

**OVERVIEW OF HOMEOPATHY
HISTORY, PRINCIPLES AND USE**

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Say yes to a long lifetime of health.

Are you curious about homeopathy?

What is a REMEDY,
POTENCY,
REPERTORY
PROVING,
CURE?

Don't believe everything you hear about needed medical care for your pet.

Maybe drugs are not the only answer.

Deep and permanent healing is possible with homeopathy.

Learning these principles is one way to keep your pet healthy for a long life.

Start NOW using homeopathic principles to evaluate health.

Start NOW working with a skilled homeopathic practitioner.

Start NOW helping with some first aid problems.

Animals love homeopathy - It is easy give these sweet pellets.

Injured? Stepped on a foot? Tail caught in the door?

Got in a cat fight? Strains and sprains.

**LEARN WHAT YOU CAN TRY ON THE WAY TO THE VETERINARIAN OR
WHEN THE PROBLEM IS MILD.**

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Practical Use of Homeopathy

You can use remedies right away. Further in the book are more details, possibilities for deep healing, and resources. Homeo = like; Pathy = disease. When a medicine matches the individual, and the current symptoms, the body is stimulated to heal itself, often very quickly.

An example in the veterinary emergency clinic that you could have treated at home with homeopathic medicine Arnica. An opossum was found by the road, probably hit by a car. They brought him in a cage. He was in deep shock, not moving, nose bleeding, wounds on his face. Hardly moving. Arnica 200c (3 pellets in 3 cc of water) was squirted onto his nose which he did lick. Within 5 minutes he was trying to get out of the cage, the bleeding had stopped and within 24 hours he was released again into the wild after one more dose!

Helping first aid problems

Rescue remedy (a combination Bach Flower remedy from the health food store - use either the human or animal version) can be used along with the homeopathic treatments. Give the diluted rescue remedy (2 - 4 drops in a 1 oz bottle of spring water, kept in the refrigerator) or straight. Give this as soon as you realize there is a problem and, if it seems to relax or ease your companion animal, continue giving it as often as you feel necessary. You may need it, too!

Potency

Once you have selected the remedy to use, decide on the potency. Usually 30c in #30 pellets is available at most health food stores. If other sizes, or even potencies of 6c or 12c, those are fine.

Frequency

This depends the severity of the injury. If life threatening, or very severe, give every 5 minutes for 2 -4 doses. If no change at all, re-evaluate your choice, or do conventional treatment or call your holistic practitioner. If the problem needs veterinary care, give the rescue remedy and the indicated remedy while driving to

the hospital. There are many cases where the animal is cured, or significantly better on arrival.

If less critical, and you are comfortable helping at home, give the 30c every 10-15 minutes for 3-5 doses. If no improvement, stop.

Each time you give a dose, ask yourself and your animal if it is needed. Is the animal much better? Then wait until there is a slight downturn to repeat. If not sure, repeat.

A few remedies for first aid

In selecting a remedy, we are looking for how this individual with a wound, bladder straining, diarrhea, etc, is different than another animal with the same symptom. How is their imbalance expressing itself?

With Acute Problems, focus on how they are now, since the injury, rather than how they normally are. For every condition mentioned below, there are at least 20 or more medicines that may do just as well. Having a few animal homeopathy books will help in the future. You can start now to see if one of these fits your animal having a problem.

ACONITE - PANIC, FEAR, EYE TRAUMA #1 EYE TRAUMA REMEDY

Use anytime there is panic, or a super fearful response to an event.

Use when there is a history of abuse, shock, fear, even months or years before and they have never been well since then. (i.e. Gate toppled over on puppy, horse was in a trailer accident)

APIS - damage looks like a bee sting. Skin is red, hot, swollen, shiny and often itchy. Any edema of the skin. Desires cold compresses & wants open air. Restless, agitated, not thirsty and wants company. Hotspots, insect bites, red eyes and much more.

ARNICA- SOFT TISSUE INJURY # 1 TRAUMA REMEDY

Use it anytime there is trauma - falls, hit by vehicles, stepped on, injured with blunt instruments, fractures, bruising from bite wounds that had pressure as well as puncture, any bruising or injury. Sore, bruised, lame feeling - as if they had been beaten. They do not want you to touch the injury, or even approach them.

