

“Biohacking An Unbeatable Environment”

BenGreenfieldFitness.com/unbeatable14



BENGREENFIELDFITNESS

1. Your Bedroom



Light



Infrared



Organic Mattress



Biomat



Passion Flower



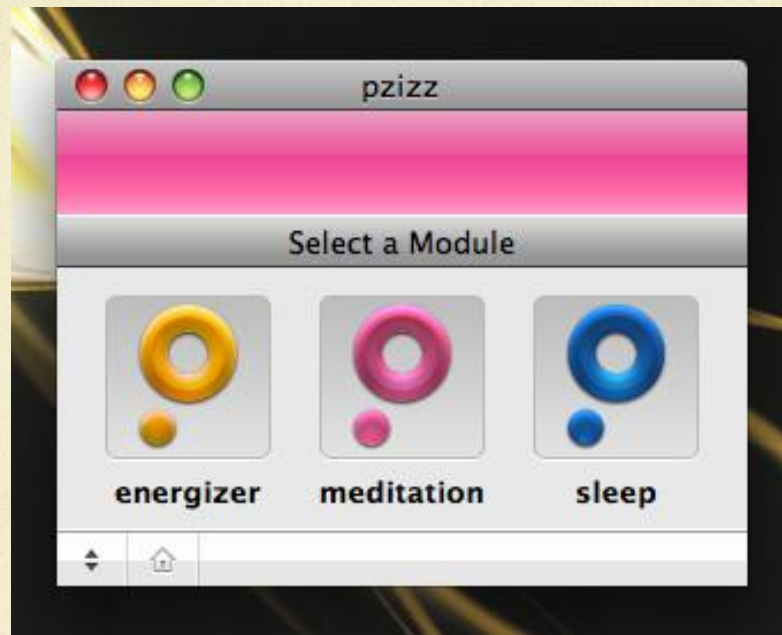
Lavender



PEMF



Binaural Beats



Melatonin



HRV



2. Your Office



Standing Desk



Manual Treadmill



Negative Ion Generator



HEPA Air Filter



Laptop Grounding Cable



Unplugged Wifi



Blue Light Blockers



Screen Dimmers



f.lux™ software to make your life better

[Research](#) [Support](#)

Ever notice how people texting at night have that **eerie blue glow**?

Or wake up ready to write down the Next Great Idea, and get blinded by your computer screen?

During the day, computer screens look good—they're designed to **look like the sun**. But, at 9PM, 10PM, or 3AM, you probably shouldn't be looking at the sun.

f.lux

f.lux fixes this: it makes the color of your computer's display adapt to the time of day, warm at night and like sunlight during the day.

It's even possible that you're staying up too late because of your computer. You could use f.lux because it makes you sleep better, or you could just use it just because it makes your computer look better.

[Download f.lux](#)

Free for Windows.

(also available for [Mac](#), [Linux](#), and [iPhone/iPad](#))

By downloading, you agree to the [f.lux EULA](#)

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Tweets about f.lux



Jailbreak_Helper @redditjail 37m
[Question] Toggle F.lux with Camera
via /r/jailbreak ift.tt/1Avqsp1
[Show Summary](#)



Taylor Pearson @CTaylorMPearson 1h
[@paulorrj](#) - [@Pocket Self Control](#)
(blocking social media), Freedom
(blocking internet), aText (text
expander), f.lux, Jumpcut - my faves



フリーソフト @動画/画像/まとめ 1h
[@freesoft_topic](#)
『f.luxでブルーライト対策。パソコンを
目にやさしく』 bit.ly/1HwVeQk

