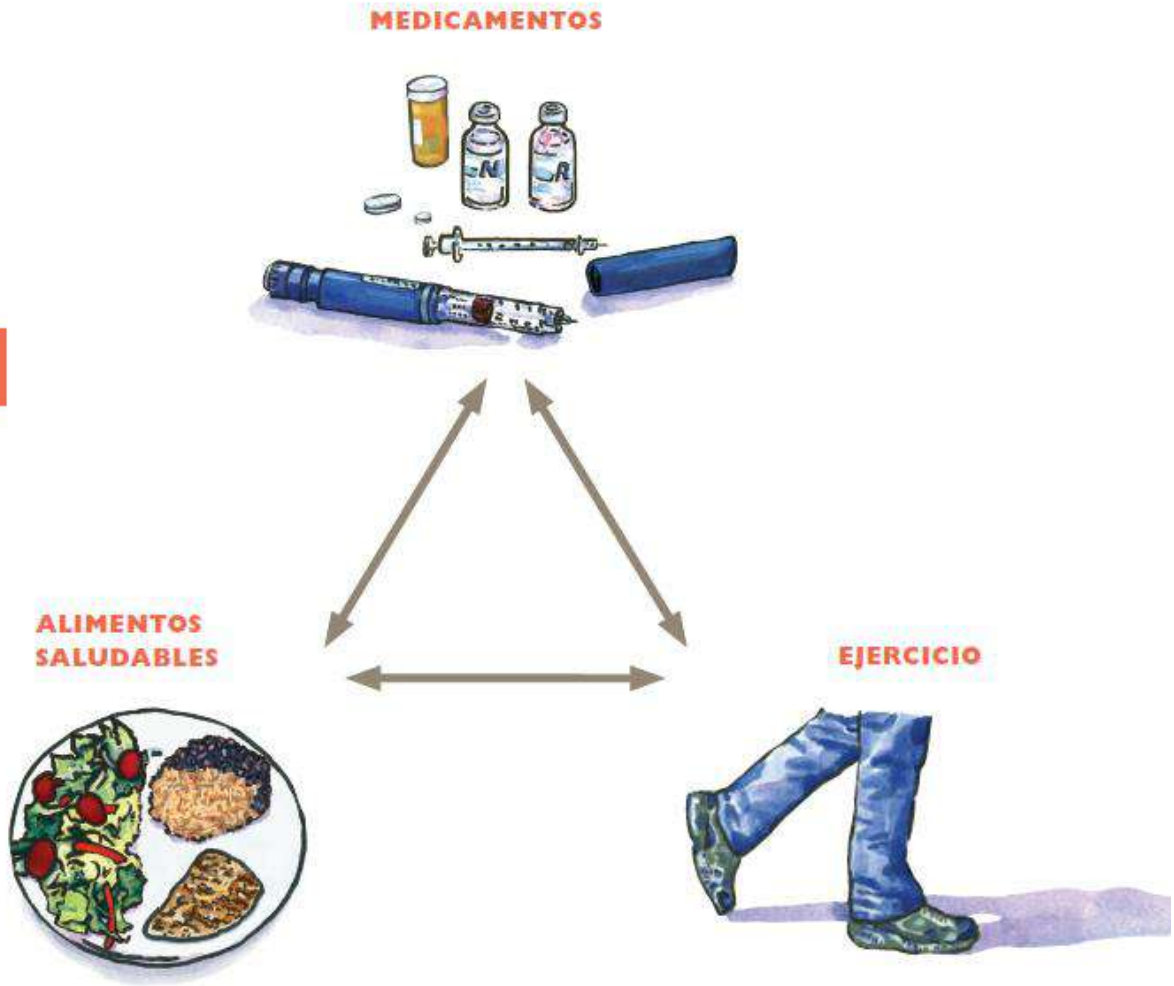UNA SALUD BALANCEADA