



Tips to keep you airborne!



Amazing Breakthrough
February 2019



Scientists have discovered a revolutionary new treatment that makes you live longer.

It enhances your memory and makes you more creative.

It makes you look more attractive.

It keeps you slim and lowers food cravings.

It protects you from cancer and dementia.

It wards off colds and the flu.

It lowers your risk of heart attacks and stroke, not to mention diabetes.

You'll even feel happier, less depressed, and less anxious.

Interested?

If I didn't credit Matthew Walker, professor of neuroscience and psychology at the University of California, Berkeley, with writing this fictitious advertisement above, I reckon I might have you reaching for your credit card to sign up for this magical elixir!!!



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Well, the great news is that you can have this “revolutionary new treatment” and it won’t cost you a cent, a nickel, a dime nor a dollar, because it’s yours for FREE.

All you have to do is...get a full night of great sleep. Yes, that’s what I said...sleep!

The evidence to support these claims has been backed up by 17,000+ scientific studies.

You don’t believe me?

Just sleep on it!

Caroline



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