

Chapter 2 My Body

The most important decision you can make in recovery is not to put alcohol or “drugs” into your body. As part of your decision to treat your body better from now on, you may want to give yourself an informal health checkup. This will include not only the direct effects of drinking/using on your body but also neighboring issues such as nutrition and exercise, diseases such as hepatitis and HIV, and common mental health concerns that often go alongside excessive drinking/using, such as depression and anxiety. This chapter looks into “body” and related health issues and lets you flag items that you may want to address as part of your recovery. It makes sense to discuss these issues with a professional. Only a physician or other licensed health-care provider is qualified to make a diagnosis of your individual case and to prescribe medications.

In these checklists, check all items that apply to you. This is not an exam and there is no grade, score, or answer book. Read “How to Work This Book” in the Introduction at page 16 if you are unclear about what is expected. At the end of the chapter is another checklist where you can flag topics about which you want more information.

1 [Detox]

- I am not sure whether I need medical supervision to detox
- I plan to detox under medical supervision and I have an appointment
- I have detoxed off this drug before and feel confident I can detox without medical supervision

2 Telltale Signs

- I have some telltale visible signs of my drinking/using on my body, namely:
 - red eye
 - burst veins in nose / face
 - pot belly, overweight
 - anemic, emaciated
 - needle track scars
 - nose damage

- stained fingers
 - skin abscesses
 - burst veins in legs
 - shaky hands
 - scar, fracture or other injury I got while under the influence
 - bad teeth, gums
 - other, namely _____
- Nobody could tell I drank/used, I look completely normal.

3 Hidden Body Damage

- I already know that I have the following internal body damage directly from my drinking/using:
- liver damage
 - heart damage
 - kidney damage
 - pancreas problems
 - Hepatitis C
 - diabetes
 - problems with digestive tract
 - low libido
 - brain damage
 - low energy
 - vitamin deficiency
 - insomnia, sleep disturbances
 - nerve damage
 - damaged esophagus
 - peripheral neuropathy
 - other, namely _____
- I'm not aware of any internal body damage that stems directly or indirectly from my drinking/using

4 Doctor Visits

- I have had an all around medical checkup within the past year and I'm OK
 - I haven't had a checkup because I'm a little afraid what the doctor will find
 - I haven't been to a doctor because I'm too lazy
 - I plan to see a doctor because I want to know if my liver is OK
 - I haven't been to the doctor because I can't afford to go
 - I've been to the doctor recently and I have been diagnosed with the following medical problem(s) I didn't already know about:
- _____

- When I see a doctor I tell them honestly about my drinking/using if they ask
 When I see a doctor I tell them honestly about my drinking/using even if they don't ask
 When I see a doctor, I tell them about some of my drinking or using but not the full story
 When I see a doctor, I keep quiet about my drinking/using
 When I see a doctor, I tell the truth about my drinking/using but ask the doctor not to write it in the chart
 A doctor has advised me to stop drinking/using
 A doctor has advised me to cut down on drinking/using
 A doctor has never talked to me about my drinking/using even though I told them the whole story of what I did
 A doctor probably would have told me to stop if I had told them the real story of my drinking/using
 No doctor has ever asked me about my drinking/using
 I'm going to defer going for a checkup
 I plan to go for a checkup on _____ (date) with Dr. _____

5 Teeth & Gums

- I have had my teeth and gums checked within the past year and they're OK
 I haven't had my teeth and gums checked because I know there's no problems
 I haven't had my teeth and gums checked because I know they're bad
 I haven't had my teeth and gums checked because I can't afford to
 I've been to the dentist and I have the following problems

 The condition of my teeth and gums has not been affected by my drinking/using
 My drinking/using has affected my teeth or gums this way

 I'm going to defer going to a dentist
 I'm going to see Dr. _____ on _____ (date)

6 Nutrition

- I'm not happy with the way I eat -- I feel I eat too much
 I'm not happy with the way I eat -- I feel I don't eat enough
 I'm not happy with the way I eat -- I feel I eat the wrong kind of stuff
 I suspect I might have a food allergy that might contribute to cravings
 When I drank and used I still ate a healthy diet
 My drinking/using meant that I got too many calories and got overweight
 My drinking/using meant that I didn't eat enough and lost weight

