

Dr. Heather Pickett A Doctor's Take on Mental Detoxing

Acc	ording to Dr. Pickett what are some reasons we might need a metal detox?
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Wha	at are some ways we can get our brain out of a rut?
Hov	v does sitting affect our mental state and how can the Arise blend help?
Ear	rive Plands
FOI	give Blend:
Vet	ver Essential Oil:
Oth	er Notes