

## Life is Your Best Medicine



### Tieraona Low Dog, MD

Chair: US Pharmacopeia Dietary Supplement Admissions, Evaluation and Labeling Expert Committee

Clinical Assoc. Professor of Medicine  
University of Arizona (retired)

Guiding Teacher: NY Zen Center Fellowship in  
Contemplative Medicine

National Geographic's  
*Life Is Your Best Medicine*  
*Healthy At Home*  
*Fortify Your Life*  
*Guide to Medicinal Herbs*

[www.DrLowDog.com](http://www.DrLowDog.com)

*Tieraona Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

1

“When we are born, we are set upon a path and that path is our medicine road.

All the choices we make along the way affect our thoughts, our relationships, our health, and the world around us.”

*Grandma Jo*



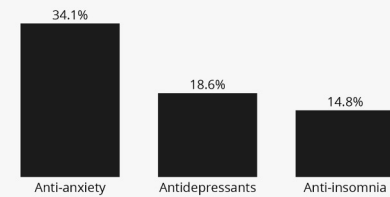
*Tieraona Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

2

### Mental Health Prescriptions Spike Amid Pandemic Fears

Increase in weekly prescriptions for anti-anxiety, anti-insomnia and antidepressant medications in the U.S.\*



\* Figures show the increase in prescriptions for the week ended March 16 over the week ended February 15, 2020. Based on an analysis of prescription claims among a sample of more than 31.5 million commercially insured individuals.  
Source: Express Scripts



statista

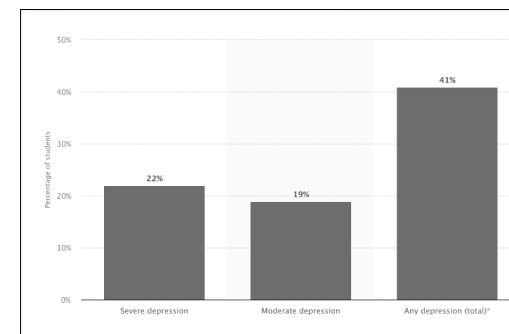
During this pandemic, increased use of anxiolytics, antidepressants, and sleeping agents started early and has shown little signs of slowing.

*Tieraona Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

3

### Percent of College Students with Depression, 2021

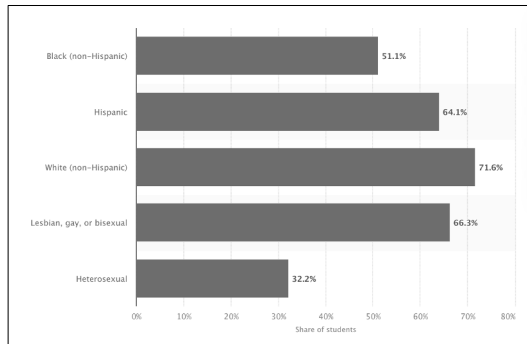


*Tieraona Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

4

*Percent of US High School Students Who Felt Sad or Hopeless in 2019*



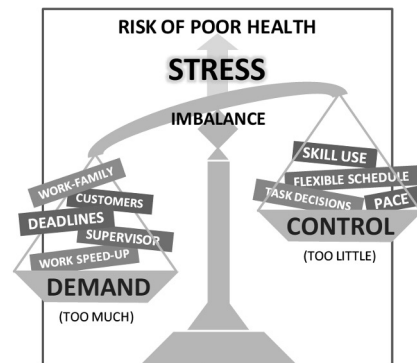
*Vickianna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC.  
All Rights Reserved.

5



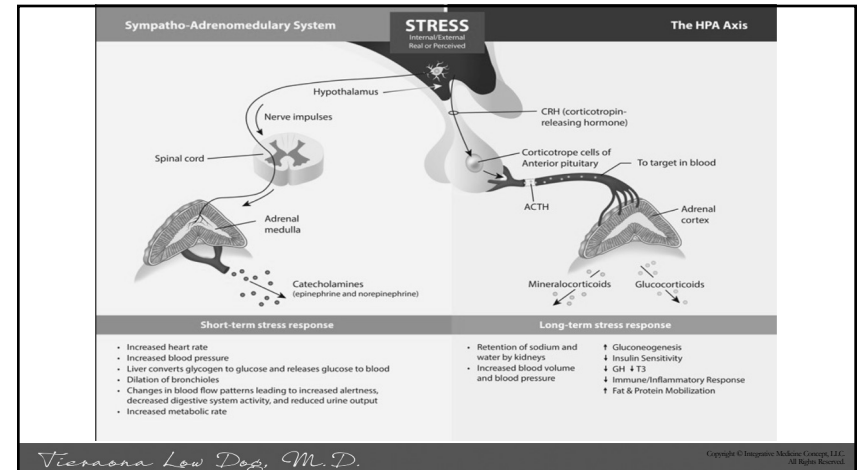
6



*Vickianna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC.  
All Rights Reserved.

