

# The big THREE for 2026



# yōjō

Do you, *better.*





Stress is (sadly) the soundtrack to modern life

More than 63% of Brits say they are stressed weekly - almost double from six years ago

And our body's reaction? To keep us in a constant state of  
**fight or flight**

***R.***

Poor sleep

Heightened anxiety

Chronic inflammation

Gut issues

Migraines

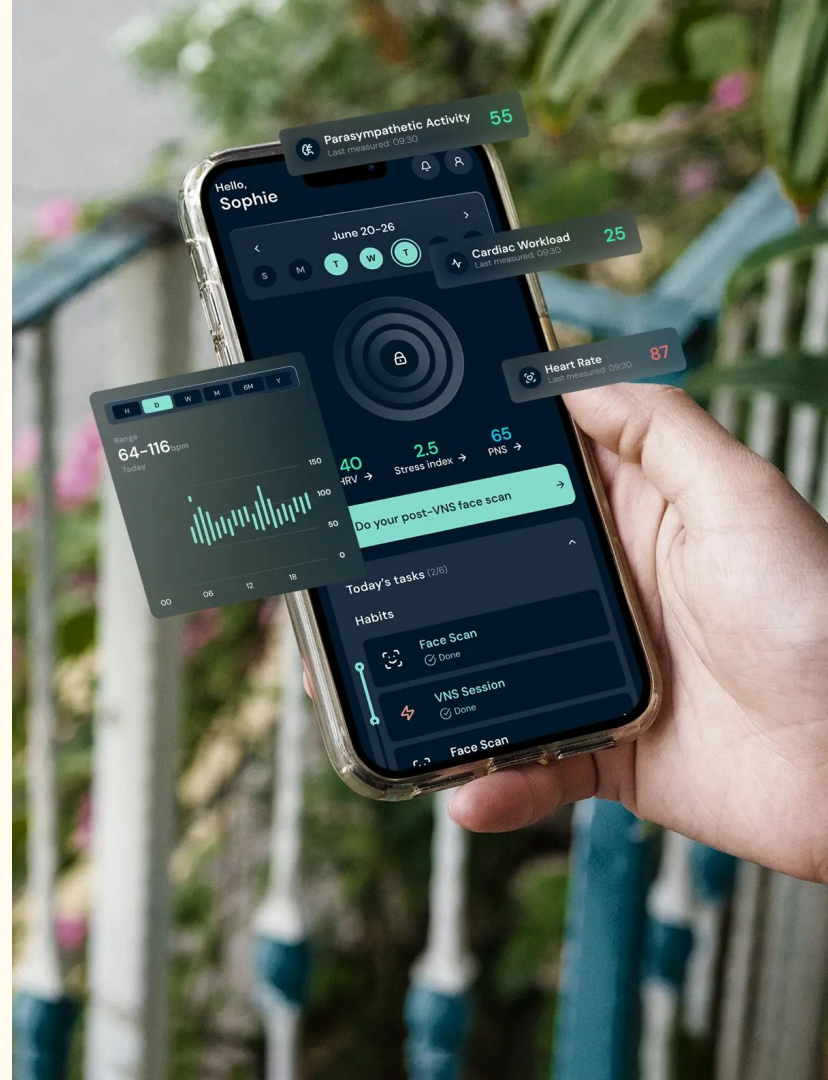
Brain fog

Burnt out and stressed

***R.***

So what if you could improve all of this - and more - in just  
**two weeks?**

**yōjo** is a first of its kind  
eco-wellness system, combining  
**non-invasive vagus nerve  
stimulation (nVNS), biometric  
feedback, and personalised  
coaching** to help people reset their  
nervous systems every day



“

I joined yōjō just after one of the most stressful periods of my life, and it changed everything. I suddenly felt calmer, clearer, and more in control.



Louise

“

After three weeks with yōjō, the sense of smell I lost during Covid a few years ago came back.



Erik

“

Just one week after joining yōjō, I slept through the night without moving, for the first time in what feels like forever. I honestly forgot what it felt like to wake up and feel okay.



Kirsten

**R.**

In fact, straight after a session, users feel:

- a 45% reduction in stress markers
- a 35% improvement in parasympathetic activity
- And in two weeks, enjoying better sleep, calmer moods and sharper focus

***R.***

A quick demonstration...



