

BIOHACKERS

MAGAZINE

ISSUE 22

BIOHACKING UNLEASH YOUR SUPERPOWER THE IZOD METHOD™

**EXCLUSIVE
INTERVIEW WITH
DR MIKE VAN THIELEN,**
BESTSELLING AUTHOR,
PROMINENT SPEAKER, MENTOR,
ENTREPRENEUR, PHILANTHROPIST,
WORLD RECORD HOLDER,
BIOHACKER, FUNCTIONAL &
REGENERATIVE MEDICINE EXPERT
PH.D. HOLISTIC NUTRITION

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- Biohacking with Natural Ingredients & Virtuous Principles
- Swayback Posture and Therapy
- Biohacking for Health Security
- AND MUCH MORE!

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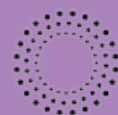
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MESSAGES FROM OUR BIOHACKING TEAM

A LETTER FROM THE EDITOR

When was the last time you took a risk? Do you remember the moment? Do you remember the sweat on your palms, your heart racing? Did you take a risk because you had to? Was it a calculated risk or a spur of the moment decision? We've all heard how important it is in life to take risks when considering our growth and development but what's the main reason behind this? How do risks help us to become better and better yet, why is life designed this way? Philosophically speaking, I am of the opinion that in order for a man or woman to reach for something better, to extend themselves towards a higher purpose so to speak, he or she must be willing to disconnect from themselves and especially their feeling of comfort. As humans, our entire development as a person depends on this inner drive to learn something new. Babies desire to crawl, to walk, to speak – and yet, all of these early actions involve risk – the risk of falling or being humiliated or misunderstood. Be that as it may, we must take the risk associated with learning new things when on the path to growth and mastery.

There is always a desire for knowledge. As with new knowledge, this presents new opportunities to put this knowledge into practice and this is where risks come into place. When we have gathered this knowledge into objective, productive concepts, we then can assess how to use this new knowledge for our own growth. The action of incorporating this new knowledge is essentially a risk. It's a reach towards something outside of our comfort zone. When we've done our homework of acquiring information through our 5 senses' interaction with the real world, we

can be better assured that the risk assessment will be more in our favor.

We fear risk because we tend to fear death. Men and Women only fear Death because it is unknown. Such is the same with risk. Its not something we are comfortable with. Its not something we can predict with a high degree of certainty. But Risk is necessary to drive us to our destiny, for without it, we can easily fall into the trap of loathness and even depravity due to boredom and a lack of critical thinking. Biohacking comes to remind us that we sometimes need to try things, try habits, try ingredients, - to help us become a better person and in turn, a more valued member of the community. The risk of biohacking is a necessary one and we should embrace it with disciplined research and valiant motivation.

"Moreover, we may hence conclude that there is great hope that death is a blessing. For to die is one of two things: for either the dead may be annihilated, and have no sensation of anything whatever; or, as it is said, there are a certain change and passage of the soul from one place to another. And if it is a privation of all sensation, as it were a sleep in which the sleeper has no dream, death would be a wonderful gain... You, therefore, O my judges! ought to entertain good hopes with respect to death, and to meditate on this one truth, that to a good man nothing is evil, neither while living nor when dead, nor are his concerns neglected by the gods."

– Socrates , 'The Apology Of Socrates' by Plato

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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A MESSAGE FROM CEO JEAN FALLACARA

Social media platforms have become breeding grounds for self-proclaimed biohacking gurus and influencers who often use scientific jargon and cite publications to lend credibility to their claims.

Yet, a closer examination of these references reveals a disturbing truth: a significant portion of the scientific publications being referenced are either misrepresented or completely fabricated.

These misleading citations give an illusion of scientific backing to untested practices or useless warnings about your health.

The prevalence of fake news within our biohacking community is a cause for concern.

We are heading in the right direction with this world and as an increasing number of individuals turn to biohacking to optimize their well-being.

Now is the moment when authoritative figures must rise to the occasion like never before. The world needs individuals who can exercise critical thinking and discernment. By establishing a team of experts who possess the ability to evaluate scientific publications, debunk fake news, and champion evidence-based practices, we can shield our community from the perils of misinformation.

From the very moment I joined the team of this remarkable magazine, my mission has been crystal clear: to advocate for science-based articles and transform it into the foremost authority in the biohacking community. With unwavering determination, we strive to foster responsible biohacking practices, safeguard the well-being of individuals,

and contribute to the advancement of this promising field in a manner that upholds scientific rigor.

Let us embrace the power of knowledge, with a steadfast commitment to truth and accuracy. By doing so, we can inspire a generation of informed individuals who approach biohacking with wisdom and prudence. The path may be challenging, but our collective efforts will lay the foundation for a brighter future.

Together, we can make a difference. We can dismantle the barriers of misinformation and ignorance, empowering individuals to make informed choices that lead to personal growth and societal progress. As we embark on this transformative journey, let us remember that our pursuit of truth and responsible practices holds the potential to shape the destiny of the biohacking community.

So, let us unite in our mission. Let us stand tall as beacons of authority and integrity, committed to upholding the highest standards of scientific inquiry. With our unwavering dedication, we can lead the way, forging a path towards a safer, healthier, and more enlightened future.

The time for change is now. Let us rise to the challenge and become the driving force that propels the biohacking community forward. Together, we can achieve greatness, leaving an indelible mark on the world and inspiring generations to come.

About Jean Fallacara



Known as Cyborggainz, born in France, Jean is an athlete, entrepreneur, scientist, public speaker and an Art collector. He is the founder and CEO of CyborgMedia, the Managing Director at inTEST Corporation and the CEO of Biohackers Update Magazine. He is also the author of "Neuroscience Calisthenics: Hijack your Body Clock." Jean holds a bachelor's degree in biochemistry, a master's degree in immunology and genetics, and an engineering degree in biotechnology. He has also studied neurosciences and brain functionalities, and law and finances. Jean recently graduated from the MIT in XR-VR-MR. He is currently living in between Boston and Montreal after his biotech company was acquired by inTEST Corp (NYSE:INTT) in October 2021.

Website: jeanfallacara.com / Website: cyborggainz.com



ARJUN'S STATEMENT

As we continue to navigate through these challenging times, it is heartening to see how technology has positively impacted our health and well-being. From telemedicine and wearable technology to health apps and virtual fitness classes, technology has enabled us to stay connected and take care of ourselves and our loved ones.

One of the most significant positive impacts of technology on health has been the increased access to healthcare. Telemedicine has made it possible for people to receive medical care from the comfort of their own homes, which is especially important for those who are at high risk or unable to leave their homes.

Wearable technology and health apps have also allowed us to track our biometric data and make lifestyle changes that can improve our overall health. We can now monitor our heart rate, sleep patterns, and physical activity levels, and use this information to make better-informed decisions about our health.

Additionally, technology has made it easier for us to communicate with our healthcare providers and receive timely medical advice and treatment. With virtual consultations and

online portals, we can now access medical advice and treatment from anywhere, at any time.


As we move forward, it is important to continue to embrace the positive impact of technology on health and use it to our advantage. Let us continue to explore new ways to leverage technology to improve our health and well-being, and to support one another through these challenging times.



About Arjun Chauhan



Born in India, Arjun is the master of all trades, the Chief Marketing Officer of Biohackers Update Magazine and a soccer enthusiast. He holds a bachelor's in commerce and a Master's in Business administration, specializing in marketing and human resources. He has 6 years of experience in Content Marketing and is always looking forward to gaining more from life. With a passion towards nature, he is currently in the Foothills of Himalayas, in the northern part of India.

The background of the entire page is a composite image. It features a view of Earth from space, showing the Western Hemisphere with North and South America visible. Overlaid on this is a constellation of stars connected by thin white lines, resembling a celestial map. The overall color palette is dominated by the blues and whites of the Earth and the black of the space background.

***“We are all connected; To
each other, biologically.
To the earth, chemically.
To the rest of the universe
atomically.”***

— Neil DeGrasse Tyson

OUTER

SWAYBACK POSTURE AND THERAPY



The term “swayback” refers to a flattened low lumbar area. The concave curve of the lower spine is much higher and in the lower thoracic spine; the pelvis is tilted posteriorly; the plumb line of the greater trochanter is anterior to the lateral malleolus, revealing the hips and pelvis swayed forward in the sagittal plane (Kendall 2005); and the rib cage is swayed backward in the sagittal plane (Sahrmann 2002).

Swayback posture is common in individuals who are sedentary and sit for prolonged periods, older adults with weak gluteal muscles, runners, and ballerinas (Sahrmann 2002). Those with swayback frequently present to chiropractors with chronic low back pain.

“Lordotic posture” refers to the excessive concave lumbar spine. The pelvis is tilted anteriorly, and, in both lordotic and ideal postures, the greater trochanter is over the lateral malleolus. Hip flexor tightness (iliopsoas, quadriceps, vastus) is common with lordotic posture (Kendall 2005). Visually, the pelvic bowl dips anteriorly, raising the body’s center of gravity.

Lordotic postures (Lee, CM, et al. 2001) and swayback can lead to reduced proprioceptive stability. Wearing high heels should be avoided with excessive lumbar lordosis.

How to Identify Swayback Posture from the Ground Up:

- Neutral ankle joint





- Gluteals may look flattened
- Caved chest
- Long kyphosis (backward curve of the thoracic spine, also known as "hunchback" or rounded upper back) in the posteriorly displaced upper trunk
- Forward head posture

Muscle length evaluation reveals short hamstrings (patient's perception is "tight" hamstring) and internal oblique muscles with lengthened psoas and external oblique muscles (Kendall 2005).

Muscle strength evaluation reveals dominance of the rectus abdominis over the external obliques (Sahrmann 2002). The gluteals may be atrophied and test as weak.

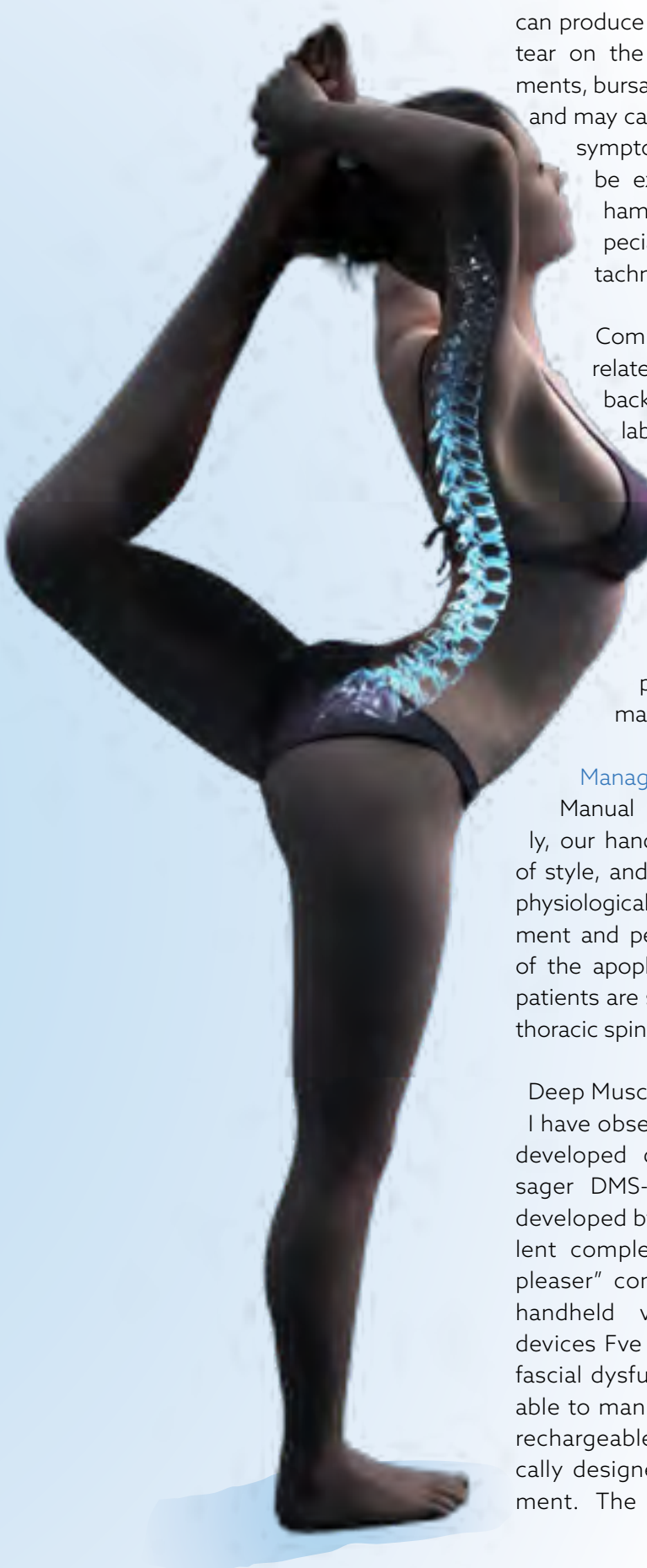
Palpation of the lower rectus abdominis close to the pubic bone

attachments often reveals tenderness, tightness, or trigger points. This shortening contributes to the posterior pelvic tilt and the caving of the chest. We should be able to diagnose swayback versus increased lumbar lordosis by the forward pelvis and the upper torso backward shift (Kendall 2005).

Gait analysis reveals hamstring dominance over the gluteals to extend the hip. The posterior pelvis tilt puts the gluteals in an abnormal length, causing them to be inhibited and allowing the hamstrings to take over as the prime movers for hip extension. This alters the length (origin and insertion) of the hamstrings, and the extension they create at the hip puts a torque on the femur, causing the head of the femur to move forward in the hip socket (Sahrmann 2002). Time and repetition of walking or running loads

- Hyperextended knees and hips (femurs create a joint with hyperextended knees and hips)
- Posterior pelvic tilt
- Anterior deviation of the pelvis over the lateral malleoli
- Flattened lower lumbar spine





can produce significant wear and tear on the anterior area (ligaments, bursa, etc.) of the hip joint and may cause groin pain or hip symptoms. There also will be excess strain on the hamstring tendons especially at the ischial attachments.

Common overuse injuries related to faulty sway-back posture include labral tears at the hip, lowback pain, plantar fasciitis, iliopsoas bursitis and tendinopathy, recurrent hamstring strain, and shoulder impingement (Sahrmann 2002).

Management:

Manual therapy: Clinically, our hands will never go out of style, and we need to restore physiological vertebral movement and perform manipulation of the apophyseal joints. These patients are stiff especially in the thoracic spine.

Deep Muscle Stimulator:

I have observed that the newly developed deep muscle massager DMS-Dr Fuji DMS pro6 developed by Dr. Fuji is an excellent complement and "patient pleaser" compared to all other handheld vibration-percussion devices I've tried, especially for fascial dysfunction. Dr. Fuji was able to manufacture a cordless, rechargeable, and ergonomically designed handheld instrument. The DMS-Dr. Fuji DMS

pro6 device comes with three separate heads for the applicator and offers five energy intensity settings.

There are two probable primary effects of the deep muscle massager:

1. Direct reaction to the mechanical stimulation.
2. Indirect stimulation triggering cellular and biochemical processes based on triggering a reactive system.

