

# Clearing Your Plate

**Creating sustainable habits that help you beat the struggle with stress, sugar and/or salt.**

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1

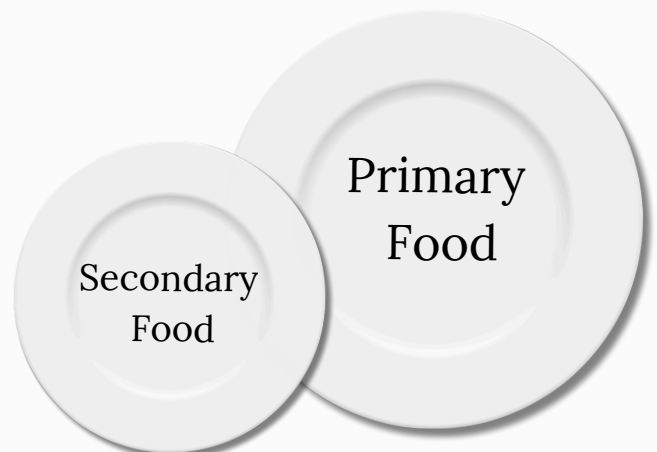
**Your body does keep the “score.”**

The benefits of myofascial release to decrease pain and release tension in the body.

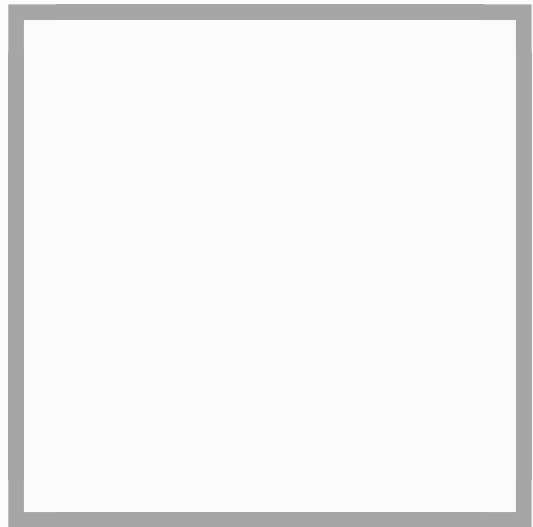
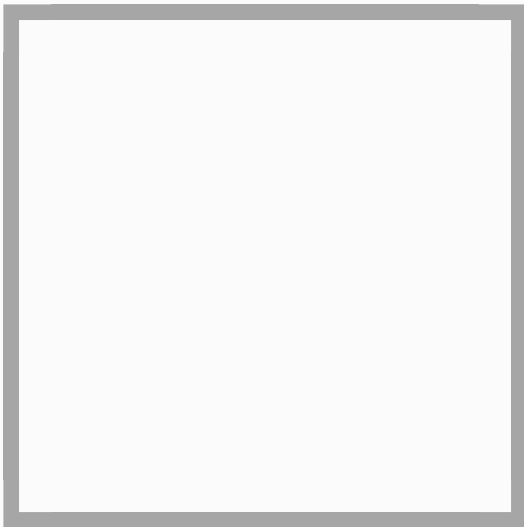
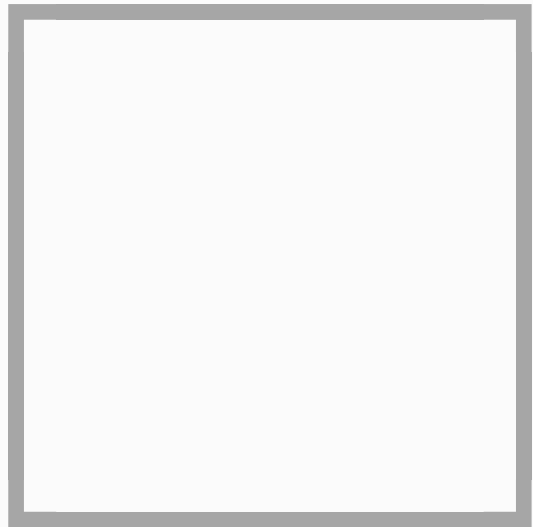
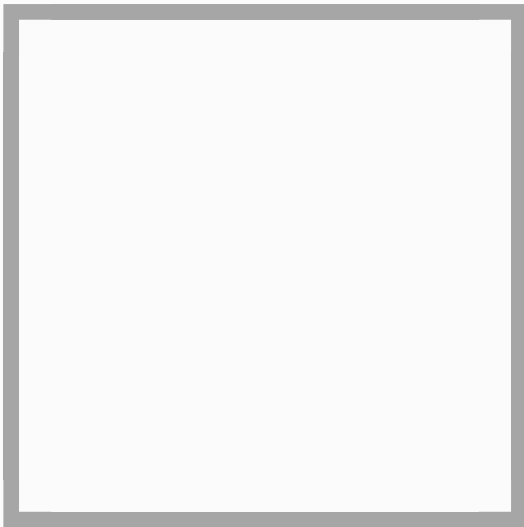
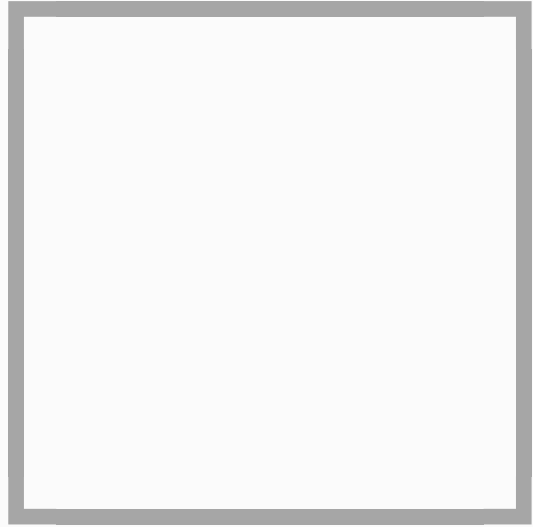
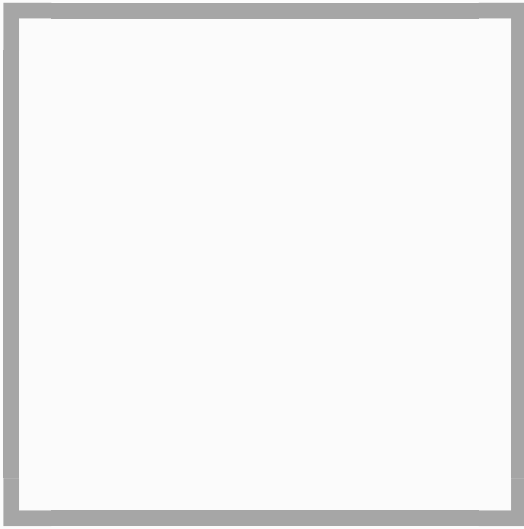
2

