



## PARTNERSHIP

Derived from Gelb, M. (2009)

**Who is the head?**

**Who is the heart?**

**Is the head in balance with the body?**

**What is our backbone?**

**Does the right hand know what the left hand is doing?**

**What is our state of health. Do we have chronic diseases, natural growing pains?**

**Are we working to become more fit, strong, flexible and poised?**

**What are our sharpest senses? Or our dullest?**

**What is the quality of our nourishment?**

**How well do we digest and assimilate nourishment?**