Direct effects may include the following:

- Normalization of the muscle tone through stimulation of the muscle spindle and the Golgi apparatus of the muscle tendon.
- Pain overlay based on the gate-control principle (Melzack and Wall) with parallel endorphin release by the stimulation of the skin's pressure and touch receptors.
- Stimulation of cellular activity and changes in cell-membrane permeability caused by direct mechanical stress in the cell wall.
- Increased cellular metabolism due to changes in the membrane permeability, e.g., by opening the glutamate channels.
- Release of substance P, a neurotransmitter and pain mediator, into the tissue with subsequent nerve habituation and, with that, reduction of the pain threshold.
- Increased cellular activity.
- Mechanotransduction, i.e., the process of converting physical forces into biochemical signals subsequently integrated into a cellular response (Iqbal & Zaida 2005; Vogel 2006).

I specifically use the DMS-Dr. Fuji DMS pro6 for postural distortions to increase venous and arterial flow to the tight muscles and reawakening of underactive muscles. The deep muscle stimulator (DMS) vibration also is likely to increase metabolite transport into the disc to complement increased imbibition, increase glycosaminoglycans, and increase potassium, calcium, magnesium, iron, and sodium nutrient flow in channels between the vertebral end plates and the disc. The new DMS device does more than assist in breaking up adhesions and scar tissue; it likely offers mechanoreceptor activation around facet joints (type II) and helps pain

mediation by blocking the pain-spasm-pain cycle.

Postural Retraining: This is patient "awareness" of the dysfunction while helping the patient find a more neutral or "less threatening," "more stable," "more breath," "more movement," or whatever you want to call it "position." Be sure they lengthen the torso through the top of the head and elongate the spine. For patients in pain, this will calm the muscles and remove the effects of the spine's poor position (McGill 2007). My goal is to reduce the kyphosis.

Specific Exercises: I use EL-

DOA exercises to increase IVD space height and facilitate imbibition. The ELDOA exercises complement the DMS and the postural changes I am trying to make to increase the length and size of the discs and spinal canals. Other specific exercises include side planks and hand/forearm-to-toes planks. These will shorten and strengthen the external obliques while maintaining length in the internal obliques and rectus abdominis. Bridging and standing single-leg march in place performed slow with arm drivers strengthen the gluteals and psoas while increasing hip mobility and elongating the spine.





Exercise goals:

- Increase mobility at the hips, specifically hip flexion.
- Increase strength of the gluteus maximus.
- Decrease length of the external obliques and decrease dominance of the rectus abdominis.
- Strengthen the short hip flexors (psoas).
- Create mobility in the thoracic spine.

I have patients avoid traditional curl-ups because they continue to build dominance of the rectus abdominis.

[Treatment Summary](#)

When working with swayback patients, it is important to emphasize postural cues, as well as employ DMS for fascial therapy and corrective exercises. I constantly remind the patient to stand in better alignment—active arch (short foot), relaxed knees, pelvis neutral, chest open and in an elongated “tall” position, palms at sides with thumbs facing forward, and no forward head posture.

ABOUT DR JEFFREY TUCKER



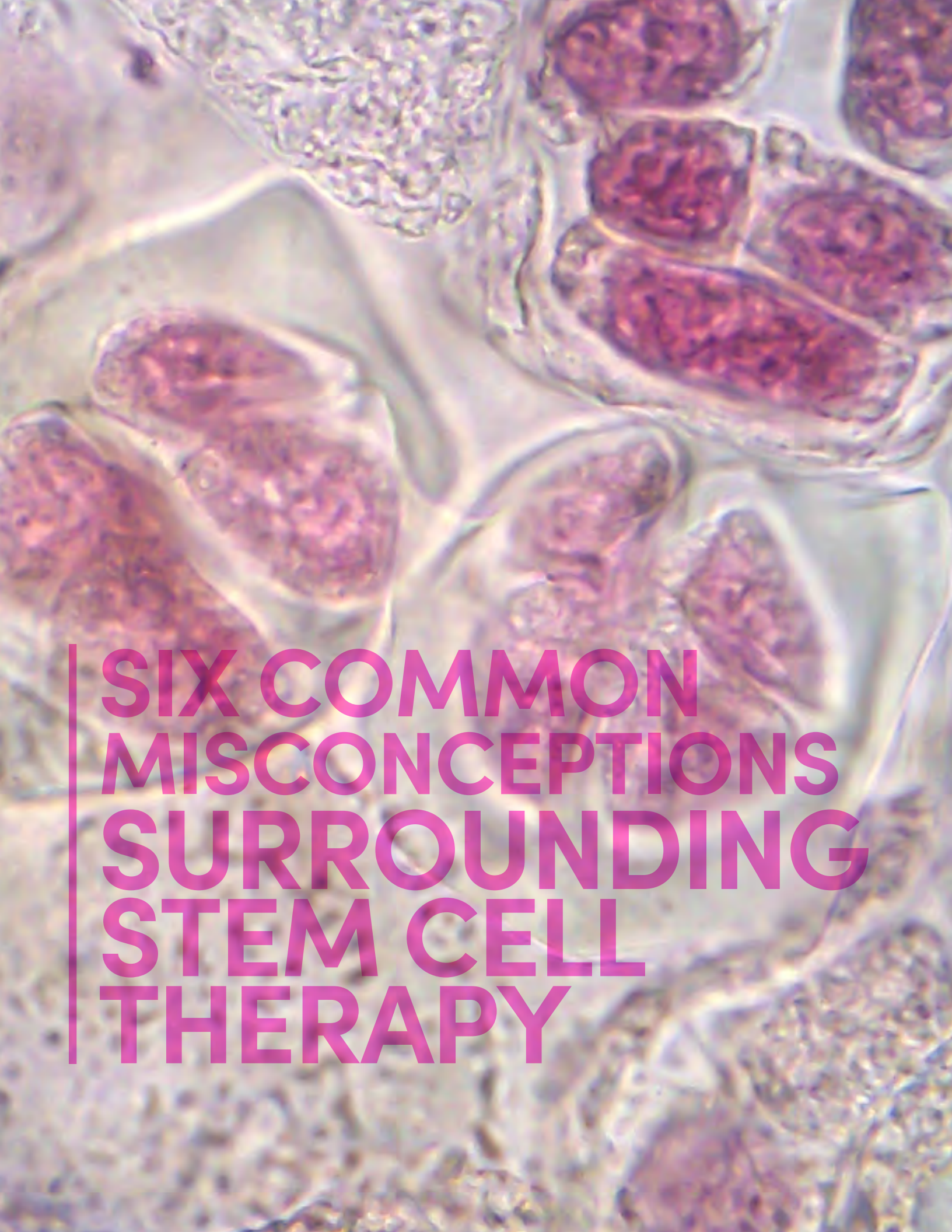
Dr. Tucker's interest in putting together the arts and science of Pilates, yoga, stretching, medicine balls, stability balls, rubber tubing, balance training, chi gong, weight training, cardio training, endurance training, diet, chiropractic, performance enhancement, muscle and massage therapy, has been evolving for more than 20 years.

Dr. Tucker completed Chiropractic training at Los Angeles College of Chiropractic. He has a post graduate Diplomate degree in Rehabilitation and is certified in chiropractic spinal trauma. He is a member of the California Chiropractic Association and the American Chiropractic Association. He won a KARMA award and was named Chiropractor of the Year from the Los Angeles Alternative Medicine group. He is the designated and selected Chiropractor for The Massage Therapy Center in Los Angeles. He is author of numerous articles and publications on soft tissue injuries. He has been in continuous active practice for the past 20 years in the west Los Angeles area. . He teaches post graduate training in the cervical spine, lumbar spine and temporomandibular joints.

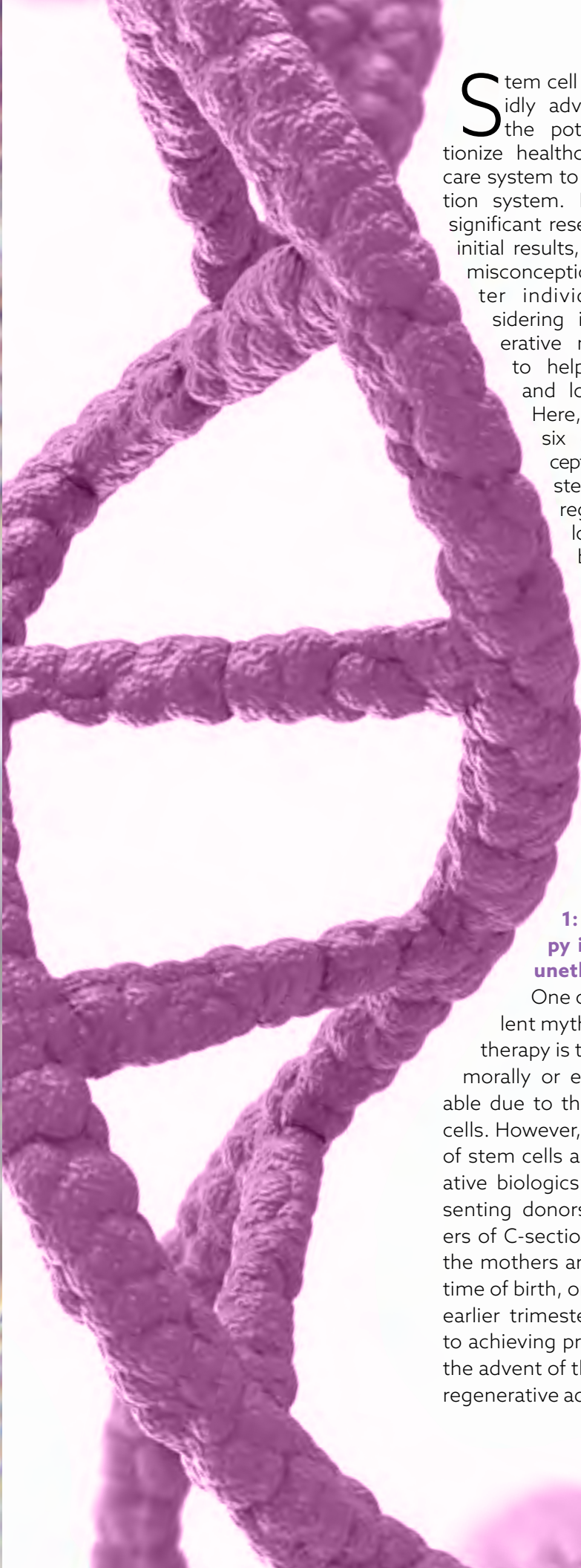
In his free time, Dr. Tucker enjoys hiking, bike riding, and his own progressive body movement classes. He is married to Madelyn Alfano, the owner of Maria's Italian Kitchen restaurants, and has three children.

His practice includes chiropractic, postural assessment/conditioning, gait analysis, therapeutic exercise, and muscle/soft-tissue therapy.

Website: www.DrJeffreyTucker.com

A microscopic view of cells, likely stem cells, showing their characteristic morphology with large, dark purple nuclei and lighter cytoplasm. The cells are arranged in a cluster, with some showing more prominent nuclei than others. The background is a light, textured surface.

SIX COMMON MISCONCEPTIONS SURROUNDING STEM CELL THERAPY



Stem cell medicine is a rapidly advancing field with the potential to revolutionize healthcare from a sick-care system to a disease-prevention system. However, despite significant research and exciting initial results, there are several misconceptions that can deter individuals from considering innovative regenerative medicine options to help address health and longevity desires. Here, I seek to debunk six common misconceptions surrounding stem cell and other regenerative biologic treatments, based upon scientifically grounded information for educational purposes. This information is not meant to replace actual medical advice, which must be customized for each individual.

Misconception 1: Stem cell therapy is controversially unethical

One of the most prevalent myths about stem cell therapy is that it is somehow morally or ethically questionable due to the source of stem cells. However, perinatal sources of stem cells and other regenerative biologics come from consenting donors who are mothers of C-section births. Most of the mothers are recruited at the time of birth, or more recently, in earlier trimesters, but not prior to achieving pregnancy. Prior to the advent of these cutting edge regenerative adjunct therapies, it

was most common to dispose of the placenta, umbilical cord, and amniotic fluid. What was once thought to be medical trash is now bio-therapeutic treasure. There is no evidence of mothers having children for the sole purpose of becoming a stem cell donor in the U.S. Additionally, none of the cells or other products are harvested from the newborn baby, thereby providing no risk or harm to a fetus or newborn child.

Misconception 2: Stem cell therapy is unproven or completely experimental

Some people believe that stem cells and other related biotherapeutics lack substantial scientific evidence of efficacy. However, numerous clinical trials and animal studies have demonstrated the safety and potential benefits of stem cell therapy for various approaches to assisting with helping the body heal or respond to specific problems. Many such publications include 15 year or longer follow-up periods. Such longitudinal studies are mainly from Europe and Asia. For example, stem cell therapy has shown promising results in helping to slow and reverse symptoms of degenerative joint ailments like osteoarthritis. Although the U.S. regulatory body has been slower to authorize claims, they have approved investigational new drug applications for use of stem cells and/or exosomes for various purposes most ripe for clinical application. Stem cells and related biologics, like exosomes are considered "experimental" as it relates to the regulatory (FDA) definitions. Be that as it may, many traditional approaches used by physicians outside of stem cell therapies are also similarly considered experimental,

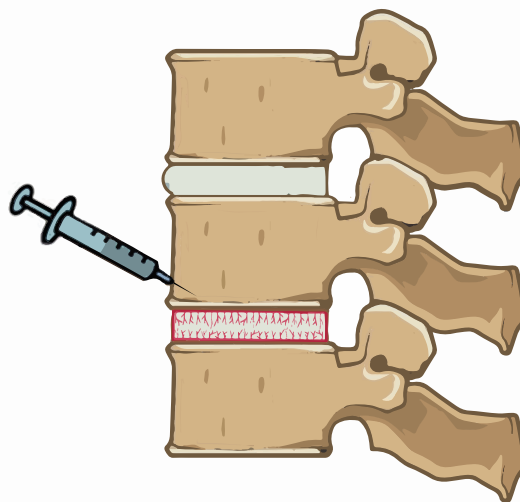
un-approved, but still widely accepted and useful.

Misconception 3: Stem cell therapy is a cure-all

While stem cell therapy holds immense therapeutic potential, with growing evidence for various useful applications each day, it is crucial to dispel the misconception that stem cells and related biologics can miraculously cure all diseases and conditions. Stem cell therapy is a targeted treatment that aims to harness the regenerative properties of stem cells to help promote healing and tissue repair in an enhanced state (more than an aging body normally heals and regenerates). Its effectiveness varies depending on the specific environment and issues being addressed. Stem cell therapy should be viewed as a complementary biological option as part of a comprehensive treatment plan, tailored to each patient's unique needs and desires.

Misconception 4: Stem cell therapy always involves invasive and painful procedures

Many individuals associate stem cell therapy with invasive surgical procedures, which can deter them from exploring this potentially helpful option. However, advancements in medical technology have led to the development of minimally invasive techniques for stem cell delivery. For instance, stem cells and related regenerative biologics can be delivered through microneedle and other injection techniques to defined target areas. These innovative approaches minimize patient discomfort and accelerate recovery times. Additionally, use of perinatal donor biologics prevent the need for painful bone marrow harvest.



