

ANABOLIC SLEEP

JET LAG
FREEDOM



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ANABOLIC
SLEEP

JET LAG KILLER

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As a frequent flyer, I am able to explore the world. And it's amazing. However the one downside is the catch up time my body requires as I cross multiple timezones.

However, it's part of the game. There's no way around it.

Until now.

After decades of traveling, I've had loads of time to experiment with overcoming jet lag as quickly and easily as possible.

This manual has the definitive answer to banishing (or severely reducing) jet lag and its effects.

Use it well and use it wisely.

To fitness, fortune and freedom,
Peter Tzemis

THE JET LAG SOLUTION

Ready?

Forget pills. Forget potions. Forget rubbing your feet on the carpet.

This trumps them all.

It takes 15 minutes and works wonders.

It also happens to have life extension and anti aging properties guaranteeing you look better naked for longer.

The solution?

Exercise.

Shocking, I know.

I have tried routines, melatonin, and fancy sleep clocks. None of them work as well as exercise. and if we are being honest, I really don't understand why. There is no science to back it up. Rather 1000's of personal thank you's from readers over the years.

That's enough proof for me.

So here's how you do it.

As soon as you land and check in to a hotel, go train. Find a gym and for just 15 minutes do something. I prefer my biking. Even at 2:39 am, I find this trick works wonders. It'll knock me out cold and have me waking up feeling as if I never crossed any time zones.

So give it a shot and let me know your experience with it by emailing us at support@petertzemis.com

Sleep well,
Peter