



# Your Human Design & Health Personalized E book

Discover How Human Design can transform your **Life** for better by guiding you to achieve your highest potential based in your **Unique Design**.



**BY MAIKE GABRIELA**

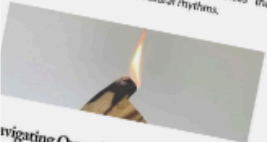
# Health Habits Human Design!

## HEALTH

### Health Through the Human Design Lens

Health is more than just the absence of illness; it's a state of complete harmony of the body, mind, and spirit.

Through Human Design, you'll learn how each Energy Type has its own needs when it comes to sleep patterns, dietary preferences, and digestion. This knowledge empowers you to make choices that resonate with your body's natural rhythms.



### Navigating Overwhelm and Pressure

Today's fast-paced world, overstimulation and pressure are common challenges that can disrupt our inner peace. By delving into the wisdom of energy types, you'll gain practical strategies to manage and maintain your equilibrium.

Read through this document, keep an open heart. The insights you'll gain are not just for you; they're a transformational experience shared with a healthier, more vibrant you.

Embark on this journey with me, and discover how your Human Design can be the key to your healthiest self.

Maiko Gabriela

Human Design



CREATED BY

Maiko Gabriela

The Uprising Club

## How Sleep?

### SLEEPING

The Art of Unwinding: Sleep Undefined Sacred Center.

For those of you with an undefined journey to a restful night's sleep, down of the day's energies. Unlike with a defined Sacred, your energy self-generated, but rather absorbs around you. Here's how you can create an environment for deep, rejuvenating sleep.

### THE EVENING

## HD & HEALTH E-BOOK

Get your personalized HD & Health Ebook where you will discover how your unique Human Design Chart can help with your health based on your Energy Type and your defined & undefined Centers. Uncover how your unique design works in different areas, with Digestion Tips, Sleep & Rest, and Much more! Start the change, Today & Take Action to achieve your highest Potential.

Get Access to My "Uprising Club" & Download the Ebook by filling the form with your Details. (Create an Account is FREE!)

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