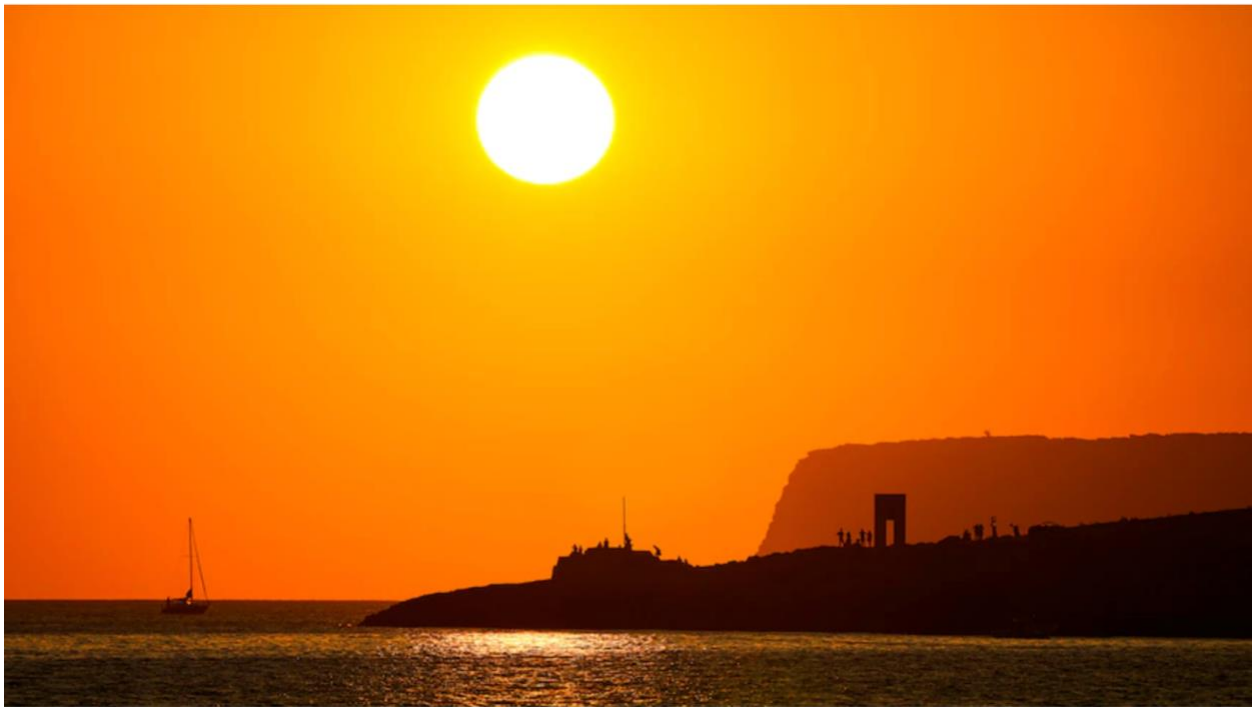




# **Ocean Pick-Me-Up**

Salubrious air,  
Sanguine seashore ions  
Oxygen facilitators  
Serotonin balancers  
Stress softeners,  
Upbeat mood-makers!

Alert  
Relax'd  
Energised  
Twinkling,  
Gratitude!





Got:  
Asthma  
Bronchitis  
Sinus pressure,  
Coughing?  
Salty seashore air,  
Mother's medicine!  
**©2023 Reese Halter**  
**Refuse. Reduce. Repurpose.**