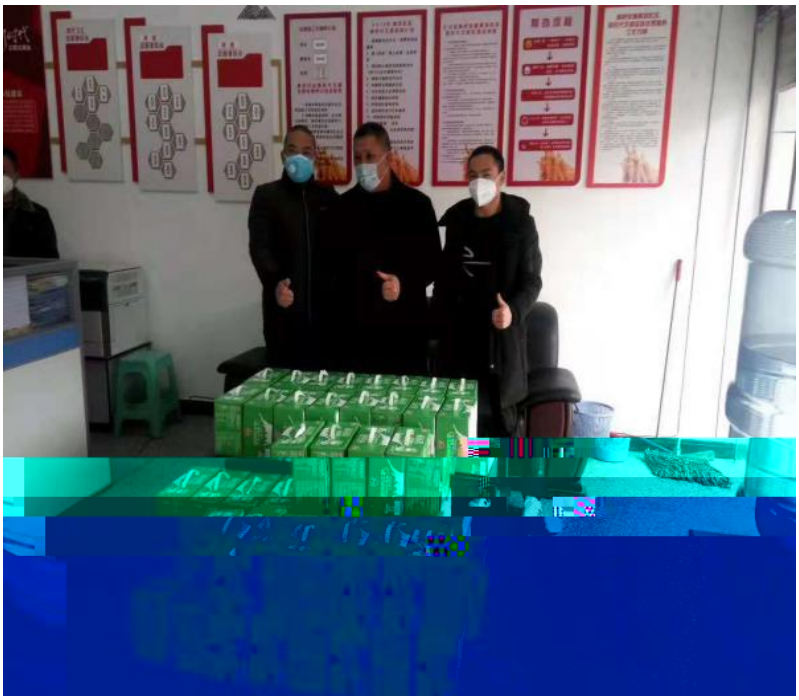每天健康一生朋友