

# RELATIONSHIP REDOX #8: DOES FRIENDSHIP AND LOVE PLAY A MAJOR ROLE IN YOUR REDOX STATE AND HEALTH?

I'd like this post to be dedicated to ideas around nurturing love long term.

I think I have done a poor job of exploring this aspect of relationships and how it relates to health and wellness and I think I need to improve this.

I believe relationships are built around three cornerstone pillars similar to life's 3 legged stool of light water and magnetism.



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