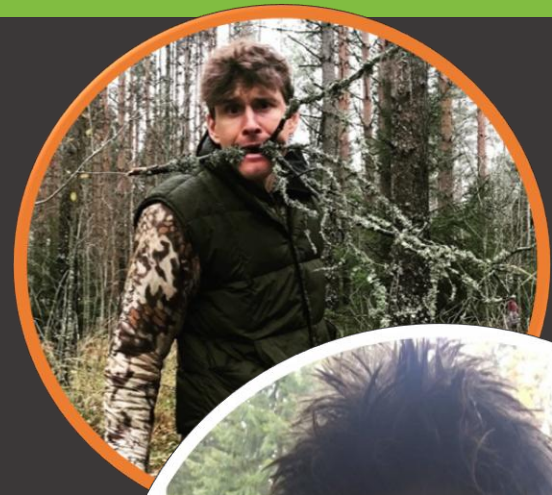


Top 10 Ways To Biohack Longevity *(& Get Many Weird Looks From Your Neighbors)*



BenGreenfieldFitness.com/ARP18



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SCIENCE!

Dude Injects His Junk With Stem Cells Hoping to Make it Bigger

BY DANIEL STARKEY 02.28.2018 :: 11:00AM EST @DCSTARKEY

221
SHARES



MORE IN SCIENCE!

SCIENCE!

03.01.2018 :: 10:00AM EST :: STEPHANIE MLOT

First of March's Two Full Moons On Display Tonight



SCIENCE!

03.01.2018 :: 7:02AM EST :: STEPHANIE MLOT

Astronomers Detect Evidence of Earliest Stars in the Universe



SCIENCE!

03.01.2018 :: 6:00AM EST :: STEPHANIE MLOT

Barbra Streisand Cloned Her Dog Twice



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HEALTH

This Guy Injected His Dick With Stem Cells to Try to Make It Bigger



Kristen V. Brown

Tuesday 10:00am • Filed to: STEM CELLS ▾



1.5M



809



12



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Man Injects Perfectly Healthy Penis With Stem Cells To Try and Make It Bigger

Masculinity seems painful.



By [Hannah Smothers](#) Feb 27, 2018

115



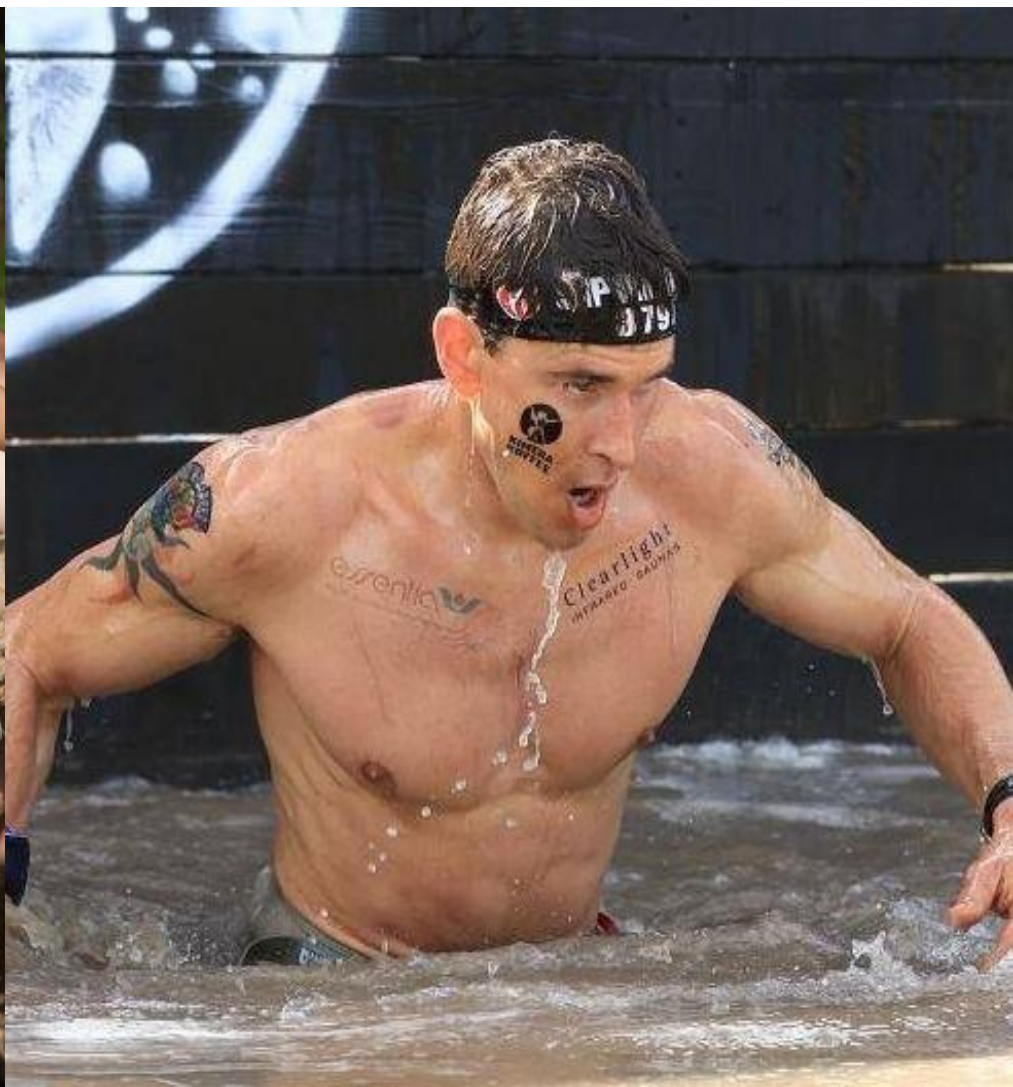
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Ben Greenfield, CEO Kion



