Welcome to my portfolio Camila Gray

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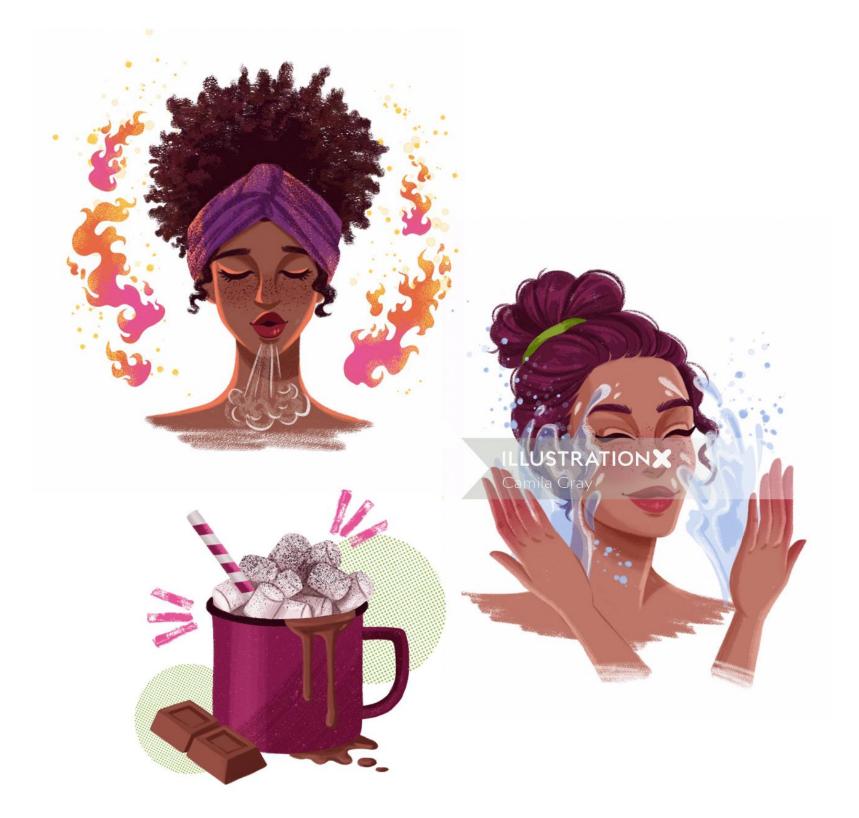




