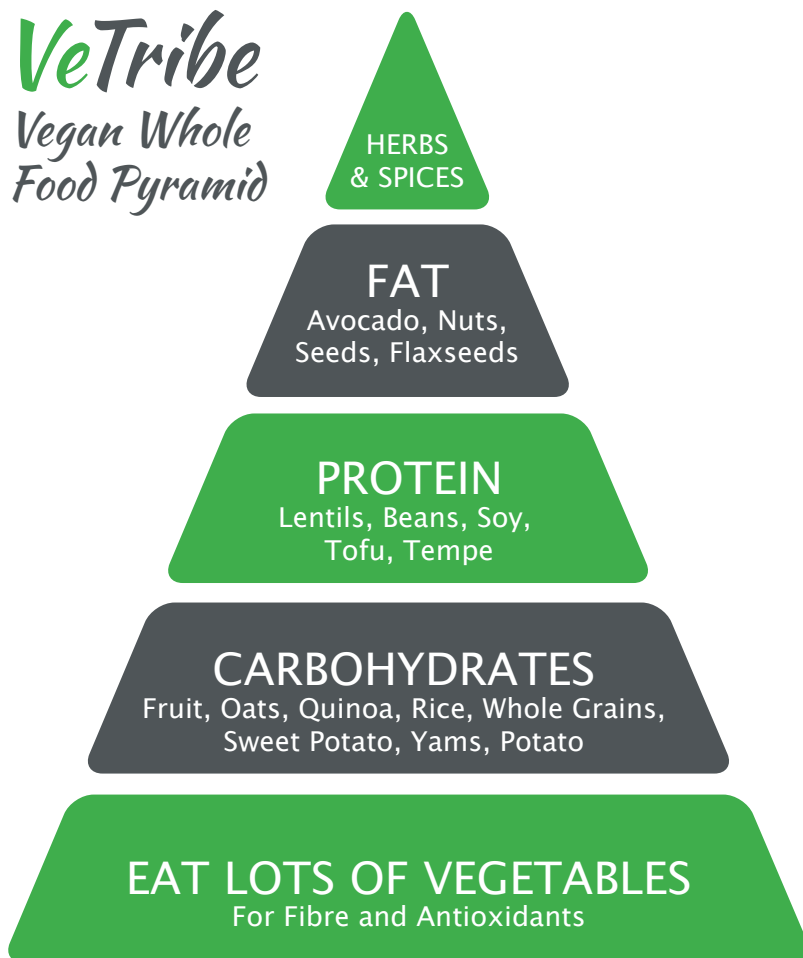


# *VeTribe 5 Rules for Health:*

- 1. Just Eat Plants*
- 2. Reprogram Your Brain*
- 3. Quality Sleep*
- 4. Strength and Movement*
- 5. Get Outside in the Sunshine*



Encourage more people to go Vegan.

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