

Haiku about 6 pillars of Lifestyle Medicine

Written by Dr Jolanta Burke

Nutrition

Gut's gentle whispers,
Probiotics dance within,
Prebiotics feast.

Sleep

Moonlight softly fades,
Dreams drift on night's quiet breath,
Rest renews the soul.

Physical activity

Heartbeat's steady drum,
Muscles dance in strength and grace,
Life flows through each stride.

Stress Management

Calm amidst the storm,
Breathe in peace, let worries go,
Mind finds quiet shores.

Substance use

Smoke curls in the air,
Whispers of forgotten dreams,
Ashes fall like tears.

Relationships

Hands entwined, hearts close,
In life's storms, a steadfast rock,
Love's unwavering light.



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