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Quick Facts about Uplift –a new app to end jet lag naturally

- No real natural solutions to jet lag – until now. Uplift Ventures LLC announces the release of Uplift - a mobile application based on years of scientific research, neuroscience and acupressure techniques *and* patent pending technology that provides a custom solution to reset your internal body clock to your new time zone.
- Uplift eliminates jet lag and reduces your transition time to your new times zone with a natural scientific solution. Uplift enhances your most valuable commodity when you travel, your time.
- Uplift is safe, easy and effective providing relief in less than 10 minutes using a unique acupressure formula developed by Dr. Charles Krebs, a global expert and world-renowned visionary research scientist, neuroscientist, university lecturer and clinician with over 30 years experience in neuroscience and acupressure. His expertise in this area is personal: After a near fatal scuba diving accident in Australia left him paralyzed from the waist down, in his road to recovery and with his in-depth knowledge of anatomy, physiology and kinesiology he learned to walk again.
- The unique benefits of using *Uplift* include avoiding the nuisances of jet lag side effects such as being awake at odd times, poor digestion, sleepiness, and upset stomach promoting health and wellness in long distance travel.
- *Uplift* reduces transition time, so travelers will have more quality time and a better global travel experience. Transition time is the time it takes the body to adjust to the new time zone. Without Uplift experts at the NASA fatigue management team say that – on average – it takes travelers about 24 hours per time zone to adapt.
- Based on years of scientific research the Uplift app allows travelers to resynchronize the internal body clock to the new time zone they are traveling to. By following the steps on the app in just a few minutes with the patent pending application the body clock is updated the new time zone information so physiological systems can adjust much more quickly.
- The Uplift app is available at the Apple Store or Google Play Store. (\$9.99 yearly subscription for unlimited global travel) Visit <http://www.upliftnaturally.com> to learn more and see videos on exactly how to use Uplift.

Uplift O&A

Why use Uplift?

When you experience jet lag you feel lousy and can lose precious hours or days at a time. The Uplift app guides you to reset your body clock so you can transition much more quickly and effectively to your new time zone. Uplift expands your time for quality travel experiences by reducing your transition time.

How does it work?

Based on years of research we use biorhythmic acupressure to resynchronize your internal body clock to the time zone where you are now. You use two fingers on each hand to put gentle pressure on these 2 points and your body clock is updated with the information on your new time zone so your physiological systems can adjust much more quickly.

When to use Uplift?

When you arrive at your destination is when you activate Uplift. Uplift takes less than 10 minutes to use with a few minutes of advance preparation.

It is my first time, how should I prepare?

Download the app, watch our demo and instructional video to learn how to use Uplift. Input your travel information and our algorithm formula will calculate your personal solution.

Where should I use Uplift?

You should use Uplift in a comfortable spot where you are sitting down, and it is not too noisy. For first time users we recommend after your arrival when:

- A.) You have 10 minutes where you are comfortable and not rushing to another flight or trying to clear customs.
- B.) In your hotel room, but if it is more than 1 hour after your flight arrived please update your arrival time and elapsed travel time in the app to the current time in your hotel for the most accurate result. Our videos take you thru each step so you can easily locate the points and apply gentle pressure with two fingers. <https://vimeo.com/242596185>

What is transition time, and how long does it take to adjust according to NASA?

Your transition time is the time it takes your body to adjust to your new time zone. Without Uplift experts at the NASA fatigue management team say that – on average – it takes travelers about 24 hours per time zone to adapt. With Uplift we will reduce your transition time.

How many acupressure points does Uplift use and how many possible combinations are there for different trips?

You have over 670 acupressure points on your body, but Uplift only needs 12 special biorhythmic points to manage your body clock. We have well over 100 solutions so make sure to use Uplift every time you travel between times zones.

Uplift Executives



Bio of Dr. Charles T. Krebs Dr. Charles Krebs is a visionary research scientist, university lecturer and clinician who has spent the last 30 years unlocking the secrets of how the brain, body, and our neural communications systems function, and link to the Energetic Systems of the body. Charles is a 3-million-mile air traveler and expert on jet lag.

After a near fatal scuba diving accident in Australia left him paralyzed from the waist down, in his road to recovery and with his in-depth knowledge of anatomy, physiology and kinesiology he learned to walk again. 1983 he began to work with Kinesiology clinically, and develop an Energetic Kinesiology-based system to resolve learning problems. He created the Learning Enhancement Acupressure Program (LEAP), for the resolution of many learning problems. He spent time in the US studying Applied Physiology and upon his return to Australia in 1989 he opened an Applied Physiology clinic and was its Director until his move to the Lydian Center in Cambridge, Mass.

He is the author of numerous books and is currently an Adjunct Research Scientist conducting research on Visualization in the Brain at McLean Hospital, Harvard Medical School, and working on other related projects. He received his Ph.D. in Biology & Physiology from Boston University in 1974. He currently lives in Belmont Mass when he is not traveling to Europe, Asia & Australia to lecture, teach, and present to international conferences.



Bio of Ted Finn Ted Finn is Cofounder & CEO of Uplift Ventures LLC which provides solutions in health and wellness as it relates to travel. Finn is committed to enhancing wellness in travel. With 2 million lifetime air miles, and years spent overseas in both Europe and Asia, he has acquired a lifetime of travel experiences.

Finn has been a successful entrepreneur for over 30 years. He has founded Innovative Wellness Systems with a focus on biomechanical health and wellness. Finn has international expertise in operations, product & brand development, and sales & marketing. He is an accomplished executive with experience in both startups and growth organizations. Finn graduated with a master of arts degree in International Relations from the University of Chicago and a bachelor of arts degree in political science and history from Hobart College. He also attended the Executive Program for emerging companies at Stanford University business school. He is based in Dover, Mass and he enjoys quality time with his family and friends and is active in cycling, mountain biking, skiing, and triathlon.