

## **Energy**



**Bring back harmony within the body is simply reestablishing energy balance. The energy of life "Vital Force" is fueled by the energy we store, and the balance in which we maintain. When there is more of a depletion of energy than there is supply, this is referred to as "enervation". Learn why over eating, lack of sleep, stress, chemical drugs, stimulants, and yes even over consuming dietary supplements can be enervating to the body. And what we must do to replenish the energy supply, through techniques available at St. Michael's Holistic Natural Health Center.**

**What is "enervation"? How to avoid it? What relationship does enervation have to disease, aging, and degeneration?**

**Reversing enervating habits will change your life, and you will notice the difference!**