- My drinking/using wrecked my eating and I may have malnutrition
- I'm too heavy. I think I would feel better if I weighed _____ lbs
- I'm too skinny. I think I would feel better if I weighed _____ lbs
- I have no idea how much I should weigh; I'd like more information
- Since I got clean and sober I lost / gained _____ lbs
- I feel OK about my weight change since I got clean and sober
- I feel bad about my weight change since I got clean and sober
- I need to pay special attention to my nutrition because I have diabetes
- I have talked to a nutritionist and we worked out a personalized diet plan for me
- I have never talked to a nutritionist
- I have read about nutrition and recovery and I recommend the following source of information about it _____
- It might help my recovery to make certain changes in the way I eat, namely:
- _____
- _____
- _____
- I don't need to make changes in my diet for my recovery

7 Vitamins, Minerals, Herbs, Supplements

- I've never thought about taking vitamins, minerals, herbs, or supplements
- I am taking _____ because it _____
- _____
- I have read something about the role of vitamins, minerals, herbs and supplements in recovery and I recommend the following source of information:
- _____
- I don't plan to start taking vitamins, minerals, herbs, or supplements
- I plan to start taking _____

8 Caffeine

- I don't drink coffee, tea, or caffeinated soft drinks
- I drink coffee, tea, or caffeinated soft drinks occasionally or lightly
- I drink _____ cups of coffee (tea) on a normal day
- I drink _____ cans or bottles of caffeinated soft drinks on a normal day
- If I don't drink coffee, tea, or caffeinated soft drinks, I get headaches for a while

- Since I stopped drinking/using, I find that I am drinking more coffee, tea, and/or caffeinated soft drinks
- Since I stopped drinking/using, I find that I am not drinking as much coffee, tea, and/or caffeinated soft drinks
- Coffee, tea, or caffeinated soft drinks have nothing to do with my drinking/using
- I feel I ought to stop caffeine because it's another mind-altering drug
- I feel OK with continuing caffeine because its effects are trivial compared to alcohol and/or "drugs"
- Coffee, tea, or caffeinated soft drinks help me overcome my cravings to drink/use
- Coffee, tea, or caffeinated soft drinks help me overcome cravings for a short time but make my cravings come back worse when the caffeine wears off
- Drinking beverages containing caffeine, for me, is a trigger to drink alcohol
- Drinking beverages containing caffeine, for me, is a way to counteract the urge to drink alcohol
- I'm finding that caffeine only lends me energy, and then takes it away again
- I plan to reduce my caffeine consumption
- I'm going to switch to decaffeinated coffee, tea, and caffeine-free drinks
- I don't plan to change my caffeine intake pattern

9 Sugar

- I rarely eat sweets
- I eat a small amount of sweets every day
- I eat a lot of sweets and I am somewhat concerned about it
- Eating sweets has nothing to do with my former drinking/using
- When I stopped drinking/using, my sweets consumption didn't change
- When I stopped drinking/using, I got cravings to eat more sweets
- When I stopped drinking/using, I lost interest in sweets
- When I get a craving to drink/use, I eat some sweets instead and that makes the cravings go away
- Eating sweets after a while triggers my cravings to drink/use and makes them worse
- I have been checked by a doctor and I don't have hypoglycemia [low blood sugar]
- As much sweets as I eat, maybe I have hypoglycemia; I should get checked
- I am eating so many sweets I am concerned that I may be developing diabetes
- I have been diagnosed as diabetic
- I'm going to reduce or cut out refined-sugar sweets
- I'm not going to make changes in my sugar consumption

10 Cigarettes

- I don't smoke cigarettes, never did
- I used to smoke, but I quit. It's been _____ (*time*) since my last cigarette
- Whenever I drank/used, I also smoked cigarettes
- I never or rarely smoked cigarettes while I drank or used

