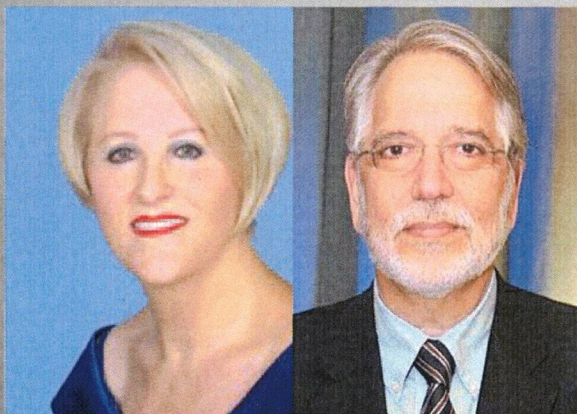




*Pythagorean Academia - Sciences and Values -
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“Pythagorean Self Awareness”



- *Alleviation of physical and emotional stress and anxiety-reversion biological age*
- *Improvement in cognitive functions and memory*
- *Sleep improvement*
- *Reduction of depressive symptoms*
- *Reducing obesity and blood pressure*

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Dr. Chrousos George professor

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