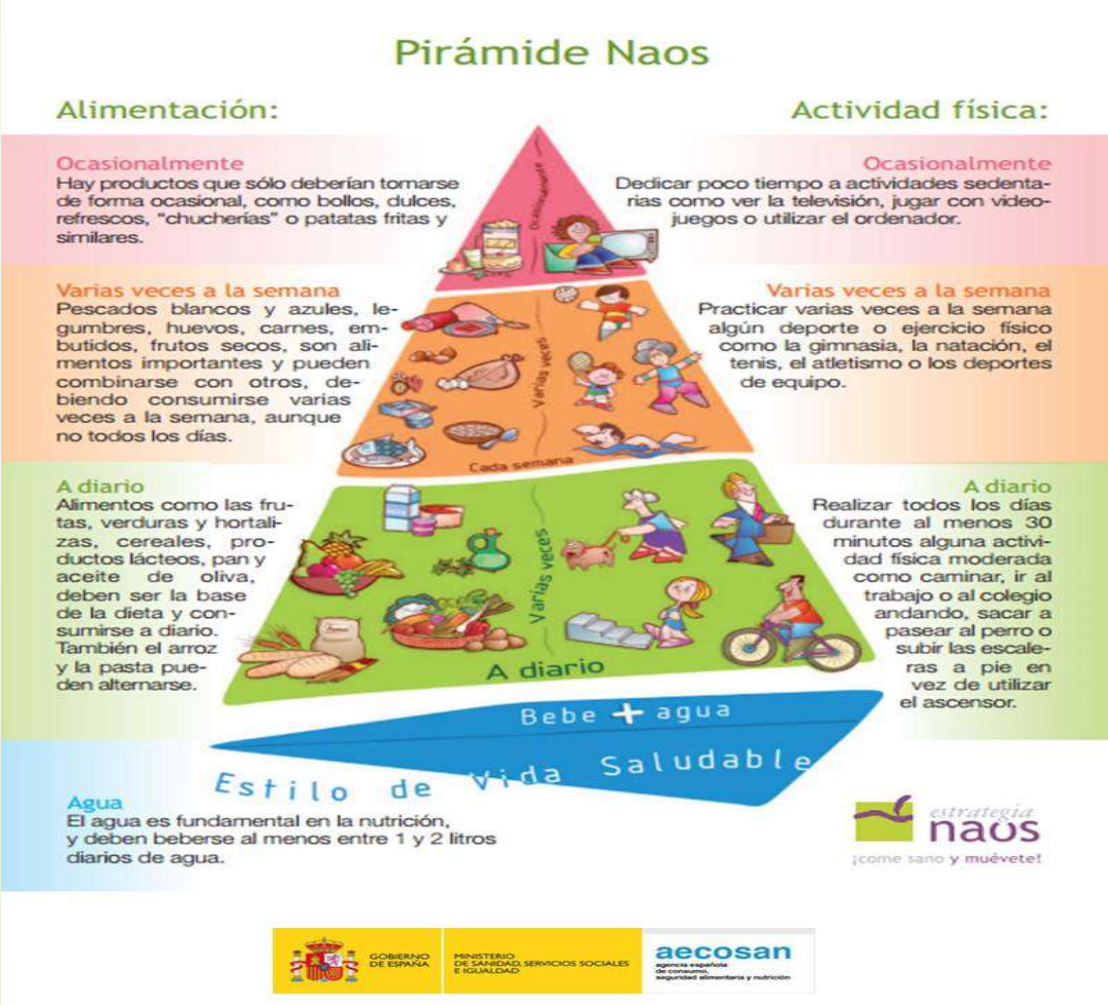1-COME SANO, ES FÁCIL