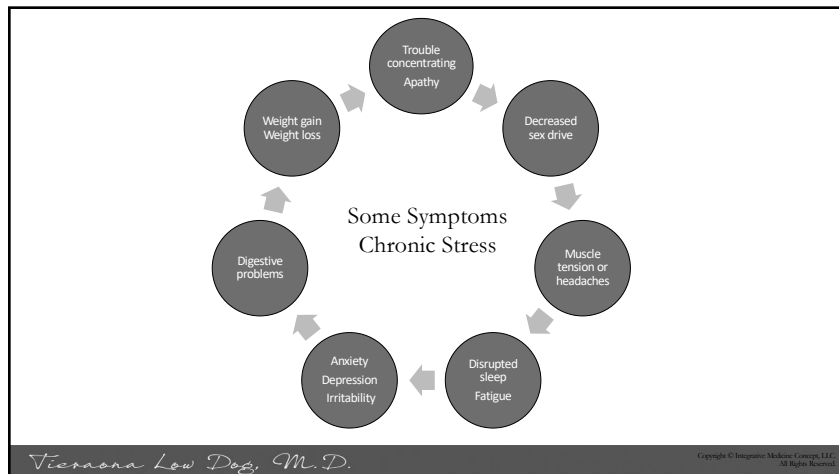
7



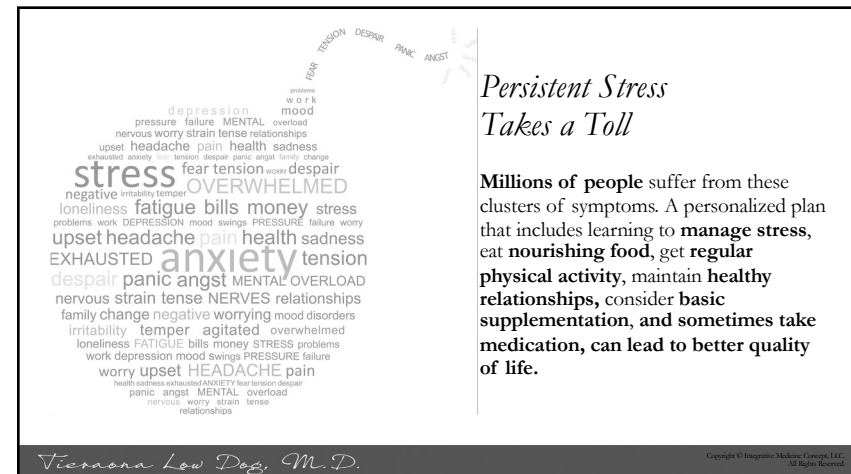
*Vickianna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC.  
All Rights Reserved.

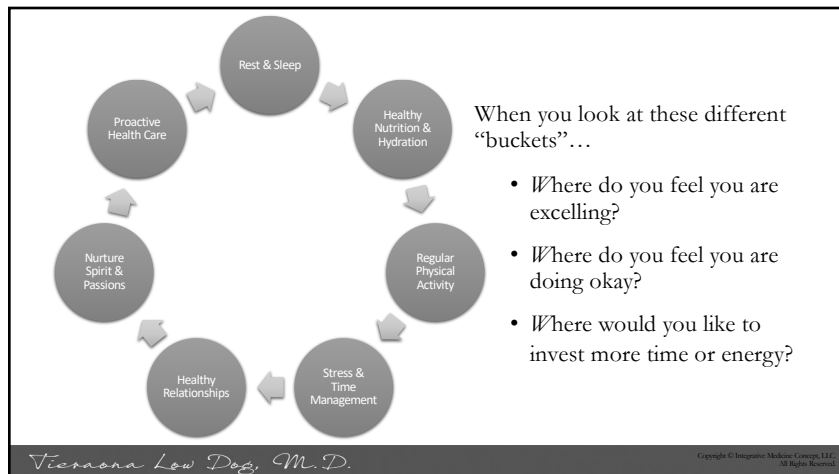
8



9



10



11



12



by The King

Victoria Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

13



14

### *Mood Effects Food Choice and Vice Versa*

- **How we feel affects what we eat and what we eat affects the way we feel.**
- Drinking **sweetened beverages** and eating **more refined foods** associated with an **increased risk of depression** in longitudinal studies.
- Women's Health Initiative (n = 87,618 women): Women with a higher intake of **dairy products, fiber, fruit** (not juice), and **vegetables** had significantly **LOWER odds of depression**; women with higher **refined grain** consumption had **INCREASED odds of depression**.



Gangwisch JE, et al. High Glycemic Index Diet as a Risk Factor for Depression: Analyses From the Women's Health Initiative. *Am J Clin Nutr* 2015 Aug;102(2):454-63.  
 Alkumari WA, et al. Food and Mood: the Correspondence Effect *Curr Nutr Rep* 2020 Sep;9(3):296-308.

