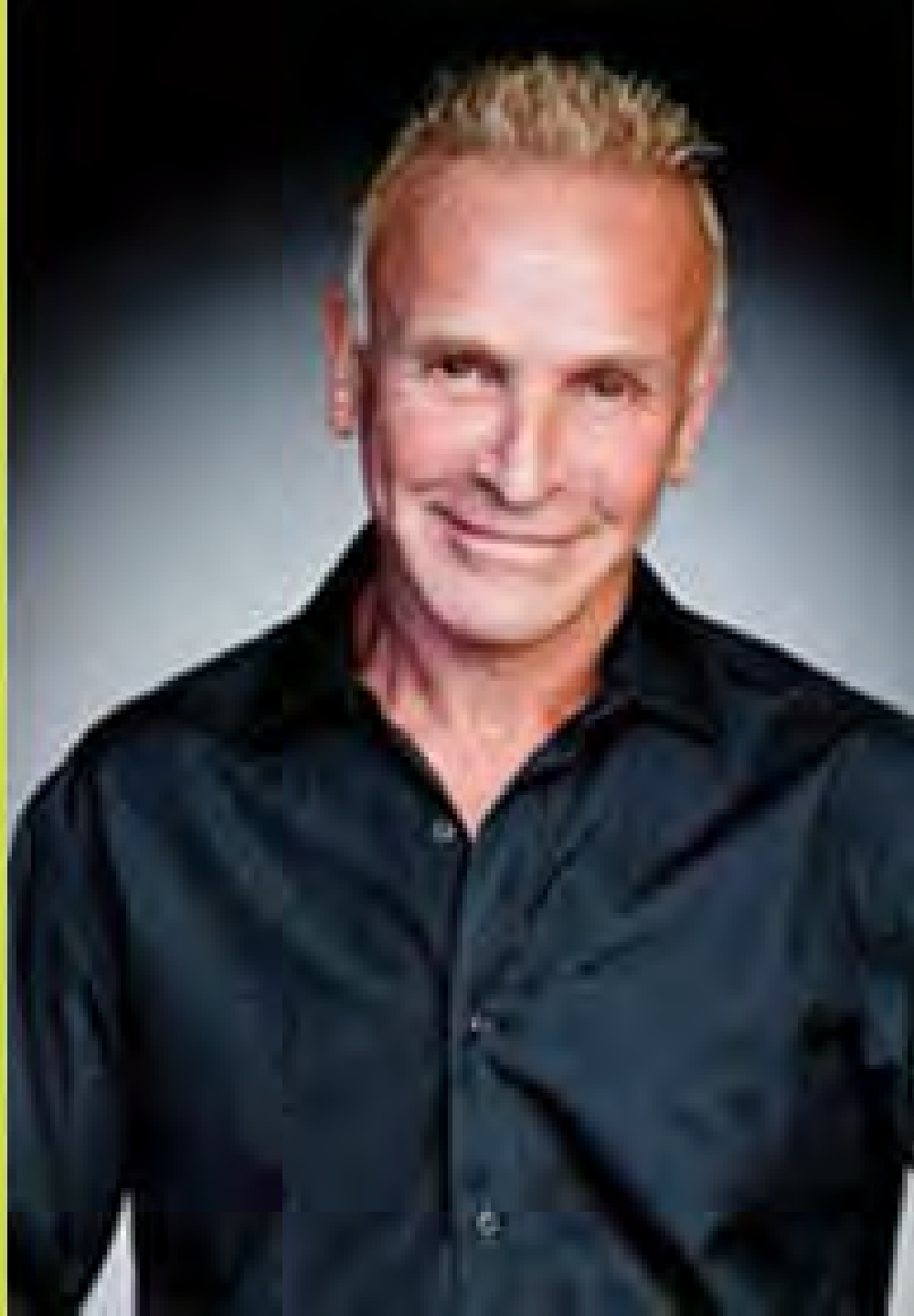


The Nutrition Mythbuster

JONNY BOWDEN
PH.D., CNS





Making Sense of Fat!

Fat in your foods should be limited to 30-35% of your total calories or less than 65 grams per day based on a 2,000 calories per day. Saturated fats and trans fats should make up the smallest part of those 65 grams. Use the lists of fats below to choose foods that fit in a healthy lifestyle.

Foods that contain fats that are healthier for you:

- Avocado
- Oil (canola, olive, peanut, sesame)
- Olives (all)
- Nuts: almonds, cashews, filberts, hazelnuts, macadamia nuts, peanuts, pecans, pistachios, walnuts
- Peanut butter, old-fashioned
- Sesame seeds
- Fatty fish (salmon, mackerel, tuna, herring)



****On Nutrition Labels, these fats are labeled as Monounsaturated & Polyunsaturated fats***



Foods that contain fats you should moderate and eat less of:

- Bacon & Bacon grease
- Butter (stick, whipped, reduced-fat)
- Coconut oil
- Cream & half-and-half
- Cream cheese, full fat cheeses
- Ice cream
- Lard & salt pork
- Palm & palm kernel oil
- Hydrogenated or partially hydrogenated fats
- Margarine (stick)
- Nondairy creamers
- Shortening



*****On Nutrition Labels, these fats are labeled as Saturated & Trans fats.**

[illegible]



FAT FICTION



**Forget Everything You've
Been Told About Fat**

Narrated by Mark Hyman, MD

Director/Writer: Jennifer Isenhardt
Director of Photography: Tom Hadzor



WIDE EYE

Afinia Film

www.FatFiction.movie

What ARE some of the fictions about fat?

- ✓ EATING fat MAKES you fat
- ✓ Saturated fat clogs your arteries
- ✓ It's healthy to substitute VEGETABLE OILS for saturated fat
- ✓ Good vs Bad Fat = Unsaturated vs Saturated Fat
- ✓ **Saturated fat raises cholesterol which causes heart disease**



"A welcomed game-changer after decades of cholesterol misinformation."

—DAVID PERLMUTTER, M.D., F.A.C.C., author of #1 *New York Times* bestseller *Grain Brain* and *Brain Wash*

JONNY BOWDEN, PH.D., C.N.S.

BEST-SELLING AUTHOR OF *THE 150 HEALTHIEST FOODS ON EARTH*

STEPHEN SINATRA, M.D., F.A.C.C.

