

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

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

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