



BEN GREENFIELD

L I F E

BIOHACKING THE ELEMENTS OF EARTH & AIR BY BEN GREENFIELD

BENGREENFIELDLIFE.COM/ELEMENTS23

EARTH



EARTH: BAREFOOT GROUNDING



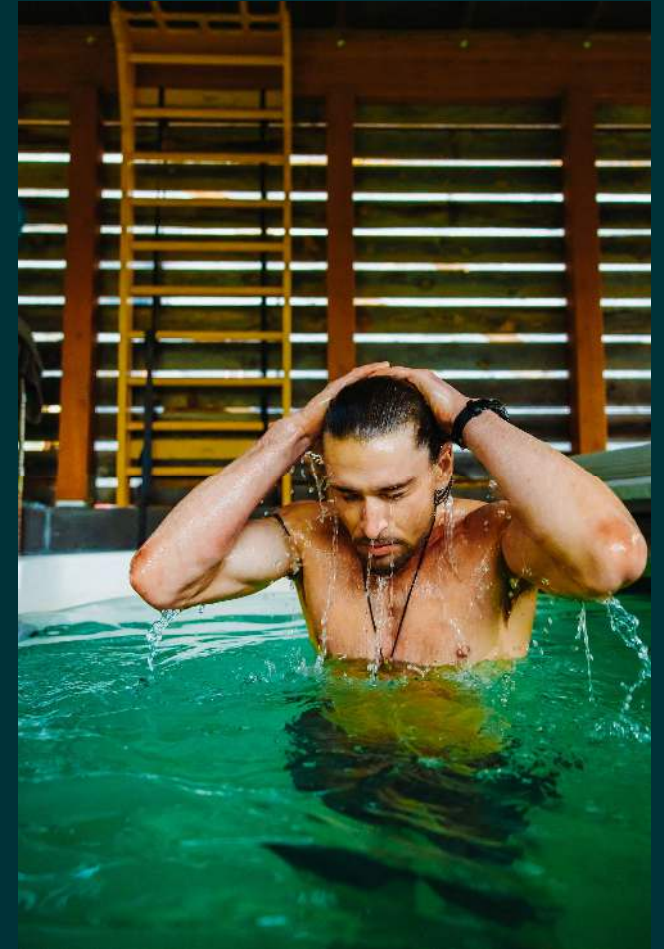
EARTH: GROUNDING SHOES

- Groundz
- Earthrunners
- Harmony 783
- Softstar
- Bahe
- Erthe Straps



EARTH: WATER IMMERSION

- Pure water like distilled water or snow?
- Ocean Water: full of dissolved salts and minerals and a superb conductive medium for grounding.
- Lakes & Rivers: less minerals and salts than the ocean but still good conductors.
- Mineral Hot Springs: high mineral and salt content will ground you.
- Pool: if salt water pool and water is in contact with metal drain pipe going into the ground. Normal tap water in a pool can be conductive, but needs to be in contact with a metal fixture going into the ground.
- Bathtubs, Showers, Faucets: Tap water contains minerals and salts and is conductive, must be running through metal pipes that go into the ground.



EARTH: MATS

- Anti-Aging Beds
- Ultimate Longevity
- Earthing.com



EARTH: PEMF

- Pulsecenters
- Dr. William Pawluk Flexpulse, Biobalance, etc.
- Centropix
- Micro-Pulse
- Ammortal
- Biocharger



AIR

- VOC's
- Mold
- Cleaning Products
- Fragrances
- Fuels
- Recent CogFX Study (getting a lot of discussion in the Architecture and Construction community - demonstrated that human cognitive performance doubles in buildings with improved indoor air quality)



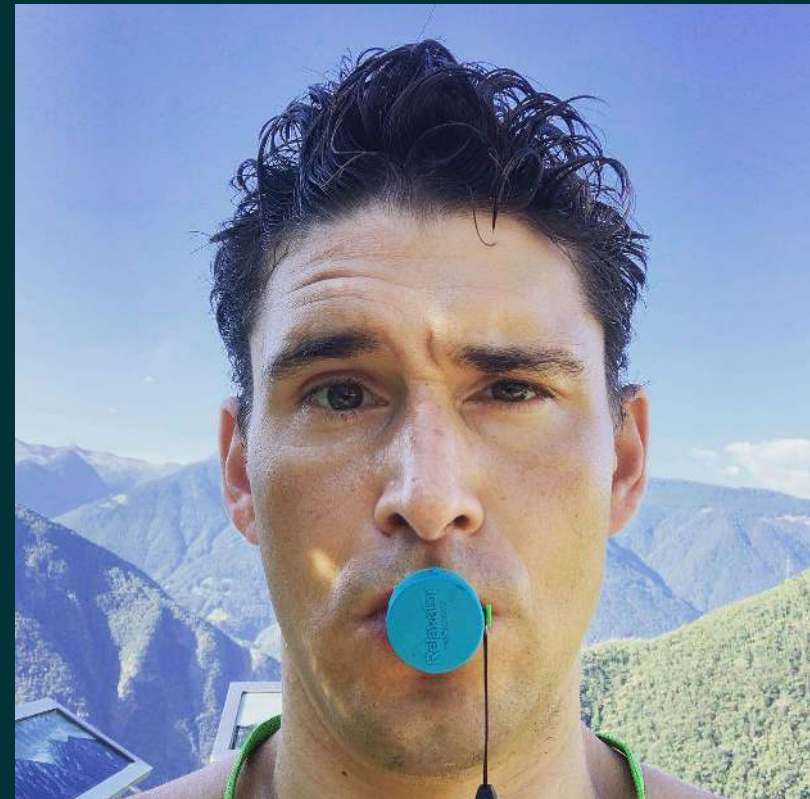
AIR: BREATHWORK

- SOMA (Niraj Naik)
- Othership
- The Breath Source
- Wim Hof
- YouTube



AIR: BREATHWORK DEVICES

- TrainingMask
- Relaxator
- PowerLung
- Airofit
- TrainMaximus
- BasRutten02
- AIRWAAV Performance Mouthpiece
- Hostage Mouth Tape
- Rhinomed Nasal Dilator
- Nemstar

