



BIOHACKERS' UPDATE



THRIVING

FROM SURVIVING TO THRIVING
DURING THE COVID-19 PANDEMIC

A LETTER FROM THE EDITOR

It's strange how things that used to seem odd and unorthodox, are now starting to feel normal in a way. Things like wearing a mask in public spaces, social distancing, online meetings, all of these measures seemed to completely throw us off our game at the start of this pandemic. Although some are still adjusting, most of us have moved beyond the griping and unfamiliar period and hence adapted and pivoted to living with these everyday measures to the point of them almost becoming like habits. The question is, now that we are accustomed to this new way of living, how do we make sure that these habits (which are overall good and helping to stem the outbreak) do not overtake us completely? What I mean is, how do we not let these habits geared towards our survival, become so smothering that they hold us in chains of fear, concerned with only our own survival? Every habit has its benefits or detriments, but the one who controls it determines what the ultimate outcome from that habit will be.

The point I'm trying to make here is that although we are indeed pressured and even sometimes called to be in 'Survivor Mode', I think it's important to remember that we don't have to stay there. We can still allow our mind to explore the pages of thought-provoking books and articles, perhaps inspiring ideas and new movements. We can still

invite new events and hobbies into our lives with positive anticipation and interest. We can still take time to consider our goals and aspirations during this 'Viral' age. We don't have to solely focus on keeping our heads above water. We can now push ourselves to swim to the raft; to steer towards the island; and to make a new camp while glaring into a newly lit fire within us, just burning to be shared with the world.

The time for survival, as necessary as it is, is now in the back of our minds on autopilot. The new time has arrived: The time to Thrive. We are learning more and more about COVID-19 everyday, I'm sure there's still a lot we don't know. But here is one thing we do know: Regardless of a Viral Outbreak, the world goes on and if we stop and stare at something too long, we find that our time has escaped out of our frail grasp. Its time to take what we know and continue up the mountain. Break camp. Set the goal of where you want to be by the end of the hike.

As biohackers, we owe it to ourselves, as well as the world to continue our mission of self-optimization and collaboration, not just for survival, but for advancement. What's your goal today? Did you do enough to just survive, or did you do enough to THRIVE?

-Dallas McClain,
Editor-In-Chief,
Co-Founder



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A hand is shown in silhouette, holding a glowing, wireframe brain. The brain is surrounded by a complex network of white lines and dots, resembling a neural network or data structure. The background is a blurred landscape with a horizon line.

MESSAGES FROM OUR BIOHACKING TEAM

KATE'S GROWTH STORY

In Russia, where I come from, biohacking is still a relatively new topic. When I started coaching about healthy lifestyles 7 years ago, a “wellness coach” was such an unusual word here; it was almost a curse word. Many people thought I was selling some network marketing products, which are also not very respected in my country.

But I was just selling knowledge in the field of health optimization and self-care. At first, I was a journalist on these topics and then I got my certification as a life coach and a nutritionist. And I struggled a lot to get clients for coaching! Mostly, people wanted to lose weight with the help of some miracle diet that is fast-acting and is easy to maintain.

God, I felt like pushing a train with my bare hands! I wanted to be a coach specialized in better performance and optimizing health, not in losing weight. So after a while I gave up, quit coaching and got back to writing.

During this time, I was watching various English-speaking videos on YouTube of different experts, biohackers, dietitians and I was so jealous! I wanted to talk to all those incredible people who are way beyond diets.

It was a dream that seemed unrealistic. First of all, I hadn't spoken English for almost 20 years. And second, I had absolutely no connections in this field.

But unconsciously I'd put that dream on my vision board this New Year, not even thinking about the possibility of it happening.

I had not been looking for a job or even an internship in this area. I just answered to Arjun's direct message on Instagram when he had sent me a link to the magazine. I offered my help as a journalist and now here I am fulfilling my dream to be a part of an international team of like minded (and a bit crazy) health optimizers.

My journey towards biohacking was long. Since I was 15 I smoked and ate tons of junk food, because no one ever told us at that time that it harms you. Then I started drinking and partying because in the late 90s and early 00s teenagers could easily buy booze and visit night clubs. I had suffered from depression, chronic digestive issues, severe acne and no idea how to fix it.

But when I started reading medical books and watching videos, I then began to realize that at this point in my life only I can help myself. So 10 years ago when I was 25 years old, I started to change my life.

And now by working with this amazing team and all of the experts that we collaborate with, I hope to help more people optimize their health and life quicker, easier, and more efficiently than it was for me.

- Kate Netkacheva,
Media Director



ETERNAL LIFE

Growing up in India, I was into a lot of Mythology shows. You know, the ones with bad CGI. But hey, it was the 90's. Although the fascinating visuals were very captivating to my young mind it was not what was the most interesting part of the show for me.

You see, during the course of the stories, the show depicted humans meditating for long durations, ignoring their surroundings and their physical state. They often did this through harsh conditions which made the gods come to earth to bless them.

I don't know how anyone else interprets it but from my perspective, it was the sheer will and devotion towards a single task that moved heavens and forced even gods to acknowledge it!

A lot has changed since I last got a chance to write something for the magazine. Almost our entire team has changed.

The letter from the founder in the first issue is now irrelevant because the original founder himself left, thus leaving two simple employees who previously held 3% stakes, Co-founders.

While Dallas put the reason why we continued very beautifully in a video, I am not as good looking as him and prefer writing than speaking. (That's a content writer for you.)

In reality, the reason why I wanted to keep going was very selfish. You see, I believed in the idea of the magazine and what it represented. There was no success or failure, profit or loss. There was just the magazine. This focus made me lose sight of where the project was going and how it was affecting the team.

It is always hard to lose teammates for difficult reasons and even harder when they lose faith in the idea they originally convinced you to believe in. But a belief that shatters from the test of doubts is no real belief.

We continued on because the will to help people was not something that our original founder ignited. It was already there. He just provided a medium to express it.

I know we live in an age where at the time of reading this almost every reader has gone through something difficult in their life that has changed them, be it physical, emotional, etc. I went through something similar and there was no one to help me. If you agree with me, you know how horrifying it is to want help but be unable to find it.

It will be almost a year since we started working on this magazine and in all honesty, Dallas and I have not earned a single cent out of it.

For some, it could be considered a big failure. Many may have suggested that we pack up and find something else to do. On the surface, they would appear to be right. '1 year and nothing to show for it', - they might say. It may sound silly but to be honest, we don't care! We are people who found the road not taken and started walking. It is tough. It is rocky, and we sure can use some help but we pay no mind to the negativity because we are enjoying it!

We have nothing and maybe there will not be much in our pockets for years to come. Maybe no God will come down from the Heavens and acknowledge us. But we will someday be remembered for our work.