- The more I drank, the more I smoked, and vice versa
 I smoke more than two packs a day
 I smoke menthols
 I smoke non-filters
 I would like to quit smoking now
 I have tried to quit smoking but failed _____ times
 I would like to quit smoking but don't know how
 I have no intention to quit smoking, ever
 I will quit smoking some day but not now
 I'm going to quit smoking on _____ (date)
 My smoking has no effect on my staying sober and clean
 If I couldn't smoke, I couldn't stand to remain clean and sober
 Even though I'm clean and sober I still feel like a drug addict with my smoking
 When I get a craving to drink or use, I smoke a cigarette instead to make it go away
 When I smoke a cigarette, it brings on a craving to drink or use
 Smoking makes me feel relaxed
 Smoking first makes me feel relaxed and then it makes me feel tense and stressed until I have another one
 Smoking makes me feel depressed
 I smoke and I've been checked for lung cancer and other smoking related diseases and I'm OK
 I smoke and I haven't had a cancer checkup for some time and maybe I ought to
 I smoke and I notice I'm coughing a lot and am short of breath and I don't like the way I feel
 I have a smoking-related disease, namely _____
 I feel it's impossible to quit drinking, drugging and smoking at the same time
 I feel I can quit drinking, drugging and smoking all at the same time
 I'm not going to make changes in my nicotine intake at this time

11 Pain

- I am in chronic pain due to an injury/illness and I use(d) alcohol/drugs to self-medicate
 Due to my drinking/drugging I suffered an injury which is a source of constant pain
 Before surgery I advised my doctor that I was addicted to opiate-based pain medications
 My doctor prescribed opiate-based pain medications for me after surgery and when I was better I discontinued the medications without trouble
 My doctor prescribed opiate-based pain medications for me and I felt I got hooked on them and could not stop taking them
 I have a prescription for opiate-based pain medications and I find myself taking them just to get high
 I am afraid to take any pain medications, even plain aspirin, because I have been told they would endanger my sobriety
 I have been told that alcoholics should accept pain as a punishment
 I drank while taking pain medications and almost killed myself

- I take prescribed opiate-based pain pills when I have pain and then I throw the rest away
- I am not sure whether I am handling my pain in the best way and I would like to see a physician specializing in pain management about it
- I don't have an issue with pain

12 Exercise

- I am physically active and get plenty of exercise each week
- I get some exercise each week but a little more wouldn't hurt
- While I drank/used I was an active athlete and in good physical condition
- While I drank/used I got very little exercise other than bending the elbow
- I am seriously out of shape now
- I've noticed that I feel better when I take some exercise
- I would like to exercise more but can't figure out how or what or when
- I know perfectly well how to exercise more but I just don't do it
- I have noticed that when I exercise it is easier to resist my cravings to drink/use
- I am disabled and cannot exercise except in very limited ways
- I am going to exercise more, starting _____ (date)
- I am not going to change my exercise patterns

13 Sleep, rest

- Bedtime is a time when I crave a drink to help me get to sleep
- I always slept fine and still do
- When I drank/used, I had this sleep problem: _____
- Since I stopped drinking/using, I am sleeping fine
- Since I stopped drinking/using, I am having trouble getting to sleep
- Since I stopped drinking/using, I am having trouble staying asleep
- When I have trouble getting to sleep, I take _____ to help me
- I am afraid that inability to get to sleep sober will cause me some harm
- I would like more information about the effects of alcohol and drugs on sleep
- I have talked over my sleep problem with a doctor
- My sleep problem might have something to do with my caffeine consumption
- I have sleep apnea, or think I might have it
- I am often tired during the day
- I take naps during the day
- I feel that I am sleeping too much now. I sleep ___ hours a day.
- I just can't get up in the morning because: _____
- I feel fine in the mornings now
- It feels great not to wake up with a hangover any more
- I am not concerned about my sleeping patterns

14 Dreams

- There hasn't been any change in my dreaming since I got sober
 My dreaming has changed this way

-
- I have had dreams in which I drank/used
 When I woke up from my drinking/using dream I was relieved that it was just a dream
 I have had dreams in which I almost drank/used but stopped myself in time
 I have had dreams in which I saw myself as a person who does not drink/use
 I have talked about my dreams with my support group
 I have talked about my dreams with a counselor
 I am not concerned about my dreams
 I want more information about dreams in recovery

15 My Brain

- I'm pretty sure my brain is basically fine
 I'm worried that I may have suffered memory loss or other possible brain damage due to drinking/using
 I'm concerned that I may be suffering from clinical depression, or that I may have something else wrong with my brain
 Sometimes I hear realistic voices telling me things and I worry I'm losing my mind
 Sometimes I feel as if other people can see I have a problem and they treat me funny
 I am aware that I am a person just like everyone else
 I am thinking about getting a mental checkup because of my concerns about my brain
 I have seen a mental health professional and I have been told I am OK
 I have seen a mental health professional and I have been diagnosed with

