

The background is a gradient of dark blue and purple, speckled with small white dots. On the left side, there are several concentric circles and a large circular scale with degree markings from 140 to 260. Some circles have arrows indicating a clockwise direction. The overall aesthetic is technical and futuristic.

MIND MY HEALTH

ANXIETY

ANXIETY

Many of the diseases from which men suffer are the result of mental Depression. Grief, Anxiety, discontent, remorse, guilt, distrust, all tend to breakdown the life forces and to invite decay and death MH 241.1

CHALLENGE

Serenity Prayer

God grant me the serenity to accept the things I cannot change
Courage to change the things I can
Wisdom to know the difference.

Author Unknown

TRUST THE PRESCRIPTION

- The Lord will not work a miracle to preserve anyone in Health who will not make an effort.....to correct what may be wrong in our habits and which if left uncorrected, would bring the sure result, disease and suffering, that make life a burden CH 504.1