

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!