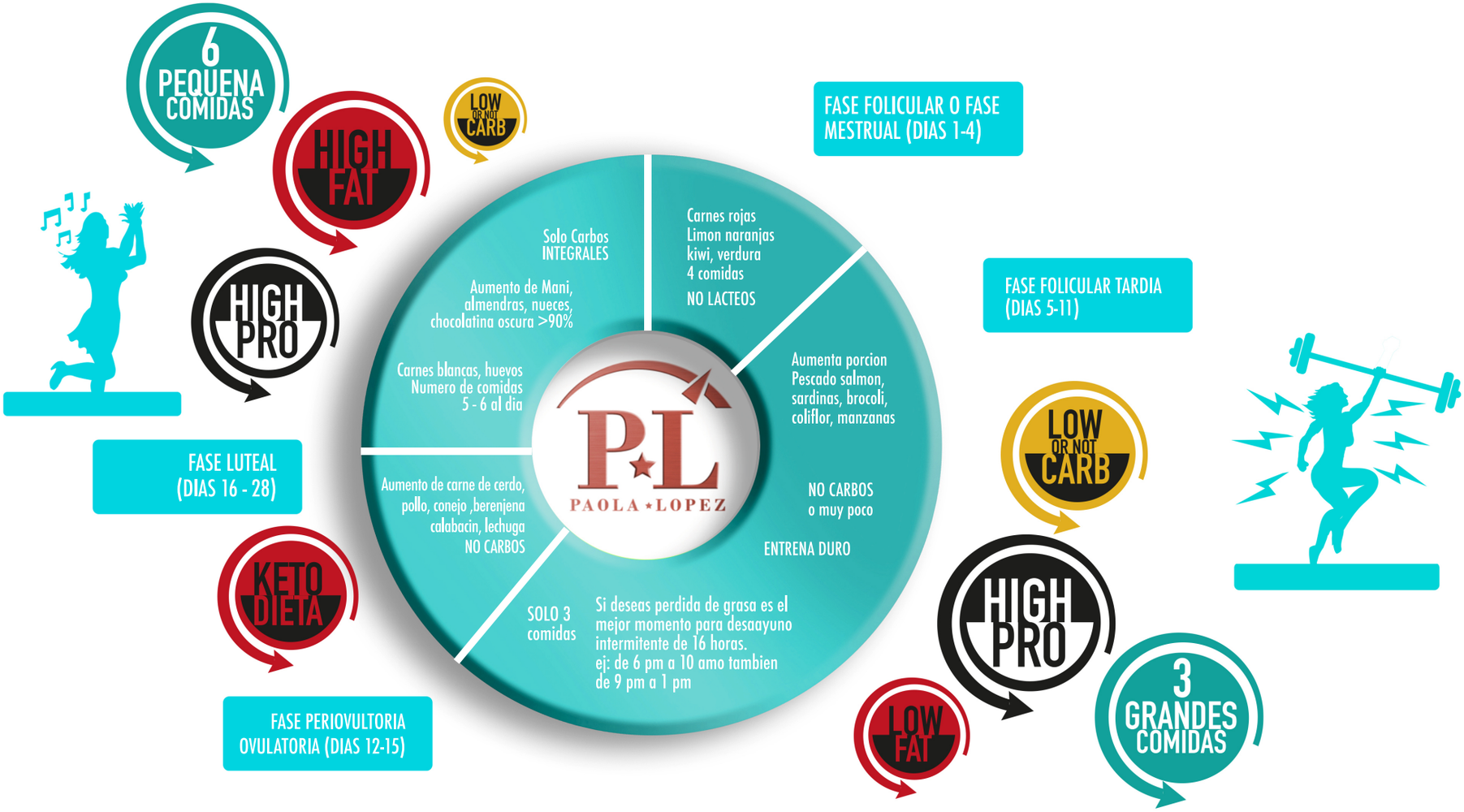ALIMENTACION Y CICLO MESTRUAL OBJETIVO REDUCCION