Kion empowers all human beings who want to live life to the fullest with every solution necessary for complete mind, body and spirit optimization.





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Step 1: Do Weird Stuff In Your Underwear



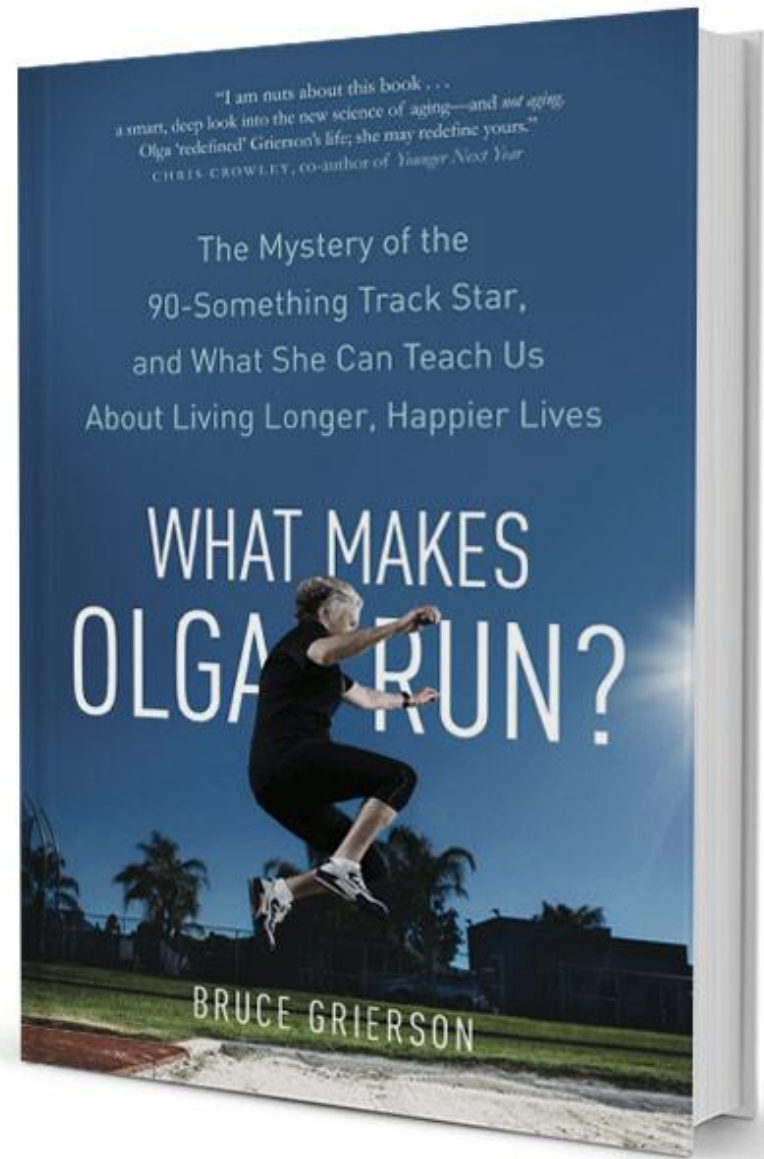
Fasting



Gratitude



Deep Tissue Work



Tannin- Rich Drug *(AKA Beverage)*



Morning Supplements



Activate Body



Facial Care



