

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

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weight gain	over sleeping	weight loss	constipation	anxiety
loss of objectivity	skin breakouts	overeating	indecisiveness	moodiness