

YOUR KINDLE NOTES FOR:

12 Months to Health: 12 Simple, Inexpensive Habits to Dramatically Improve Your Quality of Life

Jeremy Lesniak

Last accessed on Sunday December 11, 2022

202 Highlight(s) | 133 Note(s)

Yellow highlight | Location: 26

a million times over,

Note: 1000 ~ full truth
1tt ~ full light
tt ~ complete

how-to-complement dd

Yellow highlight | Location: 29

Dedication

Note: tl;dr: es besteht eine extrem mathematische inbalanz, sofern man ueberhaupt vom `Di' weis und daß es di-raeume gibt. die text-satzung scheint begruendbar - hier mit dem Ziel die Bandbreite an Teilnehmer per Di-Profilng bestmoeglich kategorisieren zu koennen - weil scheinbar nur dann die Moeglichkeit fuer effektives Handling gegeben ist. hier leider verstoeßt die Mathe, gegen sich selbst... die Darstellung entspricht exakt diesem Kommunikations-Bruch..

Yellow highlight | Location: 32

when conventional “wisdom” told me

Note: tl;dr: dd di stetiger narko-invertholo-dauer-durchlauf (dr. gauck verdreh radi z sonst szlig)

Yellow highlight | Location: 40

Disclaimer

Note: tl;dr: dies lesend, die FIEBER-KURVE des Textes, spiegelt den gegenwaertig fatalen Stand in 2021 wider - ueber dessen Zustand - ich selbst, wek-gespritzt fuer 15 od. 20 Jahre, keine Ahnung haben konnte. das englisch ist schon gar nicht mehr bemueht, eine Loesung oder den Ursprung zu finden. englisch.. was war das gleich wieder...

Yellow highlight | Location: 48

By

Note: [p. 2]
Thank you

Yellow highlight | Location: 48

overwhelming

Note: [p. 2]
, a million times over

Yellow highlight | Location: 48

you with all the great things that these actions can lead to, you’ll be more likely to do them, and do them consistently.

Note: [p. 2]
, my friends.

Yellow highlight | Location: 81

variety of small

Note: tl;dr: frage der erreichbarkeit - reception if all

Yellow highlight | Location: 103

based on the research

Note: [p. 6]
variety of small

Yellow highlight | Location: 105

choices you make

Note:

Yellow highlight | Location: 105

actions

Note:

Yellow highlight | Location: 106

incorporating

Note:

Yellow highlight | Location: 112

statements

Note: GLOSSAR: corporal (liturgy) or constitution "body"

Yellow highlight | Location: 115

occupational

Note:

Yellow highlight | Location: 118

Setting just

Note: char: occident ox eight, st w/the whole universe, full light disclosure - reachable

Yellow highlight | Location: 118

consistent,

Note: part: wenn's mit klarer sicht nicht klappt - wie dann jemals

Yellow highlight | Location: 135

healthcare intervention?

Note: DEM7: der invert-holo-dauerdurchlauf di ueber die gesamte welt hinweg, ist auch hier nicht foerderlich oder hilfreich (statische irritations-reflextionen gegenlaeufig-zur-zeit)

Yellow highlight | Location: 159

one benefit per

Note: GLOSSAR: bootloader or starterkit

Yellow highlight | Location: 161

your health.

Note: tl;dr: einfach und intuitiv - zeichnen, fuer die deinige audienz die im di immer gegenwaertig ist. ursprungs-nahe ist licht fuer kinder et cetera.

Yellow highlight | Location: 170

success.

Note: ...succession processing

Yellow highlight | Location: 172

Morning

Note: ...rational or narrative truth

Yellow highlight | Location: 176

how much water to drink,

Note:

Yellow highlight | Location: 184

glass of water

Note:

Note | Location: 184

...narrative truth

Yellow highlight | Location: 188

wake up

Note: ...dont noise your di beloved

Yellow highlight | Location: 212

thirsty, not hungry.

Note: tl;dr: info\detail\wissen fehlt um richtig handeln zu koennen

Yellow highlight | Location: 216

a silly, and

Note:

Yellow highlight | Location: 216

idea.

Note:

Yellow highlight | Location: 230

as the original research made it

Note: tl;dr: das schwimmen gegen das falsch, bringt ja nach wirkungsfaktor, stueck invertholos mit

Yellow highlight | Location: 233

big

Note:

Yellow highlight | Location: 233

of

Note:

Yellow highlight | Location: 234

rev

Note:

Yellow highlight | Location: 234

up

Note:

Yellow highlight | Location: 237

4

Note: tl;dr: sto-mach eine aufgabenliste — beginn mit der auf-ga-ben-liste

Yellow highlight | Location: 249

healthy cartilage

Note: tl;dr: vom gesamten universum 20% richtungstangente fuers individuum, ein hinweis welch-eine unglaubliche bedeutung "der einzelne" hat und jedem einzelnen beigemessen werden muss, und nur dann und-bezogen-auf-das-gesamte-universum gilt weiters "was kann schon passieren bzgl. 20% wenn ein einzelner.."

Yellow highlight | Location: 289

Day 10 – Drinking Water May Prevent Dry Skin

Note: BUZZ: intro 01 - 10 behandelt den standard teaser¹, wie ich vermute

so ne art (cryptobruteforcecoin);
1ingress and whazapp throne-world-masters
evtl. (?) di-bank of browser bookmarks aka chrome-firefox-safari-edge

nachfragen,
ein paar sequenzen vom einstigen lug-ts.de deuten-auf-vorgenanntes hin

Yellow highlight | Location: 292

skin

Note: ...N — stick ₇nitrogen

<https://en.wikipedia.org/wiki/Nitrogen>

Yellow highlight | Location: 292

64%

Note: ...true DNA

https://en.wikipedia.org/wiki/DNA_barcoding

Yellow highlight | Location: 292

water.

