

*Lyme Disease*  
*Combat V*

Quantum HCL Protocol



THE CHRONIC LYME DISEASE SERIES

*Jenna S. Smith*

*"There are only two ways to live your life.  
One is as though there are no miracles.  
The other is as though everything is a miracle."*

*Albert Einstein*

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## Introduction

If you are like most people who have chronic Lyme disease, the relief of being diagnosed with a real infection is the end of a long journey.

For some, it is years of misdiagnoses and lengthy treatments for diseases like MS or Fibromyalgia. You follow the doctor's orders diligently and suffer months, even years of frustration wondering why the treatment isn't working.

The initial diagnosing doctor may shrug his shoulders and say that you will have to learn to live with that particular quality of life (depending on your symptoms) or he/she may refer you to another doctor to hunt for a different diagnosis.

The worst experience in the early months (or years) of searching is when your doctor sends you to a psychiatrist. That is not a feeling anyone wants to live through. It has you wondering about your own sanity, and adds immeasurable suffering to the emotional frailty you feel as the Lyme spirochetes attack your central nervous system and cause your emotions to explode with fear, anger, sorrow and or anxiety.

“Am I losing my mind?”

It would appear that the answer is “Yes” when your doctor sends you to a psychiatrist.

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For others like me, it would appear lucky to get a diagnosis within six months of my first “crash” of symptoms, but I assure you that the same questions ran through my mind as test after test came back “normal”. Yet my symptoms required every window in the house to be darkened, and music, which was once a great joy in my life – was out of the question. Even footsteps across the floor created agonizing headaches.

I was lucky to have a doctor who had a history of the many annual physicals showed a healthy vibrant mother and equestrian (in spite of aches and pains that would come and go.) to compare to the completely disabled woman I became over the course of several weeks. He never doubted my sanity and made sure that each doctor he sent me to would be supportive.

Over these last few years of disability, I have met hundreds of Lyme victims with stories that include a vast array of symptoms ranging from minor to severe – each with a unique journey that led them through a wide range of “medical specialists” – some are horror stories and some are just sad, but the relief of having a definitive diagnosis after months and years of searching will always result in a sense of relief.

But that is just the beginning.

Chronic Lyme is a relentless battle with very few knowledgeable licensed medical practitioners to choose from, an uneducated community which is unable to give support like they would, say, for cancer – and symptoms that constantly cause us to doubt ourselves.

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Perhaps one of the worse symptoms with chronic Lyme disease is depression, because as time moves on and friends and family move on with their life, it is impossible for anyone (except perhaps a very supportive spouse or parent who is with you each day) to understand the mourning that accompanies chronic illness...mourning for a past life that seems impossible to retrieve.

In my quest to find a cure for a deeply chronic case of neuro-Lyme with many co-infections, I have tried many protocols, and continue to search for protocols based upon new research.

When I first heard about Betaine HCL, I thought it had to be a trick – cured in three weeks?

What follows is a repeat for me and my husband – I think we have been ill for too long.

However, Dr. Marshall who developed the treatment has cured hundreds of Lyme patients and continues to treat Lyme patients although within the government's strict guidelines.

I have personally met a man who was completely cured of Lyme using this protocol, and so I feel confident recommending this protocol even though it didn't work for me.

## Chapter One – The Ugly Cousin

As you may or may not know, the Lyme spirochete is a cousin of Syphilis, the dreaded sexually transmitted disease that has been around for centuries and is still active today amongst sexually active people who don't – or don't know how – to protect themselves from unwanted pregnancies and sexually transmitted diseases.

Although the date of origin is hotly disputed amongst scholars, there is no doubt that the symptoms of the disease are very similar to Lyme disease.

The term “Herxheimer” was discovered and named after the German dermatologist who first documented the severe flare up of symptoms that can actually be life threatening in certain cases (of Syphilis and Lyme disease.) ***Read more in the appendix about the Jarisch-Herxheimer Reaction.***

Like Lyme, the symptoms of Syphilis are many, and diverse. It has also been called “The Great Imitator” due to the difficulty medical practitioners have had through time in accurately diagnosing the disease and for many centuries, difficulties treating the disease.

Like Lyme, Syphilis can be contracted and lie dormant for weeks, months and even years before showing symptoms.

