

What is Healing

1

---

---

---

---

---


---

---

---

Building Immunity in the Summer

- Increasing digestion
- Improving circulation
- Enhancing your mental statis
- Acid/alkaline balance
- Fasting/cleansing



2

---

---

---

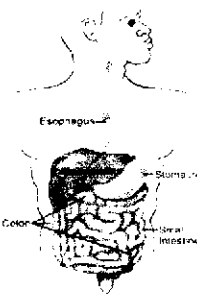
---

---

---

---

---



Digestion

- Why is digestion important?
- an increase in body temperature increases metabolic rate and may increase rates of digestive processes.

3

---

---

---

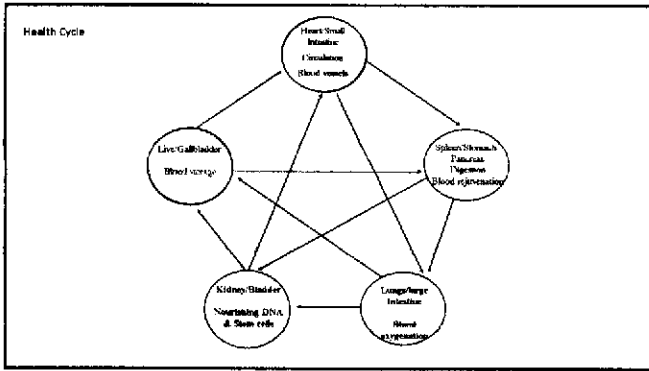
---

---

---

---

---



10

---

---

---

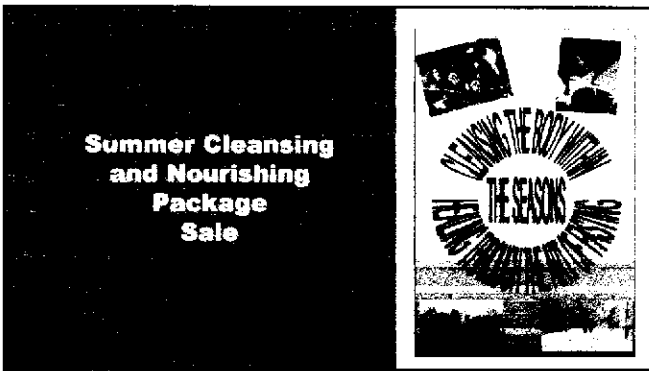
---

---

---

---

---



11

---

---

---

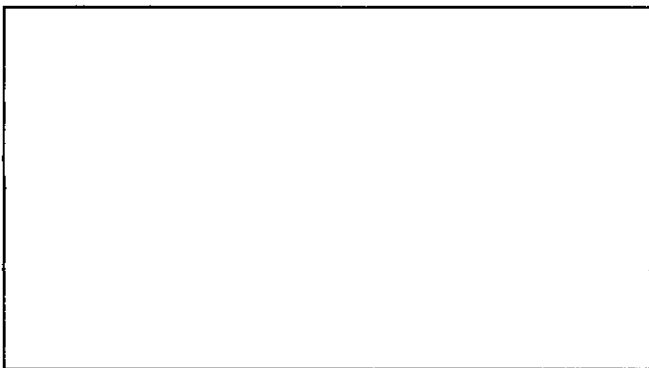
---

---

---

---

---



12

---

---

---

---

---

---

---

---