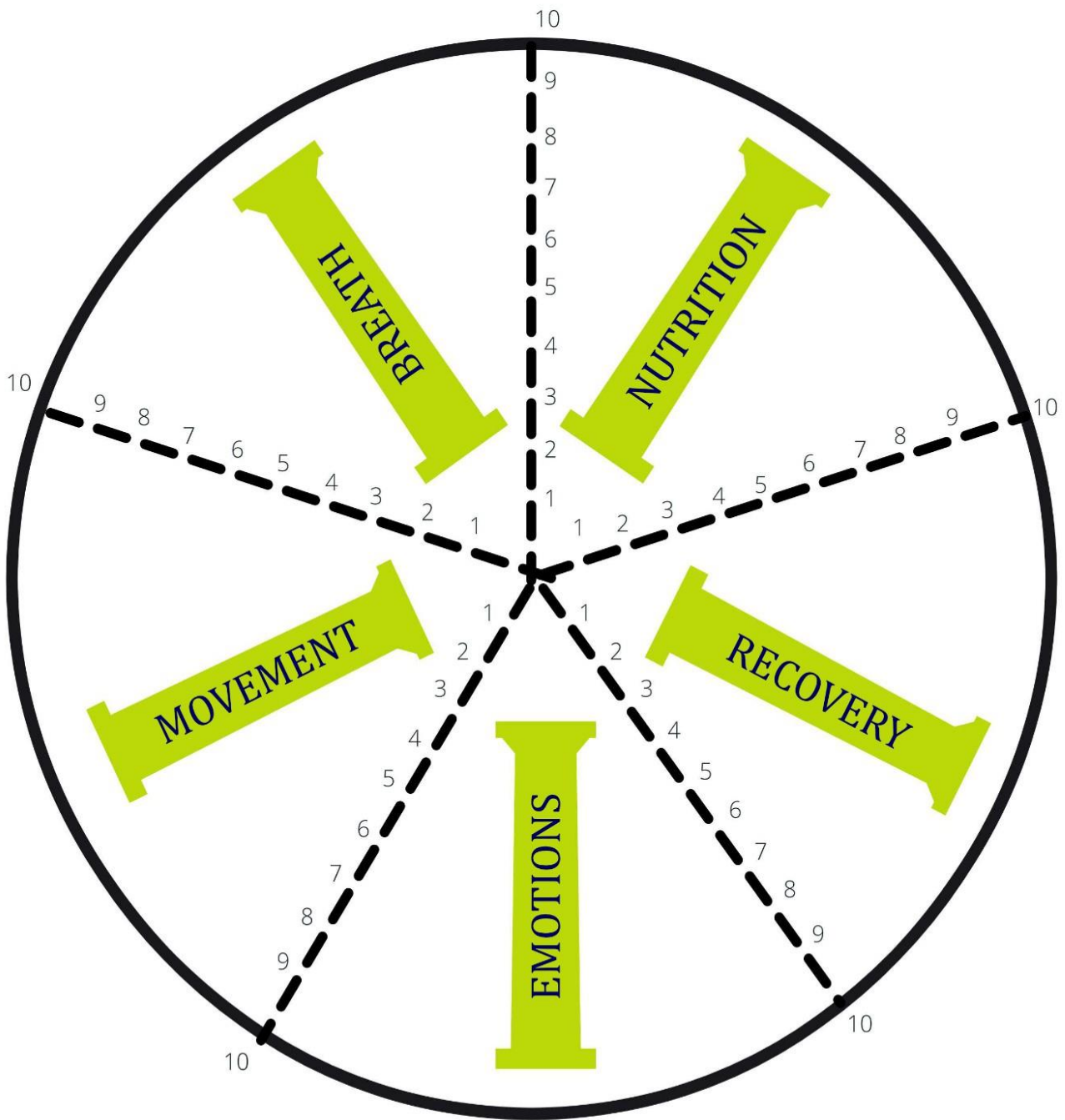


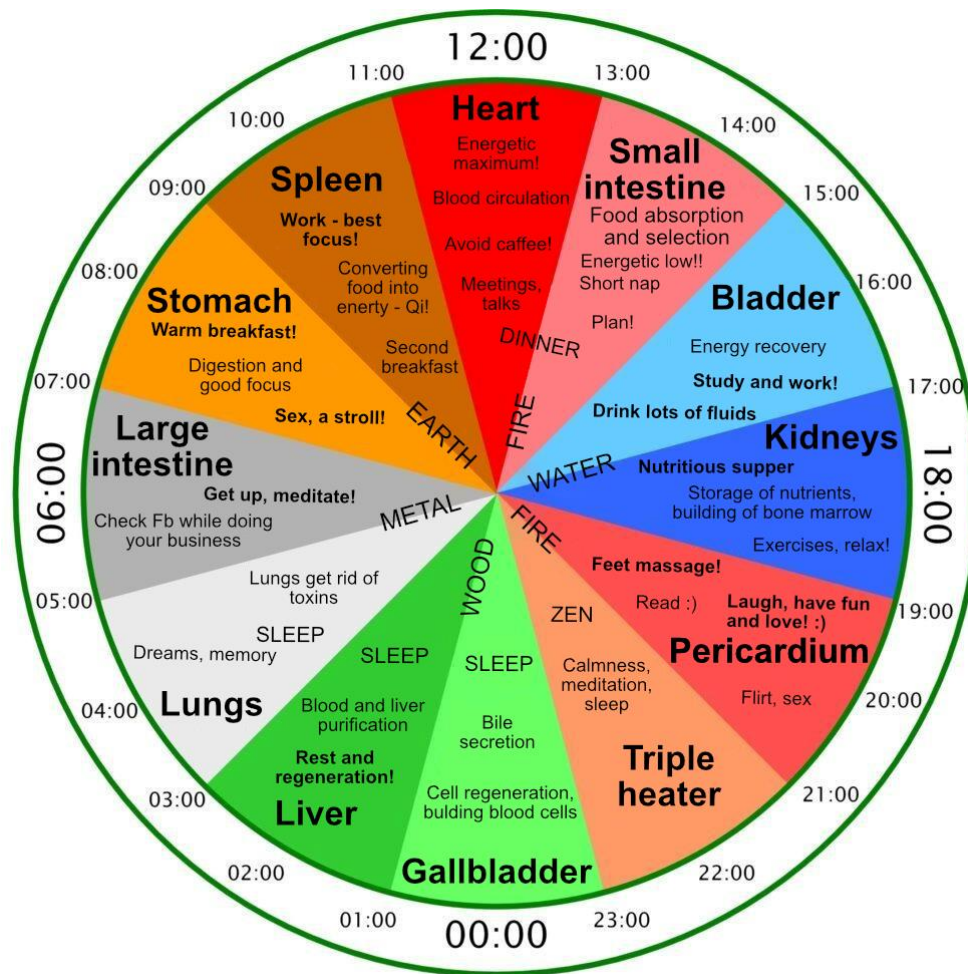
HEALTH

THE CIRCLE OF 5 AREAS OF LIFE - EXERCISE



CIRCADIAN RYTHM, AS FOUNDATION FOR CHANGES!

„We can change our circadian rhythm, but we will pay a high price for it.”



Traditional Chinese Medicine recognized the circadian rhythm thousands of years ago and linked it to specific organs. It's enough to adjust your daily rituals, tasks, habits, and pleasures to the appropriate time for them.

Disrupted biological clock:

- ✓ Increased strain on the entire body and poor regeneration,
- ✓ Disruption of appetite, risk of overweight and obesity,
- ✓ Approximately 40% increase in subjective perception of pain,
- ✓ Overactivity of the nervous system (excessive stimulation, stress) and decreased concentration,
- ✓ Increased risk of cardiovascular and oncological diseases.

"Adjusting the biological clock will bring:"

- ✓ Health benefits,
- ✓ Improved well-being,
- ✓ Regulation of hormonal balance,
- ✓ Body regeneration,
- ✓ Readiness for daily activities.