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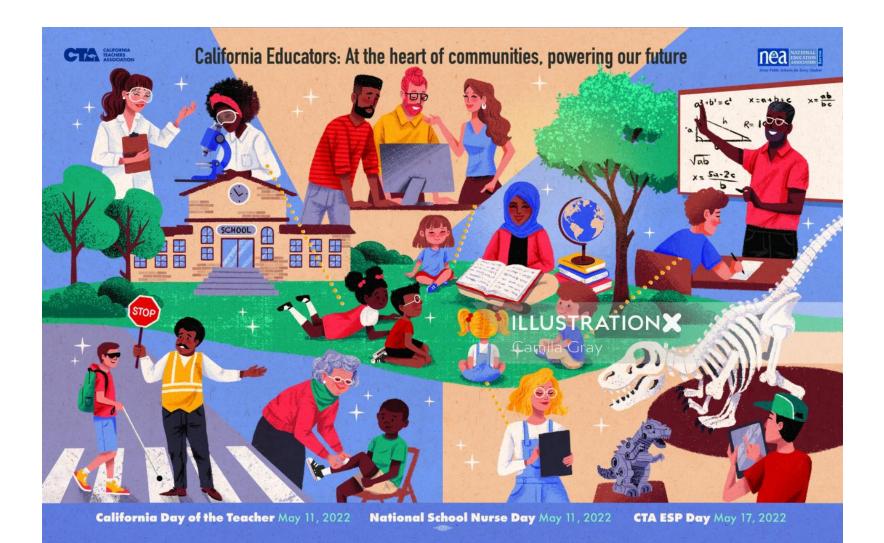
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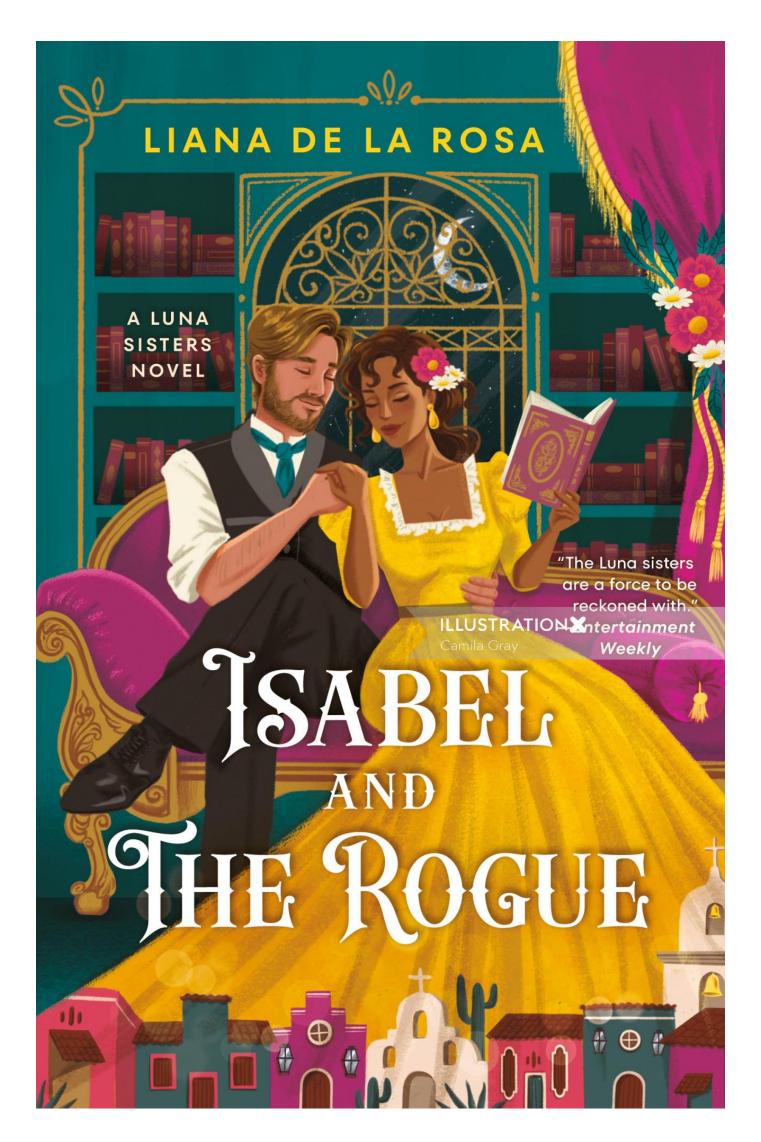




