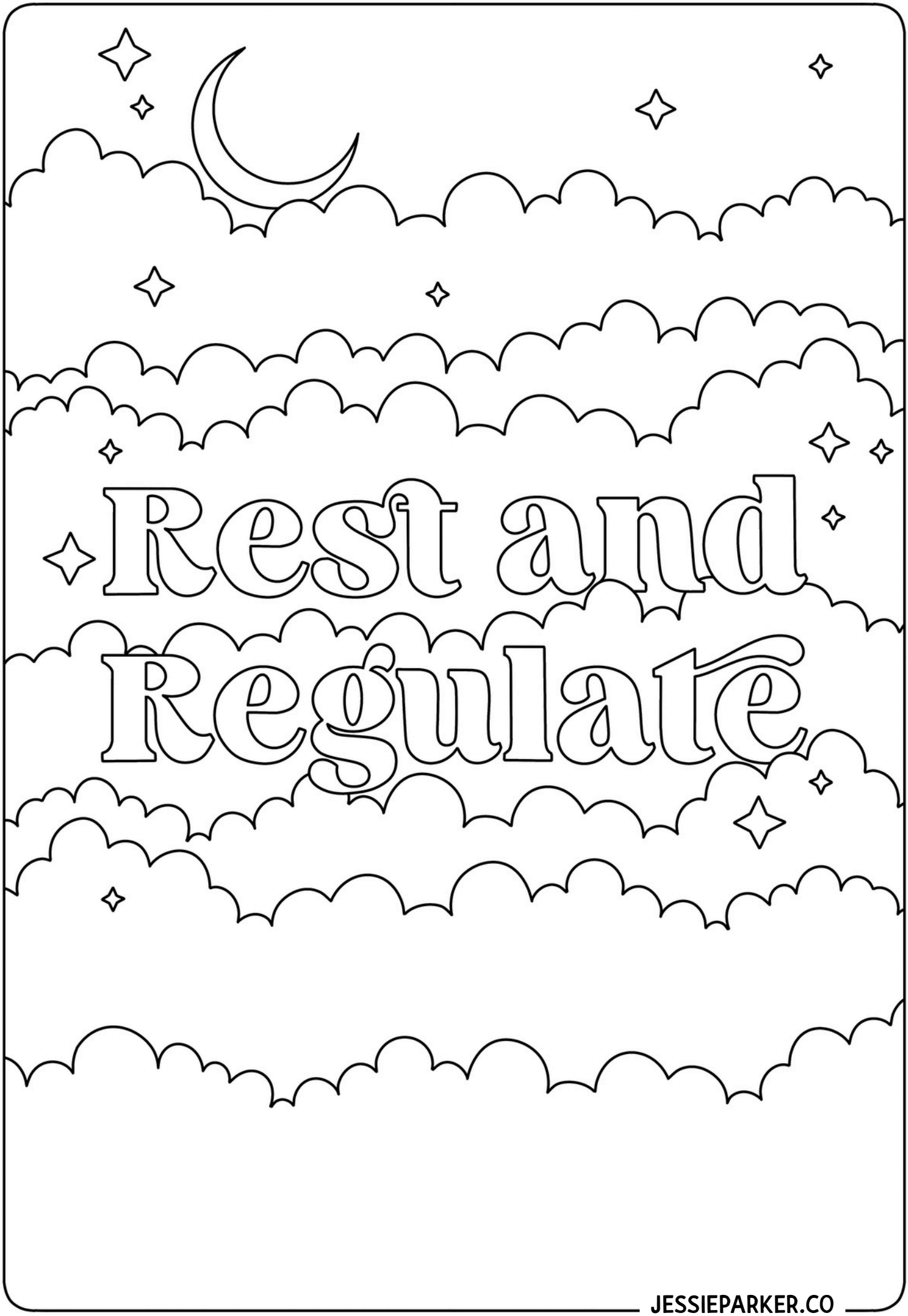
Rest and
Regulate