

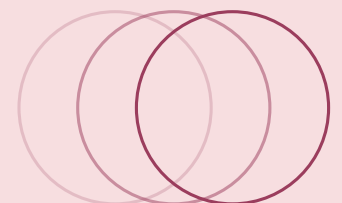


Be willing to take the first step, no matter how small it is. Concentrate on the fact that you are willing to learn. Absolute miracles will happen.

-Louise Hay-

Ways to Love Yourself

- Stop criticizing yourself.
- Stop scaring yourself.
- Be gentle, kind, & patient with yourself.
- Learn to be kind to our minds.
- Praise yourself.
- Support yourself.
- Love your negatives.
- Take care of your body.
- Love yourself NOW.



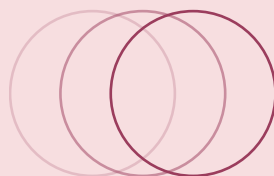


Tips & Tricks about Vitamins



METHYLATION & VITAMIN B

- **Methylation** is the conversion of nutrients into their bioactive forms (done in the body).
 - The inability of your body to convert creates deficiencies in nutrients to be used by the body, which in turn **causes ILLNESS**.
 - The inability of your body to convert the nutrients is due to a **GENETIC MUTATION**.
 - **50 % of the population has this GENETIC Mutation.**
 - Methylation plays a role in many processes within our body, including **cardiovascular conditions, insulin resistance, brain disorders, and much more.**





Tips & Tricks about Vitamins



METHYLATION & VITAMIN B'S

There are **5 types genetic mutations** affecting the methylation process in the body. Some examples are:

Anxiety

ADD or ADHD

Post-Partum Depression

Depression

Allergies

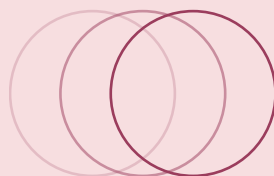
Fibromyalgia

Rheumatoid Arthritis

Contact Dawne at the Healing Center

306-290-1705

Love
Yourself



HEALING SELF



Self Care IDEAS

INTRINSIC LOTUS' CALENDAR OF EVENTS

DECEMBER

- DECEMBER 4: HEALTH FAIR AT SIGA -CLOSED 10:00-4:00 PM
DECEMBER 7: ENERGY MEDICINE YOGA 7:00 PM
DECEMBER 10: SPIRITUAL HEALER 10:00-4:30 PM
DECEMBER 13: BREATHWORK 7:00 PM
DECEMBER 14: ENERGY MEDICINE YOGA 7:00 PM
DECEMBER 17: SPIRITUAL HEALER 10:00-4:30 PM
DECEMBER 21: ENERGY MEDICINE YOGA 7:00 PM
DECEMBER 23-28: INTRINSIC LOTUS CLOSED
DECEMBER 29: WORKSHOP WITH TEA 7:30 PM
DECEMBER 30/23 - JAN 1/24 INCLUSIVE CLOSED

BACK ON JANUARY 2ND!!

Treat
Yourself

WWW.INTRINSICLOTUS.CA

BALANCE

