

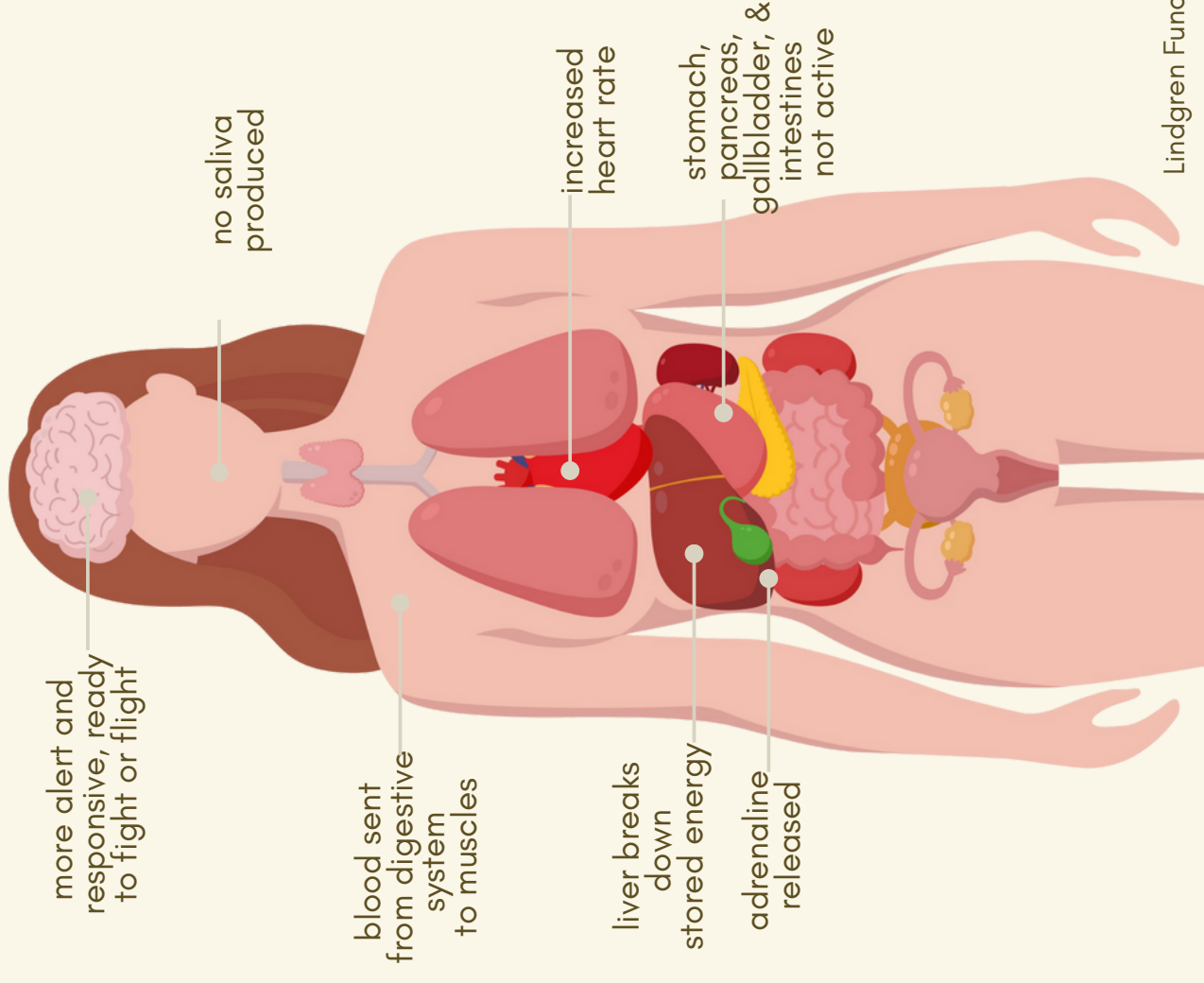


LINDGREN
functional medicine

sympathetic

State of Stress

"I am distracted & rushed."



parasympathetic

State of Receiving

"I am calm & intentional."

