

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

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weight gain	weight loss	constipation	memory problems	fear
overeating	loss of objectivity	indecisiveness	nausea	diarrhea
isolating self	anxiety	FREE	insomnia	over sleeping
headache	under eating	frequent colds	rapid heartbeat	dissociation
moodiness	irritability	skin breakouts	negative thoughts	teeth grinding

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rapid heartbeat	insomnia	weight gain	headache	overeating
poor judgement	skin breakouts	weight loss	memory problems	diarrhea
over sleeping	constipation	FREE	isolating self	indecisiveness
irritability	moodiness	dissociation	anxiety	under eating
teeth grinding	negative thoughts	loss of objectivity	nausea	frequent colds