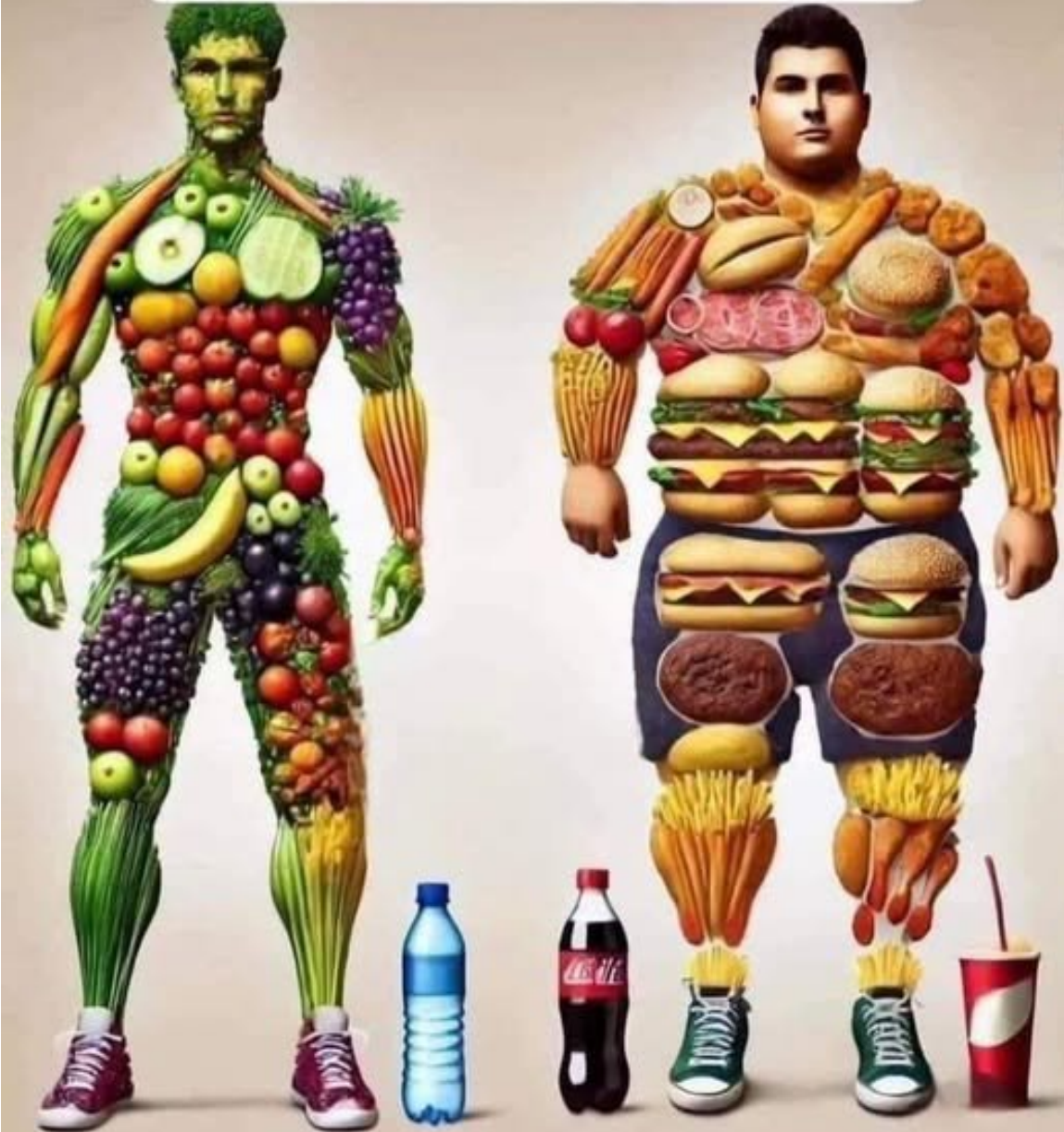


This is about >>> our **HEALTH & WELLNESS**



**YOU ARE WHAT YOU EAT!**





**YES, WE ARE WHAT WE EAT**





Mark Hyman, M.D. •  
@drmarkhyman

What you choose to eat every day is the single most important thing you can do to create health, spread social justice, repair the environment, and reverse climate change.

**Yes, C.H.A.N.G.I.N.G old habits IS often very, very difficult - but, IF we truly wish to - spend far less \$\$ - and live a much Healthier, Happier life - we MUST do our 'best' to:**



**Instead ... cut down on the SALT & SWEETS ... do more EXERCISE ... and go for Healthier, WHOLE FOOD, PLANT-BASED NUTRITION, ORGANIC SUPPLEMENTS, etc.**

