

# 10 Self Healing Body Practices of TCM

## Eat Clear & Light Food

If you don't want to feel sluggish and run-down then pay attention to what food you put in your body.

01



02

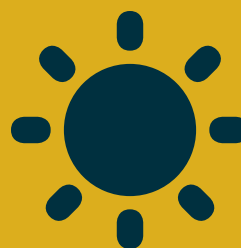
## Rest & Rise Early

If you're not in bed by 10PM your body's detoxification abilities are greatly impaired.

## Cultivate Rhythms

The movement of the seasons, the moon, and the sun can help guide and inform your behavior.

03



04

## Body Mapping

Your body is a map that tells your entire life story.

## Stoke Your Digestive Fire

Go easy on your digestion and keep the fire stoked! Warm food is your mantra.

05