Misconception 5: Stem cell therapy options are only for the wealthy

A common misconception is that stem cell therapy is prohibitively expensive and accessible only to the wealthy. While it is true that some stem cell treatments can be costly, the field is rapidly evolving, and treatment options are becoming more accessible and affordable. Health insurance coverage will likely not cover regenerative biologics until there is approval as to claims from the FDA. As quality clinical studies accumulate, progress in the regulatory approvals and in insurance coverages will likely

be forthcoming. Health Savings Account (HSA) plans are able to provide coverage for stem cell approaches. Costs today are much less than they were 5 or 10 years earlier.

Misconception 6: Stem cell therapy carries significant risks

Safety concerns surrounding stem cell therapy are a prevalent misconception that often stems from misinformation or sensationalized media reports. It is essential to understand that stem cell therapy, when performed by qualified and experienced professionals and in reputable clinics, is generally considered safe. Rig-

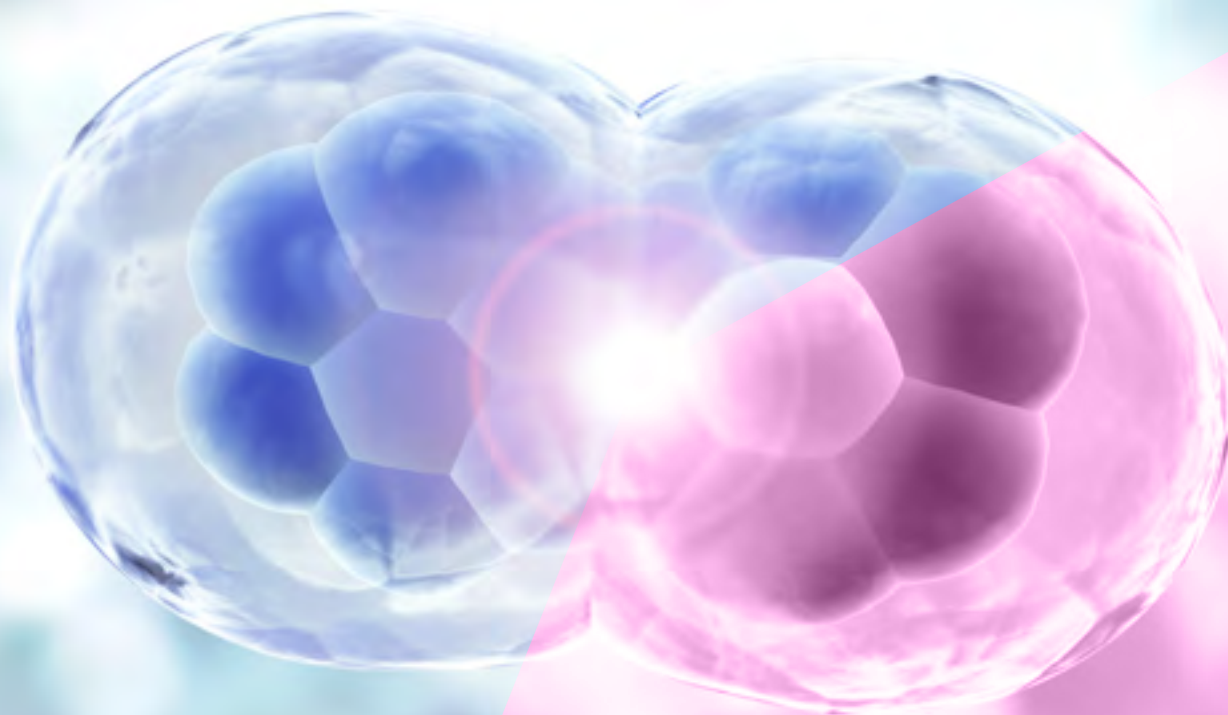
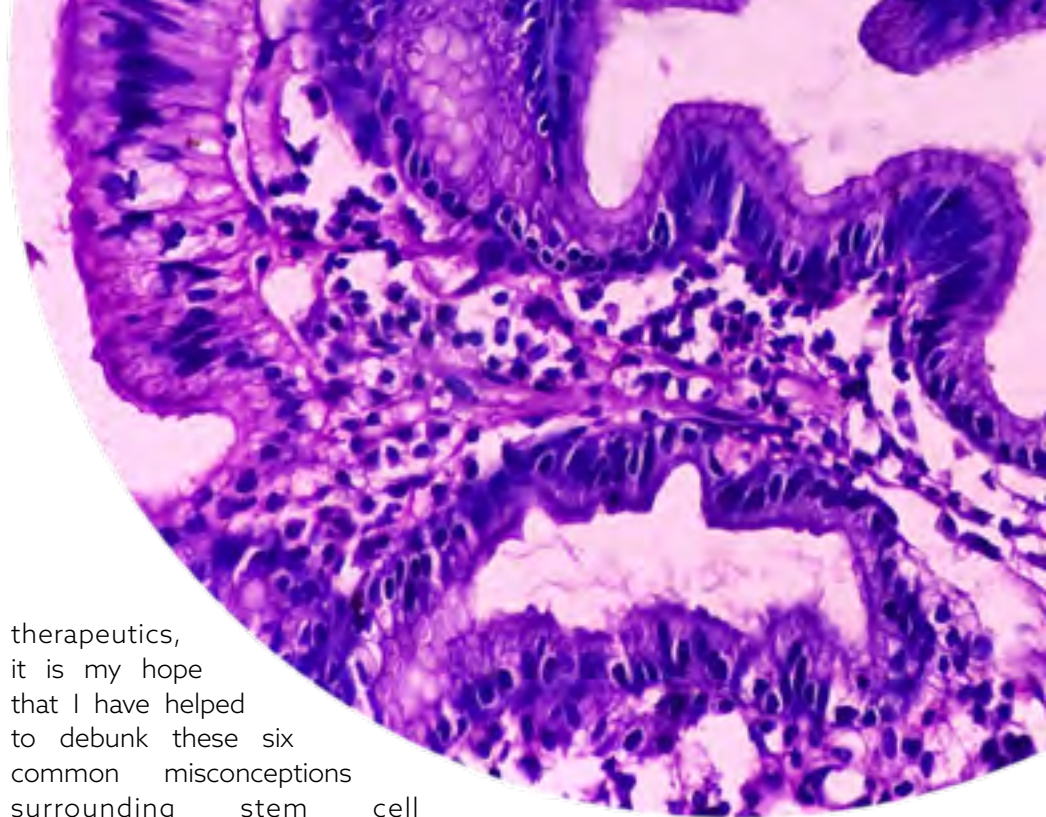


orous screening of donors, meticulous laboratory processing at FDA-compliant labs, sample testing, and adherence to strict regulatory guidelines help to minimize risks. However, as with any medical procedure, there can be risks, which are typically minimal and outweighed by the potential benefits. It is crucial to have open and honest discussions with an experienced regenerative medicine healthcare professional to fully understand the risks and benefits associated with stem cell therapy. Informed consent is the cornerstone of understanding the full nature of undergoing procedures not yet authorized for approved claims by the FDA. To be clear, the FDA has not yet approved physicians to make claims regarding stem cells as to the treatment or cure of any disease or condition.

With the goal of educating and explaining the current status of stem cells and related bio-

therapeutics, it is my hope that I have helped to debunk these six common misconceptions surrounding stem cell therapy. Stem cell therapy has shown tremendous potential in helping to re-stimulate our own cells (including our stem cells) and tissues to better rejuvenate, regenerate, heal, and fend off inflammation and the ramifications of chronic inflammatory damage.

If you are seeking attention for particular medical problem or are on an anti-aging and/or biohacking journey, consider an opinion from a regenerative medicine professional to fully understand options to assist your health and longevity goals and desires.



About Jeffrey Gross, M.D



Having turned down MIT to attend U.C. Berkeley, Jeffrey Gross, M.D. studied biochemistry and molecular and cell biology under Nobel Prize winning professors. He then attended the George Washington University School of Medicine, before completing seven years of post-graduate training in neurological surgery including a fellowship in spinal biomechanics. Having practiced for over 20 years, Dr. Gross ties together his super-conservative approach to quality health care, focusing on non-surgical, minimally invasive, and cutting-edge regenerative medicine options.

In the last five years, additional research and training has led to an expansion of his care to anti-aging and longevity medicine, given its significant overlap with regenerative stem cell medicine. Dr. Gross' research experience began at the NIH during his high school years, and includes Lawrence Berkely Labs, The Beckman Laser Institute, and various Universities. His work has been cited nearly 1,000 times by other publications. Dr. Gross also has post-baccalaureate training and interests in bio-photonics and artificial neural networks. He was the first to solve the traveling salesman problem using bio-computing.

Standing head and shoulders above his peers, Dr. Gross has won many awards, including Top Doctor, and Top-Rated Neurosurgeon. A self-admitted over-achiever, Dr. Gross strives to put patients first above all else. Dr. Gross provides regular volunteer medical care and fosters a number of charitable causes.

**Website: <https://recellebrate.com>
IG: <https://www.instagram.com/recellebrate/>**

litewater

P R O T O N M O T I V E F O R C E



drinklitewater.com

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FREE Deuterium Depletion Guidebook!

A person is inside a large, transparent, spherical structure that floats on a body of water. The person is in a contorted, upside-down position, with their legs raised and arms extended. The sphere is highly reflective, showing the surrounding sky and clouds. The water is calm, and the background consists of a shoreline with some vegetation and a clear sky with scattered clouds. The entire image has a strong cyan/blue color cast.

*“One who looks around
him is intelligent, one
who looks within him is
wise.”*

— Matshona Dhliwayo

INNER

BIOHACKING FOR HEALTH SECURITY





Aging is not optional. Most of my practice deals with musculoskeletal pain, and some patients need and want the "rehab to performance" model, but the majority want the "rehab to stay healthy" concept. Personal wellbeing and maintaining it as you age is one of the top issues of the day. A new phase for this is biohacking. As my patients have aged with me, they have learned to stay ahead of health issues by preparing for the next chapters of life. We have all seen that nothing stops good intentions, a positive mindset, and a healthy training program, such as an injury or illness. If you can't even start working out, or continue working out and training because of pain, how can you fully stay healthy? The 65-and-older set will soon outnumber children younger than five.

I talk to patients about the concept of the Wellness Wheel, concepts put together from multiple sources, such as Ben Greenfield, Dave Asprey, Dr. David Perlmutter, and others. The conversation is about diet, exercise, sleep, cardiovascular health, digestion, hormones, brain health, stress and inflammation, detoxification (lymphatics), aesthetics, and longevity. Patients get a check mark if they are doing something to provide this whole-health approach to prevent disease and injury.

I go through each main category and ask questions such as, "Do you feel like you are doing enough exercise?" I give them time to do self-

discovery and selfassessment. I also like to ask them, "What are the most important factors for you personally after getting out of pain?" Common answers include weight loss, sleep, flexibility, strength, fall prevention, dementia prevention, and aesthetics. This gives us an opportunity to discuss the treatment plan and an end goal of a successful treatment. Obvious short-term goals include restoring range of motion, improved function, pain reduction, and any fear of movement they describe. Whatever is important to the patient is important to me. Preventing age-related conditions, such as Alzheimer's disease and dementia, staying vibrant, and fall prevention, would be long-term goals. Getting ahead of future or predictable health issues is biohacking.

My style of talking to patients regarding care is to understand "what matters" not "What's the matter with you?" I repeat back to them their unique health goals. My personal health goal is to prevent cardiovascular disease, which I have on my father's side. My professional goal is to continue learning and practicing to provide evidence-based, objective, and customized advice. An overall trend that I see is no matter what type of shape patients show up with, they seem to want to build a plan that helps them achieve health security. It's no different from creating financial security. It requires a plan, consistent deposits, not spending more than you have, and looking for good dividends.

With that any “occasion” type of injury, I can offer a treatment menu that includes mobilization, joint manipulation, osteopathic, soft-tissue/fascial techniques, exercise therapy, taping, and ergonomic and nutrition advice. Patients are intrigued by the other services I choose to provide, i.e., exercise training, magna-waving, shockwave therapy, laser, muscle stimulation devices, weight loss, and even virtual reality sessions that soothe the mind. Don’t get me wrong, the chiropractic adjustment is “serious” and everyone is checked for that application, but in my practice, everyone also gets exercise, and the exercises I teach are ever so doable. I didn’t set out to be a one-stop shop for biohacking, but I do weight loss, exercise therapy, and chiropractic care, and it has been my trend for over 30 years.

Here are some of the current trends and advice I think are important for planning future health security and biohacking thoughts while still enjoying the present:

Diet:

Help patients figure out their unique diet specific to them. Just go back two generations and see what your ancestors ate for clues.

Exercises:

Help patients discover their exercise interests and pursue them with passion.

Help patients stay well rounded in their workouts. That includes a proper balance of cardio,

strength, flexibility, balance challenges, weight, stress, etc.

More is not always better. Get patients to expose their bodies to max oxygen utilization; I recommend 30 seconds to four minutes of all-out movement.

Physical inactivity is just not allowed.

Be able to move in and out of different activities. Help patients pick and choose based on their strengths and help them prioritize areas that need more attention.

Talk to patients about recovery after a workout. I recommend they eat 20 to 60 minutes after a morning workout. Talk to patients about balance training earlier in life. Don’t wait as we age to practice balance.

Sleep:

As much as I hate this one, it is healthy to sleep in a cooler environment. Help patients get a better night’s sleep.

Cardiovascular health:

Encourage vagus nerve health. Recommend breathing exercises to all of your patients.

Learn a little about heart rate variability so you can talk to patients about it.

Brain health:

Learn about nootropics from your supplement companies so you can recommend these to patients. Help patients keep their blood sugar at the right level and figure out ways to lower cortisol levels.





Talk about sleep and avoiding fatigue.

Hormone health:

Too many people are overtraining, and this may have detrimental effects on the hormones. I think men should know their testosterone levels at the young age of 30.

I want them to have a baseline for later in life.

Stress and inflammation:

Who isn't talking about inflammation and its effects on overall health and well-being? Resolving inflammation in the gut and brain is the first issue to resolve for most healthy aging conversations.

Ask patients to reduce using vegetable oils for cooking; encourage butter or olive oil.

I recommend doses of turmeric to most of my patients.

I get my patients to write for 10 minutes every night before bed to reduce stress and sleep better. I recommend writing down everything that is bothering you—physical and mental. Just do it in a stream of thought. No one else will read what you wrote because you are going to rip up the piece of paper and throw it out. This simple exercise has helped many chronic pain patients tap into the neuroplasticity concept and reset stress levels, which decreases pain levels.

Detoxification:

Think of the lymphatic system here.

Ask patients if they are regularly sweating. Recommend heat blankets, sauna time,

or just exercise for sweating. Recommend vibration plates or breath work if needed. I always ask about bowel movements and want to make sure patients are drinking enough water and getting fiber in the diet.

Aesthetics:

For me, this is all about posture and maintaining good posture as we age. I design entire exercise programs around correcting and preventing rounded shoulders, forward head posture, and anterior or posterior pelvis tilts. Ask your patients if they get Botox injections; you will be surprised how many do this. Have an opinion about that! Ask patients about skin care creams and how much they spend each month on these products. You will be shocked at the answers you get.



