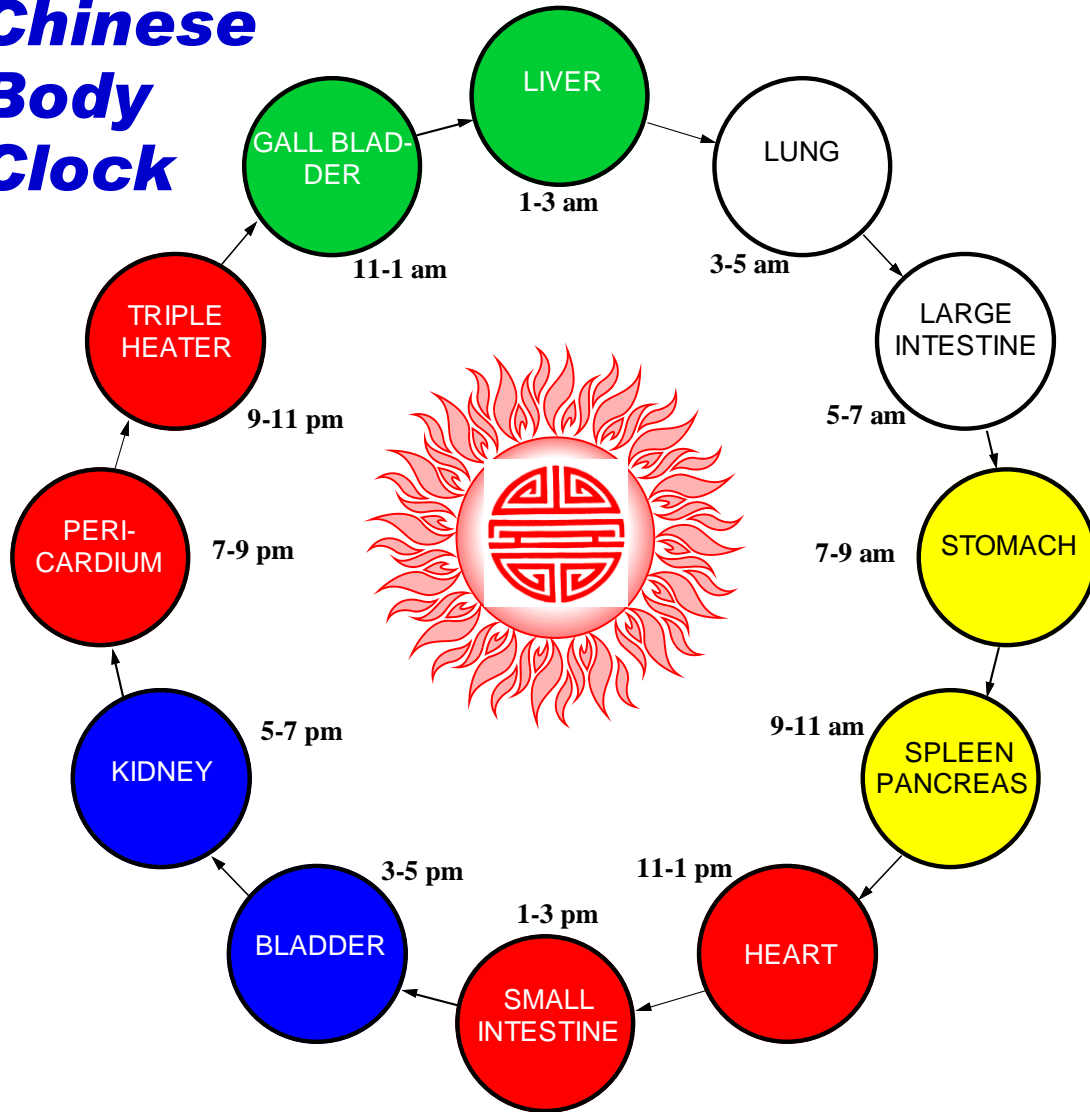


Chinese Body Clock



The "Body Clock" is one way to understand the wisdom of the body. Is there a time of the day when you consistently lose your energy or a time of the night when you consistently wake up? If so, note the time on the "Body Clock" and the color of that circle. Look for the corresponding circle on your 5-element sheet. Most likely, your body wants to eat more of that particular element.

Now that you know **WHAT** to eat, the only question is **HOW MUCH?**

The answer is **EAT ENOUGH TO MAKE A DIFFERENCE!**

Ask your Upline for guidelines.

Alpha 20C

Conco

Assimilaid

Prime Again

Lifestream