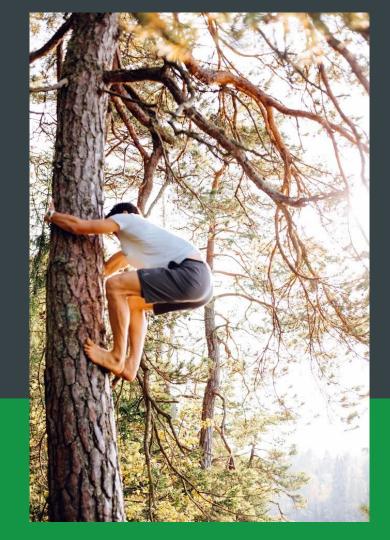


The 7 Variables That Will Make Or Break Your Body & Brain

Ben GreenfieldBenGreenfieldFitness.com/BOULEY17





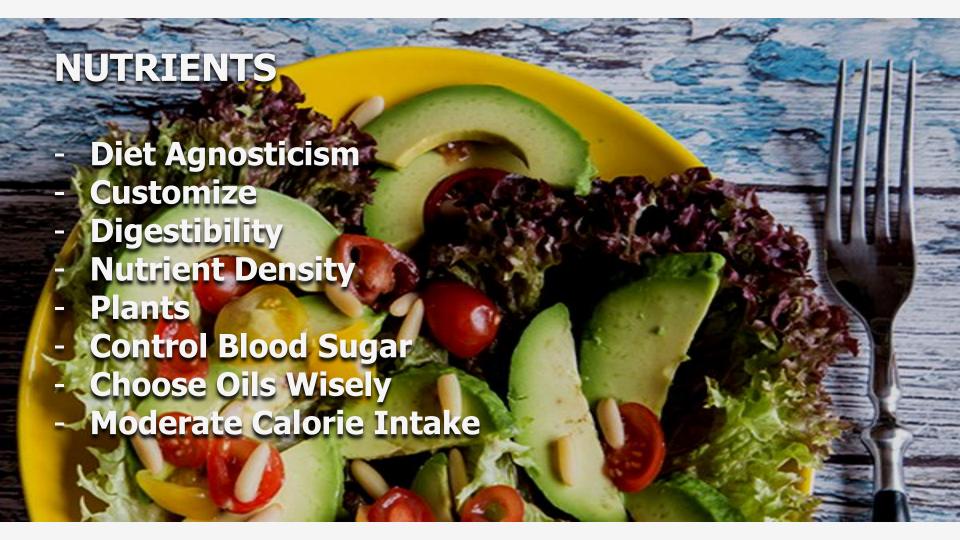


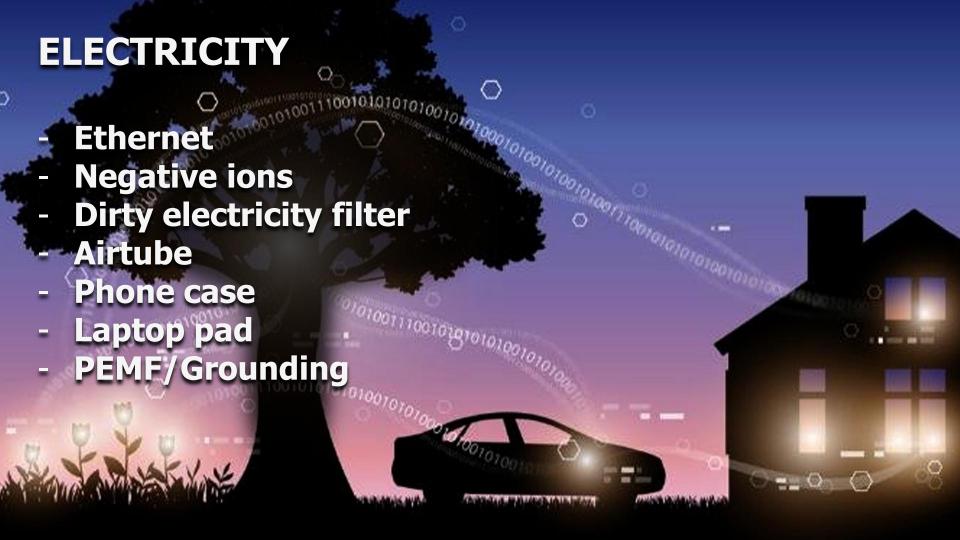












AIR

- 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



