



My self-care plan

Body

Goals:

Mind

Goals:

Spirit

Goals:

Activities & timelines:

Activities & timelines:

Activities & timelines:

My supports:

Creating Your Own Good Health

Léo Pomar



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approaches to treatment Shomon explores the fads and viable alternatives both conventional and alternative and provides helpful clear solutions to help sufferers of fibromyalgia and chronic fatigue syndrome At various points since 1995 Mary J Shomon has been diagnosed with chronic fatigue syndrome and fibromyalgia Since then she has transformed her health challenges into a mission as a nationally known patient advocate She has worked for more than 20 years in writing advertising public relations and communications and is the founder and editor in chief of several thyroid autoimmune and nutrition newsletters as well as the internet s most popular thyroid disease website www.thyroidinfo.com **Collier's** ,1910

Forecast ,1924 **T.P.'s Weekly** ,1929 **New Outlook** ,1907 *The Iowa Publisher and the Bulletin of the Iowa Press Association* ,1929 **Normal Instructor and Teachers World** ,1918 *The Phrenological Journal and Life Illustrated* ,1884

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