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very minimal alcohol (1-2 glasses of wine in 2 weeks at most), 1 cup coffee per day, 1 diet soda in 3-4 days at most

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avoid while driving or operating heavy machinery (may cause drowsiness)

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irsquo;ll try breathing exercises, pound a huge cup of chamomile tea, or, if irsquo;m lucky enough to have one on hand, take a xanax.

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