

30 Day Challenge – Change Your Oil

Take Fish Oil, 1000 I.U. three times a day for 4 weeks. Document your answers before and after. Have fun and good luck.

The questions to ask yourself are either True or False:

	Week 1	Week 2	Week 3	Week 4
I have cracked, soft, and brittle nails?	True / False	True / False	True / False	True / False
I have dry and flaky skin or scalp?	True / False	True / False	True / False	True / False
I feel achy and stiff in my joints?	True / False	True / False	True / False	True / False
I have constipation?	True / False	True / False	True / False	True / False
I have painful breasts at times?	True / False	True / False	True / False	True / False
I have high triglycerides?	True / False	True / False	True / False	True / False
I have low HDL?	True / False	True / False	True / False	True / False
I have "chicken skin" or bumps on the back of my arms or legs?	True / False	True / False	True / False	True / False
I have a problem with hard earwax?	True / False	True / False	True / False	True / False