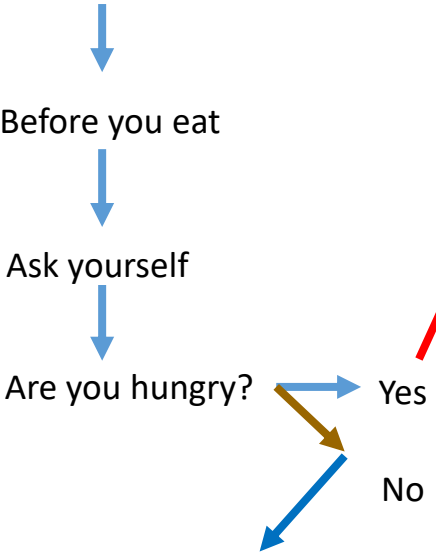
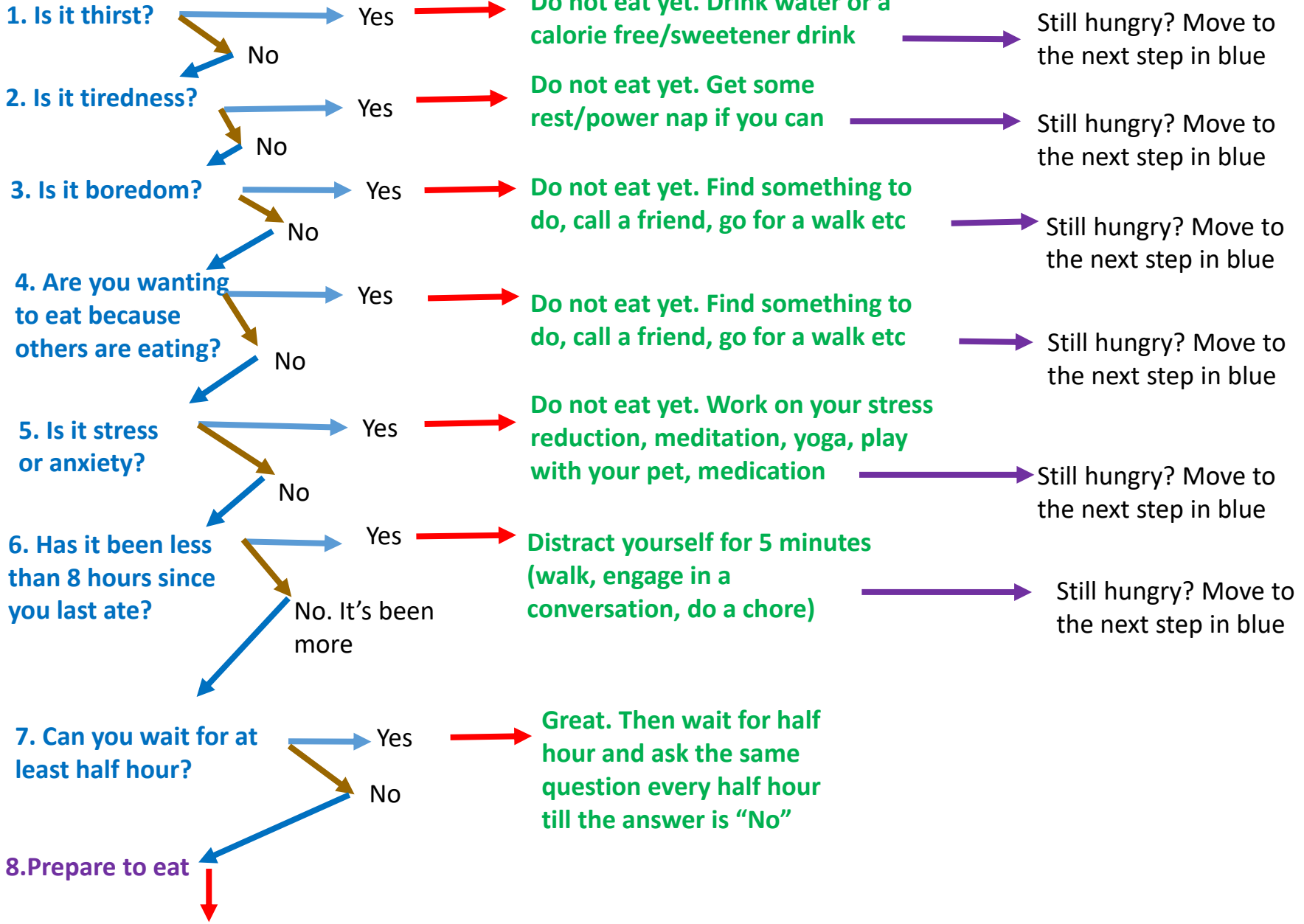


Start Here



Leave and come back when you are hungry. Start from the top "start here" when you return



Still hungry? Move to the next step in blue

Still hungry? Move to the next step in blue

Still hungry? Move to the next step in blue

Still hungry? Move to the next step in blue

Still hungry? Move to the next step in blue

Still hungry? Move to the next step in blue

Note the longest you can wait/fast – This is the results from your Fasting Stress Test

Eating food with a meditative mind – Start here

