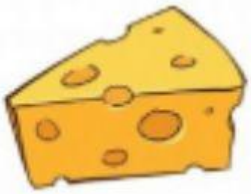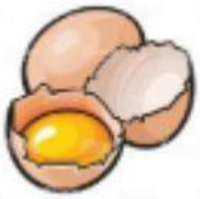HEALTHY OR UNHEALTHY