

Claudia, what an awesome track you did. Je weet hoe de vork in de steel zit. Blijf zo verder doen. 80/20 is from now on your new mantra!

## 11. YUKA-APP



Next to nutrition, also cosmetics, care and cleaning products have a large share in the inflow of toxins into our body. The problem is that these toxins come right into our largest organ: our skin, and thus right into our blood flow. Let's cover that part and get rid of that crap. A good (and free, yay!) application to use is Yuka. With the Yuka-scanner, you can check to whether or not your products are toxic. An example of natural cosmetics and care products are Zarqa, Odylique, Seepje en Dr. Hauschka.

## 12. PERIOD CHECK



Send me your last food diary of the next 5 days so I can have a last check-up on your food. Try to manage your sleep and stress in the first place. Let's get that period started!