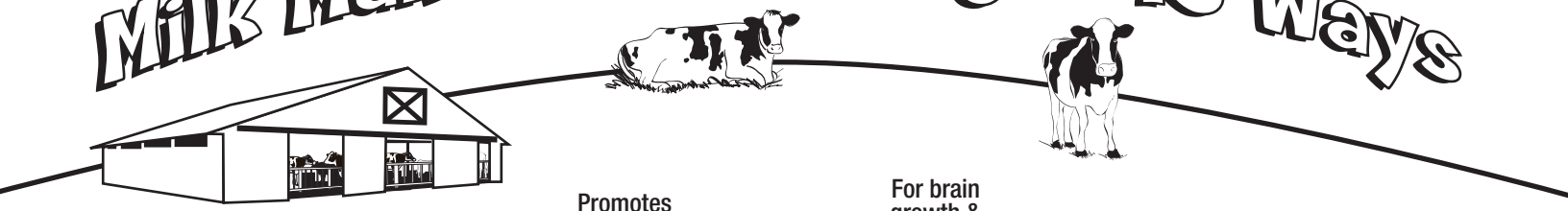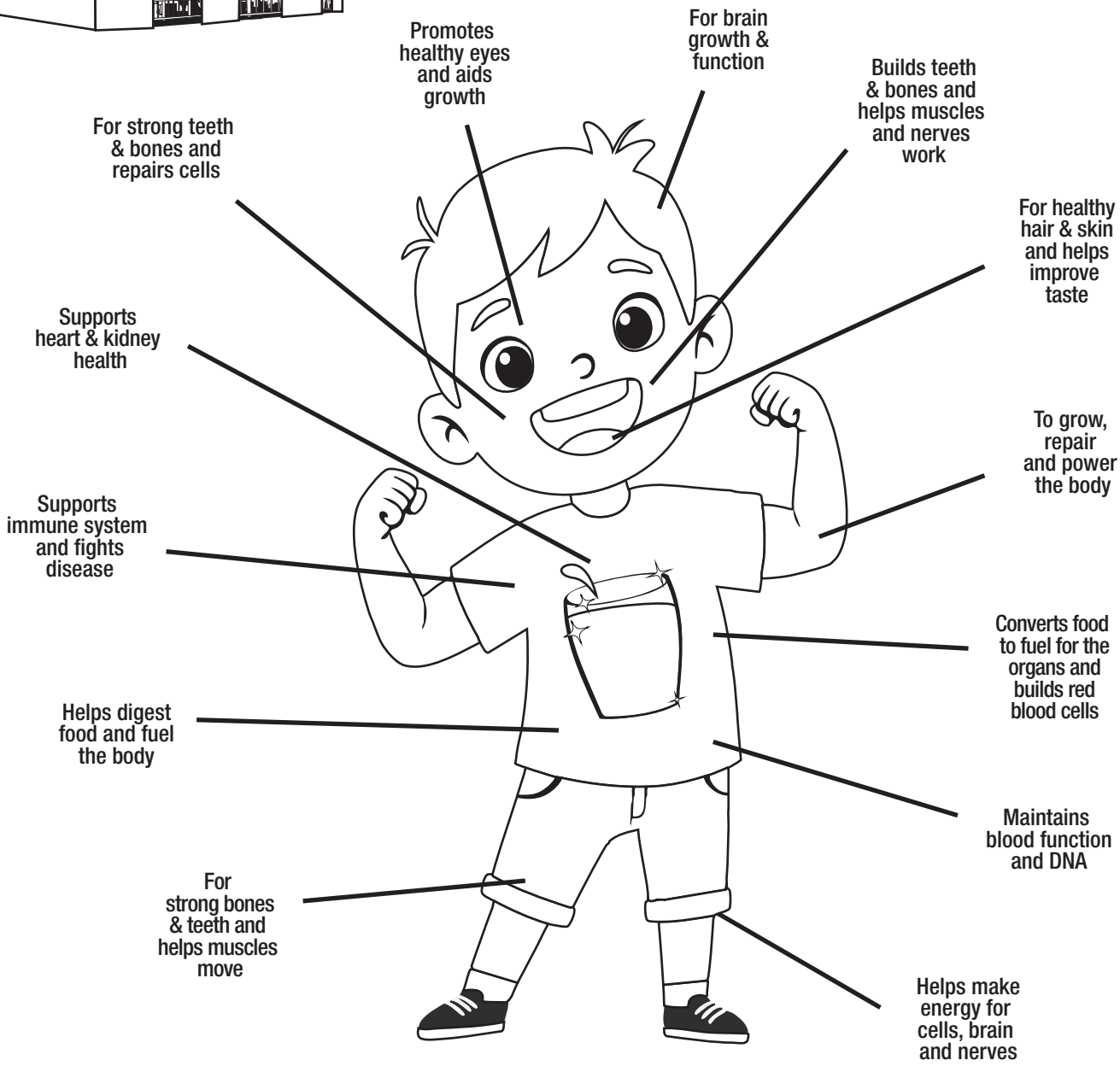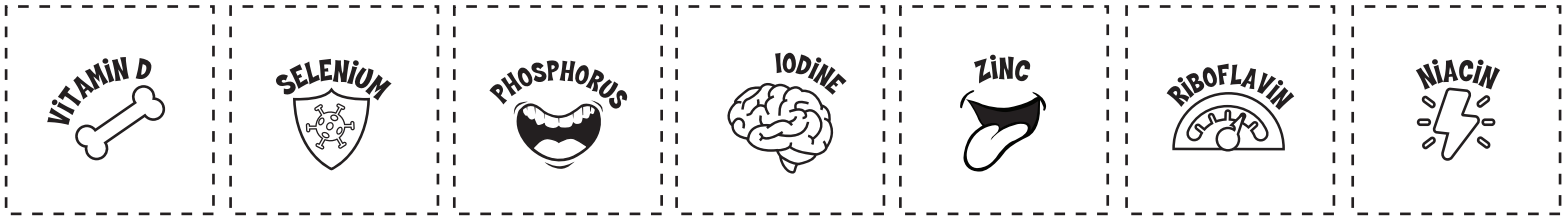Milk Makes Me Strong in 13 Ways