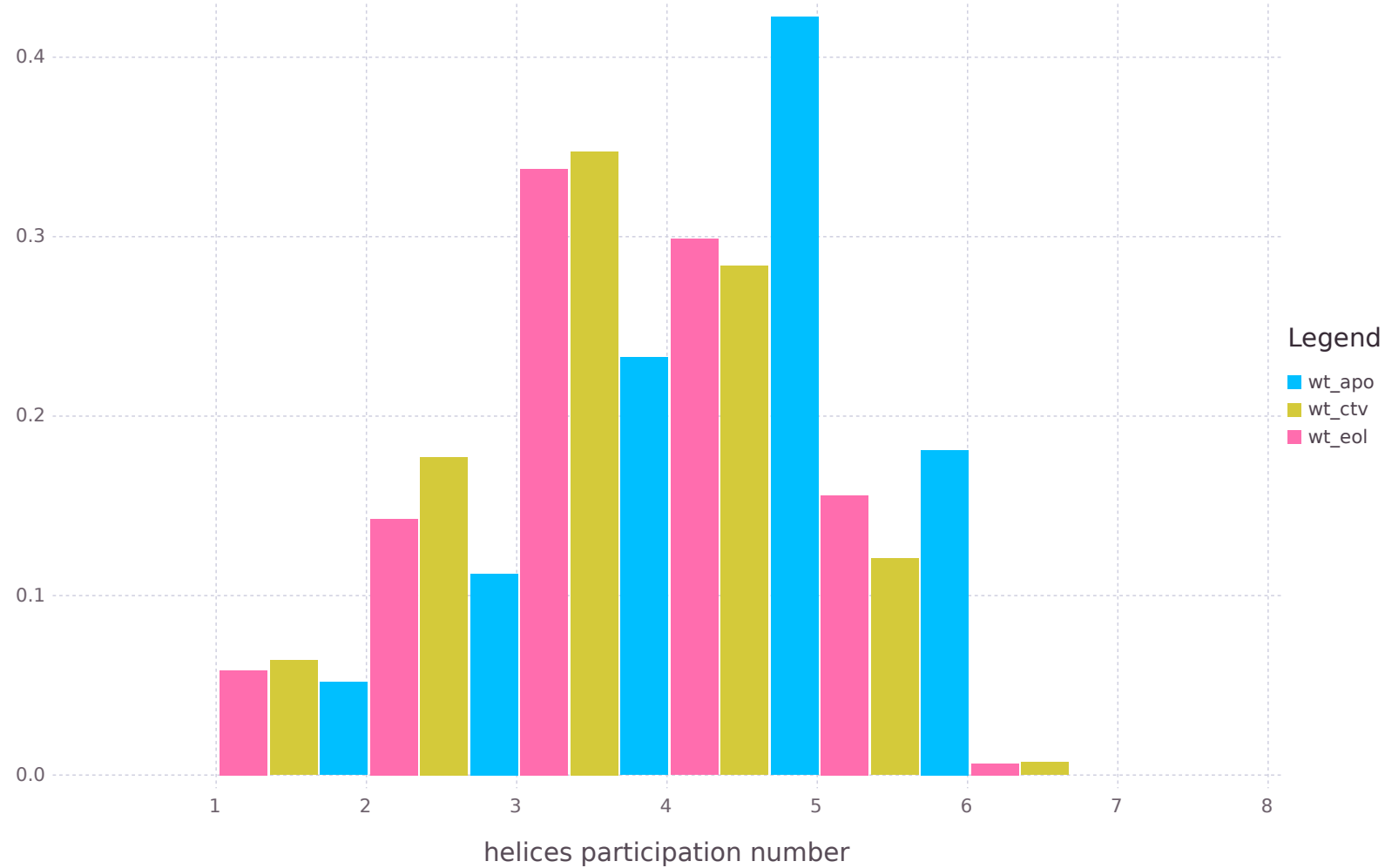


P-number in terms of helices



P-number in terms of loops

