

**PAY ATTENTION TO HOW YOU FEEL BECAUSE**

# How You Feel is Data!

**MENTALLY ILL? SICK ALL THE TIME?  
OR TOXIC AND DEFICIENT?**

**IF YOU FEEL SOME COMBINATION OF**

**MENTALLY**

Fatigued

Crazy

Brain fogged

Confused

Mentally ill

**PHYSICALLY**

Fatigued and Weak

Sick all the time

Allergic/Asthmatic

Digestively miserable

Carb/Alcohol craving

**MOOD**

Depressed

Anxious

Mood swings

Unhappy

Cranky

**BEHAVIORALLY**

Lazy

Overdrive

Seeking stimulants

Seeking foods to fix feelings

Preoccupied with health issues

**AND EATING OR DRINKING RELIEVES SOME SYMPTOMS ONLY BRIEFLY**

**THEN IT'S TIME TO SEE IF**

**ENVIRONMENTAL TOXINS AND NUTRIENT DEFICIENCIES**

**ARE DRIVING YOUR MENTAL HEALTH PROBLEMS**

**YOUR NEXT STEP IS...**

- Read more on our website
- Contact a holistic medical practitioner or practitioner of environmental medicine
- Contact Suppers and check out our immune support meeting