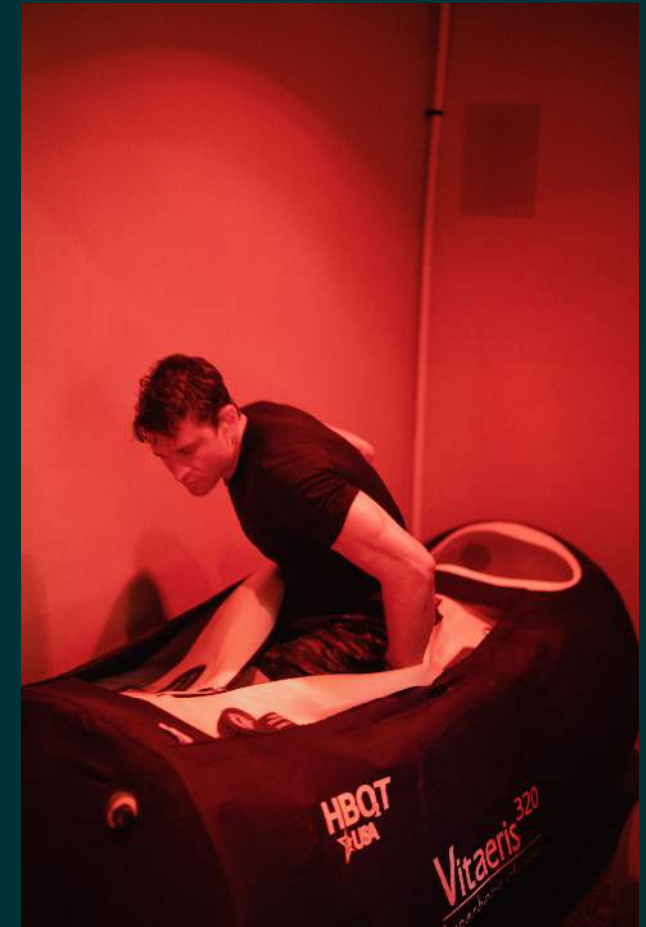


AIR: HBOT

- Wound healing: increases the amount of oxygen your blood can carry. It can help your body grow new skin, blood vessels, and connective tissues.
- Brain function: improved cerebral blood flow, brain metabolism, and brain microstructure, for improved cognitive functions, physical functions, sleep, and gait.
- Immune system: helps block the action of harmful bacteria and strengthens the body's immune system.
- Can decrease inflammation and swelling.

Other benefits:

- Increasing oxygen concentration in the tissues
- Weakening infection-causing bacteria
- Increasing blood flow



AIR: EWOT

- Increasing oxygenation of tissues and cells
- Improving oxygen circulation
- Restoring blood flow
- Increasing production of ATP (cell's fuel)
- Enhancing athletic performance
- Mental performance
- Weight loss

EWOT can also help with:

- Recovering from stress related illnesses
- Preventing age related diseases
- Reversing the process of aging
- Stimulating the immune system and metabolism
- EWOT can also help with intermittent high altitude training for serious athletes.



AIR: PURIFICATION

- NASA Clean Air Study + “Neoplants” / “Origen Air”
- HEPA filtration (e.g. AirDoctor)
- Ozone/UV purification (e.g. LIFE BREATH TFP3000 + LIFE BREATH RNC95 + RGF PHI-AIR purification
- EO diffusers
- Homebiotic sprays
- NanoVi



AIR: PURIFICATION

- Branch Basics
- Low VOC materials
- MGO (Magnesium Oxide)
Wallboard/Lanolin wool soundproofing
- Altos, Withings, etc. for home testing
- Dentistry/apnea/cervical spine considerations (e.g. Dr. Eniko Loud)
- Balloon nasal adjustments (Dr. John Lieurance)



AIR: AROMATHERAPY

- Aromatic spritzers
- Inhalers
- Bathing salts
- Body oils, creams, or lotions for massage or topical application
- Facial steamers
- Hot and cold compresses
- Clay masks
- Diffusers
 - Rose, lavender, bergamot
 - Peppermint, cinnamon
 - FUM pen!



AIR: NEBULIZING

- Asthma, Cystic Fibrosis, COPD, Lung Damage, Pollution, Viruses, Congestion, Medication Delivery
- Turns water-based solutions into drops that are inhaled and small enough to reach the lungs (1 to 5 μm) and systemic circulation.
- Saline/NaCL solutions
- Exosomes
- H₂O₂
- Glutathione/Glutastat



SUPPLEMENTS/STRATEGIES FOR POOR AIR

- Eat foods rich in omega-3, like fish, flax seeds, and chia seeds, along with citrus fruits.
- Drink clean, pure water to stay hydrated and help your lungs function better.
- Use a nebulizer with glutathione (e.g. Glutastat by Mitozen)



SUPPLEMENTS/STRATEGIES FOR POOR AIR

- Add eucalyptus to an essential oil diffuser.
- Acupuncture
- Supplements: Proteolytic enzymes, Coenzyme Q10, L-Carnitine, N-acetylcysteine, Annatto Vitamin C
- Air purifier



Q&A

FOR COMPLETE ACCESS TO THE RESOURCES IN
THIS PRESENTATION, PLEASE VISIT:

BENGREENFIELDLIFE.COM/ELEMENTS23



BENGREENFIELD

L I F E