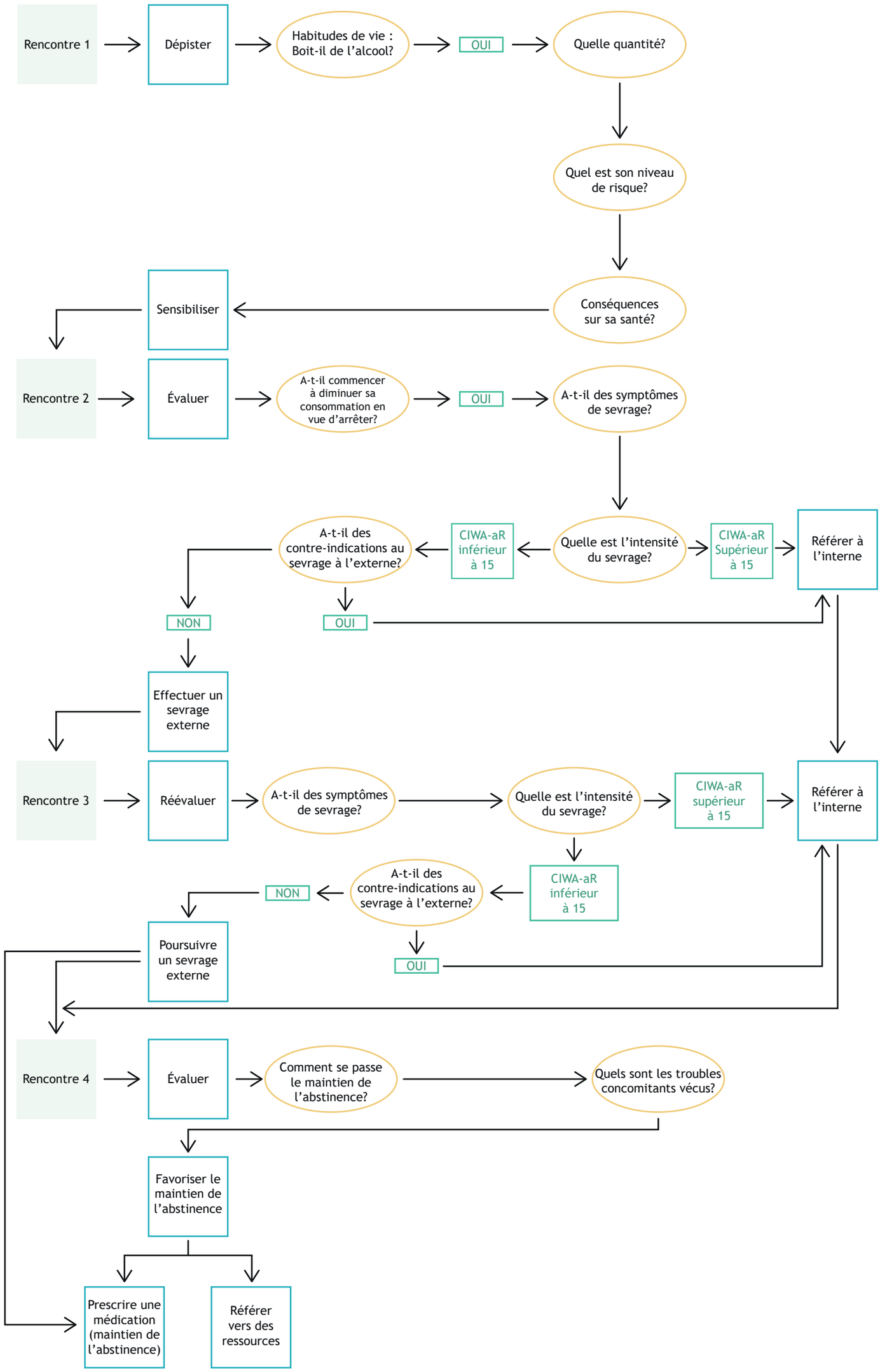Processus de sevrage simplifié