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Step 2: Evacuate Thy Bowels



Buff Your Body



Squatty Potty

I TAKE A
DUMP
IN THE
WOODS

just like ancient man did



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Magnesium





Step 3: Do A Hippie Workout



Easy Morning Walk



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Sauna



Cold



Step 4: Eat A Big Ass Smoothie









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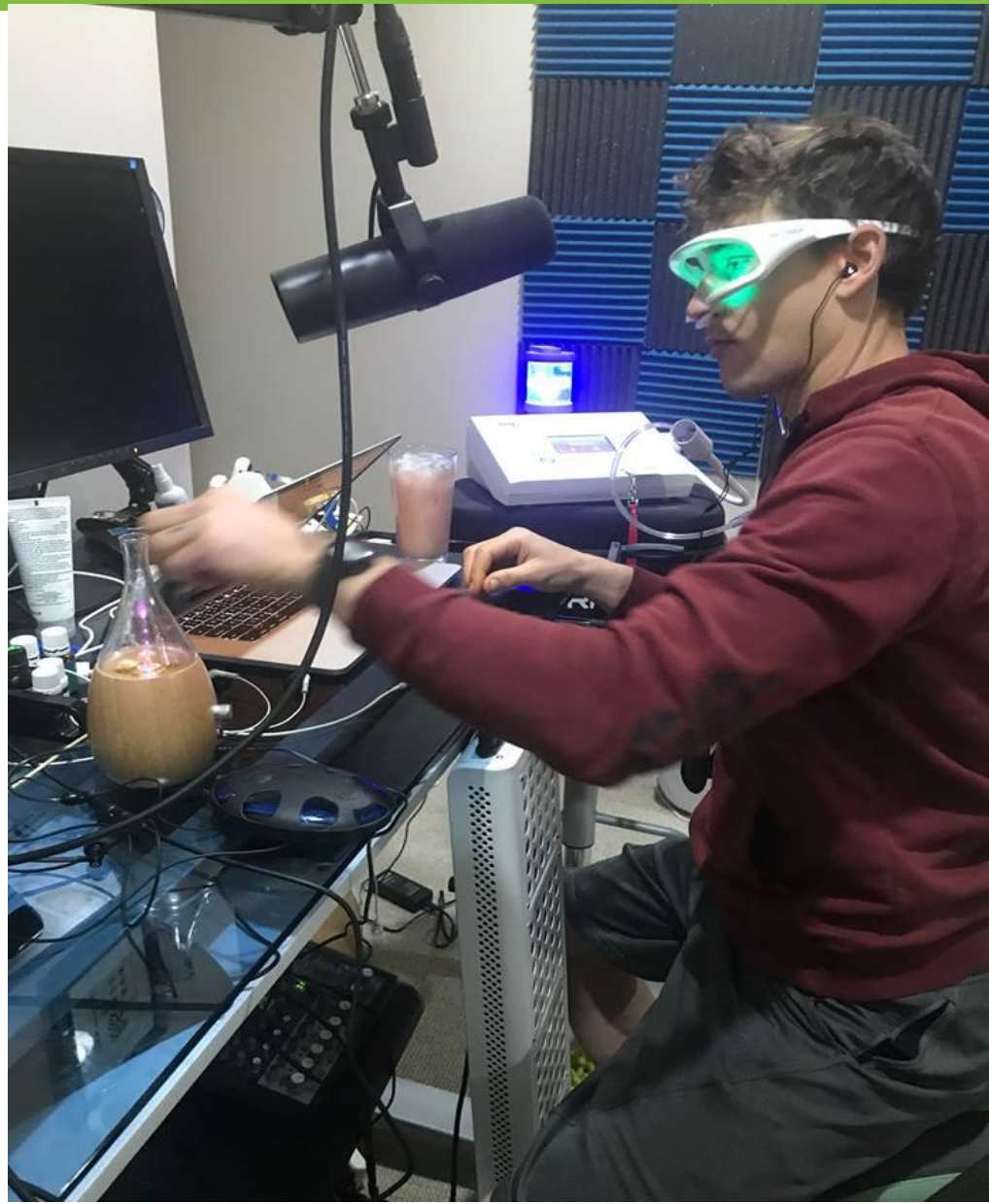


