

BIOHACKERS

ISSUE 30

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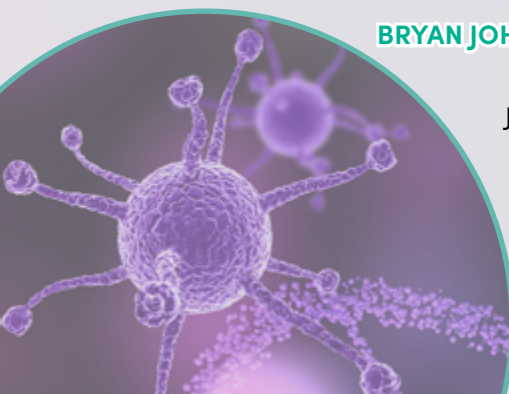
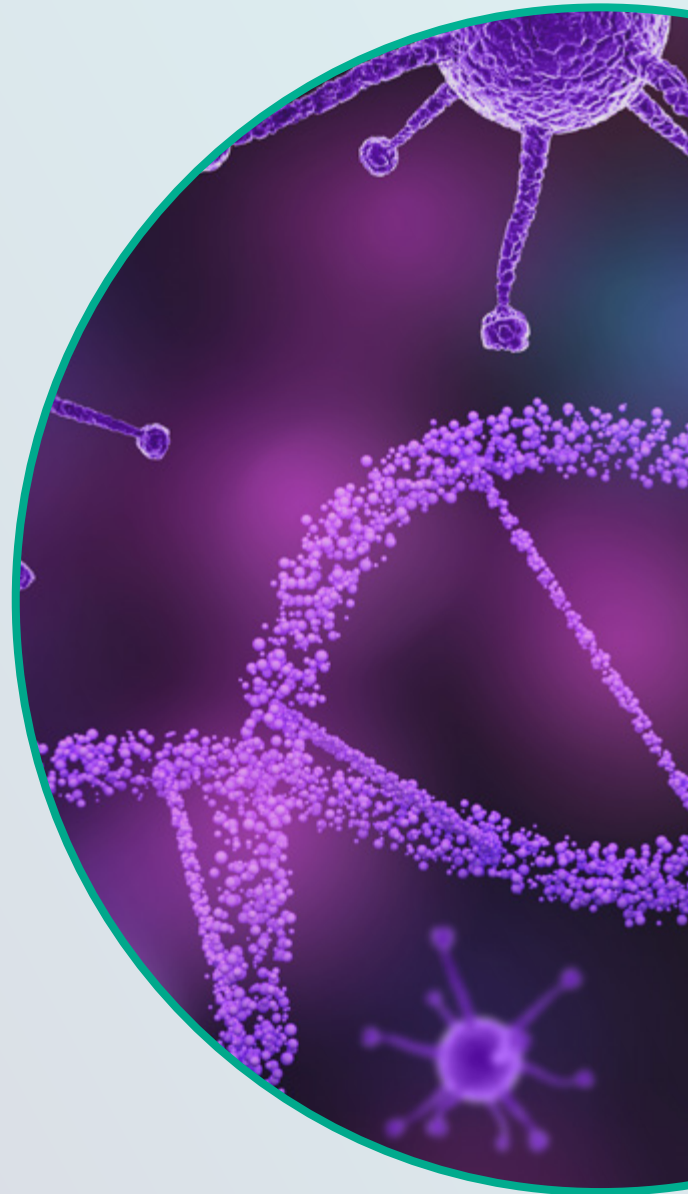
BIOHACKERS

M A G A Z I N E

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ARE YOU PATIENTLY WAITING FOR A BETTER YOU?

What's the first sound we make when we're brought into the womb of this world? A shriek; a cry - a mix of gasping and wailing while we take our first breaths of Earth's air. Biologically speaking, it's an effective sound. A sound that's soft enough to warrant constraint to those closest to it, but also course enough to elicit necessary action from those caregivers around. Philosophically speaking, I like to think it's the oldest sound and expression of the word 'Patience'. It is the word 'Patience' incarnated into a universally understood medium of communication. It's ironic - the smallest and most helpless human also is arguably one of the harshest and most effective teachers of patience.

From the moment we're born, we are teachers of patience - a truly virtuous trait of the human character. As we grow, we are also continual students of patience, learning how to balance the immediate desire of our materialist nature with the steady discipline of our immaterial soul. The course never ends. We are always playing the integral role of teacher and student. The trials to test our Patience and others never stops.

In this continual course of life, we must always try to increase our awareness of the moment. What is the truest of realities is what we engage with in real time - in the present moment. That's where we find our way to pass through

the most strenuous times. When the struggle is real, the character needs steel - the steel forged in the hottest of fires to forge our character with ever-lasting armor. When we practice patience, we prepare ourselves for true growth in the face of chaos and adversity.

A society is built on patience with one another. While we all scramble to complete our tasks and missions, we're simultaneously giving our neighbors the time and opportunities to propel our society forward with their own contributions. This process is the perfect amalgamation for creativity, the essence of what all human beings desire to do: to create. When this harmony is rushed, creativity is pushed to the wayside, replaced with the emptiness of pure production and artlessness.

As we continue on this biohacking journey, let us not feel pressured by the world to match its pace and demand for continual fabrication. As we strive to build a life of vitality and longevity, let us remember the demand we first placed on the world with our shrill cry. The cry that said, 'We shall teach patience, We shall learn patience, And we shall love the moment.' For the sake of humanity, let us discover a healthier way of life, without losing sight of the real substance of living that we receive from our ontic senses. Let us enjoy the art of existing as we work on the essence of growing.

About Dallas McClain



Born in the USA, Dallas is a passionate reader of theological and personal development books. He holds a bachelor's degree in Biological Sciences. Teaching English abroad, Dallas has been immersed in various cultures and backgrounds while making friends all over the world. He is a Catholic Christian and enjoys time outdoors while being a tennis enthusiast. He is the Co-founder and Editor of Biohackers Update Magazine. He is currently living in Orlando, Florida with his wife & children, where he enjoys writing, sports, and nature hikes in his free time.

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FROM SKEPTICISM TO APPRECIATION: MY JOURNEY WITH BRYAN JOHNSON'S REVOLUTIONARY THINKING

I was familiar with Bryan from his past business ventures, but it wasn't until Curtis Rahman, a young, trusted friend and fellow biohacker, introduced me to his YouTube and Instagram pages about three years ago that I truly began to learn about his work.

At first, I was skeptical about Bryan Johnson's ambitious goals and the Blueprint protocol. His idea of reversing biological age seemed far-fetched from my vision at Lifespanning. Initially, I saw him as the extreme biohacker I was trying to distance myself from with Lifespanning. I couldn't fully grasp the implications of such a pursuit.

From there, I bought the book -Don't Die- and started to see the potential in his revolutionary thinking that my perspective began to shift.

Reading *Don't Die* was a turning point. The book challenged my preconceptions and opened my mind to the possibilities of extending human life in ways I had never imagined. In my concept, the environment plays a major role in life extension. Bryan's thorough and thoughtful approach to biohacking and longevity resonated with me

deeply. What if you gave your organs the right to decide? This concept was completely opposite to traditional biohacking, where we push supplements and modalities to change how our organs work.

This journey of understanding culminated in this interview with Bryan Johnson, where the grandiosity of his vision became crystal clear. His dedication to not just improving but transforming human health and longevity is nothing short of extraordinary. Our conversation was enlightening, and I found myself increasingly in awe of his work and philosophy.

Today, I am proud to say that I am a big fan of Bryan Johnson and feature him on the cover of this magazine. His pioneering efforts in the field of longevity and biohacking are not only inspiring but also essential for the future of human health. Don't miss the groundbreaking insights from our interview and discover why Bryan Johnson is a visionary worth following.

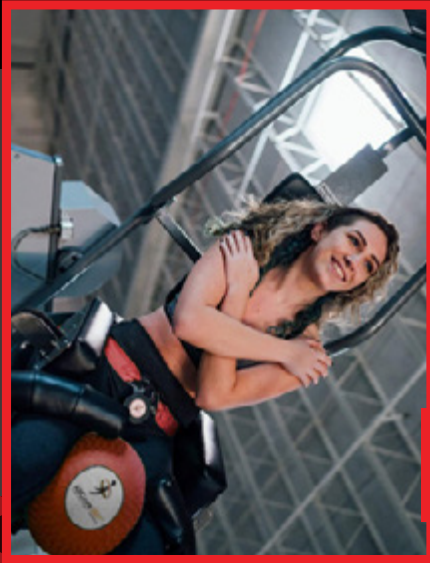
About Jean Fallacara



Jean, a visionary entrepreneur and neuroscientist, is a pioneering biohacker and founder passionate about merging science, art, and technology. With a remarkable IQ of 167 and an MIT background in AI, VR, XR, Biochemistry, Genetics, and Biotechnology, he's earned numerous awards and distinctions. Having founded ventures like Z-Sciences, he strategically led its acquisition by inTEST Corp in 2021. As the Founder of Lifespanning Media, Jean aims to mainstream human longevity, emphasizing well-being and longevity exploration. His mission involves social connection, life-science education, and multimedia content to redefine lifespan boundaries. Beyond technology, Jean embraces a holistic lifestyle in Miami Beach, prioritizing family, self-optimization, and gratitude.

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Challenge Yourself

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What is a common effect of adaptogens like Rhodiola and Ashwagandha?

- a) Modulate cortisol
- b) Inhibit HPA axis
- c) Release cytokines
- d) Enhance dopamine reuptake

What is the primary anti-aging effect of omega-3 fatty acids?

- a) Reduces inflammation
- b) Increases triglycerides
- c) Inhibits HDL
- d) Promotes fat storage

Which molecular pathway does curcumin primarily influence to exert anti-aging effects?

- a) Activation of nuclear factor erythroid 2-related factor 2 (Nrf2) and inhibition of NF- κ B
- b) Suppression of AMP-activated protein kinase (AMPK) activity
- c) Inhibition of p53 tumor suppressor gene
- d) Enhancement of protein glycation

How does resveratrol potentially extend lifespan?

- a) Activates SIRT1
- b) Boosts insulin
- c) Increases mTOR
- d) Raises oxidative stress

How do NAD⁺ precursors like NR and NMN support longevity?

- a) Increase NAD⁺ levels, enhancing mitochondrial function and DNA repair
- b) Decrease sirtuin activity, reducing cellular stress responses
- c) Inhibit glycolysis, promoting anaerobic respiration
- d) Promote cellular senescence, increasing cell aging

A woman with blonde hair is shown from the chest up, covering her eyes with both hands. The image has a dark, teal-blue tint. Overlaid on the image is large, white, distressed-style text that reads "THE BLUE BIOHACK DEPRE".

THE BLUE
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*A New Frontier in Mental
Wellness*

By Carla Bate MSCN, CRNC

In a world obsessed with quick fixes and so-called pharmaceutical solutions, the journey towards mental wellness can often feel like navigating a complex labyrinth filled with dead ends and misleading paths. For those trapped in the depths of depression, the relentless pursuit of relief can be both exhausting and disheartening. But amidst the cacophony of pharmaceutical promises, a quieter, more natural approach is emerging—amino acid therapy, a burgeoning frontier in the realm of biohacking that offers a glimmer of hope and a roadmap to reclaiming one's mental health sans drugs.

I first heard about amino acid therapy in grad school when I was getting my masters in clinical nutrition at the Sonoran University of Health Sciences. That's right—I'm

talking about amino acids—as in the building blocks of protein. These tiny powerhouses aren't just about making muscles; they're the unsung heroes of our mental health. Think of them as the essential ingredients in the brain's recipe book for happiness. Amino acids are the precursors to neurotransmitters, meaning they are the raw materials from which our vital mood molecules are made. These chemical messengers keep our mood, sleep, and cognitive functions in check.

When my teacher, Kim Ross, MS, CNS, CDN, LDN, IFMCP, put up a slide of the symptoms of low serotonin, one line struck a chord: "Guilt type of depression." I recognized it immediately—it was the same crushing guilt I felt after every cocaine-fueled party night in my 20s. In that moment, every-

thing clicked. I wasn't inherently "bad" for partying; I was simply burning through my brain's serotonin, leaving me spiraling into anxiety and self-blame. This aha moment connected the dots between my lifestyle choices and my mental health struggles.

This insight highlights a widespread problem affecting us all. Our modern lives are a perfect storm of stress, inflammation, and toxic overload. We're bombarding our bodies with nutrient-void, sugar stuffed diets filled with non-food "foods" and missing the mark on protein (aka amino acids) intake. This puts our brains at a severe disadvantage when it comes to producing the essential mood-stabilizing neurotransmitters we need to feel peace and fulfillment. Chronic stress is flooding our systems with cortisol, using up amino acids and burning through cofactors like vitamin C and our B vitamins in huge gobs. Environmental toxins—from pollution, pesticides, and household chemicals—further strain our bodies. Inflammation, often a result of poor nutrition and gut health, disrupts the delicate balance necessary for neurotransmitter synthesis. Essentially, our modern lifestyle is draining us of the nutrients vital for mental health, leaving us more susceptible to depression.

Enter amino acid therapy. Amino acids are the precursors to neurotransmitters, meaning they are the raw materials from which our vital mood molecules are made. By keeping these essential nutrients flowing, we can help our brains stay sharp, our moods steady, and our sleep on point.



The big four neurotransmitters are:

1. Endorphins - Your body's own morphine, these powerful painkillers also bring those lovely "warm and fuzzies" that make life feel a bit more bearable during times of emotional or physical pain.

2. Serotonin - The brain's Prozac, our built-in antidepressant that smooths out mood swings and keeps us feeling zen.

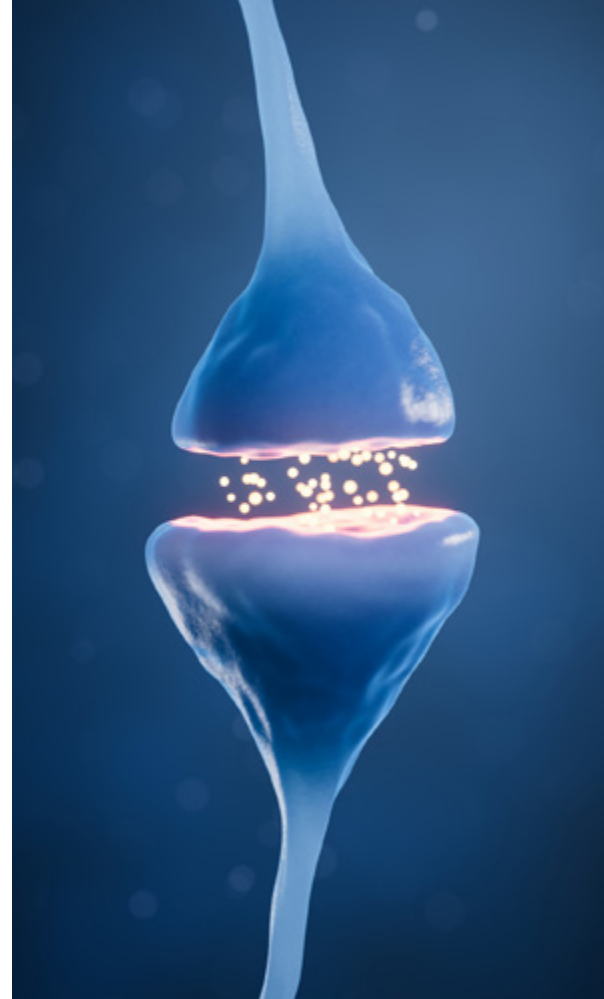
3. GABA (gamma-aminobutyric acid) - Nature's answer to Valium, this one calms the mind and eases anxiety.

4. Dopamine - Arguably, our inner Adderall, these natural uppers fuel our motivation, focus, and sense of reward. [1]

When the production of these neurotransmitters falls short, depression often follows, making amino acids the key players in maintaining our mental well-being.

But how exactly do we harness the power of these amino acids to combat depression? The premise of amino acid therapy is straightforward yet profound: by replenishing the brain's supply of these critical building blocks, we can restore balance to our neurotransmitter systems and, in turn, our mental health. It's like jump-starting a stalled assembly line, getting every cog and wheel back in perfect sync to produce the peace and clarity we crave.

Let's break it down:



1. Identify Your Deficiencies:

Before diving into supplementation, it's crucial to identify which neurotransmitters are lacking. Symptoms provide valuable clues. For example, feelings of apathy and lack of motivation often signal low dopamine levels. A guilt-ridden type of depression, characterized by feelings of self-blame and hopelessness, can indicate low serotonin. Similarly, feeling stuck in rumination or caught in a cycle of worry, anxiety, and fear can also point to serotonin deficits. Thankfully, extensive research, as laid out by Julia Ross in her books *The Mood Cure* and *The Craving Cure*, has mapped these symptoms to specific neurotransmitter deficits, meaning you don't necessarily need expensive testing to get started. [2,3]

2. Supplement with Amino Acids:

Once you've identified which neurotransmitters are malfunctioning, the next step is targeted amino acid supplementation.

Here's how you can address each deficiency:

Low Endorphins: Consider supplementing with D-Phenylalanine (DPA) or DL-Phenylalanine (DLPA), which help increase these natural painkillers and enhance mood.

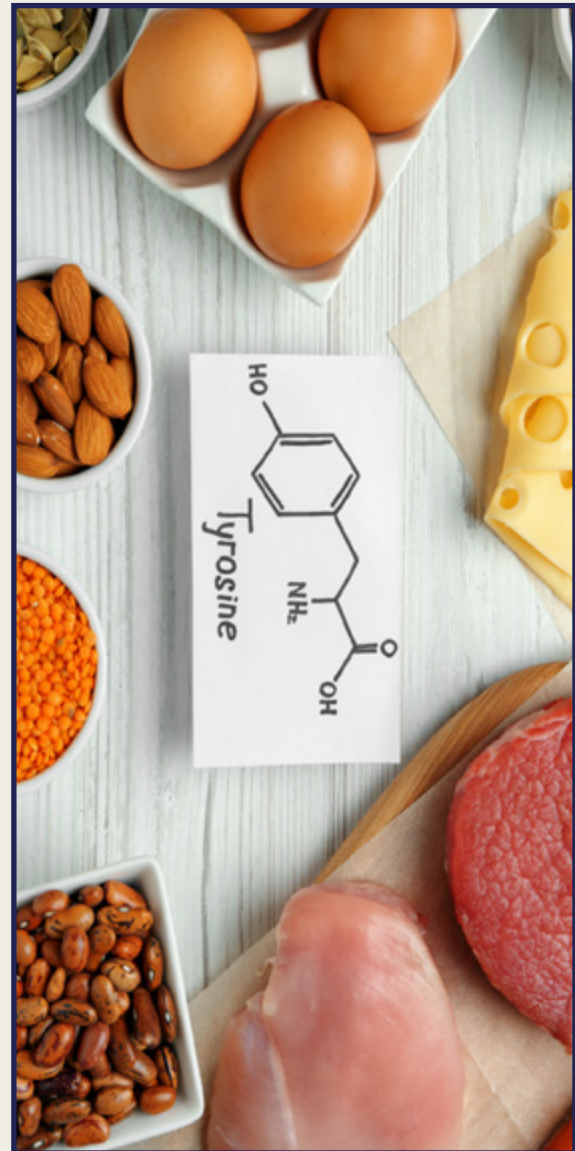
Low Serotonin: Supplements like L-Tryptophan and 5-HTP (5-Hydroxytryptophan) can boost serotonin levels, helping to alleviate depression and improve sleep.