Note: ...K – this was a eleven, on elevation – see Day 11 next

Yellow highlight | Location: 299

Day 11

Note: BUZZ: bewaerte synchronisierungs-signale
11 K w/10 comply verify
40 PhD
96 R₁₄iPhone^{Pro}[48MP] →forge sweet porridge

<https://twitter.com/ouraring>
Betreff: Tackle your 2022 goals with the help of Oura
----- Original Nachricht ----- 1m 5d
The secret to reaching your 2022 goals is on your finger.
96

Yellow highlight | Location: 304

plenty

Note: ...A prophylactic rule is a judicially crafted rule

Provisory supers false untill the origin is resolved, this a symbolic init for a common public back-tracking et cetera

https://en.wikipedia.org/wiki/Prophylactic_rule
https://en.wikipedia.org/wiki/Provisory_restoration

Yellow highlight | Location: 310

sweat

Note: tl;dr: here tech-in-use forces a pyramid scheme w/ dismath, gro up-to-resolve act, do, go,

<http://kreisquadrat.xyz>
wenns mit klarer sicht nicht funktioniert, wie dann jemals . ponzi-punkt

Yellow highlight | Location: 313

make sure

Note:

Yellow highlight | Location: 317

–

Note: 2020 LGBTQ+ ...nach der rueckholung und re-integration, in f
2021 Paralympics
ist ein weiteres abdriften ausgeschlossen bsp. couragiert unmoeglich (zu meiner erinnerung)

wiki: die EN wikipedia befindet sich dato nur deshalb in einem so ausserordentlich guten stand - dank und durch extrem massivem globalen investment - um das niveau irgendwie sinnvoll oben zu halten
vgl. forschung und wissenschaft zur unterstuetzung, einst in deutschland weil-nix-verstehen heute NE (neu england) sonst BO+A, zu beachten regressionszunahme mit auf-flackern von not-alternativen wie idiom_es_ca, idiom_fr_ca da-sonst intern kein abgleich/gegencheck mehr moeglich waere-ist vgl. DE 3.0

Yellow highlight | Location: 377

single, simple

Note: ...whats cat w/ goat here, Mt. corporal [Charlie/Werner]

Yellow highlight | Location: 390

diarrhea.

Note: tl;dr: gehorsames auskotzen, der di-Raum (^{das}+⁻unwissen-paradox) reagiert eher konsterniert da kaum hilfreich (un-par) - kaskadierung^sverkettung siehe 10×10 od. kleines-eins-plus-eins

Yellow highlight | Location: 396

Relieve Nasal Congestion

Note: GLOSSAR: Septum-Piercing ÷ Wappentiere wie der Stier und der Auerochse werden (Septum) häufig mit Nasenring dargestellt.

Yellow highlight | Location: 400

increased hydration should

Note: ...wenn die Gesamte Welt weis-und-sieht, daß die falschen gar nicht falsch informiert sein können

Yellow highlight | Location: 414

is important in

Note: ²⁺⁵-shift ctrl alt esc del

Yellow highlight | Location: 429

brain

Note: ...**brain** sometimes **body** sometimes **the-entire-universe** or **all-the-multiversum**, roller rink

https://en.wikipedia.org/wiki/Roller_rink

Yellow highlight | Location: 464

gunk

Note:

Yellow highlight | Location: 488

talk about it

Note: BUZZ: latter term - The American Way to pre-answer-the-question or exclude this-later-on question, whether talking roundabout would have resolved any specifics and rationals too ?

Yellow highlight | Location: 488

anymore.

Note: _seit₂₂Titanium im dualcharge Zweiwegelade Verfahren, davor nur Uni-Direktional.

BUZZ: vllt. ein Stellvertreter PLAYBOOK` whazapp-throne-grouping (!) und hier unbefangen da mit der Sache nichts zu tun - auch hier gilt es den Fokus nicht aus dem Blick zu verlieren_

` `Yes, our 2 new computers made it to the @Space_Station! Coming tomorrow: the ^{first photo} ..
https://twitter.com/astro_pi/status/1488136079400177664?s=20

` `fix^{issue-pending} ^{med-of-}en.wiktionary.org/wiki/math
https://meta.wikimedia.org/wiki/Wikimedia_Community_User_Group_Math
https://meta.wikimedia.org/wiki/Help:Displaying_a_formula
<https://www.mediawiki.org/wiki/Extension:Math>

ICYMI-omicron-friend

Yellow highlight | Location: 490

2

Note: [p. 52] now that u' learned what water is → know packaged H₂O

Yellow highlight | Location: 494

trans,

Note: ...one-way salted incl. swap_{ex}

Yellow highlight | Location: 494

and

Note: ...ex_gauck-verdreh-hexler (drehende matrix; invert exzenter)

Yellow highlight | Location: 511

Could Reduce

Note: ...mutter and GJS approxx. (ten-) booklet, Pflichtenheft und Lastenheft TUEV geprüft

https://twitter.com/Linux_Mint/status/1488486341977518086

Tipp: wer lesen kann (Frau u. Kind) ist klar im Vorteil
Monthly News – January 2022
<https://blog.linuxmint.com/?p=4276>

#meetoo else #MeToo `weis ja niemand was` 2022-02-03
<https://twitter.com/HametnerUwe/status/1489360468162527232?s=20>

Yellow highlight | Location: 531

34

Note: ...anchor CD (?) four double or deep negative aka friend med. positive

GLOSS: corpus diplomatico does-not-work-here this must to-be set quick visible ! refer-encing to a good workout, and summon the script – help's planet blood glucose level's

Yellow highlight | Location: 531

Healthy Fats

Note:

Yellow highlight | Location: 531

Weight Loss

Note:

Yellow highlight | Location: 643

asthma.