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Step 5: Don't Work Like A Normal Person



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Photobiomodulation



Change Positions Frequently



Drink Superfoods



Step 6: Eat A Big Ass Salad



CONTROL GLYCEMIC VARIABILITY



Include Digestifs



DHA/Fish Oil



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Step 7: Nap Like A Princess



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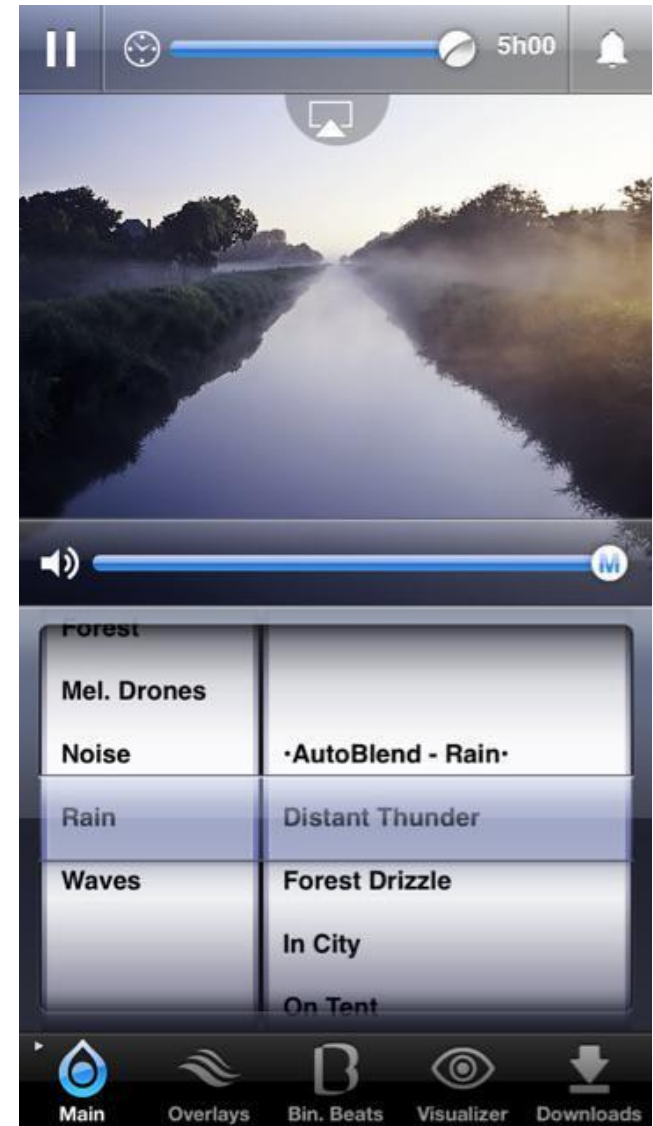
Heat Therapy