BEST-SELLING AUTHOR OF *THE SINATRA SOLUTION: METABOLIC CARDIOLOGY*

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THE GREAT CHOLESTEROL MYTH

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WHY LOWERING YOUR CHOLESTEROL
WON'T PREVENT HEART DISEASE—
AND THE STATIN-FREE PLAN THAT WILL

How Did We Get It So Wrong??



IKE SUFFERS HEART ATTACK; RECOVERY PROSPECTS 'GOOD'

GOP Second-Term Plans Shaken

President Is Able To Walk to Car On Way to Hospital

Lost to Army Facility in Demand for 'Better Treatment' Said to Be Confirmed Since First Term—Earlier Disclosed as 'Wife's Intuition'—Filed 22 Rules of Gov. Friday

PERSON GIVEN PERMISSION TO GO INTO EXILE

STATE BLAMED FOR FOOD ILLS AT EXPOSITION

Subsistence in Foreign Countries—Exile in Exile

SUDDEN CHANGE AS PRESIDENT LOOKED FRIDAY

IS SEVERE SHOCK TO REPUBLICANS

Republican—Army—State—Blame on Heart of New Condition—Three Leads



NIXON TO REMAIN IN WASHINGTON

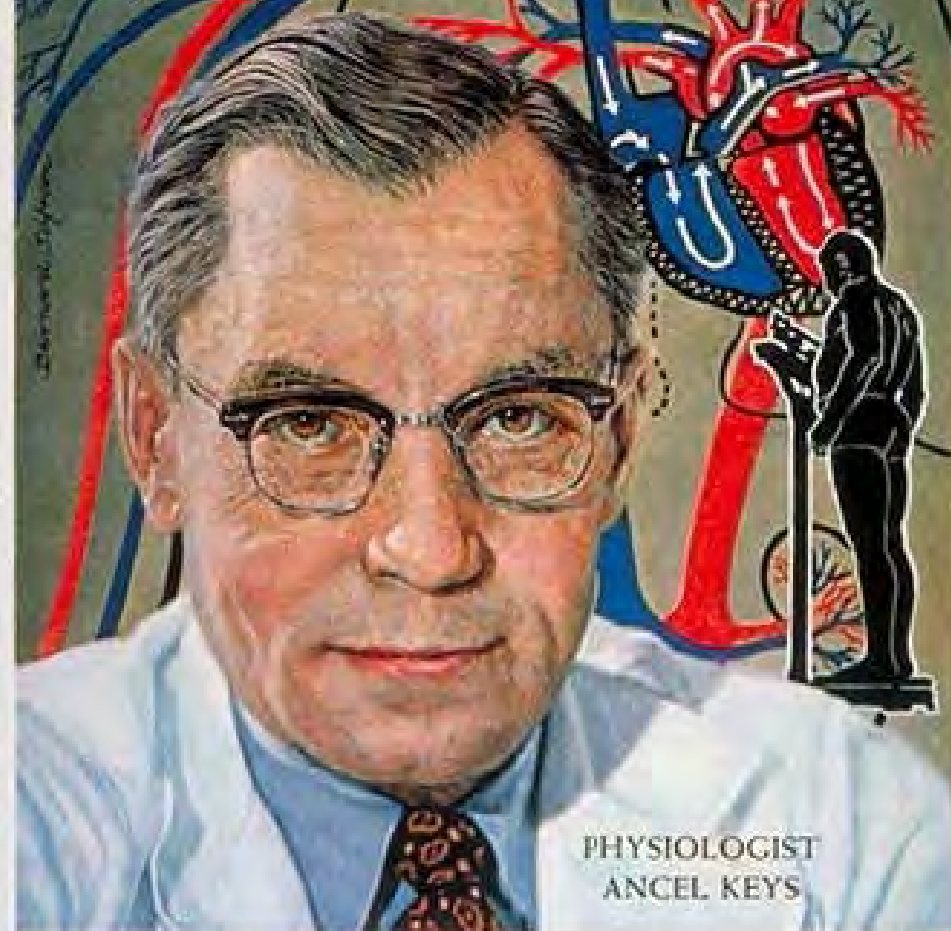
REDS SET OFF ATOMIC BLAST

RAINY DAY GEAR ADORNS PATRONS AT EXPOSITION

Diet & Health

TIME

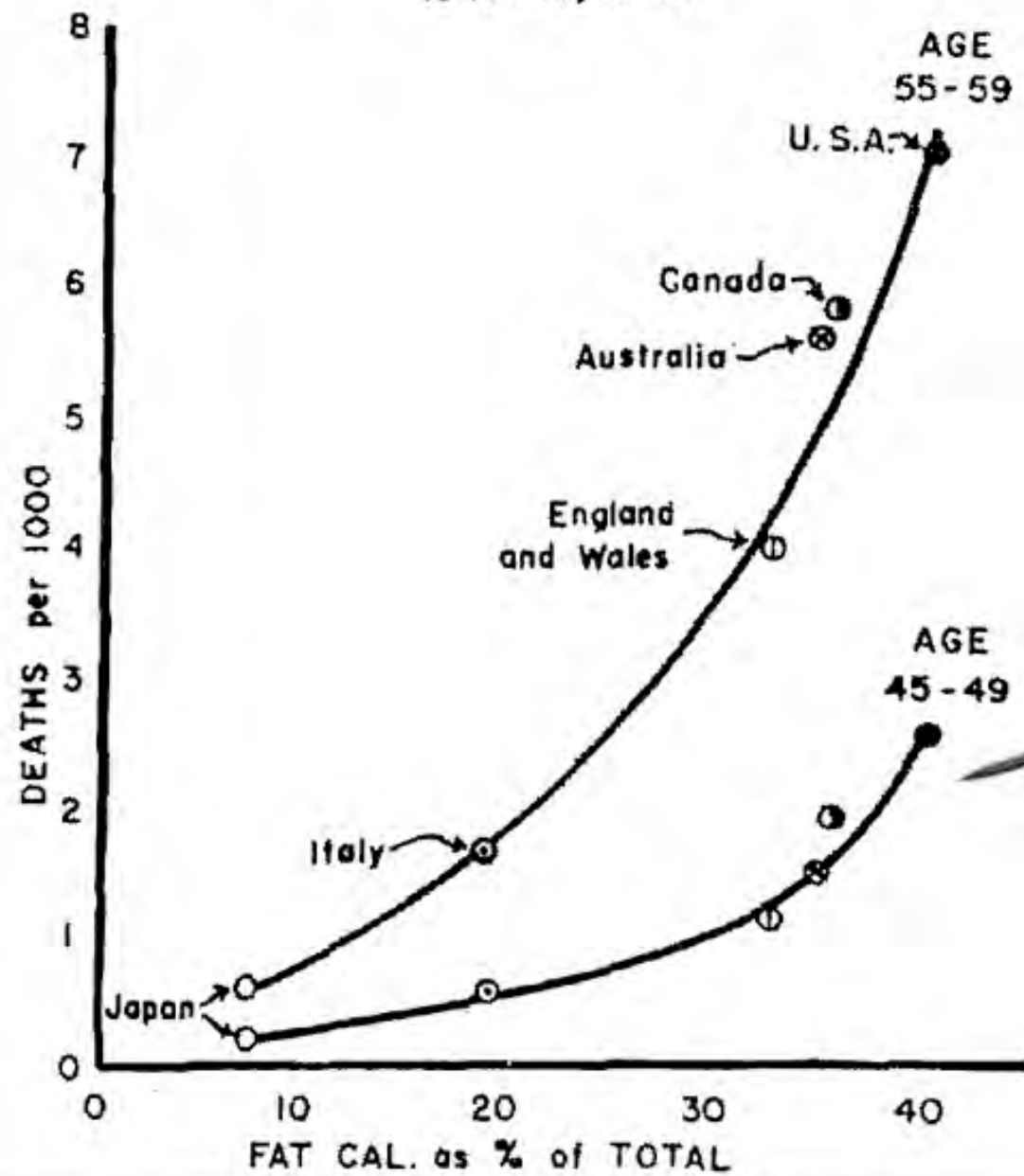
THE WEEKLY NEWSMAGAZINE



PHYSIOLOGIST
ANCEL KEYS

DEGENERATIVE HEART DISEASE

1948-49, MEN