Low GABA: GABA itself, or compounds like L-Theanine that enhance GABA activity, can be used to promote relaxation and reduce anxiety.

Low Dopamine: L-Tyrosine is the go-to amino acid for increasing dopamine, improving focus, energy, and motivation.

One of the fascinating aspects of amino acid therapy is the trialing process. This involves taking a specific amino acid supplement and observing its effects within a short period. Remarkably, many people experience relief within just 20 minutes. This rapid response allows for fine-tuning the dosage and determining the most effective supplement for their specific needs. It's an empowering approach that puts the individual in the driver's seat, enabling them to feel the benefits almost immediately and make informed adjustments as needed.

Note: there are contraindications—meaning if you have certain conditions or are taking certain medications, there are “if this, then that” rules of thumb that apply. Also, dosage matters. Some people need very little, and some people need quite a lot. There are ranges.



3. Mandatory Amino Mastery:

While amino acids can work wonders, they are most effective when integrated into a holistic approach. Here's how you can biohack your way to better mental health by combining amino acid supplementation with strategic lifestyle changes and additional nutrients:

A Diet That Feeds Your Brain: As a mental health nutritionist and psych med taper support specialist, I swear by my supplements. However, I'm a firm believer in a food-first philosophy. Think of your diet as the foundation of your neurotransmitter production. High-quality protein sources provide the amino acids necessary for creating those crucial mood molecules (think 90 g per day, minimum). But it's not just about the protein—cofactors like



Vitamin B6, Vitamin C, magnesium, and zinc are essential for converting these amino acids into neurotransmitters. Omega-3 fatty acids, found in fish like salmon, mackerel, anchovies, sardines, and herring, are also critical for brain health and function. Fill your plate with colorful vegetables, fruits, nuts, seeds, fatty fish, and lean proteins to ensure you're getting these critical nutrients. What you eat directly impacts your brain chemistry. Make "feed my brain" your new mental health mantra.

Digestion on Point: Optimized digestion is key to breaking down food into the amino acids and cofactors needed for neurotransmitter synthesis. Ensuring your digestive system is functioning optimally means that you are effectively absorbing these essential nutrients. Start with the unsung hero of optimized digestion—chewing! (Your stomach is not a Vitamix.) When working with a client who wants to restore their brainpower and biochemistry post-antidepressants, I'll usually recommend digestive enzymes to aid in this process.

Gut Game Strong: A robust microbiome is crucial for mental health. Biohack your gut health with probiotics, fermented foods, and adequate fiber to enhance nutrient absorption and maintain a balanced gut microbiome. A healthy gut can reduce inflammation and improve mental clarity. Ditch the processed foods and opt for whole-foods, nutrient-dense options that support a healthy gut environment.

Cofactor Cocktail: Beyond amino acids, it can be helpful to incorporate key supplements like Vitamin C, B vitamins, magnesium, and zinc. These cofactors are essential ingredients in your brain's good mood recipe book, especially when you're under stress.

Replenishing them enhances the efficacy of amino acid therapy, helping you reclaim your excitement for life as quickly as possible.

Active Vibes: I know you've heard it a million times, but I've just gotta say it...Physical activity is a powerful tool in your arsenal for biohacking the blues. Exercise boosts endorphin levels, enhances mood, and increases blood flow to the brain, delivering the nutrients and oxygen essential for neurotransmitter production. It also helps regulate cortisol levels, mitigating the impact of chronic stress on your body. Incorporate a mix of aerobic, strength, and flexibility training into your routine for maximum benefits.

Mindfulness Practices: Make sure that mindfulness techniques are mak-

ing their way into your life as more than just buzzwords. Seriously, meditation, yoga, and other mindfulness techniques are crucial for managing stress and boosting mental clarity. These practices lower cortisol levels, reduce inflammation, and enhance overall well-being. Weave mindfulness into your daily routine and watch your mind become more resilient against gloomy thoughts and better equipped to fight off depression.

Remember, biohacking your mental health isn't just about popping a few supplements. It's about creating an environment—both internal and external—that supports optimal brain function. By addressing diet, gut health, targeted supplementation, exercise, and mindfulness, you can provide your brain with the tools it needs to thrive.



Amino acid therapy has worked miracles in my experience, from helping clients transition off decades of antidepressant use to guiding a family member through a surprisingly smooth Fentanyl withdrawal. Feed your brain the right stuff, and watch it reward you with a balanced mood, restful sleep, and top-notch cognitive function. Ready to dive headfirst into the world of amino acids and watch this potent biohack redefine your journey to a vibrant, medication-free life? You can find a list of qualified practitioners here. (<https://aminoacidtherapy.com/certified-coaches/>)

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Carla Bate



Carla Bate MSCN, CRNC is a Certified Mental Health Nutritionist and Psych Med Taper Support Specialist who empowers women to confidently transition off antidepressants and reclaim their lives, free from chemical crutches.

*Carla's deep dive into amino acid therapy under the mentorship of Christina Veselak, LMFT at the [Academy for Addiction and Mental Health Nutrition](#) gave her the expertise central to her *Liberated Life: From Pharma to Freedom™* program. Combining safe supplementation with holistic strategies—think personalized nutrition, stress-busting, and lifestyle upgrades—aimed at helping you reclaim your power to create a life and lifestyle that light you up.*

Want more of Carla's insights? Join her free Facebook™ group, [Healing Depression Naturally: Safe Solutions and Support for Transitioning Off SSRIs](#).

And follow her on IG: [@nutritionist_carla](#)

IN THE LAB

Some of the latest scientific research in the fields of lifespans and longevity



Blocking IL-11 Signaling Extends Lifespan and Improves Health in Mice

Researchers found that inhibiting IL-11 signaling extends the lifespan of mice by an average of 24.9% and improves healthspan by reducing metabolic decline and frailty. This breakthrough suggests that anti-IL-11 therapy could combat aging-related diseases in humans

https://www.nature.com/articles/s41586-024-07701-9?fbclid=IwZXh0bgNhZW0CMTEAAR2zpTAnkM7AGf3j8loyqrulyeOA0vzWS-ayLjN-TE9P0TXXDFkcCDvyR2bU_aem_SpU8Zp1EBD8LPHE86txGKA&sfnsn=wq

Haemoperfusion Adsorption Shows Superior Outcomes in Treating Acute-on-Chronic Liver Failure

A study on 45 ACLF patients reveals haemoperfusion adsorption (HA) significantly enhances metabolic profiles and survival rates compared to therapeutic plasma exchange (TPE) and standard medical therapy (SMT). HA notably reduces inflammation and improves plasma milieu, correlating with lower mortality, particularly in patients with high baseline 11-deoxycorticosterone levels.

<https://pubmed.ncbi.nlm.nih.gov/38358068/>



AI Outperforms Pathologists in Assessing Liver Biopsies for Semaglutide NASH Trial

A phase II trial of semaglutide for nonalcoholic steatohepatitis (NASH) shows artificial intelligence (AI) can more accurately assess liver biopsy histology. AI analysis revealed significant antifibrotic effects of semaglutide, highlighting its potential in NASH treatment and surpassing traditional pathology in detecting treatment responses.

<https://pubmed.ncbi.nlm.nih.gov/38112484/>



THE BRAIN-BODY CONNECTION

HEALING CHRONIC ILLNESS THROUGH
NEUROPLASTICITY

by DR. CATHLEEN KING



How Dr. Cathleen King's Journey from Bed-bound Patient to Healer is Transforming Lives Worldwide

Jean Fallacara: Welcome to the No Plan B podcast. Today, I have someone special to talk about the connection between the brain and the body in a way that we don't often see or have knowledge about. Please welcome Dr. Cathleen King.

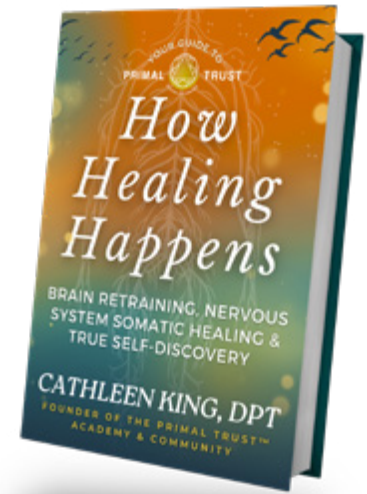
Cathleen King: Thank you for having me.

Jean Fallacara: Dr. King, could you introduce yourself, tell us where

you're from, and what brought you to where you are today?

Cathleen King: Yes, I run a company called the Primal Trust™ Academy and Community. We work with people who have chronic illnesses ranging from Lyme disease to long haul COVID, autoimmune issues, digestive problems, mold illness, trauma patterns, and high stress. We help them self-heal through brain retraining, vagus nerve toning, somatic therapy—basically, nervous system regulation.

I got into this because I was very ill for over a decade. I was often bed-bound and had multiple diagnoses including Lyme disease, parasites,



mold toxicity, hormone issues, autoimmune issues, digestive problems, chronic fatigue syndrome, and postural orthostatic tachycardia syndrome (POTS). I went from doctor to doctor. I had a background as a physical therapist, which gave me some understanding of the mind-body connection, but it took me over a decade to really believe that our body has an innate capacity to self-heal when we learn how to unlock its mechanisms. This can rebalance the immune system, the digestive system, and more.

Eventually, I believed in the science of neuroplasticity and autonomic nervous system rebalancing. Using these tools, my chronic Lyme disease and other symptoms started to fall away without medicine or supplements, which I couldn't tolerate. Now, six years later, we're helping thousands worldwide in over 60 countries self-heal from various diagnoses.

Jean Fallacara: That's incredible. It seems like almost everyone could benefit from nervous system regulation tools, especially in today's high-stress world.

Cathleen King: Absolutely. Even if you're not chronically ill, the level of

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- 93% of participants with Lyme disease showed improvement
- 88% of participants with CFS showed improvement

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stress in our lives today is causing our bodies to break down.

Jean Fallacara: How do you define what is chronic versus temporary?

Cathleen King: Chronic symptoms are ongoing and unresolved. They might resolve in one area but then pop up in another. If symptoms have been present for three to six months without resolution, it's considered chronic. People often get used to not having vitality, which is becoming normalized.

Jean Fallacara: I was thinking about that. It seems like everyone has something going on. So, how do you help people who are in chronic unwellness?

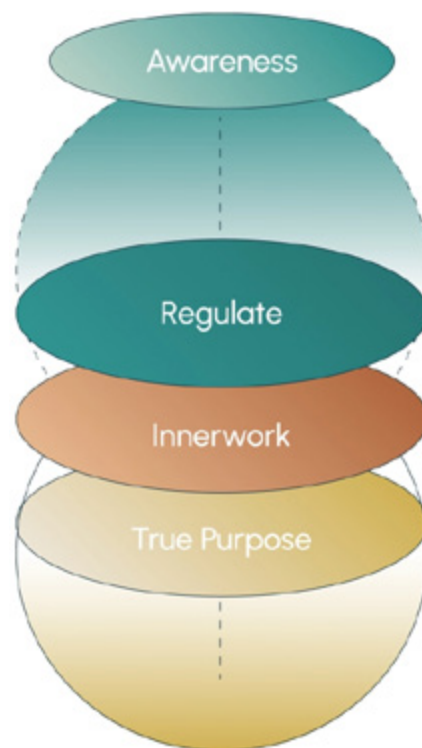
Cathleen King: Many of our clients have been to numerous doctors and tried everything. They come to us when they're out of options, either financially or because they can't tolerate treatments. We teach them how to internally shift their biology through neuroplasticity. It's

hard work and requires daily repetition and a change in mindset, but it's possible to shift your biology.

Jean Fallacara: I completely agree. How do you start the process of neuroplasticity, especially since it requires pathways that aren't created overnight?

Cathleen King: Neuroplasticity requires repetition, specifically targeting the limbic system—the fear center of the brain. We use creative visualization to recall memories where the individual felt safe, cared for, and joyful. Rehearsing these memories repeatedly sends messages to the limbic system that in the past, they were okay. The brain doesn't know the difference between past and present, so it starts producing biochemistry of safety in the present moment.

We also target the vagus nerve through breath practices and eye exercises, which interrupt the stress loop. Over time, these practices strengthen the vagus nerve to send signals of safety back to the brain.



Jean Fallacara: That sounds a bit like hypnosis. Are there any tools or technologies you use to facilitate this process?

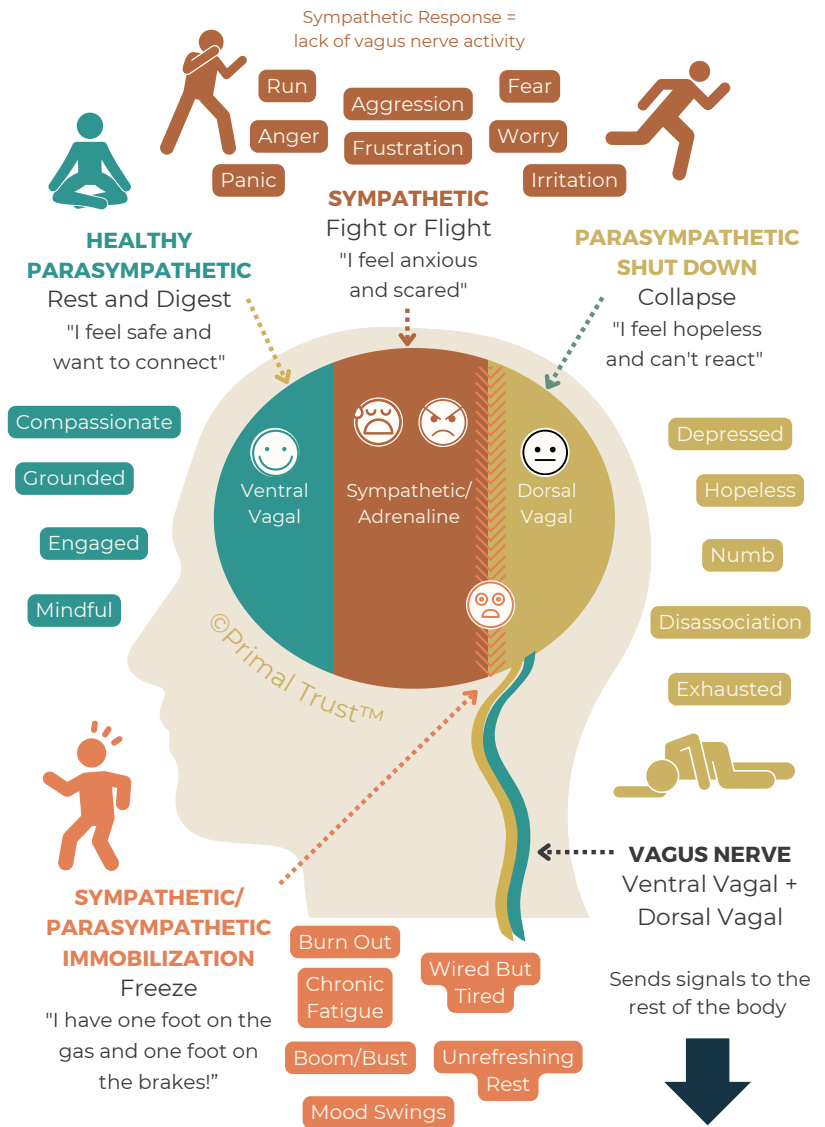
Cathleen King: It's self-generated biohacking. It's an algorithm where you become aware of the



present moment, interrupt habitual thoughts, redirect to a past event, and then to a future event. This lights up the brain in a particular way over time, rerouting how the limbic system associates with your internal and external environments. We recommend 30 to 60 minutes of this practice daily for those who are chronically ill. It's a dedication, but for many bed-bound individuals, they have the time, and the science shows it works.

Jean Fallacara: How do you handle cases where someone has ADHD and can't focus long enough to practice this?

Cathleen King: For ADHD, we have guided practices and emphasize the awareness pattern interrupt. This means noticing habitual thoughts and redirecting attention to something in the room for 10 to 30 seconds. This practice itself starts to quiet the stress biochemistry, making it easier to focus over time. For those who find visualization difficult, breath work or mindful movement can also be effective.



Jean Fallacara: It sounds like a very active form of meditation, particularly beneficial for those who struggle with traditional meditation.

Cathleen King: Exactly. For those with chronic illness, staying in the limbic brain loop is common. This active form helps them become more present, eventually enabling them to practice traditional meditation more effectively.

Jean Fallacara: You mentioned earlier that you were sick and this led you to this work. Can you share more about that journey?

Cathleen King: Yes, I wouldn't have believed in this work if I hadn't experienced it myself. It took me ten years to start nervous system work because I didn't believe it would help with Lyme disease and mold toxicity. But after seeing the best doctors and not getting better, I turned to these practices out of necessity. Now, I've dedicated my life to helping others heal through these methods.

Jean Fallacara: Your journey is truly inspiring. For our listeners who might be interested in learning more or joining your program, where can they find you?

Cathleen King: Visit our website at PrimalTrust.org. We offer a range of resources, including online programs, coaching, and community support.

[@primaltrust_official](https://twitter.com/primaltrust_official)

Key Takeaways:

- **Neuroplasticity and Healing:** Dr. Cathleen King emphasizes the importance of neuroplasticity in healing chronic illnesses through repetition and creative visualization.
- **Vagus Nerve Toning:** Techniques such as breath work and eye exercises strengthen the vagus nerve and help interrupt stress loops.
- **Personal Journey:** Dr. King's own struggle with chronic illness led her to discover and develop these healing practices, which now help thousands worldwide.
- **Active Meditation:** For those with chronic illness, active forms of meditation can be more effective than traditional methods.

itation can be more effective than traditional methods.