**Nourishment:**

What really fills you up.



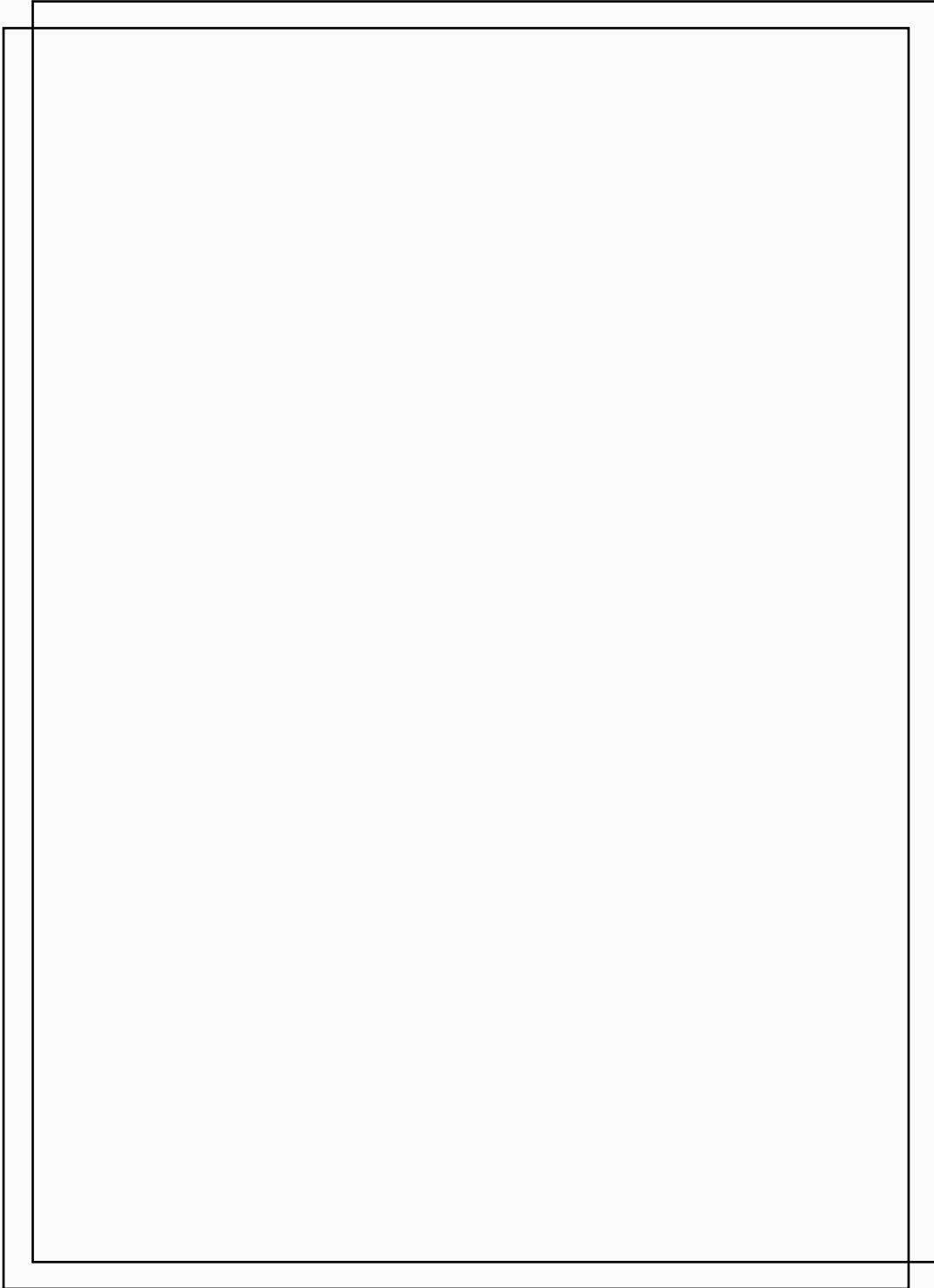
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3

**We are all born creative!** How exactly does that help you with salt, sugar and stress?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.