ARSENICUM ALBUM - the one for diarrhea and vomiting when possible toxins or poisons or bad food has been ingested. Symptoms often worse after midnight, recur every year, fear anxiety, restlessness (even when just lying there), thirst for small sips of water very often. Must be warm - under covers, cuddle, in front of fire. Vomiting, diarrhea, respiratory, fearful behavior.

CALENDULA - topical or internal to promote healing of WOUNDS, and prevent

Infection. Good for torn or wide open wounds. Do not use on punctures, as they will heal too rapidly and seal in infection. Put 1/2 teaspoon in 1 cup water.
Stops hemorrhage, prevents infection.
Internally good for exhaustion from loss of blood and excessive pain.

HYPERICUM - NERVE INJURY

Arnica of the nerves. Crushed, mashed fingers or toes (i.e: stepped on or slammed in door), especially hands, feet, fingers, toes, nails, coccyx, gums (dentals). Spine very sensitive to touch. Back injuries, disc protrusions. Injuries from punctures like nails or cat bite even if now an abscess from punctures, early punctures. Jarring, motion and touch may worsen the pain.

LEDUM - PUNCTURES #1 FOR INSECT BITES OR NEEDLE PUNCTURES

Another good remedy for sharp puncture wounds, especially when the skin around the injury seems bluish and cold to touch. Feels better from cold applications and open air. Bruises that are not completely healed with arnica. Swelling, easily injured wrist or ankle.

MERCURIUS - DIARRHEA AND STRAINING

When a dog (occasionally a cat) is straining to pass stools (watery or normal) and keep trying and trying. Abscesses with foul, thick pus. Hot spots with bad odor to discharge, ulcerated. Especially useful if they now have a lot of smelly saliva and the stool is very smelly. Now they cannot be too cold or too hot.

NUX VOMICA - #1 VOMIT OR DIARRHEA FROM OVEREATING

Diarrhea and/or vomiting after the least change in foods, or getting in the garbage, or after holiday meals. Constipation and bloat. Friendly animals who become irritable or hide when ill because all senses are irritated (think the typical morning after syndrome). They also want reassurance. They are usually worse in the morning and want to be warm.

PHOSPHORUS - #1 for BLEEDING

When any discharge, stool, urine has blood streaks or some blood in it, you do not need to panic. If your companion is happy, active, eating, a little blood often looks like a lot (think cutting yourself when shaving). Animals likely to respond to Phosphorus love attention, are very out-going, chilly, love to eat, thirsty for cold water and ice cubes and can be sensitive to loud noises.

RHUS-TOXICODENDRON - #1 FOR STIFFNESS

Any stiffness or lameness. Muscle injuries from overexertion. Joint pain, sprains, strains, torn ligaments, and tendonitis. Key is that there is pain and stiffness on initial movement and then as they gently move around and limber up, they move easily and freely.

RUTA GRAVEOLENS - TORN LIGAMENTS

Torn or wrenched tendons or ligaments. Use after the initial swelling and pain has decreased. Often needed if Rhus-tox did not work, or there is no improvement on continued motion.

SILICEA - PAINLESS ABSCESS, SPLINTERS

Helps finally heal an abscess when less painful and inflamed. Can help the body expel foreign bodies (splinters, plant awns, etc). Constipation. Often a shy, chilly, nice animal.

SYMPHYTUM - HELPS BONES HEAL

Give for fractured bones, AFTER they have been re-aligned.
Speeds up bone healing by large amount.

These are only a few of the remedies used to injuries and abscesses. You will need to read more to be ready for the crises.

How do you know if the treatment really worked? This applies to your treatments as well as if you are working with a professional homeopath.

Evaluation of Response to a remedy

The goal when treating acute problems is a quick resolution of symptoms along with improved quality of life. If she is quite healthy, the bee sting swelling, or the vomiting of 1 day may just quickly resolve. If the limping or diarrhea, etc, has been off and on for years, you do need to focus on improvements in energy, appetite, mood and behavior.

If the hot spot clears up but he become irritable or clingy, or low appetite, you can try another remedy or seek professional help.

Much reading is necessary to be able to fully understand the reaction of an animal. Recording the list of original and past symptoms, then how they have changed with the treatment is key to evaluation. Healthy Animal's Journal (www.HealthyAnimalsJournal.com), print or ebook journals for dogs or cats makes tracking symptoms very easy.

