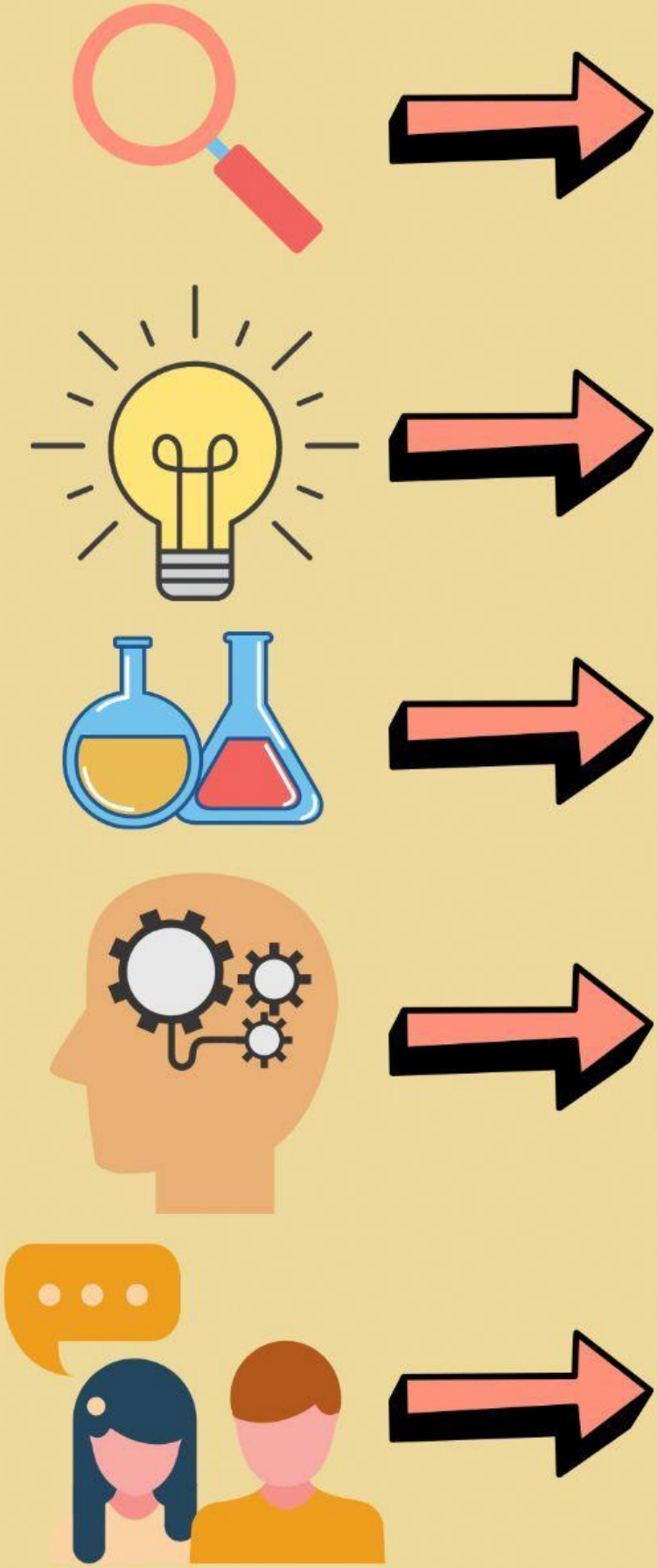Método CIENTÍFICO