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Letter from the Publisher



The Homemade Health theme for 2024 is ... FRESH!

New - Invigorating - Bright - Energized - Glowing - Shiny - Magnetic

Winter opens the door to **Fresh Insights**, a time for inner reflection, ultimate self-care, and rejuvenation as we gather in community to celebrate holiday traditions with hope, optimism, and gratitude.

The Homemade Health Coach Team invites you to open yourself to **Fresh Insights**. We're sharing valuable, curated, and actionable resources in the following pages so you will experience vibrant longevity through our unique collective approach.

Amazingly, we've traveled each of this year's seasons together - weaving through their unique joys embraced with every issue! We've grown throughout these 12 months and cherish sharing the journey with you.

Spring 2024 - Fresh Starts (Released March 2024)
Summer 2024 - Fresh Adventures (Released June 2024)
Fall 2024 - Fresh Traditions (Released September 2024)
Winter 2024 - Fresh Insights

Onward to 2025... what will our theme be? We can't wait to embark on our travels together with you!

Kris Francefort

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