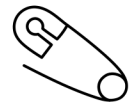
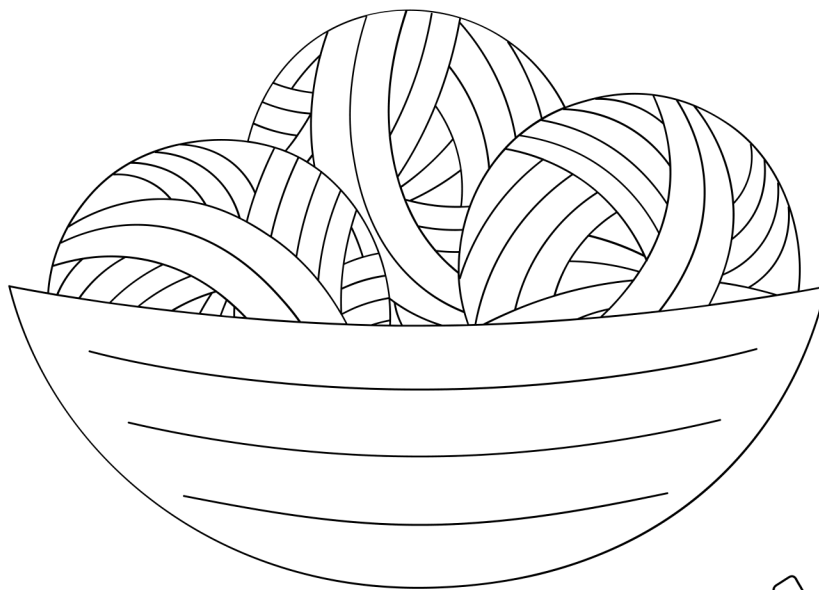
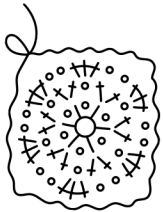
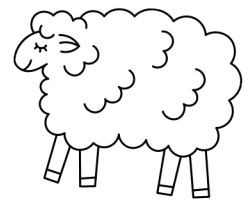
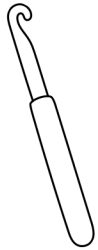


I'm on a



high-fiber diet

