

## This is a time for change!



Wellness is simple.

When you are invaded, the first step is to get to know your occupier. Learn about his weaknesses, habits, and needs. Through an understanding how our bodies natural defenses working and how to support them, we have better chance of ousting our body's unwelcome visitors. We need to make sure we address the risky behaviors like ingestion of chemicals that interrupt the immune system. We need to check our engines ? are all our organs healthy and functioning efficiently? Taking care of them is vital.