

BodyWisdom

Health is not merely the absence of disease.
Health is a state of vitality and well-being.
Self-care is the new Health Care.

10 Tenets of Optimal Wellness:

1. Eat Whole Food and Hydrate
2. Move your Body Consciously
3. Practice Sleep Hygiene
4. Recognize Stress Perception and Mindset
5. Meditate, Breathe and Be Still Daily
6. Give and Receive Gratitude
7. Create Community and Purpose
8. Experience Fun and Joy in Nature
9. Address Trauma and Toxins
10. Seek Self-love

Yours in Vibrant Health,

Bonnie

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