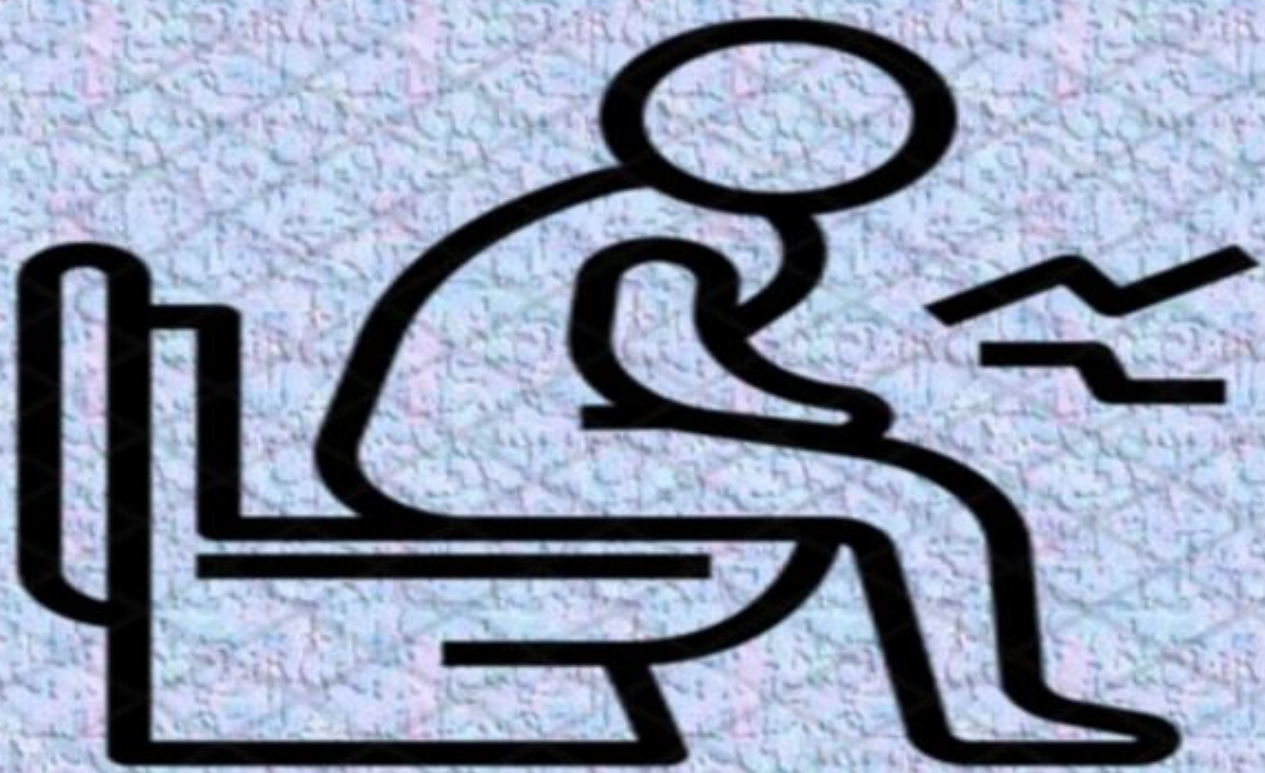
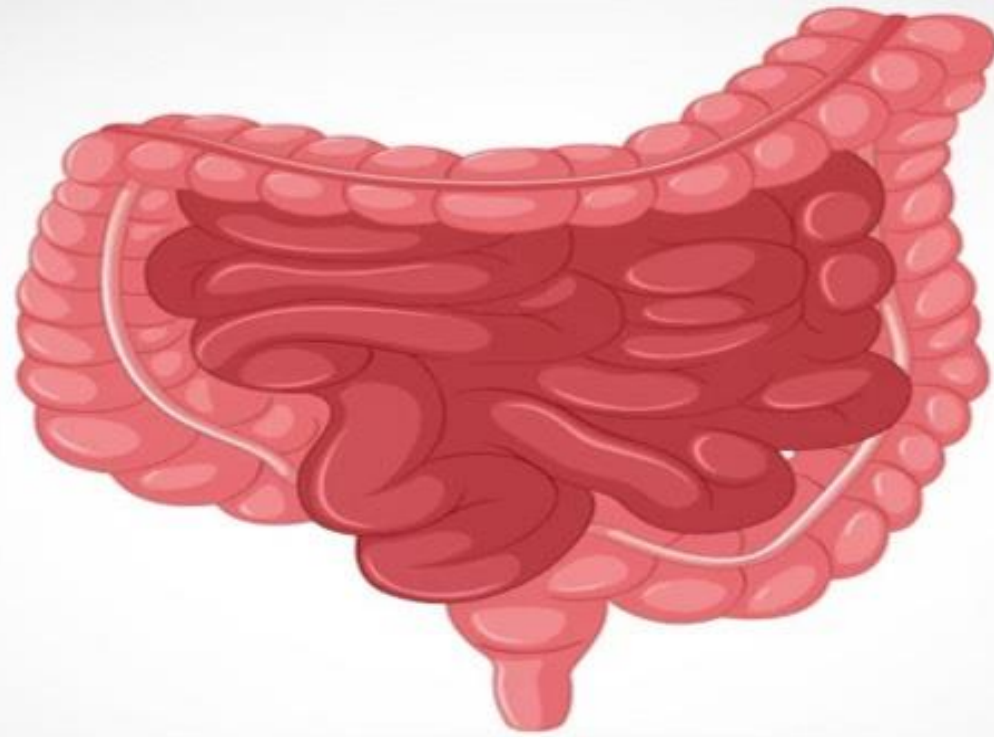




consume: eat



constipation: when stool gets hard, dry
and it can't pass.



intestine

bulk up: to make your body bigger and stronger.