

B	I	N	G	O
under eating	anxiety	indecisiveness	overeating	moodiness
fear	teeth grinding	negative thoughts	constipation	skin breakouts
weight gain	depression	FREE	isolating oneself	loss of objectivity
rapid heartbeat	memory problems	over sleeping	insomnia	nausea
diarrhea	poor judgment	frequent colds	weight loss	headache

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overeating	loss of objectivity	indecisiveness	nausea	depression
isolating oneself	anxiety	FREE	insomnia	over sleeping
headache	under eating	frequent colds	rapid heartbeat	diarrhea
moodiness	irritability	skin breakouts	negative thoughts	teeth grinding

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poor judgment	skin breakouts	weight loss	memory problems	depression
over sleeping	constipation	FREE	isolating oneself	indecisiveness
irritability	moodiness	diarrhea	anxiety	under eating
teeth grinding	negative thoughts	loss of objectivity	nausea	frequent colds