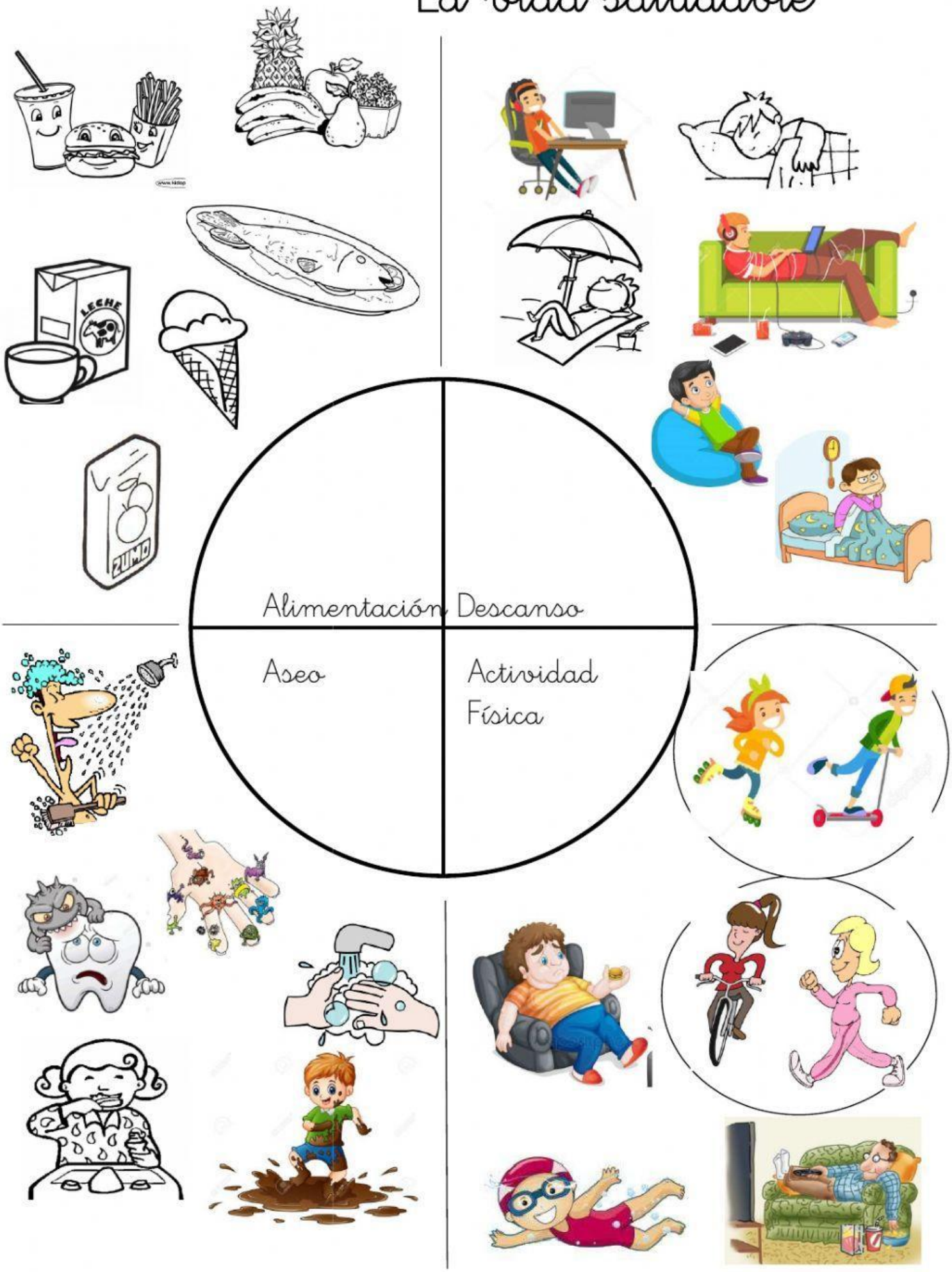La vida saludable