Dr. Cathleen King's work demonstrates the incredible power of the mind-body connection and offers hope to those suffering from chronic illnesses. Her approach highlights the potential for self-healing through dedicated practice and neuroplasticity.



Dr. Cathleen King

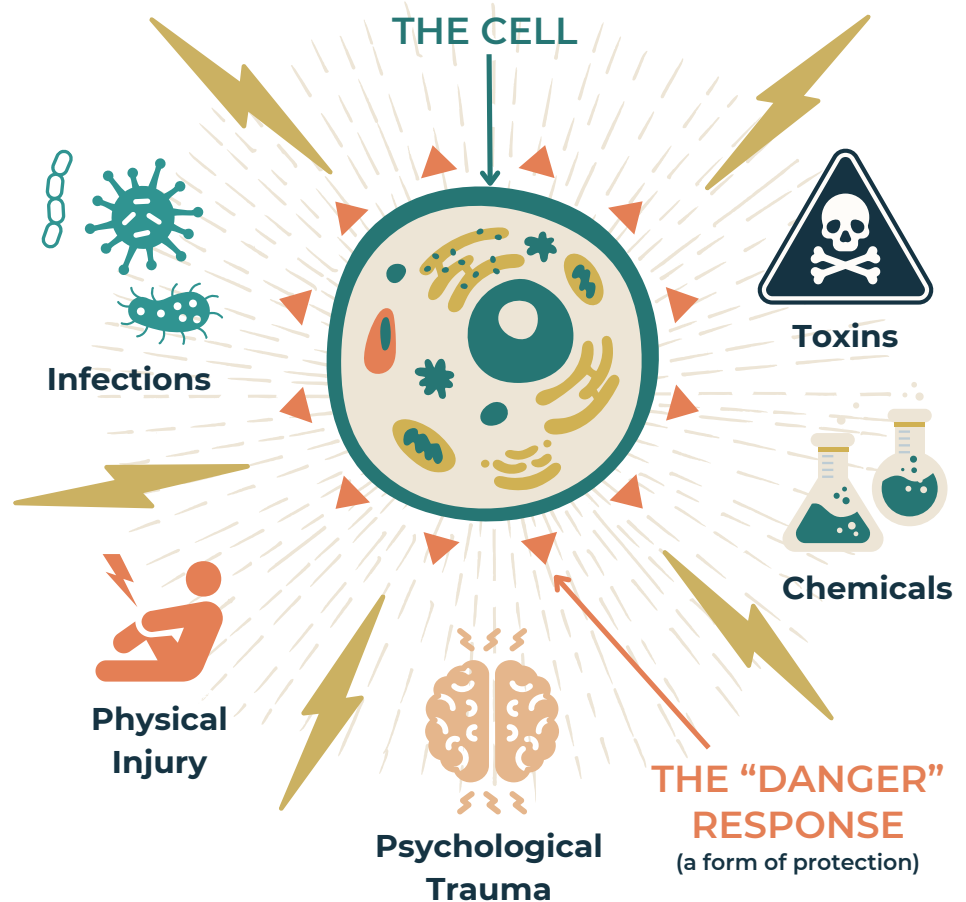
Dr. Cathleen King, DPT, is a leading expert in nervous system and neuroplasticity education, specializing in chronic illness resolution through teaching the neurophysiology of trauma and attachment, and emotional regulation practices. She has a rare combination of in-depth doctoral-level education and training as a holistic, somatic physical therapist, along with many years of experience coaching others in wellness and lifestyle education. Having personally healed from complex trauma and illness, Dr. Cathleen King offers a path to healing through brain retraining and nervous system regulation. As CEO and founder of the Primal Trust™ Academy & Community, she has empowered over 10,000 individuals to find freedom from chronic illness, stress, and trauma.

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Dan Metcalfe




Keynote Speaker, Founder Born SuperHuman - CEO / Creator 6OuP balance training system - brain to body leader.

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Tim Gray / Uks leading biohacker


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The Health Optimisation Summit 2024

A Convergence of Cutting-Edge Wellness



The Health Optimisation Summit, hailed as one of the world's premier biohacking and wellness events, took place in London this year, gathering over 2,200 health enthusiasts, professionals, and innovators. The founder, Tim Gray, known in the biohacking community as Tim Biohacker, has crafted an event that transcends traditional health conferences, offering a transformative experience packed with game-changing speakers, immersive workshops, and unparalleled networking opportunities.

A Star-Studded Lineup of Keynote Speakers

The summit boasted over 35 world-class speakers from diverse fields, including biohacking, nutrition, longevity, fitness, and functional medicine. These icons shared their lifetimes' work, delivering insights that are shaping the future of health. As Tim Gray puts it, "We don't have enough of the good stuff in the UK. When I went to America to the Bulletproof Conference in 2017, I realized it was such a good tribe of amazing people, and there was nothing like it in England. So, I decided to bring it back to the UK and invite the biggest speakers from around the world to come to Little London."

Among the notable speakers was Ben Greenfield, a leading voice in the biohacking community, who emphasized the summit's importance, stating, "The Health Optimisation Summit is one of the top biohacking and wellness must-do's on the face of the planet. Definitely add this one to your bucket list!" This sentiment echoed throughout the event, reflecting its significance in the global wellness landscape.

Cutting-Edge Exhibitors and Hands-On Workshops

The summit's exhibit hall was a hub of innovation, featuring over

100 brands showcasing the latest health technologies, equipment, services, and nutrition products. Attendees had the chance to explore advancements that promise to revolutionize personal health and performance.

Workshops offered immersive experiences designed to elevate mental and physical well-being. Participants engaged in breathwork classes, acroyoga sessions, and other hands-on activities led by industry experts. Reflecting on the summit's impact, Tim Gray highlighted, "We foster community with the attendees different to any of the other events because we target health, fitness, medical, wellness, nutrition, biohacking, paleo, keto, all of these things into one place... it starts with community."

Networking and VIP Experiences

The Health Optimisation Summit provided ample opportunities for networking, connecting like-minded

individuals passionate about health transformation. The Ultra VIP Experience offered an exclusive chance to interact closely with speakers and fellow VIPs, featuring a VIP dinner, priority seating, and an upgraded goodie bag filled with health-boosting gadgets.

Tim Gray underscored the importance of community and collaboration within the health space, sharing, "Instead of looking at it as competitive, we look at it as in we can each elevate each other. So, we promote their events, they promote our events. It's the same with the Biohacker Summit from Finland as well. They are friends and colleagues, and we support each other."

Personalization and Technology: The Future of Health

A key theme at this year's summit was the personalization of health through advanced technologies. Tim Gray noted, "I think the most exciting thing is the personalization of supplementation





and the technologies all around our own data. Testing instead of guessing and using technologies when needed, not just using them for the sake of using them." This approach underscores the shift towards individualized health strategies that leverage data and technology for optimal results.

In line with this theme, many exhibitors presented tools and devices aimed at enhancing personal health metrics. From wearable tech that tracks sleep patterns to AI-driven health assessments, the summit highlighted how technology is revolutionizing the way we approach wellness.

Optimizing Mental and Physical Health

Throughout the summit, experts emphasized the importance of holistic health, integrating physical, mental, and emotional well-being. Tim Gray shared his top recommendation for optimizing brain health and mental performance: "I

think one of the best things for brain fog or mental clarity or performance, mental performance, and cognition is actually sleeping properly. Making sure you optimize your sleep the best you can. That means getting at least seven and a half hours sleep and tracking it with an Oura ring or an Ultra Human ring. Because if you're not testing, you're guessing."

Conclusion: A Must-Attend Event

The Health Optimisation Summit 2024 was a testament to the power of community, innovation, and personalized health. It brought together thought leaders, cutting-edge technologies, and passionate individuals dedicated to advancing wellness. As Tim Gray looks to expand the summit to the USA next year, the event continues to set the standard for what a health conference can achieve, making it an unmissable fixture on the biohacking and wellness calendar.

[@healthoptimisationsummit](https://www.healthoptimisationsummit.com)





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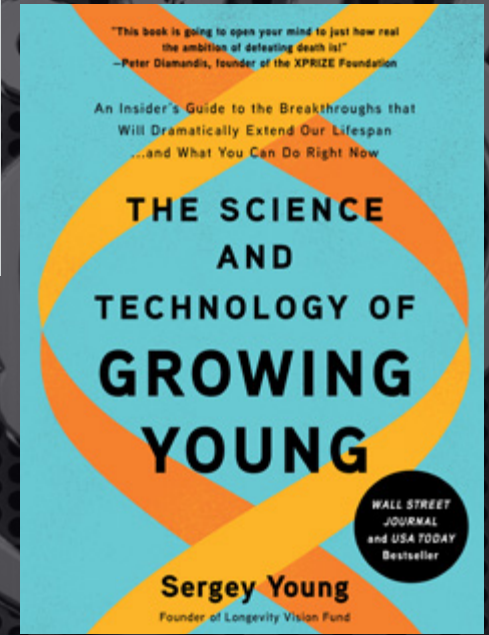
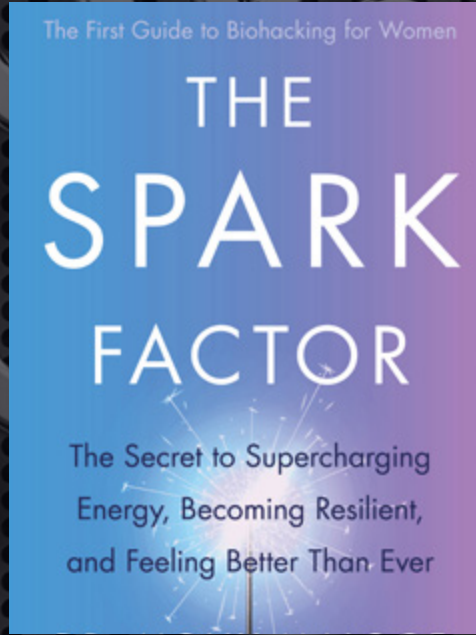
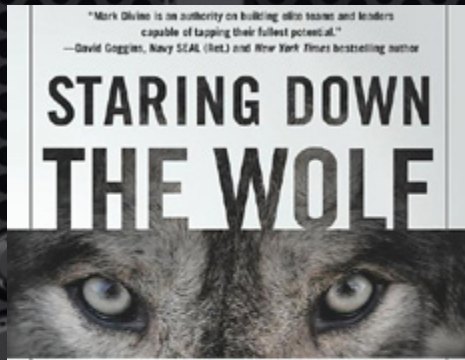
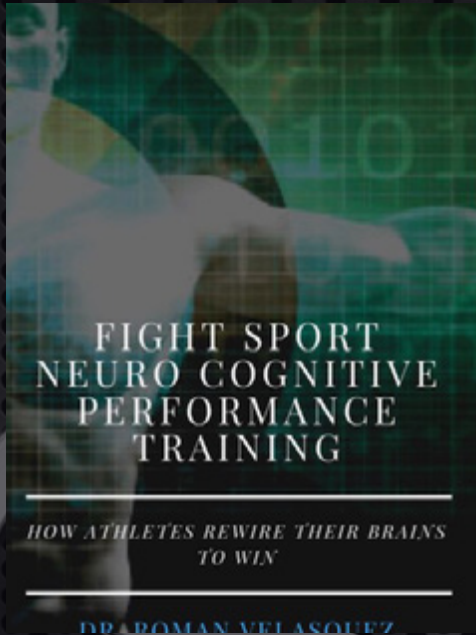
Struggling with chronic illness, trauma or stress? Primal Trust™ offers a holistic approach to self-healing through rewiring your brain and nervous system. Our online membership program combines top-down (brain to body) and bottom-up (body to brain) approaches for lasting change and transformation.

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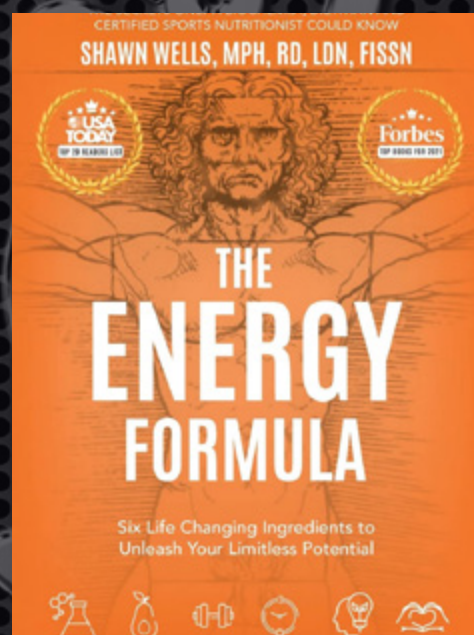
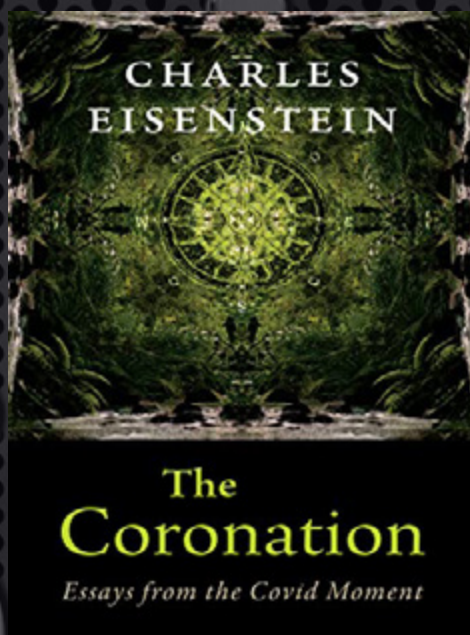
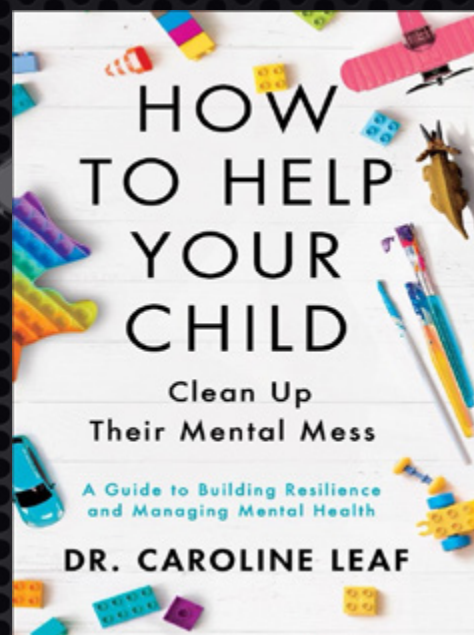
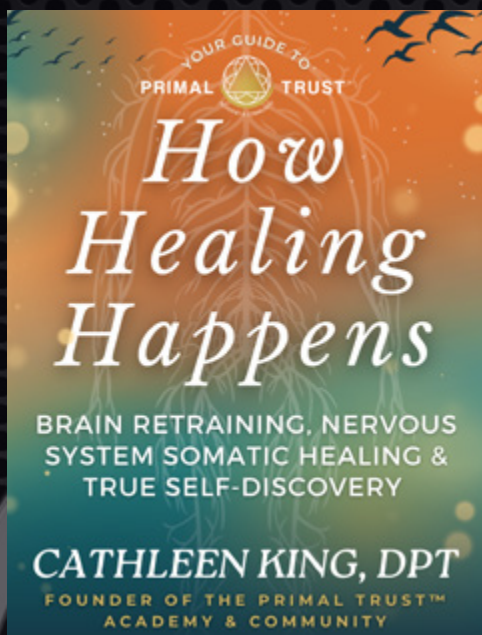
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REVOLUTIONIZING WELLNESS: TOP 10 BREAKTHROUGH BOOKS OF 2024



REVOLUTIONIZING WELLNESS: TOP 10 BREAKTHROUGH BOOKS OF 2024





A nighttime photograph of the Miami skyline, featuring numerous illuminated skyscrapers and buildings. The foreground shows the dark, rippling water of a bay or harbor. The sky is a deep purple and blue.

Miami

**The World Center for Biohacking,
Wellness, Art, and Waterfront Living**

By Jessica Bechard

In the past few years, Miami has transformed itself into a thriving hub for billionaires, wellness enthusiasts, and art lovers alike. This vibrant city, once known for its beautiful beaches and lively nightlife, has evolved into a modern paradise that offers a unique blend of luxury, wellness, and artistic expression. In this article, we will explore how Miami has become the go-to destination for the elite, attracting billionaires, tech companies, and hedge funds, while also establishing itself as the capital of biohacking and fostering a culture of wellness and art.



The Pandemic's Role in Miami's Transformation

One of the key factors that contributed to Miami's rise as Biohacker's hub was the global pandemic. As people realized they could work remotely from anywhere, Miami quickly emerged as an ideal location to call home. Compared to cities like New York with harsh winters and high income taxes, Miami offers a tropical, sun-soaked alternative that is reminiscent of Manhattan's energy. This realization prompted influential figures like Amazon's founder, Jeff Bezos, and finance giant, Ken Griffin, to make Miami their new base of operations.

Brickell: The Financial Powerhouse

In the heart of Miami's financial district, Brickell stands tall as a beacon of economic might. Often dubbed the "Manhattan of the South," Brickell is the go-to destination for tech giants and hedge funds, including the prestigious Citadel. With its iconic skyscrapers, high-end dining, and vibrant nightlife, Brickell symbolizes Miami's financial dominance and global influence.

Indian Creek: The Pinnacle of Luxury

Shifting gears from finance to opulence, Indian Creek emerges as the pinnacle of exclusivity and luxury. This private island is a coveted haven for billionaires seeking lavish waterfront estates. With its lush landscapes, pristine beaches, and round-the-clock security, Indian Creek provides an unparalleled sanctuary for the ultra-wealthy to indulge in privacy and splendor.

A Thriving Art Scene

Beyond its financial and luxurious allure, Miami's art scene is a vibrant testament to its cultural richness. Annually, the city hosts the internationally acclaimed Art Basel, attracting art aficionados from across the globe. Wynwood, a neighborhood bursting with colorful murals and cutting-edge galleries, has become a contemporary art hotspot. Miami's artistic vibe not only enhances its cultural landscape but also mirrors the city's diverse and dynamic spirit.

