



CREATION Health Life Guide #3 ENVIRONMENT

Kim Johnson

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Environment is the external space outside of us but that which affects what happens within us. All of our senses -- sight, smell, sound, touch and taste -- can influence our mood as well as our health, either positively or negatively. Research demonstrates not only the importance of our larger environment (air and water quality) to our health, but also our immediate environment (light, sound, aroma and touch). In this Life Guide, you'll discover ways to reinvent your environment and revitalize your life!

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