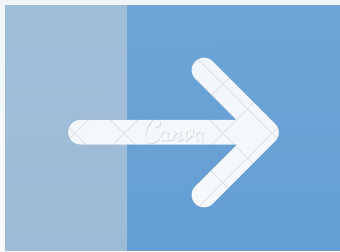




THRIVE

INTEGRATIVE HEALTH SERVICES

1



Inner Shift

2

Diet

3

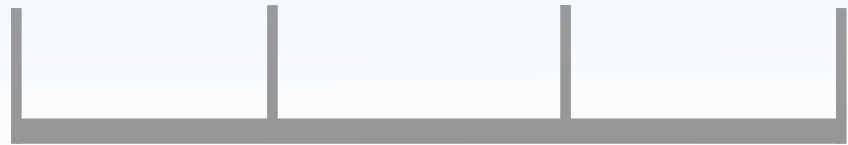
Exercise

4

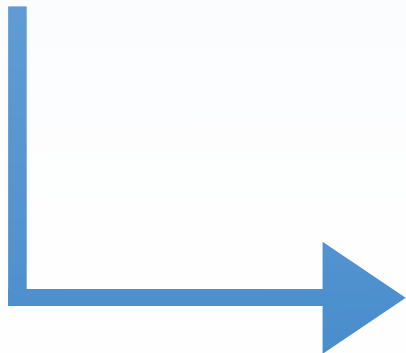
Alternative
Therapies

5

Health
Gadgets



Most people start here.



But need to start here.

"External action without an inner shift is futile.
Align your inner with the outer, then
healing can begin."