The 4 main responses are:

1. No apparent change and you waited an appropriate length of time.
2. **Palliation** - temporary improvement. The swelling goes down for a few hours, then you repeat the Apis, and it comes back again and again. Or you need acupuncture weekly to keep symptoms away. Or your dog needs to stay on the "allergy" diet or the anti-inflammatory drug.
3. **Suppression** - current symptoms resolve quickly and the animal becomes more seriously ill.

4. **Cure and moving towards a cure** - the symptoms resolve, or are beginning to improve appropriate to the length they have been there and the animal becomes healthier. The symptoms never return unless obstacles to cure happen, although there may be temporary illnesses from which they recover easily.

A DEEPER DIVE

History

Although formally conceived by Samuel Hahnemann, MD, a brilliant German physician in 1800, the roots of homeopathy go back to Hippocrates, Paracelsus, the Mayans, Chinese, Greeks, Indians (Asian & American), and Egyptians. All used the philosophy of like cures like. Hippocrates and other Greek physicians observed that if a person chronically ill with one disease was infected with a more severe disease that had similar symptoms - the chronic disease would disappear upon recovery from the acute, stronger disease. All older medicinal systems that have persisted through the ages share recognition of an underlying energy component to the individual describes as Pranna, Chi, Spirit & other names.

Hahnemann was the first to combine the spirit like principle and the principle of like cures like to create a well-organized system of medicine capable of resolving most ailments, by treating the underlying tendency to become ill. The Organon, his book explaining the principles and philosophy of homeopathic practice, is still the primary text for homeopathic students today. Though based on human work, homeopathic medicine works excellently with animals.

The basic principles of homeopathic practice are:

1. Knowledge of disease: The sum total of all the symptoms, past and present represents the underlying imbalance that needs to be corrected.
2. Knowledge of medicines: Homeopathic preparations of herbs, minerals and body substances are tested on humans who report all changes occurring as a result of taking the homeopathic remedy.
3. Ability to match the remedy to the individual in the right strength (potency), amount and frequency.
4. Knowledge of obstacles to recovery: For each individual, learning what practices are detrimental to continued health. The major obstacles in animals include poor nutrition, stopping symptoms with "antis", over-vaccination, environmental toxins, other drugs, changes in life style or people in their life, etc.
5. Knowledge of the possible outcomes of treatment

The basic tools we use in homeopathic practice are:

1. *Materia Medica*s - descriptions of each remedy in detail - from the testing, known poisoning and clinical practice.
2. Repertories - indexes of the *Materia Medica*s. These are lists of symptoms with the remedies known to impact on those symptoms.
3. Animal books on homeopathy combine these two, giving you suggestions about which medicines may be useful for specific conditions. If there are enough matching symptoms, you can try using one. If not, you need to learn more or to work with a homeopathic veterinarian (www.theAVH.org)
4. Remedies - purchased from reliable pharmacies.
5. Clinical judgment - from veterinary training, or by working with a veterinarian, from many years experience with a particular species.
6. Study, courses, reading, and learning, learning, learning.

To summarize: Use questioning, *Materia Medica*s and repertories, to select a homeopathic remedy that you feel (or the prescriber feels) is similar to the energy imbalance in the animal, in a potency that matches the level of energy (vital force), avoid obstacles to cure and know how to evaluate the response of the animal to your treatment to know what to do next.

Preparation - dilution and succussion

How are homeopathic medicines prepared? When Dr. Hahnemann first started prescribing according to the law of similars (like cures like) and giving crude medicines, people would become much more ill before recovering. He experimentally diluted and vigorously shook the medicines and found them to be as efficacious with only slight aggravations. Physics today explains how this can work. The United States Homeopathic Pharmacopoeia gives exact directions for the preparation of the tinctures (different for every remedy) and the subsequent potentization (the same for every remedy), that are followed by the homeopathic pharmaceutical companies. Around 7,000 remedies are manufactured from herbs, minerals & body substances. A few examples include sand, oyster shell, snake venoms, club moss, saliva from a rabid dog, poison ivy, lava, bee, wind flower, trees, spiders, sand, nutmeg and dog's milk.

