

# 10 Rules for Better Health



Less Sugar



More Fruit



Less Anger



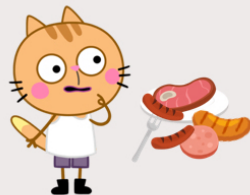
More Laughter



Less Worry



More Sleep



Less Meat



More Vegetable



Less Alcohol



More Tea