Note: GLOSS: world y day – way ① from ② to ③ forward

Yellow highlight | Location: 686

COPD)

Note: ...bez.  komplette kolonisierung d. garten edens

Yellow highlight | Location: 725

but also

Note: [simple:] physimen cally tally 66 ... rather than a dark-hole

Yellow highlight | Location: 747

bipolar disorder.

Note: tl;dr: Bitterheit vs. Unfairness

de.wikipedia.org/wiki/Fairness
Fairness geht als Begriff auf das englische Wort „fair“ („anständig“, „ordentlich“) zurück. Fairness drückt eine (nicht gesetzlich geregelte) Vorstellung von Gerechtigkeit aus. Fairness lässt sich im Deutschen mit akzeptierter Gerechtigkeit und Angemessenheit oder mit Anständigkeit gleichsetzen.

Yellow highlight | Location: 761

doctor

Note: BUZZ
Hinterland, Neuland, VPN sonst PGP zu GPG
<https://twitter.com/torproject>

Yellow highlight | Location: 834

fat.

Note: ...sustaining light

Yellow highlight | Location: 835

sometimes

Note: ...light

Yellow highlight | Location: 859

diverticula

Note: tl;dr: stimmt die - Wellenlänge - Sprache - Rhythmus - das Reimen (?)

Yellow highlight | Location: 875

Carbs Can

Note: ...der-die-das Autor*n bzw. Modul-Beglaubiger reflektieren Suizidgefahr !

1. Suizid in sich ist schon das falsche Wort
2. High- / Cemented-Sugar .. mit normaler Sprache unwiderrufliche Paßabnahme ..
3. Text vermittelt absolute Aussichtslosigkeit
4. ...sos warum nicht eher gemeldet

5. ...Lektoren etc. existiert Info zu profil, vitae, self-research ?

6. lat*in → er-ror → oro
7. 2022-03-09 Mittwoch, trotzdem Fokus-und-Kontext nicht verlieren...

Yellow highlight | Location: 913

from protein and fat,

Note: TL;DR: protein fat # seamless transition 100% Catalytic_converter

carbonates • inter-intra-balance
protein • maintain'
fat • for-and-over-all recipro catalysis'

<https://en.wikipedia.org/wiki/Catalysis>

Yellow highlight | Location: 974

that whole-grain foods

Note:

Yellow highlight | Location: 977

be role models

Note:

Yellow highlight | Location: 989

May Help Redistribute

Note:

Yellow highlight | Location: 994

redistribute

Note: 🇩🇪 Deutsche Blinddärmschwämme

🇧🇷#MaxDiBrillianz {Intelligenz=Sintflut}
.br += Sahara
+ würdest du besser machen ? 🇪🇸.es .co.ar
+ machst du statt Bier dein Wein plus-mal Überschwemmung 🇬🇧.uk
sonst 🇩🇪 da wo das Allnichts selbst für-zu-liefern muß hurtig!?

🇦🇷#SonneMaxWasser {Dumm≠Intelligenz}
.ar -= MassWash
- bist du schlau ! 🇫🇷.fr .ve.br
- brauchst du kein `Di` für Bierschlauch 🇬🇧.uk
https://commons.wikimedia.org/wiki/File:Sarracenia_distribution.svg
↑ würdest du ganz ARG anders machen
🇦🇷 da wo G' Pflanzen allen D' Job erledigen!!

Blue highlight | Location: 998

Day 80 – Good Carbs in the Diet Can Be a Great

Note:

Yellow highlight | Location: 998

Source of B

Note:

Yellow highlight | Location: 998

Vitamins

Note:

Yellow highlight | Location: 1,003

unbelievably

Note: 🇩🇪 Deutsche Blinddärmschwämme
` 2019 COVID+19 potassium sodium 9L Kalium-salz-Infusion 9/11 🇩🇪-Topf
COVID19 ups` 2020
COVID+* ups` 2021

BA 1.1: du! “omicron” `2020ups`2021 .es.co SINA-box .arr 99
BA 2.0: ba!du! “BA.2” `2021ups`2022 .fr.ve bic-SEPA .brrr €

13 x 2004 e Telefonzentrale zur Protokoll-o-graphie
9/11 y PresidenteJefeRe <https://www.linkedin.com/in/mauriciomacri/>
7 `2020 g z -i- .FR ← Altepetl Mexico 🌸
5 `2021 E in -i- .ES 🌿 Medellín .co 4 'Heart of Asia' → 🇵🇪 'Ottawa .uk 🌸
3 `2022 C us .co.ar .ve 🌹 Catalinas' .ES 4 Ukraïna
2 `2023 B we .ve.br 2fallar uno2-do3-tre5-(4(7))-(5(11)) .FR

🇬🇧 Terziäre Großschatzkammer Jahresberichte
-- telli und mit vertverl; gegen England gerichtet,
,, 2-te Front über China n. Indien bzw. über Mexiko n. Kanada,
,, 3.tens vonüber Groß Afrika n. Südafrika .
-- url toooooo google-docs - ?