You see people think that a human being dies when their soul leaves their body or as a more scientific explanation, when their body stops functioning; But that is not true.

A human really dies when no one remembers their contribution to this world. And we are a bunch of crazies looking for immortality. So come join the crew in search of the ultimate biohack!!

Eternal life.

-Arjun Chauhan,
Marketing Director,
Co-Founder



GUEST BIO: FROM DEVASTATION TO DOCTOR

Kayla Osterhoff is a health scientist, professional athlete, entrepreneur, health optimization practitioner, and a global leader in biohacking. She is the founder and CEO of BioCurious and the Host of a top biohacking podcast called BioCurious.

Kayla's unique background and expertise across the spectrum of health sciences led her to develop a truly holistic understanding and approach for health optimization, peak performance, and resilience of the mind and body.

From childhood to early adulthood, Kayla witnessed the true cost and devastation of mental illness and addiction in her family. This was the catalyst for her career in the health sciences. She was determined to learn about the human body and understand why some people suffer illness and disease, while others don't. She discovered that illness and disease are not inevitable, and in fact, can be prevented and cured through lifestyle.

Kayla officially began her biohacking journey in undergrad while she was studying health ecology and working in physical therapy. At the same time, she began her competitive running career, and realized how much lifestyle impacted her athletic performance and the health outcomes of her patients. This led her to the Paleo lifestyle, which served as her entrée to the biohacking world.

She went on to study behavioral science and public health in graduate school and worked as a health scientist at CDC in global health and emergency response for several years. While developing global health programs with top health scientists from around the globe, she realized that personal

responsibility (a key aspect of self-experimentation) was the missing component for a successful health system. This was the catalyst for BioCurious, a holistic health and wellness education brand that aims to empower the individual to become their own health expert.

Kayla is currently pursuing her doctoral degree in Neuropsychophysiology to deepen her understanding and mastery of the brain/mind paradigm, which she calls "the human operating system." She also runs a Health Optimization Medicine practice out of Atlanta, GA. You can connect with her and the BioCurious community on Instagram @BioCurious_Kayla or check out the BioCurious Podcast for interesting conversations with top biohackers from around the globe.



www.biocuriouskayla.com

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

Podcast: [biocurious](https://www.biocurious.com)



OPTISELF COACH
HEALTH OPTIMIZATION

HOW TO THRIVE IN THE MODERN AGE?

The most profound quote in my life? “Those who do not learn from history, are doomed to repeat it”

Hi, my name is Max Winter, and I am known as the Optiself Coach. I’m an experienced Biohacker who also works with Health Optimization Coaching. As the founder of my own coaching business you will find me at my website optiselfcoach.com and various social media platforms that I’m featuring on spreading knowledge and my own experiences.

Specializing in Male Performance, I typically work with high-performing clients like Athletes, Entrepreneurs, and CEOs that want to take themselves to the next level in every aspect of their health and wellbeing. However I also cover many other areas in the field of Biohacking and more spiritual aspects of life. I didn’t become this

coach overnight. As much as I know now came from years of harsh lessons during my younger years. I decided to learn from history instead of repeating the cycle of unhealthy unconscious behaviors.

My journey began with paradoxically losing control of my own health. In my mid-twenties I had the world under my feet. Backpacking was my biggest passion and I had taken my mental and physical health for granted all of my life. I was living for the moment in terms of health with ignorance and lack of consideration to how I was treating myself with my Nutrition, Movement, and Recovery. In other words, I was not yet learning from this overexertion and lack of balance. The once scattered symptoms of pain, discomfort and uneasiness were now starting to make themselves more habitual in my life. I now felt stuck in this relentless pattern.

This eventually led me to a place where I felt completely limited to all my freedoms and opportunities in life, not being able to do even the most basic things such as running, walking up stairs, or working out in the gym. The feeling of fear and anxiety was ever-present during the worst times and had its grip on me for many years. I then realized that I had lost two of the biggest assets of my life: First my body and then my mind.

This vehicle (body) that was supposed to take me on this crazy journey and experience called life, didn't function any longer, and the driver had lost his way and could not point out the direction of which way the vehicle was supposed to go. I felt lost and could not believe this had happened to me. What had I done wrong? And how would I ever find my way back to living a life of following my dreams of abundance and prosperity?

As scary as it was, I never lost my Spirit, the "Dues ex Machina" or 'God in the machine', and it was what kept me going and helped me get back on the horse after falling off. It guided me as a light through the darkest moments of the never-ending blackness. This forced me to become a better version of myself and to find new ways to cope and handle the situation. Today I feel very grateful for this experience simply because it has made me the man I'm proud to be today. And of my own more recent understanding, there were a bigger plans behind what happened to me, and my purpose is now to rise like the Phoenix bird and spread my light on the world. This journey has led me to discover my biggest passion - helping people find their Health, but not only in general terms but also their optimal health. I'm passionate about optimizing myself in all ways possible, all while using Biohacking as a tool to be able to thrive to the fullest. To me, self-optimization is to make it an absolute mission of getting the most out of every single moment that we more otherwise take for granted.

In today's world, we have similar challenges of which I have already experienced myself. For me on a personal level, but

for society on a much larger scale. There is the pandemic of Covid-19, which is taking our health from us, both physically in terms of our immunity, but in this case and foremost, mentally in terms of the fear that it creates if you let it do so. For myself, living in fear isn't a life worth living. But as human beings, it is natural to experience fear from time to time.

It is now more important than ever to take responsibility for your own health. Every person has the ability to thrive and prosper no matter the circumstances and surroundings. To place one's health situation into one's own hands and truly be the cliff that stands steady in the chaotic surrounding sea of fear and uncertainty is the true key for a high quality life.

Our immune system and our mindset are the front lines of these circumstances. And yet, hardly anyone is talking about it. It is also where this fight will take place foremost. There will never be a better time to start Biohacking and Health Optimizing than right now. What are you waiting for?

What are you waiting for?

Let us not repeat our mistakes of ignorance and instead start embracing the truth of nature, where we come from ourselves, and which also has the answers to so many of our modern problems today.

