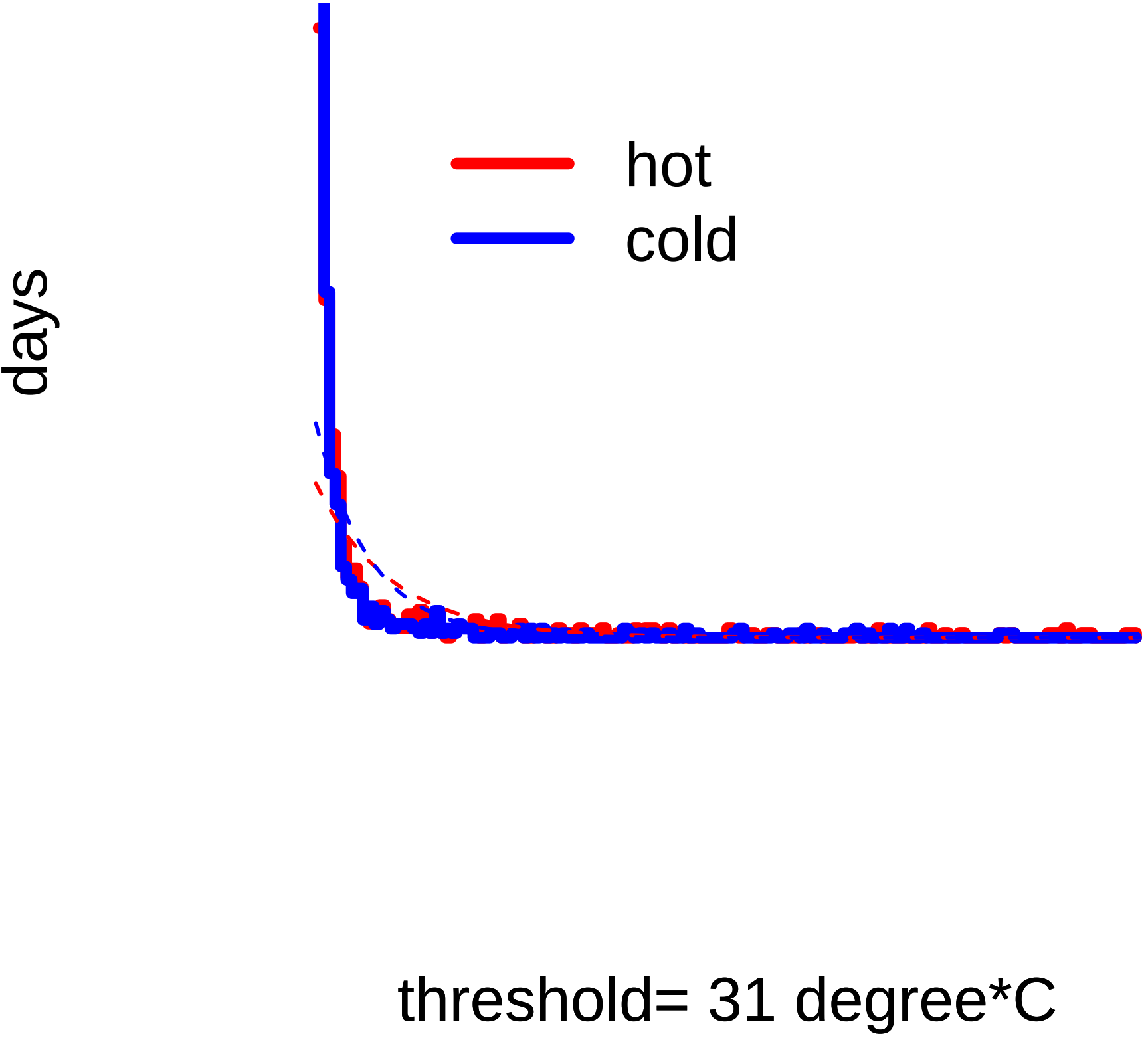CUDDALO hot and cold spell duratio