Victoria Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

15

### *Glycemic Load & Mood*

- **82 healthy weight or healthy overweight or obese, adults** enrolled in 28 day randomized, crossover-controlled feeding study.
- Compared to low GL diet, a **high GL diet** resulted in:
  - 38% higher score for **depressive symptoms** (P = 0.002)
  - 55% higher score for **total mood disorder** (P = 0.05)
  - 26% higher score for **fatigue/inertia** (P = 0.04)



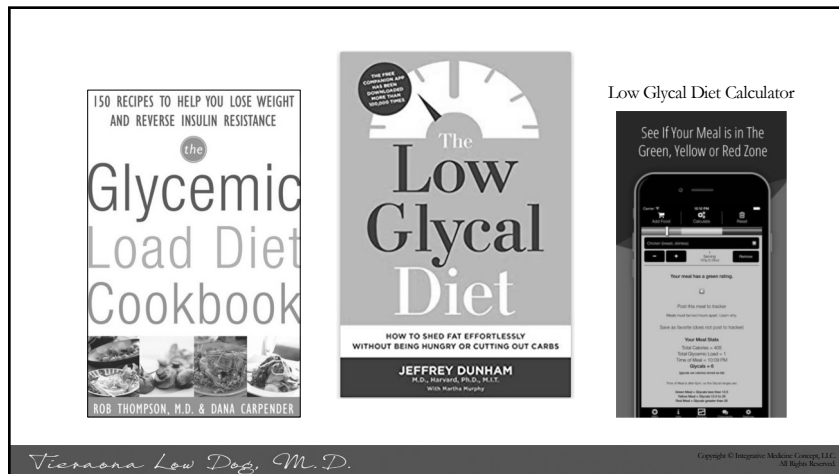
Breymeyer KL, et al. *Appetite* 2016; Dec 1;107:253-259.

Victoria Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

16





17

## Human Microbiome Project

- **Massive NIH research initiative** cataloging microorganisms living in and on our body starting in 2007.
- Led to *rapidly growing appreciation* for **incredible and diverse impact** these organisms have **on our health and well-being**.
- Gut bacteria produce **vitamins**, break down food; their presence or absence linked to **obesity, inflammatory bowel disease, IBS, anxiety, depression, food allergies, neuroinflammation, GI infections, HTN, diabetes, metabolic syndrome, and more**.
- **Our resiliency**, our ability to **RECOVER QUICKLY FROM STRESSORS**, may be a function of which *bacteria inhabit or don't inhabit our gut*.

Victoria Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

18

## Enteric Nervous System: *The Second Brain*

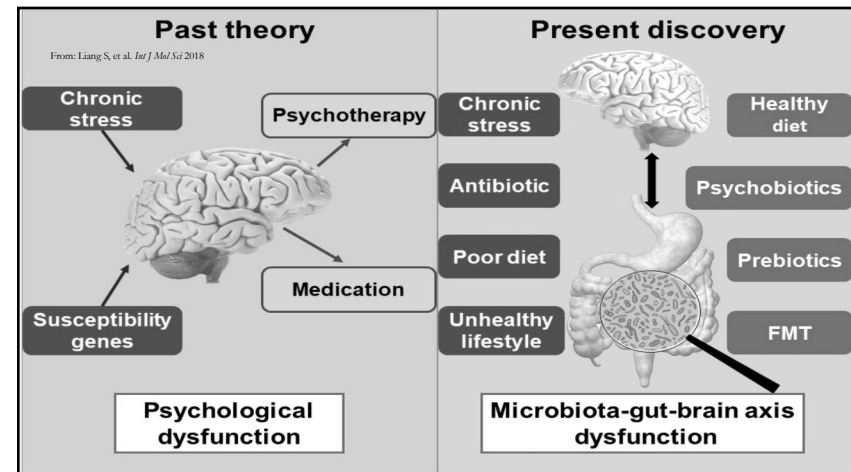
The image shows the cover of the journal "monitor on psychology" with the headline "THE MIND-GUT CONNECTION: Evidence is mounting that microorganisms in the gut affect mental health".

- **100 million nerve cells** from esophagus to rectum: **controls digestion** and propulsion through GI tract.
- Gut bacteria produce neurotransmitters: **dopamine, serotonin, norepinephrine, GABA, acetylcholine, melatonin**; critical for mood, sleep, anxiety, concentration, reward, and motivation.
- Serotonin is associated with **depression and happiness**—*90% is made in GI tract*, not the brain.
- Gut microbiota can **change how** our brains react to events/stressors.

Victoria Low Dog, M.D.

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

19



20



21

## Two Bugs Noticeably Absent

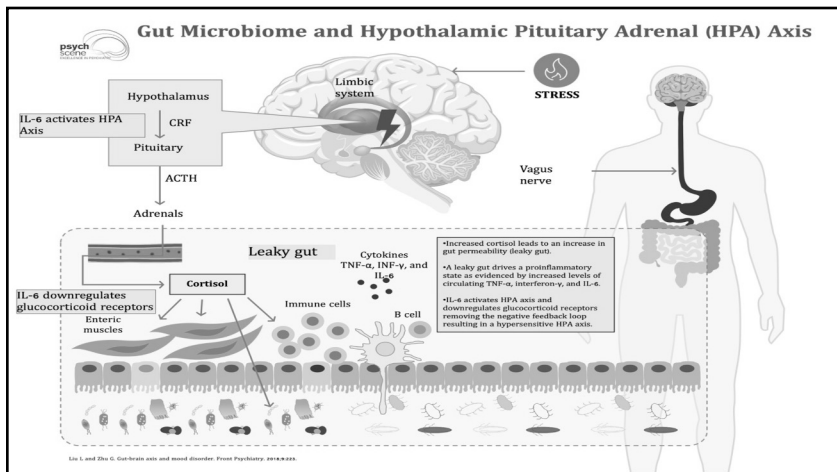
- **Flemish Gut Flora Project (1054 healthy adults):** 173 diagnosed with depression or poor quality-of-life intake; research team compared their microbiomes with those of other participants.
- **Two kinds of microbes, *Coprococcus* and *Dialister*, missing from microbiomes of depressed subjects,** but not those with a high quality of life. Findings true, even after age, sex, or antidepressant use, all of which influence the microbiome, were accounted for.
- **1064 Dutch people:** researchers found **same two species missing** among those who were depressed but not in those with high quality of life.
- *Intriguing...*

