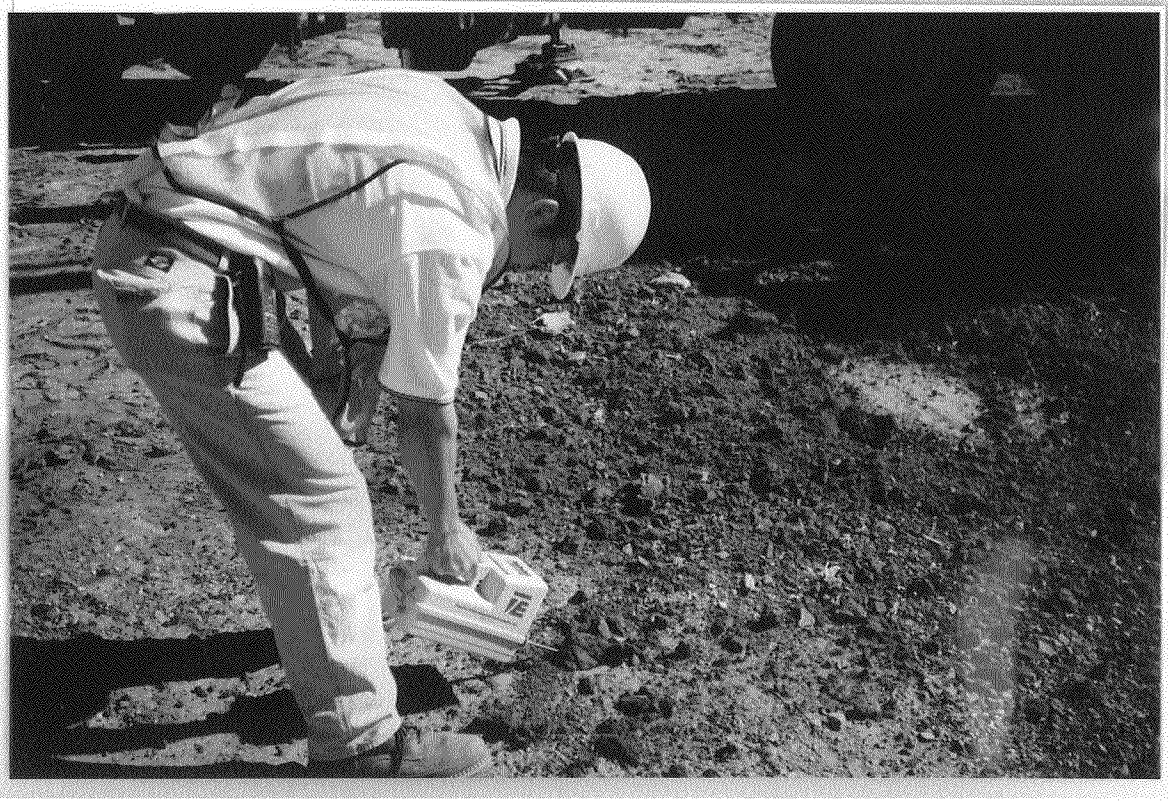ANDERSON SWELLING DIET