

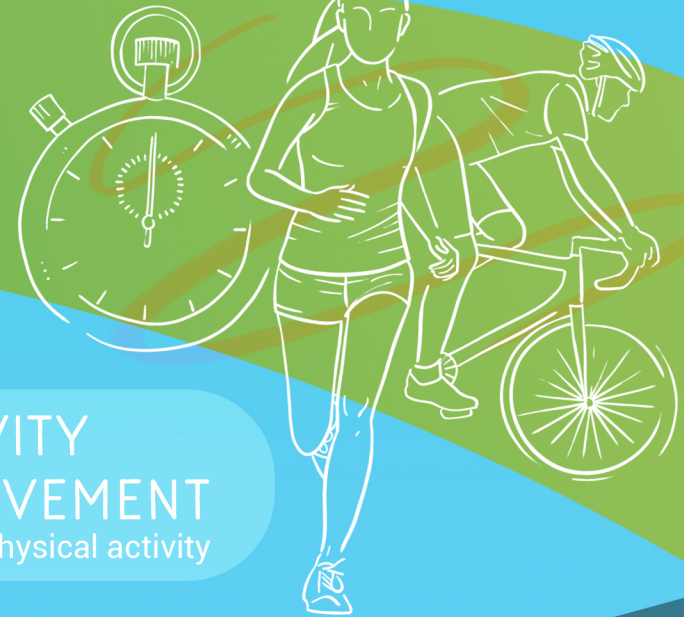
PREVENTION

Click items for further information



DIET ¹ ²

- LCHF / Ketogenic diet
- Anti-inflammatory diet
- ANH Food4Health guidelines



ACTIVITY & MOVEMENT

Regular physical activity

REST & RELAXATION

MINDFULNESS/SLEEP

Stress transformation



TOXIN REDUCTION

e.g. giving up smoking,
reducing alcohol intake, clean air,
safe personal care products



EMR MANAGEMENT

