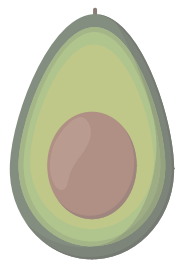


5 Basic Self Care Steps For Every Day



Mug of warm lemon water upon awakening

Drink half your weight (lbs) in ounces of water daily



Eat a whole foods diet with healthy fats and no processed foods

Swap out household and personal care products for safer ones



Move your body every day