Miami is a playground for the wealthy; it's a living canvas of innovation, culture, and luxury. Whether you are drawn to the economic energy of Brickell, the secluded splendor of Indian Creek, or the creative pulse of Wynwood, Miami offers a unique blend of experiences that reflect its status as a global powerhouse. Dive into Miami's vibrant scene and discover how this city can fuel your own biohacking journey.



A Commitment to Wellness

Contrary to popular belief, Miami is not merely a superficial city. It is a place where successful individuals strive for perfection in all aspects of their lives, be it business or health. The Miami elite understands the importance of maintaining a healthy lifestyle and achieving balance. They are found in the gym every day, eating healthy meals, meditating, doing cold plunges and infrared therapy, and participating in various wellness practices. Exclusive wellness events tailored to this discerning demographic have gained popularity, offering unique ways to enhance health and longevity. Events such as the Biohackers Expo, Biohackers World, and Ultimate Wellness attract top biohackers and wellness experts to share their knowledge and innovations. Miami is also becoming a significant player in the Blue Zone Project, aimed at increasing the city's longevity through community and environmental improvements.

Every weekend, Miami hosts numerous wellness-oriented activities, including yoga sessions, meditation retreats, and fitness boot camps. These events are not only popular among residents but also draw visitors seeking to enhance their well-being. The local population is deeply oriented towards wellness, embracing a lifestyle that prioritizes physical and mental health. Additionally, the city's

thriving art scene complements this culture of well-being, offering a holistic approach to a balanced and fulfilling life. From Art Basel to the Wynwood Walls, Miami seamlessly integrates art into its wellness initiatives, creating a vibrant and inspiring environment.

Miami's role as the capital of biohacking further cements its status as a wellness hub. The city is home to numerous biohacking labs and cutting-edge health technology companies, attracting innovators and enthusiasts from around the world. These institutions not only contribute to the local economy but also foster a culture of continuous improvement and optimization in personal health. The convergence of technology, art, and wellness in Miami creates a unique atmosphere where the pursuit of longevity and vitality is not just a goal but a way of life.

The Impact of Climate on Well-being

Miami's tropical climate significantly contributes to the overall well-being and mood of its residents. Scientific studies have shown that exposure to sunlight increases the production of serotonin, a neurotransmitter that boosts mood and promotes a sense of well-being. The city's abundant sunshine and warm temperatures encourage outdoor activities, which are essential for maintaining physical health and mental clarity. The



availability of fresh air and scenic views of the ocean further enhance the overall quality of life in Miami.

The Real Estate Boom

The growth of Miami, both in terms of population and real estate development, has been nothing short of remarkable. As more billionaires and influential figures flock to the city, Miami's population has experienced a rapid surge. This influx of high-net-worth individuals has sparked a real estate boom, with luxurious properties and high-end developments reshaping the city's skyline. From waterfront mansions to lavish condominiums,

Miami offers a diverse range of real estate options that cater to the unique tastes and preferences of its elite residents. One notable development is the new Blue Zones Center project, integrating wellness and sustainability principles to create a holistic living environment.

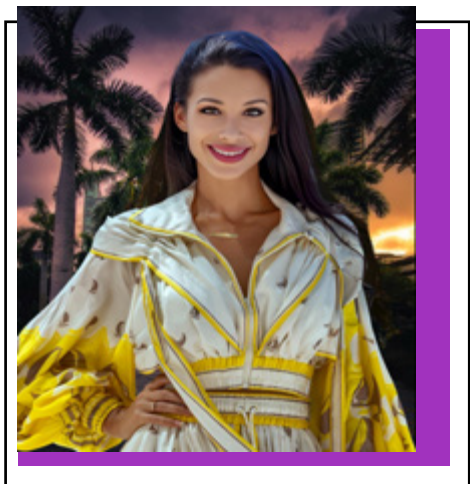
In Conclusion

Miami has successfully transformed itself into the world center for biohacking, wellness, art, and waterfront living. With its favorable climate, thriving economy, and unparalleled lifestyle offerings, the city has become a dream destination for the elite of society. Miami's

rise as a global powerhouse is not only attributed to its financial district and luxury real estate but also to its vibrant art scene and emphasis on holistic wellness. As Miami continues to evolve, it will undoubtedly solidify its position as a haven for those who seek the perfect blend of success, beauty, and well-being.

In Miami, the convergence of opulence, art, and wellness creates a unique destination that attracts the world's most affluent and influential individuals, solidifying the city's status as the ultimate destination for a life well-lived.

Jessica Béchard



Introducing Jessica Béchard, the visionary leader behind Sang Bleu Realty, the epitome of luxury real estate in South Florida. As the esteemed founder & CEO, Jessica's expertise as a luxury real estate broker and investment portfolio specialist is unmatched. With a distinguished background in law as a former Canadian tax attorney and a wealth of experience in project management for prestigious remodeling projects, she possesses a unique ability to create and maximize value.

But Jessica's talents extend beyond the realm of real estate. As a former member of the Canadian Olympic team in synchronized swimming, she embodies the pursuit of physical and mental well-being. Her passion for wellness is not only a lifestyle but also a driving force behind her commitment to providing exceptional real estate opportunities for her esteemed clientele.

If you aspire to invest in the flourishing South Floridian real estate market, don't hesitate to connect with Jessica. Visit sangbleurealty.com to embark on a journey of wealth and luxury in the captivating world of South Florida real estate.

A close-up photograph of a woman's hand holding a wooden comb through her dark hair. The hand is positioned on the right side of the frame, with the fingers gripping the handle of the comb. The comb is light-colored wood with dark bristles. The hair is dark and appears to be pulled through the comb. The background is a plain, light color.

5 Myths Surrounding Hairloss

By Johanna Dahlman



Have you been told you are too old for hair growth? Or that your hairloss is "Normal" when clearly it is not Normal for you? Have you been brushed off by doctors and dermatologists being told there is nothing more to do, than to try XYZ medication or shots? If you think topicals and serums or biotin are the way to great hair and full regrowth then think again!

As someone who's had autoimmune alopecia, known as alopecia areata, I was told my pony tail was too tight by one doctor in the Netherlands. Then was told that creams and cortisone shots would do the trick from another doctor in California, I went on to try endless products from pills, to over the counter items in Europe and in the USA and all of it left me worse off, losing more hair,

actually more than 50% of my hair. The Medical establishment failed me as well as their only remedy was medications that unbeknownst to me would possibly affect my fertility. This is where I was called to level up and was on a mission to figure it out, for myself, my health, my hair ; on my terms, in a natural and healthy way.

Now in my 40's I enjoy years of being alopecia free and growing one full inch of hair on a consistent basis per month and you can too! I know hairloss won't come back because I have dominated it, and just like biohacking, this is where we take full

control in our hands. It just won't be with the above methods. Here I will dispel some of the myths surrounding alopecia, the medical terms for hairloss. Please understand that healing is not a one size fits all, rather it needs to be a custom approach. Much like a tailored suit, you are unique and require extra attention for a perfect fit, and longevity to your health and hair!





Myth #1 You are too old- losing more hair as we age is natural

You are never too old to regrow your hair! I have seen ladies in their 70' and 80's do it; just like we can see ladies in that same age group run marathons, its never too late to start getting healthy and regrowing your hair back.... Yes Aging is a natural process, however if you are a biohacker reading this— you already know you can defy this, as this is our mission collectively. Age is a number and how we age and what that looks like is all in our hands. As you know, we can take control of our health, and that too includes our hair, diet and lifestyle to support and promote more hair growth.

Myth #2 Its been more than 10, 20, 30 + years: its too late for me to regrow my hair

Many people in the autoimmune alopecia world think there is a timeline to healing. Much about this comes from the health professionals they've seen that give a negative slant to healing. Unfortunately not everyone's experience is like mine— full health, better hair, full growth and I've managed to keep it amid covid, stressful times, pregnancy at

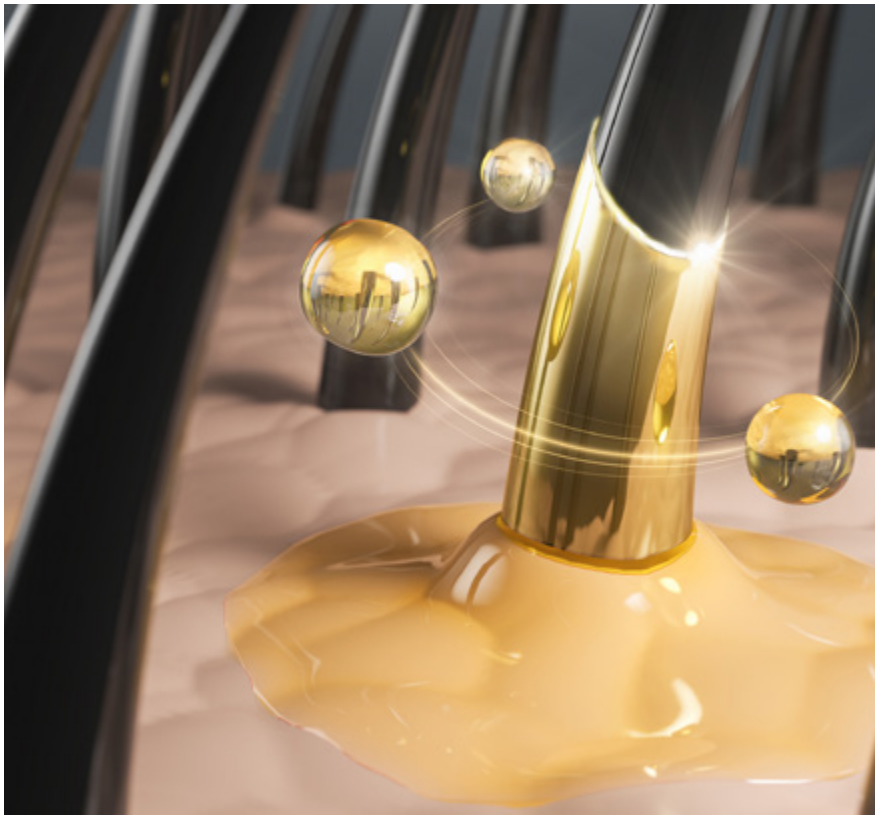
40, and so many other things. Life happens, and it's about riding that wave to our own individual needs. Going back to healing and reversing hairloss though, its like a new language, you can learn French at any age, there is no time limit. And just like getting healthier and regrowing your hair— you can do this too— our hair and health are waiting... taking action is key and putting aside what people and naysayers say about your possibilities. Do not give away your power... you can heal, and I have seen it in many people I help today, ladies with scarring alopecia, get hair growth and keep it. Young children and adults with alopecia universalis and totalis, are seeing breakthroughs in hair growth in just 2-4 weeks. Hair growth is a natural process and much like anything else, our bodies are designed to do it however when it stops, it's because something is off balance and needs attention. Sometimes there are many things to look at, and once

we do, everything is upgraded. Yes of course it's better to do things today rather than wait for tomorrow... and even if we don't get the gump-tion until now, it's still not too late. It's never too late to obtain health, hair and best self. Think of it as an eternal goal, that we are working on daily. The power of taking control of our health allows us to decide each day how we want to live and show up in the future!

Myth #3 Doctors say autoimmune alopecia, scarring alopecia cannot be healed. There is no cure

I love dispelling myths and misinformation. It's true, there is an abundance of it online, in society and all around. Again this is where you take back your power. Do not let someone tell you " You cannot do something" — this is where my inner child has always fought back. Don't tell me No, because I will find a way. And





wide and regardless of the ages, races or dietary requirements they can all see hair growth and they do! ~It's about getting a tailored approach, formatted to you and your needs that will propel you to regrowth and success. Healing natural is the only way to heal and this is something you cannot bottle up for everyone to take. Medications are not needed to heal and this too is another myth!

Myth #4 You have no control over your hair-loss because its : hormonal , post partum, stress related, part of its natural cycle

This is a huge myth we are led to believe. I never went through post partum hairloss because you can mitigate that! 'Telogen effluvium', and/or diffuse hairloss is said to be done within 3 months, but what about those who've been experiencing that for longer? For years? Yes I have worked with people like this and guess what? In just 2-4 weeks that hairloss STOPS. It can stop, and just like the brakes to our car, we can make it stop sooner rather than later depending how much pressure we are placing on the brake pedal. Same thing here - we can control our hairloss, and our hair growth. The average hair growth according to an online search is 1/2 and inch each month at most. I in turn grow it consistently at an inch or more monthly and I can track this because of my highlights. Lean into whats possible and what you think your body is capable of... and many times like personal trainers say— you are stronger then you know and can do more than what your mind allows you to believe. The same is true for hairloss; so whether you just had a baby, have long covid, or just have been having hairloss for

I did. After seeing doctors in Europe, then in California and in Colorado... I was beside myself. Frustrated and at a loss... and then this thought rushed to me, " if I had hair all my life, why am I losing it now in my 30's when I am at my healthiest and fittest? " If I had hair all my life— why am I losing it now? I kept asking myself these questions and the more I questioned the more I knew that I had an inner knowing. That what I was being told were simply limiting beliefs. Limited education. Limited Experience. Limitations from text books and nothing from real life.

Insider Tip: If you have a goal, just like regrowing your hair, go with someone who's been there and done that— someone who knows more than text book and has results to show for it!

Why do Doctors say there is no cure? Because there is no one size fits all medicine or pill that heals everyone in the same manner. For ex-

ample. If we all have a headache we can all take headache medicine and we can all get relief within 10, 20, 40 minutes respectively. For alopecia, there are various types, various factors and various underlying root causes for each person individually. So all this is why there is "no cure" because they cannot guarantee it will work for everyone in the same manner with one pill, one shot, one anything. And this in part is true because the real healing has to be individualized, has to be tailored to you, has to be customized to the person. That's why you have most likely tried various treatments and supplements with no luck, because for the most part, even supplements can be wrong and counterproductive for many types of hairloss. The way you would heal a 5 year old is always going to look different from a 55 year old — and this is true even if they do have the same type of hairloss. Does this make sense? I do believe there is a cure for hairloss, I have seen it in myself, my clients world-





months and Years on end. You can take control of this, starting today!

Myth #5 You have androgenic alopecia (female pattern hairloss) and your only option is minoxidil

It's unfortunate how many people have heard this directly from their service providers and health care providers. This is where I am adamant that there is always something we can do, to better ourselves, and perhaps it's on the other side of fear and our comfort zone or both! Many clients with scarring alopecia have come to me as a last resort. They also come to me, because I know medications do not work. I also know gimmicks like the serums and lotions, potions, specialty shampoo, expensive hair skin supplements, along with PRP, laser caps and other modalities are just marketing—no real results, no real long term hair growth. What I do know is that diet and lifestyle works, and it works for everyone, and it also needs to be tailored to each person to work effectively as well. Giving into one diet or another doesn't work for everyone. What I do know is that even the most extreme cases can be helped—we all can be helped but again, it's on the other side of comfort. I speak about scarring alopecia, autoimmune, and female pattern baldness along with other types of hairloss with proven results on my podcast and know from the various interviews with clients that their situation and their outlook has changed, all because someone believed in them. They took action and saw results. The innate capability of our bodies is incredible, we just need to support it correctly. I always say the first step is believing you can heal. And we can emphasize this and translate this into anything else we want to achieve in life... it's all possible, we just need the right tools, technique, guide and experience to show us how!

Myth #6 Bonus Myth:

You have blindspots

As biohackers you know already that diet and lifestyle are critical to your health and success. They are imperative building blocks and essential for our foundation. From there everything starts and ends. If we don't have the correct diet and lifestyle then we are perhaps short changing ourselves in the long run. Not all of us are 100% self aware or 100% knowledgeable about all topics. When it comes to hair it's not just scalp and follicles, there is more at play. In helping thousands of clients in over 66 countries, I have worked with personal trainers, dietitians, nurses, nutritionists, pharmacists and functional medicine doctors. Not everyone has the same knowledge or education and even those with health care back-

grounds may still have a gap in education - most the time they do! This is where blindspots come in... they hold us back from our full potential. And if we are not open and careful our ego can get in the way too! We are all susceptible to hairloss and yet we can all overcome it too! Having alopecia for over 4 years was an extremely humbling and devastating experience. It wasn't until I figured out each little blindspot that all the ancillary symptoms like dry skin, dry eyes. Insomnia, depression, anxiety and memory loss, ridges on my nails, of course, hairloss.... Were able to lift like a veil. They didn't let up until every box was checked and marked off completely. This was the Eureka moment and this is where, I can remember clearly, the veil of symptoms came off easily. Blind-

spots are holding you back and will continue to do so until an expert sees you! What took me four years now takes people less than 8 weeks to figure out and see hair growth! The choice for change, healing and growth is all in our hands and that's where the magic happens!

Empower yourself! If you have that burning belief that you can get your hair back then you will. I fought for my inner knowing and I was right. You do have more in you to give and now is the best time to heal, not yesterday and not tomorrow. Today!

JOHANNA DAHLMAN



JOHANNA DAHLMAN, is a health and high-performance hair growth coach, she is a professional speaker, and podcast host to the Alopecia Angel Podcast: Awaken to Hair Growth. Through her own struggle with autoimmune alopecia, she now helps others reverse and heal it naturally without the need for medications worldwide defying the odds within various types of hairloss. Having helped thousands in over 66 countries, she focuses on various types of hairloss including autoimmune, androgenic, diffuse, telogen effluvium, scarring and others. She serves children and adults. 90% see hair growth in less than 8 weeks!

You can find Johanna at <https://www alopeciaangel.com/>

Instagram : [alopecia_angel](#)

Facebook : [Alopecia Angel](#)

You Tube : <https://www.youtube.com/AlopeciaAngel>

Podcast : <https://www alopeciaangel.com/alopeciapodcast>

The Power of Voice

AN INTERVIEW WITH
JULIANA ANDREEVA

By Dallas McClain, Biohackers Magazine



In today's world, the importance of voice is often overlooked. Yet, as Juliana Andreeva reveals, our voice is central to our overall health and personal development. Juliana, a renowned expert in vocal health and neurophysiology, shares her journey and insights in this enlightening interview.

Discovering the Voice

Juliana's journey to discovering her voice was personal and transformative. Despite her extensive musical education and background, including being a conductor and opera director, she struggled to find her own singing voice. Her mother, an opera singer, would tell her she was singing the wrong way, and the traditional methods of musical education left her feeling suppressed and searching for freedom and emotional release.

"I've been studying for 15 years, with three musical backgrounds, and yet it gave me nothing," she recalls. "I knew lots about symphonies, scales, and piano playing, but it didn't help me find my singing voice."