There are 3 dilution forms - centesimal or c, decimal or x, and LM or Q. The centesimal potencies are made as follows. One drop of the tincture is diluted in 99 drops of diluent (water or alcohol) and shaken (succussed). This makes 1c potency. One drop of this is diluted in 99 drops of diluent and shaken to make a 2c. One drop of the 2c is diluted in 99 drops of diluent and shaken to make a 3c, etc. Commonly prescribed potencies are 6c, 12c, 30c, 200c, 1M (1,000c), 10M, 50M, CM. A 1M potency of a remedy has a very strong energetic effect on the body compared to the milder potency of 6c. The decimal dilutions are produced by diluting one drop of the tincture with 9 drops of diluent (instead of 99) and shaking to make 1x

potency. The process continues, producing common potencies of 3x, 6x, 12x, 30x & 200x. The LM (Q) are made by diluting a 3c with 50,000 parts diluent.

By the time the dilution is at 12c there are no molecules of the original substance remaining. This dilution is 10 to the minus 24th, which is more than Avogadro's #, beyond which there are no molecules from the original substance. At the health food store you are likely to have 30c, and maybe 6c or 12c available.

The amount of potential energy (strength) of the solution is dependent on the number of dilutions and succussions, and the direction of the therapeutic effect is determined by the energy pattern of the original substance. In this way, we can make inert substances very potent medicines and can make toxic substance safe and effective medicines. The remedies keep getting stronger and more powerful with subsequent dilutions. The potency must match the energetic level of the ill animal to be most effective and least likely to cause stressful aggravations.

Dosage forms, labels and storage

All 7,000 remedies, in all the potencies, are dispensed in only a few forms: alcoholic dilutions of 20%, 40% & 87%, and milk sugar globules #10, #12, #20, & #35 (poppy seed sized to BB sized) & triturate or compressed tablets. I prefer the #10s or #12s for ease of administration to animals, though now the #35 may be all that is available except at a few pharmacies. Remedies are purchased in brown glass bottles or plastic tubes.

They should be stored in dark, medium temperature places, such as desks or linen closets. They are very stable and it is difficult to inactivate the remedies. Possibly high temperatures, very smelly substances such as perfumes, DMSO, eucalyptus, and electromagnetic forces can inactivate remedies in the bottle, but never throw out a remedy before testing it or using it in a non-critical animal.

The labels have a lot of inaccurate information required by FDA or used to have you buy more. The only 2 key things on the label are the name of the remedy (Arnica) and the potency (30c). Especially inaccurate is an expiration date as they can be effective centuries after preparation. A veterinarian in Germany has seen Dr. Hahnemann's kit of remedies (1800) and knows that if the vial is quite full, people today can take a dose from it, and they say it works great. The same is true of the medicines prepared by Dr. Kent (1900) and members of the St. Louis study group have taken those. Pass your remedies down in your will.

Provings - testing of homeopathic medicines

How do we know what each remedy will do in each person or animal or plant?
Hahnemann started the first drug testing ever done - back in the 1700-1800s.

The potentized (diluted and succussed) medicines are tested on healthy people and the details about the symptoms produced are recorded in *Materia Medica*s. Hahnemann proved 106 remedies in his life. The homeopathic community is still conducting provings. Most are double blind. Many follow new drug approval guidelines. All provers' cases were taken prior to the proving, symptoms recorded for a week or more before the remedy was taken and a professional homeopath supervised the prover daily. We have the symptoms in the prover's words and the observations of the supervisor. Provings conducted in this way give a picture consistently accurate and reliable for prescribing.

The goal of a proving is to give us enough information to accurately select a remedy for an individual. Material about poisonings and clinical experience add more information to the *Materia Medica*. It does not have to be right the first try. The response of the individual will guide us to a better remedy, if needed. The accuracy of these human provings has been demonstrated in adults, infants, animals, fish, birds and even plants. If a human prover develops right-sided symptoms, a fear of the rain, thirstlessness and yellow discharges, that remedy will cure any living thing with those characteristics (if enough of other symptoms match, as well). The remedies are effective in all species of life.

The information from the provings is collated in *Materia Medica*s. There are many modern and old *Materia Medica*s. They are used equally in modern practice. Those with the symptoms listed directly from the provings are more useful when treating animals, but the interpretations of the remedies are useful for learning.

