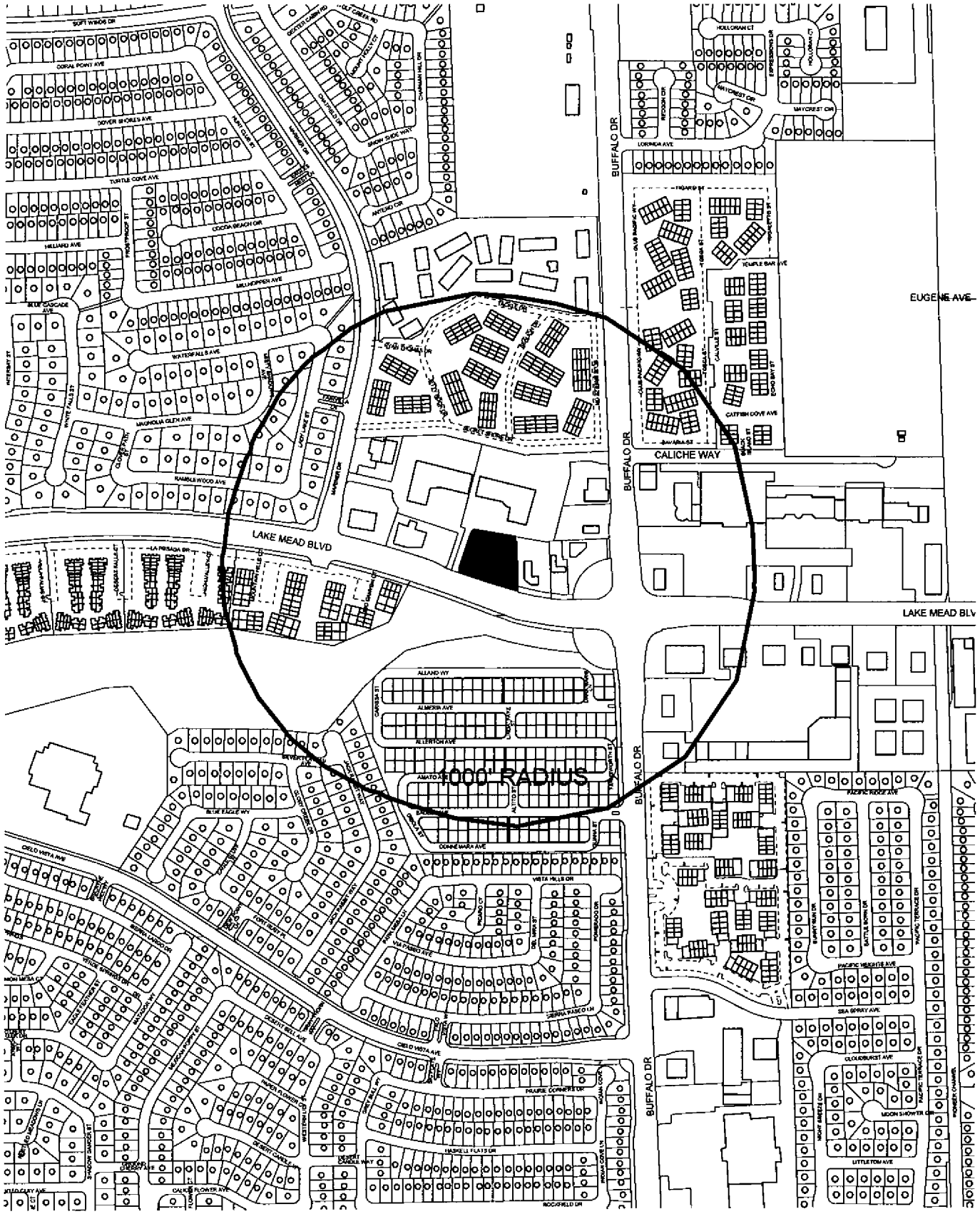LIFE STYLE THERAPIES