Longevity:

Offer the space for people to share potential fears about growing older and concerns about dementia or Alzheimer's. Do so without contributing to unhealthy pressure and creating more anxiety.

We create longevity by not smoking and enjoying regular movement, community, and foods.

I find myself trying to save patients from themselves, reminding them that they need to find work-life balance (personal time and relaxation time). If you don't know how to go about exercise training for patients, take some rehab courses offered by the ACA Rehab Council. Many doctors train their patients the way they work out. This may not be the best choice for that patient.

Teach and explain to patients why they need to do what you recommend. For example, "Do these exercises to help maintain the adjustment that I did to keep your pelvis in alignment." Help patients find several good exercise matches, and then within that list, they can select one to do at home on their own.

Another trend I see is that you, the doctor, has to commit to exercise and all of the healthy aging concepts I mentioned earlier. Have you seen the young student doctors in various chiropractic colleges these days? They look physically fit and are learning exercise as medicine. You need to keep up.

I tell my patients, "I get that your life will go on even if you don't exercise." I then remind them, "No one is getting out of this alive

(meaning life itself). What kind of shape or role model do you want to be remembered being? Are you being the best version of yourself?"

Patients appreciate that I get them to think about doing things that they don't or wouldn't normally do when and if they go to the gym, eat, sleep, etc. A simple example is stretching the calves every day. I find 90% of my patients need to spend time stretching tight calves for overall kinetic chain improvement.

Staying healthy is going to require making good choices and known principles. It's going to take variety too. Like what? Being coordinated, agile, fluid, graceful, and strong in different directions and maintaining good postures. Other principles and concepts for achieving health security include



understanding, establishing, and creating good movement patterns.

I have my patients learn and focus on bodyweight exercises, lots of static holds, and then progress to what I call the CLX band big six movements. These include squats, pushes, pulls, chops/lifts, single leg activity, and swings.

Beyond that, I encourage patients to continue learning progressions and solid programs with free weights and kettlebells. A continuum of good movement will create flexibility and strength. The principle and constant message is that movement is used to improve everything for health security, not break you. I am clear that my job is to watch the way you move, understand a little about the way you move to locate movement faults, and help you discover if there is a better way for you to move. That translates to better neuromotor control, leading to less joint stress. In all the years I've been a rehab specialist, now more than ever, patients want strategies to improve their health and create health security. Biohacking is the new term. Helping patients challenge themselves without getting injured means understanding the purpose, intent, and perspective upon your training.

Let's help patients take more ownership of their bodies and create health security.

ABOUT DR JEFFREY TUCKER



Dr. Tucker's interest in putting together the arts and science of Pilates, yoga, stretching, medicine balls, stability balls, rubber tubing, balance training, chi gong, weight training, cardio training, endurance training, diet, chiropractic, performance enhancement, muscle and massage therapy, has been evolving for more than 20 years.

Dr. Tucker completed Chiropractic training at Los Angeles College of Chiropractic. He has a post graduate Diplomate degree in Rehabilitation and is certified in chiropractic spinal trauma. He is a member of the California Chiropractic Association and the American Chiropractic Association. He won a KARMA award and was named Chiropractor of the Year from the Los Angeles Alternative Medicine group. He is the designated and selected Chiropractor for The Massage Therapy Center in Los Angeles. He is author of numerous articles and publications on soft tissue injuries. He has been in continuous active practice for the past 20 years in the west Los Angeles area. . He teaches post graduate training in the cervical spine, lumbar spine and temporomandibular joints.

In his free time, Dr. Tucker enjoys hiking, bike riding, and his own progressive body movement classes. He is married to Madelyn Alfano, the owner of Maria's Italian Kitchen restaurants, and has three children.

His practice includes chiropractic, postural assessment/conditioning, gait analysis, therapeutic exercise, and muscle/soft-tissue therapy.

Website: www.DrJeffreyTucker.com

HEARTBURN, ANTACIDS & ALTERNATIVES

Antacids have long been relied upon as a go-to solution for alleviating symptoms of acid-related disorders, such as heartburn and indigestion. These over-the-counter medications work by neutralizing excess stomach acid, providing temporary relief. However, emerging research suggests that while antacids may bring short-term comfort, their prolonged and indiscriminate use may have negative effects on our health.

1. Increased Risk of Infections:

A study published in the Journal of the American Medical Association (JAMA) in 2017 highlighted a concerning association between antacid use and increased susceptibility to infections, particularly gastrointestinal and respiratory infections. The research suggests that antacids may alter the normal balance of gut bacteria and impair the immune system's ability to combat infections effectively.

2. Nutritional Deficiencies:

Research published in the journal Drugs & Aging in 2010 indicated that long-term use of antacids, particularly those containing aluminum or magnesium, may contribute to deficiencies in vital nutrients. The excessive reduction of stomach acid impairs the absorption of nutrients such as calcium, iron, and vitamin B12. Prolonged deficiency of these essential nutrients can lead to various health issues, including anemia, osteoporosis, and neurological problems.

3. Increased Risk of Fractures:

A systematic review published in the Journal of Clinical Endocrinology and Metabolism in 2012 suggested a potential link between antacid use and an increased risk of bone fractures. The study found that long-term use of proton pump inhibitors (PPIs), a common class of antacids, was associated with a higher likelihood of hip, spine, and wrist fractures, likely due to impaired calcium absorption caused by reduced stomach acid.

4. Rebound Hyperacidity:

A research paper published in the journal Digestive Diseases and Sciences in 2013 shed light on a phenomenon known as rebound hyperacidity. Prolonged use of antacids can lead to an overproduction of stomach acid when the medication is discontinued abruptly. This rebound effect can intensify symptoms and create a cycle of dependency on antacids, making it challenging to wean off them.

5. Drug Interactions:

Several research papers have explored potential interactions between antacids and other medications. Antacids, especially those containing aluminum and magnesium, can interfere with the absorption and efficacy of certain drugs. For instance, antacids can reduce the absorption of antibiotics like tetracycline or alter the blood levels of medications like digoxin, warfarin, and certain antiviral drugs. These interactions can compromise the effectiveness of the medications and lead to



suboptimal health outcomes.

Additional Research

A study published in the journal *Gut* in 2015 found that people who used antacids for more than two years had a higher risk of developing small intestine bacterial overgrowth (SIBO). SIBO is a condition in which bacteria from the large intestine grow in the small intestine. This can lead to a number of digestive problems, such as bloating, gas, and diarrhea.

Another study, published in the journal *Nature Reviews Gastroenterology & Hepatology* in 2016, found that antacids can disrupt the balance of the gut microbiome. The study found that antacids can kill beneficial bacteria and increase the levels of

harmful bacteria. This can lead to a number of digestive problems, such as constipation, diarrhea, and bloating.

Fortunately, there are alternative approaches supported by scientific studies that offer effective and sustainable relief for digestive discomfort.

1. Probiotics for Gut Health:

Research published in the journal *Digestive Diseases and Sciences* in 2019 demonstrated the efficacy of probiotics in managing acid-related disorders. Probiotics are beneficial bacteria that support a healthy gut environment. They can help restore the natural balance of gut bacteria, enhance digestion, and reduce symptoms

of heartburn and indigestion. Incorporating probiotic-rich foods such as yogurt, kefir, and fermented vegetables into your diet, or considering probiotic supplements, may offer significant relief.

2. Lifestyle Modifications:

A study published in the *American Journal of Gastroenterology* in 2013 emphasized the importance of lifestyle modifications in managing acid reflux symptoms. Simple changes, such as maintaining a healthy weight, avoiding trigger foods (e.g., spicy or fatty foods, caffeine, and alcohol), and adopting proper eating habits (e.g., smaller meals, avoiding lying down immediately after meals), can significantly reduce the frequency and severity of acid reflux.

3. Herbal Remedies:

Several herbal remedies have shown promising results in alleviating acid-related discomfort. Research published in the *Journal of Ethnopharmacology* in 2018 explored the therapeutic potential of herbs such as ginger, licorice, and chamomile. Ginger has been found to have anti-inflammatory properties that can reduce heartburn, while licorice and chamomile have soothing effects on the digestive system. Incorporating these herbs into your diet or considering herbal supplements can provide natural relief.

✦ Ginger, a widely used herb with a long history in traditional medicine, has been





recognized for its digestive properties. Research published in the journal *Integrative Medicine Insights* in 2016 demonstrated that ginger has gastroprotective effects, helping to reduce gastric acid secretion and increase the production of protective mucus in the stomach lining. These effects make ginger a potential natural alternative for managing acid-related disorders.

✦ Licorice root, derived from the *Glycyrrhiza* species, has been extensively studied for its gastroprotective properties. A research paper published in the *Journal of Ethnopharmacology* in 2019 highlighted the ability of licorice root extract to promote the secretion of protective mucus, enhance the integrity of the stomach lining, and inhibit the growth of harmful bacteria. These findings suggest that licorice root may help alleviate symptoms of

acid reflux and protect against related complications.

✦ Chamomile, often consumed as a herbal tea, is known for its calming effects. Research published in the *Journal of Agriculture and Chemistry* in 2015 explored the potential anti-inflammatory properties of chamomile extract. The study found that chamomile can inhibit the production of inflammatory mediators and modulate acid secretion, which may contribute to its ability to alleviate symptoms of acid reflux and gastric ulcers.

✦ Aloe vera has long been recognized for its soothing and healing properties, particularly for skin conditions. However, research published in the *Journal of Traditional and Complementary Medicine* in 2015 highlighted the gastroprotective effects of aloe vera. The study suggested that aloe vera can reduce gastric

acid secretion, enhance mucosal defense mechanisms, and promote tissue repair, making it a potential natural remedy for acid-related disorders.

✦ Slippery elm, derived from the inner bark of the *Ulmus rubra* tree, has a long history of use in traditional medicine for gastrointestinal conditions. A study published in the *Journal of Complementary and Integrative Medicine* in 2019 indicated that slippery elm can provide a protective coating to the esophagus, reducing symptoms of acid reflux and improving overall digestion. The research highlighted its potential as a natural alternative to antacids.

4. Mindful Eating and Stress Reduction:

Research published in the *Journal of Neurogastroenterology*

and Motility in 2017 highlighted the impact of stress on digestive health. Practicing mindful eating techniques, such as chewing food thoroughly and eating slowly, can aid digestion and reduce symptoms of acid reflux. Additionally, incorporating stress reduction techniques like meditation, deep breathing exercises, and yoga into your daily routine can contribute to overall digestive well-being.

5. Dietary Modifications:

Scientific literature, including a study published in the journal Gut in 2014, has shown that certain dietary modifications can help manage acid reflux symptoms effectively. These modifications include reducing the consumption of acidic and spicy foods, citrus fruits, tomatoes, and carbonated beverages. Opting for a diet rich in fiber, fruits, vegetables, and lean proteins can support optimal digestion and reduce the occurrence of acid reflux.



Conclusion:

When it comes to managing acid-related disorders, considering alternatives to antacids can lead to long-term digestive health. Research papers have highlighted the benefits of probiotics, lifestyle modifications, herbal remedies, mindful eating, stress reduction, and dietary changes in reducing acid reflux symptoms. By incorporating these strategies into your daily routine, you can address the root causes of digestive discomfort, promote a healthy gut environment, and achieve sustainable relief. It is advisable to consult with healthcare professionals for personalized guidance and support in implementing these alternative approaches.

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THE CYBORGMEDIA TEAM



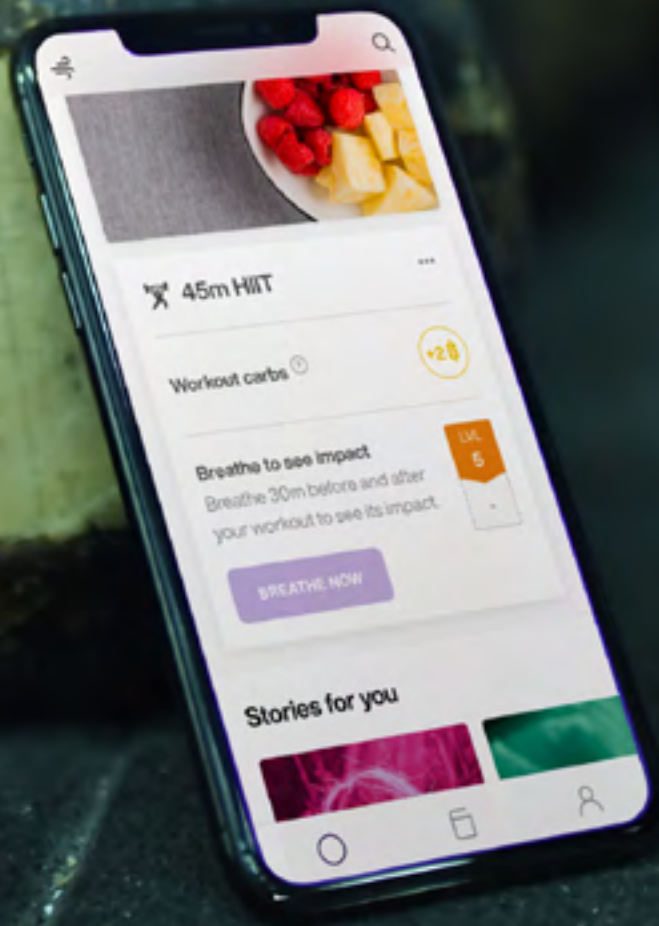
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BIOHACKING WITH NATURAL INGREDIENTS & VIRTUOUS PRINCIPLES

THE ROOT BRANDS





What does it mean to be health conscious? Does it merely imply that one is aware of their health, and yet either making healthy choices to improve it or unhealthy choices to degrade it? The second choice often leads to major health conditions and symptoms, of which some spend years to a lifetime treating and struggling to keep under control. In today's modern culture, the masses of the world tell us to take a 'remedy' or medicine to alleviate the pain or symptoms... temporarily. There's not much discovery into the actual cause of the symptoms, and to make matters worse, because there is no deep search for a diagnosis, the symptoms pile up from continual neglect of the primary cause. Then, just to top this all off, many

doctors and medical professionals hardly have the time or the resources to devote to finding the principal factor behind the symptoms, simply because there are so many patients suffering from these undiagnosed symptoms; It's a cycle.

In the biohacking world, there is an initiative to shift this perspective and advocate for more of a preventative approach to health. Companies are beginning to make their mark on the health-care industry by allocating time and products geared towards the diagnosis, treatment/remedy of the root cause, and the continued preventative maintenance of good health. One of the most influential and main drivers of this paradigm shift, is the widely successful and rapidly expanding ROOT brand. The name is exactly in line with its mission, to improve the lives of all earthy inhabitants by addressing the core causes of illness and poor health. Their core philosophy? - Cure the Cause.

How are they doing this? By offering Proprietary Patent-Pending Techniques & 100% organic, ingredients found in nature built for eliminating harmful elements found in the body, while at the same time replacing them with natural compounds designed to maximize and optimize all the functions of the human body, mind, and spirit. I was lucky enough to sit down with The ROOT Brand founders, Dr. Christina Rahm and Mr. Clayton Thomas.

When discussing their mission, they both expressed how important it is for them to create a community based on health and gratitude. "This is about solutions for people." Dr Rahm explained. "So, while part of the world is talking about depopulation, we're talking about empowerment of people so that we can create this amazing environment."

