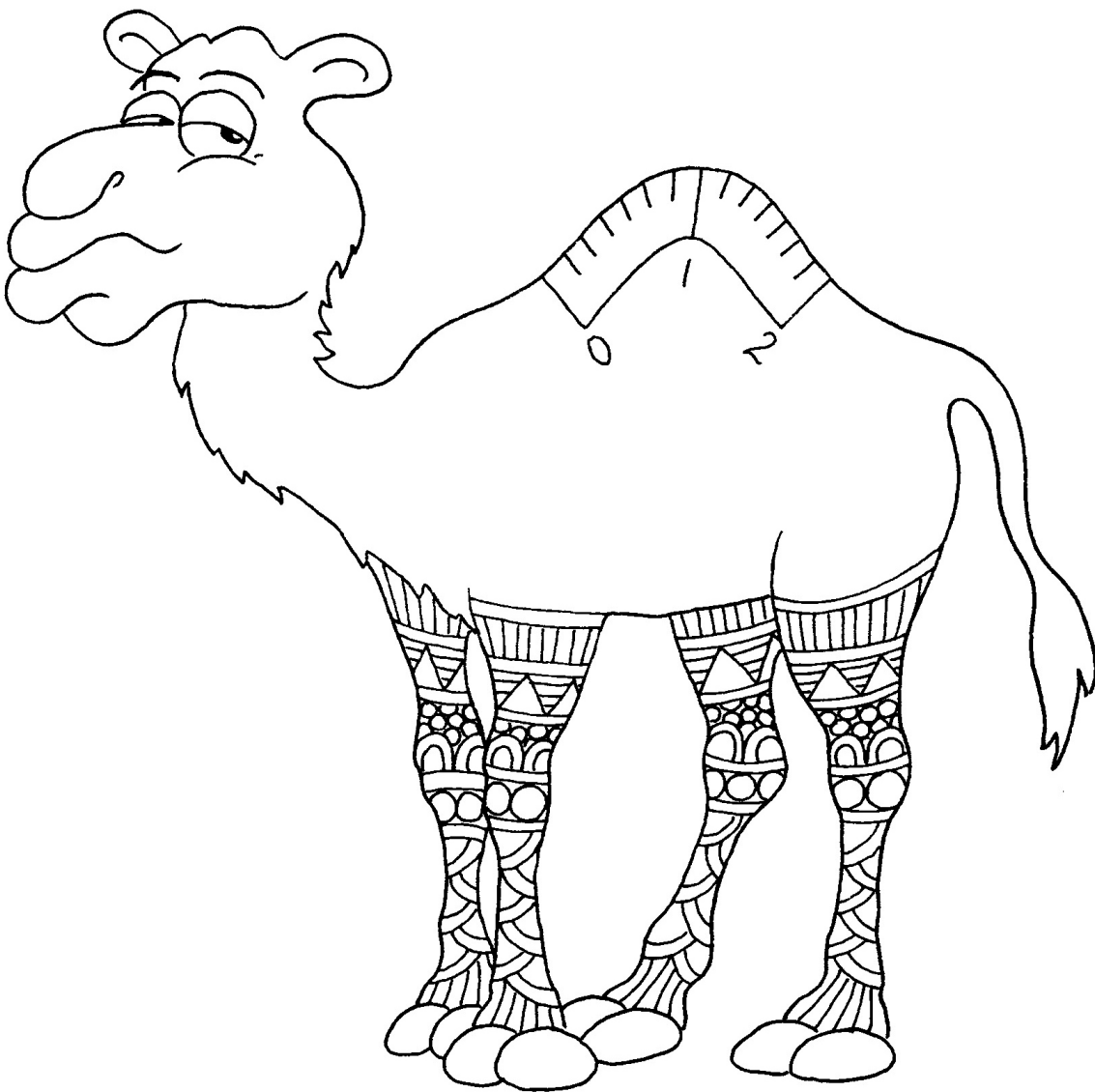


Lumps and

Weirdism- anything that is different or is changing.

Lumps, bumps, spots, rash, aches.

Keep an eye on it for 2 weeks- if it hasn't gone away or gotten better- it's time to have it looked at by a professional, sooner if it gets worse or keeps changing.



Follow the 2 week RULE.