Normatec Boots



Sleepstream/ Noise Blocking



Step 8: Do a Weird Workout



Oxygen Therapy



Superslow & Isometrics



Explosive Work



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Step 9: Be With People



Carb Backloading



Bitter Melon Extract



Sirtuin-Rich Foods



Neuroplasticity



Physical Touch



Step 10: Sleep Like A Ninja



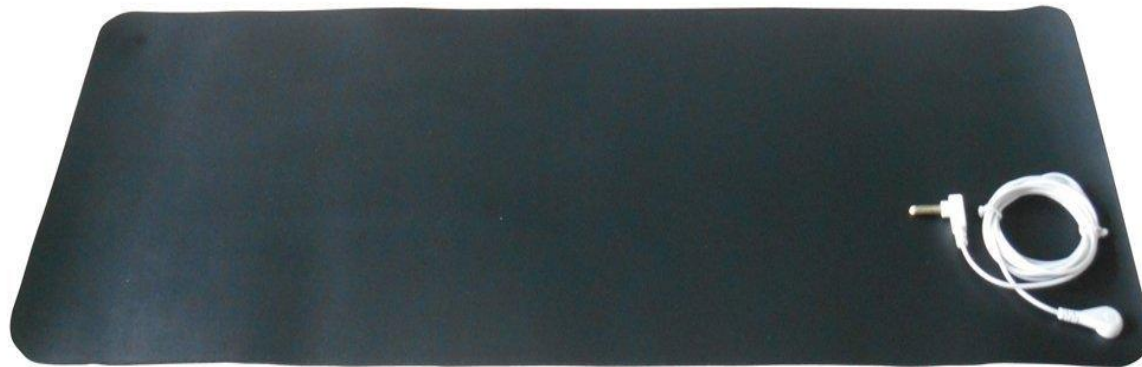
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CBD/GABA:



Grounding/Earthing



Cold

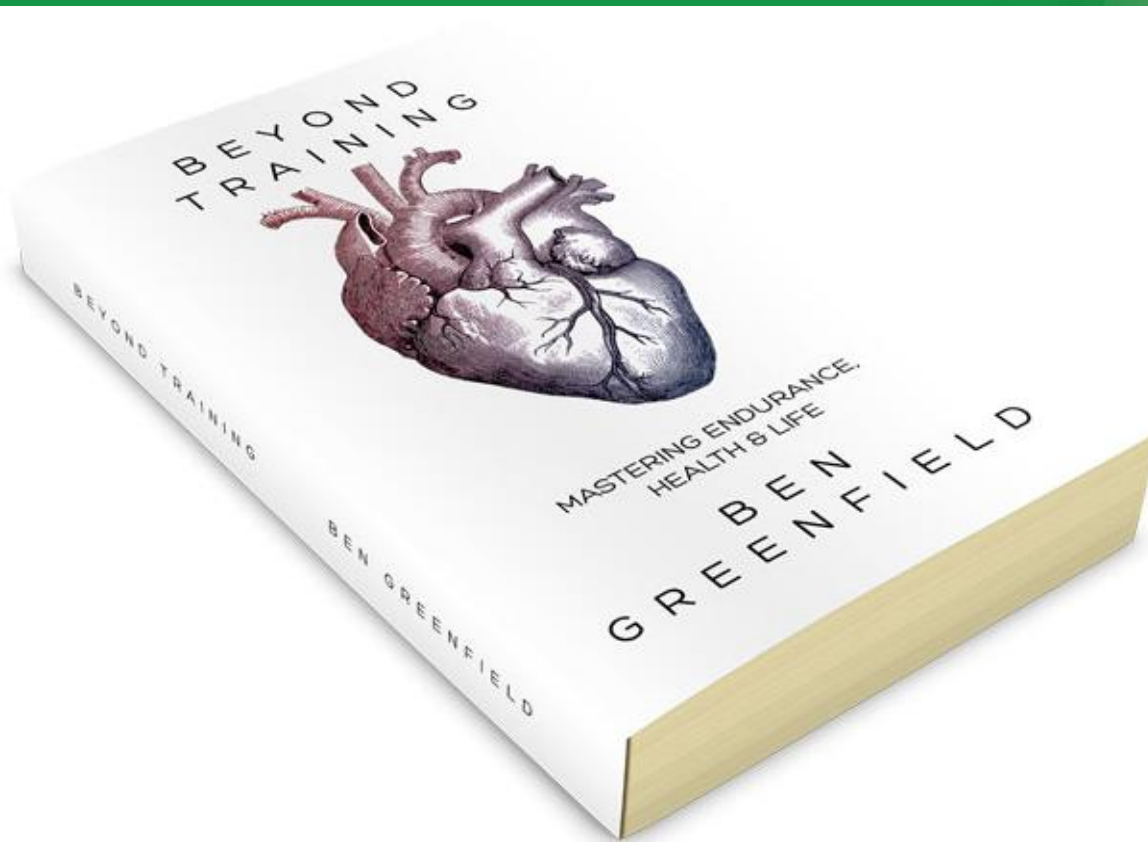




Q&A

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