



## The pertinent recipes to reinforce one's vitality

Hypertension, depression, heart risks and digestive problems are no longer inescapable.

The remedy is at the same time simple and revolutionary. Simple because it depends on you, on the time you are willing to spend to recompose your dishes, your days, your rhythms of life and to preserve your vitality. In taking care of your body and your spirit, you take part in starting a brand-new “lifestyle medicine” within society.

This new approach to health - which provides well-being, is less costly and more educational – comes in tandem with our medical state-of-the-art technologies and research projects. In caring for oneself through antioxidant and protein-rich nutrition, through daily physical activity and through the respect of our emotions, we work hand-in-hand with the physician: with closer listening to our needs, more in tune with and respectful of nature.

This art of cultivating good health is nonetheless revolutionary, because it also touches upon the meaning that you wish to give to your life. Feeding on unprocessed food, walking daily journeys, reconnecting oneself with nature and light, this is also making conscious and more balanced choices, more coherent with your ecological and ethical convictions. It is no longer a matter of uniquely chasing down stress or seeking for oneself happiness and health at all cost. It is rather about preserving and feeding oneself with anything life-enhancing: your positive relationships, your stamina, your *raison d'être*, your openness to the world and, why not, your interiority. To cultivate everything that cares for the whole being: body and spirit. This is the real recipe for sustainable vitality!

