

# How is your 'nourishment'?

Your systems may not be healing due to lack of nourishment.

Do you suffer from fatigue and lack of energy? And you fill that void by consuming foods that you think you love (like sugar) but your body doesn't?

Here is your cycle:

Tired ➡ Crave Sugar ➡ Spike ➡ Then Crash

So, you do some research, spend big \$\$\$ on supplements, change your diet, thinking this will be the remedy.

But what you are actually doing is 'feeding the organism', and the problem always comes back. Because you are not meeting the primary issue of *imbalance*.

**WIDEN YOUR VIEW**

You often need to let something go to make room for nutrition, like realigning the 'cog' in your system.

**Let's talk CALENDULA OFFICINALIS for:  
fatigue ~ skin, hair, nail depletion ~ wounds & infections (inside  
and out) ~weakened emotions ~ loneliness, sadness &  
depression**

We offer Calendula products in our herbal and topical remedies, absorbed from within or through your skin, adding Calendula to your lifestyle routine is a good first step towards nourishing the way nature intended.