

'You have two homes, Earth and your body. Take care of them.'

As we celebrate Earth Day, it is a fantastic time to reconnect with Mother Earth and reap the benefits of its natural healing powers. It has been proven that those who spend more time in nature had lower blood pressure and an improvement in their heart rates than those who spent more time indoors. It provides opportunities for stress reduction and as well as an escape from life's technological overload and promotes greater happiness. The best news is that it is completely free!

So, there's no better time to embrace Mother Earth and give yourself some essential self-care by getting outside and enjoying the sunshine and calming the mind. Take the time to see how you can make a difference in saving our environment and incorporate sustainability into your everyday life.

'The greatest threat to our planet is the belief that someone else will save it.'

