

The background of the entire image is a sunset scene. A large, dark silhouette of a tree with a wide, flat canopy stands on a small grassy hill. The sun is a bright, glowing orb positioned directly behind the center of the tree's trunk, creating a lens flare effect. The sky is filled with dramatic, colorful clouds in shades of orange, red, and purple. The ocean is visible in the background, reflecting the colors of the sky. Overlaid on the upper half of the image is a Venn diagram consisting of two overlapping circles. The left circle is a deep blue, and the right circle is a golden-yellow. The word "WHOLENESS" is written in a white, serif, all-caps font across the center of the Venn diagram, where the two circles overlap. The text is flanked by two thin white horizontal lines.

WHOLENESS

Your Complete Guide to All-Natural Holistic Wellness

WHOLISTIC HEALTH: Your Complete Guide to All-Natural Holistic Wellness

Traditional Wellness Resource

WebMD Wellness

<https://www.webmdhealthservices.com/2016/01/27/what-is-wellness/>

Mayo Clinic

Disease and conditions database

<https://www.mayoclinic.org/diseases-conditions>

Lifestyle resources

<http://www.livestrong.com>

Wholistic Wellness resources

Keto Diet

Great resource on wide range of ketogenic lifestyle: mind, body, immune system, etc

<http://www.metonelife.com>

Vipassana Meditation

Great mental wholeness practice

<https://www.dhamma.org/en/about/vipassana>

Meditation to overcome addictions

<https://www.3ho.org/3ho-lifestyle/health-and-healing/meditation-healing-addictions-0>

Volunteer opportunities

<https://www.usa.gov/volunteer>