Their products speak for themselves. They offer a Trinity Pack that contains their three core products to address each aspect of the individual's health. There's 'Clean Slate' - geared towards removing toxins, 'Zero-in' - developed to reduce brain fog and improve focus, and 'Restore', - containing ingredients designed to fully give your body all that it needs to recover and feel full of natural, lasting energy throughout the day. The difference in their products vs others? It all comes down to their approach and principles.

"We really did take an approach using micro dosing, micronutrients, and bioavailability - different kinds of proprietary ways of manufacturing and working in a lab to produce these formulas." - Dr. Rahm



Clayton went on, "If you formulate accordingly and you're using additional mechanisms to improve bioavailability and the amplification of ingredients, you don't need macro amounts. You need quality."

The ROOT Brand combines their pure, natural ingredients with their true, virtuous principles. Because of this, they have expanded to over 76 countries in just 3 years.

"We share and communicate constantly with our audience and our customers and our ambassadors." Dr Rahm said. Clayton adds, "The acronym for our principles is easy. So, it's E.A.S.I, which is Education, Authenticity, Simplicity, and Integrity. And there's a secret ingredient in everything that Dr. Rahm produces, it's love. And it's the one secret that she puts into everything. It's the frequencies, it's the harmonics, it's the intention, it's love of what she intends to do with each formula."

Dr. Rahm spends a large amount of her time perfecting each product, all because she wants to give all that she can to her work for the greater good of the commu-



nity. "Scientifically", Dr. Rahm begins, "we have taken an approach where we are doing the best we can do with each single formula. I spend a lot of time; Usually there's 21 to 100 different formulas made before one product gets completed by me."

Its rare that you find such dedication and commitment in the world of formulation and supplementation. Again, because The ROOT Brand combines their elements and products with their positive philosophy, they are helping to change lives and create more of a lasting impact that goes beyond physical health. As we know, biohacking combines the physical hacks with the spiritual and mental ones, knowing that it's important to keep all these areas in balance and in good health.

And these founders are no strangers to biohacking. Biohacking, they say, all starts with perspective. "I've always been a huge fan of biohacking", Dr Rahm proclaims. "I think that if it's used the right way, you are empowering people to be the best person for as long as possible. I would challenge people to understand that it's a gift to be able to biohack, it's a gift to be your best self ever. So, use it for a positive reason for others and share that so that this movement of biohacking, this movement of detoxification grows and grows and grows."

What's the best product to start with? Clean Slate, hands down.

"Clean slate is definitely the first formula I would start with.", Dr. Rahm suggests. "You can start with any of them, but I always tell people you've got to detox and clean the body and get rid of the junk. We take our trash out but we don't take stuff out of the inside of our body, and we must."

The ROOT Brand believes in their products so much that they offer a full money back refund if you don't like them after trying them for 30 days. Clayton expands on this, "You use 'em [products] for a month and you don't like it, just send us the bottle back. We'll refund your money because we don't want your money. I want your heart; I want your conviction. The interesting part is our return rate is less than 0.3% of our sales, which is unheard of."

It's clear to see that The ROOT Brand exists beyond just treating individual's health symptoms. They exist to help people cleanse their body, increase their focus, and revitalize their energy, all naturally and organically. In a world where we're constantly being told to treat the superficial effects, there is a need for more companies like ROOTS that resolve to focus on the deeper causes and foundations of one's health, creating communities with positive perspectives, healthy bodies, and happier lives of longevity and vitality. For more information on The ROOT Brands, go to www.theroot-brands.com/purelivingroot



About Dr. Christina Rahm & Clayton Thomas



Social Handles

Instagram :
@Drchristinarahm

Facebook :
@Drchristinarahm

Twitter:
@Drchristinarahm

LinkedIn:
@Drchristinarahm

TikTok:
@Drcurethecauses

Telegram:
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Social Handles

Instagram:
@Theclaytonthomas

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Twitter:
@TheClaytonThom1

Dr Christina Rahm – Co-Founder and Formulator of ROOTS Wellness, Dr. Christina Rahm is an international scientific influencer that creates proprietary formulas/patents/trade secrets to solve global issues for the environment, people, and animals. Known for her International best seller, “Cure the Causes,” Dr. Christina Rahm focuses on getting to the ROOT of issues to help mankind. Dr. Christina Rahm is an international well-published scientist that has traveled to over 85 countries.

She has received numerous Doctorate degrees in various areas of science and the humanities and recently received two Honorary Doctorate degrees in Humanity and Pharmaceutical Science.

Clayton Thomas, Founder of ROOTS Wellness Clayton focuses on detoxification and supplementation formulas and business ventures with his background in environmental and human health solutions and degrees in humanities with a focus in communications, business and kinesiology. Clayton possesses over 25 years’ experience in health and wellness and As An entrepreneur in the healthcare industry, he has developed business models of analytical testing in medical practices to improve quality of care by identifying risks of the big three diseases: diabetes, cardiovascular disease, and obesity. His mission is to help improve the world through scientific and business approaches. Clayton is happily married to Dr. Christina Rahm, they have 4 children in the Nashville area.

Website: www.therootbrands.com/purelivingroot



CORE

The turning point in the process of growing up is when you discover the core of strength within you that survives all hurt.
- Max Lerner

A close-up portrait of Dr. Mike Van Thielen, a man with short, wavy brown hair and blue eyes, wearing a dark suit jacket over a blue and white striped shirt. He is looking directly at the camera with a slight smile.

EXCLUSIVE INTERVIEW

DR MIKE VAN THIELEN

**BESTSELLING AUTHOR,
ENTREPRENEUR, PHILANTHROPIST,
WORLD RECORD HOLDER,
PROMINENT SPEAKER, BIOHACKER &
INTEGRATIVE HEALTH, NUTRITION, &
REGENERATIVE MEDICINE EXPERT**



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Dr. Mike is an expert biohacker and a mentor. He has a PhD in holistic nutrition. He is licensed as a physical therapist and acupuncture physician. He is a doctor of oriental medicine and has degrees in professional health studies and physical education. Dr. Mike is considered an expert in functional medicine and regenerative medicine and is certified in

Chinese herbal medicine, homeopathy, and homotoxicology. He is a bestselling author, entrepreneur, and philanthropist. He is a world record holder in swimming, and he is an All-American, holding 31 U.S. national titles in Master swimming.

So, let's talk a little bit about your history and your upbringing and how that influenced where you are driving most of your energy today.

Well, I grew up in Belgium in a single-family home. My mom worked very hard to provide for me and my brother. I wouldn't say we were poor, but we had to work hard to make ends meet. So, from an early age, I had an entrepreneurial take on life because if I wanted something, I had to work for it. I did private swimming les-

sons and was a DJ. I also went to flea markets to sell off some of my grandma's stuff that I found up in the attic.

Were you competitive at a younger age?

I was great at most sports. In elementary school, I was the fastest runner and part of the basketball team, the soccer team, etc. However, one of my best friends was on the local swim team and so I lost at swimming. So apparently I was a sore loser, but my solution wasn't that bad. I joined the local swim team myself, and that's where I found my passion for swimming. Since then, I've been a competitive swimmer. I went to the University of Brussels and luckily, going to a university over there is much cheaper than here. So I was able to afford that.

And I did physical education for four years, and I was still young. I was 22. I didn't really want to go to work yet. So I decided to go study physical therapy and got my master's in physical therapy. At that point, I started traveling with the Belgian Olympic swim team in preparation for the Olympic Games in Atlanta in 1996. So that's when I started traveling, and getting exposed to top athletes and top performance, and obviously got exposed to nutrition supplements and trying to get the edge in performance. At that point, they were short of physical therapists in the United States. So, when a recruiter called me up and asked if I was interested in coming to work here, I saved \$400, packed a backpack, put my jeans on, and came to live the American Dream. And that's how I ended up here...

Wow. What a story. So, with your experience, are you seeing a shift in the focus of how athletes prepare themselves through biohacking?

I think in most sports, even today, they're a little bit behind. Most athletes, coaches, and people do not realize the technologies, tips, strategies, and knowledge that is available to us today, to really upgrade our body, our mind, and our life, and even objectively reverse our biological age. So that's where we come in. We educate athletes and common people alike that these technologies and strategies are not just for the elite. All of this is available to us, and we can improve our lifespan, performance, and the quality of our life.

BIOHACKING UNLIMITED



I see. How did you go from coming to the U.S. as a physical therapist and ending up with a Ph.D. in Holistic Nutrition and being a renowned biohacker?

When I first came here as a physical therapist, with my backpack and \$400, it was hard. I got knocked down often and therefore, my motto quickly became, "I never lose, I win or learn." So, I had many life lessons, but when I was practicing physical therapy, at one point, I worked in a clinic where they also provided acupuncture, herbal medicine, and supplements to their patients. I observed that patients who received a combination of conventional medicine with some of these natural modalities achieved better results. I decided to go back to school and enrolled at the Florida College of Integrative Medicine, a three-year program and obtained my license in acupuncture and Chinese herbal medicine, homeopathy, injection therapy, etc. It was exciting. But after treating another thousand patients, I became frustrated because these alternative practices like chiropractic, acupuncture, food therapy, and hormone replacement therapy are less invasive than conventional medicine, meaning drugs and surgeries, but I really didn't see the long-lasting results either. So, I had to go back to basics, and that's when I decided to get my Ph.D. in Holistic Nutrition. I also looked at mother nature and animals in the wild and observed what they were doing because Mother Nature holds the truth about health. By com-





binning these two, I became very confident in helping anybody regain control of their health and eliminate any pain or any medical conditions or diagnosis; and then guide them to optimal health, and ultimately reverse their biological age. That's my journey and that's how I became a mentor with emphasis on helping people to become superhuman and unleash their superpowers.

Right. So, talking a little bit about that three-step process, you first help them regain control of their health, and then you optimize it, and then you help them become superhuman. Can we talk a little bit about the detail that goes into each one of those steps?

Sure. Those three steps are not necessarily distinct. They can overlap with each other. We can offer clients biohacking technologies and strategies, but they would not benefit much if they had several medical conditions or are overweight and in ill health. The body will not respond as expected. So, it's important that we customize a program and implement the correct strategies and tips at the appropriate time, based on where they are in their journey to achieve optimal health. Unfortunately, most people fall into the first category. They are in pain and/or are diagnosed with some type of medical condition, or they're overweight, they're fatigued, etc. So, we need to help them regain control of their health and set the foundation.

We need to eradicate any pain that they may experience and/or abolish any type of medical con-



dition. We need to bring them back to what we call 'normal'. That's the first step. Once we are back to normal and we're no longer suffering from pain or medical conditions, we can now integrate different lifestyle modifications to get to optimal health, where we feel strong and vital, and fit. We are now in control of our physical, mental, emotional, and spiritual well-being. Optimal health will then be the ideal foundation to maximize the benefits of biohack-

ing strategies and modalities, so we unleash our superpowers and become superhuman.

How do you know these strategies work?

The great thing about biohacking is that we can incorporate objective measurements. We can establish baselines such as specific blood tests, biological age, genetic profiles, gut-biome tests, body composition analysis, HRV

(heart rate variability), and many more. We can set these baselines, implement biohacking strategies, and repeat the measurements to evaluate progress and monitor how effective the program is and how effectively we are reversing our biological age.

When it comes to biohacking though, we cannot forget about upgrading our mind. The mind not only controls our body, it also controls our destiny. That's why I developed the IZOD method™ because I believe anybody that masters the IZOD method™ can bring their A-game and fire on all cylinders. They can be In the Zone On Demand, and fulfill all their goals and dreams.

Thank you for taking me through that. Can you expand a little bit on the IZOD method™?

Yes. It's not the clothing line but IZOD stands for: In the Zone, On Demand. During the pandemic, I was asked to help with pre-screening hundreds and hundreds of patients for medical marijuana. So, when I did that, I wasn't expecting so many people to suffer from anxiety, depression, PTSD, worry, fear, etc. Yes, there are therapies and drugs out there for these conditions, but by talking to all these people, I realized there's a much bigger underlying cause. Most people don't have a purpose in life. Just imagine you don't have clear goals, dreams, or any purpose, and you're working a job that you may not even like, and life's thrown at you, and don't even know what tomorrow brings.

I would be uncertain and

THE IZOD METHOD™
UNLEASH YOUR SUPERPOWER



stressed also. I would be worrying about tomorrow and next week and next month. These negative emotions make you anxious and maybe depressed. It's a vicious cycle. Instead of just putting a band-aid on and getting therapy or getting supplements or drugs, we need to take this one step further. I decided I had to come up with a solution. That's when the IZOD method™ came to life.

The IZOD method™ has three distinct phases. First, we need a foundation. As a mentor, I help people identify or find their purpose in life or confirm it. There are several exercises that I do with people, and we usually identify or confirm their purpose in life within an hour or a few days. We really hone into what their passions are and what brings that fire in their stomach.

As you know, from the day we're born, we are all pushed in a certain direction. We have to go to school, we have to go to college, and after college, we have to work for somebody until we're 65. Then supposedly we can enjoy the "golden years" which never come, right? Or we're influenced or shaped by our parents or teachers. If dad is an attorney, then he probably wants us to go to law school. If mom's a doctor, she probably wants us to go to med school. Nobody asks you what you are passionate about. So, I'm really helping people to stop for just a second and reevaluate which direction they're going. We need purpose, passion, and fulfillment in life.

How does one know they are living your purpose?



The first thing I always do, Dallas, is simple. When you wake up in the morning, what's going through your mind? Is it, "I get to get up, I get to go to work, I get to do this, I get to do that", and you're passionate and you can't wait to go to work? Or is it more like, "I got to get up, I got to go to work, I got to do this", and the day is perceived as a burden? Unfortunately, The latter is true for most people. Asking yourself this simple question gives you the answer to whether you're living your dream or your passion, or not. If you are not living your purpose, we identify what your purpose is. So, the first step is establishing your purpose.

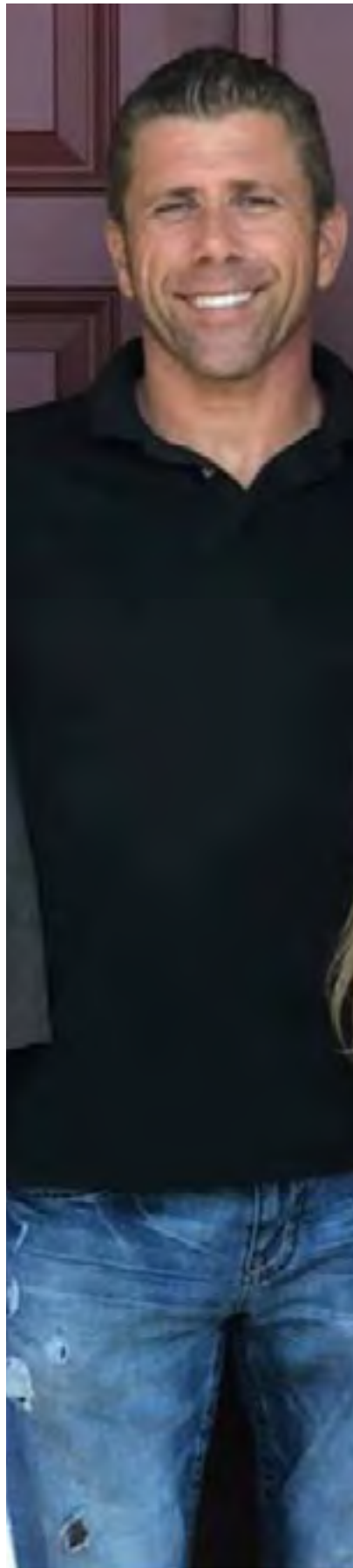
Next, we need to start scripting our life. We need to get in control of our agenda, our calendar. We

need to create a plan and a strategy. What are your goals? What are your dreams? We need to know what tomorrow brings, next week brings, and next year brings, and set those goals and those dreams and those stepping stones. The more control we create in our life, the more clarity there is. The more clear we are, the less stress we experience.

