PhilipMorphew *Wellness*

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HEALTHY NERVOUS SYSTEM
Regular Sessions of
Chiropractic Wellness Care

Mind Clarity
Positive inner conversations & mental picture

Positive Role Models
look for the good in your life

Feel good about yourself
Don't hang on to emotional stuff

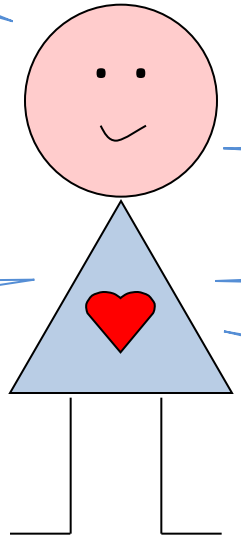
Regular Exercise
Walk more often

Attitude
Make good choices

Consistent Water intake
1 -2 litres/ day

Clean Healthy Food
Balanced Intake

Quality Sleep
6-8 hours



Sustainable Energy

Vitality & Wellbeing

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