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Like Lyme, Syphilis can be actively growing in major organs, soft tissue, eye fluids, brain and bones before revealing itself causing blindness, pain and fatalities.

Like Lyme, Syphilis caused many suicides due to the difficulties of diagnosis, treatment and cure.

Like Lyme, Syphilis can be transferred through the umbilical cord to unborn children causing death in the womb, SID (sudden infant death), deformities and disease in the resulting child.

Like Lyme, Syphilis was known to cause “General paresis,” otherwise known as general term for the insane when not one particular cause can be identified – a severe manifestation of the disease in advanced condition.

Insanity and/or psychotic breaks are a severe manifestation of neuro-Syphilis and neuro-Lyme. Unfortunately, these severe and chronic manifestations are harder to cure.

Like Lyme, Syphilis was known to cause chronic or degenerative dementia which ultimately resulted in death amongst those with neuro-Syphilis in as little as 2–3 years. This statistic can't be compared to neuro-Lyme due to the problems with accurate diagnosis and the absence of medical investigation at this time with neuro-Lyme.

Like Lyme, Syphilis show progressive personality changes, memory loss, and poor judgment. They also result in depression and/or manic behavior.

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At one time early-Alzheimer's was believed to be brought on by Syphilis, and now, thanks to the brilliant research by Dr. Alan MacDonald in New York, Alzheimer's Disease has been recently confirmed as a causative infection and in some cases the true infection causing identical symptoms. For more information read [Genetic Frankenstein: A Link between Chronic Lyme Disease and Alzheimer's?](#)

Mood swings, anxiety, confusion and uncharacteristic rage are also symptoms of both diseases.

Like Lyme, Syphilis is treated with antibiotics.

### **So how was Syphilis treated before antibiotics?**

There are historical references to many bizarre and horrific treatments in the distant past, the most notable, I think, was the deliberate infection of malaria to kill the spirochetes with the extremely high heat of malaria fever. The patient was then treated for the malaria with quinine which was preferable to the tortures of chronic and deeply rooted Syphilis – and Lyme disease.

It is true, there are people today that follow the same path to treat their disease with deliberate malaria infection, and do so without regret. When I first read of this treatment for Lyme disease I was horrified and could not understand. Now, years later, I completely understand!

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Another treatment that was showing great promise as a possible cure for Syphilis before the advent of the discovery and mass production of penicillin was **Betaine HCL**.

It is not surprising that new evidence has been studied and evaluated as a promising healing agent for Lyme disease.

## Chapter Two – Betaine HCL

What is Betaine HCL?

Betaine HCL is also known as hydrochloric acid (HCl) or stomach acid. It helps digest food by breaking up fats and proteins. The low pH of the stomach's hydrochloric acid also destroys ingested bacteria and other microorganisms. Adequate levels of HCl are vital for adequate absorption of protein, calcium, vitamin B12 and iron.

Healthy stomach acid is needed for a healthy digestive tract. If you have low stomach acid, even the best food cannot be properly digested.

**If you are unable to absorb nutrients properly, this can lead to terrible health problems.**

Healthy stomach acid helps kill disease-causing microbes and parasites routinely found in food you eat. If you have low stomach acid, these infecting invaders may not be destroyed by your stomach's acid bath. They can then cause many types of infections.

Scientists have been aware of this biological fact for many years. It has been discovered that dogs for instance, can eat completely rotten meat that would kill a human, yet due to the strength of the HCl in a dog's stomach, it doesn't cause any illness.

In 1930, a group of medical pioneers began human trials using massive doses of HCl (administered intravenously) who were in imminent danger of death. They eventually published some of their work, but for the most part the mainstream medical establishment

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refused to publish their work claiming that something so simple couldn't possibly cure the diseases they claimed to cure; the following are some excerpts – the first by Dr. Walter B.