🇺🇾.🇸🇻e `Uruguay 🇫🇷
🇵🇪.🇸🇻py `Chile 🇪🇸
`🇺🇾 .. Westindische Inseln
`🇮🇹 . 🇵🇾gy
🇧🇷.🇸🇻.🇵🇪.🇮🇹.🇪🇸ec.pe.bo 🇵🇪.🇫🇷.🇬🇧.🇪🇸
🇲🇮.🇸🇻co 🇵🇪.🇫🇷

...tägliche dt. Kristallnacht - trotzdem den Fokus nicht verlieren - 13-7-egal

[latter-page]
🇧🇷#MaxDiBrillianz {🧠Intelligenz=Sintflut 🌸}
.br += Sahara
+ würdest du besser machen ? .es .co.ar
+ machst du statt 🍺 dein 🍷 plus-mal Überschwemmung .uk
sonst 🇩🇪 da wo das Allnichts selbst für-zu-liefern muß hurtig!?

🇲🇮#SonneMaxWasser {Dumm 🌸 ≠ 🧠 Intelligenz}
.ar -= MassWash
- bist du schlau ! .fr .ve.br
- brauchst du kein `Di` für Bierschlauch .uk
https://commons.wikimedia.org/wiki/File:Sarracenia_distribution.svg
↑ würdest du ganz ARG anders machen
🇲🇮 da wo G' Pflanzen allen D' Job erledigen!!

Yellow highlight | Location: 1,009

asthma

Note: ...amtlichtswegen das übernächste Fundbüro 🚧

Yellow highlight | Location: 1,017

Day 82

Note: 99: Es Einsteinium {r} 🗨 Nach-Tägl.-Zählerüberlauf P^{1 2 3 4}-Disko
100: Fm Fermium {r}
81Thallium: omicron "du" {d81; p102; r100; pre}
82Pb - BA.2 "ba du"
101 - gum
102 - gum
[Wednesday, March 23, 2022] ⚡ Bismuth 83Bi

→ ←
florian.rammrath FR 🇬🇧 🌿.CN
karin.baer 🇪🇸 🌹 Caracas CN
🍂
walter.appel@kanzlei-appel.de -i- karate 🥋 kata
<https://www.linkedin.com/in/walter-appel-87254514a/>

BTS bis=Traun-Saalach 🍅

TSU Traun-Saalach=um 🌿
<https://de.wikipedia.org/wiki/Btrfs>

Yellow highlight | Location: 1,020

gum

Note: ..selbst gefragt heißt, du mußt deine feinde kennen:
- deutsche Ärzte dr. med.
- deutsche Richter dr. jur. nix-gut-weil-alles-falsch d.h. --
-- deutsche Chemiker dr. ch. che. chem.
...seiten-degeneration dt. Wikipedia vergleichsweise.

Yellow highlight | Location: 1,187

deficient

Note: https://en.wikipedia.org/wiki/Deficient_number

The first few deficient numbers are

1, 2, 3, 4, 5, 7, 8, 9, 10, 11, 13, 14, 15, 16, 17, 19, 21, 22, 23, 25, 26, 27, 29, 31, 32, 33, 34, 35, 37, 38, 39, 41, 43, 44, 45, 46, 47, 49, 50, ... (sequence A005100 in the OEIS)

As an example, consider the number 21. Its divisors are 1, 3, 7 and 21, and their sum is 32. Because 32 is less than 42, the number 21 is deficient. Its deficiency is $2 \times 21 - 32 = 10$.

Yellow highlight | Location: 1,190

stamina.

Note: tl;dr: ...d.h. es gibt kritische Punkte zu balanzieren

Yellow highlight | Location: 1,195

prostate

Note: (((pros - tate

Yellow highlight | Location: 1,217

D

Note: e w/ {A = 5} w/ 1+2×2

A₍₂₎ = boron {₅B}; “both 2 and 5 are untouchable”
B₍₃₎ = sodium {₁₁Na}
C₍₅₎ = nickel {₂₈Ni}, 3+5×5
D₍₇₎ = technetium {₄₃Te}, 4+7×7

https://en.wikipedia.org/wiki/Prime_number
https://en.wikipedia.org/wiki/Untouchable_number

The first few untouchable numbers are:

2, 5, 52, 88, 96, 120, 124, 146, 162, 188, 206, 210, 216, 238, 246, 248, 262, 268, 276, 288, 290, 292, 304, 306, 322, 324, 326, 336, 342, 372, 406, 408, 426, 430, 448, 472, 474, 498, ... (sequence A005114 in the OEIS)

Properties:

The number 5 is believed to be the only odd untouchable number, but this has not been proven: it would follow from a slightly stronger version of the Goldbach conjecture, since the sum of the proper divisors of pq (with p, q distinct primes) is 1+p+q. Thus, if a number n can be written as a sum of two distinct primes, then n+1 is not an untouchable number. It is expected that every even number larger than 6 is a sum of two distinct primes, so probably no odd number larger than 7 is an untouchable number, and [1=σ(2)-2], [3=σ(4)-4], [7=σ(8)-8], so only 5 can be an odd untouchable number. Thus it appears that besides 2 and 5, all untouchable numbers are composite numbers (since except 2, all even numbers are composite).

