

Mindd Foundation Top Tips For Overall Health

- Eat real food
- Oxygenate your blood
- Keep your blood alkaline
- Break a sweat every day
- Maintain digestive health
- Eliminate toxins from your body
- Use non-toxic personal care, cleaning & garden products
- Promote healthy energy flow throughout all organ systems
- Keep your body hydrated with filtered and mineralised water
- Balance your sympathetic and parasympathetic nervous systems
- Visit a health professional who treats core cause, practices complementary medicine, refers out for integrative care

Visit www.mindd.org for further explanation