Guy:

***“If health were perfect, the organism would complete its full life cycle with probably an average of 120 years' duration, but the destructive agencies, destroying the balance between the constructive forces of life and invading micro-organisms and other injurious factors, brings about premature decay and death...”***

*“...When this **hydrochloric acid content** of the gastric fluid is deficient or absent, grave results must gradually and inevitably appear in the human metabolism. First of all, we shall have an increasing and gradual starvation of the mineral elements in food supply. The food will be incompletely digested and failure of assimilation must occur. Secondly, a septic process of the tissues will appear; pyorrhea, dyspepsia (imperfect or painful digestion), nephritis, appendicitis, boils, abscesses, pneumonia, etc. will become increasingly manifest.”*

*“...Again, a normal gastric fluid demands activity of the gallbladder contents and of the pancreas for neutralization. Deficiency of normal acid leads to stagnation of these organs, causing diabetes and gallstones. **In other words, an absence or a great deficiency of HCl gives rise to multitudinous degenerative reactions and prepares the way to all forms of degenerative disease.”***

The Arthritis Trust of America published a lengthy treatise on the benefits of Betaine HCL that has been re-published by the Townshend Letter. [Read the entire report here.](#)

To summarize:

“The use of hydrochloric acid therapy for the purpose of strengthening key components of the immune system is critically important and a very inexpensive treatment...”

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“...We know that hydrochloric acid therapy works, and that the clinical use of hydrochloric acid against invasive microorganisms and helps kill disease-causing microbes and parasites routinely found in food you eat. If you have low stomach acid, these infecting invaders may not be destroyed by your stomach’s acid bath. They can then cause many types of infections.”

## Chapter Three – Cured in Three Weeks

This is a personal story of how the Betaine HCL Treatment for Lyme disease worked in two people. It is not meant to be medical advice for anyone and should be discussed with a licensed Lyme-literate medical practitioner before attempting to try it.

### **First, I need to share a bit of recent history.**

In a conference on Lyme diseases and tick related illnesses in the fall of 2006, a medical doctor claimed publicly to have cured over one hundred patients of Lyme disease using Betaine HCL.

One can imagine the clamor that resulted, so much in fact that the FDA intervened, and coerced this doctor to change all of his literature regarding this protocol. In respect of his privacy I will not release his name here, but suffice it to say that he is a licensed medical doctor with excellent credentials, and with many previous patients who attest to the success of their treatments.

Now I will tell you my own story beginning in January of 2009.

I have had symptoms of Lyme disease, co-infections and parasites for all of my life (48 years) which was always diagnosed as “infection” or “virus” or “we don’t know what’s wrong” and surgeries too numerous to count, but the major surgeries were to remove my appendix, gall bladder and feminine organs due to intense abdominal pain.

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In the fall of 2006, while the HCL protocol was being introduced to the LLD community, I had a physical and emotional crash which spiraled from bad to worse. Windows were blocked off due to intense light sensitivity and noise was so unbearable that I took to wearing my husband's shooting ear protection.

Fortunately I was diagnosed within 4 months which seemed like an eternity to me. Little did I know at that time how fortunate I was to get to an LLD so fast, and into a traditional oral antibiotic treatment.

Jump to the following year when my husband begins to notice stabbing pains out of nowhere. To placate me, he submitted to an Igenex test which came back positive for Lyme even according to the CDC.

By this time, I have been on IV antibiotics 2 times for 4 to 5 months each time and the medical bills have caused us to lose our home. My husband continues to get worse on antibiotic and quits so that he can continue to work, but I was still completely bedridden.

In November of 2008 I first learned about the HCL protocol and listened in skepticism that Lyme could be cured in 3 weeks.

It took me a month to research the protocol and then I borrowed the money for the treatment from my precious daughter (all pretense of pride had long since been obliterated).

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Knowing that Lyme is spread through body fluids, my husband and I determined that it was critical to take the protocol at the same time.

We took ten days to prepare for the treatment, and then three long weeks on the actual protocol.

## Chapter Four – Preparation

The first most important step is to use the correct product. There is a vast difference between Betaine made by different manufacturers, and there are protocols bouncing around in forums that don't adequately explain the importance of several supplements that are required to make the protocol work.

[Premier Research Labs](#) manufactures their products under the label “Quantum.” This is not the name of the company which understandably causes confusion because there is a “Quantum Health” and other products using Quantum on their label.

The other confusion arises from the way Premier Research Products are sold for the most part. A certain doctor (whose protocol we are exploring) trains medical doctors or licensed medical professionals – primarily in alternative health modalities, how to properly test a patient's body for correct dosing and then the practitioner sells the products.

The wisdom of this approach is apparent due to the wide range of combination ailments that can be a part of Lyme disease or mimic Lyme disease. The incorrect dosage for the wrong illness can cause painful symptoms that would otherwise be avoided.

