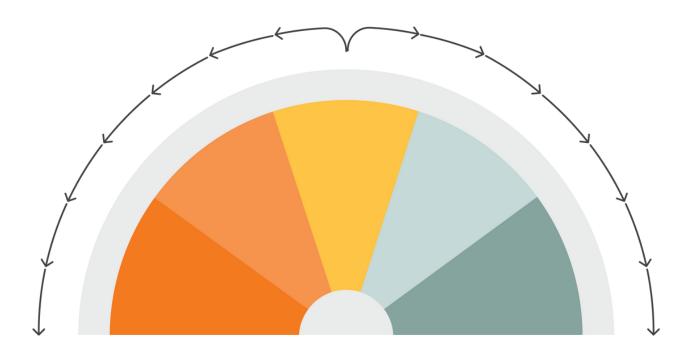
Thrive scale



Survive Present survival

Hierarchy of healing

Sleep Eat Detoxify Defend (Immune) Reproduce Thrive Future survival

