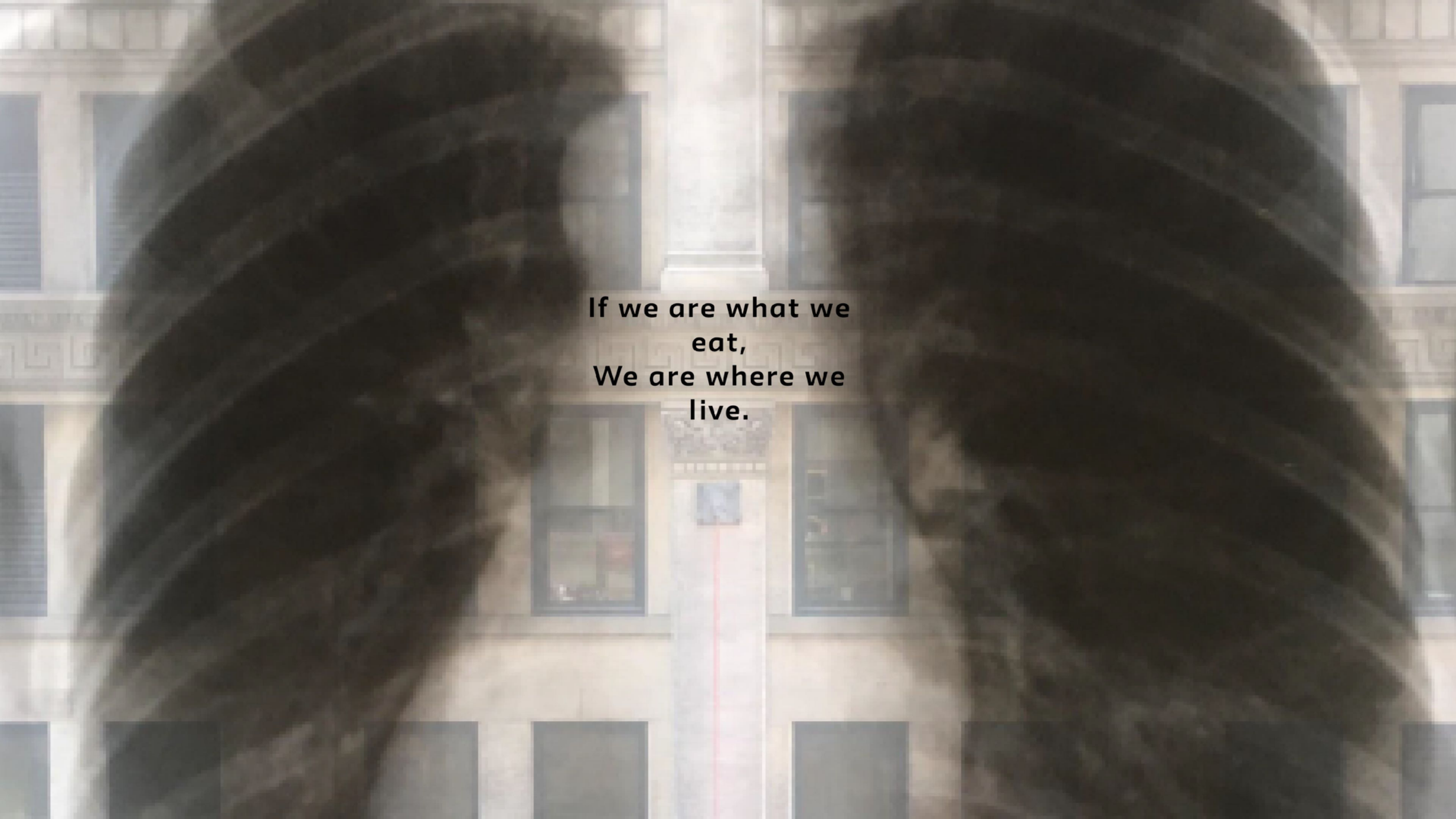
What's in our **food**?

What's in our **bodies**?


If we are what we eat,
We are where we live.