**That is why this chapter is important and should not be skipped or disregarded.**

[If you want to go directly to Dr. Marshall's protocol, click here.](#) These products were manufactured to the doctor's specifications and his incredibly high standard of quality.

Otherwise, this is what I was instructed to do (each person has unique health problems that challenge their ability to recover from Lyme).

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First, order two jars of [Green Mix](#) and take 2 Tablespoons each day with 32 ounces or more of distilled water.

Secondly, based on your health, scroll down the [list of products](#) to find the specific products that address your health concerns besides Lyme. If you have a sensitive stomach, you will want to order [stomach complex](#) and take as directed for ten days prior to adding the Betaine. There are very specific products to strengthen every organ. It is vital that these protective supplements be taken every day (according to instructions) while you are on the Protocol also.

**If you have any questions about which products will suit your condition best and/or if you have questions about interaction of any Quantum supplement with any products you are currently taking, call Total Health Secrets at 510-653-5050.**

Secondly, you will need to take 2 [HCL Activator](#) with each dose of [Betaine HCL](#). These doses are taken three times a day with food. Don't begin the Betaine until a week of protective supplements and Green Mix.

***Note: This is still part of the preparation period.***

Day One - take 3 capsules of Betaine and 2 capsules of Activator – AM, noon and PM.

Day Two - take 5 capsules of Betaine and 2 capsules of Activator – AM, noon and PM.

Day Three - take 7 capsules of Betaine and 2 capsules of Activator – AM, noon and PM.

Day Four - take 9 capsules of Betaine and 2 capsules of Activator – AM, noon and PM.

Day Five - take 12 capsules of Betaine and 2 capsules of Activator – AM, noon and PM.

Day Six - take 15 capsules of Betaine and 2 capsules of Activator – AM, noon and PM.

Day Seven - take 17 capsules of Betaine and 2 capsules of Activator – AM, noon and PM.

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Day Eight - take 20 capsules of Betaine and 2 capsules of Activator – AM, noon and PM.

Day Nine - take 22 capsules of Betaine and 2 capsules of Activator – AM, noon and PM.

Day Ten - take 25 capsules of Betaine and 2 capsules of Activator – AM, noon and PM.

**Remember to take these with meals! If you feel stomach upset drink more water to dilute the HCL.**

**Note: Keep in mind that a healthy 20 year old produces the equivalent of 25 capsules of Betaine HCL at every meal.**

It has been suggested to measure your pH daily during this process however I found it discouraging. Before the protocol my pH was balanced perfectly and the protocol sent it back to its previous acidic state which is absolutely normal. After the protocol you will need to continue the Greens at a double dose until your pH is back to normal.

If you don't know what your pH level is, then please get the [pH testing paper](#) and test your first urine in the morning for a baseline.

## Chapter Five – The Protocol

Now it begins.

Three solid weeks of taking your protective supplements, and Green Mix with a minimum of 32 ounces of distilled water, and 25 capsules of Betaine HCL and 2 capsules of HCL Activator three times a day.

**If you have any questions about this Protocol, please call Total Health Secrets at 510-653-5050.**

Remember, we know that hydrochloric acid therapy works, and that the clinical use of hydrochloric acid against invasive microorganisms and helps kill disease-causing microbes and parasites routinely found in food you eat.

That means it will also destroy many of the hiding places that Lyme likes to use to evade the immune system.

So expect to experience a Herxheimer reaction mild to severe depending upon the bacteria load. [Smilax](#) is the best herb for binding neurotoxins and giving relief from a herx.

## Chapter Six – Conclusion

So, the end of my story isn't written yet, but as in all challenges in life we learn as we go, and not all of it is pleasant. In fact it seems that the harder the experience the more we learn and grow, don't you agree?

The conclusion that I have come to believe, based on my experience and based upon others I have since interviewed – some who have successfully cured Lyme with this protocol and others who have not – I have learned that the longer you have Lyme, the harder it is to get rid of.

This is true with Betaine HCL as well as ALL the other alternative Lyme protocols.

If you are willing, please email me your experience to [jenna@LymeDiseaseResource.com](mailto:jenna@LymeDiseaseResource.com).

## Appendix A - The Jarisch-Herxheimer Reaction

A Jarisch-Herxheimer reaction or “herx” as it is commonly called is a predictable and temporary “flare-up” or worsening of symptoms caused by the die-off of certain bacteria.