Association Studies (Observational Studies) = EPIDEMIOLOGY

reason
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EPIDEMIOLOGY

Epidemiology Makes Astrology Look Respectable

Sitting all day will kill you. Well, maybe not.

RONALD BAILEY | 10.20.2015 11:25 AM

All right, the headline is harsh, but scanning the epidemiological literature one can generally find that some researcher somewhere has found a deleterious outcome associated with nearly any human activity or nearly any trace exposure to some substance or other.

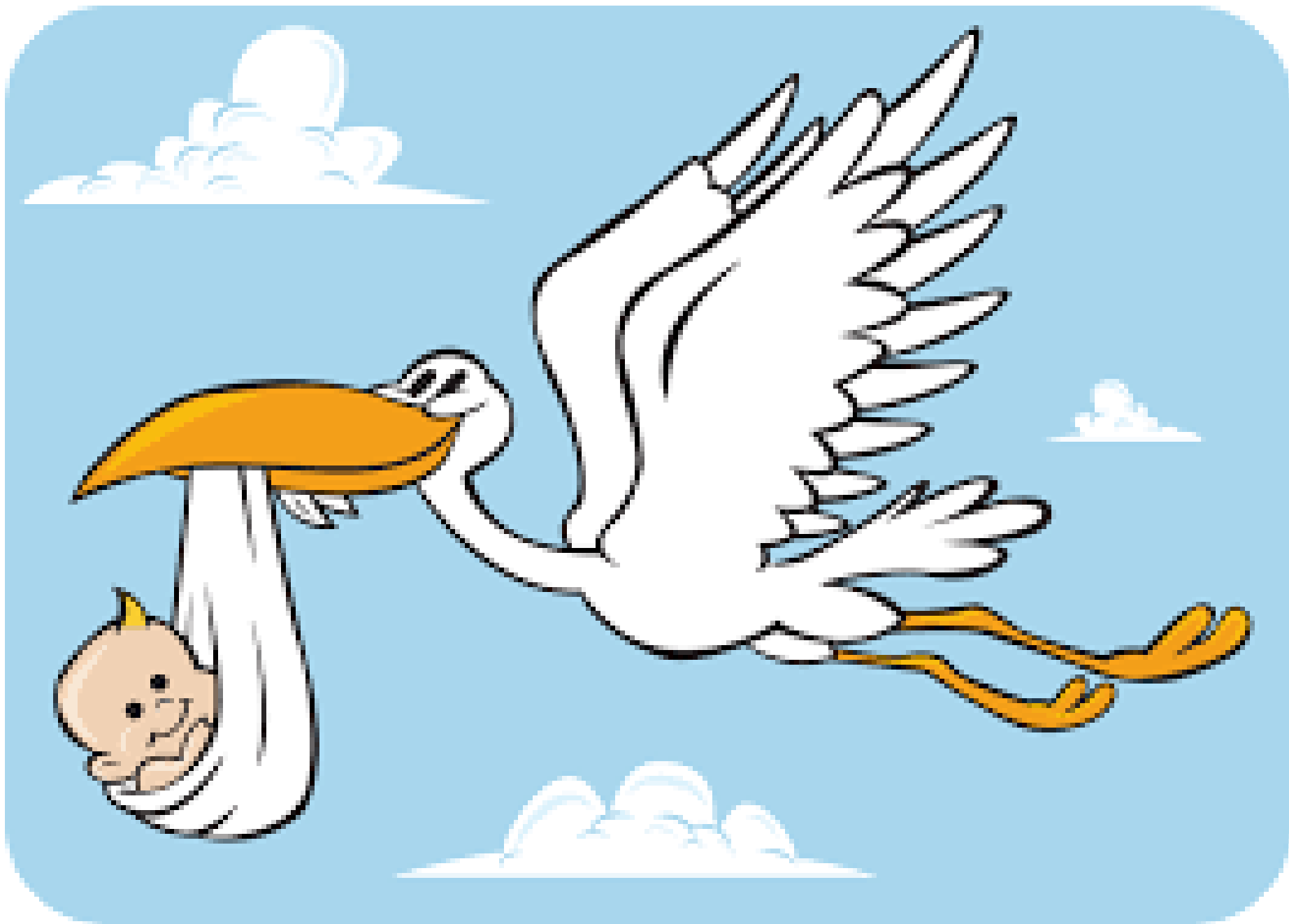
Earlier this year, a review article in the *Annals of Internal Medicine* reported that among other bad



indianexpress

Statistically Significant Associations

- Ice Cream Consumption Correlates With the Murder Rate
- People who've seen the movie "Crash" are statistically more likely to have blue eyes
- There is a statistically significant positive correlation between the 8 years of the Clinton administration and the increase in diabetes
- There is a statistically significant inverse (negative) relationship between the number of pirates in the world and the temperature of the planet









How do we know they were wrong?



