



## November Wellness Maxim

***"Without [sleep], you can't do what you want - physically or mentally."***

-Barry Krakow, M.D., Maimonides Sleep Arts and Sciences

Neglecting sleep is a convenient way for busy professionals to garner more time for productive use. Most of us believe that sleep is not a priority, but rather a mode of relaxation. In reality, sleep is a vital function in which the body repairs and restores itself. A study conducted by Cambridge University demonstrated that lack of sleep impairs employee productivity *even more than the consumption of alcohol.*



Maxim believes preventative wellness is **the** cost effective, efficacious, and empowering solution to societal health issues and presents an attractive investment opportunity as consumer awareness rises and larger flows of capital are directed toward healthy living.

### OUR FOCUS

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|--|---|--|
| <ul style="list-style-type: none"> <li>• <b>Functional foods and Nutraceuticals</b></li> </ul> | <ul style="list-style-type: none"> <li>• <b>Ingredients and branded products</b></li> </ul> | <ul style="list-style-type: none"> <li>• <b>Fitness clubs and equipment</b></li> </ul> |
| <ul style="list-style-type: none"> <li>• <b>Corporate wellness</b></li> </ul>                  | <ul style="list-style-type: none"> <li>• <b>Superfoods</b></li> </ul>                       | <ul style="list-style-type: none"> <li>• <b>Digestive health</b></li> </ul>            |

For more information on Maxim and our Wellness practice, feel free to reach out to us directly or through our website: [www.maximpartnersllc.com](http://www.maximpartnersllc.com).

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