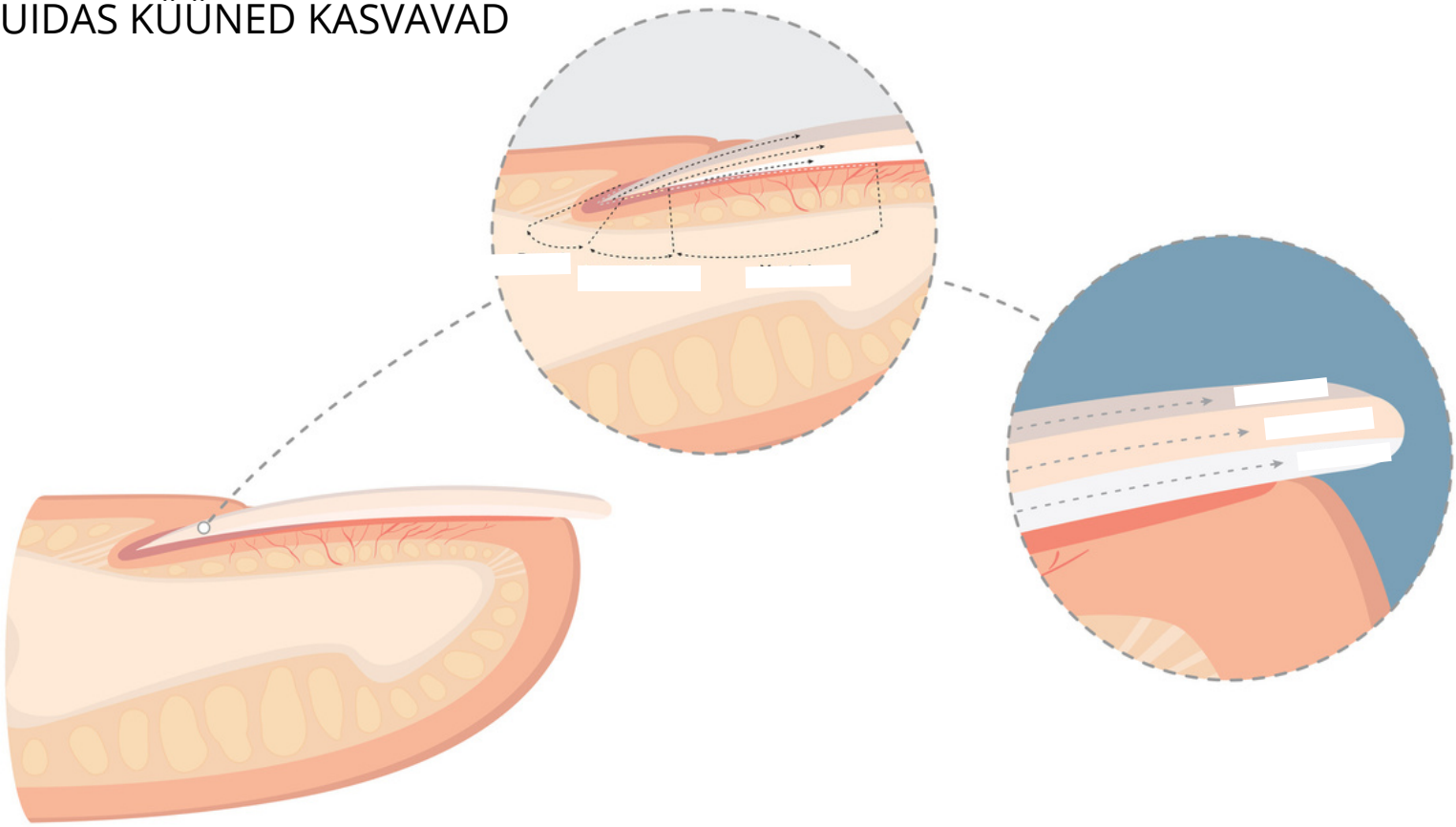KUIDAS KÜÜNED KASVAVAD