RESEARCH

The image features a large, bold, blue 3D-style word "RESEARCH" centered on a blue background. A magnifying glass with a black frame and handle is positioned over the word, with its lens centered on the "SEAR" portion. The background is a collage of digital elements, including binary code (0s and 1s) and various business-related terms in a lighter blue font: "DIVERSITY", "STRATEGY", "FAQ", "EDUCATION", "RISK", "TEAMWORK", "INNOVATION", "RESULTS", "SERVICE", "EXPERIENCE", "LEARNING", and "VISION". The overall aesthetic is high-tech and corporate.

Saturated fat and cardiovascular disease: The discrepancy between the scientific literature and dietary advice

Robert Hoenselaar 

Department of Nutrition and Dietetics, High School of Arnhem and Nijmegen, Nijmegen, The Netherlands

Received 31 March 2011; accepted 25 August 2011.

[Abstract](#) [Full Text](#) [PDF](#) [References](#)

Article Outline

- I. [Abstract](#)
- II. [Introduction](#)
- III. [Saturated fat intake and serum cholesterol levels](#)
 - A. [What does the scientific literature tell us?](#)
 - B. [What do the advisory committees tell us?](#)
- IV. [Randomized trials substituting polyunsaturated fat for saturated fat](#)
 - A. [What does the scientific literature tell us?](#)
 - B. [What do the advisory committees tell us?](#)
- V. [What do the advisory committees tell us?](#)
 - A. [What does the scientific literature tell us?](#)
 - B. [What do the advisory committees tell us?](#)
- VI. [Summary](#)
- VII. [Conclusion](#)
- VIII. [Discussion](#)
- IX. [References](#)
- X. [Copyright](#)

do not reflect the available scientific literature.

Abstract

Given the large social impact of dietary advice, it is important that the advice have a solid scientific basis. Evidence-based dietary advice should be built on results from all studies available, according to a given methodology. Conclusions should be a valid representation of the summarized results. The association between saturated fat intake and cardiovascular disease was examined. Results from three reports of leading U.S. and European advisory committees were compared with results as they were presented in the articles referred to. Findings were put into perspective with results not included in these reports. Different lines of evidence were included in the different reports. No overlap whatsoever was found in the articles included. Most results from the scientific literature were lacking for most different lines of evidence in all reports. All three reports included the effect of saturated fat on low-density lipoprotein cholesterol in the evidence linking saturated fat to cardiovascular disease, but the effect on high-density lipoprotein cholesterol was systematically ignored. Both U.S. reports failed to correctly describe the results from the prospective studies. Results and conclusions about saturated fat intake in relation to cardiovascular disease, from leading advisory committees, do not reflect the available scientific literature.



Performing your original search, *pati-siri tirano sat fat not harmful*, in PMC will retrieve [0 records](#).

Am J Clin Nutr. Mar 2010; 91(3): 535–546.

PMCID: PMC2824152

Published online Jan 13, 2010. doi: [10.3945/ajcn.2009.27725](#)

Meta-analysis of prospective cohort studies evaluating the association of saturated fat with cardiovascular disease^{1,2,3,4,5}

[Patty W Siri-Tarino](#), [Qi Sun](#), [Frank B Hu](#), and [Ronald M Krauss](#)✉

[Author information](#) ► [Article notes](#) ► [Copyright and License information](#) ►

See "[Diet-heart: a problematic revisit](#)," on page 497.

This article has been [cited by](#) other articles in PMC.

Abstract

[Go to:](#) ☒

Background: A reduction in dietary saturated fat has generally been thought to improve cardiovascular health.

Objective: The objective of this meta-analysis was to summarize the evidence related to the association of dietary saturated fat with risk of coronary heart disease (CHD), stroke, and cardiovascular disease (CVD; CHD inclusive of stroke) in prospective epidemiologic studies.

Design: Twenty-one studies identified by searching MEDLINE and EMBASE databases and secondary referencing qualified for inclusion in this study. A random-effects model was used to derive composite relative risk estimates for CHD, stroke, and CVD.

Results: During 5–23 y of follow-up of 347,747 subjects, 11,006 developed CHD or stroke. Intake of saturated fat was not associated with an increased risk of CHD, stroke, or CVD. The pooled relative risk estimates that compared extreme quantiles of saturated fat intake were 1.07 (95% CI: 0.96, 1.19; $P = 0.22$) for CHD, 0.81 (95% CI: 0.62, 1.05; $P = 0.11$) for stroke, and 1.00 (95% CI: 0.89, 1.11; $P = 0.95$) for CVD. Consideration of age, sex, and study quality did not change the results.

Conclusions: A meta-analysis of prospective epidemiologic studies showed that there is no significant evidence for concluding that dietary saturated fat is associated with an increased risk of CHD or CVD. More data are needed to elucidate whether CVD risks are likely to be influenced by the specific nutrients used to replace saturated fat.

HEART

Study Questions Fat and Heart Disease Link

By ANAHAD O'CONNOR MARCH 17, 2014 5:00 PM  473 Comments



Smokey Bones Bar & Fire Grill/PRNewsFoto

A new study questions the relationship between heart disease and saturated fat.

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THE SATURDAY ESSAY

The Questionable Link Between Saturated Fat and Heart Disease

Are butter, cheese and steak really bad for you? The dubious science behind the anti-fat crusade