Valles-Colomer M, et al. The neuroactive potential of the human gut microbiota in quality of life and depression. *Nature Microbiology* 2019; 4: 623–632

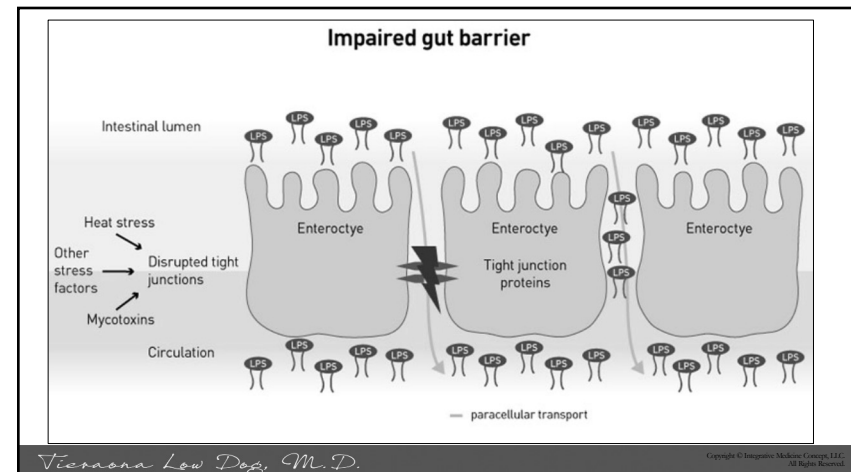
*Vianna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

22



23



24

Periodontium    Barrier breach    Circulation    Systemic spread    Distal sites

Severe periodontitis affects 743 million people worldwide.

Bacteria can enter bloodstream and translocate to extra-oral tissue: **lung, heart, gut, placenta, brain inflamed joints, etc.** Study found **100%** of patients with CVD had *P. gingivalis* arterial colonization, found in brains of those with AD.

From: Konkel JE, et al. Distal Consequences of Oral Inflammation *Front. Immunol* 2019; <https://doi.org/10.3389/fimmu.2019.01403>

*Vicenna Low Dog, M.D.*

25

Sugar (fructose) intake    Altered pH    Probiotic intake

Excessive protein consumption    Dietary fibre intake

Saturated fatty acid intake    Proton pump inhibitors, antibiotics

SCFA production    TMAO production    TMA production    T1PS production

Increased CVD risk    Gut inflammation    Insulin resistance    Reduced risk of some infections

Cognitive decline?    Increased risk of diarrhoea

Improved lipid metabolism    Low gut inflammation    Insulin sensitivity

Disease    Health

From: Valdes AM, et al. Role of gut microbiota in nutrition and health. *British Medical Journal* 2018;361:2179

*Vicenna Low Dog, M.D.*

26

## Probiotics

- Live microorganisms when administered in adequate amounts confer a *health benefit to the host*.
- Probiotics support the immune response via enhanced phagocytic capacity and activity, stimulation of specific immunoglobulins, and maintenance of *intestinal barrier function*.

Arunachalam K, Gill HS, Chandra RK. Enhancement of natural immune function by dietary consumption of *Bifidobacterium lactis* (HN019). *Eur J Clin Nutr*. (2000) 54:263–7.

*Vicenna Low Dog, M.D.*

27

## Probiotics Quiet the Brain

- UCLA study: **women** with no GI or psychiatric problems randomly assigned to one of **three groups for four weeks**:
  - Fermented milk (yogurt) with **5 strains of probiotics** twice daily
  - Non-fermented milk product (control group) twice daily
  - No intervention group
- Researchers did **functional brain MRI before and after** intervention to look for brain changes in response to an emotional attention task.
- Group consuming fermented milk had calmer brains during emotional task.** Other groups showed opposite trend, **more brain hyperactivity**.
- Look for probiotic blends of *Lactobacillus* and *Bifidobacterium*.

Tillich K, et al. Consumption of fermented milk product with probiotic modulates brain activity. *Gastroenterology* 2013; 144(7), 1394–1401.e14014.

