxidant called epigallocatechin-3 gallate (EGCG) not found in black tea. Studies suggest that EGCG works to stop the production of



certain inflammatory chemicals in the body. Try adding some stevia or raw honey to the green tea for a sweet anti-inflammatory drink. Turmeric is being recognized in the scientific literature as the new king of anti-inflammatory nutrients. This herb contains the phytonutrient curcumin that smothers

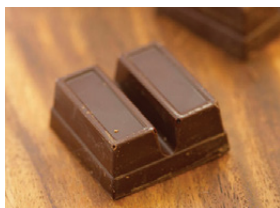
inflammation. **Cinnamon** is a great tasting spice that helps with inflammation and blood sugar levels. Sprinkle on almost anything. **Garlic** contains Allicins which are phytonutrients shown to reduce inflammation and lower heart disease risk. **Basil and Oregano** are easy to use herbs in almost any dish and are a great antioxidant and anti-inflammatory duo.

Ginger is a favorite because it diminishes inflammation and has scientific studies backing its ability to relieve stomach issues. We love a happy tummy. Try eating a small amount of fresh ginger at meals to cleanse the palate and reduce stomach upset.

NOTE: All of these herbs and spices are included in the Acute enzyme formula and the Fruit & Veggie powder mentioned earlier.

7. Dark chocolate

This is a favorite healthy choice. 'Good' stomach bacteria break down chocolate and turn it into heart healthy anti-inflammatory compounds, which experts say could reduce your long-term risk of stroke, according to research presented at the National Meeting & Exposition of the American Chemical Society⁹. Pick a Dark Chocolate with at least 70% Cocoa and enjoy in the afternoon and right before bed for a healthy snack.



8. More sleep

Getting 7-8 hours of good sound sleep a night reduces inflammation and interrupting that by more than an hour or two increases it. Here are the top tips for a good sound sleep. * Keep your bedroom completely dark during sleep times. Even a little ambient light can keep you out of deep REM sleep. * If you can't sleep, immediately sit up and start reading a book. Make sure you can turn off the light without moving far when your mind is calmed and you are ready to sleep. * Don't eat anything within 2 hours of bedtime and if you do, make sure and take a digestive enzyme supplement with it. * Exercise for at least 30 minutes during the day but not too



close to sleep time. Remember that prescription drugs are designed to force sleep. If you feel you need to take something, take natural nutrients like Tryptophan, Valerian Root and Hops to help your body settle down for a good nights rest. To learn more about sleeping and the nutrients that help you get into deep sound sleep, ask for the free "sleep disorders" special health report or view by scanning the QR CODE below.

SPECIAL REPORT: #102

Courtesy of
OHS
OPTIMUM HEALTH SYSTEMS
Where Health Comes Naturally

SLEEP DISORDERS

1 in 3 Americans are negatively affected by a condition that robs them of energy and vitality. This problem also causes disease and leads to early death.

IT IS THE LACK OF QUALITY SLEEP!

Amazingly, the latest scientific research shows that a lack of sleep is causing our physical health, longevity, and emotional well-being to diminish at an alarming rate.

Research from the Division of Sleep Medicine at Harvard Medical School shows that, over time, chronic sleep deprivation can lead to serious medical conditions including obesity, diabetes, heart disease, and early death.

A lack of quality sleep causes anxiety, memory loss, fat gain, mood swings, high blood pressure, and a decrease in work and physical performance.

LACK OF SLEEP CAN CAUSE INCREASED RISK OF:

- INCREASED OBESITY
- LOWER METABOLISM
- ANXIETY
- MEMORY LOSS
- MOOD SWINGS
- HEART DISEASE
- LOW PERFORMANCE



9. Whole body exercise and stretching

Although excess exercising and serious muscle building can cause inflammation in the moment, a good sound exercise program actually reduces long term inflammation. Our recommendations are to do 30 minutes of resistance (weight) training three times a week along with 30 minutes of aerobic exercise 3 times a week also. This will keep the inflaming fires at bay.