Email Print 755 Comments



By NINA TEICHOLZ

Updated May 6, 2014 10:25 a.m. ET



RF Pictures/Corbis

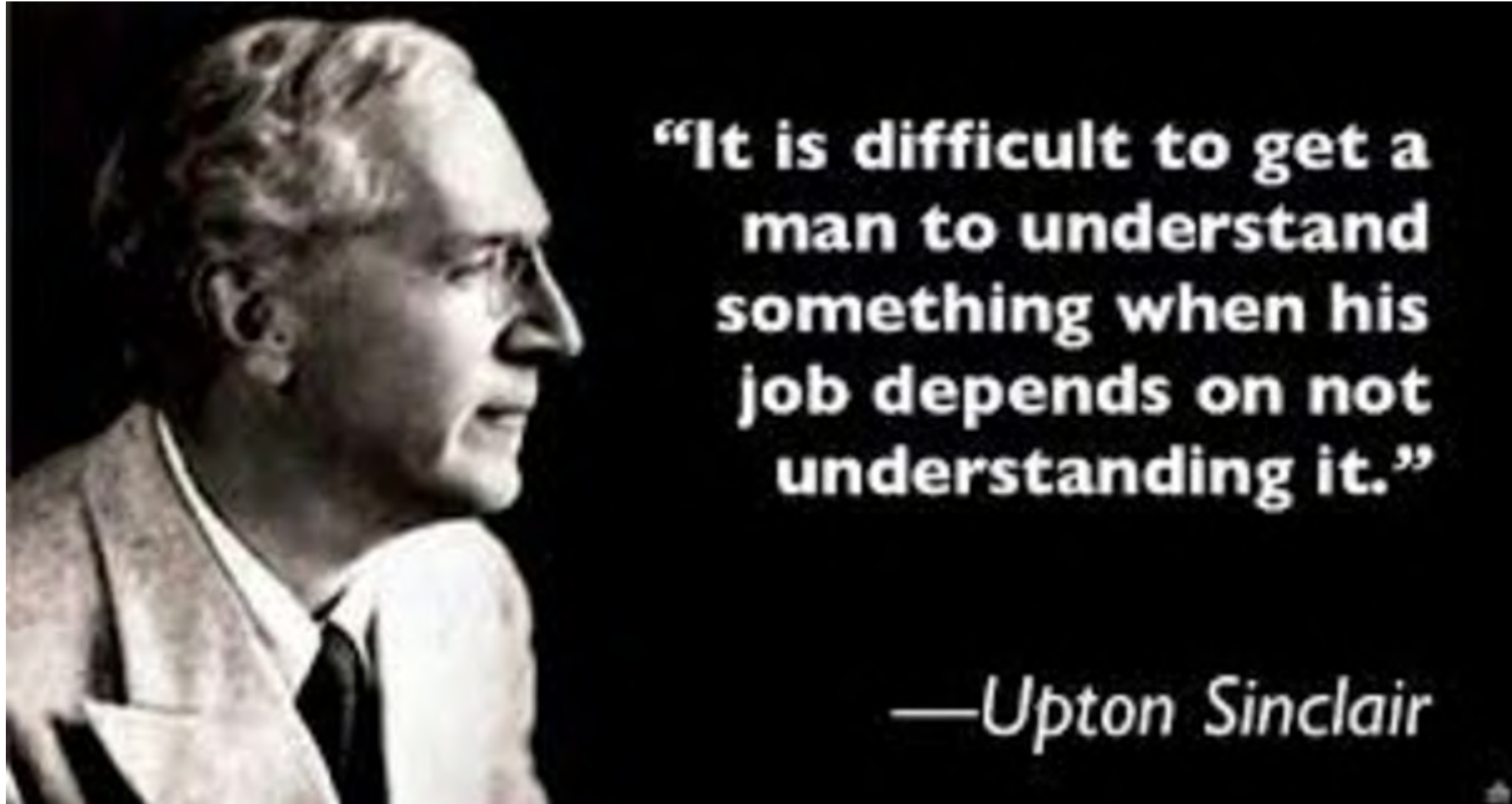
"Saturated fat does not cause heart disease"—or so concluded a big study published in March in the journal *Annals of Internal Medicine*. How could this be? The very cornerstone of dietary advice for generations has been that the saturated fats in butter, cheese and red meat should be avoided because they clog our arteries. For many diet-conscious Americans, it is simply second nature to opt for chicken over sirloin, canola oil over butter.

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So why don't doctors change their minds?







**ST
4lb**

emade soup or salad and dinner stir-fry. Weight is coming off 1st 3st 4lb and have more energy. I go to the gym four times a week and walk the dog every day. All, my diabetes is under control — and if I can do it, anyone can.



I thought starchy food was healthy

ELIZABETH LEPLA, 67, who runs a business making miniature furniture, is divorced with a 26-year-old daughter and lives in Basingstoke, Hampshire. Elizabeth was diagnosed with type 2 in September 2017. She says:

ELATED. That's the only way to describe how I felt, in 2017, when I went low-carb and lost two stone in just six weeks, dropping from a size 20 to a size 16.

Around 14 years ago I was told I had raised blood sugar and was on my way to developing type 2 — I weighed around 12st (I'm 5ft 5in), with a BMI of 28, making me officially overweight.

My diet mirrored the Eatwell Guide issued by Public Health England, which says to base your meals around starchy carbs. But my weight went up to 14st and



**LOST
3st 12lb**

in September 2017, blood tests showed I had full-blown type 2.

When I read about low-carb I was flabbergasted to learn that the potatoes, pasta and wholegrain bread I'd been eating were broken down in my body to glucose. I immediately cut these out.

I'm now down to 10st 2lb, but low-carb is not a diet of denial — one of my favourite meals is steak and salad.



I've spent a fortune on new trousers

CHRIS ROGERS, 51, a retired hotel proprietor who lives in Southport, Merseyside, and his wife Yvonne, 63, an accounts representative, says Chris was diagnosed with type 2 diabetes 10 years ago. Chris says:

WHEN Dr Unwin said, 'I don't want to go on a diet, but to change the way you eat' it was a lightbulb moment.

I was diagnosed with type 2 20 years ago. The diet advice then was to eat protein as a healthy breakfast and snack on bananas.

I started the low-carb diet in March and it was hard at first.

At my heaviest I weighed 11st (at 5ft 11in) and in 12 months I've lost over 10 stone and have reduced my waist from a 38in waist to 32in. It's cost

PICTURES: DAMIEN MCFADDEN / GLEN MINKIN / WARREN SMITH



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Evidence from randomised controlled trials does not support current dietary fat guidelines: a systematic review and meta-analysis

Zoë Harcombe¹, Julien S Baker¹, James J DiNicolantonio², Fergal Grace¹ and Bruce Davies³

Author affiliations +

Abstract

Objectives National dietary guidelines have set the ambitious goal of reducing coronary heart disease (CHD) mortality by 25% by the year 2010. The present authors have examined the progress made during those time periods, four decades ago, and have worked by re-examining the total

Methods A systematic review

Results The systematic review prevention and 2 combined. The risk ratio (RR) 2.16% and 1.80% in the interval cholesterol levels decreased in levels were significantly greater mortality.

Conclusions The current available evidence does not support the dietary fat interventions. Results from the present study lack generalisability for population.