*Vicenna Low Dog, M.D.*

28

## Eat MORE fiber, Eat LESS sugar



- Low fiber, high sugar diets *reduce Bifidobacterium* and **degrade barrier function**, key part of *innate immunity*.
- Loss of barrier function increases **inflammation, neuroinflammation, depression and anxiety.**
- Adequate Intake Fiber:
  - 38 g/d men, 26 g/d women

Bibbo S, et al. *Eur Rev Med Pharmacol Sci* 2016; Nov;20(22):4742-4749.  
 Weigh CAM, et al. *Expert Rev Gastroenterol Hepatol* 2017 Nov;11(11):1031-1045.  
 Young RP, et al. *Am J Respir Cell Mol Biol* 2016;54:161-169.  
 Kanno S, et al. *Adv Nutr* 2012; 3(1): 47-53.

*Vicanna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC.  
 All Rights Reserved.

29

Fruits	Serving size	Total fiber (grams)*
Raspberries	1 cup	8.0
Pear	1 medium	5.5
Apple, with skin	1 medium	4.5
Banana	1 medium	3.0
Orange	1 medium	3.0
Strawberries	1 cup	3.0

Vegetables	Serving size	Total fiber (grams)*
Green peas, boiled	1 cup	9.0
Broccoli, boiled	1 cup chopped	5.0
Turnip greens, boiled	1 cup	5.0
Brussels sprouts, boiled	1 cup	4.0
Potato, with skin, baked	1 medium	4.0
Sweet corn, boiled	1 cup	3.5
Cauliflower, raw	1 cup chopped	2.0
Carrot, raw	1 medium	1.5

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>

*Vicanna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC.  
 All Rights Reserved.

30

Grains	Serving size	Total fiber (grams)*
Spaghetti, whole-wheat, cooked	1 cup	6.0
Barley, pearled, cooked	1 cup	6.0
Bran flakes	3/4 cup	5.5
Quinoa, cooked	1 cup	5.0
Oat bran muffin	1 medium	5.0
Oatmeal, instant, cooked	1 cup	5.0
Popcorn, air-popped	3 cups	3.5
Brown rice, cooked	1 cup	3.5
Bread, whole-wheat	1 slice	2.0

Legumes, nuts and seeds	Serving size	Total fiber (grams)*
Split peas, boiled	1 cup	16.0
Lentils, boiled	1 cup	15.5
Black beans, boiled	1 cup	15.0
Baked beans, canned	1 cup	10.0
Chia seeds	1 ounce	10.0
Almonds	1 ounce (23 nuts)	3.5
Pistachios	1 ounce (49 nuts)	3.0
Sunflower kernels	1 ounce	3.0

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/high-fiber-foods/art-20050948>

*Vicanna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC.  
 All Rights Reserved.

31

## Beverages

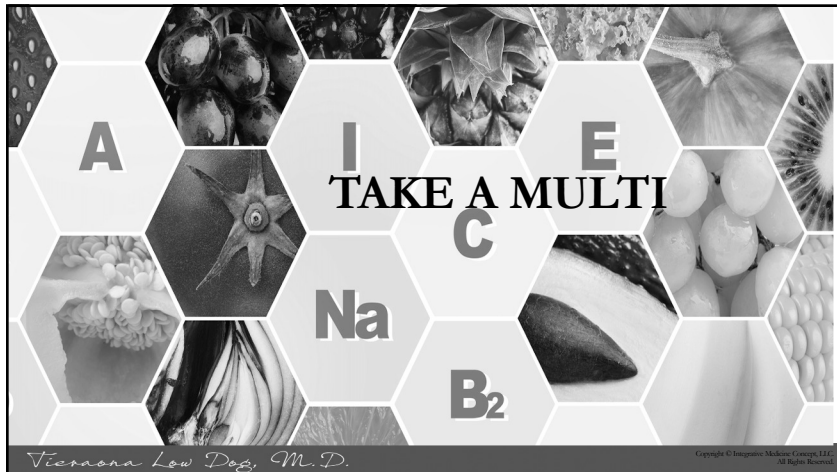
- Your primary beverage of **HYDRATION** should be **water**.
  - Add fruit, cucumbers, mint leaves
  - Make your own “bubbly”
- **Coffee and tea** are fine (3–4 cups/d). Watch caffeine if *sensitive* to its effects.
- **Herbal tisanes** lovely addition for an afternoon or evening beverage
  - *Traditional Medicinals* and *Yogi* have many excellent offerings
- **Alcohol:** limit 1 serving/d if you drink



*Vicanna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC.  
 All Rights Reserved.


32



33

### *Real State of Our Nutrition*

- **90 million** Americans are **vitamin D** deficient (using the Endocrine Society guidelines  $< 20\text{ng/mL}$ )
- **30 million** are **deficient in vitamin B6**
- **18 million** people have **B12 deficiency**
- **16 million** have **scurvy** (by serum levels)
- 13% of Latinas and 16% of African American women (ages 12–49) are **iron deficient**
- **Women 25–39** overall have **borderline iodine insufficiency**




CDC: 2<sup>nd</sup> National Report on the Biochemical Indicators of Diet and Nutrition in the U.S. population

*Vickianna Low Dog, M.D.* Copyright Medicine Lodge Ranch, LLC  
All rights reserved.

34

### Exercise & Health

- **80 million** Americans 6 years and older are **entirely inactive**.
- Relationship between physical activity and **cardiovascular, metabolic, neurological, immunological and bone health** well-established.
- **Shown to reduce the harmful effects of stressors** when performed at moderate intensities.
- Meta-analysis of **398 studies** consistently shows exercise benefits **mood, depression and anxiety**.




