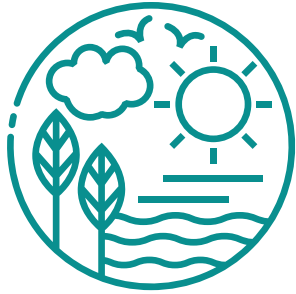




AYURVEDIC LIVER CLEANSE

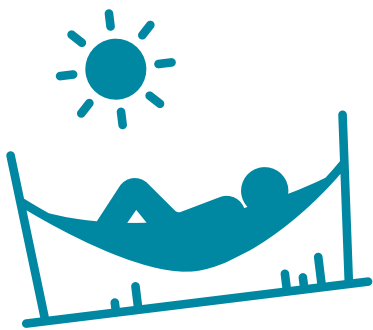
Supporting Your Attitude Adjustment



PRIORITIZE TIME IN NATURE

Take regular breaks from screen usage

REDUCE ↓



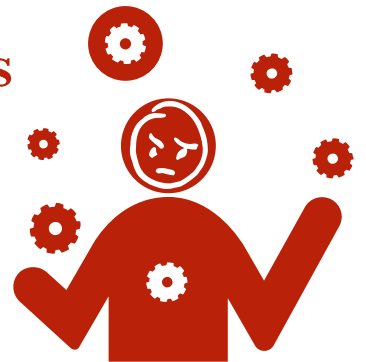
Make time for relaxation

RUSH LESS OFTEN



Invest in Self-Care

Juggle Fewer Balls



SMILE, HAVE FUN
PRACTICE GRATITUDE

Impatience,
Criticism,
Frustration...
Let It Go



↑ FAVOUR