-
- I would like more information about the effects of drinking/drugging on my brain

16 Medications

- A doctor has prescribed the following medication(s) that affect my brain

-
- The medication I am taking has a potential for abuse
 I know exactly how much of this medication I am supposed to take
 I sometimes take this medication just to get high or to escape or feel better
 Staying clean and sober is especially important for someone taking this medication because

-
- I want more information about the medication I am taking
 I am taking Antabuse (disulfiram) because I know that if I drink while on Antabuse I will get very sick
 I plan to take Antabuse before certain situations that hold high risk of relapse for me
 I cannot take Antabuse because of my liver
 I have one of the exceptional metabolisms that is not affected by Antabuse
 I have taken Antabuse and drank and gotten very ill but kept drinking anyway
 I feel that taking Antabuse has strengthened my sobriety and kept me from relapse
 I feel uncomfortable relying on Antabuse and feel I should be able to do without it
 I plan to take Antabuse until I feel steadier in my sobriety and then discontinue it
 I want more information about Antabuse
 I am taking naltrexone to reduce my cravings
 I want more information about naltrexone and other medications designed to reduce cravings
 I detoxed with buprenorphine
 I want more information about buprenorphine as an alternative to methadone
 I am taking methadone
 I plan to take methadone indefinitely
 I plan to take methadone for _____ (*time*) and then get free of it
 My doctor has prescribed acamprosate to reduce my alcohol cravings
 My doctor has prescribed baclofen to help me through opiate withdrawal
 My doctor has put me on gabapentin, ibogaine, kudzu, modafinil, nalmefene, odansetron, topiramate, or vivitrol to help me overcome my addiction
 I want more information about the range of modern medications that are available now to help with recovery from addiction

17 Depression

- I have been diagnosed with clinical depression
 I sometimes feel really down but there's been some hard things happening in my life
 I feel really down most of the time and I can't put my finger on any obvious reason
 I can't get out of bed for days on end and just lie there with the blinds shut
 I am a chain-smoker
 I'm scared to go to a health care professional about the way I feel
 Maybe if I tell a doctor I'm depressed all the time I will get a prescription for a pill that will make me high legally
 I am taking anti-depressant medications currently, namely
 - Prozac
 - Zoloft
 - Welbutrin
 - Other, namely: _____ I have taken anti-depressant medication and never felt a high, that's not what it does
 I know people who have been helped by anti-depression medications
 I know people who have had problems with anti-depression medications

- I used to take prescription anti-depressant medications but I quit because
- I felt healed
 - I gained weight
 - I couldn't sleep
 - I had no libido (sex drive)
 - I couldn't perform sexually
 - Other: _____
- I want more information about new medications (beyond Prozac etc.) to treat depression
- I am aware of the possible interactions between my depression medication and alcohol/drugs/nicotine
- I used to use alcohol and/or illegal drugs to medicate my depression
- A doctor told me to use alcohol/drugs to medicate my depression
- Medicating my depression with alcohol/drugs/nicotine had the following effect
- _____
- I feel my basic problem is depression, and I used alcohol/tobacco/drugs to medicate that
- I feel my basic problem is alcoholism/nicotine/other drug addiction, and my use of alcohol/nicotine/drugs got me depressed or made my depression worse
- I can't tell whether my basic problem is depression or chemical addiction
- I am getting professional help for my depression
- I have a support system specifically for my depression, separate from my addiction recovery support system
- The doctor who is helping me with my depression knows the full story about my drinking/using/smoking
- I haven't told the doctor who is treating me for depression about my drinking/using/smoking
- My chemical dependency counselor knows the full story about my depression
- I haven't told the counselor who is treating me for addiction about my depression
- Staying clean and sober and quitting smoking is especially difficult for a person with depression because
- _____
- Staying clean and sober and quitting smoking is especially important for a person with depression because
- _____
- I plan to address my depression issue as part of my recovery from alcohol/drugs
- I want more information about depression and depression medications
- I don't see a depression issue in my life at this time

18 Chronic Anxiety

- I have been diagnosed with Generalized Anxiety Disorder
- I used to drink/drug to medicate my chronic anxiety

