

Do you ever feel like your body is a warzone?



flow

And, not in a "I've got the flu"
kind of way either.



More like it never feels fully
at peace.

And your brain is battle ground
zero.







Suddenly, you've lost your appetite.

(Even though your stomach is crying
out for food.)



You think it's
under complete
control, that
you're just trying
to be "healthy,"
but before
you know it
it's taken over
your life.



You're starting to wither.





You can't truly care for yourself
without giving yourself what you
need to grow.

Your body will thank you, and
the battlefield will start to clear.

It's not
an easy
journey,



but it's
worth caring
for the one
body you've got.