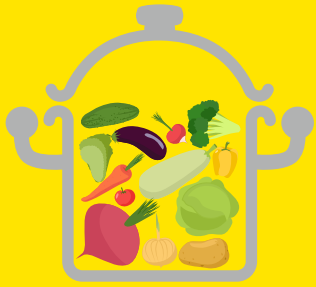


# WINTER "SELF-CARE" PLAN

KEEPING "MUMS" HEALTHY, HAPPY & BUG FREE



# 1

## NUTRITION

"Fuel" your health with the right nutrition! Avoid processed foods which challenge immune resilience.

## "INNER" MASTERY

Take back YOUR power & dissolve the physical impact of self-created stress.

# 2



# 3

## STRESS BUSTING TOOLBELT

Daily strategies to manage "life" & extinguish the past to achieve optimal physical health, resilience & potential.

## WINTER REMEDIES

Be armed with the "TOP 10 Remedies to Have on Hand" PLUS Withania for Mums...

# 4

