



HOW TO BE HEALTHY

FOR BUSY MOMS

ACTIONABLE HEALTHY LIVING TIPS

STIMULATE YOUR SENSES

do relaxation and breathing techniques and try forest therapy

KEEP GOOD COMPANY

detox your social relationships and only invest in those with high value

BOOST EMOTIONAL INTELLIGENCE

learn to acknowledge, accept and control your emotions

BEAT MOM FATIGUE

know how to instantly boost energy and feel good hormones

UPGRADE SELF-CARE

fight disease and mom overwhelm with a good self-care routine

BOOST FOCUS AND MEMORY

with a high quality health and sleep routine

GO FOR CHECK-UPS

use preventive measures to improve quality of later life

AVOID TRIGGER FOODS

identify and avoid certain foods by using a food journal

SUPPLEMENT WHEN NEEDED

to improve later life and health

EAT SMART NOT LESS

and improve physical and mental health

BODY CLEANSE

detox to rid your body, gut and brain from toxins