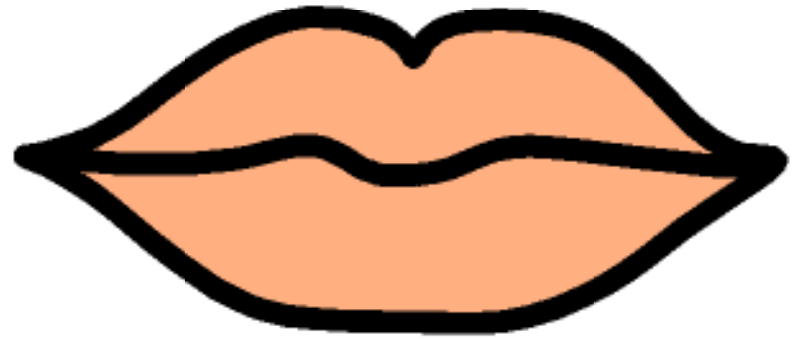




1. Eat slowly.



2. Chew with my mouth closed.