



IWKI

SRSIETWBERAR

EGPRSA



EPPAPINEL

GNEOAMS



HICERSRE

EERUESIRBLB

YPAAPA



UVAGA

ERPSBARIRES

LCABBIERRSEK

EPSLPA

MAENGPOARET

MNLEO



LCPNUTAEOA

SGAOENR



**8 NATURAL  
REMEDIES**

# 8 NATURAL REMEDIES

**JCE GRAPHIC SERVICES**  
**331.215.6523**

NUTR	EXER	WAT	SUNL	TEMPE	AI	RE	TRUST IN DIVINE POWER
 <p>Nourish your balanced, <b>p diet</b>, rich vegetab whole</p>	 <p>Maintain h increase vita <b>regular phy:</b></p>	 <p>Stay hydrate using <b>wa</b> interna exteri</p>	 <p>Take advan benefits of including its the prod vitan</p>	 <p>Practice <b>mo</b> and <b>abstain f</b> substances suc tobacco, al</p>	 <p>Breathe fres <b>air</b> to sust and well</p>	 <p>Prioritize adv including re and the pr <b>Sabbat</b></p>	 <p>Promote mental health through <b>faith in God</b> and the psychological and spiritual benefits it provides.</p>
							



IWKI

KIWI

SRSIETWBERAR

STRAWBERRIES

EGPRSA

GRAPES

EPPAPINEL

PINEAPPLE

GNEOAMS

MANGOES

HICERSRE

CHERRIES

EERUESIRBLB

BLUEBERRIES

YPAAPA

PAPAYA

UVAGA

GUAVA

ERPSBARIRES

RASPBERRIES

LCABBIERRSEK

BLACKBERRIES

EPSLPA

APPLES

MAENGPOARET

POMEGRANATE

MNLEO

LEMON

LCPNUTAEOA

CANTALOUPE

SGAOENR

ORANGES

