

Human Wellbeing

By Niyati Patel

**The human
body is an**

intricate

design where

many

different

**organs work
together in**

**harmony, all
the time.**

It has an

innate

capacity for

self-care,

absorbing

necessary

nutrients

from the food

that we

consume, as

well as

**removing the
refuse.**

**The human
body has**

**an inherent
capacity to**

**heal and
recover in
this way.**