This condition was discovered and named after the German dermatologist, Karl Herxheimer (1844-1947), and originally observed in syphilis patients.

Although both Lyme disease and Syphilis come from Spirochete bacteria, their structure is quite different.

Dorlands Medical Dictionary refers to the Herxheimer reaction as *a transient, short-term, immunological reaction commonly seen following antibiotic treatment of early and later stage [infectious] diseases which [may be] manifested by fever, chills, headache, myalgias (muscle pain), and exacerbations of cutaneous lesions. The reaction has been attributed to liberation of endotoxins-like substances or of antigens (a substance which causes an immune reaction) from the killed or dying micro-organisms.*

Unlike Syphilis, Lyme causes multiple Herxheimer reactions, and can be physically and emotionally devastating.

Some have a reaction within days of effective treatment; while for others, it may take longer. Generally, the longer it takes for a reaction to occur after beginning treatment, the more disseminated the disease is.

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These brutal flare-ups can last between two days and two weeks, but there are some who report much longer reactions when treating their disease aggressively (some will try several therapies at the same time with the hope of attacking the disease more effectively).

“You have to get worse, before you can get better!” is a grim consolatory phrase passed back and forth in chat rooms and community forums amongst sufferers on the internet.

But the roller-coaster of pain often threatens recovering patients to greater relapse, as we grasp for the energy to deal with both physical and emotional symptoms.

“It’s just so hard to deal with worsening symptoms after months or years of illness.” complains one long-time Lyme patient.

The good news is that science clearly shows “herxing” means that treatment is working. The dying spirochetes emit a neurotoxin that floods the body from every active location, and over-stimulate the already weakened immune system. So in general, the greater the bacteria-load, the greater the reaction will be.

Many Lyme-literate doctors recommend [“Smilax”](#), an herb that effectively binds the neurotoxins, and passes them out of the body. Epsom salt baths (with at least two cups of salt and water as hot as you can stand it) are also soothing, and should be taken daily; although very hot baths may also aggravate symptoms – especially at the beginning of your treatment – because the spirochetes flee from heat.

## Appendix B –Detoxification

Lyme-literate doctors agree that killing infectious bacteria is but one part of the process of healing from Lyme disease (and co-infections). Detoxification is equally important to rid the body of parasites and other elements in our bodies that harbor the disease.

Detoxification can also be tricky depending on each person's disease, immune system, allergies and many other contributing factors.

Mercury poisoning is a growing health problem that interferes with the evaluation and treatment of Lyme. The best way to rid the body of heavy metals is regular use of the FAR Infrared sauna, but there are some other products that greatly help.

Here is a list of the very best products I have found to help your body detoxify:

- [Heavy metal detox](#)
- [Far infrared sauna](#)
- [Liver detox](#)
- [Smilax](#)
- [Detox foot patches](#)
- [Dental detox](#)
- [Parasite detox](#)
- [Chemical detox](#)
- [Psyllium cleanse blend](#)

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- [Intestinal nano detox](#)
- [Xeno detox](#)

Remember, our bodies have a wonderful detoxification system built in, so drink lots of spring water, distilled water or ionized water to help move waste out of your body. For more in depth information see [Combat Book IX – Detoxification.](#)

### **Appendix C – Pure Water**

Unlike food which can be washed but never purified; or eaten with minerals and vitamins but never reconstituted with the vitamins and minerals Nature intended food to supply our bodies with, water can be purified and energized.

However, the very best treatment for water is the Tyent MMP 9090 “Turbo Extreme” which purifies and ionizes each drop of water you and your family use. No more large weekly bills for bottled water. You can rest knowing you are giving yourself and your family the number one health promoting “product” for recovery from Lyme and to help your immune system fight off disease in the future.

I like the water ionizers made by [Tyent Water Ionizer](#) because of the company’s commitment to the highest quality machines. The company is not just run by businessmen, but by doctors who are continually studying the best way to deliver the highest energy water, and hence, the water with the most healing benefits.

[Tyent Water Ionizer](#) has the ability to turn ordinary tap water (guilty of causing if not contributing to the three most probable causes of sickness, chronic

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disease and premature aging; (1) high acidity levels in the body, technically called acidosis, (2) damaging runaway free radical activity and (3) body dehydration.)

