

B	I	N	G	O
diarrhea	Anxiety	Indecisiveness	Teeth grinding	Negative thoughts
Frequent colds	Weight loss	Oversleeping	Constipation	Skin breakout
Weight gain	insomnia	FREE	Depression	Memory problems
Moodiness	Under eating	Nausea	Loss of objectivity	Over eating
Isolating self	Fear	Poor judgement	irritability	Headache

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Indecisiveness	irritability	Negative thoughts	Fear	Skin breakout
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Loss of objectivity	Poor judgement	diarrhea	Headache	Under eating
Nausea	Over eating	Weight gain	Weight loss	Isolating self

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