ABOUT THE AUTHOR:

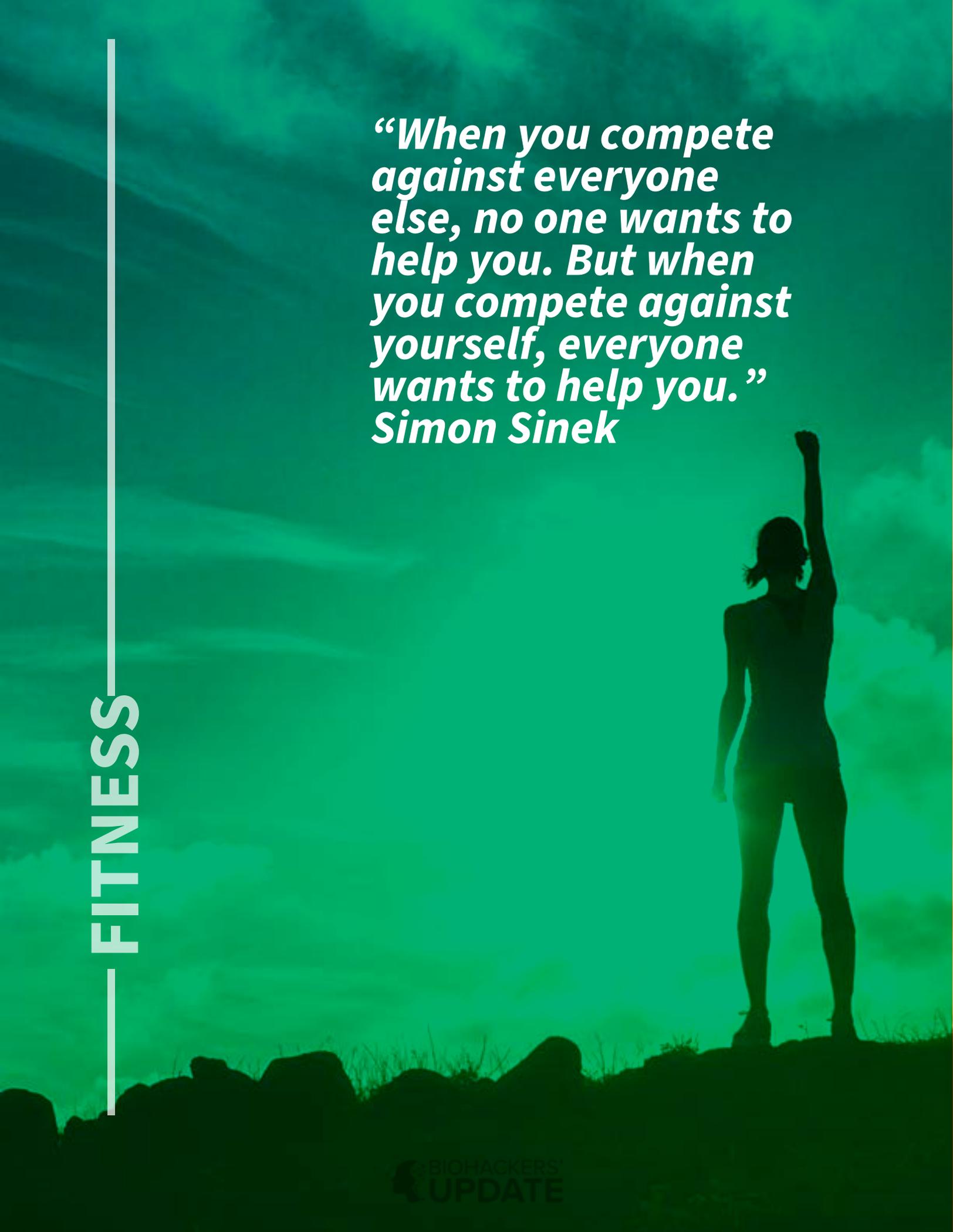


Max Winter, the founder of Optiself, is an experienced Biohacker and works as a Health Optimization Coach, helping his clients to become the optimal versions of themselves.

optiselfcoach.com

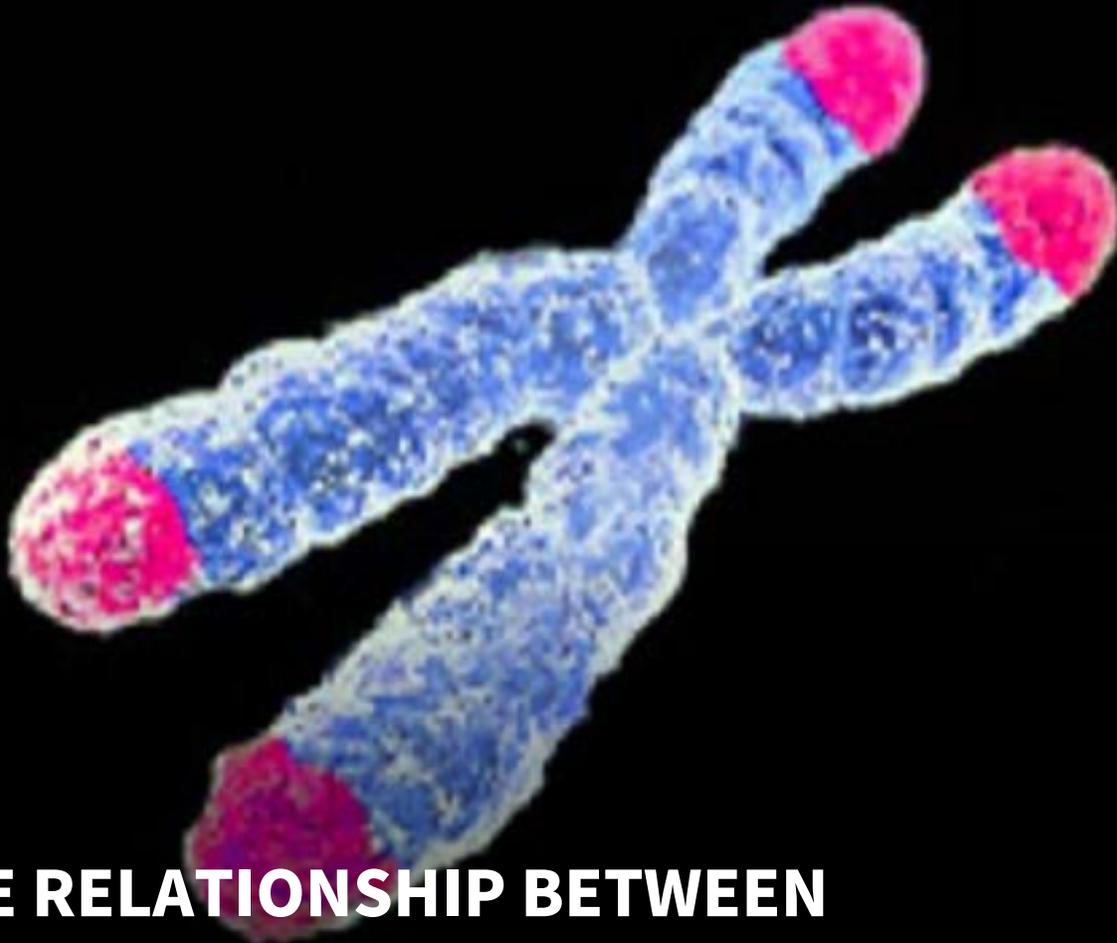
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FITNESS

***“When you compete against everyone else, no one wants to help you. But when you compete against yourself, everyone wants to help you.”
Simon Sinek***



THE RELATIONSHIP BETWEEN BIOLOGICAL AGING AND TELOMERES

Jean Fallacara

Have you ever heard about Telomeres? What about the idea of being actually 50 years old, but only 30 years old in your DNA?!?