Indexes of the symptoms in the *Materia Medica* are called repertories. Each symptom has related remedies and that is called a rubric. After taking the case, one looks up the symptoms in the repertories and chooses several remedies that have symptoms matching the ill animal. Then one reads in detail about those remedies in the *Materia Medica*s (more than one is often needed) to choose the best match. The correct potency is chosen and given. After waiting an appropriate time, the response of the vital force is evaluated and further treatment is given. Obstacles to cure such as poor nutrition or concurrent medication must be eliminated, as well.

The short cut version is to use one of the veterinary homeopathy books listed below, look up the condition, then read each of the few possible suggestions to see if they may fit your animal at this time. You may read more in the human books found on line, or that you have purchased.

Potency Guidelines

The most important part of choosing potency (strength) is to evaluate the vital force, or energy level of your patient. Just because they can perform (run a long time, track all day, produce milk) does not mean their vital force is strong. They need to be alert, curious, interactive, and not showing too many of the previously mentioned subtle signs of illness to need the higher potencies. An equally important evaluation is risk of death or severe debility from reaction to the remedy. If there is tissue damage such as a kidney that is not functioning, or diabetes, asthma where inflammation could cause serious problems, more care must be given. Much reading and practice is needed to become skilled at this part of the homeopathic prescription, so the following are merely brief guidelines. As a beginner it is best to stay at 30c. You can do no harm, even with the incorrect medicine. If new symptoms appear, you merely stop giving the medicine.

Until you study more, this information is not needed. The importance is to help you understand the thinking behind potency selection. The lower potencies (3x, 6x, 6c etc.) are more material, less energized and less powerful. They have a "broad spectrum" effect, and can improve the health of an animal even when not the correct remedy. As you go higher, the improvement may cease and you need the more appropriate remedy. The higher potencies (200c, 1M, 10M, etc.) work at a much deeper level. They are more like a laser and need to be more accurately prescribed to be effective. When accurate, the response of the vital to the remedy can be very long lasting to permanent.

- LOWER potency - Give more frequently. HIGHER potency - Give less frequently.
 - OLDER animal - Give lower potency less frequently.
 - YOUNGER animal - Give higher potency.
 - HEALTHIER animal with more vitality (even with one serious symptom) - higher.
 - DEBILITATED animal, especially with severe tissue changes - lower potency.
- RULE OF THUMB: start low. You can always go higher.

REMEDIES ARE NOT TO BE GIVEN CONTINUOUSLY, FOREVER

If you have to repeat 30c every 7 days, or 200c more than every 3 weeks, or 1M more than every 6 weeks, and give more than a few times, you are probably palliating or suppressing. In treating serious problems, including behavior problems, a remedy may need to be given at progressively higher potencies several times a year, or when there is stress. Or a series of different remedies may be needed.

Administration of remedies - a deeper dive:

Hahnemann's instructions as to dosing changed over his years in practice. The first method used was giving dry doses. This is the method that most people have used until the last 25 years and many still dose this way. Then he began diluting a pellet in water and shaking before each dose. In the final edition of his teachings (not

published for decades after his death) he created a new form of dilution that was both powerful and gentle, the Q/LM form. It is also shaken, and then diluted before each repetition.

Dry Dosing:

1. Measure out the dose (the quantity is not usually important):

The tiniest granules, #10s, are the easiest to give to animals because they stick to the tongue. Pour 5 to 10 of the #10 onto a folded piece of paper. Now, the #30 pellets are more common.

For these bigger globules or tablets, crush to a powder, or put 2-4 in a $\frac{1}{4}$ C water. Cut the corner off an old envelope, put in 2 pellets, fold the corner over to make a pouch, and crush with something hard on a hard surface (beware of doing this on an expensive wood table as it may dent).

In my practice I have been using the dry dosing approach since 1982. I have never had a negative result, then given a larger quantity and had improvement in the case, nor have I seen severe aggravations from a larger quantity. I have some clients giving 1 of the #10 granules, and some giving $\frac{1}{2}$ teaspoon. If the potency is very low (3C and less) use a tiny amount. Since Hahnemann is very specific in the Organon, I am now recommending the liquid dosing or Q/LM for most of my cases.

2. Administer it:

BEST: Gently open the animal's mouth a tiny bit and pour the remedy onto the tongue or any place in the mouth. Hold the mouth shut for a few seconds. They may spit out some of the remedy, but enough will have been dissolved already. It can also be put into the pouch in the corner of the mouth. The remedy dissolves on mucus membranes.

