起床状态不好。恶心。

有可能是手机的辐射。

马上立下列准则：

1. 晚上睡觉手机关机
2. 进入闭关修养状态，没事不开微。
3. 休养生息为主。其他事情放一下。
4. 远离电子产品的辐射
5. 不要用脑太多，以适当为准。
6. 增加运动，pick up 游泳，病好了以后。
7. 保持心情舒畅，听点舒缓的音乐。
8. 喝水
9. 避免各种恶性刺激。

Monday, July 10, 2017

Rarely traded knowing today would be a weak session.

Markets massively weaker with lots of stocks ending on the lows.

Wind is changing. Now there is a need for a major correction. Going downhill.

**Some choronology:**

Japan May 26-may31 – only beef was available. Food ingestion since here was not healthy. Garnered a lot of resentment from people there. Japan had good weather which made me relatively content by offsetting some of that food heat.

Jun 11 flight to Taiwan. This is a bad decision. Had a bad heart condition for the whole duration of the stay there. Heart started palpitate really fast. Had to run it off. Could not go outdoors to exercise as it was raining.

Once came back to Shenzhen, was overzealous in exercising, weather was humid and hot and was not conducive to health.

6.17 changed the flight to fly back earlier. Very bad time in tw this time around.

6.25. Birthday, overeating on both meals, one in Guangzhou and one is Shenzhen. Felt not good especially the seafood in SZ. This is when things started going downhill, but daily exercises continued which did not help.

6.29 Had lunch at 韩式冷面王， had too much Kimchi+ fried rice + beef, 大热, turned into a bad fever.

6.30: from this date, had various fever, cold, coughing. Part of it was from eating while looking at wechat.

7.10 woke up at 4 with a bad headache and nausea. Seemingly caused by phone on sofa -> shutting phone while sleeping.

Go into extreme low key mode to dilute any resentment which is quite high. The resentment is from everywhere. Most people end up with some level of resentment which is not good.

Overeating has been bad.

In Taipei way too much beef was eaten and this shifted the physical health towards the negative direction. Overly concentrating on watching is not good. One more week would deal more damage to physical health due to the food there.

Weather is too hot and wet here.

Need northern weather.

Retract from all sources of resentment, dilute these.

Keep distance from people to reduce level of resentment.

Too much fire has built up in the system (from the Japan era, Japan+Taiwan food was 大热)

Food and climate is conducive to health, extremely hot and humid, need to eat very 清淡 to be healthy.

Go back to the 2010 method of living. There was no wechat. Life was better.

Swimming is needed to bring body temperature down.

Some evening bike riding could be beneficial.