Our cellular age is apparently based on the length of our telomeres. Researchers are still trying to understand the inherent human aging process and how to stop it, if that is even possible. There's no definitive anti-aging solution out there, and likely won't be developed in the near future. Our body is rigged from the get-go to deteriorate with time. How rapidly that happens depends on our interaction with the outside environment and lifestyle choices that we make.

In today's present pandemic state, it is now more important

than ever to consider what choices are lessening our bodies' workload and which choices are adding a considerable amount of stress and tension to our already aging body; which is also acting as our prime defense against the present Virus. There are many beneficial things that come with age, wisdom is one good example. However, we also know that as we reach a certain point in our lives and grow older and older, our system doesn't run quite as well as it used to, leaving us to be more susceptible to infections, viruses, and more harmful invaders. That's why it's important and ideal to try and keep our bodies feeling young and primed for healthy growth with the least amount of stress and tension. There's no way to stop our body

from deteriorating, but we do have a choice in how fast.

Of course, there's a patchwork of theories that scientists are still trying to wrap their heads around: could the enhanced deterioration be because of a glucose build up? Is oxidative stress to blame? Or are our cells just fated to go through a biological timetable irrespective of outside factors and there's nothing we can do about it?

There is a growing consensus that the aging process may have something to do with telomere length. Telomeres are tiny repetitive non-coding DNA sequences at the ends of our chromosomes. They act as 'caps' that protect the chromosomes from fraying, wear and tear, or just sticking to each other. However, whenever our DNA makes a copy of itself, the process takes a toll on the telomeres and they decrease in length.

When telomeres reach a critical length, the cell stops dividing or dies and this manifests as accelerated aging.

The Shoelace Metaphor for Telomeres

One very popular metaphor commonly used to describe telomeres is the protective plastic tips at the end of shoelaces. But the research is still in its early cycle and scientists seem to be contradicting each other.

Some experts cringe at the shoelace metaphor because they don't believe that it's a realistic representation of how telomeres work. "Telomeres almost never get used up, and the chromosomes never unravel because cellular dysfunction reaches a tipping point long before that ever happens", argues Dr. Michael Fossel, who co-authored the popular book 'The Immortality Edge'.

In normal aging, your Telomeres will never get 'knocked out'. The truth is, our chromosomes can remain in pretty good shape even if we live to be over a 100. The only time they 'unravel' is during decomposition.

What we do know, however, is that our telomeres play a major role in protecting the DNA. Without telomeres, the genetic information in our cells would disappear each time a cell divides.

As a general rule, the absolute length of the telomere does

not matter much. But your body works best if the telomeres have a certain length. If the telomeres are too short or too long, it's considered unfavorable because the telomere length alters expressions of genes.

The research is still on-going and to pin your hopes on theories that continue to stir up heated debates is naive to say the least.

The key question, then, is to determine if there is a relationship between lifestyle factors and the aging process – because that's what we're here to do right?

So How Do We Slow Down the Aging Process Again?

The unanimous answer to this question almost always comes down to exercising, nutrition, and optimizing (aka biohacking) our bodies and minds.

Scientists at King's College London studied the profiles of athletes who set world records in swimming, cycling, and athletics. Their profiles were drawn up as curves that related the aging process to their physiological performance over a period of time.

In the case of these highly trained individuals, the shape of their curve was physiologically optimized for their age. On average for humans with a more sedentary lifestyle, the curve is on a rapidly declining trajectory. But this can be easily prevented with exercise and lifestyle tweaks.

Now, I can understand that most individuals almost never have enough time in the day to train as vigorously as world-class athletes. But, the research goes on to hypothesize, with reasonable skepticism, that all individuals who engage in sufficient (keyword: 'being sufficient') physical exercise should be able to control their aging process.

Exercise has been shown to manipulate telomere length after all – although research is still ongoing.

Exercising and Biohacking Can Manipulate Telomeres

Elizabeth Blackburn, a Nobel Laureate and biologist, claims that it is possible to make simple lifestyle tweaks to manipulate telomeres.

Blackburn argues that while telomere length is not a good indicator of when we die, they are a reasonably good

indicator of how long we'll stay healthy and when we get diseases. Because, at a certain stage when our telomeres are reasonably worn out, the aging tissue becomes vulnerable to an onset of diseases that begin to take root.

We also know that a single disease creates ripe conditions for multi-morbidities, meaning, the onslaught of co-occurring diseases. For example, people who have diabetes often also have heart disease.

Blackburn identified many health behaviors that she says are linked with telomere health, these include the following:

- Body fat (which you can effectively control with calisthenics)
- Exposure to chemicals like cadmium and lead
- Levels of antioxidants in our blood (which depends on our diet)
- Our response to stressful situations in life
- Anger management in each individual
- Social support systems, especially as we age

At every stage in our life, we will always have a modicum of control over the aging process. Improving our biological markers (including telomere length) requires making a few changes (or indeed radical changes) to our lifestyle choices. Missed a day or two at the gym? Cheated on your diet one too many times? Or sat on your computer for extended periods of time?

Every decision we make, consciously or subconsciously, shifts our biology towards cell aging.

How we respond to stress also plays a role in the aging process. The trick is to identify and anticipate your trigger moments and make simple tweaks to increase your stress resilience. Maybe going to work or being stuck in traffic initiates a stress response. There are things we can do right before or during these 'trigger' moments to change our response to stress and improve our health.

I suggest choosing a type of mind-body exercise that suits you and your schedule. These days, there's a ton of exercises, supplements, and meditation techniques to choose from.

There is a great inter-individual variability on the biological markers of health, due to differences in exposure to chemicals, environmental stressors, and emotional support systems. Each of us has the opportunity to personalize our own telomere 'protection' program.

Now is the time. It is never too late to begin better managing your health and aging process. With proper and healthy management, you can look COVID-19 in the face with a confident smile, knowing that you've made the best possible decisions for your body, your telomeres, and your life.

ABOUT THE AUTHOR:

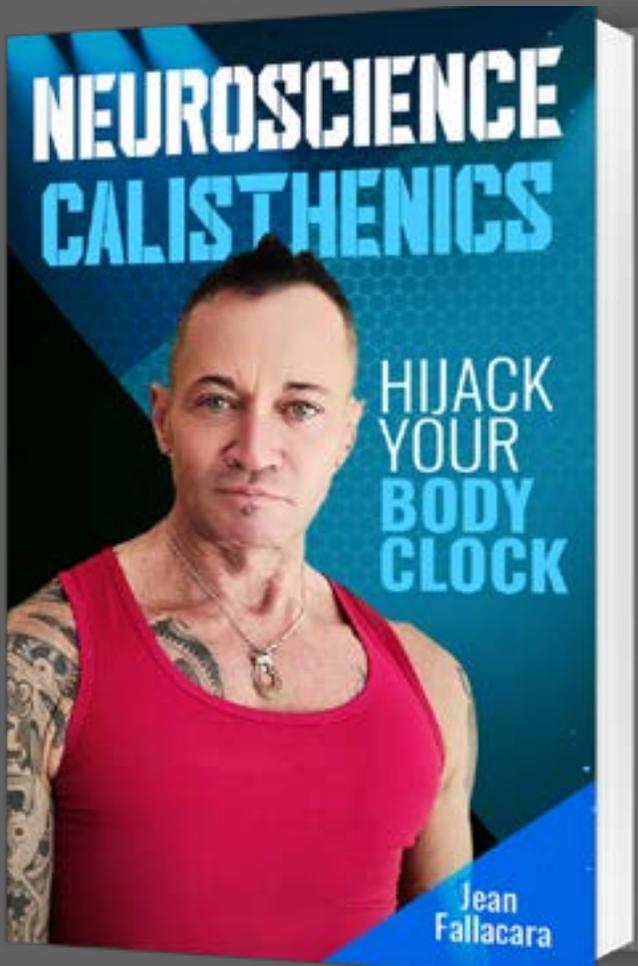


Born in France, Jean is an athlete, entrepreneur, scientist, public speaker and an Art collector. He is the founder and CEO of Z-SC1 Corp and Cyborggainz. He is also the author of "Neuroscience Calisthenics: Hijack your Body Clock." Jean holds a bachelor's degree in biochemistry, a master's degree in immunology and genetics, and an

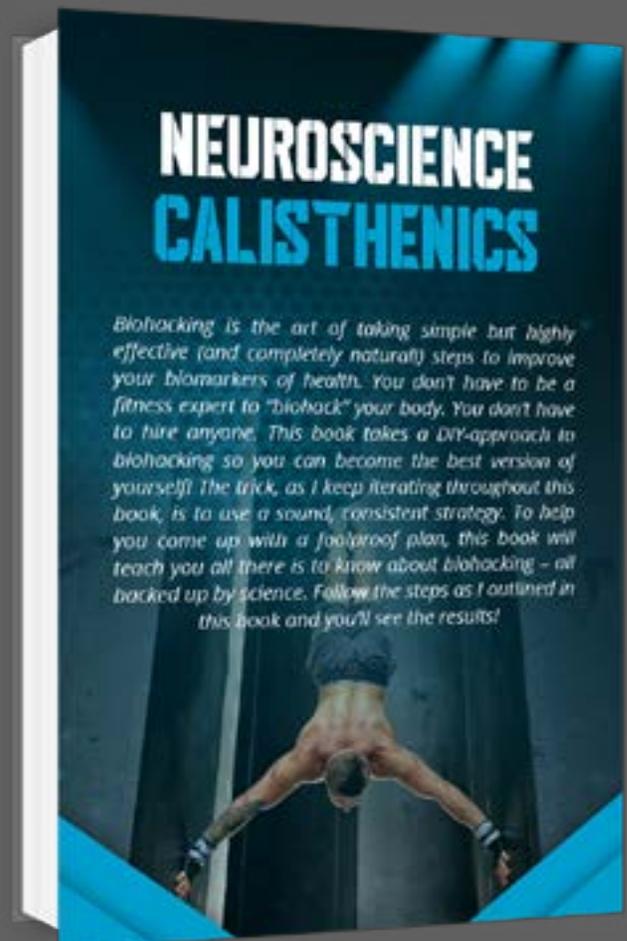
engineering degree in biotechnology. He has also studied neurosciences and brain functionalities, and law and finances. He is currently living in Montreal, Quebec with his family where he uses his 20+ years of experience as a business executive.

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HOW TO BOOST YOUR HEALTH BY CREATING HEALTHIER INDOOR ENVIRONMENTS

Vanessa Santillana Hernandez

Did you ever think about how much time we spend indoors? According to The Well Living Lab, we spend 90% of our time indoors and it's important to mention that 60% of our health is influenced by the quality of our environments.

In the last decade, the percentage of cases concerning asthma, chronic fatigue, cancer, and allergies has increased, especially in children. The little ones are more vulnerable because their

blood-brain barrier it's not fully developed.

So how can we prevent this? And how can we make our indoor environments healthier? We must understand the high impact that the quality of water, air, lights, biophilia and comfort has on our overall well-being and longevity. All these concepts influence your respiratory, immune, integumentary, nervous, cardiovascular and digestive system.

After 7 years of research with Mayo Clinic and The Well Living Lab conducted by scientists, architects and designers, medical based evidence was collected detailing what specific elements in the environment cause harm in people's health. The research data discovered that your home or workplace could contribute to making you sick or making you healthier. If the quality of our environment is healthy and free from harmful chemicals, there's a better chance we'll be spared from the suffering caused by allergies, fatigue, stress, asthma, and respiratory illness. We have to be conscious of how our indoor environment affects us psychologically as well as physiologically.

Many don't see the psychological effects at first glance, but if we consider how we feel when we are working for example, and think about what type of space makes us more productive, the working environment's psychological effect on us seems much clearer. For example, did you know that the addition of green walls at workplaces or homes, gives rise to a 45% increase in creativity while also reducing indoor air pollution? Wild!

Most of us take our drinking water for granted without being aware of all the chemicals that it contains. For example, chlorine, aluminum, arsenic, copper, chloramine, asbestos, phthalates and fluoride could all be present in that glass of water. And do you know what effect these chemicals can have on your health? They can cause skin and lung irritation, Alzheimer's, colorectal cancer, hormone-disruption and liver toxicity.

According to The World Health Organization, there are 2 million deaths annually attributed to unsafe water. The water regulations depend on each country which then determines the amount of these chemicals allowed to be added to the water. The excellent news is that you can filter your water at home either by using a system that purifies the entire house, or a single purifier on your shower and/or kitchen sink. Another

option for filtering the water that I use is a UV light bottle that kills bacteria and chemicals. Water is essential for our health, and in the long term, it will help to prevent digestive and cognitive diseases.

The quality of air is also important for high performance in our daily activities. 339 million people have suffered from asthma since 2016, and it is known to be a common disease in children. The strongest risks of this illness are associated with cases combining genetic predisposition and environmental exposures.

Indoor air is at least five times more polluted than outdoor air, which is why we must purify the air thus eliminating the pollutants that trigger respiratory diseases and asthma. The exposure to excessive amounts of air pollutants containing Volatile organic compounds (VOC), formaldehyde, carbon monoxide (CO), particulate matter, ozone, radon can help lead to short-term nauseous headaches, allergic reaction and respiratory reaction.

The particulate matter of 2.5 are so tiny that they aren't visible to human eyes, and these particles can penetrate deep into your lungs causing harm in your respiratory system leading to symptoms such as coughing and allergies.

How can we make our air pure and healthier? In today's technological world, there are many air purifiers that can be used at your home, workplace, or installed directly into the air conditioner.

I had respiratory problems when I first moved to Australia so I decided to get an air purifier. It has since helped stop my allergies, allowing me to feel much healthier and productive.

Another concept that influences our well-being is our sleep cycle, especially our circadian rhythm. The circadian rhythm is our biological clock that helps us develop melatonin for the night and serotonin for the day, aiding in the regulation of our hormones and metabolism.

Lights play a big role in helping to regulate our this rhythm. The lights we should use in the morning are blue lights, so our brain

knows it is daytime and time to wake up. For late afternoon and evening, we should use warm lights because the brain segregates melatonin for a better quality of sleep cycle.

Sleep helps you to strengthen your immune system so it is advised to invest in a top-quality organic mattress to help you prevent bacteria, dust, mites and fungi.

Want to improve your sleep cycle? Try adjusting noise, lights, and temperature to help you wake up fresh and full of energy. According to The International Wellness Building Institute, 50 to 70 million U.S. adults have a chronic sleep disorder, so improving the quality of the environment is key to reducing this statistic.

The quality of lights at workplaces influences the employee's productivity and focus.

Employees at workplaces that don't have enough natural light suffered from headaches, eye irritation, fatigue, and

lack of creativity.

Specific to children, according to The Indoor Generation daylight helps improve 15% of children's learning abilities. We are now more aware of how light influences our daily activities to achieve high performance.

Looking at specific cleaning products that many use for the home and or office we find that many contain substances harmful to people's health. Examples include dioxin, chlorine, phthalates, triclosan and ammonia. Next time you get cleaning products, remember to make sure they are free of harmful chemicals. A healthy home is a healthy family.

By implementing these methods in your environment, you'll strengthen your immune system by preventing any virus or long-term disease from threatening your health, leaving you to live a happier and healthier life.

ABOUT THE AUTHOR:

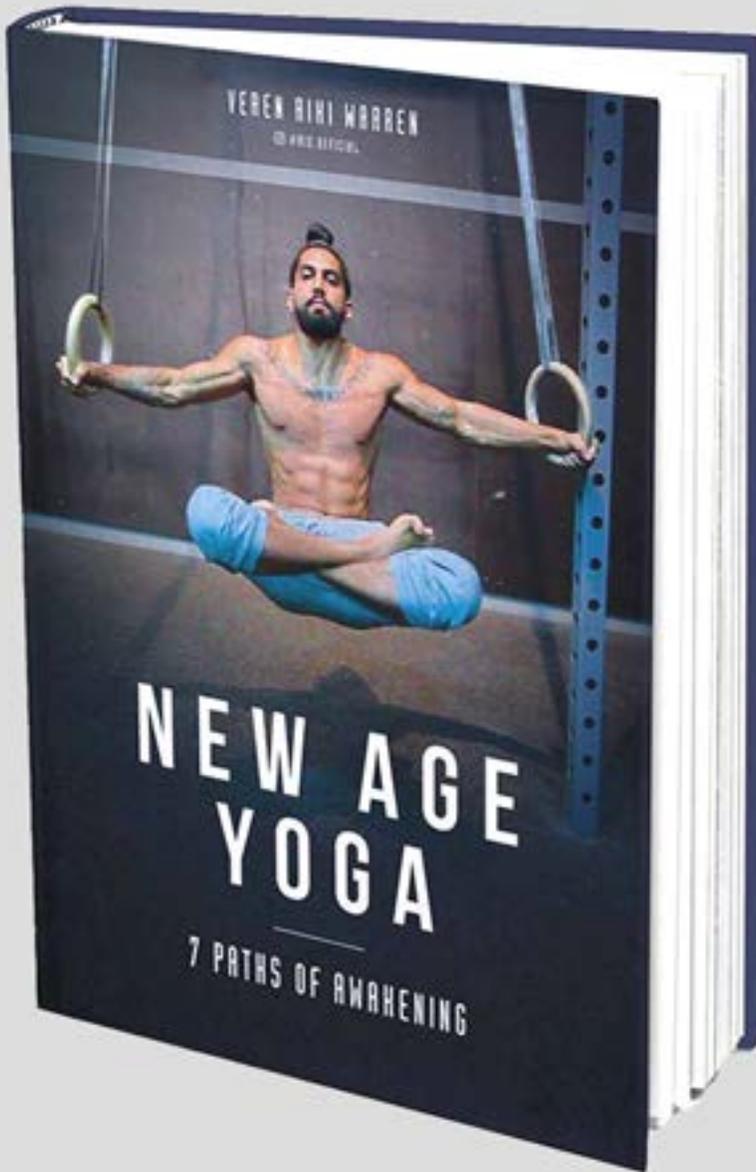


Vanessa was born in Mexico, but has more of a Colombian background. In 2014, she earned a scholarship at Florida International University in Miami and studied Mass Communication. However, her interest has always been more about the wellness industry. After noticing the extreme improvement in health from altering her environment to a healthier space, as well as exercising and watching her nutrition more, she became even more enthralled by the industry. After finishing college Vanessa moved to Australia where she experienced respiratory allergies that didn't allow her to sleep and left her

with a lack of energy. After doing a lot of research she bought an air and water purifier, eliminating all the chemicals of her environment using organic products. She soon felt a positive change and the respiratory allergies disappeared. Vanessa has dreamed of doing a project to help people thrive in their well-being and after experiencing how the quality of the environment affects her sleep cycle, energy, health and vitality, she has now chosen to focus on creating healthier environments and raising awareness about wellness spaces all over the world.

Website: www.xenses.com.au

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“Be fearful that in a month’s time, you will be in exactly the same place that you are right now.”

- Steve Sims



HOW A PRIMAL DIET CAN HELP YOU THRIVE AND FEEL ALIVE- AND WHERE TO START?