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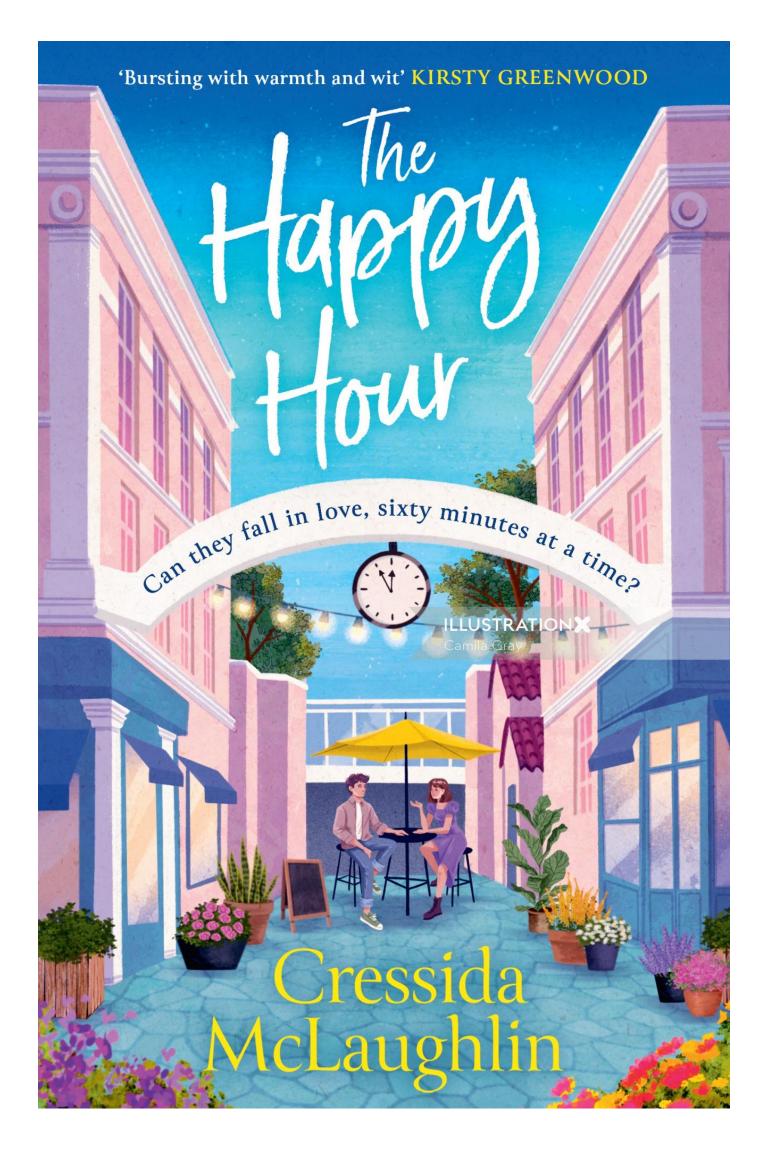
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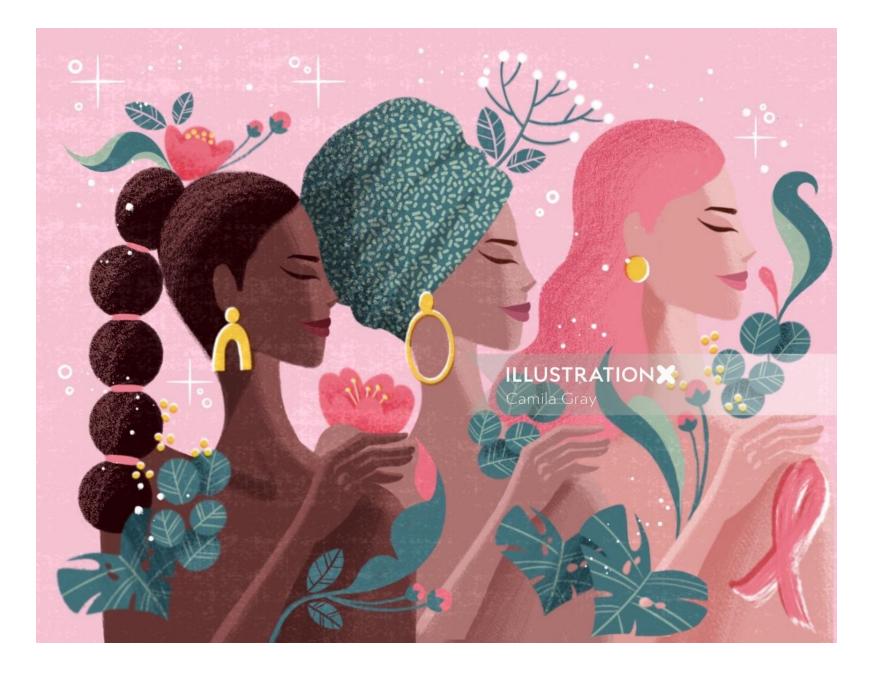
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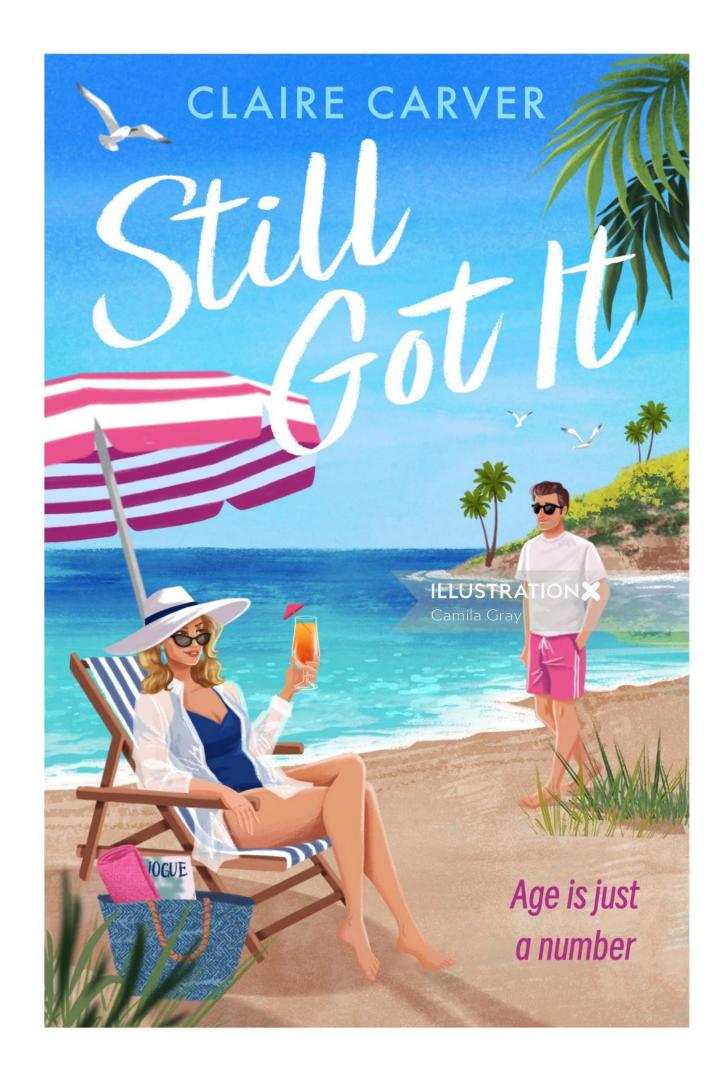




