

# Third E-mail Sequence Mission

## **Are you tired of constantly feeling unenergized?**

In today's world, it has become common for people to feel tired and zoned out at all times.

That feeling when you just can't seem to feel refreshed and energized.

Your body and head feeling heavy, suffering from brain fog, etc...

All of us felt those feelings, and obviously, nobody likes it.

Here are some things you might be doing wrong:

Going to bed late, if you fall asleep after midnight your brain doesn't have time to refresh itself.

Bad diet. Vitamins, Minerals and Protein are super essential.

No Social Life. The excitement of the social experience will help you get your energy levels back up.

Too much Internet. Take a proper day off your phone and other electronics and go for a walk.

Proper Hydration. Hydration is very important, and we can actually help you with that.

We designed Recess exactly for this problem, I recommend you check it out!



[Check out our new „Recess Zero Proof.](#)