Yellow highlight | Location: 1,314

with jaundice may have unusually yellow skin and eyes due to high levels of bilirubin,

Note:

Yellow highlight | Location: 1,324

suffered from

Note:

Yellow highlight | Location: 1,324

acne

Note: tl;dr: 🎬 Stimmt der Film der da abläuft, immer bzw. noch überein _

Yellow highlight | Location: 1,326

can

Note:

Yellow highlight | Location: 1,333

SAD)

Note: .. Dana Fuchs ~ Lonely for a Lifetime ~ 10 Sad Salvation
...2022-04-24 reached to listen ..
« sad [sed ar ears] SARS
« CR of 2001 too was hit in summertime

https://en.wikipedia.org/wiki/2002–2004_SARS_outbreak
https://en.wiktionary.org/wiki/blow_one's_nose
<https://de.wiktionary.org/wiki/schneuzen>

« from 2001, Ismaning, T. Siebel (Systems)

Yellow highlight | Location: 1,334

this is low serotonin levels

Note:

Yellow highlight | Location: 1,337

winter

Note:

Yellow highlight | Location: 1,343

eat

Note: [p. 139] “2002–2004_SARS_outbreak”
..schlucken ⁱⁿ sofern Sie sich in einem Puren-Reinst-falsch-Raum befinden, könnten Ihre (5-HT) oder
Enteramin, Serotonin-Hormone darunter leiden ± #wir

<https://de.wikipedia.org/wiki/Serotonin>

Yellow highlight | Location: 1,363

cirrhosis,

Note: [p. 141] “nearsightedness” to far sighted ness

...marked by
degeneration of cells, inflammation, and fibreous thickening ^(of tissue issue)

inflammation ^{=DE=} invert-dauer-durchlauf oder/und andersverdreh_t
thickening ^{=DE=} excenter-dauer-durchlauf und/oder andersverdreh_t

[p. 143] circulation “by hypoxia, or lack of oxygen in the tissue”

Yellow highlight | Location: 1,369

circulation

Note: 🇩🇪 Sind wir Brüder!? Hast Du auch Deutsche Blinddärme in deinem Kopf !!

Yellow highlight | Location: 1,377

IBS).

Note: push the button
push the bow
ring ring ring retire-d 🦢

Yellow highlight | Location: 1,393

sunscreen

Note: 🏠 G9 Abitur = Sonnenmilch m. Rhesusfaktor 8-10 ABI × Impfmatrix

[https://de.wikipedia.org/wiki/Abitur_in_Bayern_\(G9\)#Benotung_des_Abiturs](https://de.wikipedia.org/wiki/Abitur_in_Bayern_(G9)#Benotung_des_Abiturs)

Yellow highlight | Location: 1,437

mood

Note: [moody's-financial-services]
https://de.wikipedia.org/wiki/Schiefer_Turm_von_Pisa

https://en.wikipedia.org/wiki/Programme_for_International_Student_Assessment
https://es.wikipedia.org/wiki/Informe_PISA

<https://en.wikipedia.org/wiki/OECD>
https://es.wikipedia.org/wiki/Organización_para_la_Cooperación_y_el Desarrallo_Económicos

Yellow highlight | Location: 1,526

osteoporosis.

Note: wiki: ...brittle and fragile from loss of tissue,

Yellow highlight | Location: 1,527

the renal

Note:

Yellow highlight | Location: 1,528

50,

Note: distributed network...

Yellow highlight | Location: 1,541

asthma

Note:

Yellow highlight | Location: 1,541

use of inhalers and other medications

Note: whatch.....: echo of the booklet ↺

Yellow highlight | Location: 1,548

sit on a chair.

Note: ..sort of read the rules, forms and conducts !

Yellow highlight | Location: 1,548

meditation

Note: ..thumb-nail average asymptotically 🇩🇪 etwas ausmitteln .

Yellow highlight | Location: 1,578

signs of MS,

Note: plural multiple klaerungen m. tafeln und sichtfenstern

Yellow highlight | Location: 1,585

lupus,

Note: 2xtaegl. - lupus, hopfen, malz, lallen, diverticula, deutsche blinddaerme - deutsche DIN Norm gold elektronen


Yellow highlight | Location: 1,607

lupus, rheumatoid arthritis

Note: ...tungsten₇₄  hopfen, malzen, wolfen um Helfer-Platin₇₈  toung-twist_{rs}

longpox [wir-wissen-wie Linearer-Kreis Tafel, Tisch] → Hawaii →
shortpox [Faust-Hand!! mach-die-mudda] ← Island ←

 Finger aufs Auge und schrei,, Oma “

Dauerzustand falsch ab start Exponentiell: Tafel Tisch wo? ah ha' keine Zeit?
Introducing: GUCCI X OURA
Oura - 26.05.2022 14:03
X  mach! muss! und die Eigene sichtbarkeit ist nicht gegeben!

<https://en.wikipedia.org/wiki/Juneteenth>
tea-party 'nd keep your milk mom queen, let's wedding top hi ll? up!

Yellow highlight | Location: 1,616

uveitis

Note: tl;dr: Schielen  d.h. -die-Ratio-kann-nicht- es empfiehlt sich arbeit am Tagebuch, dieses öffentlich (Augen-Koherent + eye candy)

Yellow highlight | Location: 1,669

car?

Note: ...car, cancer, or cannot !? voice !!

Yellow highlight | Location: 1,715

leg and

Note:



Yellow highlight | Location: 1,724

made to walk

Note: ...wicky wack the daily maintenance points way-all, re&ad visible



Yellow highlight | Location: 1,761

one-time 45-minute

Note:  not 15'minute 

Yellow highlight | Location: 1,761

have high blood

Note:  - sugar 

Yellow highlight | Location: 1,787

Constipated?

Note: ...constitution or body or book

7N - [https://en.wikipedia.org/wiki/Tincture_\(heraldry\)](https://en.wikipedia.org/wiki/Tincture_(heraldry))

8O ☀️ [Politur-Kreme] Theor “tincture” 🧊-Tau-Port
6C 📄 [Schmirgel-Papier] Okker “papyrus” 🏰-Pegel-Sand
1H 🧱 [Ziegel-Rot] Beige “brick” 🌱-Frisch-Naß
...Salz-SOHLE

Yellow highlight | Location: 1,793

family has

Note: 🇨🇭🇫🇷🇩🇪 heute Direkter grenzeinsatz eines Florian Rammrath...
🇩🇪 statt Litze Letztblitz, neu-deutsch “leap war” für Liebeskind

☕ meine_openSUSE_Tasse in HIBoston 2020jar und weg...
...tQM: aus denen “mach ich” Kienesen
...

