



PLANNING YOUR 2026 SEASONAL HEALTH MILESTONES

with Jaisri Lambert, Ayurveda Doctor (NAMA)

A Simpler Way to Think
About Your Health in 2026



WHAT YOU'LL GAIN:

- A simple way to think about your health across the year
- How seasonal planning reduces stress & health confusion
- What actually matters for your wellbeing & what doesn't
- Practical Ayurveda insights you can apply immediately



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