This struggle led Juliana to explore beyond traditional musical education. She delved into fields like kinesiology, osteopathy, medical hypnosis, and neuroscience, gaining knowledge and practical experience that shaped her unique approach to vocal health.



The Process of Transformation

Juliana primarily works with high-level executives, investors, and venture capitalists, individuals who need to maintain high performance while managing stress and anxiety. Her sessions, often conducted via Zoom, aim to help clients find their true speaking voice, reduce brain fog, and alleviate anxiety and depression.

"We usually meet from one to three times on Zoom, and the result is a significant change," Juliana explains. "Clients learn to relax their larynx and muscles, finding their true voice and experiencing benefits like reduced anxiety and even improved emotional well-being."

Her methods are not just about voice training; they involve understanding the nervous system and how it reflects in the voice. By stimulating the vagus nerve and releasing deep muscle tension, Juliana helps clients achieve a balanced and healthy nervous system, which in turn transforms their voice.

The Root of the Problem

Juliana emphasizes that many voice issues are rooted in the nervous system. "The voice reflects your nervous system," she says. "We have a main nerve in our body, the vagus nerve, that ends in our larynx. By stimulating this nerve, we can balance the entire nervous system."

This approach has yielded remarkable results. For example, Juliana once helped a woman who had been unable to speak normally for 40 years. Their first session lasted merely 15 minutes. Three days later the client shared with Juliana that she was able to speak effortlessly again, and they continued to work together.



The Importance of Voice

Our voice is often the first thing people notice about us, even before our appearance. It's crucial in forming relationships and conveying our emotions. "Our voice is a reflection of who we are," Juliana notes. "It's the first impression we give others, and it can significantly impact how we're perceived."

Juliana's work also highlights the subconscious perception of voice. "We perceive the world through our senses, and the voice is one of the first things we recognize, even as babies," she explains. "A natural, relaxed voice signals confidence and authenticity, while tension in the voice can create a negative impression."

Practical Tips for Vocal Health

Juliana offers practical advice for maintaining vocal health. She advises against straining the voice in noisy environments, which can lead to damage. Instead, she recommends singing in the car or shower, where the noise is less intense and can be beneficial for the vocal cords.

"Singing slows down verbal thinking and acts as a form of meditation," she explains. "It reduces stress and improves overall mental health."

The Future of Voice Therapy

Juliana sees a bright future for voice therapy, particularly in the field of biohacking and personal development. Her methods are gaining recognition for their effectiveness in reducing stress, improving mental health, and enhancing personal and professional relationships.

She also works with vocal coaches to re-educate them in her methods, making her approach more accessible. "It's available and not that pricey," she says. "The results are transformative, helping people recharge their systems, reduce anxiety, and even receive unexpected benefits like improved emotional well-being."



Conclusion

Juliana Andreeva's work underscores the profound impact of voice on our overall health and well-being. By addressing the nervous system and releasing deep muscle tension, she helps clients find their true voice and achieve a healthier, more balanced life. Her methods are a testament to the power of voice in shaping our personal and professional relationships and enhancing our quality of life.

For those looking to explore the transformative power of their voice, Juliana's approach offers a path to greater self-expression, emotional

release, and overall health. As she aptly puts it, "Singing is not just an art; it's a physiological need of our body to express our deepest emotions."

This article captures the essence of Juliana Andreeva's insights and methods, providing readers with an understanding of the importance of voice in their lives. Whether you're a high-level executive or someone looking to improve your vocal health, Juliana's approach offers valuable lessons in achieving a more balanced and authentic self.



Juliana Andreeva



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Juliana Andreeva is a renowned voice coach for entrepreneurs and major bloggers. She has been the voice coach for Sasha Belyakova and has trained Andrey Dornichev and Nick Davidov. Her method, which guarantees success in setting up the voice 100% of the time and in record time, is revolutionary.

The core of her approach lies in working with the nervous system, addressing throat blocks, and resolving deep muscle tensions in the body that hinder a beautiful voice.

With over 15 years of practice, Juliana has achieved remarkable results for more than 10,000 people. Her clients not only gain a beautiful, free voice but also enjoy a balanced nervous system, hormonal equilibrium, career advancements, and large-scale projects. Juliana focuses on the brain and subconscious, tackling the root cause of tension, which leads to astounding outcomes.

Her work has led to the healing of chronic diseases and depression. And, of course, a transformed voice.

- Founder of the Voice Biohacking Method
- Graduate of the Saint Petersburg State Conservatory named after N.A. Rimsky-Korsakov (with honors).
- Certified kinesiologist.
- Founder and head of an international online vocal school with students from 16 countries.
- Author of over 100 therapeutic programs on the psychosomatics of the voice, vocal seminars, and masterclasses on speech training.
- Singer, conductor, director, and songwriter.

QUEEN'S CORNER

BIOHACKING SUMMER TRAVELS



Preparation tips for the Journey and Adventure Under the Sun

Summer is the perfect time for travel and outdoor adventures, but it also can put more strain on our mind and bodies as we try to adjust to all the 'baggage' that comes with travel adventures. Summer also brings the challenge of protecting our skin under the sun. By making informed choices, we can savor the season's warmth and radiance while safeguarding our well-being and longevity. In this article first we'll cover 6 travel bio hacks/tips to help keep you feeling healthy and refreshed while journeying to your summer getaway. Then we'll dive into the convoluted world of skin protection and sunscreens and how to keep your skin safe while enjoying the sun, in the most natural and least harmful way.

Before we get into the travel tips, first, consider a trip to a location with cleaner air, such as national parks or eco-friendly resorts. Not only will you enjoy fresher air and stunning natural scenery, but you'll also be supporting sustainable tourism and the preservation of our environment. Cleaner air can enhance respiratory health, reduce allergy symptoms, and promote overall well-being. For example, visiting places like the Swiss Alps or the pristine beaches of Costa Rica allows you to experience the benefits of a healthier atmosphere while contributing to the global effort to combat pollution. Be the change you want to see by choosing eco-conscious travel destinations.

1. Keep your skin hydrated - trav-



Some biohacking travel tips include:

eling, especially at high altitudes or on the sea, can be dehydrating and cause premature aging effects. I love Young Goose Hyperbaric Mask

2. Prevent jet lag with nootropics - I've had success using Qualia from Neurohacker and Zero In from Root Brands. Nootropics can help stimulate focus, but be mindful of ingredients, potential crashes, and age restrictions. For my kids, I use a microdose regimen of Zero In. This is not medical advice, so always consult your provider. I'm just sharing my personal experience.

3. Braintap for restoration. What else are you going to do on the airplane?

4. Blue Light Harmonizing Glass-

es- keep your jet lag to minimum by blocking harmful light at different times of the day- especially if stuck in airport

5. Pack a blender- especially on a cruise where organic and non GMO cannot be requested.

6. Travel with like-minded individuals. It's so much fun to be in a community that lifts each other up. Often as health enthusiasts we may not judge others, but if anything like my experience many places I go, reverse judgment on my Healthy Habits. Be proud of them.

Now after you arrive at your



summer vacation spot, don't set your mind at ease just yet! Yes, enjoy the sun and outdoor adventures but prepare your skin for the added sun exposure. It's crucial to remember that not all sunscreens are created equal. While protecting our skin from the harmful effects of UV radiation is undoubtedly important, many conventional sunscreen formulas can actually do more harm than good. It's essential to strike the right balance between shielding ourselves from sun damage and allowing our bodies to reap the benefits of sunlight exposure.

One key consideration is the delicate balance between blocking damaging UVA and UVB radiation and enabling our skin to produce the beneficial vitamin D that sunlight helps generate. As the renowned health expert Dr. Mercola wisely points out, most mainstream sunscreens tend to prioritize UVB blockage, which can inadvertently limit our bodies' ability to synthesize this essential nutrient. This trade-off is something we must carefully evaluate when choosing sun protection products.

Even more concerning are the toxic chemical additives found in many popular sunscreen brands. Ingredients like octylmethoxycinnamate (OMC) have been shown to become highly reactive and hazardous when exposed to sunlight - essentially negating the very protection they claim to provide. These concerning revelations underscore the importance of scrutinizing the label and opting for safer, more natural alternatives.

The solution lies in seeking out mineral-based, non-toxic sunscreens that use physical blockers like zinc oxide and titanium dioxide. These natural compounds create a physical barrier on the skin to reflect UV rays, without absorbing into the bloodstream or undergoing dangerous chemical reactions.



By making informed choices about our sun protection, we can enjoy the warmth and radiance of summer while simultaneously nourishing our bodies and minimizing long-term damage.

It's all about striking the right balance - shielding ourselves from the sun's harshest effects while still allowing our skin to benefit from its life-giving properties. This season, let's heed Dr. Mercola's astute advice and prioritize sunscreens that are not only effective, but also free of harmful

additives. With a little due diligence, we can soak up the summer sun with confidence, knowing we're supporting our overall health and wellness.

Safe travels, and if you haven't already, check out the Align Your Spine and Free Your Mind sessions on the BrainTap app. Wishing you an amazing, biohacked summer!



Dr. Lauren Leiva



[@theexersciencecenter](https://www.instagram.com/theexersciencecenter)



Dr. Lauren Leiva, DPT, seamlessly integrates ancient divine wisdom with the forefront of modern medicine and Biohacking techniques. Her holistic approach transcends conventional boundaries, weaving together the realms of mind, body, spirit, and heart. As a practitioner, Dr. Leiva attunes herself to the unique needs of each patient, addressing both tangible and intangible forces influencing the human anatomy.

Her innovative fusion of physical therapy with an understanding of energetic dynamics has proven instrumental in caring for a diverse range of patients, from local families to elite NFL players in Tampa, FL. Dr. Leiva's nurturing capacity extends beyond her professional roles, as she embraces the titles of mother, wife, daughter, sister, yogi, and Doctor of Physical Therapy.

Her journey from a hospital bed to a successful practitioner is a testament to resilience and determination. At the Exerscience Center in Tampa, Florida, Dr. Leiva provides compassionate care, meeting every patient's needs with understanding and compassion.

Dr. Leiva's life and clinical work serve as an inspiration and beacon of hope for those seeking holistic well-being. She is also a captivating speaker, with multiple engaging topics to share. Recently, she was filmed for the Biohack Yourself Documentary, further showcasing her expertise and passion for Biohacking.

A romantic couple embracing in a dark setting. The woman is in the foreground, looking up and to the left, with her hand on the man's shoulder. The man is behind her, looking down at her. The lighting is dramatic, highlighting their profiles against a dark background.

Biohacking Your Libido Part - 2

Do Aphrodisiacs Work

(Drs Wendy and Steve McGough)

Are Aphrodisiacs Real? If so, what are they? Can certain foods impact both you, and your partner's desire in the bedroom?

You're about to discover clinically tested foods and supplements that can increase both your interest, and performance. You'll see how nutrition fits into the bigger picture of your health, and sexual health. The results can be surprising.

This is the second article in a 4 part series. Here we'll explore foods and supplements that are surprisingly effective for boosting sex drive.

We'll also talk about practical ways to incorporate these foods and supplements into your diet.

To understand this article, it's important to read the first article in *Biohackers Magazine, Issue #29*. There we covered how good health is the foundation for our libido.

In the next article we'll explain how, and why the mind plays a critical role in both desire, and enjoying the experience. This ranges from self-confidence, to overcoming shame, to our fantasies.

Finally in the fourth article we'll cover physical techniques that most people aren't aware of. There are fundamental differences in the type of physical stimulation women and men need. BUT each partner usually doesn't realize this - and defaults to what works for them. Learning a few simple techniques here will transform your experience together.

Do Aphrodisiacs Work? "It's Complicated"

Before we start, it would be good to make sure we're on the same page about what an 'aphrodisiac' actually is. According to Merriam Webster Dictionary an aphrodisiac is "an agent (such as a food or drug) that arouses or is held to arouse sexual desire". (1)

While that sounds great, there's bad news. Based on everything we've seen in research - as well as our personal experiences, plus working with couples over the past

14 years - there are no universal 'aphrodisiacs'. (2)

At least nothing so far has been found to hold up to clinical trials. Odds are, you or your partner can't just take a supplement and you'll instantly be in the mood. Some things do help - but there's a lot more going on. Plus each person is unique. What may work well for you, might not for your partner.

However. . . The good news is that there are several foods and herbs that can help significantly reduce the effects of stress and support our health. This tends to increase the chances of feeling more desire.

While this may seem confusing, if you reflect on what we covered in the first article (*Biohackers Maga-*

zine, Issue #29), it makes sense.

Basically, as an adult, for the vast majority of people, sexual desire is a natural result of being in good health. If you aren't in good health, or you're under a lot of stress, your overall sex drive is reduced.

If you eat foods, or take supplements that help stabilize the systems in your body that are under stress - the result tends to naturally increase your libido.

A key point is that these foods and supplements work together synergistically with other areas - including exercise, stress management, sleep, etc. The right diet and taking certain supplements can help, but to really get the benefit you need to have this as an overall part of a healthy lifestyle.



The Power of the Placebo

For many people there's also the possibility of the placebo effect. (3) For instance, if a man was having 'psychogenic' (ie. stress based) erectile dysfunction and hears that some supplement will help this - and he believes it - it might. But the question is if the actual pharmacology of the supplement was helping. If his ED had been physiologic (ie. vascular or nerve damage, etc.) it likely wouldn't have worked, even if he believed it.

Now while there is no 'magic bullet' - at least that we have found - as mentioned there are some effective ways to help support your health so you feel more desire.



Back to DHEA

In the first article we covered how your DHEA (Dehydroepiandrosterone) levels are critical for your body to produce sex hormones. When stress, lack of sleep and other health challenges cause your DHEA levels to drop, the result is often significantly reduced libido.

Fortunately the opposite is true as well. Naturally increasing your DHEA results in improved overall wellbeing - both in and out of the bedroom.

We reviewed some lifestyle changes you can do that help support DHEA production in the first article.

Now, here we're going to optimize this further by providing supplements and foods that are associated with increased DHEA production. This provides the foundation to enhancing your desire.

I also want to emphasize that this is not medical advice. We are not providing any type of diagnosis or treatment. If you have any questions, and particularly if you have any health conditions - PLEASE check with your health care provider before adding any supplements or foods that are different from what you're used to. Further, if you are pregnant or breastfeeding - always check with your doctor before adding any supplements, etc.

Also, we don't list the amounts of these foods and supplements to take. This is because we're all different. What works great for me, might be far too much for you.

So if you try one or more of these foods, you will need to look up what amount works best for your situation.

Ideally, find someone who is knowledgeable in this area. Many Naturopathic doctors, as well as practitioners of Ayurveda (Traditional Indian) medicine are very familiar with these herbs.





Eat Your Fruits, Veggies and Nuts!

This is where you should start, and continue to focus. We'll focus back on DHEA in a moment.

Consuming a wide variety of fruits, vegetables and nuts is a foundation of health, and your sex drive. There have been multiple studies supporting this for both women (4) and men. (5)

It's also important to include green leafy vegetables and beets. These are naturally high in nitrates, which your body then uses to create nitric oxide. (6) Nitric oxide is essential for overall health, as well as erection in men and sexual arousal responses in women. (7) (8)

Watermelon also contains citrulline, which helps our bodies create nitric oxide. As mentioned, Nitric oxide as mentioned is essential for erection and many sexual responses in men and women. (9) (10)

On that note, one member of the Biohacking community here is Dr. Nathan Bryan. He has done a great deal of research on the health benefits of Nitric Oxide.

Since many people fall short of eating the right diet - his company also provides supplements for helping restore healthy nitric oxide levels. (11)

Egg Yolks?

I also wanted to mention Egg Yolks. While there are many debates about diet - if you normally don't eat eggs - but then begin eating several egg yolks every day for a week, odds are you'll feel a boost in your sex drive.

This is believed to be from the added levels of cholesterol. DHEA and most of our hormones are made from cholesterol, so having it in more abundance appears to help. (12)

This is something else I didn't believe until I tried it personally.

Meet Ashwagandha...

First on the list - plus one of Wendy and my favorite herbs - is Ashwagandha. Ashwagandha is an 'adap-

togenic' medicinal herb that has been used in Ayurvedic medicine for thousands of years. In small doses, and taken over a limited time, it is generally considered safe and well tolerated. (13) (14)

"Numerous other benefits have been reported for Ashwagandha. These include:

Reducing stress and anxiety. Ashwagandha is shown to significantly reduce levels of cortisol in the blood. (15)

Improved sleep quality. This is one of the first reasons Wendy and I tried Ashwagandha many years ago. We have been a fan of it ever since. Based on our personal experiences, it's great for relaxing before bed. Several studies have shown that while it only results in sleeping slightly longer, people reported significant improvement in their overall wellbeing. (16)

Improves athletic performance. Some studies have shown that Ashwagandha helps improve physical performance in athletes and healthy adults, including their aerobic output and strength. (17)

Ashwagandha supplementation has also been shown to directly increase DHEA and testosterone, while not increasing cortisol or estradiol.

One double blind study found Ashwagandha intake found an 18% greater increase in DHEA and 14.7% greater increase in testosterone compared to the placebo. There were no significant between-group differences in cortisol and estradiol. (18)

One thing to note for Ashwagandha though. Most studies haven't lasted more than 8 weeks.

Many people report anecdotally that the benefit of ashwagandha reduces after 4-8 weeks. But after a few weeks of not having it the benefits return. The speculation is that our body develops a tolerance to it. If that is the case, you may want to consider taking a break periodically.

Since it can make you sleepy, our experience has been that it's best to take ashwagandha before bed.

Trouble Sleeping?

If we're needing to sleep, as well as ashwagandha, we also make it a point to eat a kiwi fruit 30 minutes before bed. Numerous studies have found it to profoundly improve sleep quality. Better sleep usually results in better health as well as improved libido. (19) (20)

Also consider taking a small amount of the amino acid supplement Taurine. Studies have shown it helps sleep reduces cortisol production while boosting testosterone production (21)

We've found Ashwagandha, Kiwi and Taurine together can do wonders for getting deep sleep.

Rhodiola Rosea

Rhodiola Rosea is another wonderful 'adaptogenic' herb. (22)

It provides many benefits similar to Ashwagandha, with the exception that it doesn't appear to improve strength and aerobic performance. However it is very good at reducing oxidative stress. It also can significantly help improve mood. (23)

Many people find it VERY effective for helping manage chronic daily stress. Reviews of multiple studies have found this to be the case clinically. (24)

While double blind trials haven't shown increases in DHEA - we have found personally that it tends to both help reduce stress and increase libido. Numerous other people we have worked with reported this as well.

