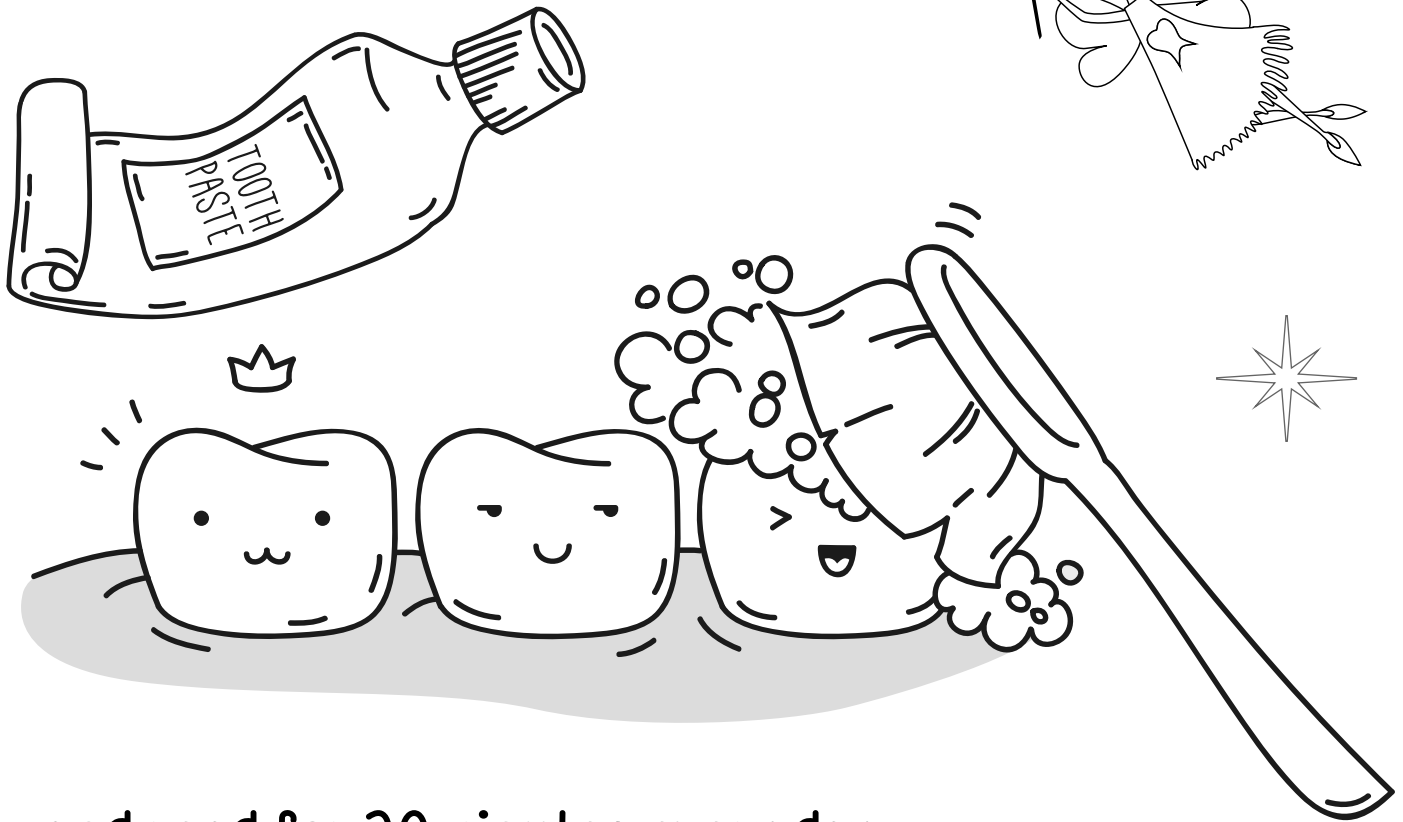


It's important to brush twice a day,



and read for 20 minutes every day



for a healthy body and mind!