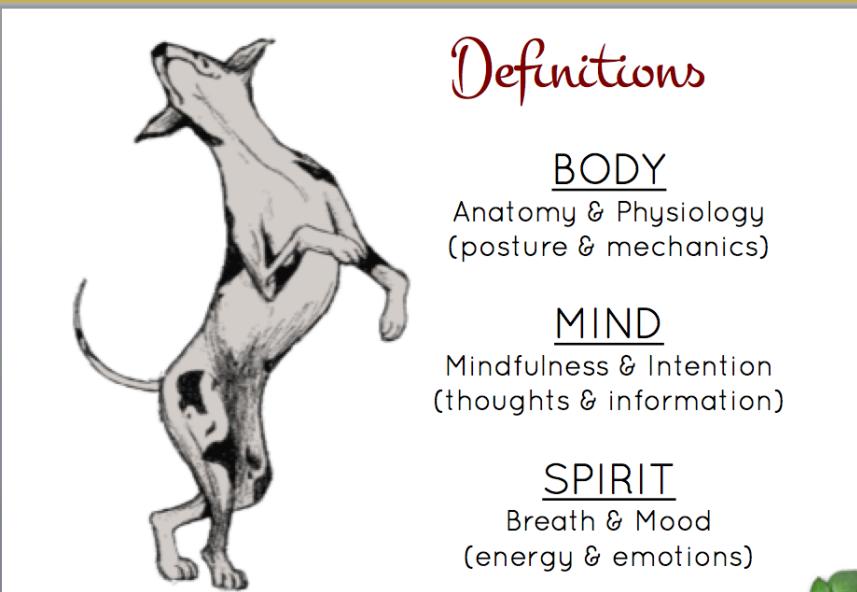


# The Science of Body-Mind-Spirit

## INTRODUCTION: DEFINITIONS & SCIENCE



**BODY**

**MIND**

**SPIRIT**



**TeriLeigh**

WELLNESS EDUCATION CENTER

[www.terileigh.com](http://www.terileigh.com) • [teri@terileigh.com](mailto:teri@terileigh.com)



# Science



## BODY

### BIOLOGY

of bones, muscles, blood, & breath

## MIND

### NEUROLOGY

of your brain, spinal cord, and nerves

## SPIRIT

### CHEMISTRY

of hormones, pheromones, moods & emotions

BODY

MIND

SPIRIT



**TeriLeigh**

WELLNESS EDUCATION CENTER

[www.terileigh.com](http://www.terileigh.com) • [teri@terileigh.com](mailto:teri@terileigh.com)

