

HEALTHY LIVING TIPS
thought seeds



thought seeds
ingredients to grow your mind, body, and spirit

KAISER PERMANENTE®  thrive

Planting instructions:

These thought seeds produce sweet and healthful results when planted in your mind, body, and spirit. They take root and then bloom with radiant energy. The more often the seeds are read and reflected upon, the stronger your dedication to improving your health becomes. This packet contains 28 health thoughts in all.

1. Read one seed per day and open your mind to fresh and healthy living ideas.
2. When you have used these seeds for about a month, start over and nurture a thought for several days before switching to another seed or pass them along to a friend.

Suggestions:

Too much junk food and negative thinking patterns can cause bodies and minds to get out of shape. Bodies will thrive with healthy food and good lifestyle practices. Also, use loving-kindness to cover exposed nerves and stress points to avoid cracking up.

MAXIMUM GROWTH	PLANTING DEPTH	SPACING ROW/PLANT	PRESERVE BY
Endless	Consciousness	1-28 days in a row	Storage in the mind, exercise, good nutrition

Packed for the seasons of life.
Go to: kp.org/healthyliving



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