It's worth noting that Rhodiola Rosea can be mildly stimulating, making it more difficult to sleep. Personally when I took it before bed, I had bizarre dreams that kept waking me up.

So I take it in the morning now.

Alternating Ashwagandha and Rhodiola Rosea

When Wendy or I have an extremely busy / stressful schedule, we often take Ashwagandha before bed for 2-4 weeks. Then we switch out

to Rhodiola Rosea for 2-4 weeks. That way in theory at least we won't develop a tolerance to it.

We also don't take either continually, only during times that are very busy or stressful.

Fenugreek

The herb fenugreek is high in diosgenin which is a plant based precursor for DHEA (and testosterone). Oddly, there are few studies showing it increases DHEA. But there are numerous studies indicating it increases testosterone in the blood. It is widely reported to increase libido and fertility in women and men.

One meta analysis of fenugreek (a study of multiple studies) found that it significantly raised testosterone. (25)

Wendy and my personal experi-

ence has been that after a week of taking it, our overall libido is noticeably increased. But it was part of also getting good sleep, exercise, etc.

Ginseng -

Ginseng is a widely known and revered 'adaptogenic' herb from Traditional Chinese and Korean Medicine. While it doesn't appear to increase production of DHEA directly, it can significantly reduce conversion of your DHEA into the stress hormone cortisol. As a result of this, more DHEA is available for other uses, such as making testosterone. Supplementing with Ginseng has been shown in men to increase testosterone levels, but not significantly impacting DHEA. (26)

In a study of younger women, it



significantly increased their testosterone levels. But testosterone increased only slightly in older women. (27) It's possible that in the older women, they weren't making as much DHEA naturally.

Maca

Maca is another 'favorite' herb for Wendy and myself. It is an 'adaptogenic' herb originally from the mountains of Peru. Meta analysis of Maca found it to have significant benefits for mood, sleep, increasing sex drive and helping with fertility. (28)

Maca does not appear to improve DHEA, testosterone, or other hormonal areas. But it results in significant improvement in wellbeing and libido. So there's clearly more going on here we don't yet understand.

Also, if you start searching, you'll find there are many different varieties of maca, such as 'red maca', but I haven't personally found a significant difference. We always have a bag of Maca powder in our cabinet and add it to our daily veggie smoothies.

Should You Supplement

with DHEA?

I'm frequently asked about directly supplementing with DHEA. DHEA is widely available as a low cost food supplement. (29)

As we age, our ability to produce DHEA steadily decreases. Supplementing it would seem logical. It seems like an intriguing solution, particularly for age related decline.

However, the herbal suggestions I've made focus on helping your body to produce more DHEA itself.

The reality is we just don't know much about it yet - just like we don't truly know the long term implications of other hormone replacement therapy.

There's another factor to consider. In the first article I mentioned how so many of us are locked in a 'hyper stressed' state. With that our body is converting large amounts of your DHEA into cortisol. I can tell you from personal experience, if you are in a hyper stressed state and take DHEA from supplements it can make you miserable because your body converts it to cortisol. When I was not stressed I didn't feel that effect from DHEA.

So it's very important to get a way

to manage your stress before you consider taking it.

As far as DHEA supplementation, I'd strongly suggest you ask an MD - who is familiar with this area - to get their thoughts. The reason I say that is that each person's situation is different. It's important that you get guidance from a qualified health care provider that understands your unique situation.

Also, like I mentioned in the first article, if an MD is suggesting you take testosterone, estrogen or other hormone replacement therapies - it's important they first measure your baseline DHEA - so you can know what's going on. If they don't see the point of this, it might be time to get another opinion.

Putting It All Together

You may feel overwhelmed as far as what to do and where to start. Here are some suggestions.

First, make it a goal to focus on eating a variety of fruits, vegetables each day. Aim for at least 2 servings of nuts. Pumpkin Seeds are a great part of the list as well.

Daily consumption of chocolate - ideally 90% or more natural (organic - metal free) Cacao powder both improves mood, and increases long term vascular health. Every morning we add a tablespoon of raw cacao powder to our coffee.

Egg Yolks are still highly debated, but if you're wanting to boost your drive for an upcoming anniversary, etc. consider having a couple eggs every day for the upcoming week.

Many other foods (oysters, strawberries, etc.) are classically associated with aphrodisiacs, but our experience has been that they mainly are just giving you better nutrition.

We personally include Maca powder as part of our daily veggie drink.

If you want to try the other herbs, consider starting with Ashwagandha.

For all the herbs, we personally tried one at a time for a few weeks to see how we reacted. Again, since each person has different



needs, you need to spend some time researching what would be best for you.

As well, PLEASE check with a doctor first if you have any health conditions or are taking medication because herbs sometimes can alter how much medications you need.

Remember, this is just part of the bigger picture for your health and Libido.

In the next article we'll cover how the mind is essential for both getting in the mood, and sharing new sexual adventures with your partner.

If you want a guided process for doing this, we periodically have free programs on our site at bedroombootcamp.com (30)

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About Drs Wendy & Steve McGough, DHS



Wendy & Steve are the founders of Women & Couples Wellness. Over the past 14 years, they've worked with several thousand women and couples facing challenges ranging from pelvic health to intimacy to fertility. They hold doctorates in human sexuality from the IASHS, focusing on clinical sexology. Wendy's background is in psychology from Ohio State, while Steve's background includes a BS in nutritional biochemistry at UNC-Chapel Hill & neuroscience research at Wake Forest School of Medicine. They're the creators of the hi® massage system & hold 6 US/Int Patents for women's pelvic health solutions. They work closely with urologists, pelvic floor physical therapists & fertility specialists. Their "First Step For Fertility" program provides a natural "first step" for couples trying to conceive. One distinction is it first helps the couple strengthen their bond, so they can support each other - and stay together - as they raise children. You can learn about their background at www.himassager.com/history.

<https://www.himassager.com>
<https://www.firststepforfertility.com>
<https://www.bedroombootcamp.com>

The 5 Common Mistakes New Biohackers Make



INTRO

Biohacking our body and mind is exciting! After all, who doesn't want to live longer and better? While it may take days, weeks, months, or even years to convince yourself to get started, once you do, it's easy to feel like you're late to the party. This sense of urgency can lead to some common mistakes that many biohackers encounter. To help you avoid these pitfalls, here are the five most common mistakes and how to steer clear of them.

1. Trying to Do It All Overnight

New biohackers often fall into the trap of trying to overhaul their entire lifestyle in one go. This can involve buying 100 supplements on Amazon, booking multiple cryotherapy sessions, and investing in high-tech gadgets like infrared pods for home use, all at once. This approach is overwhelming, unsustainable, and can lead to burnout. It's crucial to take your time and adopt a step-by-step approach to biohacking. Start with one or two changes, see how your body responds, and then gradually incorporate more. This method ensures that you build sustainable habits and can adjust based on your unique needs and responses.

2. Following Influencers Blindly

In the age of social media, it's easy to get swept up in the latest trends promoted by popular influencers. Many biohackers promote products for large commissions, which can skew their recommendations. While influencers can offer valuable insights and inspiration, it's essential to do your own research. Understand the science behind the products and practices they endorse and determine if they align with your health goals. Buy only what you truly need, not what Instagram celebrities say you



need. Tailoring your biohacking practices to your personal needs will yield better results and prevent unnecessary expenditures.

3. Starting with Large Doses

Biohacking often involves experimenting with supplements and various therapies. A common mistake is starting with large doses, hoping for quick results. However, too much of a good thing can be harmful. For instance, high doses of certain supplements can cause adverse effects or imbalances in the body. It's safer and more effective to start with small doses and gradually increase them while monitoring your body's reactions. This cautious approach helps prevent potential side effects and allows you to find the optimal dose that works best for you. Patience is key in biohacking; gradual adjustments often lead to more sustainable and noticeable improvements.

4. Not Measuring Progress

One of the core principles of biohacking is the ability to track and measure progress. Without prop-

er measurement, it's challenging to determine what's working and what's not. You can only improve what you can measure. Regular tracking can include blood tests to monitor nutrient levels, body scans to assess composition and fat distribution, biological age assessments to gauge aging processes, and VO2Max tests to measure cardiovascular fitness. These metrics provide valuable data that can guide your biohacking efforts and help you make informed decisions about what to adjust or continue. Regular measurement ensures that your biohacking practices are effective and aligned with your health goals.

5. Neglecting Happiness

In the pursuit of optimal health, it's easy to overlook the importance of happiness and emotional well-being. Supplements, cold plunges, and other biohacking techniques can't replace the happiness hormones your body naturally produces when you engage in enjoyable activities, spend time with friends, and live a fulfilling life. Mental and emotional health are critical components of overall well-being. Make sure to balance your

biohacking regimen with activities that bring you joy and satisfaction. Cultivating happiness is essential for long-term health and well-being and can enhance the effectiveness of other biohacking practices.

CONCLUSION

Biohacking is a powerful tool for enhancing your health and well-being, but it's essential to approach it with care and mindfulness.

Avoiding these common mistakes—trying to do everything at once, following influencers blindly, starting with large doses, neglecting to measure progress, and forgetting the importance of happiness—can set you on a path to sustainable and effective biohacking.

Remember, the journey is as important as the destination, so take it one step at a time and enjoy the process of discovering what works best for you.



Valérie Orsoni



Valérie Orsoni has been a biohacker since 1998, living the talk and walking the walk long before the term existed (peptides, red light therapy, cold plunges and more? She has been doing it for over 25 years).

An avid explorer and mountain climber, she has conquered over 40 peaks above 15,000 ft in the past seven years and skied to the South Pole.

As a successful entrepreneur, she founded LiliWarrior, a 100% inclusive and sustainable athleisure brand, celebrated in Vogue as a favorite green sports brand among celebrities. Valérie is the prolific author of 55 books, translated into five languages, and a best-seller in the USA, UK, Italy, France, Portugal, and Serbia.

In 2023, she was inducted into the Hall of Fame at her alma mater, the University of Hartford.

You can follow her on instagram [@valerieorsoni](#) and [@liliwarrioroff](#)

Wellness on the Road



Travel Picks from Women-Led Companies

By Sarah Glynn

Prepare to transform your summer travels into a journey of vitality with a curated selection of health-enhancing products, recommended by wellness expert Sarah Glynn. This exclusive guide features essential recommendations from pioneering women-led companies renowned for their commitment to quality and innovation. Whether you're braving time zone shifts, seeking sanctuary in unfamiliar sleep environments, or striving to stay hydrated and energized on the go, these trusted solutions are your ultimate companions. From state-of-the-art EMF radiation blockers to rejuvenating sleep aids, electrolyte-packed hydration solutions, and potent herbal adaptogens for sustained vitality, each product embodies a perfect blend of scientific rigor and natural efficacy. Here's to a summer filled with wellness and adventure, supported by products crafted by female founders dedicated to enhancing your journey.



Tip 1: Reduce Radiation

Reducing exposure to radiation, especially during sleep, is crucial given the pervasive nature of EMF radiation in our modern environments. Hotels, in particular, can be inundated with electromagnetic frequencies (EMFs) from various electronic devices, which can disrupt our sleep quality. Many of us keep our phones nearby at night, unaware of the potential harm from EMF radiation emitted during charging.

Why Radiation Blocking Matters, Especially at Night

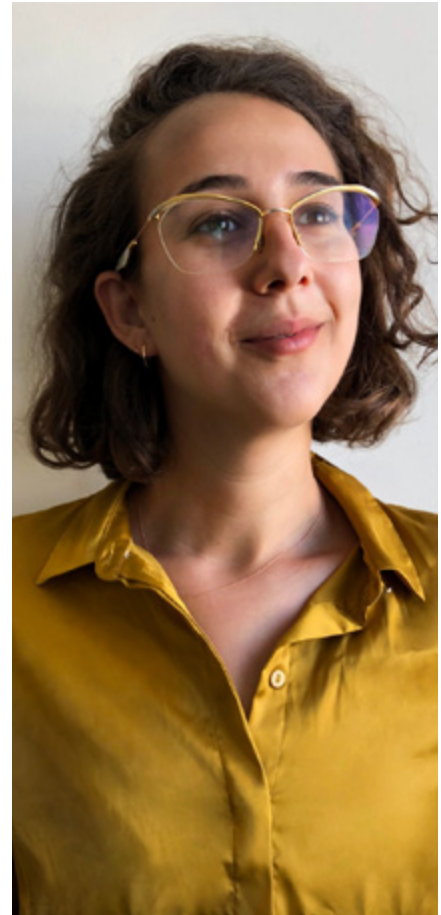
Our bodies are highly sensitive to environmental factors, especially during sleep. Alpha brain waves, essential for memory consolidation and tissue repair, can be disrupted by EMF radiation from phones and chargers. Moreover, exposure to blue light from screens inhibits melatonin production, making it harder to both fall asleep and achieve restorative sleep.

Solution: Elvy Charger

The Elvy Charger is a cutting-edge solution designed to mitigate these risks. It blocks up to 95% of EMF radiation emitted towards you while charging your devices, whether at home or on the go. By reducing your exposure to harmful radiation, the Elvy Charger helps ensure a more restful sleep environment, supporting your body's natural repair processes.

Meet Or Harel, Co-Founder

Or Harel, co-founder of Elvy.AI, brings a unique blend of expertise to her innovative sleeptech solutions. With a background in human behavior and a lifelong passion for creativity, Or Harel is committed to balancing our tech habits with optimal health. Her dedication to developing products like the Elvy Charger reflects a deep understanding of the impact of technology on our well-being, particularly in the realm of sleep hygiene and EMF exposure management.



<https://elvy.ai/>
[@elvy.ai](https://twitter.com/elvy.ai)



Tip 2: Get a Good Night's Rest

When traveling, disruptions to sleep patterns are common due to unfamiliar environments, jetlag, and irregular schedules, making natural sleep solutions essential.

Why Quality Sleep Matters During Travel

Quality sleep isn't just about feeling rested; it's crucial for health and longevity, especially when traveling. Sleep plays a vital role in regulating hormones, supporting immune function, and enhancing cognitive performance.

Solution: Sleep Crown

Sleep Crown is an over-the-head pillow designed to enhance sleep quality on the go:

- **Blocks Light:** Exposure to light at night disrupts melatonin production, crucial for regulating sleep-wake cycles. Sleep Crown blocks ambient light, facilitating deeper sleep even in unfamiliar settings.

- **Muffles Sound:** Environmental noise can fragment sleep and impair restorative processes. Sleep Crown dampens noises, creating a quieter sleep environment conducive to uninterrupted rest during travel.

- **Provides Gentle Pressure:** The pillow's deep pressure stimulation calms the nervous system, enhancing relaxation and promoting faster and more sustained sleep onset.

Meet Julie Westervelt, Founder

Julie Westervelt, a restorative yoga teacher, created Sleep Crown as a natural, drug-free sleep aid. Her innovative design combines restorative yoga principles with scientific insights to optimize sleep quality, whether at home or on the road.

www.sleepcrown.com
[IG @sleepcrown](https://www.instagram.com/sleepcrown)



Tip 3: Stay Hydrated – and Mineralized

Optimal hydration and mineralization are fundamental to optimizing health, especially during travel, when our bodies undergo increased demands. Mineral deficiencies can disrupt our well-being, leading to symptoms like brain fog, lethargy, and disrupted sleep patterns. These basics are crucial for ensuring you feel your best wherever your journey takes you.

Why Electrolytes Matter, and Why Fulvic Minerals Are Superior

Electrolytes play a vital role in hydration and cellular function. Fulvic and humic electrolytes, derived from natural sources, offer a superior way to replenish minerals compared to synthetic alternatives. These organic compounds are rich in trace minerals and support hydration at a cellular level, making them particularly beneficial for travelers, athletes, and those in hot climates.

Solution: Travel Pack by Beam Minerals

The Travel Pack by Beam Minerals provides a comprehensive solution for maintaining electrolyte balance and mineralization on the go. It includes:

- Electrolyze™: Designed for cellular nutrition, Electrolyze™ replenishes essential electrolytes to support hydration and cellular function during travel.
- Micro-BOOST™: Offers a full spectrum of trace minerals crucial for overall health and vitality, helping to address common deficiencies that can impact well-being.
- Insta-lytes™: Provides an instant electrolyte recharge, ideal for replenishing minerals quickly during travel or after physical activity.

Meet Caroline Alan, Co-Founder of BEAM Minerals

Caroline Alan brings a wealth of experience and passion to Beam Minerals as a co-founder. Transitioning from a corporate career to advocating for mineral supplementation, Caroline educates individuals on the importance of maintaining balanced mineral levels for overall health and vitality. Her commitment to providing natural, effective solutions like the Travel Pack reflects her dedication to promoting wellness through optimal mineralization, ensuring travelers can maintain peak performance and well-being wherever they go.

www.beamminerals.com

[@beamminerals](https://www.instagram.com/beamminerals)



Tip 4: Start Your Day with Adaptogens

Ensuring your body stays resilient during travel is crucial, even on the most relaxing vacations. Packing herbal teas and adaptogen powders can help maintain calm and sustain stamina amidst the stresses of travel.

Solution: Otzibrew

- For Dark Roast Lovers: Otzibrew's Organic Chicory & Cordyceps blend combines the robust flavors of chicory with the adaptogenic benefits of cordyceps mushrooms. Cordyceps is known for enhancing energy levels and supporting stamina, making this blend ideal for boosting vitality while enjoying a rich, earthy taste.

- For Medium Roast Lovers: Consider Otzibrew's Organic Dandelion & Burdock Root blend, crafted with dandelion and burdock root, renowned for their detoxifying properties and ability to support liver health. This medium roast blend offers a comforting, herbal-infused flavor profile, perfect for those seeking a nourishing alternative to traditional coffee.

Meet Tricia McNeilly, Founder of Otzibrew

Tricia McNeilly, a dedicated coffee enthusiast, founded Otzibrew with a mission to create organic beverages that harness the healing power of herbs and adaptogens. Her blends are thoughtfully crafted to provide functional benefits, supporting overall health and well-being. Whether at home or on the go, Otzibrew's offerings aim to elevate daily rituals with natural ingredients that promote vitality and resilience during travel and beyond.

<https://otzibrew.com/>

[@otzibrew](https://www.instagram.com/otzibrew)



TIP 5: Keep the Love Flowing

Navigating hormonal changes doesn't mean compromising vitality. Dr. Anna Cabeca, a leading OB/GYN, provides essential solutions to support women's well-being.

