

# Optimize the Seven Keys to an UltraMind

1. Verb
2. Body Part
3. Body Part
4. Number
5. Past Tense Verb
6. Body Part
7. Adverb
8. Verb
9. Verb
10. Verb
11. Verb
12. Verb
13. Verb
14. Verb
15. Adjective
16. Noun
17. Adverb
18. Verb
19. Adjective
20. Noun
21. Verb
22. Verb
23. Verb

24. Adjective

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25. Adjective

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If you \_\_\_\_\_ your \_\_\_\_\_ you will fix your \_\_\_\_\_ automatically. The \_\_\_\_\_ basic systems of the body must be \_\_\_\_\_ for your body (and \_\_\_\_\_ to function \_\_\_\_\_). Here's all you need to do: \_\_\_\_\_ nutrition; \_\_\_\_\_ off inflammation; \_\_\_\_\_ your hormones; \_\_\_\_\_ your digestion; \_\_\_\_\_ detoxification; \_\_\_\_\_ your energy metabolism; \_\_\_\_\_ your mind. And optimizing the seven keys to an UltraMind is \_\_\_\_\_.

Follow this \_\_\_\_\_ that \_\_\_\_\_ balances the seven keys: \_\_\_\_\_ for your brain; tune up your brain \_\_\_\_\_ with supplements; \_\_\_\_\_ and \_\_\_\_\_ for your brain; live \_\_\_\_\_ and \_\_\_\_\_.