

Personal Health Practices

- 1.Spinal Alignment and soft tissue care**
- 2.Breathing / Air quality**
- 3.Hydration / Water quality**
- 4.Rest - Physical and Mental**
- 5.Movement / Activity (Stretching and Walking)**
- 6.Nutrition – (Whole Fresh food and Supplements)**
- 7.Meaningful Renewed Living**

The opposite of stress is not relaxation but **resilience!**

These are the **daily practices** to enhance your well-being.