So, step number one is purpose and regaining control of our life, our agenda, our calendar. Step two then, is that we need a plan and a strategy. And it's just like a business plan; we need to write it down, but it doesn't have to be detailed. We don't need to know the how-tos or the details, but we need to know the, 'what's', what are our goals, our dreams? We

need to write those down. Then we need to identify the people that we need to reach our highest potential, because by ourselves, we can never reach our highest potential. We are told that you got to identify your weaknesses and work on them and I think that's totally wrong. I believe we need to continue to work on our strengths, 110%. Yes, it's good to know our weaknesses because then we hire the people and surround ourselves with people that are strong, where we are weak. So I help my mentees to identify the people that they need to fulfill their highest potential.

A good example, is the 110-meter hurdles for men, or the hundred meters hurdles for women at the Olympic games. These athletes have a team around them, right? They have a coach, they have a nutritionist, a mental coach, support from their family, etc. They have an entire team around them to support them. They also know where the finish line is. That's their goal. That's their dream. It's the gold medal or world record they want. And there are these hurdles, but they have a plan, they have a strategy, they have a team, and they're going to attack those hurdles because they realize that every hurdle is just another step closer to their goals and their dreams. Contrary, if you don't have that direction, if you don't have that purpose in life, and no plan or strategy, and there's an obstacle, you go "Oh my God, it's not meant to be. Why me? I'm giving up". So, step number two is to create a plan and a strategy, including a team of experts to reach your highest potential.



Then step number three is bio-hacking, upgrading the body and mind. Especially the mind because our mind and our beliefs usually hold us back from getting out of our comfort zone and from taking that next step. We need to make sure that there's no doubt in our minds that we can reach our goals and dreams. If there is doubt, the universe has two options: failure or success. If there's no doubt, the universe only has one option: success, a big win, right? So, we really have to work on our belief system. We need to eliminate false core beliefs. We need to implement visualization as part of the power routines in our daily life. We need to learn to manifest, and we need to take advantage of the technologies and strategies that are out there and facilitate us tapping into the various brainwaves.

Breathwork and BrainTap, just to name a few, can help us take control of our emotions, our thoughts, and our life so we can set that blueprint for a big win. Many people are not familiar with these mind-healing strategies and technologies, but getting control of your mind and destiny is the key to being in the zone on demand. Most people, when we talk about in-the-zone, think about top athletes, right? Kobe Bryant, Michael Jordan, etc., or we think about a musician maybe. However, most people do not think that being in the zone is for the average person, but it is. Most of us have experienced it by chance or accident but don't realize we can reproduce that state of mind, that flow state. So, the IZOD method™ teaches us, whether

we are a performer or an artist, an entrepreneur, an athlete, or just John Doe, to perform at our highest potential. Mastering this method allows you to bring your A-game, on demand. It's about optimizing and balancing the five intelligence hormones and doing what you need to do, without being distracted. I help people to master this effective method so they can live their purpose, fulfill their goals, and dreams, and be successful.

I especially love how the program starts with trying to answer deep questions that are prodding at the soul of every human being, right? Who am I? Where did I come from? Why am I here? These are inescapable questions,

Dr. Mike. If people run from them their whole lives, they're still going to be there. People will regret that they never took the time to answer them. What type of answers to these questions do you get from clients? How do they respond?

Here is one of the common objections I get immediately with a new client. We identify quickly what their passions are and what dreams bring fire and passion, but then they immediately go back to their current realities. They'll say, "Dr. Mike, you're right, that's my passion but I have a family. I've got bills to pay. I have a job." They may be good or proficient at their job, but it's not their passion but they've been pushed into it. Now,

they have all these responsibilities and a family and bills and a mortgage etc. So, they say, "It's unrealistic. I can't give up my job." My response: "I'm not asking you to give up your job. Let's start with freeing up one hour per day." That's very easy because most of us are wasting a lot of time each day on meetings that take an hour and could be done in 15 minutes, or maybe it's watching Netflix or being on social media too much. We are going to assess that person's day and we'll find out how much time is wasted. Even if zero time is wasted, which never happens, we'll just get up in the morning one hour earlier. In other words, we're going to free up one hour a day and we're going to start working on

Unleash Your Superpower





those dreams and then gradually transition into purpose. So, no excuses. That's why people need a coach or mentor. I need a coach. When I swim records, I don't like to go to the gym. I have a personal trainer. He pushes me above and beyond and keeps me accountable for showing up. I'm that mentor or coach for people that are not living their purpose, not living their dream. When they want to change, great, I'm going to make them accountable.

Working on your goals, purpose, and dreams for one hour per day initially is like taking incremental steps. Before you realize it, you are making significant progress. Meanwhile, you are changing and upgrading your mindset, and belief systems, doing the things that need to be done so we can unleash your superpowers. In today's world, we need everyone's superpowers!

Right, and helping them understand also that their success will not come overnight. It's a gradual, incremental process, like you said.

You know what the big difference is, Dallas, is that once we identify their passion, and you can see it in their eyes, or you feel their excitement, even if we are only going to work on this one hour a day, they suddenly wake up with a totally different outlook on life. They wake up with an attitude of "I got to get this done". They know where the finish line is. They know they have a support system; even though in the beginning it may just be me. We identify who else we need because I'm not a know-it-all. So, we just identify which experts we need on our team. These experts don't have to be millionaires and professionals. They could be your secretary or a family member that has a skill or a strength where you are weak.

We need the right people around us, just like those Olympic champions with their trainers and their support system. The team and the accountability placed upon us brings excitement and inner motivation; we want to get things done because it's for us and we're passionate about it. With a clear purpose, we can contribute to the world in a certain way. Next, clients become eager and they want to speed up this process because they actually want to get rid of that old job. So, the more time they put in, the faster we can replace that old income with a new income that will bring happiness, success, and fulfillment.

Yes, well said. I want to talk a little bit about the second step of the IZOD method™ where you were talking about regaining control of your life and setting your

own schedules and blocking out that one hour and everything. When people with this mindset of "I'm going to control everything", sometimes if they're not prepared enough, they freak out when things happen that are unpredictable in life, right? So how does the IZOD method™ address that stress response and get them back on track, thinking about flow state and being In-the-Zone-On-Demand?

My latest book is called "The IZOD Method™ (In-the-Zone-On-Demand)". It's about optimizing productivity and focus, freeing up valuable time, living stress-free, etc. The book contains plentiful tips and strategies that may work for one person and maybe work not as well for another person. As a mentor, we identify, assess, and customize accordingly. We identify what their weaknesses are. Are they a procrastinator? Do they have difficulty focusing? If they have difficulty focusing and they can't get a project done, let's identify why. Are you doing the project in the living room? Are your kids running around the house? What about the dog? Maybe you need to assign a designated area for you to do your work and let people know that you're going to be working on your project.

Maybe this little device called a smartphone is what you are addicted to and you should shut it off for the two hours you're going to work on your project. Otherwise, you will be doing yourself a disservice because when you're focused and somebody interrupts you, it's to their ben-

efit, not yours. So, you're only going to use this device when you need something from somebody else, but otherwise, you're going to put it in airplane mode because you don't need to be interrupted. In addition, there are strategies like the Pomodoro technique and others that we can use to eliminate distractions and get organized in the house and/or in the workspace. Then, we need to implement power routines. I have my power routines and I share them with people. They can use my power routine as a template, but you can't copy my power routine because

it's not going to work for you. You need to develop your own unique power routine that you can count on, always.

A power routine is something you do in the morning and it's something you do in the evening. I have a morning and evening power routine. I also have a biohacking power routine and a dream routine, which is where I work on my dream a little bit each and every day. When you put those routines together, every-





thing becomes more of a scripted life and you will experience more and more control.

To answer your question: yes, there are uncertainties or things that happen that you can't predict, but if your agenda is set, your calendar is set, and you know what's supposed to happen tomorrow, next week, next month, in six months from now, and what the goals are, and how we are going to measure the interim results; and you have a coach and somebody that holds you accountable, that little emergency here and there is not going to sidetrack you.

Right. Well, you always have something to reference in those events. When stuff like that throws you off, you say, "Oh, where do I go back to? I go back right here. Okay, this is the goal." So, when we're talking about step one and step two, we've now gotten the person to buy into this mentality of taking control of their lives by focusing on their passions. Now, after that step, you said it's focusing also on the biohacking part of keeping them optimized mentally, physically, and spiritually, through biohacking devices. So, how do you differentiate or how do you discern what biohacking devices are right for each person?

It depends on where they are, right? What are their needs? Often what we do from a biohacking perspective, is a few tests. What is their biological age? Are they overweight? What's their current health look like? We must get certain foundations in place

first. So, from a health perspective, we go back to those initial three phases. We regain control, optimize, and then biohack. At each level, we have different objectives and therefore different tests and evaluation tools. In the beginning, if you have diseases or you have systemic inflammation that's causing a lot of pain, we can do some blood tests and see what the C-RP or C-reactive protein levels are and implement or upgrade our diet, take some anti-inflammatory supplements, and implement the necessary lifestyle modifications. Then three or six months later we do the blood test again and see how that systemic inflammation has dropped.

When it comes to stress, we can do NeuralChek, which is an HRV test device. We can monitor how stress levels have changed by implementing certain modalities or technologies. So, we have many objective measurements that will be customized, and they are relevant in certain stages of our journey to become superhuman.

When it comes to the brain and the mind, we need to take control also. This is my personal story. One or two decades ago, people told me that I would be much more successful if I would focus a little bit more on my mind when preparing for my

race and performing. Essentially, I needed to start meditating. I witnessed the power of the mind with other people, so I wasn't opposed to it. I just didn't have any personal experience. So here I go, trying to meditate, go to classes and practice myself. But you probably know Dallas, how difficult it is to empty your mind. So, I struggled with it in the beginning. When people are not experiencing a result after trying a few times, they give up, right?

I gave up too because I really didn't see the benefit, and I was unable to do what other people apparently were able to do: free up their minds and experience the next level of consciousness. However, today there are no more excuses because we have these technologies, and we have masters out there that can help us. It's who you know and who's in your inner circle. Not too long ago, I did a breathwork session with Travis Steffens, a good friend of mine who's going to teach the breathwork at my retreat in Costa Rica coming up soon. His APP has the absolute best masters in breathwork from all around the world. I suggest you download "The Breath Source". Anyways, by just focusing on my breath and being guided, everything else cleared out of my mind and sud-





denly I got into this other state of mind, which I never experienced before, just in one session. So, now that I experienced a benefit, I'm far more inclined to continue with breathwork, in this example. I think today with the right mentors, the right guidance, the right tools, and technologies, you can find the way. You know about BrainTap, right? BrainTap facilitates the average person to experience a meditative state, calm the mind before you go to bed and get into a deep delta sleep, or intensify focus if you want to perform. There are many biohacking strategies and technologies out there today that the average person can utilize to biohack or upgrade their mind and get results quicker.

The mind becomes very important if you want to be successful.

If you want to be a winner, if you want to realize your dreams, there cannot be any doubt in your mind. So, we shift most people's focus from the physical part to the mental part. When you get to the highest level, as you know, you can cure yourself with your mind from any disease you want. That has been scientifically proven. This is not hocus pocus, right? Check out the book, "Rewire Your Brain", by John B. Arden, or get familiar with Joe Dispenza's work. We emphasize the importance of the mind because that makes the difference between your average and elite entrepreneur, businessman, athlete, billionaire, artist, and performer.

The top performers are able to get In-the-Zone-On-Demand, just like Michael Jordan and Kobe Bryant. I give that example because when you saw them play,

they never had a bad game. That doesn't mean they won every game (because they have teammates) but they always performed at their peak. The other athletes are multimillionaires too, right? They play in the NBA or the NFL, or they're top golfers, and yet they would have good games and bad games, good days and bad days. Does it mean that their talent just diminished overnight, their physical capacity declined, or their strength or skills disappeared? No, the only thing that's different is the matter between the ears, right? They were distracted by maybe an argument with their partner, something with the kids, some financial situation, who knows? They were unable to get into the zone and that's when you anticipate just a fraction of a second too late. That's

when that ball slips through your hands. The problem with that is when you make that simple mistake, it carries over the next few holes or the next few plays. However, when you are in the zone, you only have the end in mind. So, if Michael Jordan or Kobe Bryant misses a shot, it does not carry over. They make the next three-pointer because they don't think about that miss. They only think about that win. That's truly being in the zone, and anybody can master that skill. That's my message to the world today.

For the people that are coming as your first-time clients, are these people all experiencing some root cause that is having an effect on their overall health, mentally and physically?

Yes, if you read any of my previous books or heard me talk, I believe there's only one cause of all diseases. It's toxemia. Toxemia literally means toxins in the blood. Our body produces toxins as part of normal metabolism, as normal wear and tear during our daily living. In a healthy organism, these toxins are removed by the body, the kidneys, the bowels, and the skin, so that no harm is done. However, when we take in or are exposed to far more toxins than the body possibly can eliminate, then those toxins accumulate in our blood and our body, and that's what we call toxemia.

Toxemia does two things in our body. It promotes free radicals and causes free radical damage or oxidative stress, and it causes systemic inflammation. We know that systemic inflammation, even

according to conventional medicine, is the cause of over 90% of all diseases. Systemic inflammation is a state of emergency, a condition in which the body cannot keep up with the elimination of toxins. This causes all diseases. To avoid all diseases, we then need to keep Toxemia in check. How do we do that? Well, we need to reduce the intake and exposure to toxins, wheth-

er that's from manmade foods, drinks, medicines, environmental toxins, polluted water, polluted air, electromagnetic frequencies, or electromagnetic radiation from our cell phones and Wi-Fi towers AND simultaneously increase the intake of nutrients that neutralize free radicals and soothe inflammation and repair our DNA. When we keep toxemia in check, we are not at risk of any disease. When



I told you initially that I'm confident I can help anybody with any pain or any disease, I don't care what conventional medicine labeled this disease with, I'm going to treat them all the exact same way. I'm going to reduce that inflammation in the body, I'm going to balance the systems, and everything will dissipate no matter what they were labeled with. That's why I'm very confident to do that with people, to get them back to normal so we can proceed to optimize their health and then unleash their superpowers, even though today they might not feel they have any.

Are you also going to work on their mind so that they can believe that what you're doing is going to actually work?

