

Instead of..

..Try

Tylenol/Motrin/Ibuprofen



Peppermint
Wintergreen

Off Bug Repellant



Lemon Eucalyptus
Citronella
Lemongrass

Unhealthy Means of
Managing Stress



Lemon
Bergamot
Lavender
Ylang Ylang

#fearfullyandwonderfullyhealthy





I praise you because I am fearfully and
wonderfully made; your works are wonderful.

I know that full well.

Psalm 134:14

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