Yellow highlight | Location: 1,809

to also get the benefits of

Note: GLOSS: 2^(zwei) = Übersee ist und/oder heißt Übersee = 7^(sieben)

Yellow highlight | Location: 1,841

dry air

Note: ...d.h. den ganzen Weg zurückgehen müssen, da → mangels 1H ohne Verbindung (Kontakt-Abriß)
während mit 1H anderfalls vllt. auch 3^{te} die Antwort direkt erfassen (nennen) können

vgl. -- 3Li Alkali ist von-sich-selbst aus endlos gebend, es macht absolut-keinen-Sinn d' raus Batterien
bauen zu wollen ← für 11Na Alkali wäre das verboten

Yellow highlight | Location: 1,861

not be bored in

Note:

Yellow highlight | Location: 1,865

older

Note:

Yellow highlight | Location: 1,867

at

Note:

Yellow highlight | Location: 1,925

transdermal

Note: ...Bravais lattice !! !?

https://en.wikipedia.org/wiki/Rhomboid_protease
https://en.wikipedia.org/wiki/Reciprocal_lattice
https://en.wikipedia.org/wiki/Reciprocal_pronoun

Yellow highlight | Location: 1,929

institutional

Note:

Yellow highlight | Location: 1,930

question

Note:

Yellow highlight | Location: 1,931

worthwhile.

Note: ...FFT !? !!

https://en.wikipedia.org/wiki/Slide_rule_scale
https://en.wikipedia.org/wiki/Fast_Fourier_transform

3rd party people + Cs PTBraunschweig clock quant computin'
<https://docs.google.com/spreadsheets/d/1Ep19QBWUgcZnAvrpDXPgRASXOjbpqhafJXFR3ERVBC8/edit?usp=sharing>

Quanten-Rechner hier 18. - 19. Jh. vermutl. daran gescheitert, weil man sich nicht einigen konnte wie der Produktionsprozeß auszuschauen hat, damit *nicht* jeder Dorftrottel das selber produzieren kann. Dafür 1 mit Sternchen.

Blue highlight | Location: 1,942

Day 183 – Magnesium Can Relieve Muscle Cramps

Note:

Yellow highlight | Location: 1,944

different

Note: ⁵²Tellurium... ²⁶tt₅₀ or v or 2 or w or / ⁴³Tc | ³⁴Se radar-receiver-V

#project-athena-transmitters'

https://en.wikipedia.org/wiki/Project_Athena#Educational_software
[https://en.wikipedia.org/wiki/Project_Athena_\(Intel\)](https://en.wikipedia.org/wiki/Project_Athena_(Intel))

...In August 2002, the Antiproton Decelerator at CERN
https://en.wikipedia.org/wiki/ATHENA_experiment
https://en.wikipedia.org/wiki/ATHENA_computer
...Completed in 1957, "first transistorized digital computer to be

https://en.wikipedia.org/wiki/Rosetta_Stone

[https://en.wikipedia.org/wiki/Wir_\(disambiguation\)](https://en.wikipedia.org/wiki/Wir_(disambiguation))
https://en.wikipedia.org/wiki/Wikipedia:GLAM/Wikipedian_in_Residence
https://meta.wikimedia.org/wiki/Wikimedian_in_residence
https://commons.wikimedia.org/wiki/File:Wikipedian-in-Residence_Scope_Diagram_Page_1.png

CRISP transconvertername Athene_(research_center)
[https://en.wikipedia.org/wiki/Athene_\(research_center\)](https://en.wikipedia.org/wiki/Athene_(research_center))
https://en.wikipedia.org/wiki/Center_for_Research_in_Security_and_Privacy

8:40 AM · Dec 4, 2019 · Twitter Web App
https://twitter.com/CRISP_DA
<https://twitter.com/ATHENECenter>

Yellow highlight | Location: 1,952

believe

Note: learn = { kkk run pyramid scheme (mach mit), und helfertuepen machen wir als alles erstes weg (mach mit), und helfertuepen braucht es schon mal ganz und gar nicht (mach mit), und jetzt erst recht kkk run pyramid scheme (mach mit), und wir nicht vergessen (mach mit), und auch die eigenen persoenlichen daten kriegt keiner zurueck (alleinstellungsmerkmal), und das ist auch der unterschied, wir nicht umgekehrt } = see

Yellow highlight | Location: 1,981

migraine

Note: ...mi july rainy ²⁴Cr | ²⁵Mn

Yellow highlight | Location: 1,988

anxious

Note: ...AP`O anchors hiatus booklet:since biblio:till lit-re

Yellow highlight | Location: 1,999

spray

Note: 🇩🇪 für/als Wassertropfen symbolisch-stellvertretend eine Stammzelle

Yellow highlight | Location: 2,012

processed foods

Note: ...cryptic foods, or quantum foods

DGVO <https://de.wikipedia.org/wiki/Druckgeräteverordnung>
DSGVO Département territoriale Généralité 5 Le natron ou atroun

[https://de.wikipedia.org/wiki/Dekagramm_\(Einheit\)](https://de.wikipedia.org/wiki/Dekagramm_(Einheit))
<https://de.wikipedia.org/wiki/Gottesgnadentum>

Yellow highlight | Location: 2,030

kidney disease by preventing mineral buildup in the blood vessels due to phosphate

Note: 🇩🇪 Sprachproblem – und die Umgebung macht auch nicht mit (?) Sichtlich!