Yes. You're a hundred percent correct. If they don't believe that working on this Toxemia is going to get rid of their type-2 diabetes or their metabolic syndrome, Crohn's disease, ADHD, chronic pain, etc. then it's not going to happen. As I said, we are not going to just work on phase one and wait to start phase two until phase one is done, because then this process is going to take 20 years. We immediately incorporate different aspects of those three phases and customize them for what's important for that person to get started, see results quickly, and get motivated to keep going.

So, Dr. Mike, let's assume that the person is in a mental state where they're accepting the newness and the goodness of the paradigm that you're putting them

in to control their health. When they get to this point of biohacking, (and we said that different biohacks will work for different people), speaking subjectively, what are your favorite biohacks that you have seen people incorporate that are the most effective in terms of success (growth, health span, longevity)?

Of course, I discuss all these biohacking strategies in my book. I talk about the seven foundational biohacks which need to be addressed first. The air we breathe needs to be clean. I also use a hyperbaric oxygen chamber. I do 3 to 4 sessions a week with hundred percent oxygen. Then breathwork becomes important because we need to control and maximize the oxygen we take in and get it into our system. Biohacking your breath is probably the number one biohack for health, not just for your body but also for your brain. Next, we need clean water. I have a unit that filters my water effectively but also infuses my water with hydrogen gas. The benefits of hydrogen are limitless.

Then there is light. We must spend more time in the sunlight, not the heat, but the sunlight. Sunlight promotes all biological processes in our bodies. While we spend more time outdoors, we should consider grounding, walking barefoot, and connecting with the earth. If you don't have time for that, there is grounding technology. I've been sleeping on an Anti-Aging bed cover for over three years now. I plug the cover in and it creates a closed loop with Mother Earth, which then





feeds me negative ions and neutralizes free radicals, soothes systemic inflammation, directs excess energy into the ground, and protects me from EMF, all while I'm sleeping. It doesn't cost me any time and yet I'm healing and recovering.

Besides upgrading our sleep, heat, and cold applications, and emphasizing the importance of movement, which promotes circulation and oxygenation, we need to upgrade our nutrient intake and start to manage our emotions, and upgrade our minds. Those are the fundamentals; the foundational 7.

Breathwork, for me personally, has been very effective to get into meditative states. I also use the BrainTap device as part of my evening power routine to help relax my mind and get into a deep delta sleep.

Regarding Cold Therapy, you don't have to invest in a \$5,000 self-cleaning, keep-cold unit initially; you have a shower. Try to put it in the coldest setting and stay under there for three minutes. That's going to take a while for you to build up to that. Take your shower in the morning and start with 10 seconds. The next day, try 15 seconds, and so on.

Many of these simple and cost-effective biohacks will objectively cause physiological changes in your body and your mind. Start the foundational biohacking process to objectively reverse your biological age and upgrade your body and your mind, today.

Great! Dr. Mike, when we're talking about the average person that has chaos in their life, and

they're not sure where to start, what do you tell or teach them?

The mindset needs to be changed and the first part of that process simply is education. I create a few 'AHA' moments to get their attention. An example is that of freeing up valuable time. I first listen to identify where they're wasting valuable time. Maybe they are tired after work and decide to go sit on the couch for 30 minutes and chill, or they watch a useless TV program, or they conduct hour-long meetings that only should last 15 minutes, or they do work that a virtual intelligence system can do, etc.

We are going to identify their timewasters or weaknesses. They'll say, "Dr. Mike, when I want to do something, I can't focus." In this case, I educate them about dopamine overload. So, I'll ask them, "What is dopamine?" It's our reward hormone. When the brain squirts a little dopamine, it gives us a feel-good feeling. It's like getting a pat on your back. Many people seek that dopamine squirt because it makes them feel good. We can get these dopamine squirts from sugary food, sugary drinks, energy drinks, and today, social media. Social media contributes to dopamine overload. If somebody likes our post on Facebook or Instagram or comments on our post, it gives us a dopamine squirt. It feels good. That's why we seek more of it and that's why we are addicted to it. Then before we know it, we wasted another hour on social media when we could have been productive. So, first, it's the education component and realizing that dopa-



mine overload causes an imbalance in your intelligent hormones because there's too much dopamine. When there's an imbalance of your five intelligent hormones, you can't focus, and you can't get things done. You will have a brain fog. Six seconds is our average attention span today. So we lost most of our listeners/readers a long time ago...

So, in this example, I say, "Hey, Joe, the reason you can't focus is because you're in a dopamine overload. Let me explain what it is. So how are we going to balance those hormones, prevent that brain fog, and maximize focus? Well, let's upgrade your diet. Let's get rid of those energy drinks. And most importantly, let's monitor next week how often you're on social media, and what you are doing on social media. Is it contributing to your goal and your purpose? Or are you just responding to something that's not going to make a difference in your life? Maybe you just get angry about it, because you are involved in this political debate etc. Let's identify how much time you waste because most likely you are just looking for a dopamine score. So, let's realize that first." That's the education part. Now they say, "Ah, Okay, it makes sense."

In summary, I identify some conditions where I can create 'AHA' moments, then I get their attention, educate them, and immediately give them tips and strategies to implement and remedy those conditions. I show them that I know what I'm talking about and how I can improve their life. Upon our call the week after, I make them accountable.

So, I'll say, "Okay, you're starting to control your social media. Now let's take control of your agenda, your work, your kids, and your schedule. Let's script your life. Let's create power routines and let's get in control so we're clear about where you're going. We'll get rid of all the stresses in your life, all your worries, all your fears, all your uncertainties." They want to hear that. Then we just take it step-by-step from there.

Yes. There you go. That's a great way to start getting someone to change their life. Dr. Mike, we've talked about your past a little bit and how that brought you to where you are today. We've talked about what you're doing at the present time. Where in the future do you see this IZOD method™ going and everything you're doing today? How do you see the future?

Well, people say, "Oh, you talk about the 'purpose of life.'" "What's your purpose?" I always knew what my purpose was, and I engaged on and off. Before the pandemic, I was the CEO of a stem cell company, and we did really well, but then the pandemic started, and we had to close the doors because we were considered non-essential. So, it gave me a lot of time to think about what it is that I'm really passionate about. Yes, I want to speak, I want to educate, I want to write more books. I want to help the world however I can.

It's ironic, but my superpower is to help other people unleash their superpowers. That's what the IZOD method™ does. It identifies their life purpose. I just had

a podcast done about 50-plus people that are retired and a lot of people when they're retired, get depressed. They have no purpose, but I'm telling them that's when life starts. You fulfilled all your obligations, you took care of your family, your kids now have a family, you are a grandfather. Don't sit there watching mindless TV. What was your fire when you were a kid? Who did you aspire to be? Let's start now, you have time. Let's do this. You fulfilled your obligations, but you didn't fulfill your dreams. It's never too. My superpower is to ignite a superpower in other people and guide them to get there quickly.

For me, it took a long time. I was by myself. I came here with the \$400. I didn't have any mentors. I got knocked down many times. I feel I'm in a position now where I can show people the pitfalls. I can guide them in the right direction. I can make them accountable. I can stick with them until they realize their goals. I also have the inner circle and the connections that I can share and that took me decades to find. I feel that's my purpose.

What's the future of Biohacking Unlimited? I want to grow this. I want people to get familiar with the IZOD Method™ brand and I want to spread the word on stage,

off stage. We are doing retreats, we're doing mentorship programs, and we just want to help people fulfill their life and purpose. So, hopefully, it catches fire and people start to know the IZOD method™ as a household name. That would be my goal with the help of people like yourself, Dallas.

Of course. Well, it's our pleasure to have you, and it's been a fantastic interview, really. I've learned a lot and I know our listeners/readers have learned a lot. We'll all definitely reflect on this. So, Dr. Mike, I have to say thank you so much for taking time out of your day and your schedule for being with us, and we're excited to have you on the magazine cover. I'll leave you with the last words of where people can go to find out more about Biohacking Unlimited in the IZOD method™.

Sure. My website is biohackingunlimited.com. Check out the mentorship programs, maybe there's one that suits your needs. You can also schedule a FREE 20-minute Zoom call directly on the website. My books are there. My keynote speaking is there. The events are listed there. A link to my YouTube channel is on the homepage so please visit and subscribe. Everything is in one place. If you join our free email list, you get a free pdf copy of the book.

All right. It's all in one place, easy to find. That's perfect. Well, Dr. Mike Van Thielen, thank you so much and I hope to see you again and talk with you again real soon.

Thanks, Dallas. I appreciate the time.



INTRODUCING THE QUANTIFIED COLLECTIVE



QUANTIFIED
COLLECTIVE

DECENTRALIZING HEALTH AND WELLNESS
THROUGH PEER-TO-PEER MEDICINE

Navigating personal health and wellness is a journey many find challenging and confusing. In the quest for optimal health, performance, and wellness, individuals often encounter information overload, contradictory advice, fake online reviews, social media hype and murky science. Even worse, they are often isolated in their efforts to improve their health. Against this backdrop, a game-changing initiative has emerged: the Quantified Collective.

This revolutionary concept brings a data-driven, integrated, personalized, and community-driven approach to transform the individual quest for better health.

The Vision of the Quantified Collective

The Quantified Collective represents an ambitious endeavor

designed to reshape the individual's journey towards optimal health, performance, and wellness. At its core, the Collective seeks to create a 'truth machine' for health and wellness, driven by the power of real-world data, the promise of decentralization, and the inclusion of citizen science. Our Chief Editor, Jean Fallacara, recognizing the potential of this movement, has recently become a Founding Member. Recognizing that many of our readers are also passionate about personal health optimization, we've chosen to delve into the story of the Quantified Collective, confident that a significant number of you will find value in and may wish to join this pioneering movement as early members.

In 2007, the Quantified Self movement envisioned a future where people would use technology to track their own health data. Today, that future is here, but the traditional healthcare

system is still broken. It's expensive, inefficient, and often fails to meet people's needs.

The Quantified Collective is the next step in the Quantified Self movement, committed to providing individuals with the tools and knowledge they need to make informed decisions about their own health, but turning health optimization into a collaborative, transparent, and empowering community-led experience.

The power of the Quantified Collective lies in its dedication to harnessing the potential of citizen science and decentralized technology. These cornerstones enable real-time health data collection, analysis, and sharing, fostering a community where individual experiences and insights collectively contribute to the broader understanding of health and wellness. It's a shift from the current, often isolating journey

**There's no reliable
source of truth
in health and wellness**



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Shareholders Vs. People



Dr. Amy Killen

Anti-aging Physician, International
Keynote speaker and Author



Theban Ganesh

Serial entrepreneur,
Formerly Lead BBM at BlackBerry



Dr. Kyle Bergquist

Formerly Northwest Pain Relief,
Healing our Heroes Foundation

of health optimization to an empowering, community-driven adventure.

Meet the Founders

Leading this innovative venture is a powerful trio of visionaries, each possessing a diverse range of expertise.

Dr. Amy Killen, a distinguished physician renowned for her work in anti-aging and regenerative medicine, excels in integrating cutting-edge therapies with strategic lifestyle modifications. Her approach empowers individuals to unlock their highest health potential and achieve peak performance.

Theban Ganesh, a serial entrepreneur with an impressive track record of successful ventures in the product and tech industry, ensures that the Quantified Collective's platform is not just technologically advanced but also intuitive, secure, and user-friendly. His wealth of experience serves

as a bedrock for building a trustworthy and reliable platform.

Rounding out the leadership team is Dr. Kyle Bergquist, whose extensive experience as the Executive Director at the Healing Our Heroes Foundation has honed his skills in empowering individuals to take charge of their well-being. Dr. Bergquist spearheads the Collective's ecosystem expansion, actively bringing new founding partners into the fold, and exploring collaborations with companies that align with the mission of the Collective. This includes creating joint ventures and benefits for the collective's members, which further propels the growth and impact of this health optimization initiative.

"In building the Quantified Collective, we're not just curating data or developing a platform; we're essentially weaving together a community with shared visions and goals," reflects Dr. Bergquist. "The power of this

Collective lies as much in the strength of the connections and partnerships we form as in the innovative technologies we harness."

He further adds, "My experience at the Healing Our Heroes Foundation taught me that transformative change is not a solitary endeavor. It's a collective effort that requires the right people, partners, and resources."

In concert, this dynamic leadership trio is steering the Quantified Collective towards a future where health and wellness optimization is accessible, personalized, and driven by a supportive community. But, as this is a collective, its true power resides in the members it has been able to bring together.

The Founding Members of the Quantified Collective

The Quantified Collective's foundation lies in the diverse and accomplished array of its first

Founding Members. Currently sitting at 70 founding members, each individual, with their unique set of skills and expertise, is contributing towards the shared goal of empowering individuals to optimize their health across all dimensions.

From regenerative medicine physicians like Dr. Amy Killen, to supplement formulators like Shawn Wells, and sleep coaches like Mollie Eastman, the first founding members of the Quantified Collective are already making waves in health optimization. Their backgrounds span an array of specializations - longevity, naturopathy, personalized medicine, and health coaching, to name a few. Each brings a unique perspective and expertise to this community.

The Quantified Collective hosts some familiar and notable fac-

es, including the accomplished nurse practitioner, Cynthia Thurlow, a globally recognized expert in intermittent fasting and women's health, Dr. Brad Stanfield, a primary care physician trained and practicing in New Zealand who's YouTube channel boasts over 180,000 subscribers, and Dr. Nichola Conlon, a molecular biologist specializing in cellular aging.

Also on the Collective's roster of experts are biohackers like Bob Troia, and coaching entrepreneurs like Mike Bledsoe, to name a few. These individuals, along with many others, make up a community that is diverse, driven, and united by the shared mission of health optimization.