Deslandes, et al. *Neuropsychobiology* 2009; 59(4):191-8  
Rebar AL, et al. *Health Psychol Rev* 2015; Mar 5:1-78

*Vickianna Low Dog, M.D.* Copyright © Integrative Medicine Concepts, LLC.  
All Rights Reserved.

35

### *To Sleep is to Heal*



1. Make your bedroom **dark, quiet, and cool**. Invest in **good mattress and pillows**.
2. Turn off **TV, computers, tablets, and smart phones** 1 hour before bedtime.
3. **Avoid caffeine** after 12:00 PM (e.g., coffee, tea, soda, chocolate).
4. **Limit alcohol** intake and **don't drink** within 2–3 hours of bedtime.
5. **Try not to exercise** within 2 hours of bedtime.
6. Consider a **hot bath** 1–2 hours before bedtime.
7. **Try to not to eat right before bed**. A glass of warm milk, bowl of cereal okay.
8. **Keep same sleep schedule** 7 days a week.
9. Get **sleep evaluation** if sleep disruption and/or daytime fatigue continues.

*Vickianna Low Dog, M.D.* Copyright © Integrative Medicine Concepts, LLC.  
All Rights Reserved.

36

## Cognitive Behavioral Therapy for Insomnia

- American College of Physicians officially endorsed what multiple meta-analyses have found: **CBT for insomnia**, or CBT-I, is best treatment for chronic insomnia and should be **first line of treatment**.
- Sleepio*, *Somfy*, *Calm Sleep School*, provide in-person/on-line.
- There are purely digital programs if therapist not available.
- To find trained sleep specialist:  
<https://behavioralsleep.org/index.php/directory/north-america/united-states>



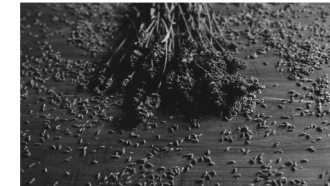
*Vianna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

37

## Essential Oils for Relaxation & Sleep

- Dilute **1–2 drops essential oil in 1 teaspoon carrier oil** (almond, olive, coconut) before using on your skin.
- Put **12 drops essential oil in ½ ounce water and ½ ounce vodka and put in mister**. Mist onto pillowcase/bedding before bed. Mist into room to reduce tension.
- Diffusers** are great way to deliver aromatherapy into your room (love Urpower).
- My favorites for relaxation and sleep are:
  - Lavender
  - Rose
  - Jasmine
  - Ylang-ylang
  - Neroli
  - Chamomile



*Vianna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

38

## Oral Lavender Essential Oil (*Lavendula angustifolia*)

**Meta-analysis** randomized, double-blind, placebo-controlled trials show **Silexan, essential oil from lavender** licensed in 14 countries worldwide, has **pronounced anxiolytic effect and beneficial effect on sleep**. Adverse events similar to placebo.

Moller HJ, et al. Efficacy of Silexan in subthreshold anxiety: meta-analysis of randomised, placebo-controlled trials. *Eur Arch Psychiatry Clin Neurosci* (2017). <https://doi.org/10.1007/s00406-017-0852-4>

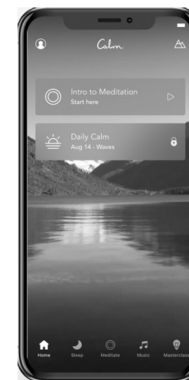


*Vianna Low Dog, M.D.*

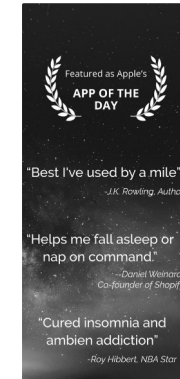
Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

39

### Calm App



### Pzizz App



Luik AI, et al. Digital cognitive behavioral therapy for insomnia: a state of the science review. *Curr Sleep Med Rep* 2017; 3(2): 48–56

*Vianna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

40

## Reflection



- What type of physical activity/exercise do you enjoy the most? How often do you do it? What is getting in your way?
- Do you feel rested when you wake up in the morning? Do you lay awake at night? Wake up early? What have you tried? What could you do to improve your sleep and ensure adequate rest?

*Vianna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

41

## The World Today

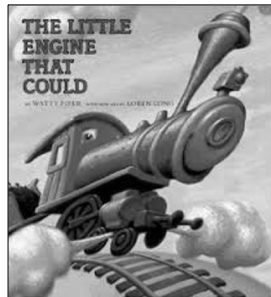
- We strongly emphasize **biological explanation** for depression and anxiety, as evidenced by **extensive use of antidepressants and anxiolytics**.
- There remains **little focus on physiological, nutritional, societal, communal, familial, and spiritual** underpinnings.
- “I take my Effexor and go to a **job I hate** and then home to a house full of **kids** that are **out of control** and a husband that **barely talks to me**. Is my depression better? **Yeah, I guess.**”
- **Complex world**. We often have unrealistic expectations. **Isolation** is common, **financial problems, lack of purpose, meaning, a sense of despair, hopelessness—the world has less color and texture.**

*Vianna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

42

## What We Think Matters



- Is this a challenge or a threat?
- Do I have the resources to handle it?
- Are my thoughts helpful/ dysfunctional?
- What is my self-talk? Where does it come from?
- Is this what *I was taught* or *what I believe*?

