

Newsletter
Nx10
June 2024



Welcome to Nx10.

Every fortnight, Aidyn, our founder and resident neuroscientist (a.k.a. the NeuroGuy), shares one fascinating way neuroscience can help you live a longer, healthier, and more fulfilling life.

Whether it's enhancing your focus, reducing stress, or boosting your overall well-being, we're here to bring you the latest research and tips. Together, we'll explore the amazing world of brain function and how understanding your interactions with digital devices can lead to a happier, more effective you.

Aidyn and NX10 Team

At Nx10, we're on a mission to harness data on brain function to extend and enhance good quality life years. Imagine a future where everyone enjoys a

longer, healthier quality life - that's our vision!

P.S. Got Questions? We're all ears!

P.P.S. Know someone who could benefit from Nx10 newsletter? Forward it to them!

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