



BENGREENFIELDFITNESS

The 7 Variables That Will Make Or Break Your Body & Brain

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MOVEMENT

- **VO2**
- **Mitochondrial Density**
- **Muscle Endurance**
- **Strength**
- **Power**
- **Stamina**
- **Balance**
- **Hormesis**



NUTRIENTS

- **Diet Agnosticism**
- **Customize**
- **Digestibility**
- **Nutrient Density**
- **Plants**
- **Control Blood Sugar**
- **Choose Oils Wisely**
- **Moderate Calorie Intake**



ELECTRICITY

The background features a sunset sky transitioning from blue to orange. On the left is a large tree silhouette. In the center is a car silhouette with its headlights on. On the right is a house silhouette with lit windows. The scene is decorated with binary code (0s and 1s) and hexagonal patterns.

- Ethernet
- Negative ions
- Dirty electricity filter
- Airtube
- Phone case
- Laptop pad
- PEMF/Grounding

AIR



- NASA clean air study
- HEPA air filter
- Diffuser
- Essential oils: pine, cinnamon, mint (for diffusing in office or home)
- Essential oils: lavender, rose, bergamot (for diffusing in bedroom)
- Nasal breathing

LIGHT

- **Red light bulbs for bedroom/rest areas**
- **Blue light bulbs for office/gym**
- **Blue light glasses/ear device**
- **Blue light blocking glasses**
- **Software on computers**
- **TV blocker**
- **Near/far infrared**
- **Photobiomodulation**

WATER

A photograph of a waterfall cascading over moss-covered rocks in a forest. The water is white and frothy as it falls, surrounded by lush green moss and ferns. The scene is captured from a high angle, looking down at the waterfall.

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

EMOTIONS

- Gratitude
- HRV
- Love





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Q & A

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