*Vianna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

43

## Loneliness, Social Isolation, & Your Health

**148 studies** on the effects of social isolation on health found it is:

- Equal to **smoking 15 cigarettes** a day
- As dangerous as being an **alcoholic**
- As harmful as **never exercising**
- Twice as dangerous as being **obese**



Valtorta NK, et al Loneliness and social isolation as risk factors for coronary heart disease and stroke: systematic review and meta-analysis of longitudinal observational studies. *Heart*. 2016 Jul 1;102(13):1009-16.  
Cacioppo JT, et al. *Am NY Acad Sci* 2011; 1231:17-22

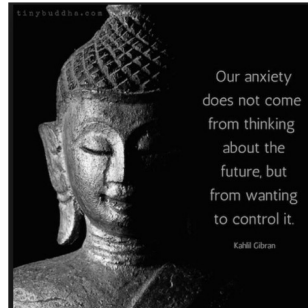
*Vianna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

44

## Self Soothing

A good way to deal with **anxiety and high stress** is to **occasionally sidestep the analytical part of your brain** by practicing **relaxation, meditation, and/or using guided imagery.**



Our anxiety does not come from thinking about the future, but from wanting to control it.

Kahlil Gibran

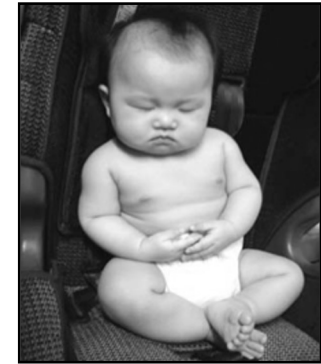
*Vicenna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

45

## Mindfulness Meditation

- Helps with **stress perception and pain intensity, elevates mood.** Quiets stream of thoughts.
- Long-time meditators have greater activation of areas responsible for **sustaining attention, processing empathy, integrating emotion and cognition.**
- Review of **47 trials** found that meditation improves:
  - Anxiety
  - Depression
  - Pain



Goyal M, et al. *JAMA Intern Med* 2014; 174(3):357-68

*Vicenna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

46

## Resources for Stress Reduction

- **Calm** - Great app for guided meditation, bedtime stories, breathing exercises. (free to \$60 annual subscription)
- **Insight Timer** - ~4,000 guided meditations >1,000 teachers (self-compassion, nature, stress, podcasts). Music tracks (free to \$5/mo.)
- **Headspace** - Meditation, videos, meditations music. (free basic course, \$12.99 mo., \$95/year)
- **10% Happier** - Performance enhancement. Busy people, stressed lives. (free one-week intro, then \$100 per year)
- **Buddhify** - For more advanced meditator. Can sort by location, activity and/or emotion. (small monthly fee, premium is \$30/yr.)

*Vicenna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

47

*I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.*



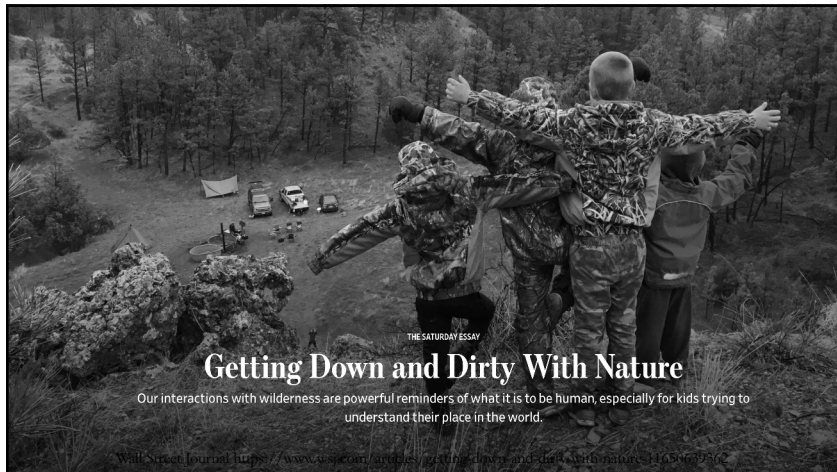
Henry David Thoreau, *Walden*

*Vicenna Low Dog, M.D.*

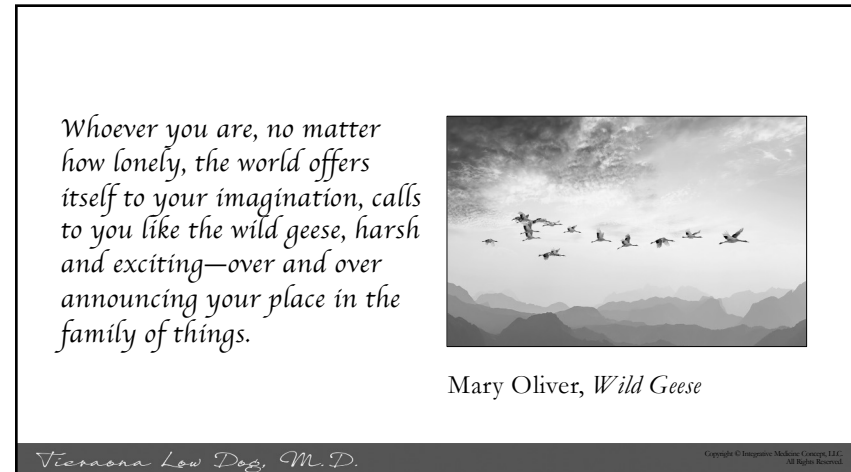
Copyright © Integrative Medicine Concepts, LLC. All Rights Reserved.

