



BENGREENFIELDFITNESS

The 5 Invisible Variables That Will Make Or Break Your Mind, Body & Spirit



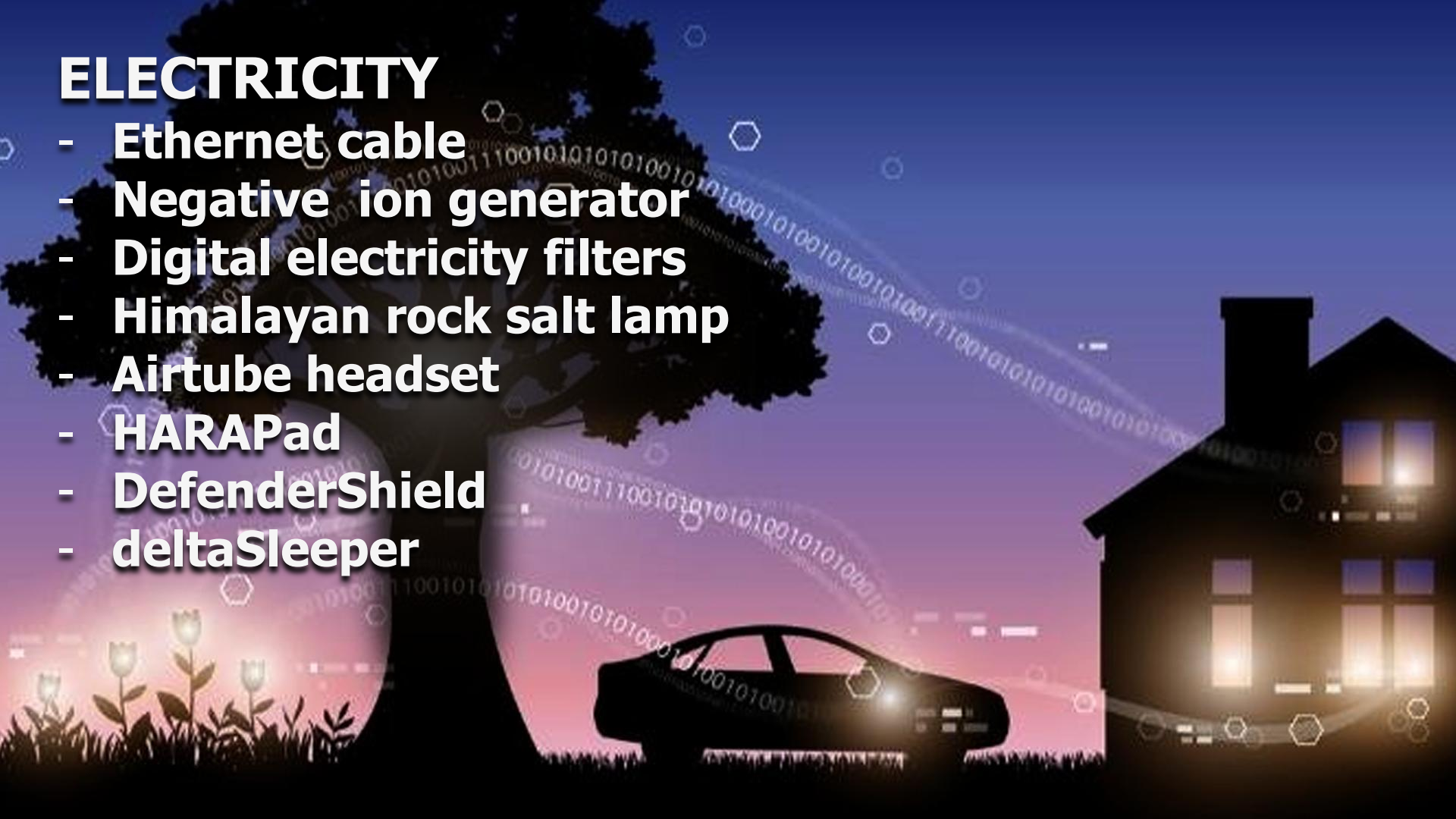
Ben Greenfield

BenGreenfieldFitness.com/Atlanta17



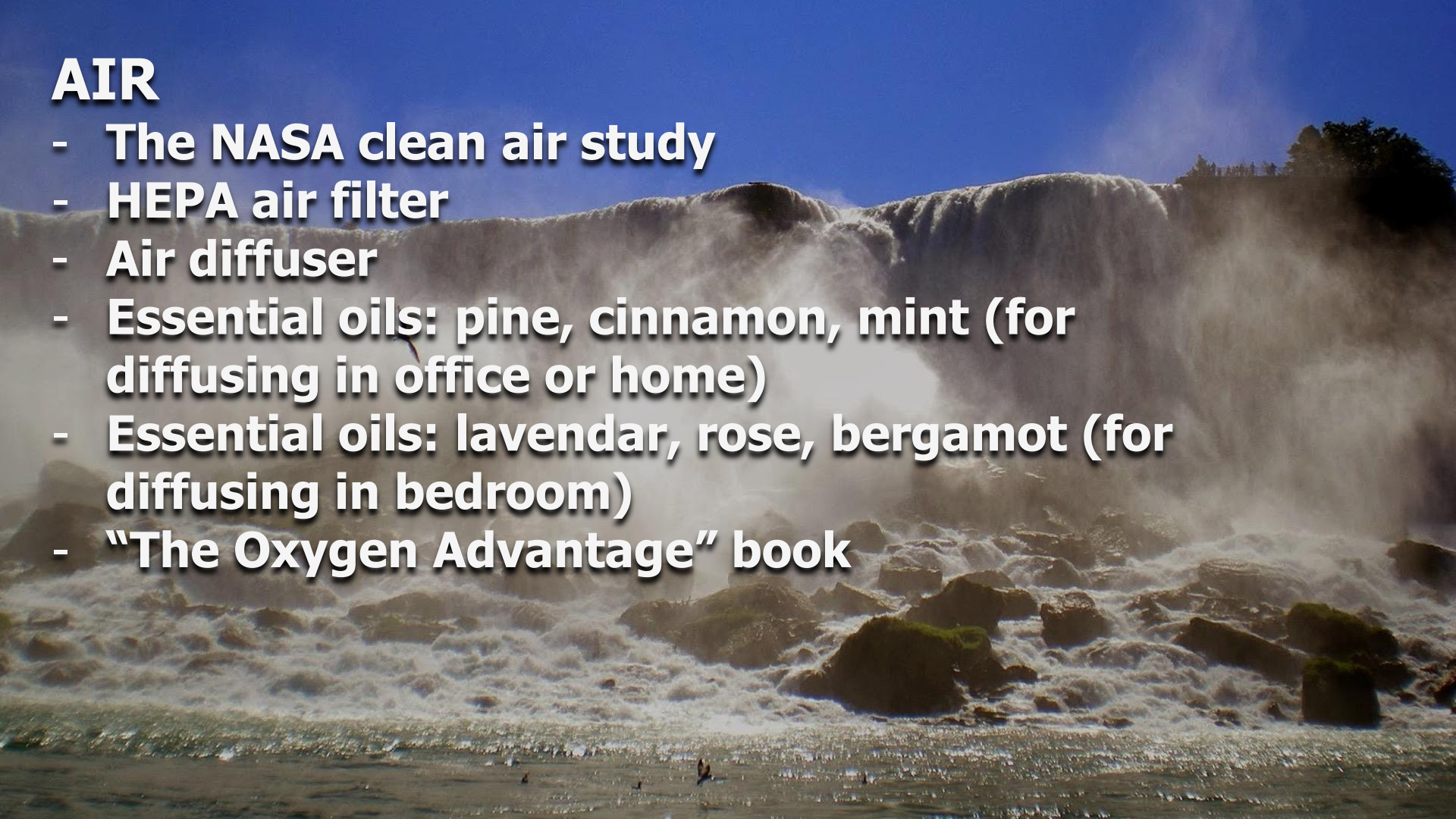
ELECTRICITY

- Ethernet cable
- Negative ion generator
- Digital electricity filters
- Himalayan rock salt lamp
- Airtube headset
- HARAPad
- DefenderShield
- deltaSleeper



AIR

- The NASA clean air study
- HEPA air filter
- Air diffuser
- Essential oils: pine, cinnamon, mint (for diffusing in office or home)
- Essential oils: lavender, rose, bergamot (for diffusing in bedroom)
- "The Oxygen Advantage" book



LIGHT

- Blue light blocking glasses
- IrisTech software on computer
- Red light bulbs for bedroom/rest areas
- Blue light bulbs for office, gym, etc.
- Retimer glasses and or human charger for jet lag/circadian rhythm adjustments
- Vielight Neuro and/or Quantlet for photobiomodulation
- Infrared sauna with built in chromotherapy

WATER

- **Reverse osmosis filter with remineralization**
- **Structured water filter**
- **Trace liquid minerals or good sea salt**
- **Glass bottled water for travel or home (e.g. Pellegrino)**
- **Hunza water**
- **Sport berkey bottle with filter for travel**



EMOTIONS

- Blue Zones
- Gratitude Journal
- HRV
- Love



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Q & A

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