Yellow highlight | Location: 2,038

limit

Note: 🚫 agitation fatigue 🏳️

[https://en.wikipedia.org/wiki/Agitation_\(dementia\)](https://en.wikipedia.org/wiki/Agitation_(dementia))
https://en.wikipedia.org/wiki/Depression_of_Alzheimer_disease
-rodeo-
[https://en.wikipedia.org/wiki/Depression_\(mood\)](https://en.wikipedia.org/wiki/Depression_(mood))
https://en.wikipedia.org/wiki/Psychomotor_agitation

Yellow highlight | Location: 2,074

If you are acidic,

Note:

Yellow highlight | Location: 2,075

aggravate acid reflux.

Note:

Yellow highlight | Location: 2,075

antacids

Note:

Yellow highlight | Location: 2,077

hydroxide or carbonate

Note: 🇩🇪 Universum aller eine Stammzelle, oder Universum aller eine Stamm-knoten-zellen (s. G-Hadern o.)

<https://www.lmu-klinikum.de/coronavirus>

Yellow highlight | Location: 2,092

activating the parasympathetic

Note:

Yellow highlight | Location: 2,093

Adequate levels of magnesium

Note: 🇺🇸 false enlarge-ment-s, not → guess what

Yellow highlight | Location: 2,100

combined

Note: [https://en.wikipedia.org/wiki/Concubine_\(disambiguation\)](https://en.wikipedia.org/wiki/Concubine_(disambiguation))
<https://en.wiktionary.org/wiki/concubine>

<https://de.wikipedia.org/wiki/Zeichenbock>
<https://de.wikipedia.org/wiki/Staffelei>
<https://de.wiktionary.org/wiki/Staffelei>
[https://de.wiktionary.org/wiki/Atelier - sstaffeleien](https://de.wiktionary.org/wiki/Atelier_-_sstaffeleien)

A concubine; a secondary female partner. = warns seconds but all; graph' rubycup.

Yellow highlight | Location: 2,134

nausea.

Note: 🇩🇪 kann Gefühlsschutt ver-ur-sachen

Yellow highlight | Location: 2,210

vasodilators

Note: ...prokrastinators...

<https://es.wikipedia.org/wiki/Esposas>
<https://es.wikipedia.org/wiki/Grilletes>

<https://en.wiktionary.org/wiki/grell>
<https://de.wiktionary.org/wiki/grell>

Yellow highlight | Location: 2,221

Staphylococcus aureus

Note:

Yellow highlight | Location: 2,221

Listeria monocytogenes

Note:

Yellow highlight | Location: 2,222

Bacillus anthracis

Note:

Yellow highlight | Location: 2,223

subtilis

Note:

Yellow highlight | Location: 2,225

Salmonella enterica

Note:

Yellow highlight | Location: 2,227

typhimurium

Note:

Yellow highlight | Location: 2,236

supplement to potentially

Note: TL;Dr: ... wer das sooo kompliziert (!) erklärt, weil-das anders nicht-zu-verstehen ist, da ist dann nix zu machen

Yellow highlight | Location: 2,281

your doctor first

Note: 🇩🇪 Turm — du hast eine Frage, und wenn diese Frage selbst am Turm niemand weis !

<https://de.wiktionary.org/wiki/weisen>

Yellow highlight | Location: 2,288

Before trying the expensive options,

Note: 🎯 mangels sehen Optionen 🇩🇪

Yellow highlight | Location: 2,335

Ulcers

Note: 🤖 compare this w/ uterus but unable to see, or guess whatch, to-ex plain

Yellow highlight | Location: 2,373

sidh makardhwaj

Note:

Yellow highlight | Location: 2,389

53 bipolar patients

Note: [TL;DR] 🇩🇪 grüne Swap-Zertifikate für AK deutsch BioFair, jetzt erst recht, vorgenanntes ist der Unterschied !? !! Vor dem Autofahren ← die Windschutzscheibe immer putzen..

Yellow highlight | Location: 2,412

by improving lower limb muscular strength and muscle memory.

Note: [OUT NOW] Hands and foots for Dummies — Supremacist Press 2 Un-/Usual Excellence

Yellow highlight | Location: 2,451

ashwagandha,

Note: [MNEMONIK] Lymphknoten 🇩🇪; Luft-zirkula-tion; Druckausgleich; Raum^{wa-hr-ung}

Yellow highlight | Location: 2,528

melatonin

Note:

Yellow highlight | Location: 2,537

obesity.

Note:

Yellow highlight | Location: 2,543

cataracts

Note: -note-
_this is salted

Yellow highlight | Location: 2,548

four sleep (very deep sleep).

Note:

Blue highlight | Location: 2,554

Day 252 – Blue Blockers May Improve Concentration

Note:

Yellow highlight | Location: 2,574

salt and fat intake. If possible, refrain from

Note: APO -vermessen statt an-gemes-sen Salz und Öhl von der Theke weg nehmen; gemäß geschwungen gekonnt Maß|Krug

Yellow highlight | Location: 2,578

tired due to lack

Note:

Yellow highlight | Location: 2,580

problems

Note:

Yellow highlight | Location: 2,581

drive

Note: BUZZ: E @ Acid Buße


Yellow highlight | Location: 2,623

You must avoid doing high-risk activities when you are sleep deprived.