__ The effect of my drinking/using on my chronic anxiety was

__ Staying clean and sober is especially difficult for a person with chronic anxiety because

__ Staying clean and sober is especially important for a person with chronic anxiety because

__ I want more information about chronic anxiety

__ I plan to address my chronic anxiety as part of my recovery

__ I don't have a chronic anxiety issue

19 Bipolar Disorder

__ I want more information about bipolar disorder

__ I have been diagnosed with bipolar disorder

__ I used to drink/do drugs to medicate my bipolar disorder

__ The effect of my drinking/drugging on my bipolar disorder was

__ The doctor who is treating me for bipolar disorder knows the full story about my drinking/using

__ I have a support system specifically for my bipolar disorder

__ Staying clean and sober is especially difficult for a person with bipolar disorder because

__ Staying clean and sober is especially important for a person with bipolar disorder because

__ I plan to address my bipolar disorder as part of my recovery

__ I don't have an issue with bipolar disorder

20 Panic Attacks

__ I want more information about anxiety attacks or panic attacks

__ I suffer(ed) from anxiety attacks or panic attacks

__ The effect of my drinking/drugging on my panic attacks was

- I have seen a health care provider about my panic attacks
- Staying clean and sober is especially difficult for a person with panic attacks because

Staying clean and sober is especially important for persons prone to panic attacks because

- I plan to address my issue with anxiety/panic attacks as part of my recovery
- I don't have an issue with anxiety/panic attacks

21 Post-Traumatic Stress Disorder

- I have been diagnosed with Post-Traumatic Stress Disorder (PTSD)
- I feel constantly on my toes ready to spar with attackers
- Sometimes I feel completely cut off from my feelings, as if I were not in my body, and have no sense of what is going on inside me
- Sometimes my normal thought process is interrupted by fearful images that come without warning
- I am aware of some very painful things that happened to me in the past when I was defenseless and had no one to help me
- The relationship between my drinking/using and my PTSD is:

Staying clean and sober is especially difficult for someone with PTSD because:

Staying clean and sober is especially important for someone with PTSD because:

- I want more information about PTSD
- I don't have an issue with Post-Traumatic Stress Disorder in my life

22 Hepatitis C

- I have been diagnosed with hepatitis C
- The relationship between my drinking/using and my getting hepatitis-C is

Staying clean and sober is especially difficult for a person with hepatitis because

Staying clean and sober is especially important for a person with hepatitis-C because

- ____ I plan to address my hepatitis issue as part of my recovery from alcohol/drugs
 ____ I don't have a hepatitis issue

23 HIV

- ____ I am HIV positive
 ____ The relationship between my drinking/using and my becoming HIV+ is
- ____ Staying clean and sober is especially difficult for a HIV+ person because
- ____ Staying clean and sober is especially important for a person who is HIV+ because
- ____ I want more information about the relationship between HIV status and drinking/using
 ____ I am a support person for someone who is HIV+ and it is important for me to keep my act together
 ____ I plan to address my HIV situation as part of my recovery from alcohol/drugs
 ____ I don't have an HIV issue

24 Tuberculosis

- ____ I have tested positive for tuberculosis.
 ____ The relationship between my drinking/using and my getting tuberculosis is
- ____ Staying clean and sober is especially difficult for a person with TB because
- ____ Staying clean and sober is especially important for a person with tuberculosis because
- ____ I want more information about my tuberculosis risk
 ____ I plan to address my tuberculosis as part of my recovery from drugs/alcohol
 ____ I don't have an issue with tuberculosis

25 My Genes

- ____ My biological parents, or one of them, had serious alcohol/drug problems
 ____ I have a lot of alcoholics in my family tree going back several generations

- I'm not aware of any alcoholics in my family tree
- I want more information about the role of genetics in alcoholism/drug addiction

26 Getting Older

- I am getting older
- I could handle the drinking/drugging when I was younger but it's time to stop now
- It's about time I took responsibility for my life
- I feel I have aged or worn out my body prematurely due to drinking/using
- I didn't start drinking heavily or using until I got older
- I feel it is harder to stay clean and sober as I get older because

-
- One of my motivations for drinking/using was to feel less old
- I feel that staying clean and sober is especially important as I get older because

-
- I have children and I want them to have a sober role model
- My parents were drunks/addicts and I don't want my kids to grow up the same way
- I have grandchildren and I want them to have a sober grandparent
- I want more information about addiction and getting older

