```json
[
  {
    "name": "Delivered-To",
    "value": "tonyqiu12345@gmail.com"
  },
  {
    "name": "Received",
    "value": "by 2002:a54:324e:0:b0:259:b0da:9376 with SMTP id g14csp1872233ecs;        Thu, 16 May 2024 07:10:43 -0700 (PDT)"
  },
  {
    "name": "X-Google-Smtp-Source",
    "value": "AGHT+IEj+WHbwjPU4rAw7jVwy9KSL8dbVzFwNixYnD0SA782GHF3O0hDp cXrSAMLWiDy8K0ybqpe"
  },
  {
    "name": "X-Received",
    "value": "by 2002:a05:6214:5b82:b0:69b:3923:94d5 with SMTP id 6a1803df08f44-6a16824c18amr250696066d6.52.1715868642923;        Thu, 16 May 2024 07:10:42 -0700 (PDT)"
  },
  {
    "name": "ARC-Seal",
    "value": "i=1; a=rsa-sha256; t=1715868642; cv=none;        d=google.com; s=arc-20160816;        b=qpU7QrHwK8q3rcCx0uQz+mQ95o8ZUc8Gl9aANt5iZHQFaXF TQCQLFISYsp78xphYvH YxJy1LoUpL0VJPk78cN4UHDqD9Spk5VD6rEN1SNh4hC4hu2H3h2z58At0iLp7/DZg/ oS        7mVmq99lISFQabJmg2LRCloD5kuSYv50AQdc2KX7tj17iV3xGbltKnUtMU/ oe2CPKjrC        ccU63NY73PLqdRmi1LFkOfHvHdUdLRZMgPuDJTZ/ XZ6EcptW1BghAujzimeI4VeSh4PV        C6nC2L9KWNX9c78MSUmK49LApZsnO+Xav G1Vi9Dh9bi2TI7LNT72OYNw3NKUCxQeD2VN        8wsQ=="
  },
  {
    "name": "ARC-Message-Signature",
    "value": "i=1; a=rsa-sha256; c=relaxed/relaxed; d=google.com; s=arc-20160816; h=to:list-unsubscribe:list-unsubscribe-post:reply-to:subject        :message-id:mime-version:from:date:dkim-signature:dkim-signature; bh=qjs4l1H/02zAEvH15PK+FgXPFErjqkGlbvRPJVrpjjM=;        fh=XnSVOVWmjWOxoqr/ SvfEjkZhCys425HihkfOEoNCnTg=; b=0XShMYaVVFh1yi1TsGeGb8byBu5ZrXo9CBsE/ ZvYV3dmRWCc5Gaw0QkH3VDFRy4CIG        HUS2saqwQ+Kc60ug6tYEaG7hVLHr5g wvpEpFLQASL0vY1mqcKlHdLJ7usA1HixCalfU8 tw/7OeCRosyKjD6+hgpFEhe03fDt76OzPrEGpuDTpui8LDwnNTMug+/ SDdcT3UR3GLL3 lzuSC3UknsgJoFYwYJUonASBTcAZjdO2DgRmXkgV7wszMut5ZEkF/ l1kRzJcJdwgBdlh        cXUyqRcVv97NNhshNTAKLHu1sLqFczg4zum/X0S3SMXBgKG/
```

AuB+fmpv3zKuL6R9ee/S   fEsA==;   dara=google.com"
 },
 {
   "name": "ARC-Authentication-Results",
   "value": "i=1; mx.google.com;   dkim=pass header.i=@info.headspace.com
header.s=s1 header.b=\"jNeWh9v/\";   dkim=pass header.i=@sendgrid.info
header.s=smtpapi header.b=u8bNZVT5;   spf=pass (google.com: domain of
bounces+5952113-80ba-tonyqiu12345=gmail.com@em.info.headspace.com
designates 167.89.3.94 as permitted sender) smtp.mailfrom=\"bounces+5952113-80ba-
tonyqiu12345=gmail.com@em.info.headspace.com\";   dmarc=pass (p=REJECT
sp=REJECT dis=NONE) header.from=info.headspace.com"
 },
 {
   "name": "Return-Path",
   "value": "<bounces+5952113-80ba-
tonyqiu12345=gmail.com@em.info.headspace.com>"
 },
 {
   "name": "Received",
   "value": "from o639.em.message.headspace.com