**ZOË HARCOMBE PhD
FINDS NO
EVIDENCE!**



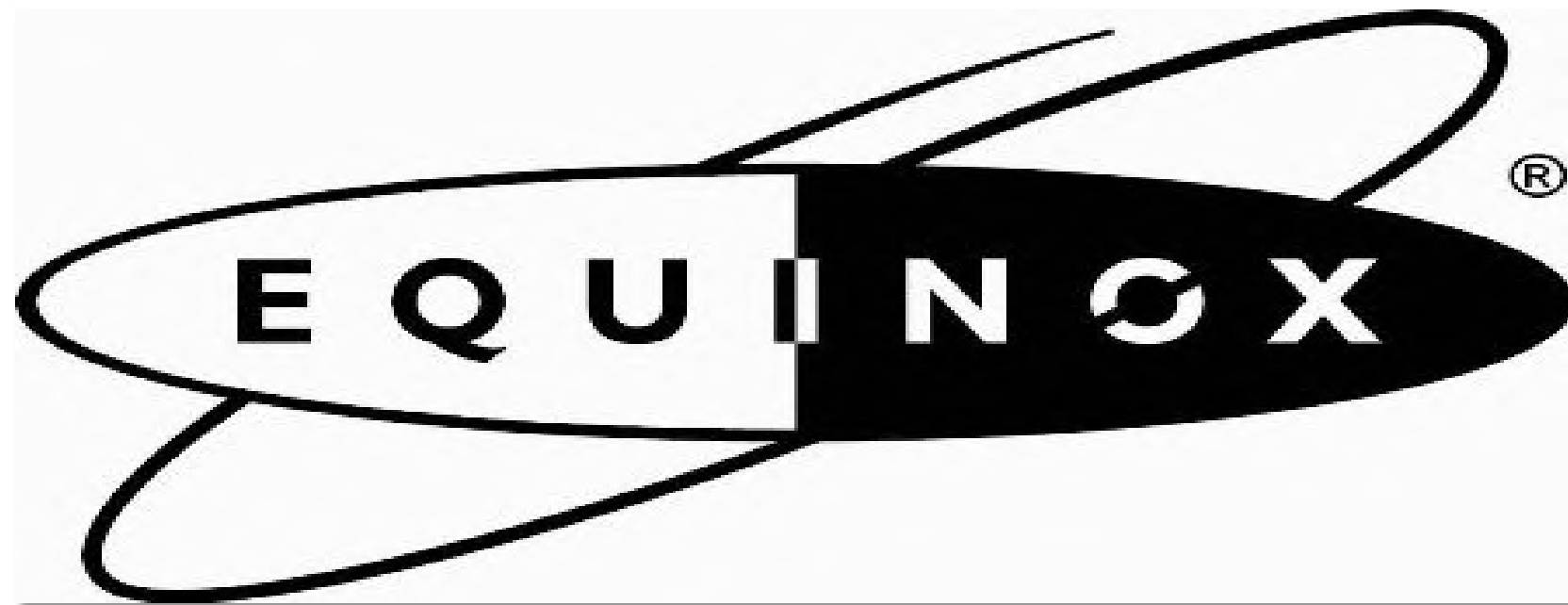
FITNESS CONFIDENTIAL PODCAST



Always New

HOME & FAMILY

JONNY BOWDEN, PH.D. CNS
CERTIFIED NUTRITIONIST



EVERYTHING
YOU KNOW ABOUT
CHOLESTEROL
IS WRONG



"Finally, a book that tells the truth about what foods are really healthy. You'll be delighted to welcome back into your diet many foods that have been wrongly demonized for decades."

MARK HYMAN, M.D., director, Cleveland Clinic Center for Functional Medicine and best-selling author, *Eat Fat, Get Thin*

The **150**



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JONNY BOWDEN, PH.D., C.N.S.,

coauthor of the bestseller

The Great Cholesterol Myth



★ Red Palm Oil (Malaysian)

When the first edition of this book came out, palm oil was hardly ever used in the United States. But that was then, and this is now. This wonderful, underappreciated oil is becoming better known every day, and with good reason.

Palm oil is to tropical African cooking what olive oil is to Mediterranean cooking. It's the most heavily consumed dietary oil in the world after soybean oil. The late lipid biochemist Mary Enig, Ph.D., called it "one of the most important edible oils in the world" and with good reason. It's shelf stable, contains absolutely no GMOs, and is trans fat free. Plus, for you cooks, it has a nice smoke point of 450°F (230°C).

What's more, as Enig points out, modern extraction is accomplished with steam, and because 30 to 70 percent of the fruit is oil, solvent (chemical) extraction is not needed and isn't often used. (Contrast that with the darling of the health food set, canola oil, or as Enig called it, "con-ola oil!" Enough said!)

There are other great things about palm oil. First, there's the carotenoid content. The reason palm oil is red is because it's so rich in carotenes (like beta-carotene and its relatives, together known as the carotenoid family). These are powerful antioxidants and have multiple benefits.

Palm oil is also rich in a particular form of vitamin E called tocotrienols, which are the subject of great interest in the nutrition and functional medicine communities because of their rich array of health benefits. Palm oil is actually the richest source of

alpha-tocotrienol—which possess unique biological activity even independent of its power as an antioxidant (Sen, 2010).

What's more, tocotrienols have been found to protect the brain from the damage that can occur after a stroke, possibly because of the neuroprotective properties of alpha-tocotrienol. Chandan K. Sen, Ph.D., associate dean for research at the Ohio State University Medical Center, thinks so much of tocotrienols that he encourages tocotrienol supplementation. In a June 2, 2010, interview with the *Orange County Register*, he said, "Alpha tocotrienol is markedly more potent than the more common available forms of vitamin E in its ability to help protect neurons in the brain from damage or death."

So why has it taken palm oil so long to catch on?

Simple, because of two common beliefs about palm oil, both of which are incorrect.

The first is that palm oil is a saturated fat, which is true. And also meaningless. Here's why.

For the last few decades, conventional wisdom held that saturated fat was one of the bad guys in our diet. This has turned out not to be true, despite the fact that many people (including some doctors) still believe it. We now know, from at least two

major peer-reviewed studies in mainstream medical and nutritional journals, that saturated fat does not cause—and never did cause, in my opinion—heart disease. It's not even related to it. (Siri-Tarino, 2010, Chowdbury, 2014).

Saturated fat from healthy natural sources such as palm oil, coconut oil, grass-fed beef or butter, are simply no longer fats we have to avoid. I think we'd be much better off substituting some of these healthy saturated fats for the excessive amount of proinflammatory vegetable oil we consume. Many saturated fats are either neutral or have potential benefits—i.e., the tocotrienols in palm oil, the MCTs in coconut oil, and the CLA in grass-fed butter. Although I don't personally believe cholesterol is a big deal (see my book with cardiologist Stephen Sinatra, M.D., *The Great Cholesterol Myth*) for those who might be concerned, plant fats such as palm oil do not actually increase LDL cholesterol (the so-called bad kind), though they often increase HDL (which your doctor would love to see).

