

Winter Newsletter



Morning mindfulness: 5 steps to create a healthier routine

Every day is a fresh start. A fresh start at health, happiness, a new outlook and new opportunities. The best time to put yourself on the right track is the moment you wake up. Looking to jumpstart healthier routines in 2021? Give these five morning mindfulness tips a try.

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Understanding the relationship between our food and our gut

We've all heard the saying, "You are what you eat." But when you're feeling "off" or not your best, do you reflect on food first? Researchers have linked poor gut health to inflammation, increased risk of disease, effects on mood and more. That's why it's so important to get to know the relationship between the food you eat and the effects on your body.

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