

## Access to this site from IP address 222.35.72.240 has been temporarily blocked

**The most likely reason for a block is too-frequent requests for a resource.**

However there can be other reasons. In particular, if many individuals share an IP address within an organization -- such as when an organization uses a proxy server -- someone else on your network may be the source of the problem.

Because high levels of use may deny access to others who need to use this site, we may need to temporarily block access from your address so that others may have access. Once we know the high level of use will be discontinued, we can reinstate your access.

"Offline browsers" can create too-frequent requests, especially if they haven't been configured properly. Here is an excerpt from our posted guidelines for offline browsers:

If you are using one of the popular "offline browsers" that allow you to download content from a site and read it later, be aware that we impose one restriction on their use.

In order for us to provide reliable, continuous, and timely access to this site for all readers, we require that you configure your offline browser to request no more than one page per minute.

**Be aware** that non-compliance with this rule will result in your access to this site being blocked until you contact us and resolve the problem. If you repeatedly break this rule you will be permanently blocked from the site.

Access to site pages via an Open Proxy Server is prohibited.

To reinstate your access to this site, do not attempt to access the site for 20 minutes. At the end of 20 minutes, reload this page and you may be able to access the site as usual. If that doesn't work, make sure that cookies are enabled in your browser and then go to the [home page](#). If that doesn't work, you may send email to [reinstate+ajcn-hpm@highwire.stanford.edu](mailto:reinstate+ajcn-hpm@highwire.stanford.edu)

Please include:

- Your IP address: **222.35.72.240**
- Your name
- Your email address
- Your telephone number
- Why we are blocking you: client exceeded allowed number of requests per minute
- Attempt to explain what you might have done that made us think you were abusing our system. Keep in mind that we might have

blocked a proxy server. If someone is abusing the system through a proxy server, everyone using that proxy server will be blocked.

We will respond to your email between 9am and 5pm PST Monday-Friday.

---