



HOLISTIC HEALTH

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Comprehensive health or holistic health is a lifestyle that allows human beings to be more aware of themselves and their environment. It is the balance achieved between physical, emotional, mental, social, and spiritual well-being. Start practicing it by adopting some or all the following principles, so you can develop a healthier lifestyle.

- Give yourself a few minutes of silence to connect with the divine and with yourself.
- Enjoy healthy eating. Include foods from all groups in your meals, especially fresh fruits, and vegetables at least 3 times a day.
- Recharge your batteries through a restful sleep of 6-8 hours.
- Hydrate your body by drinking 6 to 8 glasses of water daily. In this way you activate the internal organs.
- Live in the present moment, smile, and flow with the life and nature.
- Get 30 minutes of physical activity every day. Some examples: walking, jogging, swimming, dancing, among others.
- Respect, the fundamental principle from which acceptance, tolerance, inclusion, and love arise. Its absence represses the human being, preventing it from reaching a positive and full state of mind.

Enjoy the little moments of life honestly and in harmony with everyone and with yourself. Identify your strengths and weaknesses. Incorporate small changes: in food, routine, and thoughts. Holistic health incorporates body, soul, and spirit; in healthy union and harmony with the prevention of the challenges that life presents us. We want you healthy, take care.