

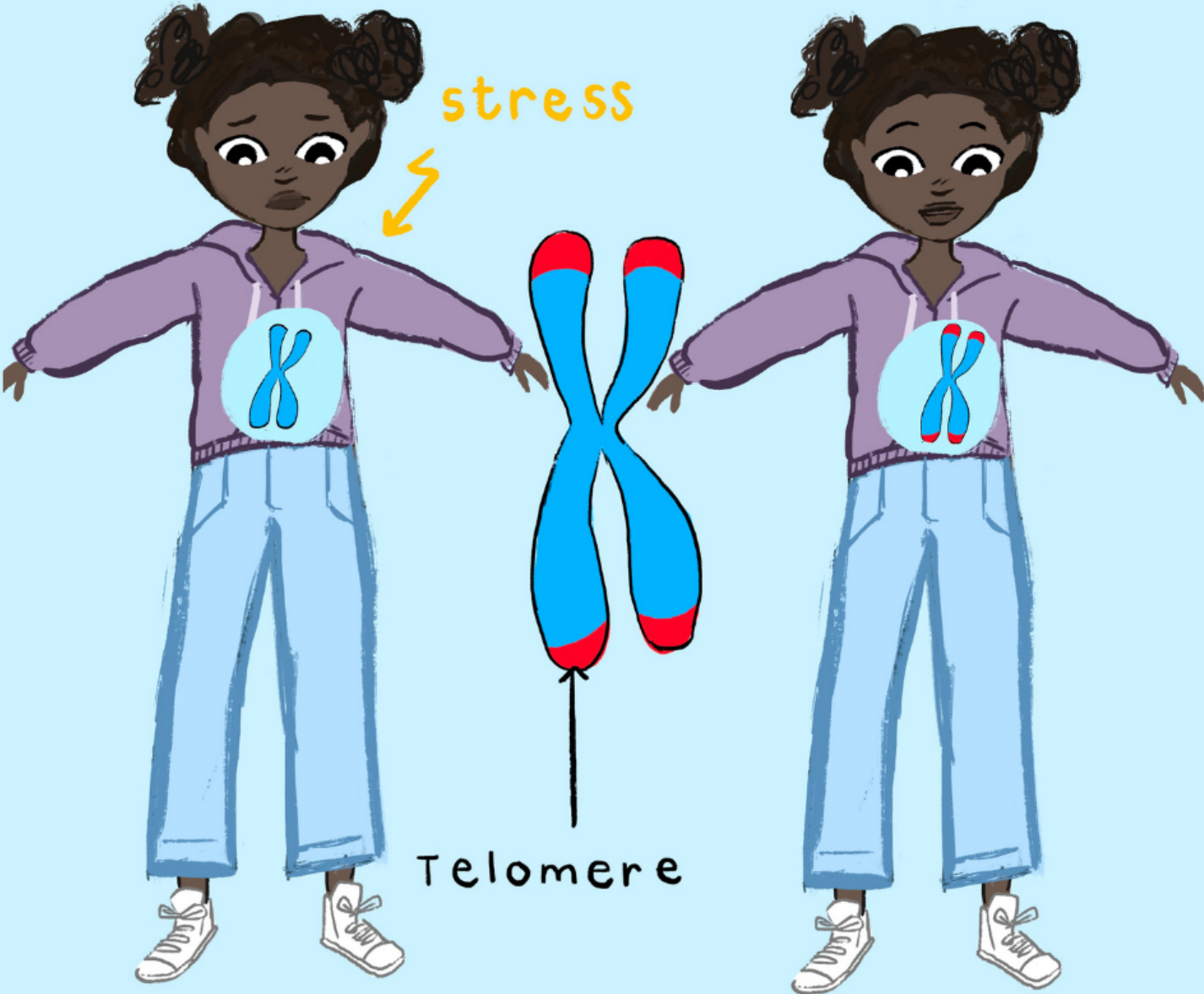
APOCALYPTIC EDUCATION

WELLNESS FRAMEWORK

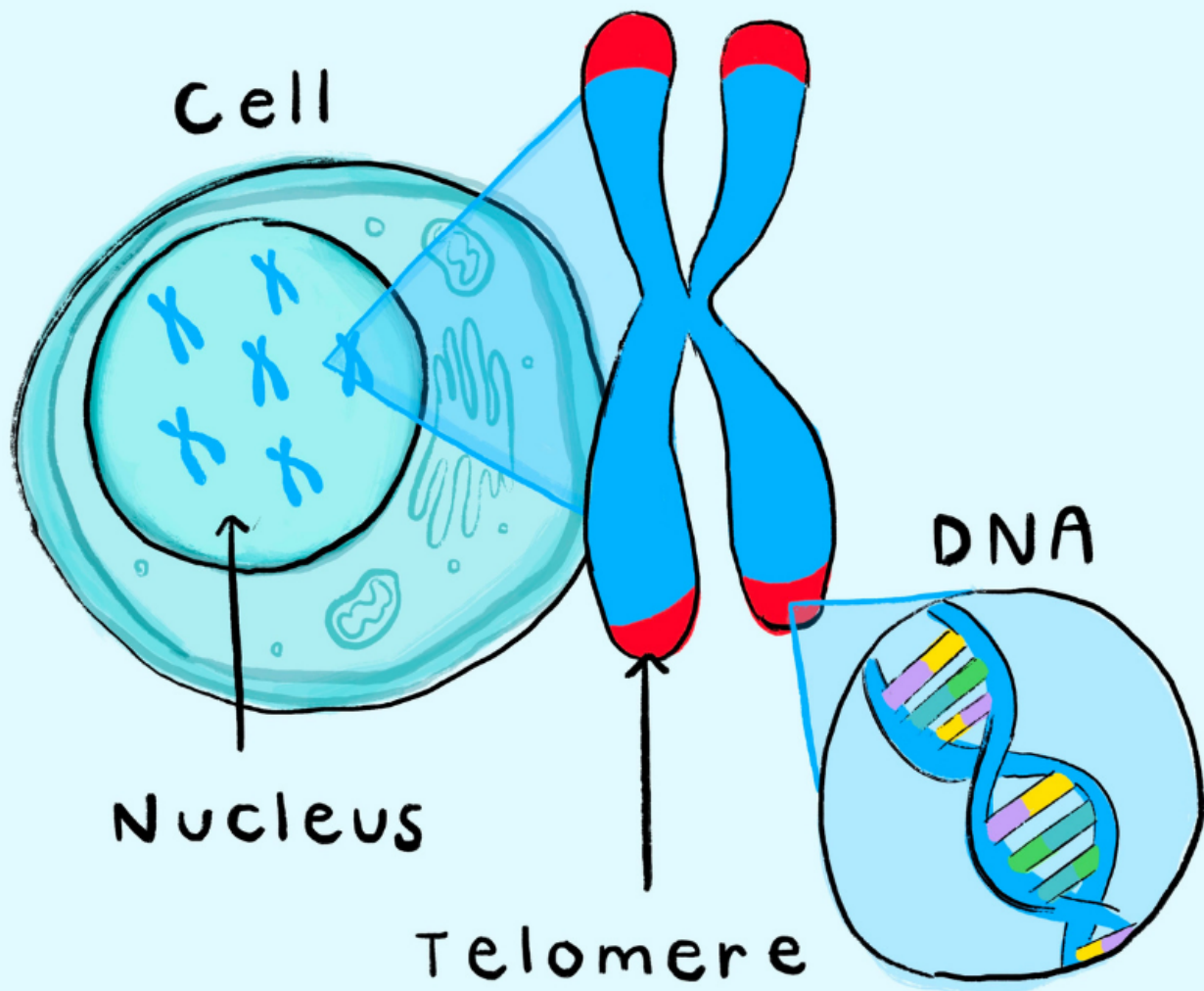
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Toxic stress shortens telomeres.



Introduction to Telomeres



Telomeres protect our cells from deterioration, but aging and stress shorten our telomeres.

Chronological
Age

Bio-Physiological
Age

14
YEARS
OLD



60
YEARS
OLD

Stress : the silent killer.



Recent research findings affirm ancestral wisdom that connection to the natural world and a balance of mind, body, and spirit health are vital in restoring our bodies; they are known to regrow telomeres.