



- Choices I'm Not Willing To Make:**
- Eliminate anything
 - Eliminate alcohol
 - Eating things I don't like
 - Spending a lot of money
 - Counting calories
 - Weighing food

- Choices I'm Willing To Make:**
- Changing diet
 - Reducing certain foods
 - Reducing alcohol
 - Nutritional counseling
 - Taking herbs
 - More exercise
 - Food portioning