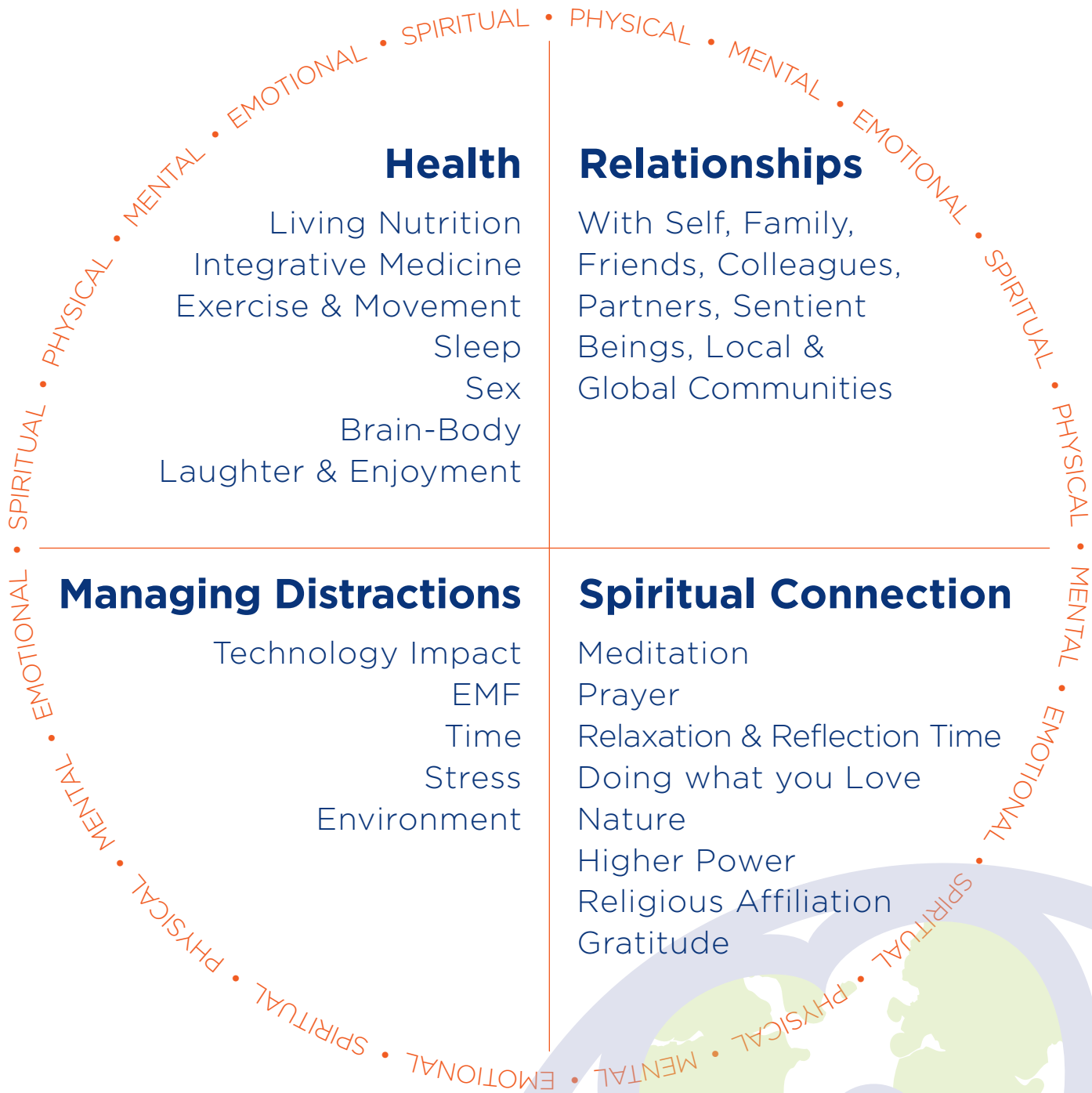




WHOLISTIC HEALTH PRACTICE PORTFOLIO



Health

Living Nutrition
Integrative Medicine
Exercise & Movement
Sleep
Sex
Brain-Body
Laughter & Enjoyment

Relationships

With Self, Family,
Friends, Colleagues,
Partners, Sentient
Beings, Local &
Global Communities

Managing Distractions

Technology Impact
EMF
Time
Stress
Environment

Spiritual Connection

Meditation
Prayer
Relaxation & Reflection Time
Doing what you Love
Nature
Higher Power
Religious Affiliation
Gratitude