Solution: Girlfriend Doctor

Balance Cream: Formulated with bio-identical progesterone and enriched with peptides, Balance Cream not only restores hormone balance but also nurtures skin health, promoting a radiant complexion and internal equilibrium.

Julva: Designed by Dr. Anna Cabeca, Julva is a DHEA cream that addresses pH balance, boosts collagen production, enhances blood flow, and supports natural lubrication. It's crafted to optimize intimate wellness and comfort, empowering women to maintain vitality and pleasure.

Meet Dr. Anna Cabeca, Founder of Girlfriend Doctor

Dr. Anna Cabeca, DO, OBGYN, FACOG, is a dedicated advocate for women's health, having served over 10,000 patients globally through her private practice and extensive online presence. As the founder of the Girlfriend Doctor, she blends medical expertise with holistic approaches to educate and empower women through every stage of life. Dr. Cabeca's innovative solutions and compassionate care continue to redefine women's health, offering practical tools for thriving and embracing vitality.

IG: [@thegirlfrienddoctor](https://www.instagram.com/thegirlfrienddoctor)



Tip 6: Opt for Olive Oil

Travelers are increasingly choosing to forego seed oils in favor of the health benefits of extra virgin olive oil (EVOO). While it's possible to request olive oil in restaurants, having your own EVOO as backup ensures you're always equipped with a healthier option on your journeys.

Why Extra Virgin Olive Oil (EVOO) is the better choice:

Unlike inflammatory seed oils such as canola, EVOO is celebrated for its abundant monounsaturated fats. These fats not only combat inflammation but also promote heart health by lowering LDL cholesterol and reducing blood pressure—a crucial consideration for travelers prioritizing well-being on the road.

Solution: Governor Olive Oil

Sourced from a family-owned farm in Corfu, Greece, Governor Olive Oil embodies quality and tradition. Hand-picked olives are carefully pressed and bottled, preserving the oil's authenticity and rich flavor profile. Perfect for replacing less nutritious oils encountered in restaurant fare during travel, Governor Olive Oil elevates meals with its health-enhancing properties and genuine Mediterranean taste.

Meet Maria Blackburn, Founder of Pure EVOO

Maria Blackburn's quest for superior ingredients led her to the shores of Corfu, where she discovered the health benefits of high-phenolic EVOO. Through Governor Olive Oil, Maria introduces a new trend in culinary travel—a commitment to purity and tradition that enhances dining experiences worldwide. As travelers increasingly seek healthier alternatives to seed oils, Governor Olive Oil stands out as a beacon of authenticity and wellness on their journeys.

www.thegovernorevoo.co.uk

[@the_governor_evoo](https://www.instagram.com/the_governor_evoo)



Tip 7: After that Glass of Wine

Indulging in gourmet desserts or local wines can be a delight, but maintaining liver health is crucial. Discover how Equilibrium Labs supports this vital organ.

Why liver health matters:

The liver plays a pivotal role in our body's detoxification process, metabolizing sugars and alcohol, regulating metabolism, and synthesizing essential hormones. Optimal liver function is essential for boosting immunity and reducing the risk of chronic diseases.

Solution: Deliverance by Equilibrium Labs

Deliverance from Equilibrium Labs is crafted with 17 thoughtfully chosen ingredients rooted in traditional herbal medicine. This formula is designed to enhance liver function and support overall well-being, especially after indulging in rich foods or alcohol.

Meet Cassandra Odqvist Clavien, Co-Founder of Equilibrium Labs

Cassandra Odqvist Clavien brings together her extensive business expertise with a deep passion for health and wellness. As co-founder of Equilibrium Labs, she is committed to creating products like Deliverance that empower individuals to maintain optimal liver health naturally.

By incorporating these tips and products into your travel routine, you can enhance your well-being and enjoy a healthier journey wherever you go.

www.loveyourliver.com

[@deliverance.exlixir](https://twitter.com/deliverance.exlixir)





Sarah Glynn

Sarah Glynn is a wellness expert and seasoned publisher with over 25 years of expertise in health and media. Throughout her career, she has reviewed thousands of products and partnered with top experts to challenge conventional health norms and inspire a paradigm shift in global wellness perspectives. As the founder of Dragonfly Health, Sarah continues to champion holistic living and empower individuals to prioritize their well-being through informed choices and transformative lifestyle practices. Her dedication to fostering a deeper understanding of health resonates in her editorial approach, ensuring readers receive credible insights and innovative solutions to enhance their holistic health journey.

Ladies! You're Invited...

Find Sarah and connect with other leading women at upcoming biohacking conferences.

<https://www.dragonflyhealth.io/pro/meetups>

*Join Sarah for a gathering of visionary women in Corfu Greece, April 2025. Share code **BIOHACKERMAG** for \$500 off.*

<https://www.dragonflyhealth.io/pro-retreat>

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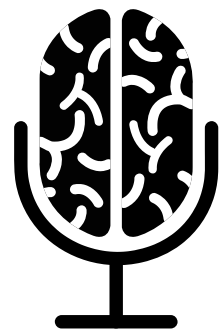


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THE MAN REVERSING TIME

INTERVIEW WITH BRYAN JOHNSON

By Jean Fallacara

Jean Fallacara: Bryan, thank you for joining us today. You're often hailed as the biohacker of the century, and your work with the Blueprint protocol is groundbreaking. To kick things off, can you share a defining moment that led you to initiate the Blueprint protocol with the goal of reversing your biological age, as outlined in 'Don't Die'?

Bryan Johnson: It all started as a thought experiment. Imagine we're in the 25th century, looking back at the early 21st century. What did we do that allowed intelligence to thrive in this part of the galaxy? I pondered this for a decade and concluded that the human race would need to realize that "don't die" is the only thing on their to-do list. As intelligence, especially AI, reaches a certain level, its primary

objective becomes to continue to exist. So, everything I do with Blueprint is a contemplation of us taking baby steps towards superintelligence and a future where not dying is prioritized.

Jean: That's fascinating. Why did you choose "don't die" instead of simply "live"?

Bryan: When you say "don't die," it forces people to confront everything about their existence. Death has always been seen as inevitable. If it's not, people have to reconcile a new reality that clashes with everything they understand. Our society is structured around soothing us about death. Religion, professional accomplishments, everything is built around this inevitable end. If death is no longer the case, then all

these structures need to be reconsidered.

Jean: Religion indeed plays a significant role in how people view death. Have you faced pushback from religious groups?

Bryan: Yes, but it's interesting because even religions preach a continuation of life after death. Essentially, religions are about "don't die" in a different form. Everyone, in one way or another, is playing the game of "don't die."

Jean: You've been transparent about your journey from depression and unhealthy habits to where you are now. Today, would you say your body dictates your mind rather than the other way around?



Bryan: Absolutely. Think of it like transitioning from a monarchy to a democracy. My mind used to dictate my body, often leading to poor decisions. Now, my body decides. It's a radical departure from how things usually are, but it's been incredibly effective. My body dictates what it consumes, and my mind follows.

Jean: How has this shift affected your overall well-being?

Bryan: I've never felt better. People might initially think this sounds like a restrictive way to live, but we all know we do things contrary to our best interests. Giving my body the authority has removed these conflicts. I measure everything about my body, and this precision has brought a level of stability and clarity that's unmatched.

Jean: Measurement and data are crucial to your approach. How does this precision influence your day-to-day life?

Bryan: Think of running a mile. You need to time it to understand your performance. The same goes for our bodies. You can't just guess how your heart is doing; you need precise measurements. We've tried to use every available measurement modality to probe what's happening inside my body, reference scientific literature, apply the best interventions, and then measure again. It's a continuous cycle of improvement.

Jean: What about proprioception? Has your ability to perceive your body's needs and states improved through this process?

Bryan: Definitely. Through extensive measurement, I've developed new abilities to listen to my body with accuracy. I can predict how I'm feeling with much greater precision now, which has significantly enhanced my overall health and well-being.





Jean: You use AI extensively in your daily routines. Are you becoming a superhuman?

Bryan: The goal is for everyone to become superhuman. If we think about Homo erectus a million years ago, they knew where to find food, shelter, and avoid harm, but couldn't predict the future of the species. Similarly, we need humility in understanding that our knowledge today might seem primitive in the future. AI helps us take those baby steps towards superintelligence, which could lead to a reality far beyond what we can imagine now.

Jean: What if the technology fails?

Bryan: The important thing is that we gave it our best shot. That's what matters.

Jean: Your lifestyle is very regimented. Do you ever feel like you've become addicted to it?

Bryan: Is capitalism an addiction? We're all living within certain

frameworks that we're addicted to. My mission is different from the norm – it's about the future of the human species and "don't die." It's not about maximizing nights out or traditional leisure activities.

Jean: Let's talk about the balance between physical youth and psychological growth. How do you navigate this?

Bryan: The Blueprint protocol is about more than just physical youth; it's about aligning the body and mind for overall well-being. Psychological growth comes naturally when your body is in its best state. Negative thoughts and behaviors diminish when you're physically balanced and healthy.

Jean: What steps are you taking to address the ethical and accessibility concerns of the Blueprint protocol?

Bryan: We've open-sourced the entire Blueprint protocol. Anyone can access the information and implement it according to their means. The goal is to democratize

longevity practices and make them accessible to everyone.

Jean: How do you foresee society reacting to a future where longevity treatments are more accessible, but possibly still expensive?

Bryan: Society's reaction will depend on how we frame these advancements. If we focus on making longevity a collective goal, we can bridge the gap. Education and awareness are key. We need to shift the conversation from individual gain to collective well-being.

Jean: You mention AI and the end of death. How does it feel to be at the forefront of this new era?

Bryan: It's both exhilarating and humbling. We're in uncharted territory, and the potential is immense. But it also comes with great responsibility to ensure that these advancements benefit everyone.

Jean: Have you considered the importance of companionship in your journey towards reversing aging?



Bryan: Absolutely. Companionship is crucial. If I had to choose someone to bring along, it would be those who share the same vision and commitment to this journey. It's important to have a support system that understands and supports your goals.

Jean: What is your philosophy on the concept of 'suffering'? Do you see it as a part of life that drives humankind forward?

Bryan: Suffering is an intrinsic part of the human experience. It drives growth and innovation. However, unnecessary suffering can and should be mitigated. The Blueprint protocol aims to reduce suffering by optimizing health and well-being.

Jean: How would you explain the philosophy of dying for another in both the real and symbolic sense? Does this align with your "Don't die" ideology?

Bryan: Dying for another, in the symbolic sense, means sacrificing



for the greater good. It aligns with "don't die" because extending one's life should also extend the quality of life for others. Our advancements should benefit humanity as a whole.

Jean: Where do you derive your ethical considerations from when planning, doing, and sharing your mission and work?

Bryan: My ethical considerations come from a deep sense of responsibility to humanity. Every decision is weighed against its potential impact on the future of the human race. The goal is to create a positive, sustainable future for everyone.

Jean: Is there a risk of losing the joy of the moment when focused on the continual pursuit of the well-being of future you?

Bryan: That's a valid concern. However, by aligning my body and mind,

I find that I can enjoy the present more fully. The pursuit of future well-being doesn't diminish the joy of the present; it enhances it.

Jean: What determines the existence of a human person? What does it mean to be human?

Bryan: Being human is about consciousness, relationships, and the ability to make choices. It's about striving for improvement while embracing our inherent imperfections. The quest for longevity should amplify these qualities, not diminish them.



Jean: Do you believe that the world today places more importance on the quality of life over the dignity of life? Explain why or why not.

Bryan: There's a growing emphasis on the quality of life, which is essential. However, dignity should not be overlooked. The Blueprint protocol aims to enhance both quality and dignity, ensuring that as we extend life, we also uphold the dignity of every individual.

Jean: For those interested in beginning their 'Don't Die' journey, what are the first three steps you suggest?

Bryan: First, start with comprehensive measurements of your health. Second, implement scientifically backed interventions to optimize those measurements. Third, continuously track and adjust your approach based on data and research. It's a dynamic process that requires dedication and adaptability.

Jean: Bryan, thank you for sharing your insights. Your work is paving the way for a new era in human health and longevity.

Bryan: Thank you, Jean. It's been a pleasure discussing these important topics with you.

[@bryanjohnson](https://twitter.com/bryanjohnson)

BLUEPRINT





THE ALLIANCE FOR LONGEVITY INITIATIVES

Request to Support Geroscience Research and Join the Longevity Science Caucus

In our journey to advance the longevity industry, grassroots efforts like ours hold immense potential to create change. To truly impact the future longevity science and human health, we need a committed community advocating constantly for the industry. To that end, we must ensure that our voices are heard by the people who can most effect change - our policymakers.

Policymakers are the key to this longevity science effort. They set the rules, drive the legislation, and provide the regulatory environment in which the longevity industry operates. If we can engage them, inspire them, and show them the extraordinary potential of geroscience and the study of longevity, we can cultivate allies in the highest offices of our nation. And it's not

just about the longevity industry - it's about our mission of enhancing health and extending lives.

The Alliance for Longevity Initiatives (A4LI) urges you to reach out to your local representative in Congress and make a case for them to join the Longevity Science Caucus. Our elected representatives are there to serve us, to protect our interests, and to help us live healthier, longer lives. Let's remind them of that!

To make this task as straightforward as possible, we've prepared a letter template on our website. Feel free to customize it, add your personal touches, and make it your own. Your words can be a powerful tool for change. When you're ready to send your message, reach out to us at info@a4li.org. We're here to support you, provide the contact

information for your congressional office, and help you make a difference.

Together, we can transform the future of health and longevity. Let's make our voices heard, let's advocate for change, and let's inform our policymakers about the incredible promise of the longevity industry.





PRODUCT *Reviews*

by @Cyborggainz

****Disclaimer:****

The views and opinions expressed in these reviews are solely my own and are provided for informational purposes only. I am not affiliated with the manufacturer or any related entities, nor have I received any form of compensation or incentive from them for writing this review. My analysis and feedback on the products are based on personal use and research, intended to share my experience and insights with others who may be interested in enhancing their health and wellness journey. This review does not constitute medical advice, and readers are encouraged to consult with healthcare professionals before making any changes to their dietary or health routines.



HLTH Code Plant-Based Shake

- The Quantified Cyborg Monthly Review

Plant Based Chocolate

Nutrition Facts

Servings Per Container 30 / 15 Serving Size 42 g / 84 g

Per 1 Scoop		Per 2 Scoops	
Calories 200		400	
	% Daily Value*		% Daily Value*
Total Fat	14 g	27 g	54%
Saturated Fat	8 g	16 g	32%
Trans Fat	0 g	0 g	0%
Cholesterol	0 mg	0 mg	0%
Sodium	140 mg	280 mg	56%
Total Carbohydrate	11 g	22 g	4%
Dietary Fiber	8 g	16 g	32%
Total Sugars	0 g	0 g	0%
Includes 0g added sugars			
Protein	14 g	27 g	54%

Ingredients: Fermented Plant Protein Blend (pea and rice protein fermented by shiitake mycelia), Coconut Oil Powder, Alkalized Cocoa Powder, Olive Oil Powder, Flaxseed, MCT Oil, Vegan Cocoa Butter (cocoa butter, coconut oil, modified food starch, soluble tapioca fiber), Natural Flavors, Avocado Oil Powder, Xanthan Gum, DiCalcium Phosphate, Apple Cider Vinegar, Potassium Chloride, Redmond Real Salt®, Dipotassium Phosphate, Magnesium Oxide, Fermented Sugarcane (Reb M), Digestive Enzyme Blend (alpha and beta amylase, protease I, protease II, lipase, lactase, hemicellulase, cellulase, invertase, diastase), Ascorbic Acid, Niacinamide, D-Alpha-Tocopherol, Monk Fruit Extract, Zinc Gluconate, Pantothenic Acid, Lactobacillus Acidophilus, Manganese Gluconate, Pyridoxine Hydrochloride, Riboflavin, Thiamine Hydrochloride, Copper Gluconate, Beta Carotene, Methylfolate, Potassium Iodide, Vitamin K2 (menaquinone), L-Selenomethione, Sodium Molybdate, Chromium Citrate, Biotin, Vegan Cholecalciferol, Methylcobalamin

CONTAINS: COCONUT OIL

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Overview

HLTH Code Plant-Based Shake, formulated by Dr. Ben Bikman, a renowned Metabolic Scientist, stands out as a superior meal replacement option. Leveraging Dr. Bikman's extensive research on human metabolism and insulin resistance, HLTH Code is designed to provide everything needed for a balanced, nutrient-dense meal, without any unnecessary additives.

Nutritional Balance

Unlike many protein shakes on the market, which often function more as protein snacks than true meal replacements, HLTH Code offers a well-rounded nutritional profile. It

contains a 1:1 ratio of healthy fats to protein, ensuring a balanced intake of macronutrients. The shake includes 27 grams of specially fermented plant-based proteins, a patented process that enhances digestibility and amino acid profiles while eliminating anti-nutrients commonly found in other plant-based proteins.

Key Ingredients

- Specially Fermented Plant-Based Proteins: The patented fermentation process enables 99.9% of the protein consumed to be easily digested, significantly higher than popular plant-based brands.
- Apple Cider Vinegar: Known for its numerous health benefits, including improved digestion and metabolic health.
- Digestive Enzymes, Probiotics, and Fiber: These ingredients support gut health, enhancing nutrient absorption and promoting overall digestive well-being.
- Vitamins and Minerals: HLTH Code provides up to 50% of the daily value (DV) of 26 essential vitamins and minerals, ensuring comprehensive nutritional support.

Quality and Taste

HLTH Code prides itself on using high-quality, non-GMO ingredients without artificial additives. The shake is manufactured in the USA at a cGMP-certified, FDA-registered facility, guaranteeing the highest standards of quality and safety.

In terms of taste, HLTH Code does not disappoint. It offers a delicious flavor that rivals any other plant-based shake on the market, making it an enjoyable addition to any diet.

Conclusion

HLTH Code Plant-Based Shake is a standout product in the crowded market of meal replacements. Its scientifically backed formulation, high digestibility, and comprehensive nutritional profile make it an excellent choice for anyone looking to enhance their diet with a balanced, nutrient-dense meal replacement. The added benefits of digestive enzymes, probiotics, and fiber, along with the absence of GMOs and artificial ingredients, further solidify its place as a top-tier product. If you're looking

for a meal replacement shake that tastes great and delivers its nutritional promises, HLTH Code is an exceptional choice.