ALTERNATIVES:

- a. The remedy can be diluted in good water and given with an eyedropper.
- b. The crushed remedy can be put into a tiny amount of milk or cream.
- d. Food is least preferable. If you have the correct remedy, little will inactivate it, but may make evaluation more difficult if a single dose were given a month before and there has been little response. Wrong remedy? Inactivated? I have treated feral cats to good effect putting the remedy in the food, so it can be done. When remedies are being given daily, you can try food and if there is no response, put directly in the mouth. Rule of thumb - put in a clean mouth.
- e. For very fractious animals, like the cats hunkered at the back of the cage ready to attack, the remedy can be diluted and put in a syringe and squirted onto their face/open mouth.

To dilute: put one dose in a small amount of water (1T to 1C) and stir or shake a few minutes. Even if not dissolved, the water has the remedy characteristics.

Liquid dosing:

- a. Hahnemann felt that giving the same potency repeatedly caused problems, so he recommended the following: Put one pellet of the #10 granules (I use the bigger ones as well) into water. I use $\frac{1}{2}$ cup at this time, he used from 4-10 ounces of water. This will be fine for a few weeks.
- b. Shake the bottle vigorously before each successive dose. This slightly changes the potency so the animal's vital force gets a slightly increased push each time. The bottle can be kept for a few weeks. Just do not use if you see anything in the water.

Other methods dosing:

- a. Q tip dosing. For people they use a toothpick to give a teeny amount of the liquid. That could injure a pet's gums, so a q-tip is best. This may be needed for very sensitive animals who react to different treatments, or noises, etc.

Evaluation of Response to a remedy

The goal, especially with chronic disease, regardless of the treatments you select (acupuncture, herbs, homeopathy, Reiki, Chiropractic, etc) is to see a deep improvement in energy and emotional levels with a slow (proportionate to how long they have been there and the amount of tissue damage) resolution of symptoms. If symptoms go away without an overall improvement (as often happens with drugs) then a cure has not happened and future illnesses will probably occur.

Much reading in the animal books, and even The Organon by Dr. Hahnemann, is necessary to be able to fully understand the reaction of an animal. Recording the list of original and past symptoms, then how they have changed with the treatment is key to evaluation.

The 5 main responses are:

- No apparent change and you waited an appropriate length of time.
- Palliation - temporary improvement, with no, or little improvement in Quality of Life and no recurrence of old symptoms for a brief time.
- Suppression - current symptoms resolve quickly and the animal becomes more seriously ill.
- Cure - the symptoms slowly resolve and the animal becomes healthier. The symptoms never return unless obstacles to cure happen, although there may be temporary illnesses from which they recover easily.
- Moving towards a cure can be difficult to tell from palliation initially, especially in more chronic problems. Is the increased energy because of a temporary decrease

in pain in the hips, or a genuine improvement? Time will tell. Look for the General improvements, and they may be slight. Brighter eyes, maybe. With serious disease, like kidney failure,

QUESTIONS????

The Holistic Actions Academy for Pet Health is based on homeopathic principles and we have a lot of material (written, webinar and live) about homeopathy, including several of my weekend classes that were live streamed and some useful books. Check out the [free class](#) of basic health care, including avoiding obstacles to health (or cure). Explore the site. [Become a member](#).

[Email me](#) with your questions about homeopathy or schedule a teaching call (\$) for more information.

Further Study and Resources

Classes for both veterinary and lay: Schedule one for your community or group in person or virtually

Philosophy: The Organon by Samuel Hahnemann (the Wenda Brewster O'Reilly edition is easiest to read), Radical Healing by Rudolph Ballentine, Homeopathy: Beyond Flat Earth Medicine, by Tim Dooley (free on line), Science of Homeopathy by George Vithoulkas,

Animal Treatment books:

Homeopathic Treatment of Small Animals by Christopher Day

Homeopathic Care of Cats and Dogs by Don Hamilton - The best if you only buy one

Practical Handbook of Veterinary Homeopathy by Wendy Jensen - walks you through treating cases.

Textbook of Veterinary Homeopathy by Saxton and Gregory

Homeopathy: What to expect by De Beukelaer this has 101 cases of animals cured with homeopathy to inspire you.

Homeopathy for birds by Chapman

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