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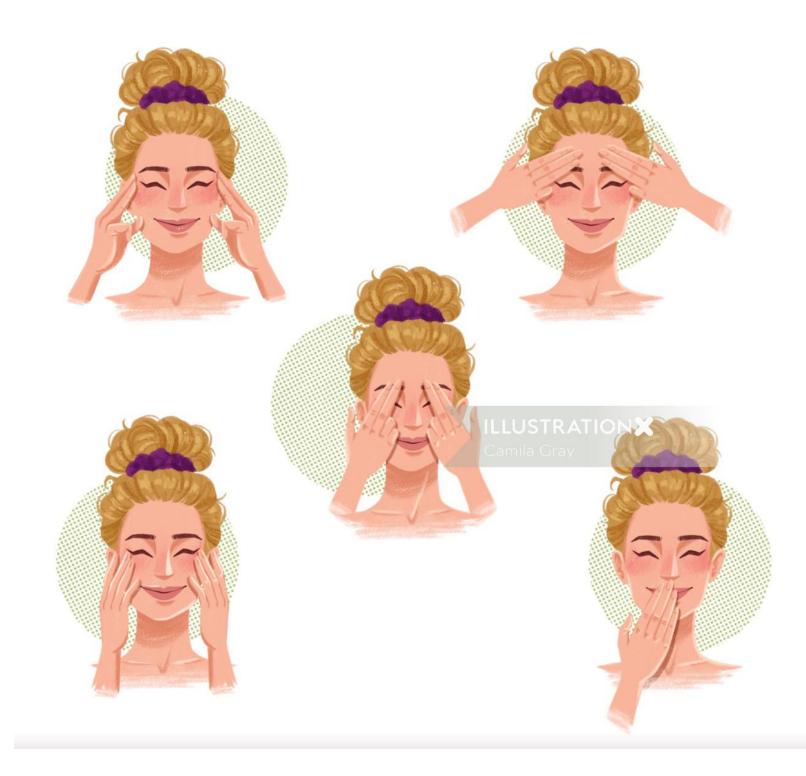




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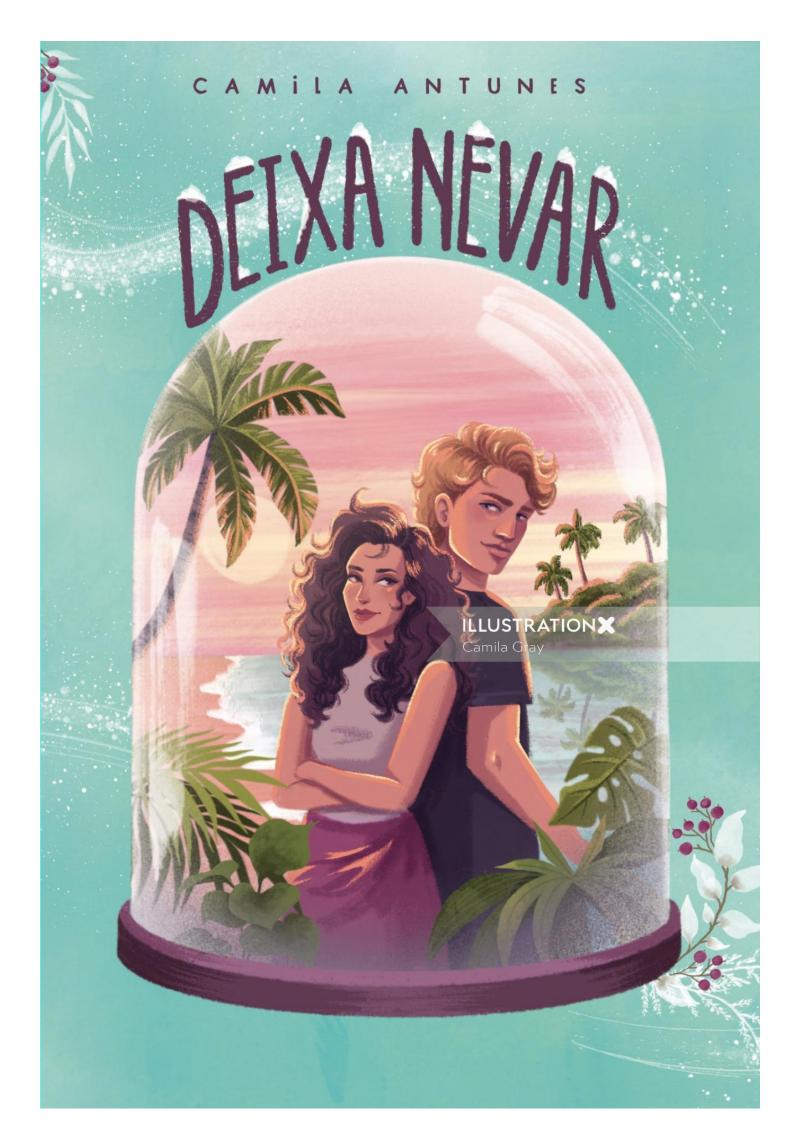