27 Dying

- I know people who have died from alcoholism / drug addiction
- I have almost died because of my drinking/drugging
- I don't care if I die drunk or stoned
- I want to die sober
- If I don't get sober I will probably die of a drug overdose or of liver disease
- My basic reason for drinking/using is/was to kill myself
- I tried to overdose on alcohol/drugs so that I would die
- I don't care if people remember me as a drunk or addict
- I want people to remember me as a sober person
- I have made a will
- I don't plan to make a will, let the government do with my stuff what it sees fit
- I don't really want to live, but I don't want to die drunk or addicted either
- I want to live, that's why I want to stay sober
- I want to donate my liver to a transplant candidate, if it's any good
- I've made written plans for my funeral/cremation
- I've left instructions whether to resuscitate me or not
- I have been diagnosed with a terminal disease and want to go out sober
- I have been diagnosed with a terminal disease and might as well go out drinking/using
- I expect there will be ____ persons at my funeral
- I am never going to die

28 Pregnancy

- I am pregnant or plan to become pregnant
 - I was drinking/using when I got pregnant
 - I would not have become pregnant if I had been clean and sober at the time
 - I would like to terminate the pregnancy
 - I would like to have the baby and have it be healthy
 - I am informed about the risks of drinking/using during pregnancy
 - I am aware that alcohol could damage my baby even before I may know for sure that I am pregnant
 - Staying clean and sober is especially important for a person who is or might become pregnant because
-
- I acted like I didn't care if my baby was born brain-damaged because of my drinking
 - I acted like I didn't care if my child turned out to be a drunk/addict like I am
 - I don't want to be the addicted mother that mine was
 - I would like my child to have a clean and sober mother
 - I want my baby to grow up clean and sober and not go through what I did
 - I am going to make sure my baby and I get medical attention during my pregnancy
 - I will stop drinking, using and smoking at least until the baby is born
 - I can always abstain from drinking/using/smoking while I am pregnant but I have trouble afterward the baby is born
 - Pregnancy is not an issue for me

29 Checklist of Concerns

The checklist on the next page pulls together the work you have been doing in this chapter. After reviewing your work, make a checkmark in the "Yes" column for any topic that concerns you. Make a checkmark in the "Info" column if you want more information about that topic, then ask a counselor or health-care provider, or get the information in other ways. In the "My Specific Concern" column of the worksheet on the next page, write a short summary of your concerns about that topic – just a word or two that sums it up.

At the end of the book, you can use this worksheet – and similar worksheets at the end of other chapters – to put the pieces of your recovery issues together into a lifetime recovery plan.

1 Decision
 2 Body
 3 Exposure
 4 Activities
 5 People
 6 Feelings
 7 Life Style
 8 History
 9 Culture
 10 Treatment
 11 Relapse
 12 Day Plan
 13 Week Plan
 14 Life Plan

Worksheet 2-1 My Body Checklist

MY CONCERNS ABOUT MY BODY			
Yes ✓	Issue	Info ✓	Summary of my concern
	Detox		
	Telltale Signs		
	Hidden Body Damage		
	Doctor Visits		
	Teeth & Gums		
	Nutrition		
	Vitamins, herbs, minerals, supplements		
	Caffeine		
	Sugar		
	Cigarettes		
	Pain		
	Exercise		
	Sleep, rest		
	Dreams		
	My brain		
	Medications		
	Depression		
	Chronic Anxiety		
	Bipolar Disorder		
	Panic Attacks		
	Hepatitis C		
	HIV		
	Tuberculosis		
	My Genes		
	Getting Older		
	Dying		
	Pregnancy		
	Other:		
	Other:		
	Other:		

30 My Plan for My Body

Having reviewed and prioritized the material in this chapter, the main issue I intend to focus on concerning the condition of my body is:

The main thing I intend to do about this issue is:

Today's date: _____

31 Three-Month Review

Three months after finishing your work on this chapter, what changes if any do you notice in your body, your health, and the way you feel?

1 Decision
2 Body
3 Exposure
4 Activities
5 People
6 Feelings
7 Life Style
8 History
9 Culture
10 Treatment
11 Relapse
12 Day Plan
13 Week Plan
14 Life Plan

32 One-Year Review

One year after finishing your work on this chapter, what changes if any do you notice in your body, your health, and the way you feel?