***R.***



Available exclusively at **yojo.health**

**£399 per year** including device, app, health coaching and biofeedback



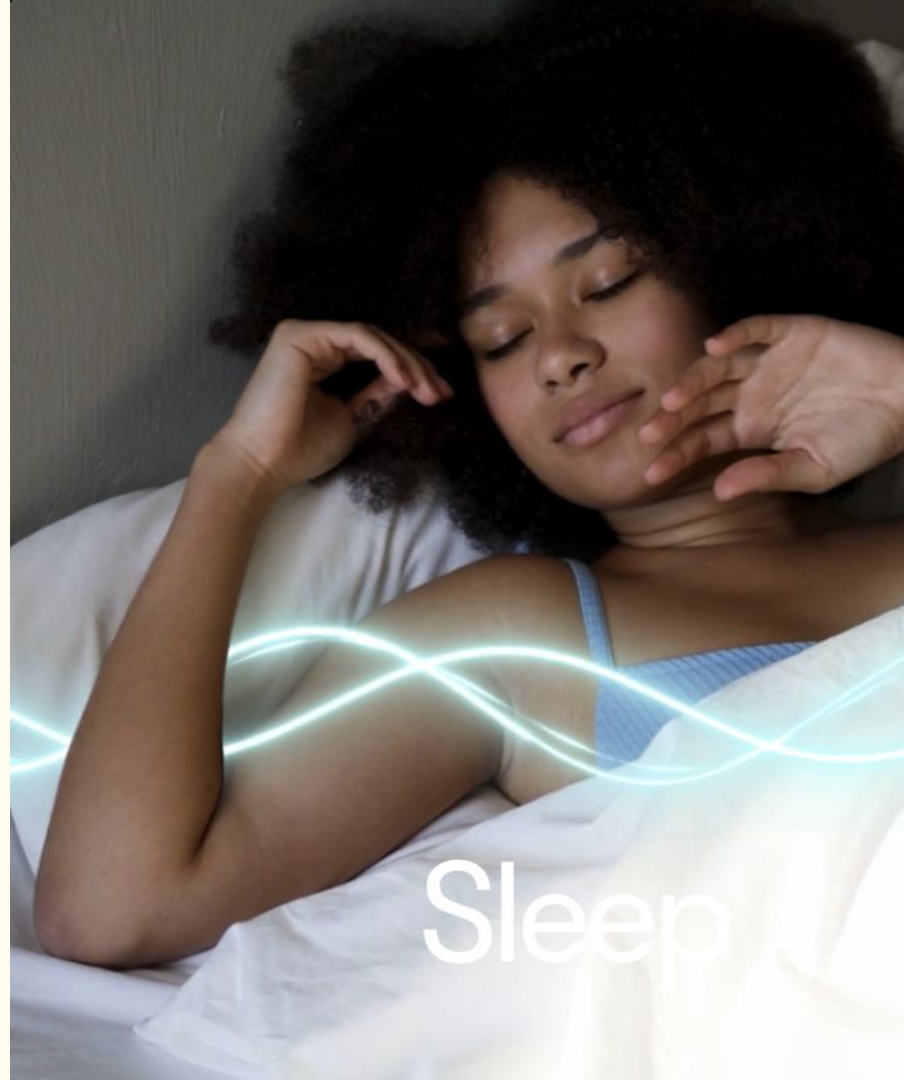
Sound has officially evolved into a key pillar of modern self-care

Music wellness – or **sound supplementation** – has been proven to reduce stress, improve sleep, lower cortisol, and even support mental resilience