Among the founding members, military veterans such as Vincent Rocco Vargas and Taylor Morgan bring a unique perspective

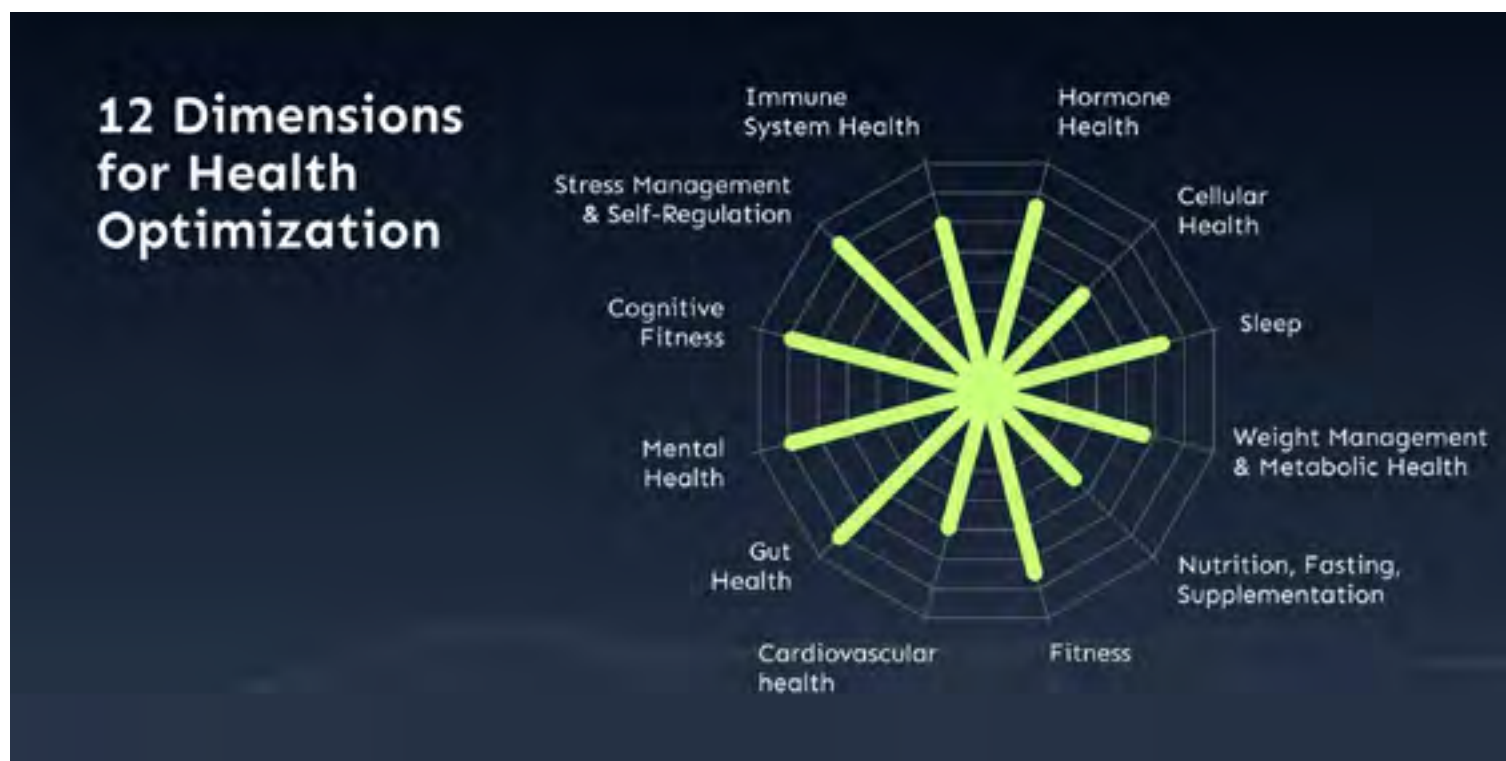
to health optimization, showing how one can transition from active military service to a holistic lifestyle.

The collective also boasts members who have been professional athletes, such as Daniel Spiller, who are now contributing to the wellness sector with their unique perspective on physical health and wellness.

The diversity among the founding members showcases the Collective's dedication to health in all its aspects. This has led the Collective to identify the core "12 Dimensions for Health Optimization" — a holistic framework for achieving peak health and performance.

Harnessing Wearable Tech and Cutting-Edge Technologies

In the 21st century, the conver-



gence of wearable technology, artificial intelligence (AI), and blockchain is not just a fashionable tech trend—it is a powerful catalyst reshaping healthcare. The Quantified Collective is at the forefront of this transformation, harnessing these technologies to gather and interpret health data on an unprecedented scale, with a keen focus on privacy, personalization, and participant reward.

Wearable tech forms the backbone of the Quantified Collective's data collection strategy. From fitness trackers that capture heart rates and sleep cycles, to sophisticated sensors that record glucose levels, blood pressure, and more, these devices yield a wide range of health-related metrics.

This is where AI comes into play. Wearable tech yields a massive influx of data, often impenetrable and ambiguous for the average person. This data is anonymized to respect privacy and promote data self-sovereignty, and serves as the raw, unbiased input for the Collective's sophisticated systems.

Why wouldn't you leverage AI to interpret this vast sea of anonymized health data? The Collective's core technology, armed with advanced machine learning algorithms, sifts through these data and their labels to identify patterns, correlations, and potential health optimization opportunities. More importantly, it generates personalized AI recommendations, grounded in

real-world data. This approach empowers each member with a tailored, data-driven narrative of their health, transforming raw, complex data into actionable, individualized insights.

However, the true power of the Collective is its ability to reward user participation and leverage blockchain decentralization.

Blockchain technology, being decentralized, safeguards the privacy and security of health data, creating an environment of trust, fostering a safe ecosystem for members to contribute and discover better health together.

But blockchain offers more than just security. Its decentralized ethos and dependable access controls to data, shifts control into the hands of the members. It also opens up possibilities for rewarding member participation. In this way, the Collective incentivizes individuals to contribute their data if they wish to, creating a mutually beneficial relationship that drives the community's growth and strength.

In merging wearable technology, AI, and blockchain, the Quantified Collective is pioneering a new era in personalized, data-driven, peer-to-peer health optimization. Each aspect plays a crucial role, but it's their synergy, coupled with the principles of privacy, personalization, and community with rewarded participation, that truly drives the emergence of a better system, enabling a community-led journey for all.

The Collective's mission is to empower individuals with knowledge, and these technologies, together with the power of community and decentralization, are the engines that drive it. The integration of wearable tech, blockchain and AI takes the uncertainty and guesswork out of health optimization, providing personalized strategies to enhance health and longevity.

The Quantified Collective Community

Building a decentralized, data-driven health platform is only part of the Quantified Collective's vision. A significant component is its community—a vibrant, engaged collective of individuals sharing insights and experiences, contributing to a culture of continuous learning and mutual support.

The Collective's community operates under the model of a Decentralized Autonomous Organization (DAO), a form of organization where decision-making processes are automated and codified in smart contracts. In this environment, every member has a voice, fostering a truly democratic, collaborative culture that rewards the most engaged and valuable members by design.

This DAO structure also facilitates the sharing of health experiences and insights. Members contribute their personal health narratives, success stories, challenges, and lessons learned, en-



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riching the collective knowledge pool. Each shared experience becomes a piece of a larger puzzle, painting a holistic picture of health and wellness, far beyond what any single individual could achieve alone.

Reputable Health: A Decentralized and Trusted Platform

All these pieces come together on Reputable Health, the platform supporting the Quantified Collective. Built on the principles of decentralization, it champions data ownership, fosters a data marketplace, and emphasizes trust and transparency.

In the current digital age, data ownership is a growing concern. Reputable Health prioritizes individual data ownership, granting users full control over their health data. In this model, each member decides what data they share and who they share it with.

In addition to providing a safe haven for health data, Reputable Health envisions becoming a data marketplace. Members can choose to share or sell their anonymized data to researchers, developers, or health companies. This exchange creates a win-win situation—members can monetize their data, and researchers gain access to a rich dataset for advancing medical research and healthcare solutions.

"From the inception of Reputable Health, our central focus has been empowering the individual," says Theban Ganesh, one of the founders behind the

platform. "In today's digital age, where data is the new currency, maintaining control over personal information is more crucial than ever. That's why we've built Reputable Health on the principle of data self-sovereignty, giving our users full control over their health data. They decide what to share, with whom, and when."

He continues, "Moreover, we're reimagining the dynamics of the data economy. By fostering a data marketplace within Reputable Health, we're not just providing a platform for health optimization; we're also enabling members to monetize their anonymized data, if they choose to do so. Folks interested in that type of data, in turn, gain access to a rich, real-world dataset, accelerating medical research and innovation. It's a win-win that not only respects individual privacy but also fuels the collective progress towards better healthcare solutions."

Trust and transparency are at the core of Reputable Health. It uses blockchain technology to ensure the security of data and the integrity of transactions. Every data exchange is transparent, traceable, and immutable, promoting a trusted environment where users feel safe to share their anonymized data.

In conclusion, Reputable Health, under the Quantified Collective's banner, weaves together advanced technologies, individual empowerment, and the strength of community col-

laboration. It stands as a testament to the transformative power of collective wisdom in the journey towards optimized health and wellness.

The Next Step: Beyond the Quantified Self

While the Collective's progress is inspiring, it's only the beginning. The Quantified Collective aspires to go beyond the 'quantified self', expanding the potential of wearable tech, AI, and citizen science to revolutionize healthcare on a systemic level.

Future goals include fostering a robust health data marketplace, promoting interoperability of health data, and enhancing the predictive capabilities of AI in healthcare. As the Collective grows and evolves, it hopes to pave the way for a future where healthcare is proactive rather than reactive, personalized rather than generalized, and most importantly, a collaboration between individuals, healthcare providers, and researchers.

Join the Quantified Collective and Shape the Future of Healthcare

The future of healthcare is not a distant dream; it's being written today, and you have the chance to be part of that narrative. The Quantified Collective extends an open invitation to join this exciting venture, to contribute to this dynamic, evolving community.

Membership in the Quantified Collective is not just about per-

sonal health optimization—it's about making a difference. As a member, you can contribute your unique health experiences, engage in collaborative problem-solving, and take part in citizen-led health research. Your individual journey contributes to collective wisdom, shaping a healthcare system that's responsive, personalized, and democratized.

For readers who want to take part in this revolution, just head over to www.quantifiedcollective.org and join the whitelist. You can mention **Jean Fallacara** on the whitelisting process to enjoy faster processing and upon invitation, 50% off on your lifetime membership, which costs only \$100 with the discount applied.

The Quantified Collective, supported by Reputable Health, represents a significant shift in the health and wellness journey. It leverages wearable technology, AI, and the power of collective wisdom to trans-

form health data into actionable insights. By fostering a community focused on shared learning and collaboration, it has laid the foundation for a more democratic, personalized, and effective healthcare system.

We invite you to join the Quantified Collective, to contribute your unique health experiences and insights, and be part of a dynamic change that will redefine the future of healthcare. Every step you take, every piece of data you contribute, can drive us closer to our shared vision—a vision of a world where everyone has the tools, knowledge, and support they need to live their healthiest lives. Be a part of this decentralized health revolution and take your place in shaping the future of health and wellness.

"As we navigate this exciting new frontier in health optimization, I believe in the transformative power of collective action," shares Dr. Killen. "By joining the Quantified Collective, you're not

just embarking on your personal journey to wellness—you're contributing to a collective mission that could reshape the landscape of healthcare for generations to come.

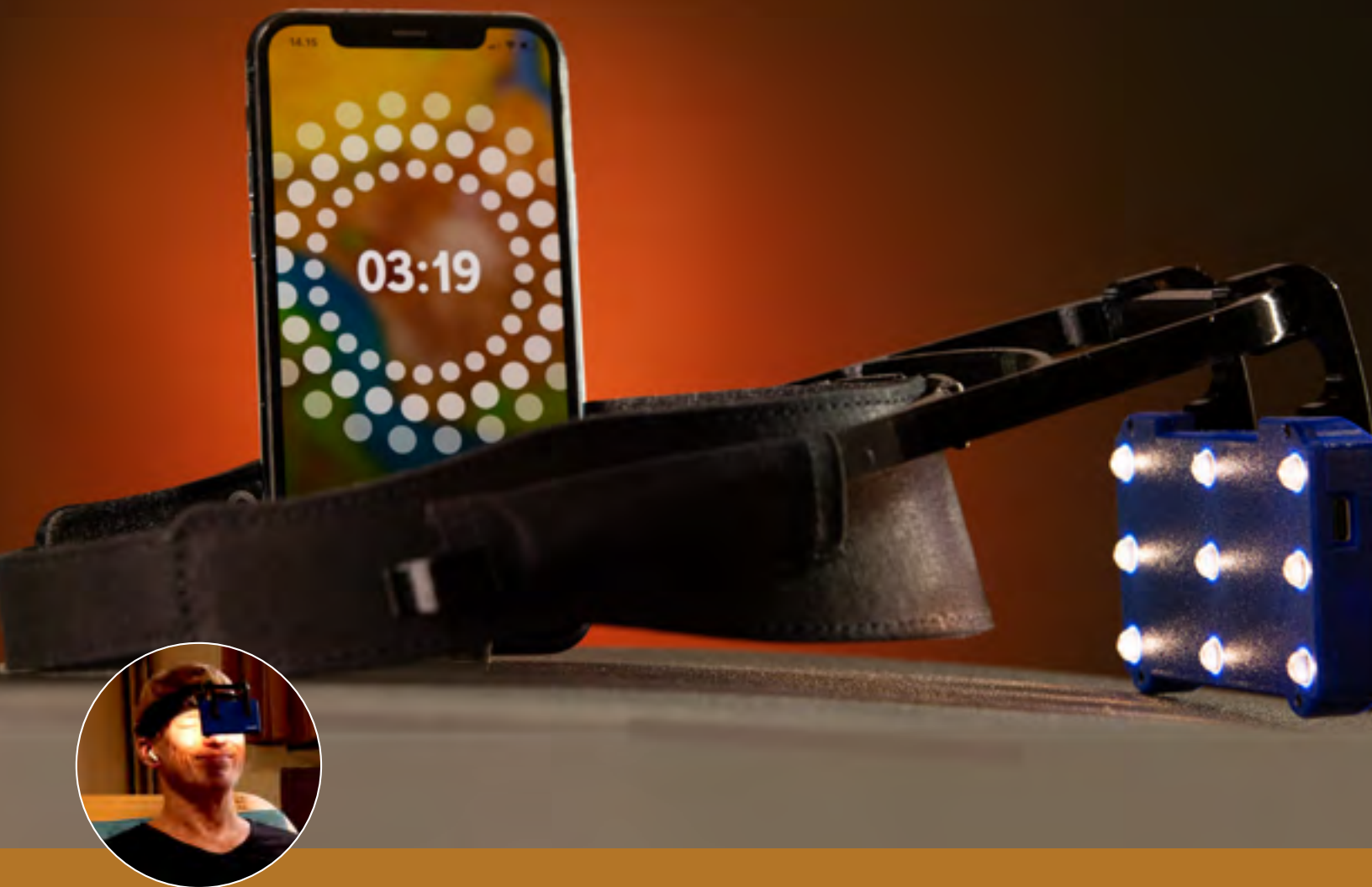
She continues: "The power of individual actions, when amplified by the strength of a community, can generate unprecedented momentum. Each piece of data contributed, each wellness journey embarked upon, helps shape a more responsive, personalized, and democratic healthcare system. Your participation is more than just a personal commitment to health; it's a commitment to a vision of a world where everyone has the access, tools, and knowledge they need to live their healthiest lives. Join us, and let's discover better health together!"

As this epic health optimization journey unfolds, you will definitely be hearing more about the Quantified Collective's progress, in future editions of our magazine.

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ACKNOWLEDGMENTS

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A black and white portrait of Jean Fallacara, a man with short dark hair and a goatee, wearing a black button-down shirt. He is looking upwards and to the left. The background is a digital, blue-toned image with binary code and circuit-like patterns.

Join Jean as a guest on his podcast to discuss human optimization and the future of Biohacking with the industry experts.

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Known as Cyborgainz, born in France, Jean is an athlete, entrepreneur, scientist, public speaker and an Art collector. He is the founder and CEO of CyborgMedia, the Managing Director at inTEST Corporation and the COO of Biohackers Update Magazine. He is also the author of "Neuroscience Calisthenics: Hijack your Body Clock." Jean holds a bachelor's degree in biochemistry, a master's degree in immunology and genetics, and an engineering degree in biotechnology. He has also studied neurosciences and brain functionalities, and law and finances. Jean recently graduated from the MIT in XR-VR-MR. He is currently living in between Boston and Montreal after his biotech company was acquired by inTEST Corp (NYSE:INTT) in October 2021.

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