- Pro: HLTH Code Plant-Based Shake offers a comprehensive nutritional profile with a 1:1 ratio of healthy fats to protein, making it a genuine meal replacement rather than just a protein snack. It includes 27 grams of specially fermented plant-based proteins that are highly digestible and enhanced for better amino acid profiles. This provides a convenient, nutrient-dense option for those looking to support overall health and wellness with a well-rounded diet.

- Con: Despite the advanced fermentation process that

enhances protein digestibility, some individuals might still experience digestive sensitivity or discomfort due to the plant-based proteins or other ingredients. While the shake is designed to minimize these issues, individual reactions can vary, and some users with particularly sensitive digestive systems might need to monitor their response to the product.



NeuroPro Plus



Overview

NeuroPro Plus is a patent-pending combination of Pharmaceutical Grade Methylene Blue and Vitamin C, developed to provide robust nutritional support for those experiencing brain fog, as well as individuals seeking enhanced focus, concentration, and memory recall. Leveraging clinical data and extensive research, NeuroPro Plus promises to deliver heightened mental clarity, focus, and overall cognitive vitality.

Benefits and Mechanisms

Methylene Blue

- ATP Production: Methylene Blue effortlessly crosses the blood-brain barrier to initiate ATP production, which is crucial for mitochondrial energy, providing the brain with the necessary fuel for optimal function.
- Neuroprotection: It reroutes mitochondrial electron transfers, offering protection against both chronic and acute neurological diseases.
- Antioxidant Properties: Acting as a potent antioxidant, Methylene Blue combats free radicals (superoxide), safeguarding neural health.
- Oxygen and ATP Supply: The brain's high

demand for oxygen and sugar is met through Methylene Blue's mechanisms, ensuring sustained cognitive performance.

Vitamin C

- Antioxidant Support: With the brain containing 100 times more Vitamin C than other tissues, any injury can lead to an immediate deficit. Vitamin C in NeuroPro Plus replenishes these levels, protecting against oxidative stress by neutralizing free radicals and supporting overall brain health.

Key Features

- Enhanced Mental Clarity: NeuroPro Plus is designed to support mitochondrial function, aiding in efficient energy production within brain cells, leading to unparalleled mental clarity and alertness.
- Laser Focus: The precise blend of ingredients enhances concentration and focus, empowering users to tackle tasks with exceptional precision.
- Amplified Cognitive Function: The synergy between Methylene Blue and Vitamin C not only reduces oxidative stress but also promotes long-term cognitive health, ensuring sustained

mental performance.

- Pharmaceutical Grade Quality: NeuroPro Plus uses only the highest quality Pharmaceutical Grade Methylene Blue, sourced from reputable suppliers and third-party tested for purity and potency.

- Scientifically Backed: The formulation is based on rigorous scientific studies, ensuring a safe and effective nootropic.

- Elevated Performance: Suitable for students, professionals, athletes, and anyone striving for cognitive excellence, NeuroPro Plus is designed to help users operate at their peak potential.

Conclusion

NeuroPro Plus stands out as a premier cognitive enhancer, combining the proven benefits of Pharmaceutical Grade Methylene Blue and Vitamin C. This powerful blend supports mitochondrial health, enhances mental clarity, and provides robust antioxidant protection. With its commitment to quality and scientific backing, NeuroPro Plus is an excellent choice for those looking to improve focus, concentration, and overall cognitive function. Say goodbye to brain fog and embrace heightened mental clarity and vitality with NeuroPro Plus.

- Pro: The synergistic effects of Methylene Blue and Vitamin C promote long-term cognitive health by reducing oxidative stress and supporting overall brain function.

- Con: Long-term benefits may require consistent use, which could be a drawback for those looking for immediate results or a short-term solution.



[@best365labs](https://www.instagram.com/best365labs)

OysterMax by Marine Health Foods

Overview

OysterMax® is a pure oyster extract powder encapsulated to provide a concentrated source of naturally occurring nutrients essential for good health. Each bottle contains the extract of approximately 4 – 6 kg of fresh oysters, offering significant amounts of zinc, copper, selenium, and iodine. Free from fillers, excipients, and bulking agents, OysterMax delivers pure oyster extract powder in its natural form.

Poseidon's Ratio

The team at Marine Health Foods analysed several years of data and found that the ratio of zinc to copper sits at roughly 11:1 in the product. You may find synthetic formulations with certain ratios of these elements, but these are not natural or nature's way. Oysters have existed for over 200 million years and homo sapiens have been eating them for over 250 thousand years. We evolved getting our nutrition this way and this is nature's ratio.

Transparency in every batch

Every batch is tested for heavy metals, microbiology and certain minerals and vitamins. The results are put in a certificate of analysis available on demand and we also put the vitamin and mineral results on the bottle. This means you can real time dose and use the product therapeutically as part of your biohacking protocol. As far as we are aware, there is no other natural supplement that does this.

Benefits and Mechanisms

OysterMax® is so nutrient dense it can make over 40 health claims.

1. Fatigue and Oxidative Stress:

- Benefit: OysterMax® has high level of organic



zinc and copper to help protect the body from free radicals by supporting the production of important macro molecules such as superoxide dismutase, glutathione and catalase. These are the master antioxidants, vital for mitochondrial health and longevity, which require zinc, copper and manganese, in the correct ratio, to function properly.

2. Immunity:

- Benefit: The zinc and other essential nutrients in OysterMax® supports a healthy immune system, enhancing the body's natural defence mechanisms.

3. Sexual Health, Fertility and Pregnancy:

- Benefit: Zinc, copper, iodine, selenium and other elements are essential for reproductive and hormonal health in both men and women. OysterMax® supports sexual health by ensuring adequate levels of the vital minerals which are

crucial for hormone production and reproductive function.

4. Skin Conditions:

- Benefit: Zinc and selenium are known for their beneficial effects on skin health. OysterMax can help manage and improve various skin conditions by promoting healing and reducing inflammation.

5. Healthy Aging:

- Benefit: The antioxidant properties of the nutrients in OysterMax contribute to healthy aging by protecting cells from damage caused by free radicals, thereby supporting overall longevity and vitality.

6. The Zinc Connection:

- Benefit: Zinc is a key nutrient involved in numerous bodily functions, from immune support to DNA synthesis. OysterMax provides a natural, bioavailable source of zinc, ensuring optimal health benefits.

Conclusion

OysterMax by Marine Health Foods is a nutrient-dense supplement offering a wide range of health benefits. Its high levels of naturally occurring zinc, copper, selenium, and iodine make it a valuable addition to the diet, especially for those needing extra support against oxidative stress, immune challenges, and skin conditions. Additionally, it promotes healthy aging and sexual health, making it a versatile supplement for overall well-being.

Pro & Con of OysterMax

Pro

Rich in Essential Nutrients:
 - Pro: OysterMax is a potent source of naturally occurring nutrients, including significant amounts of zinc, copper, selenium, and iodine. These nutrients play crucial roles in various bodily functions such as immune support, protection against oxidative stress, skin health, and sexual health. The high levels of organic zinc, in



particular, can help protect the body from fatigue and tiredness associated with oxidative stress, making it beneficial for endurance athletes, stressed professionals, and those exposed to environmental stressors.

Con

Potential Allergies:
 - Con: As OysterMax is derived from oysters, it may not be suitable for individuals with shellfish allergies. Even though the product is free from fillers, excipients, and bulking agents, the natural oyster extract could still trigger allergic reactions in sensitive individuals. This limits the accessibility of the product to a broader audience who might benefit from its rich nutrient content but are unable to consume shellfish.



[@marine_health_foods_ltd](https://www.instagram.com/marine_health_foods_ltd)

C.A.R.E. (with NAD+ Nobel™)

Moisturizer by Young Goose

Why

NAD+ Nobel™ is designed for individuals seeking to enhance their skin's health and appearance through advanced scientific ingredients. With a focus on increasing NAD+ levels, the product aims to reactivate anti-aging genes, reduce inflammation, and improve overall skin quality. This makes it particularly appealing to those concerned with aging, breakouts, pigmentation, and environmental damage.

How

NAD+ Nobel™ employs a blend of scientifically backed ingredients to achieve its claims:

- NAD+: Increases NAD+ levels in the skin, reactivating anti-aging genes, reducing inflammation, breakouts, and pigmentation, while minimizing pore appearance and combating free radicals.
- Enhanced Resveratrol: Reactivates anti-aging genes responsible for collagen, elastin, and hyaluronic acid production, leading to a reduction in wrinkles and a more youthful appearance.
- Matrixyl 3000: Combines next-generation peptides to reduce wrinkles. Proven effective in both users who have and have not had neurotoxin injections.
- Astragaloside IV: An antioxidant that brightens skin and boosts collagen, decreasing the breakdown of collagen due to environmental factors like UV radiation.

Experience

Using NAD+ Nobel™ has been a transformative experience. The moisturizer has a lightweight, non-greasy texture that absorbs quickly into the skin. After consistent use, there is a noticeable improvement in skin firmness, reduced wrinkles, and a more even skin tone. The product also helped reduce the frequency of breakouts and the appearance of pigmentation. Overall, the skin looks healthier and more youthful.

Pros

1. Multi-functional: Addresses multiple skin concerns, including aging, pigmentation, inflammation, and pore size.
2. Scientific Backing: Contains ingredients with research-supported benefits, enhancing credibility.
3. Quick Absorption: Lightweight texture that absorbs quickly without leaving a greasy residue.
4. Visible Results: Noticeable improvements in skin firmness, tone, and texture with regular use.

Cons

1. Cost: The high-quality ingredients come at a premium price, which may not be affordable for everyone.
2. Skin Sensitivity: Some users with sensitive skin might experience irritation, especially when first using the product.
3. Consistency Needed: Requires consistent use to see significant results, which might be a commitment for some users.

Conclusion

NAD+ Nobel™ is a high-end skincare product that delivers on its promises of improving skin health and appearance. With its powerful blend of NAD+, Enhanced Resveratrol, Matrixyl 3000, and Astragaloside IV, it effectively targets aging, inflammation, pigmentation, and more. While the price point is high, the results justify the investment for those serious about their skincare routine. Users should be prepared for a commitment to regular application to achieve the best results, and those with sensitive skin should proceed with caution. Overall, NAD+ Nobel™ stands out as a potent tool in the fight against aging and skin damage.





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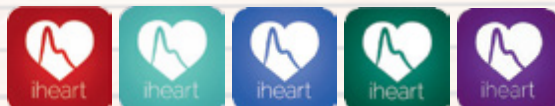


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SCAN ME



SEE AND BE SEEN

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SEP. 19th Los Angeles, CA



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Upcoming Events

SEP. 5 - 8, Anaheim, CA



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- Attendees are at the heart of the RAADfest experience, interacting with experts both during and after presentations. In RAADcity, the product expo, attendees get to sample products and services first hand, as well as learn new ways to support their longevity.

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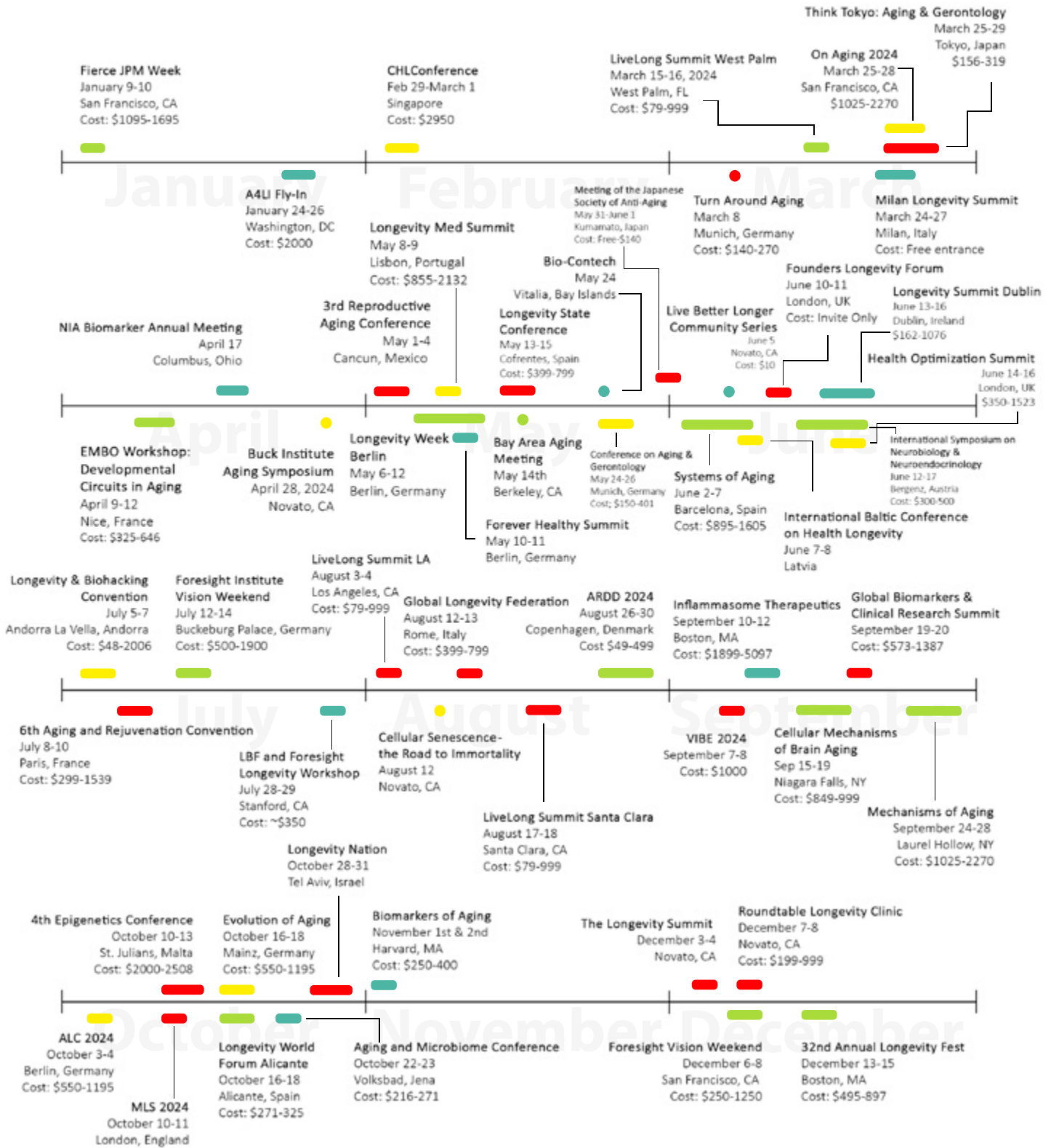


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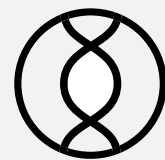
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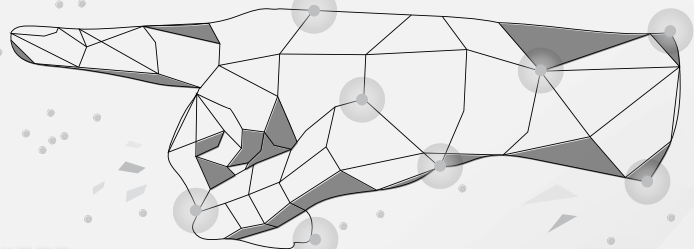
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ACKNOWLEDGMENTS

Everyone involved in the production of this magazine is humbled by the opportunity to have a publication that makes a real difference. Our magazine is woven into the fabric of our community and we recognize the importance of being culturally relevant, authentic at all times, and genuinely passionate about living well, living fit, and living long. Thank you to our contributors, partners and circle of friends for joining us in *extending the future*.

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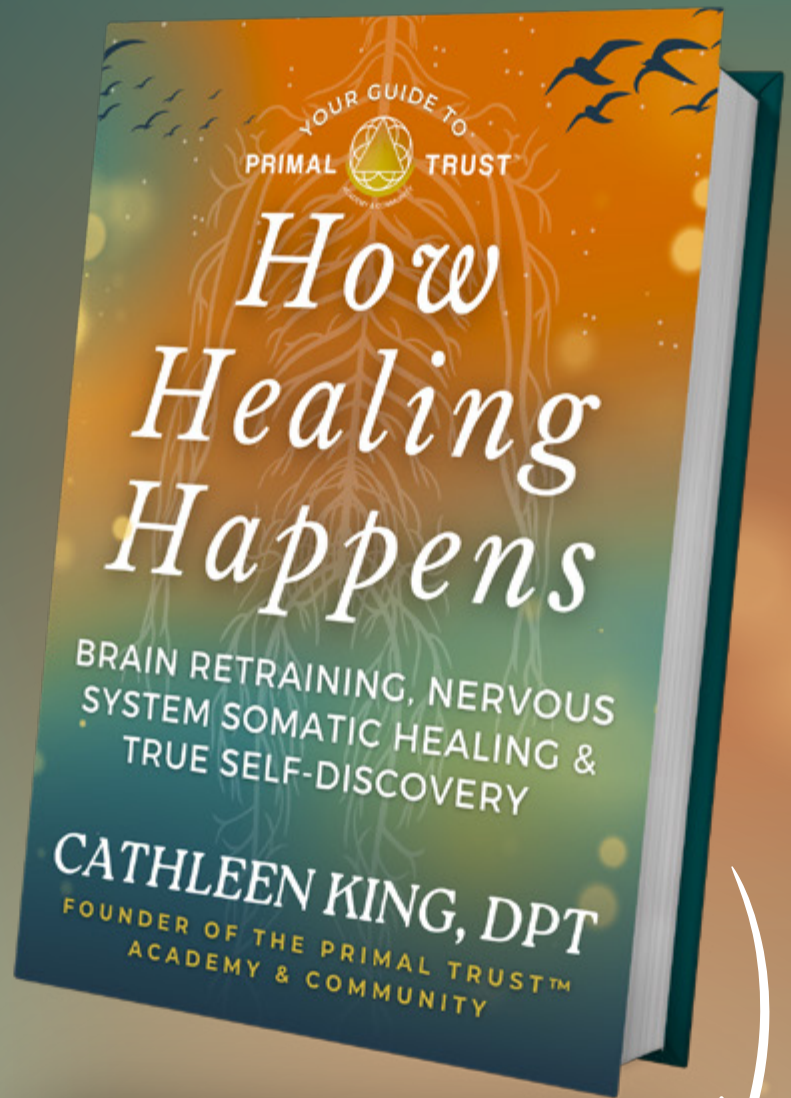
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