

A man with dark hair, a beard, and glasses is shown from the chest up, wearing a dark suit jacket and a dark shirt. He is speaking into a microphone. The background is dark with out-of-focus lights in shades of blue and green, suggesting an outdoor night setting. The text is overlaid on the left side of the image.

**4 formas para estar saludable según el
Dr. Mau, médico e influencer**