

_____ 's Toolbox

Blue Zone Tools



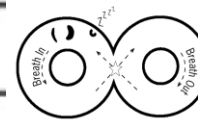
Green Zone Tools



Yellow Zone Tools

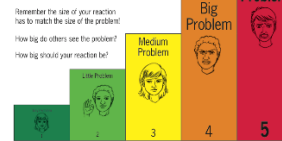


Lazy 8 Breathing



The ZONES of Regulation® Foundation, Inc.®

Size of the Problem



Red Zone Tools



The Six Sides of Breathing