The second rap against palm oil has to do with the environment and with animal habitats that are frequently—though not always—destroyed in the making of it. This criticism is valid—but not so in Malaysia and a few other places such as Ecuador.

This is why I always recommend Malaysian red palm oil. Malaysia is environmentally conscious—more than 50 percent of its forests are protected (as opposed to 3 percent of ours). Their palm oil industry is sustainable, and no animal habitats are harmed. That's personally important to me, particularly because I love orangutans, which are the animals most often affected by the deforestation of some palm oil production.

What's more, the Malaysian palm industry even set up a Malaysian Palm Oil Wildlife Conservation Fund, which, among its many functions, safeguards wildlife, deters poaching, and even set up a project specifically to explore orangutan conservation.

Palm oil has a distinct, amazingly rich flavor, and it is popping up at more and more natural food and ethnic food stores.

WORTH KNOWING

Even though virgin palm oil has a relatively high smoke point (about 450°F [230°C]), the longer you use it at high heat the more you will destroy the natural antioxidants. If you're frying with it, definitely don't reuse it.



A word cloud centered around the terms 'Tocotrienols' and 'Vitamin E'. The words are arranged in a circular pattern, with 'Tocotrienols' in the center in a large, bold, orange font, and 'Vitamin E' below it in a large, bold, green font. Surrounding these are various food sources in different colors and sizes, including 'Nuts', 'Seeds', 'Germ', 'Corn', 'Popcorn', 'Almonds', 'Soybeans', 'Broccoli', 'Wheat', 'Pistachio', 'Hazelnuts', 'Pine', 'Spinach', 'Avocado', 'Asparagus', 'Peanuts', and 'Tocopherols'. The background is white.





Only Natural uses the finest cold pressed Virgin Red Palm Oil. It's a rich source of vitamins and anti-oxidants include Tocotrienols, a potent form of Vitamin E. Red Palm Oil may assist with the reduction of belly fat and contribute to general wellness.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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'Gifted' natural **vitamin E tocotrienol protects brain** against **stroke** in three ways.

Summary: A natural form of **vitamin E** called alpha-**tocotrienol** can trigger production of a protein in the **brain** that clears toxins from nerve cells, preventing those cells from dying **after** a **stroke**, new research shows. Jul 6, 2011

www.sciencedaily.com › releases › 2011/07

'Gifted' natural vitamin E tocotrienol protects brain against ...



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Can a Special Form of Natural Vitamin E Provide ... - MDedge

... **brain with** a specific kind of **vitamin E** may **prevent** nerve cells from dying **after** a ... to **protect** against neural cell death and rescues the **brain** from **stroke** injury.

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Clinical Investigation of the Protective Effects of Palm Vitamin E Tocotrienols on Brain White Matter

Yogheswaran Gopalan, Ibrahim Lutfi Shuaib, Enrico Magosso, Mukhtar Alam Ansari, Mohd Rizal Abu Bakar, Jia Woei Wong, Nurzallina Abdul Karim Khan, Wei Chuen Liong, Kalyana Sundram, Bee Hong Ng, Chinna Karuthan, and Kah Hay Yuen 

Originally published 3 Apr 2014 | <https://doi.org/10.1161/STROKEAHA.113.004449> | Stroke. 2014;45:1422–1428

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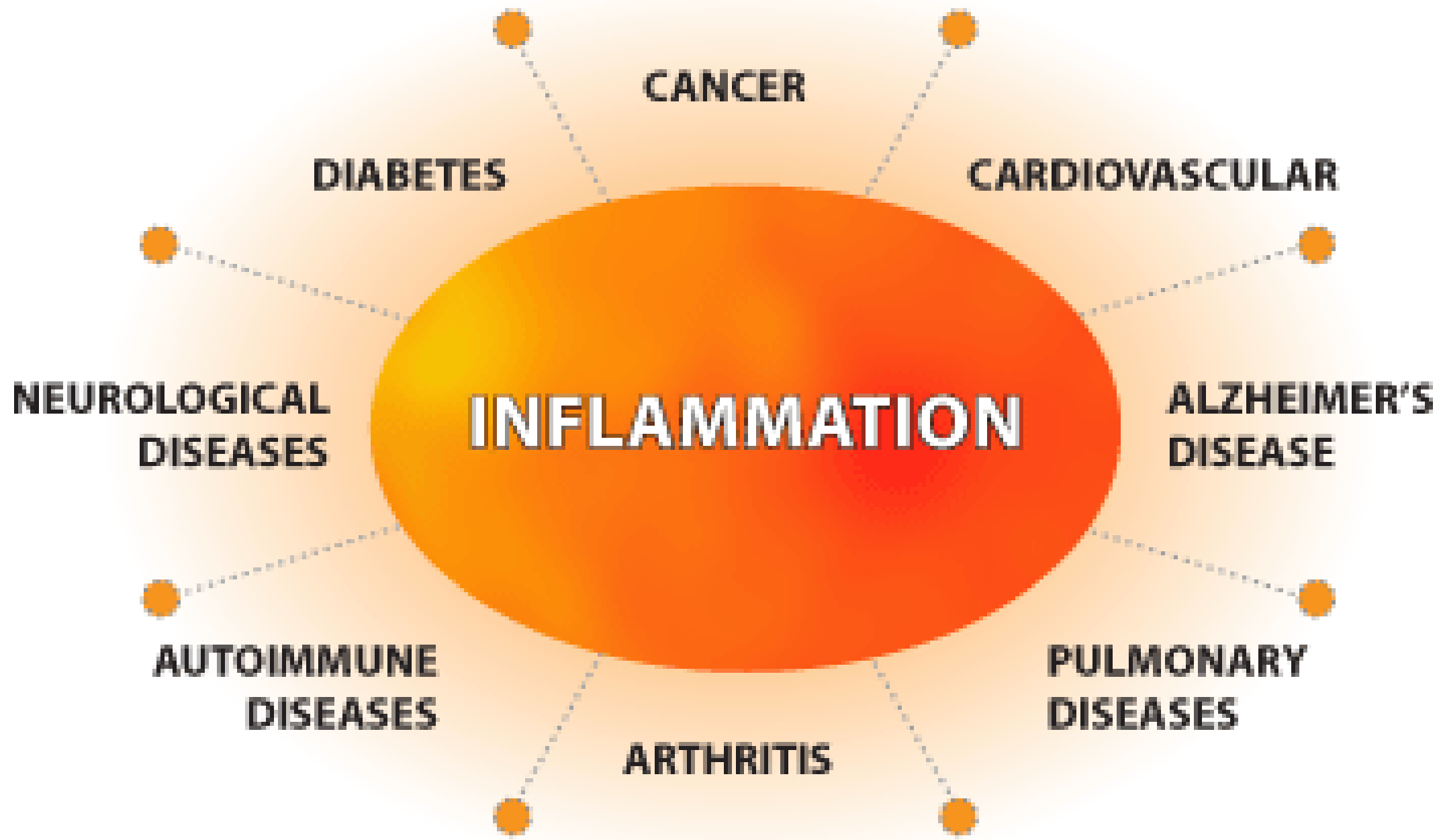
Abstract

