

Name: _____

Date: _____

Integrative Health

B K K O M B S E E W S J D U Q L N X F N B N O Q
T T A G H S N C L A G G O U Z T Z W S J T Z W C
N T K C M K G B V E G E T A B L E S M W F J C F
E H W P P H Y S I C A L A C T I V I T Y C T H D
V G I Y D B P L Q P L X J C H W S J K X V A S E
N U D I K E V W G E B J R I O S N P O O T G T U
S A O J J A T U Q V E O V H L A Y E W N R W D J
C C S B G X Y Y X K I H R Q I S L U D A E K V G
N D S O L I V E O I L M R U S S X S S C G Y V Q
S L E V Y J Y X F M M R D M T E T S R X N L V E
R I N G V L E W H J C Q B T I B F L J G C D X S
A W L R L Z P V T J O C V F C E L O U I E P X F
V S U I A W H O T C M S J D D H D N N A I I O P
R K F M D F M A J L T O O H U S S E R T S E D T
A F D T E C I Y A J S O P W G T U Y H W M J L O
G Z N V R E Q C D Y F X U H K S R J A T Z W U K
D L I L O A T B Q L V C Y B D B N F O E A K H E
V E M Q Q N Q S A U B L H E E N F K L Z B E V F
R I T M V X Y E E Z I G T L A U G H T E R D R Q
K E F O Q S R V H F C W W H N K E J W Q I Z N B
Q D E H X T M N G M L X W A D B J N P X K I I O
B Y Q F H E A L I N G E K G C S S Z F N D V K U
V U D T R Z X Y L H M P S I W Z Q H K Q I X P E
G S U Q A P Q C O C O N U T O I L O Q W I A R S

physical activity
coconut oil
olive oil
holistic
healing
calm

wild caught
mindfulness
grass fed
destress
breathe

self esteem
vegetables
real food
laughter
detox