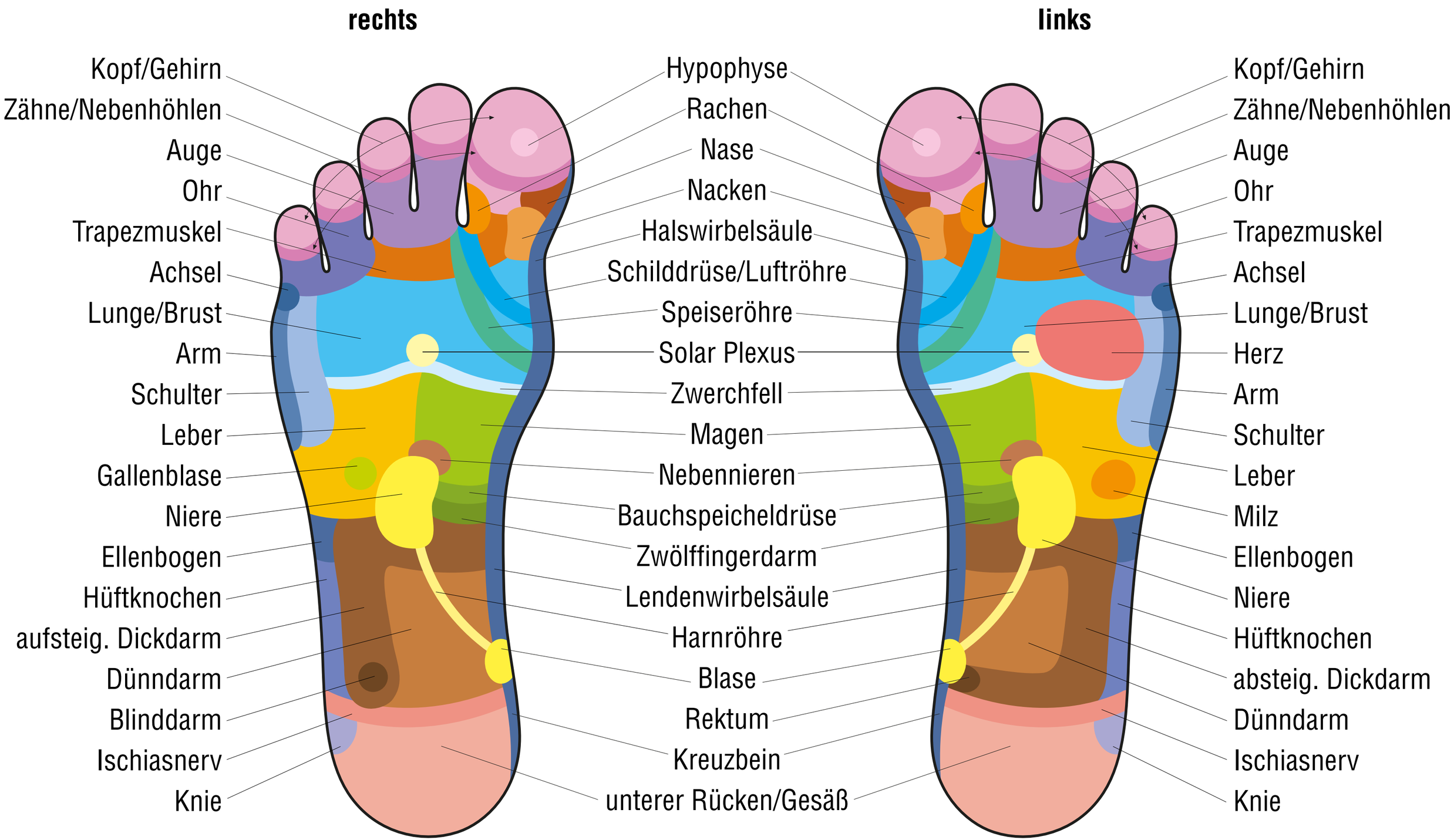Die Fußreflexzonen