Background and Purpose—

Previous cell-based and animal studies showed mixed tocotrienols are neuroprotective, but the effect is yet to be proven in humans. Thus, the present study aimed to evaluate the protective activity of mixed tocotrienols in humans with white matter lesions (WMLs). WMLs are regarded as manifestations of cerebral small vessel disease, reflecting varying degrees of neurodegeneration and tissue damage with potential as a surrogate end point in clinical trials.

Methods—

A total of 121 volunteers aged ≥ 35 years with cardiovascular risk factors and MRI-confirmed WMLs were randomized to receive 200 mg mixed tocotrienols or placebo twice a day for 2 years. The WML volumes were measured from MRI



What are the two most PRO-inflammatory foods?





The Hateful Eight

They Came from Factories. They Kidnapped Your Metabolism. Learn more at DeCade.com

Saturated FAT VS. Vegetable Oil



Industry Group
skewed dietary
es for decades
researchers got hefty sums to downplay role of
heart disease.

science
50 years

Sugar Industry Villainized Fat Through Biased Harvard Research

Sugar Industry Bribed
Harvard to Hoax
Association Between
Fats and Gaining Weight

Industry lobby paid scientists to
sugar's role in heart
disease - report

Documented: Harvard professors slanted
research to favor sugar industry

Sugar industry secretly paid for
favorable Harvard research

Documented: Harvard professors slanted
research to favor sugar industry

Industry Quashed Link Between Sugar And Heart
Disease 50 Years Ago, Says Report

Artificially

Industry Group Paid for Research Linking
Disease to Fat Instead of Sugar: Study

Sugar industry bought off
scientists, skewed dietary
guidelines for decades

Harvard researchers got hefty sums to downplay role
of sweets in heart disease

Sugar Industry Bribed
Harvard to Hoax
Association Between
Fats and Gaining Weight

Drafter of U.S. Diet
Was Bribed by Big
Sugar to Demonize Fat

Newly released historical documents
from Sugar Research Foundation paid
to demonize fat and cholesterol, not sugar,

The Sugar Industry
Bribed Harvard

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This Issue

Views **443,044** | Citations **145** | Altmetric **5197**

Special Communication

November 2016

Sugar Industry and Coronary Heart Disease Research

A Historical Analysis of Internal Industry Documents

Cristin E. Kearns, DDS, MBA^{1,2}; Laura A. Schmidt, PhD, MSW, MPH^{1,3,4}; Stanton A. Glantz, PhD^{1,5,6,7,8}

» [Author Affiliations](#)

JAMA Intern Med. 2016;176(11):1680-1685. doi:10.1001/jamainternmed.2016.5394

The New York Times

How the Sugar Industry Shifted Blame to Fat



Who benefits???



AMERICA

50 Years Ago, Sugar Industry Quietly Paid Scientists To Point Blame At Fat

September 13, 2016 · 9:59 AM ET



CAMILA DOMONOSKE



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- Improves vision and eye health
- Improves hair growth
- Reduces risk of cancer
- Reduces risk of cataracts
- Reduces risk of macular degeneration
- Reduces risk of deficiencies in children
- Helpful during pregnancy
- Boosts hormonal balance

Saturated FAT VS. Vegetable Oil





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Records Found in Dusty Basement Undermine Decades of Dietary Advice

Raw data from a 40-year-old study raises new questions about fats

By Sharon Begley, STAT on April 19, 2017

Article | [Open Access](#) | Published: 20 September 2019

A Cross-Sectional Study on the Dietary Pattern Impact on Cardiovascular Disease Biomarkers in Malaysia

Tilakavati Karupaiah, Khun-Aik Chuah, Karuthan Chinna, Peter Pressman, Roger A. Clemens, A. Wallace Hayes & Kalyana Sundram 

Scientific Reports **9**, Article number: 13666 (2019) | [Cite this article](#)

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Abstract

We conducted this cross-sectional population study with a healthy multi-ethnic urban population (n = 577) in Malaysia, combining nutritional assessments with cardiometabolic biomarkers defined by lipid, atherogenic lipoproteins, inflammation and insulin resistance. We found diametrically opposing associations of carbohydrate (246.6 ± 57.7 a. $54.3 \pm 6.5\%$ -TEI)



HIGH FAT

HIGH FAT

LOW FAT

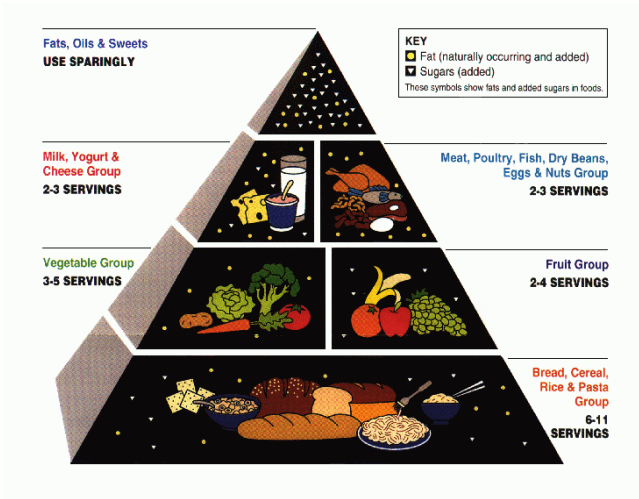
LOW FAT

HIGH CARB

LOW CARB

LOW CARB

HIGH CARB



In conclusion....





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THANK YOU FOR COMING!