

Relieve Jet Lag



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著者:Kelly Howell

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Tired of being tired when you travel? Just listen to Relieve Jet Lag to arrive at your destination feeling refreshed, alert, and ready to do business, or to enjoy your vacation. Brain Wave Therapy will help balance and restore your brain's sodium and potassium levels, thus reducing mental fatigue, and brain fog associated with jet lag. How it works: This clinically proven method delivers precision-engineered sound waves layered in soothing music to guide your brain into the ideal states to relieve jet lag. During your flight listen to Theta Relaxation and Delta Sleep to optimize the time you sleep and feel regenerated at the deepest levels. Prior to landing Beta Refresher invigorates your brain so you arrive feeling clear, alert and full of positive energy.

作者介绍:

目录:

[Relieve Jet Lag_ 下载链接1_](#)

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