Note: waybackmachine .org ready₋₁
poor attention, slow reaction, and poor decision-making⁻⁹


Yellow highlight | Location: 2,647

take vitamins

Note:  contrast a hint or sign → that to develop clear disclosure ← this for help (might differ, from Groß-Hadern, or not); once anybody knows' tooo simple to false here

Yellow highlight | Location: 2,698

wearing blue blockers

Note: ...wasted .. e e shift .. in  Germany you don't even get your own personal-data-back, communication-as-easy is not possible:

Erosion (usually represented by \ominus) is one of two fundamental operations (the other being dilation) in morphological image processing from which all other morphological operations are based.

Blue highlight | Location: 2,783

Day 280 – Breathing Fresh Air Can Reduce the Risk of Inhaling Airborne Infections

Note:



Yellow highlight | Location: 2,802

stamina in the long run.

Note:



Yellow highlight | Location: 2,804

some stretching.

Note: <https://en.wiktionary.org/wiki/Schunt>  ôffal offal carrion re-fuse 
https://en.wiktionary.org/wiki/shunt#Further_reading
[https://de.wikipedia.org/wiki/Shunt_\(Elektrotechnik\)](https://de.wikipedia.org/wiki/Shunt_(Elektrotechnik))

Yellow highlight | Location: 2,809

your home garden

Note: <https://en.wiktionary.org/wiki/Plafond>  Condor Kranich 
<https://de.wikipedia.org/w/index.php?title=Plafond&redirect=no>

Yellow highlight | Location: 2,821

air with plenty

Note:

Yellow highlight | Location: 2,828

oxygen contributes to the release of serotonin

Note: 🇩🇪Konditions|training sowie 🏊 Ausdauer-sport % fh×rt mit Bekannten oder-bzw-und Lösungsgröße

Yellow highlight | Location: 2,850

with plenty

Note:

Yellow highlight | Location: 2,850

break down the lactic acid

Note:

Yellow highlight | Location: 2,860

strenuous

Note: 🧊 strenuous — requiring or using great effort or exertion: the government made strenuous efforts to upgrade the quality of the teaching profession.

Yellow highlight | Location: 2,904

wearing certain face masks could help filter out

Note: tl;dr: does it too 'resonate ?

Yellow highlight | Location: 2,922

necessary for patients with pneumonia.

Note: https://commons.wikimedia.org/wiki/File:Cannondale_Lefty_Fork.jpg

🇩🇪luftgefederte Fahrradgabeln
de.wikipedia.org/wiki/Fahrradgabel#Luftfederung ?

Yellow highlight | Location: 2,930

live in

Note:

Yellow highlight | Location: 2,935

secondhand smoke,

Note: <https://en.wiktionary.org/wiki/yourself>

🇺🇸urbanize yourself, alphabet absey

Blue highlight | Location: 2,962

Day 302 – Meditation Can Help You Manage Stress Better

Note:

Yellow highlight | Location: 2,966

Clearing your mind can ease your stress and may help you do your job better.371

Note: 🇺🇸assume the years last three chapters (?) to discuss full bar w/ your people, and Cc sum up

https://en.wiktionary.org/wiki/sum_up
<https://en.wiktionary.org/wiki/errata>

🇬🇧upper does not work havin' no one and not neither that script reverses this acceleratin' spin (months ten already drifts-off-outer-most); visibility and comprehension ease, given all have access to any text in true, a format that even helps children to filter what, and to set an aperture for the wrong, mark Cc hardly can one solve this without contacts' better put it www open public (fake idents aren't feeds)

<https://en.wiktionary.org/wiki/aperture>
https://en.wiktionary.org/wiki/Guy_Fawkes

Yellow highlight | Location: 3,004

Meditating

Note: 🖨️ respect [t n t] room, distance, color echoes AP/2

Blue highlight | Location: 3,035

Day 311 – Meditation May Help Alleviate Chronic Pain

Note:

Yellow highlight | Location: 3,074

meditation

Note: TL;DR: reciprocate visible, does this reciprocate - at all ?

Yellow highlight | Location: 3,091

something spiritual or a past memory

Note: white-condition-red ~ un-aerob or aerob w/ capacity or duration

Yellow highlight | Location: 3,119

fibromyalgia

Note:

Note | Location: 3,119

🇩🇪Klaresichtkreislauf-Umweltzertifikatetauschwelthandel

<https://twitter.com/EVerify>

Blue highlight | Location: 3,130

Day 324 – Meditation May Increase Memory

Note:

Yellow highlight | Location: 3,143

mental

Note:

Yellow highlight | Location: 3,143

important

Note:

Yellow highlight | Location: 3,143

physical

Note:


Yellow highlight | Location: 3,155

adverse mental health sequalae.

Note: KINDLE: No results in the English (UK) dictionary 🧑🏻

Yellow highlight | Location: 3,169

you empathize more as you focus on the other person’s needs above yours.

Note:  wenn allemiteinander mehr von dir sehen, reicht bereits ein bisschen von deinem gegenueber, um trotzdem alles zu sehen: dieses - wiederum - von allen gesehen undalso entsprechend darzustellen etc. pp.

Yellow highlight | Location: 3,178

addictions cold turkey

Note:  replace the time by creating visibility - easily self descriptive - knot

Yellow highlight | Location: 3,221

real.

Note:

Yellow highlight | Location: 3,221

could still positively affect

Note:

Blue highlight | Location: 3,234

Day 333 – Affirmations May Help You Keep a Rational Mind

Note:

Yellow highlight | Location: 3,247

beating

Note: BING: sputter “to inject, spray, splash” <https://en.wiktionary.org/wiki/sputter>

Yellow highlight | Location: 3,274

have a talent in hosting or in sales.

Note: tl;dr: say in mediating and/or in resolve

Yellow highlight | Location: 3,283

bragging about them

Note:

Yellow highlight | Location: 3,284

matter how subtle.

Note: