

BIOHACKERS

UPDATE MAGAZINE

EXCLUSIVE Interview with Biochemist,
Reknowned Formulation Scientist,

SHAWN WELLS



HIS BEST PRACTICES

**SEE WHAT BOOK IS
TOP ON HIS LIST**

GET HIS TAKE
ON THE PANDEMIC

ALSO IN THIS MONTH'S ISSUE:

**WHY NOT TO
FEAR FAT IN FOODS**

**WORKOUT BEFORE OR
AFTER BREAKFAST?**

BIOHACKERSMAGAZINE.COM

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Our New Categories

We've revamped our categories to bring you the same great content in a new swift order, based off pure simplicity and experience.

Outer – This branch contains concise and 'to the point' articles that just touch the surface of what biohacking is as a subject while relating to everyday life and how biohacking fits in.

Inner - This category takes a deeper and more scientific approach to biohacking. These articles focus on a more scientific and analytical theme of biohacking, breaking down more of the whys and hows behind it all.

Core – Within this sphere lie many specific and perhaps relatively new biohacking articles, all backed by science and studies, many of which are written by experts in their relative field. These articles bring it all back to the big WHY behind biohacking while connecting it to all the facts.

A hand is shown in silhouette, holding a glowing, wireframe brain. The brain is surrounded by a network of white lines and dots, suggesting neural connections or data. The background is a sunset with a bright sun low on the horizon, creating a warm, orange glow. The overall image conveys themes of technology, neuroscience, and human potential.

MESSAGES FROM OUR BIOHACKING TEAM

A LETTER FROM THE EDITOR

A Society is something that definitely gives human advancement and growth a framework to prosper. A strong community builds strong individuals; there's no doubt there. But what about all the somewhat invisible by-products that come with a society? For example, while everything a society as a whole promotes to its members for improvement is a sound thought, what if its not ideal for all members? Every individual is different and it can be easy to forget this when society is constantly pressuring members to adhere to what the common perspective is. Draped in veils of white and splendor, some ideas and norms that stem from society can actually be quite black and crude at the heart. We as humans have a tendency to follow the herd; to look around us and do what everyone else is doing.

Its a survival tactic. We see others around us in little snapshots and short reels and determine that they are successful. We then try to emulate these people, without looking at the full picture or any other side effects that comes from living these types of lives and habits. A true, sustainable society is one that of course acts for the best of its community, but also acts for the best of the individual.

This is done when each individual can be allowed and even encouraged to discuss ideas, perspectives, and questions about the norm of society. Remember that just because something feels normal, it doesn't mean that its necessarily the best, or most natural way of doing something. Society grows at its best when the status quo is challenged constructively (and safely) by individuals interested in serving their community.

I believe this is the main purpose behind biohacking: to serve the community through our individual curiosities and interests, all while discerning what is indeed best for ourselves and each individual of the community when pressed with the decision of following the worldly views (which can be fine) , or taking the narrow road and perhaps forging a path for human growth and discovery.

ABOUT DALLAS MCCLAIN



Born in the USA, Dallas is a passionate reader of personal development books and a tennis enthusiast. He is the Chief Financial Officer and Editor of Biohackers Update Magazine and the co-founder. He holds a bachelor's degree in Biological Sciences, as well as a TEFL level 5 certificate in teaching

English. He is currently living in Orlando, Florida with his wife and daughter where he enjoys writing, sports, and nature hikes in his free time. Dallas can best be reached at his email:

dallas.biohackersupdate.com@gmail.com

IF YOU WERE GIVEN THE CHANCE TO KNOW THE FUTURE, WOULD YOU TAKE IT? - COO JEAN FALLACARA

Do you want to know what's next? Forward thinking and having a plan can be great, but most of us would not want to know about upcoming negative events, only positive events.

Health, nutrition, supplements...- I see biohacking moving forward with DNA testing, Stem Cells, and some other genetic related innovations- The goal being to either avoid possible illness in the future or improve longevity and health.

Wanting to know the future is one thing; wanting to know what sh*t is going to happen to you is another.

I've recently witnessed from some friends of mine who are Traders at Wall Street, the experimentation of psychedelic and other psychics related substance in an attempt to peer into the future and make the move of their life.

But stay reassured, what ever the Future is, Science will always be explaining what's happening on a fundamental level.

Prepared for bad news with a strategy for surviving or just battling with life's hardships once bad things happens? It all comes down, to the brain.

And despite Darwin's theory, our brains is not yet ready, it didn't evolve for our society and all the amount of information available that became THE new challenge for humans to deal with.

It is our mission at Biohacker's Update: Help everyone, biohacker, or not, scientific or not, understanding the mechanisms of information-seeking from our brain, and make it simply and accurately available for a better mental health at a human level to make our world a better place!

Enjoy the reading.

--[Jean Fallacara](#)

ABOUT JEAN FALLACARA



Born in France, Jean is an athlete, entrepreneur, scientist, public speaker and an Art collector. He is the founder and CEO of Z-SC1 Corp and Cyborggainz 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. He is currently living in Montreal, Quebec with his family where he uses his 20+ years of experience as a business executive.

Website: cyborggainz.com



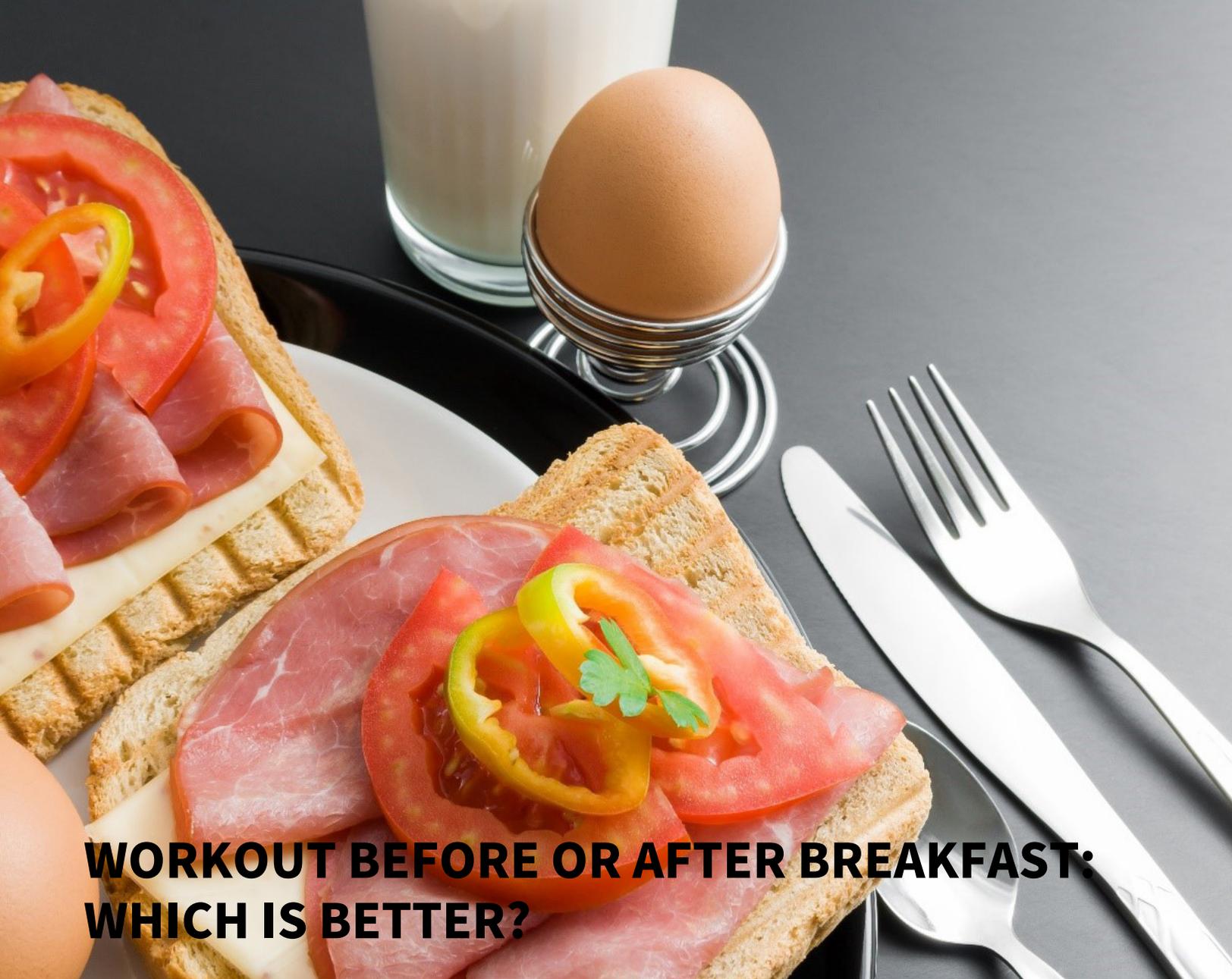
— OUTER

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

— Neil DeGrasse Tyson



BIOHACKERS
UPDATE MAGAZINE



WORKOUT BEFORE OR AFTER BREAKFAST: WHICH IS BETTER?

The debacle about what to eat when you're trying to shed those extra pounds or want to maximize performance couldn't be concluded yet when biohacking health and fitness blog readers asked us to tackle another quintessential question: when to eat. Throw workout into the mix, and it gets even trickier!

Luckily, when it comes to online biohacking tips, a multitude of biohacking strategies for beginners and seasoned health enthusiasts are available after due diligent research. Experts who are a true asset for the [biohacking blog](#) believe that small and sustainable changes can sometimes add to a meaningful difference over time.

To Eat Or Not To Eat—That Is The Question

There are two sides to the debate about working out before or after the most crucial meal of the day, i.e., breakfast.

The first side suggests avoiding food before the morning workout; all they prefer is intaking a cup of freshly brewed coffee to boost their energy and metabolism because, hello, caffeine! These enthusiasts believe that working out on an empty stomach helps avoid bathroom trips and makes one feel lighter on their toes.

On the other hand, the second side gets woozy at the mere thought of exercising without a solid and healthy breakfast meal as they feel it gives them enough fuel in the tank to last their workout sessions.

But, there's more to it than mere personal preference. Here's all you need to know.

The Curious Case Of Fasted Exercise

During your routine workout, your body typically burns stored sugar (glycogen) as fuel. When it starts sensing that glycogen has been exhausted fully, it [revs up your appetite](#). But working out on an empty stomach makes our body burn fatty acids and not glycogen which means that your appetite increase post-workout may not be as significant, resulting in the consumption of fewer calories after the workout session.

Early morning fasted cardio may boast other perks, such as enhancing [insulin sensitivity](#), leading to improved blood sugar levels. If you're prediabetic and your goal is to improve overall health, exercising before breakfast is best as it helps clear sugar more efficiently from the bloodstream.

The Positives Of Eating Before Exercise

If you feel light-headed or simply don't prefer exercising on an empty stomach, it doesn't mean that your fat-loss goals or efforts will go in vain. Multiple [studies](#) have revealed that fasted exercise doesn't guarantee boosted fat loss more than working out after breakfast despite increasing the fat burning process. In fact, what ultimately mattered was ensuring the day ends in a calorie deficit.

However, if your goal is to enhance performance goals during challenging training sessions, [consuming carbohydrates](#) before the athletic workout helps enhance the duration and intensity of the training session, while fasting may compromise its quality.

Loving these top biohacking tips? Boost your mental, physical, and emotional health with countless tips for self-development available on the [biohacking](#) website. [Contact now](#) to subscribe to the [biohacking magazine](#) to learn how to begin biohacking.





A GUIDE TO GAINING MUSCLES WITH CALISTHENICS

I often get this question; Can I pack on muscle by just performing bodyweight calisthenics movements?

A short answer to this question is yes.

But to fully understand how this happens, you need more context and details as to how and why it happens. If you've followed me for some time, you'd know that I'm more interested in unlocking your body's true potential to perform par excellence than to encourage you to work out for aesthetic purposes.

Hypertrophy Through Calisthenics

[Hypertrophy](#) is the enlargement of muscle fibers to overcome the force that they experience from high levels of tension. To create favorable conditions for hypertrophy, you must

provide high levels of muscle tension so that it forces your body to overcome it in the movements that you'll perform.

When resistance training is done correctly, it can create favorable conditions for your muscle to adapt and forces it to overcome the resistive force applied to it and adjust to the new level of stress you're putting on it.

It doesn't matter whether this resistance is derived from the free weight, machines, or bodyweight. What matters is that the resistance that's being used to generate tension and force to overcome that tension can produce a hypertrophic effect.

Bodyweight vs Weights

You must apply an [adequate level of resistance](#) and tension in your calisthenics movements. If you place less resistance

on your muscles, it's unlikely that you'll stimulate a hypertrophic response.

If you're using weights, it's easy to increase resistance by using a heavier dumbbell or add a plate on the barbell. When you're performing calisthenics movements, you can't increase your bodyweight. Therefore, to add tension to your muscle, you can change your body's angle, and you'll experience an increased level of resistance.

Just like you increase weights in weight training to increase muscle resistance for hypertrophy, you can change level lengths, body angles, and depth range in calisthenics to create a hypertrophic effect.

Do We Never Use Weights in Calisthenics?

Sometimes, when you've perfected a bodyweight move like push-up or a dip, you'll need to add resistance and load to make it more challenging to perform. For instance, after mastering the traditional push-up and dip, you create a progressive overload with different lever lengths and angles. However, if you want to maintain the

conventional movement and add resistance to it, you can use a weight belt and weighted vest.

How Can You Create Hypertrophy Conditions?

To create favorable conditions that you need to select acute variables and exercises. Acute variables are the number of sets and repetitions performed, resting time between the set, and tempo of performing each repetition.

Maintaining a tempo is extremely important because increased tension isn't just a result of heavy weight, but also the speed with which you move the weight. With calisthenics, we control our bodies by slowing down the movements and maintaining control and creating muscle tension with each rep.

Using slow, eccentric movements can help you produce 1.4 times more force. Therefore, by lowering your body slowly, you can produce high tension – perfect for hypertrophy.

Here are some essential elements that you must use to create hypertrophy conditions during your calisthenics movements:





- Choose exercises that concentrate on your goal and add big muscle groups like push-up and pull-up variations.
- Perform 6 – 12 reps of each exercise.
- Perform 4 – 6 sets of each exercise (increasing the volume)
- Try a slow tempo (spending at least 5 seconds on eccentric movements)

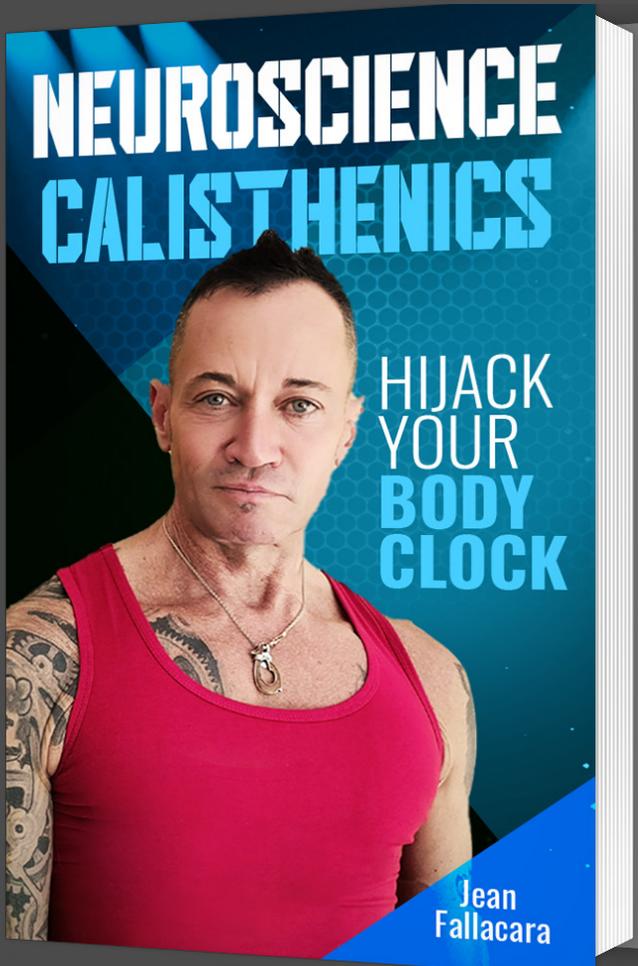
Doing the 10 Second Challenge

The best tempo to quickly increase resistance and add variation to your bodyweight workout is to add the [10-second rep challenge](#) in your workout routine. This challenge entails you to perform a repetition that's 10 seconds long with 5 seconds up and 5 seconds down. When someone else is counting the seconds, the simple five seconds become even longer!

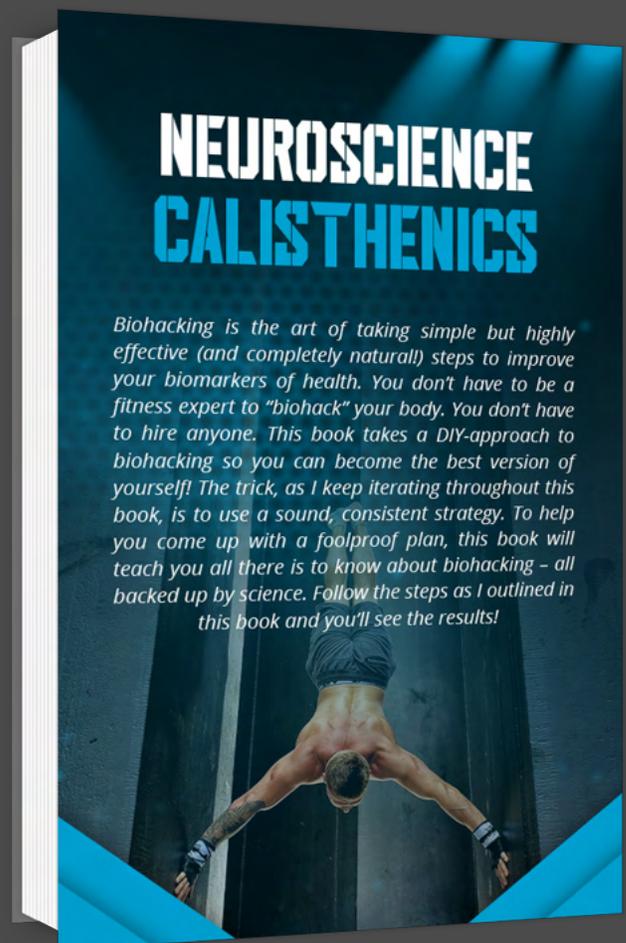
The tension during this repetition gets extremely high, so you need to make sure that you control the movement. If you feel that you've mastered the traditional push-up,

try performing 10 repetitions of push-ups with the 10-second rep challenge. Spend five seconds going down and 5 seconds on the way up in slow and controlled movements, and you'll feel the burn like never before!

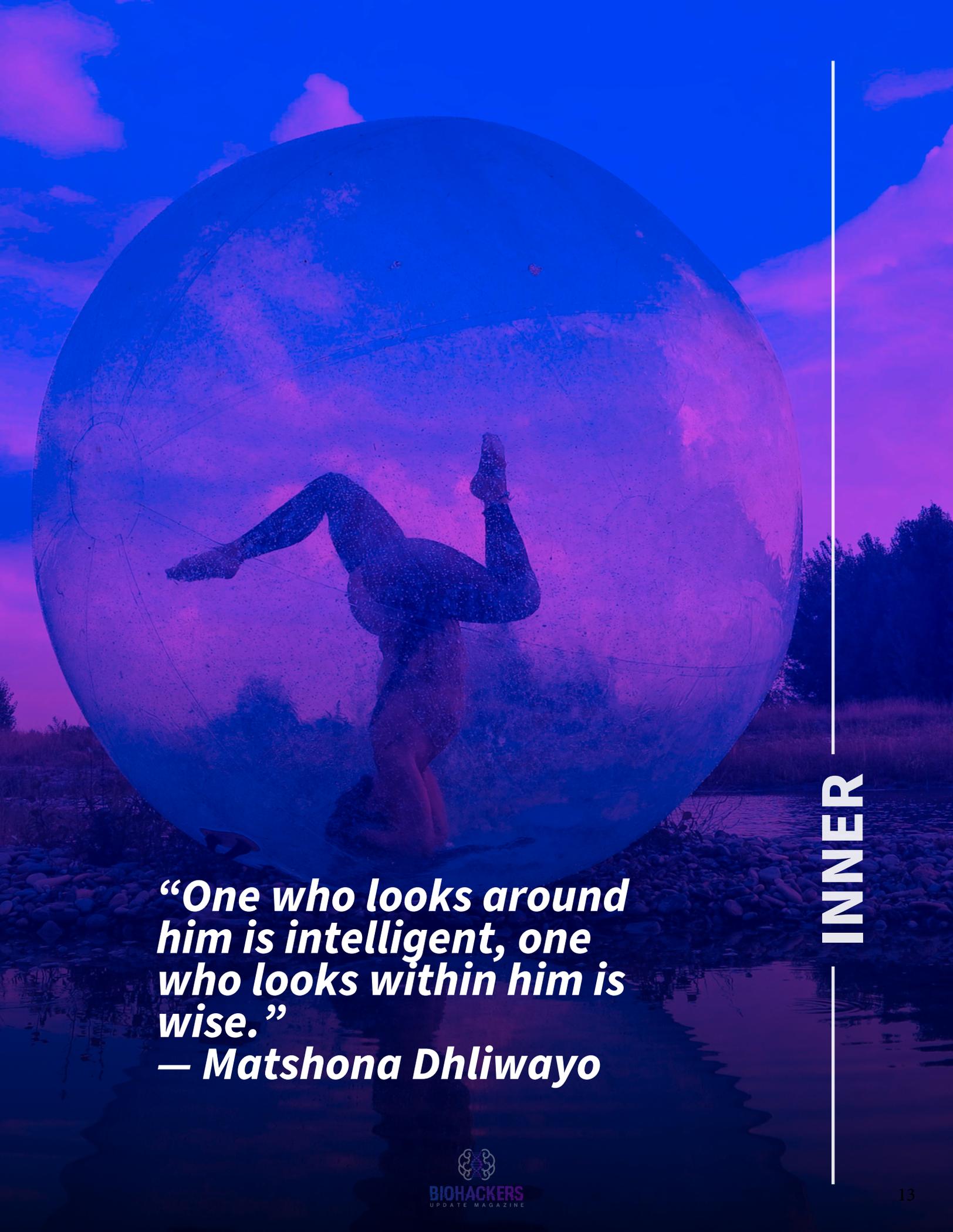
If you found this article helpful for your fitness journey, please hit the clap icon and help it reach other people like you looking to get into shape! For any questions, you can contact me via my [Facebook](#), [Instagram](#), or [Twitter](#) accounts. You can also check out my website to sign up for my [programs](#), where I provide, all levels of bodyweight strength training, biohacking strategies for beginners, personalized workout and meal plans, and online calisthenics coaching.



UNDERSTAND THE NEUROBIOLOGICAL EFFECTS OF YOUR TRAINING



LEARN ABOUT
IT HERE!



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

— Matshona Dhliwayo

INNER





WHY YOU SHOULDN'T FEAR FAT IN YOUR FOOD

Most of us might remember when the [dietary guidelines](#) of the early 70s made fat the ultimate villain for those looking to maintain a healthy diet while keeping their weight under control. An entire generation was told to eat more complex carbs, fruits, whole grains, veggies, and naturally occurring sugars instead of processed sugars, cholesterol, total fat, and [sodium](#).

This led to the beginning of the fat-free and low-fat diet craze of the 90s. Fast forward to the contemporary era; fat isn't necessarily the enemy for reducing weight or maintaining a balanced diet. Here's a roundup of reasons why you need to overcome your fear of including optimal amounts of healthy fat in your diet plan.

#1 Boosts Energy Production

If you've ever tried to get through your shift at work or a workout session on an empty stomach, you might be aware of how crucial energy is to boost productivity.

If being rundown or tired isn't what you're aiming for, ensure to consume a balanced diet in your daily routine so that you

can reap the benefits of carbohydrates, protein, and fat while maintaining steady energy levels. But in the case of fats, stick to healthy fats, such as olive oil, salmon, nuts, or fish oil.

#2 Enhances Cardiovascular Health

Biohacking health and fitness experts suggest that nutrition is an essential part of maintaining a healthy cardiovascular system and keeping other organs strong. Fish oil is one type of dietary fat that plays a vital role in preventing heart disease and promoting optimal heart health.

Top Biohacking Tip: While overeating fat might be bad, so is eating too little. Including about 25% heart-healthy fats in your daily caloric intake can help reduce dangerous lipoprotein levels directly responsible for heart disease development.

#3 Helps Absorb Essential Nutrients

Not incorporating sufficient healthy fats in your diet does a lot more than just draining energy levels. It could hinder your body's capability to absorb optimal vital micronutrients too. Primarily, fat-soluble vitamins, including D, K, E, and A.



“Fish oil is one type of dietary fat that plays a vital role in preventing heart disease and promoting optimal heart health.”

Fat is crucial for absorbing and storing these essential nutrients as any type of deficiency can lead to myriad health issues, such as night blindness, fertility or blood clotting issues, and compromised immunity.

#4 Boosts Healthy Brain Functioning

Our brain is the primary organ that is responsible for ensuring optimal bodily functions. Did you know our brains are composed of a [significant amount](#) of fats? This biohacking guide for brain health has some of the best biohacking tips for maintaining optimal brain function.

Saturated fat consumption provides basic nourishment that our brain needs to regenerate and function. Research reveals that the neurons in our nervous system and brain

are primarily protected by myelin, a coating substance that’s approximately more than 65% fat.

#5 Helps Conquer Cravings

Our bodies are more concerned with staying adequately nourished than whether you fit in your favorite dress! Depriving your body of healthy fats will make cravings worse. While we don’t recommend adding super-sized nachos, pizzas, and cheeseburgers to your diet, keep your cravings in check with healthy fats will help curb cravings and boost workout efforts. Loving these online biohacking tips? Boost your mental, physical, and emotional health with countless tips for self-development available on the [biohacking](#) website. [Contact now](#) to subscribe to the [biohacking magazine](#) to learn how to begin biohacking.



HOW TO STOP FEELING TIRED ALL THE TIME

The world we live in has become really fast-paced as we move on from one activity to another, without stopping to recover, find balance, and soothe the body – life takes a toll on us.

With so many activities surrounding us, it can be hard to pinpoint the exact reasons you're feeling lethargic. If you're feeling persistently tired for reasons that aren't clear, try to make an appointment with your doctor to rule out health problems.

This could be a sign of a health symptom, especially if it's interfering with your daily life. Many medications also contribute to fatigue; this includes blood pressure medicines, diuretics, and other drugs.

The good news is that there are certain things you can do to stop feeling tired all the time.

1. Eat a Balanced Diet

A lack of a balanced diet is one of the leading reasons why people have low levels of energy. You're not eating enough whole, fresh foods that provide your body with the nutrients needed for daily functioning. Pair unrefined carbs with

protein for sustained energy levels. Eat lots of fiber and anti-inflammatory foods.

Following a balanced diet also improves digestion of food, which helps to clear your body of unwanted substances. This is important because researchers have found a link between [chronic fatigue and irritable bowel syndrome](#). Try to eat foods that can manage IBS, which could be responsible or depleting your energy levels.

Speaking of food, do not skip your meals because going without food too long allows your blood sugar levels to dip. Make sure to eat regularly to maintain high energy levels round the clock. This doesn't mean you should overeat, however. Large meals will drain your energy. Instead, of eating 3 large meals per day, try to eat 6 smaller meals to distribute your calorie intake more evenly. You'll also find it easier to lose unwanted body fat.

2. Curb Your Drinking

Most people prefer to drink a little Scotch before going to bed. This is bad because, while it will increase your sleep duration, it will completely [destroy your REM cycles](#). The sedative effect of alcohol will ultimately sabotage your body's ability

to regenerate its energy levels.

In fact, one of the most common symptoms of alcohol overdose is [fatigue](#) and low energy levels in adults. This is because alcohol can interfere with your body's chemical processes that are needed for sound sleep. When you do have alcohol, take it in moderation, and try to go as many days without alcohol as possible.

3. Get More Exercise

Exercising while being tired may sound like an oxymoron, but it is one of the most effective tools that could boost your energy levels. People who become active achieve a greater sense of self-confidence plays it also improves the working efficiency of your lungs, hearts, and muscle. Doctors describe it as the equivalent of 'improving the fuel efficiency of a car'. In other words, your body can process more energy each day when you regularly work out.

4. Practicing Yoga

While exercise, in general, is very important, yoga may be particularly effective at naturally boosting your energy levels. Some yoga poses are great at managing fatigue and adjusting the levels of cortisol – too little of this can tank your energy levels. Our favorite yoga postures include the Cobra pose, the [Downward dog](#), the [Tree pose](#), and the [Wheel pose](#). You can check them out on YouTube for a how-to guide.

5. Prevent Allergic Reactions

When your body combats allergic reactions, it releases certain chemicals that can cause you to feel tired. They often result in an inflammation of your airways, sinuses, and digestive system. The accompanying head and nose congestion could cause you to sleep poorly.

These factors may cause brain fog, which will make it even more difficult to concentrate on your daily activities. This means you should avoid known allergens as much as possible. If you don't know your triggers, try to identify them by using an elimination diet. Check in with your doctor to determine the main triggers responsible for your allergies.

6. Don't Sit for Prolonged Periods of Time

Did you know that sitting for excessive periods of time can steal your energy? The body equates sitting with going to sleep. To prevent this from happening, you can include periodic moments of activity throughout the day. You can also make small changes such as parking your car a bit

farther away, walking the stairs, or doing errands to do just a bit of exercise.

If possible, try getting a height-adjustable standing desk to sneak in a little bit of workout. Standing relieves the pressure your body puts on strained vessels and allows blood to circulate freely.

7. Manage Stress

Stress can drain you of your mental and physical energy levels for the day. More importantly, stress can have a negative effect on your bodily systems, sleep patterns, and overall health. Try to reduce stress in any way you can. This may mean working out more, going to the spa for a massage, or you could just curl up on the couch and watch your favorite television show. The point being, relaxing can heal you mentally and relieve the pent-up stress.

Either way, you should not allow stress to overpower your mentally and physically because it will manifest as fatigue.

8. Talk Therapy for Mental Health

Talk therapy, also known as cognitive-behavioral therapy (CBT) can alleviate your mental and emotional problems such as anxiety, depression, and stress that could be sapping your energy levels. All these conditions lead to disruptive sleep patterns and cause perpetual fatigue.

During a typical CBT session, you will set a few goals with your therapist and carry out tasks between each session. A single course will involve around 10 to 20 sessions. CBT will treat a range of mental health problems including depression, panic attacks, anxiety, and OCD.

Alternatively, you could use guided self-help to effectively treat common health problems. This is possible by using a self-help workbook or computer course, possibly with the support of a therapist.

The point being, these methods will help you eliminate the root cause of emotional problems that may be depleting your energy levels. Try them out and see the difference yourself.



THE NOOB GUIDE TO MENTAL TOUGHNESS

How mentally tough are you?

We all go through our own personal journey filled with failures and setbacks. Some people quickly recover while others retreat into a defeatist mentality. One of the traits of successful people – whether they're athletes, political leaders, actors, entrepreneurs, or parents – is mental toughness.

It's a quality that you're not necessarily born into – but one that is honed through hard work, persistence, and discipline. Read on to determine some simple techniques that athletes rely on to develop mental toughness

Cultivate a Positive Mindset

A positive mindset in everyday life is the most fundamental skill needed to develop mental toughness. Studies have shown that an average person is surrounded by a bubble of constant negative thoughts – some of which repeat day in and day out.

Carrying the burden of constant negativity is like walking along a tight rope – blindfolded. If you don't believe you'll make it, you won't.

A negative mindset forever anchors us to a state of constancy – you never change because you never believed in change. So for example, if you wanted to do your first pull-up, you'll

need cooperation from your biceps, triceps, pectorals, lats, and one other component – your mind. If you don't believe that you'll be able to get your chin up the bar, you won't, even if your muscles are made of steel fiber.

So how do you cultivate a positive mindset? Learn to view every single instance of failure as an experience. Keep telling yourself that you'll do better next time.

You Need a Strong Social Network

Surround yourself with positive people who have positive outlooks on life and positive stories. Their positive experiences and reactions will latch on to you and sooner than later, you'll adopt their line of thinking. This will then affect your words and thoughts.

But we'll be the first to admit that finding positive people is hard. If you've got good relations with family members (such as parents and sisters), go to them for advice first and foremost. If that sounds too difficult, then at the very least, eliminate negative people in your life who contribute to your negative thoughts.

There are many places to look for help – if your friends and family aren't enough. A good idea is to look towards self-help and community support groups. There may be many in your area. If things are getting tough, then try to get help from

mental health professionals. These professionals will help you when you're unable to function in your daily life due to stressful life events.

Create SMART Goals

Learn to develop SMART goals that you believe in. These are goals that challenge you and are possible to accomplish. Goals can be related to physical health, career, finance, spirituality, or everything in between. Bonus points if you can focus on goals that involve skill acquisition. For example, learning to do lunges, trunk twists, and headstands. Volunteering for a cause can play a bigger role in building mental toughness because it provides a deeper sense of purpose. This can be valuable when the going gets tough.

Controlled Exposure

Controlled exposure is when you gradually enter different stages of situations that provoke anxiety and is very effective at helping individuals overcome their fears. Research indicates that controlled exposure can foster mental resilience, especially when it involves goal setting and skill acquisition.

A good example of this is public speaking. It's a useful skill but one that invokes genuine fear in many people. If the mere thought of speaking in public scares you, try to start out small. Practice in front of a mirror, then with your friends, then create an audience of 3 or 4 people, and gradually increase your audience size over time.

Learn from the Past

Our past experiences can serve as a powerful resource for building mental toughness. Here are a few questions from the American Psychology Association that you can ask yourself about how you've responded to challenging situations in the past.

Try to find answers to these questions so you can develop appropriate strategies for the future.

What events have been most stressful for you?

- How have those events affected you?
- Is it helpful to think of important people in your life when you're distressed?
- Who have you reached out for support in working through traumatic experiences?
- What tools make you more hopeful for the future?
- Was it helpful to assist someone else going through

similar experiences?

- Were you able to overcome the obstacle, if so, how?

Learn to Appreciate Yourself

We're too harsh on ourselves for our own good. Don't beat yourself up every time you fail. Instead, learn to appreciate yourself. If you can dedicate just 5 minutes to practice appreciation, you will dramatically improve your mindset and become tougher.

Don't know what things to appreciate about yourself? Keep a notepad near you and list five things that made you happy that day. You can include anything as long as it genuinely makes you happy.

Examples include having a positive conversation with a family member or a positive interaction with nature. It could be anything.

Anchor Yourself to the Present

People with low mental toughness often obsess over the future and deliberate over old regrets from the past. The constant negativity from both directions can take a devastating toll on you mentally. This is why you need to anchor yourself back to the present so you can focus on your current goals.

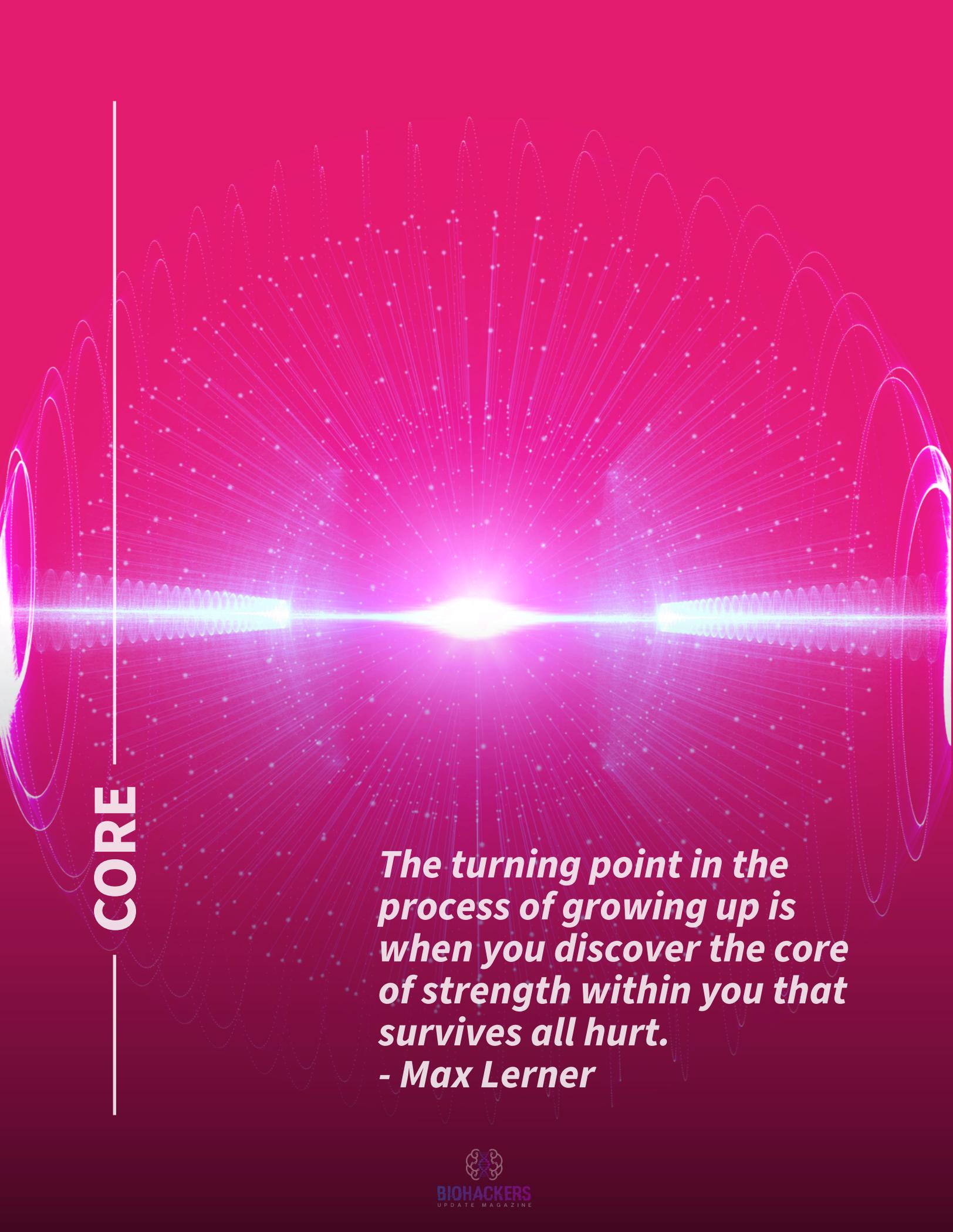
A good way to do this is to focus on breathing exercises. Breathing in of itself doesn't magically fix your focus. But the mere act of taking control over breathing lets you take control over your thoughts. It resets your line of thinking and flushes negative thought.

Develop Self-Discipline

Discipline, and not talent or intelligence, determines success. You could be talented at football but if you don't practice enough, you'll be overtaken by someone who's less talented at you but practices more often than you. That's practice is the cornerstone of discipline, which in turn, is a component of mental toughness.

Self-discipline starts by acknowledging your wrongdoings and letting go of the excuses you've been making in the past. Don't blame your muscles, weight, or weak joints for not being able to complete one pull-up. Blame your lack of willingness to take actionable steps that lead to completing a successful pull-up.

The advantage that it lets you take of taking responsibility is complete control over the reasons of your failure – not some arbitrary third party.



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



Interview with Biochemist, Reknowned Formulation Scientist, **SHAWN WELLS**



Dallas:

Hi everyone. This is Dallas McClain from Biohackers Update Magazine. I'm here with our guest, Shawn Wells. He's a biochemist, dietician, and sports nutritionalist. He's also known as the world's greatest formulator and has a new book that's recently out called "[The Energy Formula](#)" easily available on Amazon and Amazon Kendall. He's a very well-known man in the biohacking industry, and we're very excited to have him with us today. Shawn, welcome.

Shawn:

Thanks for having me on Dallas. So excited to do this.

Dallas:

Yeah, man. Yeah, I'm sure everyone out there is excited to hear a little bit more about you and how everything you do relates to optimization. So let's jump right in here:

Shawn, I'm sure a lot of people are familiar with your past and everything, but what are you using from what you've learned in your life's experiences in terms of your mission or what is your ultimate goal - in terms of health optimization?

Shawn:

You know, my revenue source is formulating supplements for celebrities and big companies. And I also patent novel ingredients and that's become its a huge passion and probably in the long run will be what is passively making me money in the decades to come. And that could be very lucrative. And then I have this other passion that costs me a lot of money, like working on this book and my social media, and speaking on stage and traveling and all of these things that I do. That's probably about half my week, every week, all the content I put out, uh, in all the ways like documentaries, TV, radio, podcasts,

book stages. But I'm just so passionate about it because I have been so sick that I spent six months in bed in pain and inflamed when my auto-immune system would just completely shut me down.

I have almost committed suicide. Multiple times I've fought severe clinical depression. I've felt alone and abandoned and neglected. I've had severe body dysmorphia, experienced being morbidly obese and being anorexic and emaciated. I've been orthorexic where I was working out four hours a day. And wow. You know, I've had a brain tumor and I've had multiple disks replaced in my neck. I've had multiple surgeries on my hips and my knees. Like I've been through it because of what I put my body through and my mind through. I've been in hell and I was bullied and had a chaotic childhood growing up. I've been through a lot and I've put myself through a lot and you know, I've turned a corner and I found a way through it and it wasn't easy. And I feel the pain for people that are in pain.

I feel the sadness for people that are dealing with. I feel it like it's just deep empathy for what people are going through and I don't want people to suffer more than they have to. And so that's my goal. I feel I am like I do that through my supplements, through my ingredient. Anti-aging ingredients, they're definitely impacting health and all the supplements I do. I don't even take a supplement unless it's premium, unless it's full disclosure and everything's clinically dosed. Like I don't even cut corners there. I won't even take a job if they're telling me it has to be cheap: "We have to do proprietary blends. We have to cut corners. We're going to make crazy claims". I don't even mess with anything like that. And as cool as that all is, the biggest reason why I'm here is to just impact lives and save as many lives as I can so that someone has more time with their father/mother, more time with their brother, their sister, their friends. That matters deeply to me. I get literally DMS every day about someone having stage four cancer, about someone being suicidal about

someone having severe Epstein BARR.

I get anorexia and disordered eating DMS. I get people that are literally on the edge of existence. And then I get people that are optimizing their health too, which is where I'm at now. But it all matters to me. Like people's health really matters to me. This is my purpose.

Dallas:

Yeah. That's a great act of service for sure, man. Well said. I had a little follow up on that. So coming from your background of everything you've been through and kind of where you are now, I'm sure some people are kind of coming out of some dark times, too. What's one of the best things that you practice now to help not let yourself fall back into those, some of those bad habits or poor choices/conditions.

Shawn:

Um, the biggest change in my life that I've made is number one, granting myself grace; just allowing myself the ability to make mistakes and for that to be not only okay, but to realize that's how I will succeed and learn. And that's being resilient. That's stoic thinking - the obstacle is the way that I need to make mistakes so that I can learn and become better in the process. And literally you need those mistakes. Like if you just win all the time, you actually learn nothing. So I'm actually seeking now to make mistakes on purpose so that I can learn the process so that I can understand the whole process.

So I've changed the way I talk to myself. I work on affirmations every day, along with gratitude. I say that I am beautiful. I am sexy. I am happy. I am healthy. I am successful. I am going to make an impact on someone today. I'm an incredible talent. I'm creative. I'm brilliant. I say, those kinds of things because that's reframing in a positive way. And typically successful people are always reframing. They always find the opportunity. They always find the good in something. They always find the value, the lesson. There's the idea that the universe is always working on your behalf and you can reframe your whole life so that the universe is always working against you. And that's what

I used to believe that my body was betraying me and that I was a loser, that I was ugly. I believed all that stuff. I was connecting dots in a negative way, and now I'm connecting them in a positive way. And maybe somebody even calls me delusional, but like most successful people are delusional but really positive. And that's where I'm at in my life - is connecting the positive dots, seeing the value and the lessons and the positive in the things that are happening around me. And I'm manifesting a better life by believing that the universe is always working for me.

Dallas:

That's a great habit man. The power of affirmation is talked about in a lot of my favorite books. So I think that's awesome. Starting your day off right is so important. So Sean, you're an author now and you've got some experience, but a lot of times before we can necessarily write creatively, we love to read and learn. So if I could ask, what is your favorite book that has had the biggest impact on your life? And Why?

Shawn:

Easy, By a long shot, "The Four Agreements" is the most important book I've ever read. And it really helped me turn this corner that I'm talking about. And in particular, one agreement stood out above them all. I do most of the agreements well, but this one I was always struggling with: Don't take anything personal. And I was taking everything personally, not realizing that people are constantly projecting out on me and I'm projecting on them. So I was manifesting toxic people and not surprisingly, toxic people were toxic to me and I was toxic back and it was just a downward spiral. And that's another important aspect is who are you putting around you? But you can't put amazing people around you until you're an amazing person. And so you need to think about how you treat yourself.

Because you put out the manual, the guide on how to treat yourself to other people by how you're treating yourself. So if you're always saying that you're stupid, you know, your head's down, you're saying, um, you know, that figures I suck and you know, like I'm not good enough. And you know, I don't deserve to do that. Nah, I can never do that.

Figures. This always happens to me, all of this negative talk and negative self-talk people say, okay, well, that's how this person wants to be treated. So I'm going to treat them that way. And then of course you manifest toxic people and you're the product of the five people closest to you and it's no surprise when you have five toxic people around you. And it was then I started treating myself better and talking to myself differently and putting positive things in my mind and learning and challenging myself and helping others and growing and working with facilitators therapists, plant medicine, masterminds, constantly putting myself in positions of growth and learning. Then I started to get amazing people around me. And it's because I started to be an amazing person.

Dallas:

Yeah. that's so powerful. The ripple effect in a in a way of speaking, almost like you work on yourself first and then you attract what you become in a way. Well, getting into a little bit of the more biohacking and self optimization side, which you are of course, very familiar with, there's so much out there, right? There's, biohacks that focus more on the foundation and um, historical side of human nature and then there's all the futuristic stuff. If you had to choose one bio-hack or one habit, let's say that someone should do every day, what would it be and why?

Shawn:

You know, you bring up an amazing point. And it's one that I talk about in my book is that there's kind of this duality of like ancestral practices we've gotten away from, that are like in our DNA that are like part of how we're supposed to treat our body. And then there's all this new technology that's like exploiting, that's hacking into that DNA and how do we get more from it. And I think I lean towards the ancestral because there's something about it that's more pure and less exploitative. Like I use peptides and exosomes and you know, all of these kinds of things and certainly supplements. And I'm all about that. But there's something that these people in Sardinia that are super centenarians that are living up to

110 plus years old in these blue zones. They're doing that by slowing down, by having amazing meals, drinking red wine and laughing, having community, having purpose, not ever retiring, but literally having purpose in their community and just being deeply rooted and connected and feeling like they have a safety net and they slow down and they're not distracted by cell phones.

We're, we're often so busy here, but we're rarely accomplishing anything and to see how people are living so long and these blue zones and what it is behind it, it's not all of these transfusions and IVs, they're not doing hyperbaric, oxygen, chambers, and exosomes and, and copper peptides. I mean, it's all cool again, but I mean, there's something to be taken from just slowing down, eating whole food, having great relationships, community, having purpose. You live much, much longer. And sometimes we're trying to hack all these things, but we don't have the foundation. And that's, what's crazy. And if you look at like the Harvard study, the greatest study of all time, that's over 80 years running many generations, thousands of people they've looked at nearly every metric possible: socioeconomic status geography, blood work, genetics, all these different things.

And the number one factor in longevity over all these decades and generations is quality of relationships, right? So I'd love to say, it's exosomes and it's this quick hack and whatever, but really it's, it's about something much deeper. It's about slowing down. It's about that we talked about: self-talk, but there's a deeper level of self-talk that's getting ignored. People don't want to be alone with themselves because you might have to do some inner work. That's what I've loved about plant medicine. It's allowed me to really explore me on all the levels, the light, the dark, the deep, the play, and have a much better understanding of who I am. And I'm no longer running from myself or suppressing all these things about me. And now I'm actually cherishing those things. And that is going to lead to a much longer and better life, not only lifespan,

but health span.

Dallas:

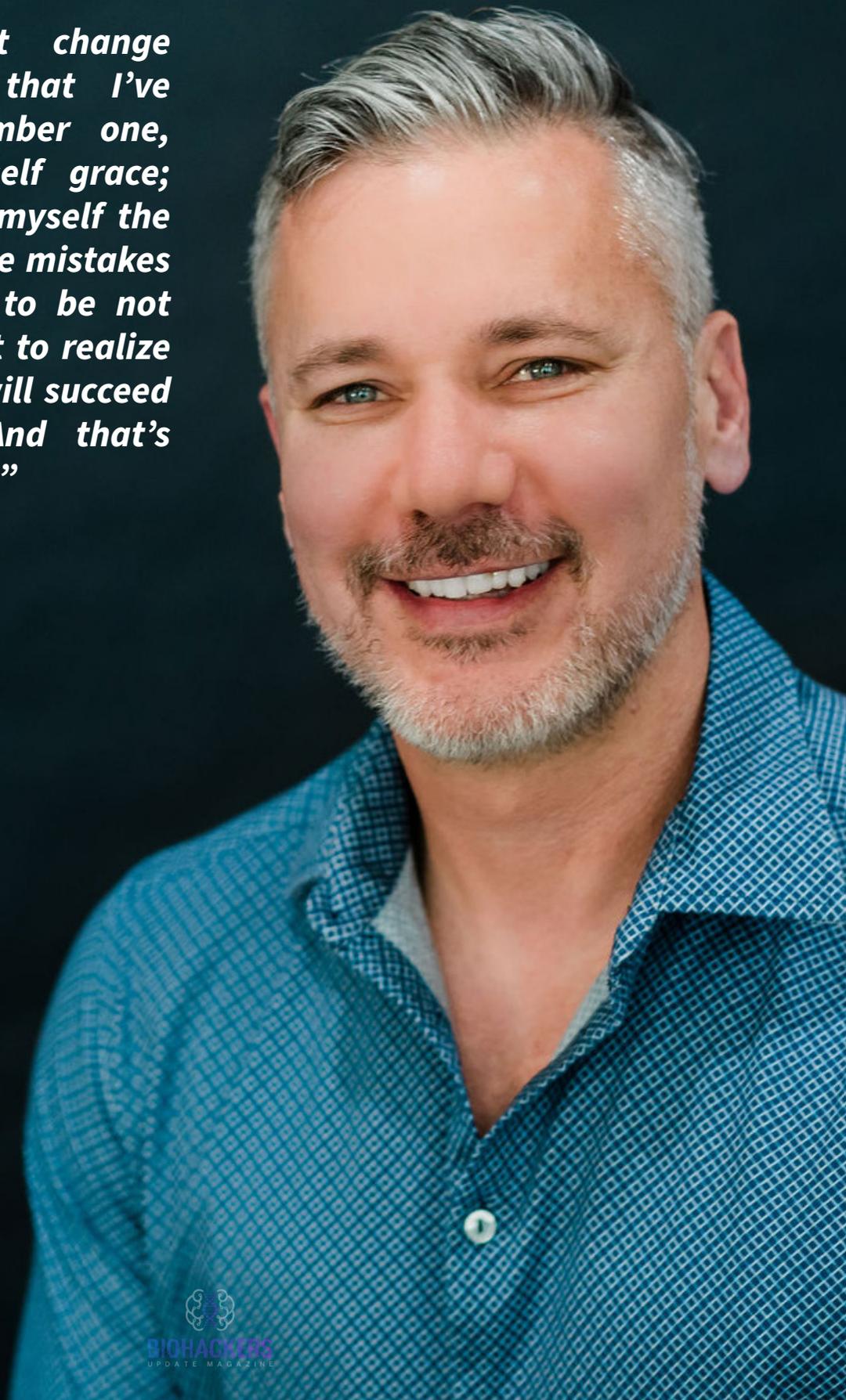
Right. And that's, what's so important. The quality of life is something that a lot of people overlook. They just look to her live longer. It's also about taking a moment and enjoying it and giving gratification. In the pandemic, the lockdowns, less relationships, there's all these mental problems now happening out there. So now that the U S is coming out of the pandemic a little bit with the vaccines and everything, for the rest of the world, a lot of them are still dealing with it. But what advice do you have for just people in general that are maybe going through some tough uncertain times, of course, with the COVID-19, what kind of advice would you have for someone?

Shawn:

Here's the thing- And this could be semi-controversial, but to me, it's ironic that it would be semi controversial: we used to be harder to kill. We used to be anti-fragile. We used to be more resilient. We used to have a much larger stress bucket. That's known as allostatic load. We had a capacity for much greater stress, because we might go days without eating. We might be exposed to extreme, cold, and extreme hot. We were exposed to all kinds of microbiomes from other people, from animals, from the soil, from different surfaces, from the water. We were exposed to all kinds of things. Just like people in Mexico can drink this water that has bacteria in it. And then Americans come down there and they get Montezuma's revenge, but the locals, no problem. My dog can eat poop and drink from the lake.

And we just find that we're running into this 'boy in the bubble phenomenon' where we're very fragile. We have a very small stress bucket and we're no longer resilient because we're eating every couple hours. We're thermally controlled all day. Every day, we are isolating ourselves. We're not hugging people. We don't want to be around people that are coughing or sneezing. We don't want to touch door handles. We won't eat food that falls on the floor. We won't eat food that's a couple of days old. Like we're scared. We're scared

“The biggest change in my life that I’ve made is number one, granting myself grace; just allowing myself the ability to make mistakes and for that to be not only okay, but to realize that’s how I will succeed and learn. And that’s being resilient”



of being around other people. We don't want to hug people. We have to wear our masks. We don't want to touch animals. We don't want to be certainly out in the dirt and in the grass with our bare feet or hands or gardening or swimming in a lake. We want to be in a pristine pool. Everything needs to be sterilized.

And so we're not getting exposed to the microbiome of the world like we used to. We're not even traveling where we were exposed to different cultures and different microbiomes as well. We're now isolated and we're sterilized even worse. It's this scorched earth phenomenon where we're killing the quote unquote 'good' bacteria that protects us and helps us. And the quote unquote, 'bad' bacteria, which I don't even think is a relevant term because that bad bacteria is challenging us and making us stronger and it has a purpose- Same as viruses, same as like any pathogen. Is there a tipping point if you're immunocompromised? Yes. If you're immunocompromised, if you're sick, then you probably should take concern. You probably should isolate yourself to some degree. And if you're very sick, maybe you do need vaccines or antibiotics or sanitizers, but for most people you're killing off what's making you stronger.

Bacteria is 10-to-one on your body, over your cells. You are more bacteria than you are cells. As a human you're more bacteria and we're killing it. And when we take one seven day round of antibiotics, it can take your gut up to two years to recover from that. So what are we doing by scorching this earth, by sending out the nuke, when there's three bad people in the town, instead of arresting the three bad people or bringing in three more police officers, we're just saying let's nuke the whole town of 10,000 people because there's three bad people here. And this approach is crazy to me. When you look at our evolution. And when you look at, if someone is young, healthy, and vibrant, and we're doing things to increase our resilience: by doing intermittent fasting by high intensity interval training by infrared saunas and cold plunges and stoic thinking with brain games and learning new languages and taking new ways to work and

traveling and hugging people and having pets and yes, eating food that fell on the floor and not being scared of it, by being around people that are coughing and sneezing when you're healthy, this is a good thing.

It makes us stronger. It's taking your immune system to the gym, but when we're isolating ourselves and when we're away from all these potential pathogens and other bacterias, and we're not vacationing around other bacteria, we're becoming weak. We don't have the challenges anymore. We're not resilient. It's like spending your whole life being afraid of lifting anything, not even going to the gym, but you don't even want to pick up a bag of groceries. You don't want to pick up the remote off the table anymore. And then here comes like some 50 pound weight that you're supposed to pick up and you can't pick that thing up. Well, surprise. That's because you haven't had the challenges. That's because you haven't flex that muscle. And so you can't spend a lifetime running from pathogens and then expect to be strong in your immune system when they come.

Dallas:

Yeah. It's all driven from fear.

Shawn:

And Ironically Fear lowers your immune system by over 50%. So that's something that's happening too. People are afraid of each other.

Dallas:

It's so true, man. And everything you do and how you react is analyzed. So if you're not wanting to do what the common consensus is, then you make other people uncomfortable. So you have to be checked but we don't have to go down that road. I think that fear is something that, although it can help us, it's something that in the end, it's really not a good thing to maintain and it's not sustainable. Staying kind of on that topic, and this is like you said, kind of somewhat controversial, but for people that have gotten the vaccine, whether they're young or old, Should there be like any concern about someone who

got it or is it probably an okay thing? Or is it just something that they don't necessarily need to get, but it's okay if they get it, you know what I mean?

Shawn:

No, I think the traditional vaccine of a dead virus being put into you made more sense to me than RNA that's altering your DNA. It's crazy to me, this new type of vaccine. You are essentially a genetically modified organism. You're a GMO now. Instead of sending in something weak or dead or low level exposure of something, which makes a lot more sense, given the way I said your immune system works, than this path. And I'm just not really sure, of the effects ultimately in the long run. I mean, look if I was going to be exposed to extreme amounts of virulent COVID and I was someone that already was immunocompromised, would I take the vaccine? Sure. I'm not, like I said, I'm not against antibiotics, sanitizers, vaccines, et cetera.

It's just, I feel like they should be the last option, the break glass in case of emergency type of thing. They shouldn't be the first option when herd immunity works so well, when resilience can work so well. We were never told to go get vitamin D. We were never told to go get sunshine. We were never told to have time out in the soil, out in the dirt, out in the ecosphere, we were never told these things. And yet there's something like a 97% correlation on vitamin D status and the risk of COVID and severity. So we're not hearing a whole lot about that.

It's kind of ironic to me that vitamin D could have been subsidized by the government. They sent out checks. Why weren't we all put on vitamin D? Its strange because it's a vitamin and almost everyone is deficient in it, especially if you're an impoverished person, because you're not getting good enough nutrition, or if you're someone of darker skin color like African Americans. They're 17 times more likely because of the whole melanin scenario in the skin, to be deficient in vitamin D. So therefore they're dramatically at greater risk of getting severe COVID and having poorer outcomes, especially when they have poor

healthcare. And vitamin D, a \$5 bottle, could have made a massive difference in their life. But, we're just telling them, hold on for a vaccine. It's kind of interesting to me.

Dallas:

Yeah, it is interesting. And it kind of shows how the country was when the whole pandemic started too. And when you're talking about preparedness and everything in terms of what supplements, what habits people were doing and, what resilience people were working on, there really wasn't a lot. I mean, wouldn't you agree?

Shawn:

Absolutely. There really wasn't and yet there's very basic things that we know that enhance resilience and enhance immunity. And they're the things that I went through. And these things weren't being encouraged. And if anything, it was literally the exact opposite things that are, that make our immune systems weak, that we were told to do.

Dallas:

Right. And it's like focusing more on the treatment instead of the preventative medicine. Right?

Shawn:

Exactly. And if I was to get into a means of control and compliance, that happens with binary thinking. And if we all thought one way, we'd all agree. And if we all thought three, five, 10, 15, a hundred, a thousand ways, we'd all have to have discussions, but you know what happens with binary thinking, where you're either right? Or you're wrong, it's good or it's bad, it's black or it's white, it's vaccine or it's no vaccine, it's Republican or it's Democrat, it's conservative or it's liberal, it's black lives matter or it's no black lives matter, it's you're racist or you're not racist. All of these things is binary thinking. It's either one thing or the other. It means that I'm right. You're wrong. We don't need to have a discussion. I'm going to put you in a box and get rid of you because you think differently than me and you think wrong. And in reality, if we were to have a discussion with anyone, they're all in various parts of the spectrum. You know, when I have a discussion with anyone on black lives matter,

that's white, that's black, that's rich, that's poor, that's Republican, that's Democrat, I've had a hundred different answers. Well, that's interesting. When I talked to someone about vaccine, I get a hundred different answers. When I talk to someone about Biden or Trump, I get a hundred different answers, but we're getting programmed that there's only two answers and you fit in a box and it's one or the other, and you need to get on the side and decide whether you're right or you're wrong. And it's how we hate each other. It's how we're divided. It's how we're controlled. And it's how we become compliant and scared. And it's literally Nazistic in its approach of this binary thinking, it's the ultimate tool to control us. And if you look around, this is what the media and the government is doing, they're simplifying things into two choices. And it's very dangerous when we stop having discussions. When we stop getting around people that think differently from us, it's dangerous.

Dallas:

Yup. And because there's so many different things to decide on and so little time now with our busy lives, it's almost like it was designed this way to be binary by the people in charge, so to speak. So do you feel like humanity is heading in the right direction?

Shawn:

I do. I mean, this goes back to the positivity. I think that COVID-19 was a paradigm shift, a turning point, a fork in the road. And there is a bifurcation that's happening of people are either choosing to be fully compliant to the government, to the media and buy all the narratives. And I'm not saying that COVID doesn't exist. I definitely believe it exists. I believe people have died. I believe it's a true virus. I believe it has impact on the world. And that's not at all what I'm saying, but there's so many messages that are getting woven into this fabric that have much deeper implication in the degree of control and manipulation and money exchange and power that's happening right now. And some people are buying into all these narratives and there's this whole other portion of people that are waking

up from the control and the power structure that's been there for years.

And they're waking up to the value of incredible relationships and getting outside and connecting and putting down the cell phone and getting back to all these things that I was talking about, that they're doing in Sardinia or these blue zones, about eating whole food, about having great relationships about having purpose. And plant medicine has grown tremendously. There's an explosion of mental health and wellness that's happening right now. And so I believe this, this is one of the greatest times in history because we're forced, thanks to binary thinking, we're forced into one camp or the other. So people are having to make a decision right now. And there's so many people that are choosing a better life, no matter how difficult it is, they're choosing to wake up. And I think it's one of the greatest times in human history.

Dallas:

Yeah. Well said, it's like what you touched on in the beginning about how adversity kind of teaches us the best. Tis era of COVID-19 has definitely been an adverse time for many. So with respect to that, if we are kind of heading in the right direction and people are making the right decisions to improve their lives, where does biohacking play into all of that?

Shawn:

I would love to see how biohacking really evolves into some of the things that I'm talking about. You know, when biohacking first started, it was like magnets in your fingers so that you can interact with devices. It was chips in your brain, it was altering your retina. And, you know, it was doing like really intense things that was hacking your biology. And then it became exosomes and stem cells and peptides. And then it became Bulletproof coffee and supplements. And then it became journaling and gratitude and breath work. And now it's plant medicine and consciousness. And it's cool to see the evolution of what biohacking means, because there are so many ways

to change your biology for the better. And I believe like the deepest impactful ones are the ones that are more towards what we're moving to with consciousness and waking up.

I believe those are foundational. And when those are in place, it's great to do the supplements, the Keto, the fasting, the cold plunges, the exosomes, all these other things. But otherwise what I was doing for 20 years, how I learned to do all these bio-hacks, I was trying to keep myself alive from the horrible ways I was treating my body and my mind. And I learned all the bio hacks and it allowed me to work 80 hours a week. It allowed me to be relentless on myself psychologically and hate myself and have eating disorders and body dysmorphia and depression, and be around toxic people. And I survived that all through biohacking. So, you know, thank God for biohacking, but it's only now that I'm exploring these things that actually make my life so much better. And now I'm beating that drum that is: this has to be the foundation before we move into these other things that are higher up on the pyramid. So if I was to make like a Maslow's pyramid or hierarchy, the foundation needs to be self-love, consciousness, mindfulness, these kinds of things. And then I would move into breath work and gratitude and affirmations, and then higher up on the pyramid would be wearing wearables and HRV and exosomes and stem cells and hyperbaric chambers and, supplements and things like that. And it keeps going up. That's the way I would look at it. And biohacking is a definition that will keep evolving. And I'm thankful for that, that it has evolved as I've been evolving with it too. And I've watched society, like we're talking about waking up and evolving with it too. The last 20 years of biohacking, that definition has radically changed. And that means that we are changing as people, which is exciting that we're society-hacking or population-hacking and we're collectively as a group evolving our thinking and growing. And so that's really exciting to me.

Dallas:

Yeah, me too, man. Me too. I definitely like the direction that Americans going into with a focus more on the foundational aspects, like you said, and I can only hope that there's a little bit more emphasis on those types of things. Shawn, it's been a real pleasure. I know I've learned a lot and it's been a very interesting conversation. So I can't thank you enough for taking your time to speak with us and share your thoughts brother.

Shawn:

I enjoyed it as well. It was great opportunity for me to, speak my truth and talk about the things that I'm passionate about and live my purpose.

Dallas:

Awesome. Yeah, I'm sure everyone will enjoy reading and listening to this. Once again, this was Dallas McClain, Biohackers Update Magazine with Shawn Wells, biochemist, dietitian health expert, and author of the new book, the energy formula, check it out on [Amazon](#) along with his website, [shawnwells.com](#). And with that, I wish everyone a great and healthy day. Take care.

AMPHETAMINES VS. PHYSICAL ACTIVITY

Adderall, Vyvanse, Biphentin, Mydayis, Ritalin, Concerta etc.. are all performance-enhancing, stimulant drugs, under the class of amphetamines, oftentimes recognized as an effective treatment of attention deficit disorder (ADD).

Well, I have been diagnosed with this exact disorder, and chose to test out different medications meanwhile keeping an eye out for its impacts on my calisthenics. .

This specific class of mental disorders affects children and teens but often will continue on in adulthood like it did for me. It is generally represented with symptoms such as experiencing trouble concentrating, staying still or focusing. The affected individual often rushes through tasks, engages in impulsive decisions and lacks focus due to outside distractions, most noticeably in children ages 6-12. The pressure of today's advanced society, the waves of new electronics, the impossible expectations and obstacles a person is expected to go through and the never stopping agitations of everyday lifestyles raised immensely the number of people suffering from ADD and the number of children affected has never been higher. A recommended technique to boost the results obtained from this kind amphetamines is physical activity, a past time I thoroughly enjoy doing, thanks to my passion for calisthenics. Physical activity was proven effective for people of all ages. A question often studied by neuroscientists worldwide is as to how drugs from this category interact in the nervous system when paired with athleticism. How exactly do these chemicals work hand in hand with the ones produced throughout a workout? Most importantly what are its effects on overall performances of athletes?

I started my journey with a bit of an uncomfortable feeling. I was uncomfortable and stressed out at the idea of possibly developing a dependence. My doctor prescribed me Adderall, a favourite and popular kind of

amphetamine. It's effects were powerful, in a way I had never experienced before. My heart rate raised so high the beat of it could be heard, my brain cleared itself entirely and a state of hyperfocus took over me. The downside: insomnia. The night after trying this medicine for the first time, I was unable to ease my mind and I lay awake in bed for hours until the morning birds sang outside, in the cold morning. I went on to try Vyvanse at 30mg. Others mentioned a loss of appetite, I however didn't suffer from any of these symptoms. I lay restfully at night, was capable of keeping a strong focus and felt relieved of most stress. When my daily morning workout came along I felt energized, my brain feeling less scattered than usual, however when I really started breaking a stress, pill or no pill, I felt the way I always did during an intense workout: free, focused and euphoric.

So how exactly do stimulants of this category work? Well they rapidly and efficiently make their way into the central nervous system by helping the neuronal connections produce extra brain activity, enhancing alertness and focus and by giving one self's a feeling of well being mindfully. It energizes the nerves and brain connections making it a useful and effective treatment for ADD as well as for narcolepsy. The chemicals contained inside the capsules facilitates the jobs of neurotransmitters. Neurotransmitters are chemical messengers in the body whose job is to transmit signals from nerve cells to specific cells targeted throughout the body. Amphetamines distinctively work inside of three key neurotransmitters residing in the nervous system: dopamine, serotonin and noradrenaline. Dopamine is the most affected neurotransmitter, it's job consists of regulating feelings of pleasure, rewardment and enjoyment. Serotonin affects anger, appetite and overall mood, proven to decrease anxiety and improve the mood of the individual. It is often released during physical activity. Ultimately noradrenaline is the body's fight or flight inhibitor. It releases the motor response of adrenaline. When a stimulant used to

treat deficits in these neurotransmitters reacts with them it is capable of restoring the original balance residing between neuronal connections and can help manage ADD in patients.

The conception that physical activity of any kind causes a positive repercussion on the management of ADD isn't a new idea. It's been proven to remarkably improve attention and focus short term and long-term and goes as far as greatly assisting the management of multiple mental disorders, in conjunction with ADD, anxiety and depression. This reaction occurs thanks to the serotonin receptors physical activity stimulates. It also has the beneficial aspect of stimulating blood flow throughout the body and brain. Furthermore it is proven to improve blood vessel circulation and even brain structure, aiding in concentration and thinking tasks that focus is required for. The human body responds in diverse ways throughout a period of physical and stimulating exercises. Physical exercises begins with the basic idea of muscle activity. Different types stimulate different muscle groups for different reasons and as the body moves and adapts to movements, energy is greatly needed to generate force. Breathing quickens and hardens in order to hoard up the energy required to produce energy, the heart thumps harder, enhancing blood circulation to all parts of the body including the brain. This thorough process of muscle activity, energy consumption and more stimulates the serotonin receptors, enhancing the levels of it throughout the body. In a long term matter, this can tremendously affect the mood and other aspects of an individual. Amphetamines are capable of working hand in hand with this process. Not only does it help the release and the operation of the serotonin neurotransmitter, but it aids in focusing and motivation needed to complete the physical labour. It is important to take notice that exercise, just like stimulants, also seem to help the release of not only serotonin, but also dopamine and noradrenaline. This may be the reason for the feeling of satisfaction and pleasure

released throughout or after a good workout. It is therefore noticeable that amphetamines and physical activity seem to have similar benefits, from keeping the person on task and focused, to releasing a feeling of well being and contentment. Athletes appear to have a similar opinion of stimulants and their benefits. Adderall, at this point in time, is considered to be the new drug of choice for athletes and students alike thanks to it's energizing and focus enhancing capabilities. In both positions focus is required and the extra boost is definitely helpful in sports and studying alike. The power of stimulants of these kinds are very potent and efficient at improving focus, attention, speed, strength and may possibly even improve hand eye coordination it is now virtually banned throughout sports teams worldwide. The powerful drugs of this category are capable of exceptionally enhancing the performance of athletes and students alike without many negative side effects making it an ideal and accessible focus inducing stimulant.

Coming out of this experience, I am unable to deny the benefits of amphetamines of this kind. They are prescribed for a reason and I can definitely say, when it came down to my business I felt ready, almost eager to work without any kind of distractions. However in correlation with my calisthenics, I felt like I was simply better off without it, that I would rather spend my energy and promote better focus by exercising without the risk of becoming dependent on medicinal drugs. This doesn't mean I would stop taking my medication, I function much better with it and it has become even necessary for me. However when it comes down to exercise I will always rather exercise even harder, spend all my energy breaking a sweat, then sit down and get to work, rather than to take a pill and get the same effects.

Jean Fallacara

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THE CORE TEAM

Chief Operations Officer, Jean Fallacara

Editor in Chief and Content Writer, Dallas McClain

Marketing Executive Director, Arjun Chauhan

THE WRITERS

The Cyborggainz Media Team

Helene Spiegel - Strategy Consulting

Matilda Spiegel - Reporter, Content Writer

SIGNIFICANT CONTRIBUTORS

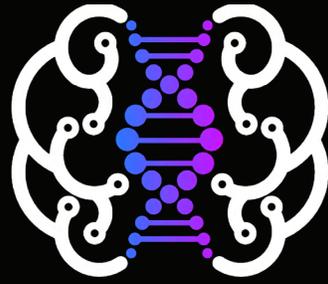
Designer, Viviana Castro

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