



Invest in healthy Relationships!

3

Secrets of Wellness

Have you ever heard the term “psycho-neuro-immunology”? This word indicates that your psyche and nervous system have a significant impact on your im-

mune system! 80% of today's diseases have a mental component. But what is behind a healthy psyche? A significant element is healthy relationships! Relationships are very important for human health - in a partnership, as parents, at work and in everyday life. Poor relationships can cause physical and emotional discomfort. Healthy relationships, however, have a positive impact on

our immune system through the mind. Open communication, kindness, respect and trust are all important for good relationships. Do you want to improve your health? **Building good relationships is a great way to do it!** ♥

You can
start today!

