

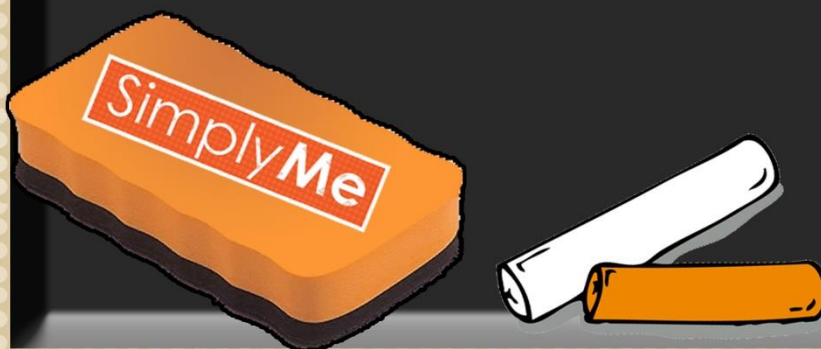
# The Rule for Less Pleasant Feelings

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If by chance you are feeling any of the following

- An annoying headache
- A dry mouth
- Nausea
- Stomach Ache
- Perspiration
- Pressure
- A thumping feeling in your chest from your heart
- Stabbing feelings in your chest

Your body is probably warning you "stay away".



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