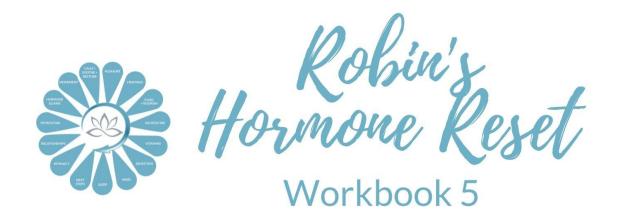
Robin's Hormone Reset Workbook Day 5





Digestion

"The health of your digestion is central to the health of your entire body and mind. All disease begins in the gut, and conversely most all disease can be healed in the gut." - partially by Hippocrates

*	I am reading My New Health Statement every day YES!
*	I PROMISE to put my feet up for at least 10 minutes every day to slow down
	and restore YES!
*	Digestion begins in the
*	The alkalinity of each part of my digestion is:
	Mouth Stomach
	Small Intestine Colon
*	How many bowels movements are healthy every day?

	e are signs	I need to	address	my diges	tion asap:
Robir	n's Top Tips	s for Heal	lthv Diaes	stion:	
		,	, = .900		
Actio	n Steps - I	can't wai	t to begir	n!:	
1					
2					