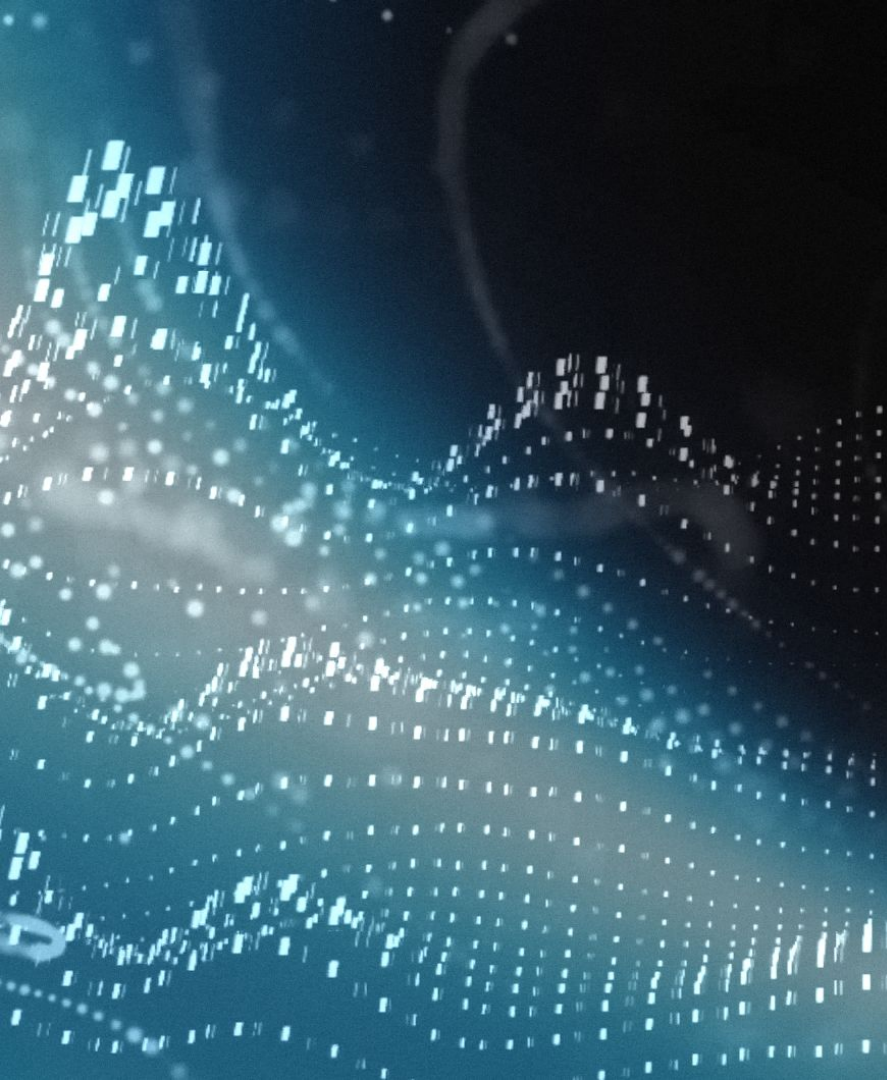
***R.***

In fact, you can get an **extra hour of sleep every night** just by doing 20 mins of sound therapy

Unlike meditation,  
mindfulness, or even  
exercising which requires  
training to become a habit.  
This is **just listening to  
music**







***R.***

Using different tones,  
frequencies, and  
vibrations, sound can  
influence the body and  
mind, helping it to relax as  
it tries to match the beat

Sollos takes popular  
artists' music and  
transforms them into  
playlists designed to  
enhance sleep, focus or  
relaxation



**Relax**  
 **Sollos**

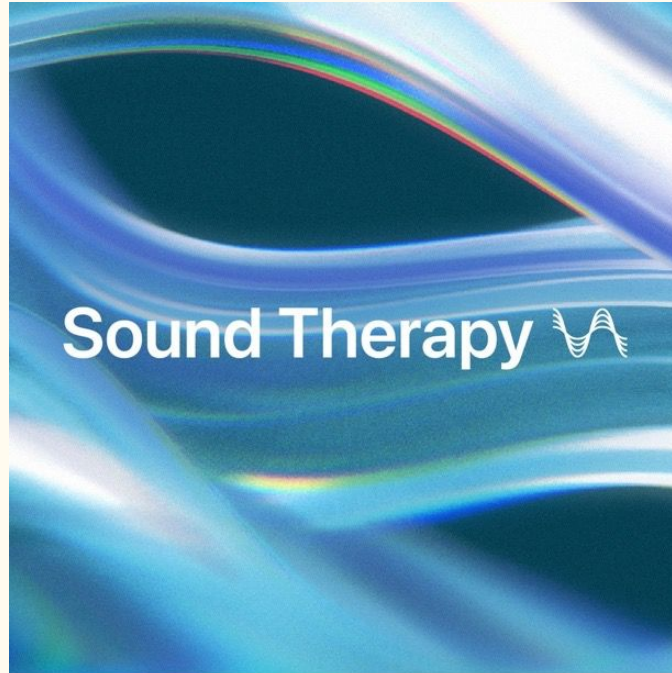




***R.***

To speak to the science  
behind sound therapy - we  
have **Dr. Tara Venkatesan,**  
**Director of Cognitive**  
**Science Research at Sollos**

***R.***



Available exclusively on **Apple Music**

From **£10.99 per month** Apple Music subscription



# AG1<sup>TM</sup>

Comprehensive  
+ Convenient  
Daily Nutrition

30-Day Supply  
Net Wt. 360 Grams (12.7 oz)  
Whole Food Dietary Supplement

Made in a TGA  
REGISTERED  
FACILITY

NSE CERTIFIED  
SPORT



***R.***

Fad? Waste of money?

Just another greens powder?

***R.***

AG1 is for anyone looking to build a consistent, effective daily habit. Whether you're looking to support your **energy, focus, immunity**, or **digestion**, AG1 helps you take care of the essentials – so you can focus on everything else.

***R.***



Available at [drinkAG1.com](https://drinkAG1.com) and **Amazon**

**£79** starter kit including 30 serving pouch, welcome kit and 10 travel packs

The image features a solid red background with a series of concentric circles in a slightly darker shade of red, creating a tunnel-like effect. In the center, the words "The End" are written in a white, elegant, cursive script font. The text is positioned slightly to the left of the center, overlapping the innermost circles.

*The End*