[Tyent Water Ionizer](#) counters high body acidity is caused primarily by the foods we eat and the beverages we drink. Ideally our diet should be 80% alkaline and 20% acidic. In reality the American diet is just the opposite.

When our body pH is lowered (towards acidic) ALL major bodily functions are negatively affected. High acid intake results in the creation of excess acidic waste.

So by [Tyent Water Ionizer](#) will protect our kidneys and liver (our chief detoxification organs from acidic overload.)

Alkaline ionized water contains huge numbers of OH negative ions, molecules that have an extra electron, making alkaline ionized water a VERY POWERFUL antioxidant. As a side benefit, the interaction between OH negative ions and free radicals produces Oxygen providing the body with LOTS of NATURAL energy!

Alkaline ionized water is restructured making it up to six times more hydrating than ordinary water. Smaller water clusters more effectively penetrate cells

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resulting in much more efficient delivery of nutrients and oxygen to cells and removal of waste material and toxins from cells.

Alkaline ionized water actually enables the body to heal itself and to keep itself healthy and free of sickness and disease, what it was designed to do.

Alkaline ionized water is very similar in nature to the famous miracle water of Lourdes France, considered by many to be the fountain of youth.

### **Appendix D: How to Relieve the Symptoms of Lyme Disease.**

Due to prolonged periods of inactivity due to profound fatigue, weight gain is a common problem that further erodes your self-esteem.

#### **Weight Gain/Loss with Lyme Disease**

Depending on our immune system, genetics, co-infections, eating habits, many of us gain weight and many others lose weight.

Dr. Burrascano insists on a very strict high protein diet with no sweets or starches. For many the adherence to this diet will keep weight at a healthy level. However, if our body is acidic, fat will be stored up around important organs to protect the organs from the destructive acid. This is why pH Balance is so important. For more information ([read free ebook called Five Element Shake.](#))

There are some very frightening pills on the market which promise weight loss, and these short cuts can be very tempting. Our self-esteem is at an all-time low, and extra fat just adds to depression. Not enough weight has the same depressing and physical dangers.

The best product that I can recommend and use myself is [Apple Poly](#). It actually reduces belly fat. But additionally, apple polyphenols do the following:

- cardiovascular diseases

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- cancers
- osteoporosis
- neurodegenerative disease
- diabetes

Polyphenols have also been known to remove oxygen radicals in the body, a substance that may cause cancer and accelerate the process of aging.

But for the first time during a study of apple polyphenols in Japan, there was a significant effect on muscle strength and organ fat. They have also been found to boost the immune system and measurably extend life span!

[Apple polyphenols](#) are made with immature green apples (which are 10 times more potent than mature fruit), exclusively from the peels (the richest source of phytonutrients).

[Apple polyphenols](#) are 18 times more potent than Vitamin C, and in addition to the super-modulation of oxidative stress, they appear to play a role in the prevention of degenerative diseases, particularly cardiovascular diseases and cancer.

Best of all, apple polyphenols are water soluble, where most other polyphenols are not. This allows for the nutrients to be absorbed quickly and easily.

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[Honey and Cinnamon](#) : Mix together in warm water and drink on an empty stomach morning and night. Find out more from my blog. <http://www.lymediseaseresource.com/wordpress/honey-and-cinnamon-for-chronic-lyme-disease/>

**[For more information on how to relieve Lyme Disease symptoms click here.](#)**

## DISCLAIMER

*Don't proceed with any treatment protocol without the full support of your Lyme disease specialist and/or your primary care physician. If you don't have one, please find one as soon as possible.*

*It is vitally important that you find and work with a Lyme disease specialist who can:*

- *Try different treatment protocols, and monitor which works best;*
- *Support you through potentially severe Herxheimer reactions (that means your treatment is working);*
- *Manage various symptoms that persist during treatment;*
- *Evaluate whether parasites or co-infections are complicating your disease;*
- *Help you keep your sanity with emotional comfort and support;*
- *Present the most promising of emerging treatment protocols;*
- *Monitor and protect the healthy function of your primary organs through recovery;*
- *Provide appropriate diet, exercise and supplements for total recovery.*

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*The author of this book is not a medical specialist or a doctor, and is writing this information from research and personal experience.*

*NOTE: I apologize from the bottom of my heart for any spelling or grammatical errors – they are all mine.*