



*Oby's Wisdom!*  
*A Caveman's Simple Guide to Holistic Health and Wellness*  
Action Guide

Chapter Ten  
A Day in the Life of Oby

*"Let us live for the beauty of our own reality."*  
Charles Lamb

Chapter Ten consists of five sections, each of which is entitled: "\_\_\_\_\_ Turn(s) Health Inside Out." Fill in the blanks for each of the five sections, and describe one way to apply each.

1. "A \_\_\_\_\_ Turns Health Inside Out."

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2. "\_\_\_\_\_ Turns Health Inside Out."

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3. "\_\_\_\_\_ Turns Health Inside Out."

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4. "\_\_\_\_\_ the \_\_\_\_\_ Turns Health Inside Out."

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5. "\_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ Turn Health Inside Out."

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6. Write the last sentence of the chapter: \_\_\_\_\_

What does that sentence mean to you? \_\_\_\_\_

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