

Love Your Self Better

Drink more pure **WATER**

- Drink at least one litre before eating or drinking breakfast
- Sip generously (but do not scull)
- Only body temperature, not chilled
- Pure water, not tap water

Eat more **FAT**

- Essential ingredient for hormones, happy brain function and nervous system
- Use high-quality saturated fats, preferably solid at room temperature: butter, eggs, fish, seeds and nuts

Get plenty of **SUNSHINE**

- Allows Vit D3 to be made in fat cells under your skin
- Vit D3 is essential for life
- As a happiness vitamin it assists your immune system
- Vit D3 is a building block of all hormones

BLEED Safely

- Women need to bleed
- Use safe intimate care products
- Let it flow
- Don't block it with moon cups or tampons

Love your self better...
Enjoy being in your body.