

# WHAT IS NATURAL LIVING

Natural Living is all about learning how to relax and embrace all of God's creation.

Implementation takes baby steps. Each and every step can make a huge difference in your life. Take control, naturally

**Find Out What Works For Your Body**

**Read Food Labels/Pick Your Own**

**Detox Your Home**

**Add Lots Of Raw Veggies**

**Incorporate Herbals & Essential Oils**

**Learn About Food Combining**

**Exercise, Take Care Of Your Temple**

**PICK ONE THING  
AND  
START TODAY!**

**Education is Key**



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