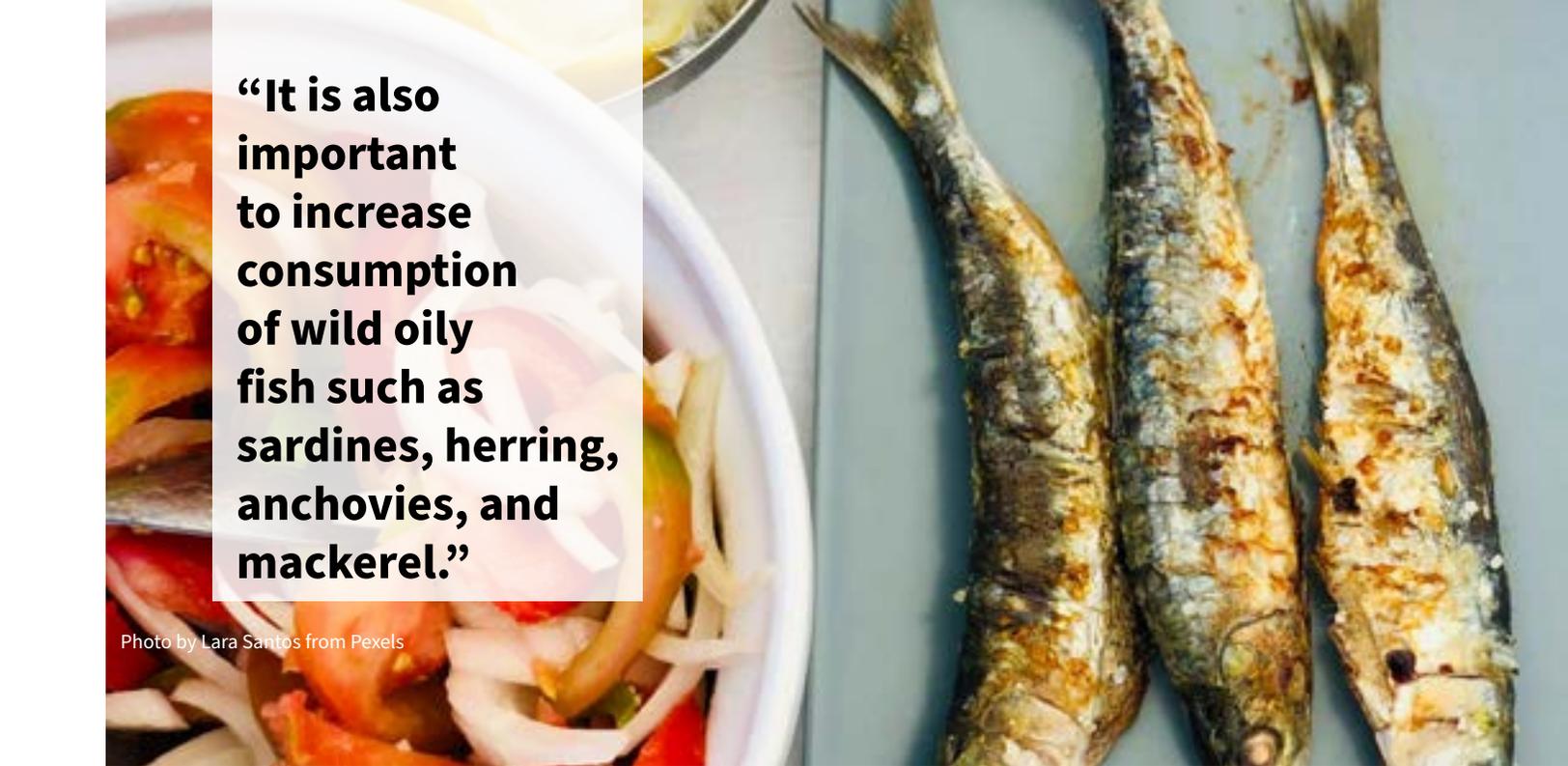
Charlène Giselle

Most modern day diseases are a side effect of our poor nutrition choices - diabetes, obesity, cardiovascular diseases to name but a few. Although we live in a world of abundance and choices - unlike our ancestors having to hunt, fish and gather to eat and sometimes having to face famine - we are now spoiled by so many choices and options that this food abundance is sometimes literally killing us. Our modern society has led to an increasing number of overfed but under-nourished individuals. To restore our macronutrient (fats, proteins, carbs) balance and avoid micronutrient (water soluble vitamins, fat soluble vitamins and minerals) deficiencies, adopting (or rather re-adopting) our ancestors' diet might be the solution.

The paleo/primal diet – sometimes called the “Caveman” Diet – is one that mimics the diet of our ancestral hunter-gatherer ancestors before the advent of the agricultural revolution. I prefer to think of this « diet » as a way of eating or a lifestyle choice rather than a diet per se. Primal living – and its way of eating – is based on getting as close to the

source (nature) as possible and removing all industrial toxins. The fundamental principle is to go back to whole unprocessed food and is also based on the premise that our hunter gatherer ancestors have burned fat as their primary source of energy throughout human evolution. Civilization's abrupt transition to a grain-based diet started only around 10,000 years ago, which is very little time in the scale of millions of years of Human Evolution. Making primal/paleo food choices means being aware of the food that we (as a human race) evolved on and with, million years ago - and to (re)adopt it. This (re)adoption can be a challenge in today's fast-paced, industrialized, processed, man-made, plastic-wrapped, sugar and refined carbs-loaded, trans fats-filled, long-life shelf “food.” To adopt a more Primal Diet, one does not have to go back to living in a cave, but a certain level of awareness is necessary to make wiser food choices!

These are my top ten tips to eat as our ancestors would have done, but in a modern way:



“It is also important to increase consumption of wild oily fish such as sardines, herring, anchovies, and mackerel.”

Photo by Lara Santos from Pexels

1. Clear out the fridge, freezer and cupboards (this is the elimination process)

One of the first things to let go of are bad fats. Strictly eliminate consumption of refined polyunsaturated vegetable oils/seed oils (canola, corn, soybean, etc.) and the many processed foods that contain them, including buttery spreads and sprays. This means avoiding fast food, processed and packaged snacks, most frozen meals, and most dressings or ready made sauces. It is important not to see this way of eating as ‘cutting things out’ but rather to think of it as a way to “make room” (in your mindset, kitchen and stomach) for all the natural, healthy and nutrients rich foods you can add-in.

2. The second category to remove and eliminate all refined sugars and grains.

Sugar is considered one of the most addictive substances and the number one enemy when it comes to the Primal diet. Eliminating the consumption of sweets, sweetened beverages and snacks is crucial to clear out the toxic elements but also to break out of the sugar addiction pattern and carb dependency cycles. Make sure to eliminate “hidden sugars” from processed carbs such as bread, pasta or other misleadingly labeled “healthy” cereals and grains.

