

SALUBRIOUS

Meaning: Salubrious means promoting health or well-being; beneficial to one's physical or mental condition.

1. The mountain air was refreshingly salubrious, invigorating all who breathed it.
2. Choosing a diet rich in fruits and vegetables is salubrious for both body and mind.
3. After spending a week in the salubrious climate of the coastal town, she felt rejuvenated.
4. The doctor recommended a salubrious lifestyle that included regular exercise and meditation.
5. They sought out the salubrious benefits of herbal teas to improve their overall health.

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