

Total Health: Let's Play!

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WALK OUTSIDE BAREFOOT	EXHALE FULLY	SOAK UP THE SUN FOR A FEW MINUTES	DRINK STRUCTURED WATER	CHOOSE THE POSITIVE
EAT PLANTS	SURROUND YOURSELF WITH PLANTS	DRINK HOT HERBAL TEA OF THE SEASON	END YOUR SHOWER WITH A COLD RINSE	APPRECIATE
DO A CASTOR OIL PACK	MOVE TO THE POINT OF BREATHING DEEPLY	REST HERE, NOW	EXERT TO THE POINT OF SWEATING	GIVE THANKS
APPLE CIDER VINEGAR BEFORE A MEAL	SMELL THE FLOWERS	BURN UP JUDGMENT WITH COMPASSION	FLOW WITH LIFE (NON- RESISTANCE)	RECEIVE LOVE
GET YOUR HANDS IN THE DIRT	SMELL YOUR FOOD BEFORE EATING	IGNITE A SPARK IN A RELATION- SHIP	FLUSH FEAR WITH DELIBERATE ACTION	SPEND QUIET TIME