

Refreshing Our Physical Bodies Resource links

Benefits of eating seasonal foods:

<https://www.rebootwithjoe.com/benefits-of-eating-seasonally/>

Food and healthy immune systems:

<https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system#almonds>

Stretches and Body Movement for Health:

https://www.healthline.com/program/small-steps-to-a-healthier-you#nature_made_fitness

15 Vitamin Supplements

<https://www.healthline.com/nutrition/immune-boosting-supplements#1.-Vitamin-D>

Seasonal Foods

<https://www.seasonalfoodguide.org/>

Christian Guided Meditations:

<https://soundcloud.com/holyyogaofficial>

Plant Based Tips and Fiber Fueled Book;

<https://theplantfedgut.com/>

Seasonal foods and their purpose

<https://www.womenshealthmag.com/food/g19989533/nutrient-rich-fall-foods/>

Fun Sugar Scrub Recipe:

Mix 1 cup of sugar with 1/2 cup of coconut oil and add 10 drops of your favorite essential oils! That's it!!

Instagram Recommendations: Sara Haven / Fed and Fit?