48





49



50



51



52



53



54




55

*To see a World in a grain of sand*

*And a Heaven in a wildflower*

*Hold Infinity in the palm of your hand*

*And Eternity in an hour.....*



*William Blake, *Auguries of Innocence**

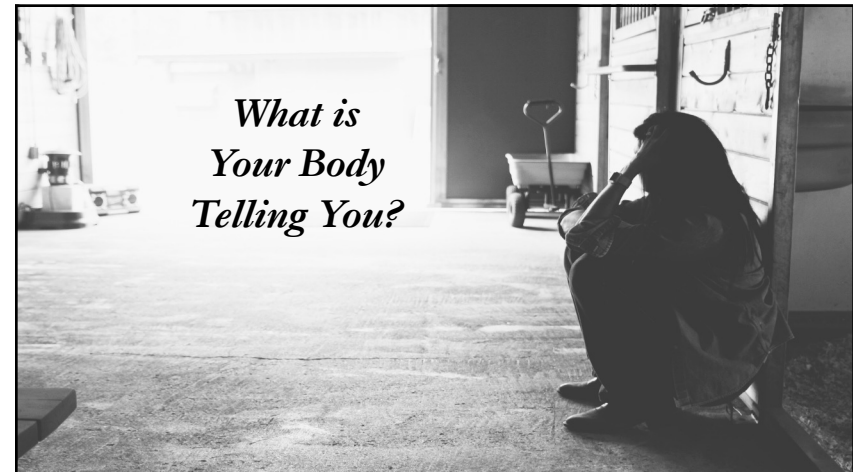
*Viviana Low Dog, M.D.*

Copyright © Viviana Low Dog, M.D. All Rights Reserved

56



57



58

## Meaning & Purpose

- What truly gives a person a sense of *meaning and purpose* in life?
- How does one feel the oneness, find the *holy and sacred* in the mundane?
- “If I only had one day left to live, I’d want to \_\_\_\_\_.”

Listen.  
Are you  
breathing  
just a little  
and calling  
it a life?

~ Mary Oliver

*Viviana Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC.  
All Rights Reserved.

59



“You must have a **room**, or a **certain hour** or so a day, where you **don’t know** what was **in the newspapers** that morning, you **don’t know who your friends are**, you **don’t know** what you owe **anybody**, you **don’t know** what **anybody owes to you**. This is a place where you can **simply experience** and bring forth **what you are and what you might be**. This is the place of **creative incubation**. At first you may find that **nothing happens there**. But if you have a **sacred place** and use it, **something eventually will happen**.”

– *Joseph Campbell*

*Viviana Low Dog, M.D.*


Copyright © Integrative Medicine Concepts, LLC.  
All Rights Reserved.

60



61

It doesn't have to be the blue iris,  
it could be weeds in a vacant lot, or a  
few small stones;  
Just pay attention,  
then patch a few words together  
and don't try to make them elaborate,  
this isn't a contest but the doorway  
into thanks,  
and a silence in which another voice  
may speak.



Mary Oliver, *Praying*

*Vicenna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC.  
All Rights Reserved.

62

1. **Move more.** Whether it's the 7-minute workout, cycling, yoga, or taking long walks—one of surest ways to maintain heart, brain, bone, and muscle health is daily exercise. It's not optional. **Just do it.**
2. **Eat food.** Minimally processed, **low glycemic load**, diverse, and largely **plant-based** diet. Avoid endocrine disruptors in plastics, skin care products, pesticides. Stay hydrated. Water should be primary beverage for hydration.
3. **Meditate.** Meditation widens the gap between trigger and response, allowing you to feel a greater calm and awareness. It's a **game changer** for almost anyone.
4. **Stay connected.** Social isolation and loneliness is as dangerous as being an alcoholic or being obese. **Invest in your friends and family.**
5. **Take a multi.** Many lack when it comes to key micronutrients. **Age/gender** appropriate.
6. **Be tech smart.** Technology makes life easier and more complex. Use **blue light blocking glasses** at night, make one day each week **tech free, limit email in the evening.**
7. **Nurture spirit.** The search for meaning and purpose is a fundamental part of being human. A **richly nourished inner life** is a source of strength during hard times. **Look inward.** Honor mystery.

*Vicenna Low Dog, M.D.*

Copyright © Integrative Medicine Concepts, LLC.  
All Rights Reserved.

63



*"Be patient with yourself. Self-growth is tender; it's holy ground.  
There's no greater investment."*

Stephen Covey

64