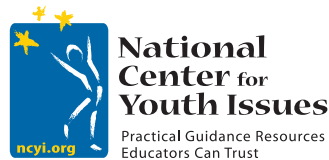


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I am a bluebird. I have strong wings and pretty blue feathers that match the sky.



**My mom always says that I'm lucky to be a bird.
She says that all birds are beautiful creatures.**



"You need to go see the Bird Doc, because your food voice is acting out. The Bird Doc can make you feel better and help you with all of your doubts. I'll always be here to talk to you and do what I can on my end. I'll help you turn your food voice into one of your very best friends!"
"I'll set a good example, through my actions and my words. Before too long, you'll figure it out, and become one healthy bird!"



My mom took me to see the Bird Doc who checked out all of my parts, even my *GIZZARD!*

I also got the name of a good food voice counselor who I've been seeing now for a while.



*"I'm finally starting to like who I am.
I like my blue feathers and my strong, wide wing span."*