



# The *Women's* Wellness Program

## HYDRATION CHECKLIST

	Task
<input type="checkbox"/>	Mark the next workshop date <b>AND LOCATION</b> on your calendar (Wednesday, June 19th) <b>at The Friendship Club, 200 Litton Drive, Grass Valley, CA 95945</b>
<input type="checkbox"/>	Complete the at home Candida Spit Test
<input type="checkbox"/>	Read Eat Dirt by Dr. Josh Axe
<input type="checkbox"/>	Chapter One: The Hidden Epidemic
<input type="checkbox"/>	Chapter Two: Ground Zero for Leaky Gut
<input type="checkbox"/>	Chapter Three: The Immunity Connection
<input type="checkbox"/>	Chapter Four: Eat Dirt
<input type="checkbox"/>	Chapter Five: You Are What You Eat
<input type="checkbox"/>	Chapter Six: A Sanitized Society
<input type="checkbox"/>	Chapter Seven: The Price of Convenience
<input type="checkbox"/>	Chapter Eight: Our Stressful Lives
<input type="checkbox"/>	Chapter Nine: Medication Nation
<input type="checkbox"/>	Chapter Ten: The Eat Dirt Program
<input type="checkbox"/>	Chapter Eleven: Healing the Whole Body
<input type="checkbox"/>	Chapter Twelve: Healing Candida Gut
<input type="checkbox"/>	Chapter Thirteen: Healing Stressed Gut
<input type="checkbox"/>	Chapter Fourteen: Healing Immune Gut
<input type="checkbox"/>	Chapter Fifteen: Healing Gastric Gut
<input type="checkbox"/>	Chapter Sixteen: Healing Toxic Gut
<input type="checkbox"/>	Chapter Seventeen: Recipes for Home and Body