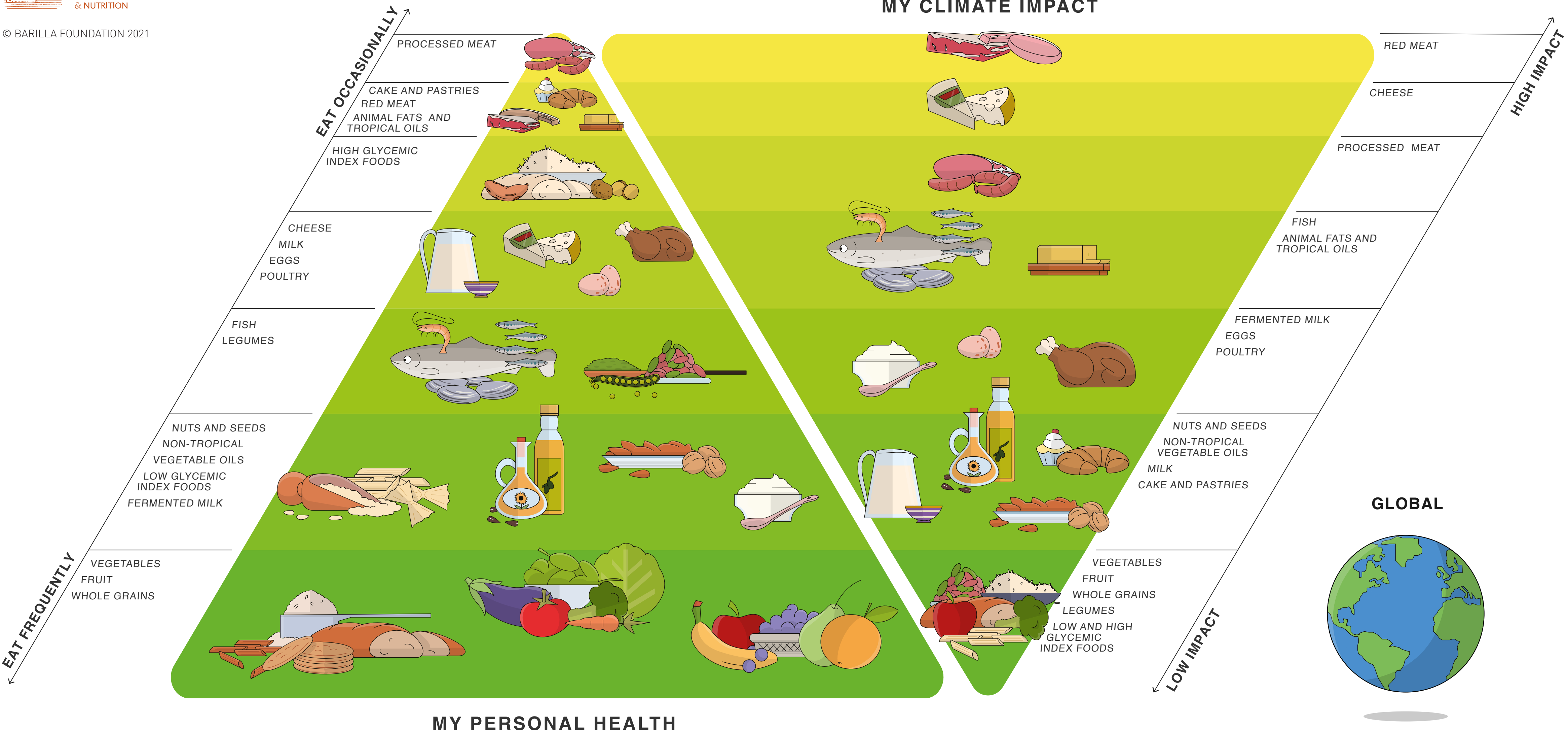




DAILY CONSUMPTION: **WATER:** AT LEAST 2 LITERS | **COFFEE OR TEA:** MAX 3 CUPS | **WINE:** MAX 1-2 GLASSES | **BEER:** MAX 1 CAN | **SALT:** MAX 1 TEASPOON
SOFT DRINKS: OCCASIONALLY
 BE PHYSICALLY **ACTIVE** AND PRACTICE EVERYDAY **MINDFULNESS**