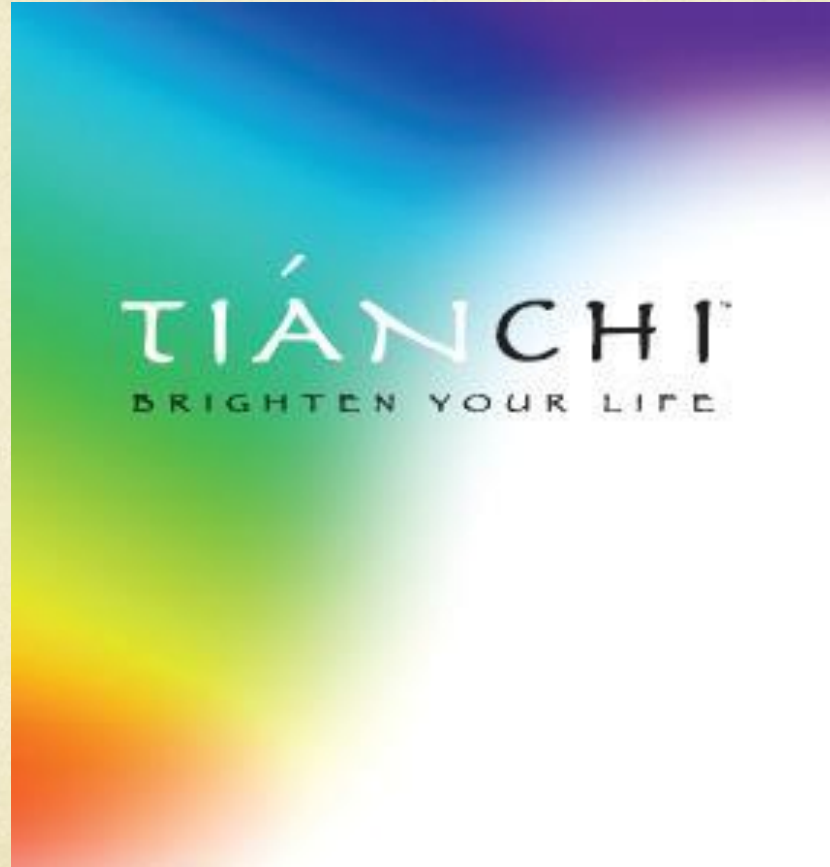
Dirty Electricity Filters



Measurement Device



Chinese Adaptogens



3. Your Kitchen



No Microwave



Dehydrator



A Good Blender



A Juicer



Glass Jars



Natural Cleaners



4. Your Gym



Training Mask



Weighted Vest



Hypoxic Air Generator



Transdermal Magnesium



Rumble Roller



Inversion



5. Your Bathroom



Squatty Potty



Water Filter



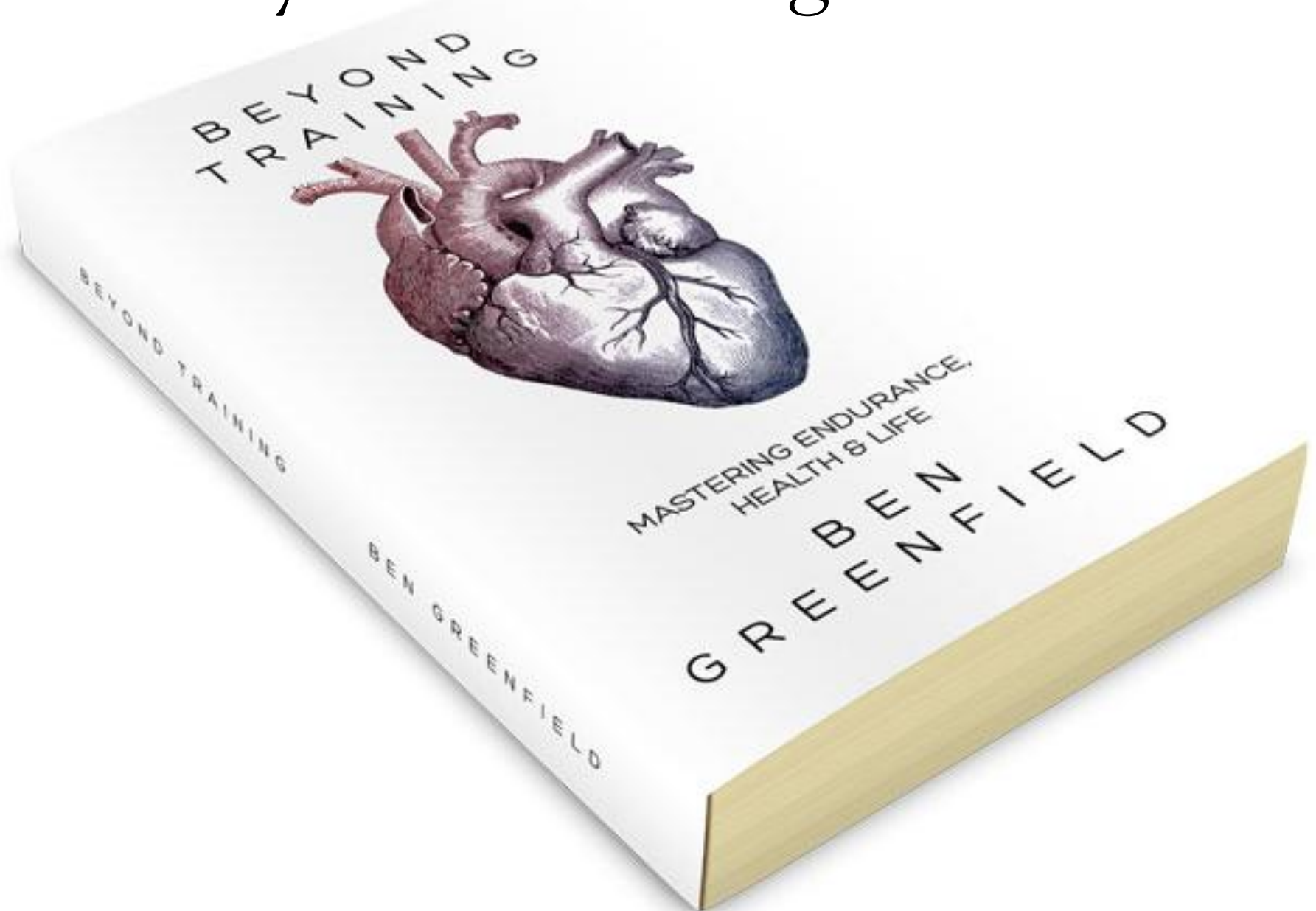
Personal Care Products



Coffee



BeyondTrainingBook.com



Q&A

All resources at:

BenGreenfieldFitness.com/unbeatable14