(o639.em.message.headspace.com. [167.89.3.94])   by mx.google.com with
ESMTPS id 6a1803df08f44-6a15f1d70acsi168101896d6.97.2024.05.16.07.10.42
for <tonyqiu12345@gmail.com>   (version=TLS1_3
cipher=TLS_AES_128_GCM_SHA256 bits=128/128);   Thu, 16 May 2024 07:10:42
-0700 (PDT)"
 },
 {
   "name": "Received-SPF",
   "value": "pass (google.com: domain of bounces+5952113-80ba-
tonyqiu12345=gmail.com@em.info.headspace.com designates 167.89.3.94 as
permitted sender) client-ip=167.89.3.94;"
 },
 {
   "name": "Authentication-Results",
   "value": "mx.google.com;   dkim=pass header.i=@info.headspace.com
header.s=s1 header.b=\"jNeWh9v/\";   dkim=pass header.i=@sendgrid.info
header.s=smtpapi header.b=u8bNZVT5;   spf=pass (google.com: domain of
bounces+5952113-80ba-tonyqiu12345=gmail.com@em.info.headspace.com
designates 167.89.3.94 as permitted sender) smtp.mailfrom=\"bounces+5952113-80ba-
tonyqiu12345=gmail.com@em.info.headspace.com\";   dmarc=pass (p=REJECT
sp=REJECT dis=NONE) header.from=info.headspace.com"
 },
 {
   "name": "DKIM-Signature",
   "value": "v=1; a=rsa-sha256; c=relaxed/relaxed; d=info.headspace.com; h=content-
type:from:mime-version:subject:reply-to:list-unsubscribe-post: list-unsubscribe:x-

feedback-id:to:cc:content-type:from:subject:to; s=s1;
bh=qjs4l1H/02zAEvH15PK+FgXPFErjqkGlbvRPJVrpjjM=; b=jNeWh9v/
YSL2lONcJ4k2NlKZdtOVtBSjyhKCVR1etexS+7mnCcFxQ+NGhUK7l4ruJbnp
wMcPX6izfz6hjkv2ITE7JmA/
XLJHo8rgGIcntCRCSkX1vO9WSubJ9oJ0MXxSEaSIckjsJH
BdX1K0Pt6y86kA+VrGKlLm3oCcPMyuLctWPs7Qru0o/r6Y8JUIH9OyTt9e8D7r2Jsf/j28
xrMrxmgZkD0oEdAGm3B1A48SqMJ3T2CS+MRU9gCpUxmlHlkFfGkDsGOUJU14XZgh
CUvfdD
JPD7oBI5mytVhxqdJzVpTrpUNShUYPLRtjbE3XQ1Qraa5VR2MvjzoWJHr+pSoQ2g=="
  },
  {
    "name": "DKIM-Signature",
    "value": "v=1; a=rsa-sha256; c=relaxed/relaxed; d=sendgrid.info; h=content-
type:from:mime-version:subject:reply-to:list-unsubscribe-post: list-unsubscribe:x-
feedback-id:to:cc:content-type:from:subject:to; s=smtpapi;
bh=qjs4l1H/02zAEvH15PK+FgXPFErjqkGlbvRPJVrpjjM=;
b=u8bNZVT5vk+gYe3I8isFB3H3PKHb/
i4JZ9ibJAPkTXSk4bZ0jO0wEdkTwOHeGAjQBhXg
9SNLComMJ8JslflEX4CnLRiJDzoXhchSFwxF/Beuw0OEo3oK1lx+jy6dxVlzyPfDTqL48r
kdLdkENTGkHumZEVo1iDE3Zf2b1019SKA="
  },
  {
    "name": "Received",
    "value": "by filterdrecv-bc6c9bf5f-w5v5c with SMTP id filterdrecv-bc6c9bf5f-
w5v5c-1-664613E1-5A   2024-05-16 14:10:41.361188246 +0000 UTC
m=+1438166.124326464"
  },
  {
    "name": "Received",
    "value": "from NTk1MjExMw (unknown) by geopod-ismtpd-30 (SG) with HTTP id
lF2QYJJlQLuYxVDnGBzwfw Thu, 16 May 2024 14:10:41.095 +0000 (UTC)"
  },
  {
    "name": "Content-Type",