10. Micronutrients

Certain micronutrients have tremendous research associated with them showing their ability to lower inflammation or prevent it from happening in the first place. Here is a list of the top research proven ones.

Antioxidants and Proteolytic enzymes

These nutrients are the kings of reducing inflammatory reactions in the body and have loads of scientific research. Get more antioxidants by consuming more fruits and vegetables along with the potent Fruit and Veggie Plus Powder. All of the plant based proteolytic enzymes are found in the University proven "Optimal Acute" Formula. Refer to numbers 1 and 4 for more details.



ADDITIONAL NUTRIENTS KNOWN TO BE BENEFICIAL

Vitamin D

Vitamin D appears to exert anti-inflammatory activity by the suppression of pro-inflammatory prostaglandins, and inhibition of the inflammatory mediator NFκB (Krishnan et al. 2010). Vitamin D deficiencies are more common amongst patients with inflammatory diseases (including rheumatoid arthritis, inflammatory bowel disease, systemic lupus erythematosus, and diabetes) than in healthy individuals (Guillot et al. 2010). They also occur more frequently in populations that are prone to low-level inflammation, such as obese individuals and the elderly (Awad et al. 2012). Low vitamin D status was associated with elevated CRP in a study of 548 heart failure patients (Liu et al. 2011), and with increases in blood inflammatory markers in a group of 46 middle-aged men with endothelial dysfunction (Jablonski et al. 2011). Optimal Longevi-D contains the only high dosage whole food form of Vitamin D available that is cultured in the proprietary OHS whole food media.

CoQ10

Taking steps to support mitochondrial integrity and efficiency can help alleviate some of the systemic oxidative and inflammatory burden caused by poorly functioning mitochondria. Coenzyme Q10 (CoQ10) and Vitamin D are powerful mitochondrial protectants (Sourris 2012; Tao 2007), and studies support an anti-inflammatory role for these compounds. Studies have shown that CoQ10 levels are low during inflammatory conditions. In one investigation, patients with septic shock were found to have CoQ10 levels substantially lower than healthy individuals, and, among patients, lower CoQ10 levels correlated with higher levels of an inflammatory mediator called VCAM (Donnino 2011). Laboratory experiments indicate that CoQ10 modulates the expression of several hundred genes, many involved in inflammatory signaling (Schmelzer 2008). Both CoQ10 and vitamin D can be found in their potent whole food form in Optimal Longevi-D.

Magnesium

In two large observation studies (the Women's Health Initiative and Harvard Nurses Study), greater magnesium (Mg) intake was associated with lower inflammatory markers in the blood. (Galland 2010, Chacko et al. 2010). Data from the Multi-Ethnic Study of Atherosclerosis did find a significant association between greater dietary magnesium and the lower levels of the inflammation-associated proteins homocysteine and fibrinogen (de Oliveira Otto et al. 2011). Magnesium was rated as the most anti-inflammatory dietary factor in the Dietary Inflammatory index, which rated 42 common dietary constituents on their ability to reduce CRP levels based on human and animal experimental and observation data (Cavicchia et al. 2009). Magnesium can cause diarrhea if taken in the wrong form. (Muscle Rx is a good formula with three forms of Patented Magnesium and other nutrients to help muscle longevity)

CONCLUSION

Chronic low grade inflammation is the great “Silent Killer” that up till now wasn’t understood or talked about much. Thousands of new research studies on many different diseases have all led to the same conclusion that cellular inflammation either causes or seriously increases disease and aging in the body. The great news is that major studies have also identified the main inflammatory markers of foods and lifestyle that create inflammation and the things we can do to eliminate it. Follow the recommendations from this article by focusing on a happy attitude about life, a clean diet, exercise and supplying the body with the right nutrients. By doing this, we can all lower our risk of inflammation and disease while we slow down or even reverse the aging process.

Follow the lifestyle protocols shown and start reducing inflammation now.



“Your Clinic’s Name and all the necessary contact information.”

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