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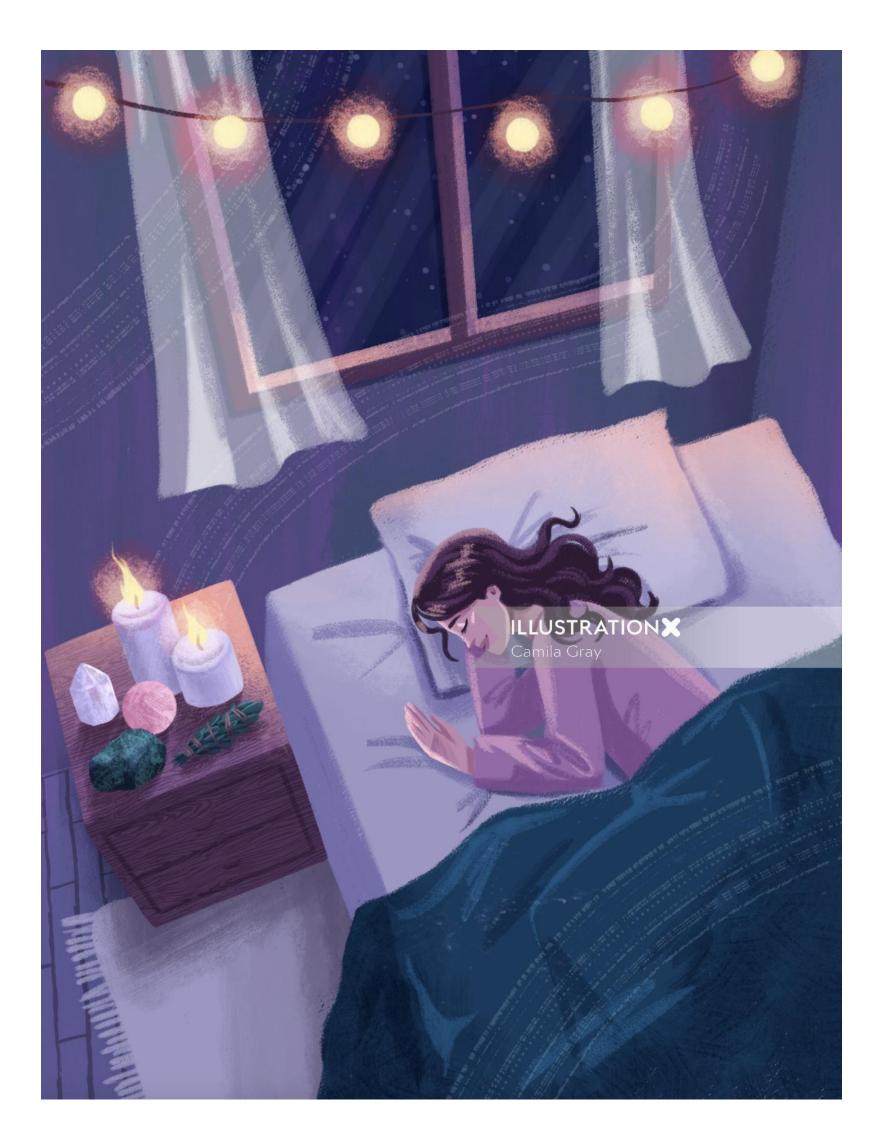
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