    "value": "multipart/alternative;
boundary=5d093611b7d741303bcd99f0c9e0014bd5d9c5ac5fb81f3fb8f4b929db5f"
  },
  {
    "name": "Date",
    "value": "Thu, 16 May 2024 14:10:41 +0000 (UTC)"
  },
  {
    "name": "From",
    "value": "Headspace <members@info.headspace.com>"
  },
  {

    "name": "Mime-Version",
    "value": "1.0"
  },
  {
    "name": "Message-ID",
    "value": "<lF2QYJJlQLuYxVDnGBzwfw@geopod-ismtpd-30>"
  },
  {
    "name": "Subject",
    "value": "Your mind always matters Ø>Ýá"
  },
  {
    "name": "Reply-To",
    "value": "help@headspace.com"
  },
  {
    "name": "List-Unsubscribe-Post",
    "value": "List-Unsubscribe=One-Click"
  },
  {
    "name": "List-Unsubscribe",
    "value": "<https://02.emailinboundprocessing.com/enc_user/list_unsubscribe?d=%24
1%24pFgd0i%2Br1iTZEAez7DB%2BOw%3D%3D%245Q1h0aG0321Jkx1aQsFvo4Zxe
1n6qehzRzUJAZSXnNex3Pxkwa9zr7thb4eG%0Ar%2Bk1keR7%2FGxOc1%2Bbgb8X8
ULipHRclpbSgiuHzxT6A7Nw1DHznSOaBrYi3dS%2F%0A49ONIcGRkXxEhfqkGmI9yOr
zuj9bnpJVOHoxXe%2FrIVlyoSvvSiiMwKR5rYSG%0AWMHgQX4Td4OFYYYcH1rHANc
5dUr9PqOyz0IJqrrGLQb2zQ4ylvmq37pdKKs%2B%0A5cIYMlLd8i1wTS8VXxNXD87c5i
Ub3R8TIbn2IssNM5qb4dtFvTAzHbXRlw6w%0APK6GAR6SzH2QMtQmydJU&1=1>,<m
ailto:4_m95wmf3c45rsnb5yz7kwdf0ocqw54m6oajc2xytwb4px0ye8t8mnle@unsubscribe
-02.emailinboundprocessing.com?subject=Unsubscribe%20pnrcgsqj3rr630mulr7vv5xkx
51jgj007a5kxmjxpnwovcfd&body=DO_NOT_DELETE-fqwv1bt3iql4f4r3d4kqncr7v8urxtvi
5hpx9k5wpsugtqutd4w32rpx4pi336cyi6rtkckgi2n6vzg0rgugya25-DO_NOT_DELETE>"
  },
  {
    "name": "X-Feedback-ID",
    "value": "5952113:SG"
  },
  {
    "name": "X-SG-EID",
    "value": "u001.d7TODBiRWlZny/
GoMiJpTYqNHYFbmi9EQTzQFvMS1KZyI6DJ6PaegiyGyKZztqTyjUXi0lCf7IIzCK/faQga
xQuMRI353aUY63UFMyLJhAIzfsM+J0oqGHL1TjKaHlWM1BzrCbHl58yDQlamAm0ZOp
Wo+ipfgsk3rOPfhuY8jYsy7F/gBcSkrHNV6gnJzbwOYTUzfYKoYxry3RsoMFFFIKgSUHn
77KaNdSZ4uwhaHB450L6fgfJRuY2XiRmlTKm4"
  },
  {

    "name": "X-SG-ID",
    "value": "u001.SdBcvi+Evd/bQef8eZF3BpTL9BgbK5wfSJMJGMsmprDrjDW6011yC6
XOo3uya5MXgexRUQw7TQoWK/
tmNEAQ1EptKMAmJUaycksP0SQHpNM860Lo8LsIft9tygTskBLlLq3eU9U/+V0/OQcc48
N8md/7s5nNZOY8JEj72OFDhIqU7EsMa0PWJzCMGDRjLoh3wn7HzFZuIo4hRIVaYyG
Ea4tNL1AM9KWvwflGlJQoT4IMMnCIaF6q/sUJKRDd4UCtc0iK6LA5Qovp5VUNp/
if+VYxBciqdAdjtD8uZgOw2CJizxl7/Sg2/stkVwym/SIjiemvZf5OwU9xB7tyWy5fYswfM7d3
wYJMd3AWRUXQ2zZQefw7MR3fhumAirLDoidPqQeDRCFmoqFVsLviOceW5KL0LNFg
a4SrO1kGL/lIRKbAXJLT3eQIiVewH53mb2hS4CstAZQU/
RXSptb+f6yRyx5MKRx2t22yd6/n6VjRens="
  },
  {
    "name": "To",
    "value": "tonyqiu12345@gmail.com"
  },
  {
    "name": "X-Entity-ID",
    "value": "u001.pKQQt7yJEuPVWy3ua/faWg=="
  }
]