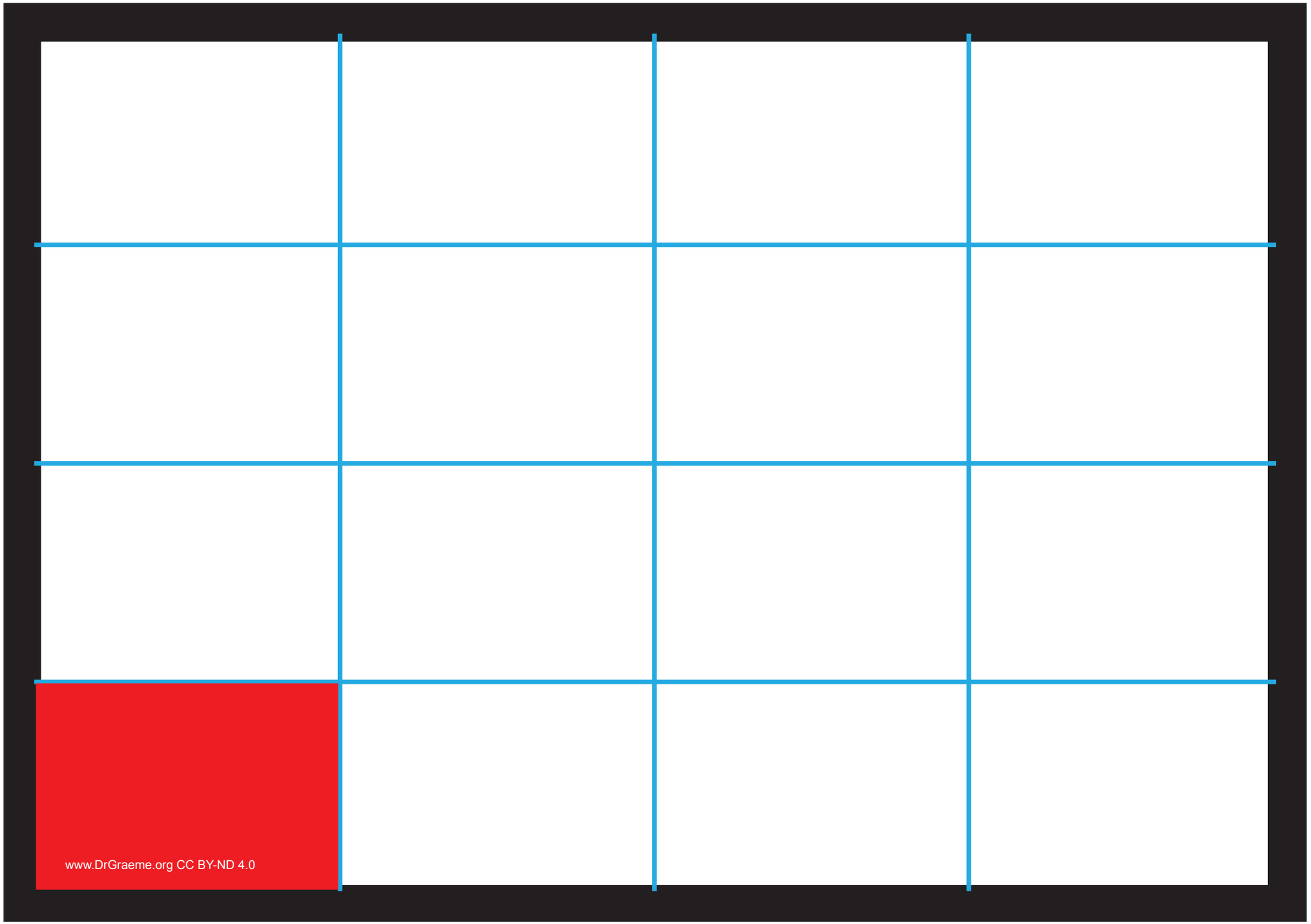

www.DrGraeme.org CC BY-ND 4.0