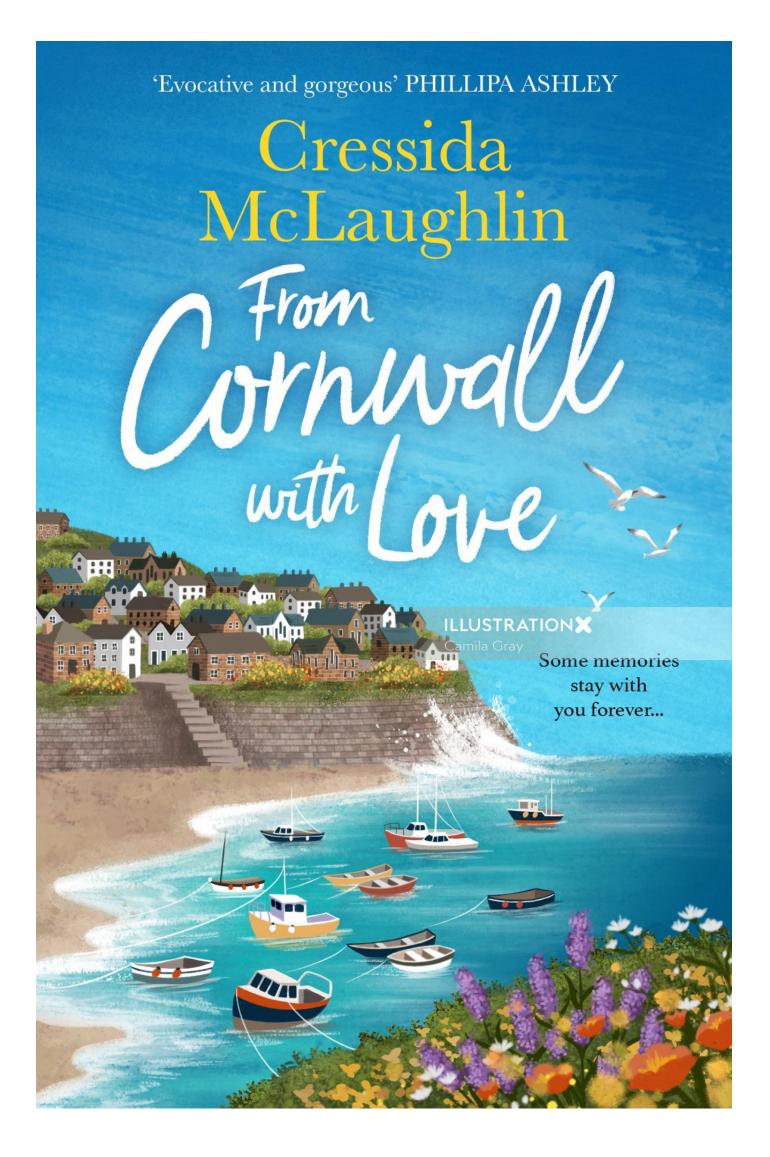
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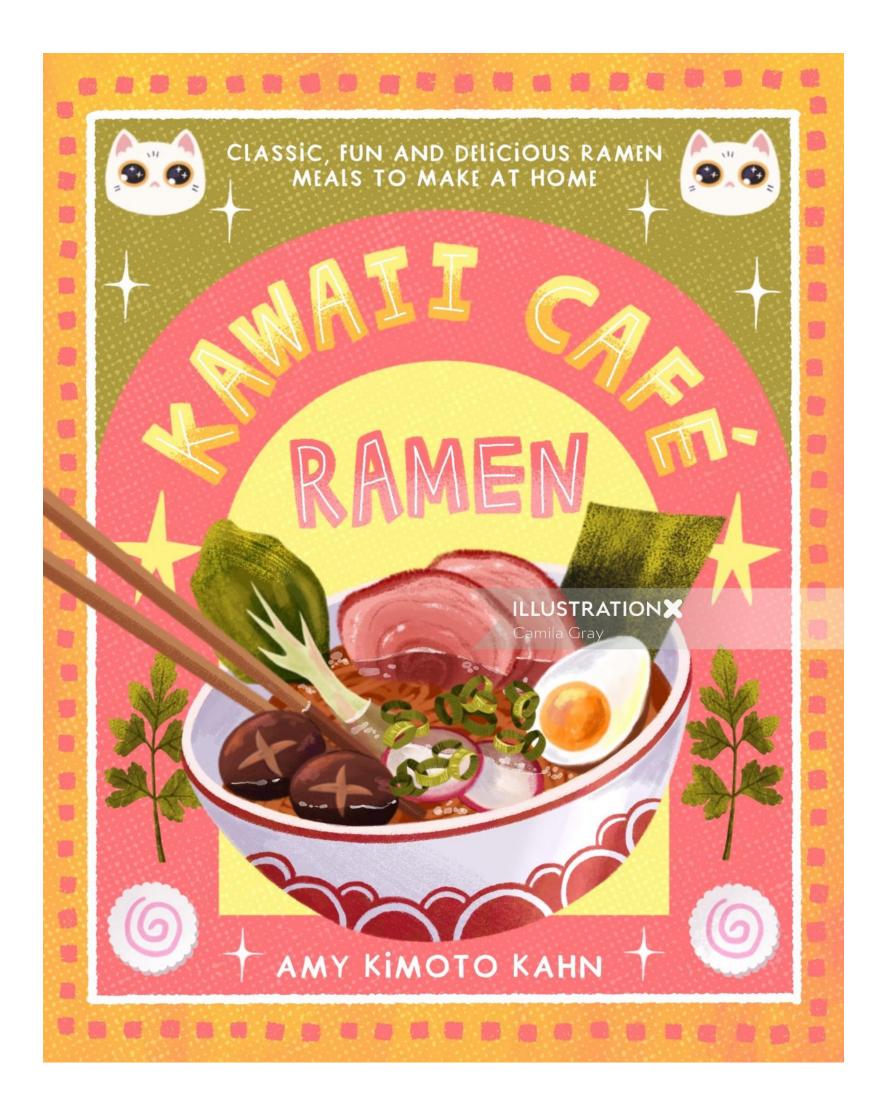




