



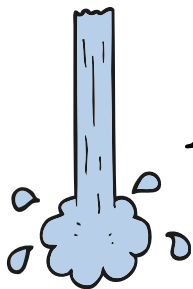
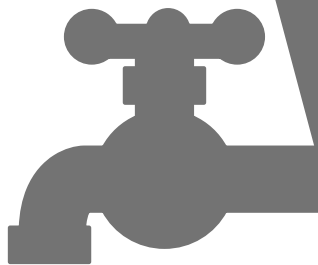
Stress Bucket

WILL YOU TAKE ACTION?



Stressors

- Environmental toxins
- Chronic disease & pain
- Nutrient deficiencies
- Life stress
- Medications
- Alcohol
- Dietary toxins
- Physical activity



Anti-Inflammatory Nutrition

- Burn fat for fuel
- Optimise nutrient intake
- Omega-6 to omega-3 ratio



Inflammatory Symptoms

- Weight gain
- Low energy
- Headaches
- Pain
- Digestive upset
- Skin issues
- Irritability & anxiety
- Sleep difficulties
- Mouth breathing

