

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

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headache	under eating	frequent colds	rapid heartbeat	diarrhea
moodiness	irritability	skin breakouts	negative thoughts	teeth grinding

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irritability	moodiness	diarrhea	anxiety	under eating
teeth grinding	negative thoughts	loss of objectivity	nausea	frequent colds