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MORE WAYS TO BOOST GUT HEALTH

Feeling good

MANAGE STRESS It can disrupt your pit health and weaken the immune system. Practing breating exercise, yoga, tai chi or meditation may help. EXERCISE REGULARLY Staying active is a great way to boost your pit health and improve git microbial diversity. How as much as you can

PRIORITISE GOOD SLEEP HABITS Quality rest supports gut microbial literasty. Chronic steep deprivation can lead to increased inflummation, which is detrimental to ext health.

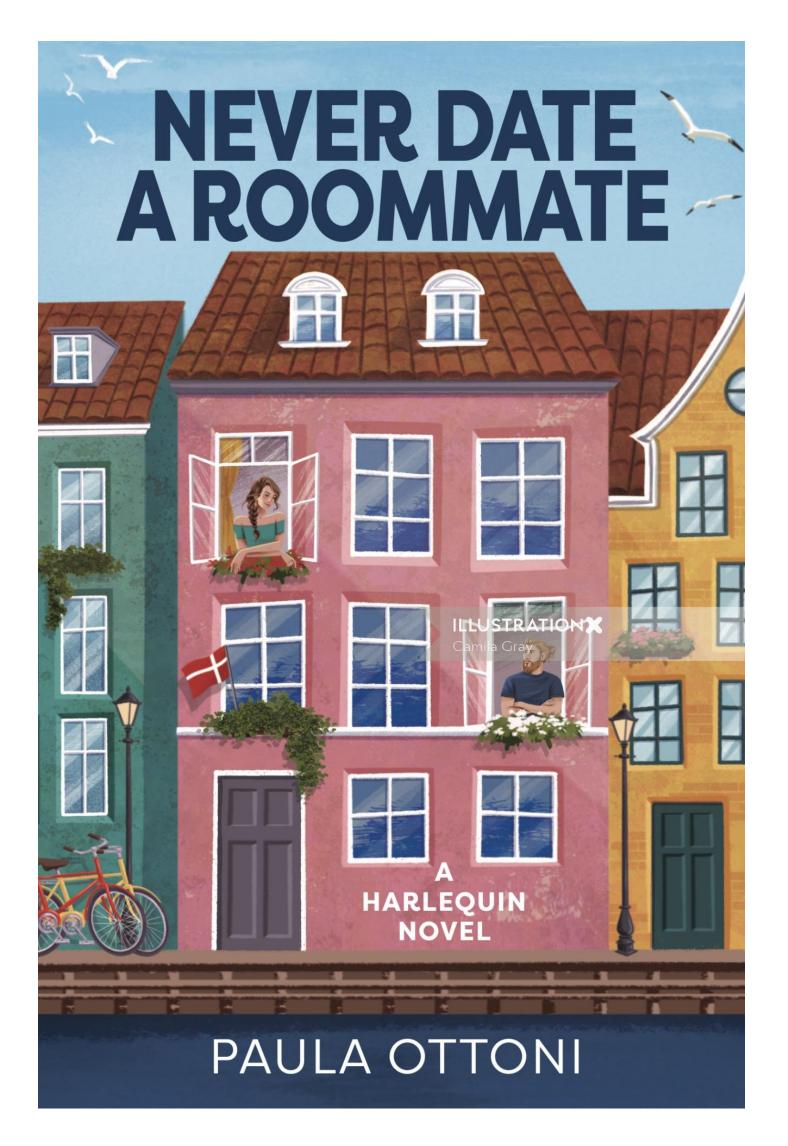
MINIMISE ALCOHOL Alcohol can irritate the linkg of the storauch and intestitus and cause indegettion and hearborn. Aim for several drink-free days each week and no hingerige. DEFINE YOUR EATING HOURS Researchers believe that shortenig the window of time in which you consume your day's food could boost your put health and orwall heakth.

AUGUST 2024 - WAITROSE FOOD 73

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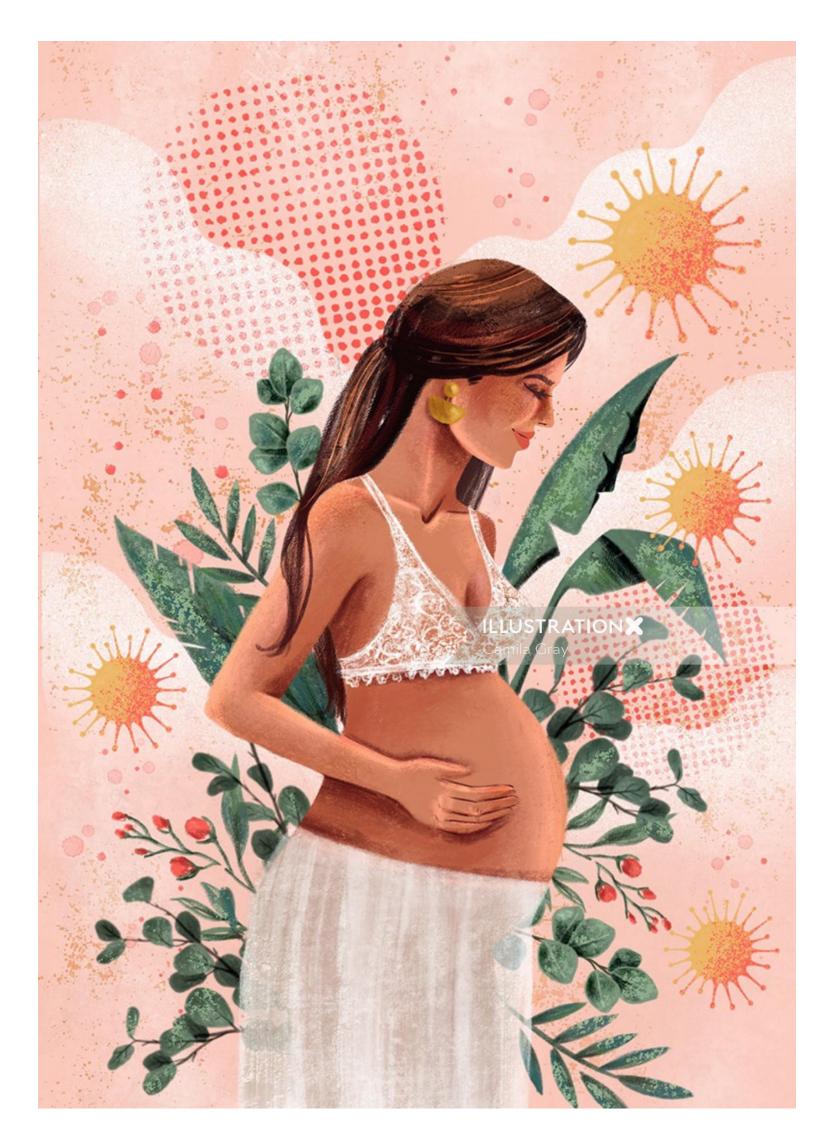
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anz@illustrationx.com

+61 (0)488 858 242



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