3. Emphasize healthy fats and trust that good fat will not clog your arteries!

Contrary to conventional wisdom, fat (good fat) – does not make one fat. In fact a low fat diet can be quite detrimental to health as our body does necessitate good fat to be optimized-our brain, being our fattiest organ in the body, consists of nearly 60 percent fat; our hormones are made from fats and our cell walls are also made of fats. The key is to incorporate more good fats into your lifestyle (grass-fed butter, virgin coconut oil for cooking, cold-pressed extra-virgin olive oil or avocado oil for seasoning and natural meat fat such as duck fat, bacon grease, fatty cuts of the beef). Enjoy high satiety foods like fatty cuts of meat, eggs, avocados and coconut products (milk, butter, flakes). It is also important to increase consumption of wild oily fish such as sardines, herring, anchovies, and mackerel.

4. Become mindful of what the animal you are eating ate and boost your natural omega-3 intake.

Adopting a primal diet does not mean eating just any animal flesh/products. Choose animal meat and its source very carefully. It is important to avoid grain-fed meats; choose truly grass-fed animals from small and local farms, organic if possible. For eggs, it is important to choose pastured eggs (locally raised if possible) and to when it comes to fish to

choose wild fish whenever possible - remember primal eating is about Quality over Quantity.

The quality of the food the animal ate has a direct impact on the quality of that animal's flesh which in turn impacts on the nutritious quality of the animal we eat. It is of utmost importance to choose meat that has not been grain fed - if they have, our omega 6 intake (seeds and grains contain omega 6) increases and this has a negative knock on impact on our omega 3 to omega 6 ratio. Grass fed animals and wild caught fish contain more omega 3 (as they consume grass and plankton). Unlike other fats Omega 3 and 6, we have to consume them as part of our diet as our bodies do not have the enzymes to produce them, hence they are referred to as essential fatty acids. Although both are essential fatty acids, omega 6s have been found to be pro-inflammatory, while omega 3s can be anti-inflammatory. Excessive or chronic inflammation in the body potentially raises the risk of some of the most serious modern western diseases such as cardiovascular disease, metabolic syndrome, diabetes, arthritis but also many types of cancer.

Because of their whole food natural diet, our hunter gatherer ancestor would have had an omega 3 to 6 ratio or 1:1 to 1:4. However, as a result of our over processed long shelf life diet choices and excessive industrial oil or grains consumption, Omega 6 found in body fat has increased drastically (and dangerously so) and in some Western cities the ratio has gone as high as 1:50.

The consumption of animal foods that are high in omega 3s is crucial to optimize our diet to keep the ratio as close to the one of our ancestors as possible- understand and be mindful of your Omegas!

5. Eat organ meat

Organs, also called offal, were treasured by our ancestors and considered the superfood. Our Ancestors knew it and animals do too - lions and bears instinctively eat the organs of their prey before anything else. Ancestral wisdom followed the principle that "like supports like" and therefore consuming certain animal organs would ensure health in the corresponding organs of the human body. For instance,

according to this principle, consuming bone marrow would support the state of human bones, teeth, and connective tissues. These ancestral beliefs are not simply tales from a faraway land, they have since been backed by science: It is the nutrient-dense qualities of organ meat that delivers the health benefit. Offals high in protein and good fats, vitamin C, and B-vitamins as well as magnesium, selenium, zinc and fat-soluble vitamins - A, D, E, and K and also iron (in its most bioavailable form it), CoQ10 and Choline (which is an essential nutrient for cell membranes, neurotransmitters, muscles, and the brain).

Here are a few organ meats to start including in your diet: liver, heart, brain, kidneys, tongue, bone marrow, intestine. If you can't get a hold of organ meat there are many organ meat supplements that can be taken to support optimum health! Organ meats can provide a seriously powerful health boost if you have not adopted them already, start today and unleash your inner lion!

6. Adopt a nose to tail philosophy when it comes to eating.

Nose to tail simply means consuming as many - if not all- parts of the animal as possible, using up the whole animal carcass. This principle lies in parallel with the organ meat consumption but goes beyond by also consuming the bones of animals. Nose to tail is a must to hack health but it is also a philosophical principle. Not only is this practice great for the environment, as consuming all animal parts helps to reduce food waste but it is also more respectful to the life of the animal and increases awareness/connectedness with our food.

In the kitchen, cooking nose to tail also means using the tougher cuts in braises or stews (non prime cuts such as tri-tip or short ribs) and keeping all the bones to make bone broth. Bone broth can be made using bones from just about any animal that can be eaten - pork, beef, veal, turkey, lamb, bison, buffalo, venison, chicken but also fish and is made by boiling down animal bones in water at low temperature and for a long time. Animal bones are rich in calcium, magnesium, potassium, phosphorus and other trace minerals which are all essential minerals to build and strengthen our own human bones. Fish bones provide iodine, which is essential for healthy thyroid function and metabolism. Bone Marrow contains vitamin

A, vitamin K2, minerals like zinc, iron, boron, manganese, selenium, as well as omega 3 fatty acids. In addition, amino acids in bone broth (such as cystine, arginine, L-glutamine, histidine, and glycine) can contribute towards boosting immune function. All of these animal bones also contain the protein collagen, excellent for skin health - skin being our largest organ, a healthy skin is the building block to a healthy body!

7. Shop frequently local, organic & seasonal

Have fresh foods around your home at all times for meal preparation. Shop local if you can, find a farmers market, local butcher, make it a social family occasion and ritual, take a stroll and morning trips to the local market or get the catch of the day from the local fishermen! Stock up and freeze on large pieces of meat (perhaps join forces with a neighbor, family members friends and loved ones to buy a whole sheep or pig or cow from a local farmer to make bulk orders!). This also reinforces community and tribe-like living as well as social bonding and therefore mimics, as much as our modern lifestyles allow, our ancestral tribal ways of living.

8. Slow food and not fast food

When adopting a Primal diet an important aspect is spending more time in the kitchen and learning the art of cooking yourself. If cooking is not your thing it can be very fun to start learning and give you a great opportunity to express your creativity - in the kitchen! Make cooking a social event and slow down and savor the process of cooking as much as the food on the table. Resist the temptation of fast food - the financial price tag may seem low but the health price tag is very high. By wanting instant access to “fast food” we have forgotten about the decadent and indulgent process of long slow cooking.

9. Relax & eat consciously

Transform your unconscious eating “routine” into a mindful and conscious food ritual. Focus on the enjoyment of the experience of cooking and eating rather than a “must do quickly” tick boxing exercise. Healthy eating is a sensorial

experience focused on pleasure and satisfaction. When you do eat, turn off all digital distraction and stimulation. Instead, eat consciously, being fully present and focused on eating and enjoy your meal one bite at the time. Chew slowly, perhaps even close your eyes for a second and savor the taste. Avoid talking with a mouth full and connect with all your senses while eating.

10. Fast regularly!

To mimic our ancestors between hunts – your body cognitive functions are optimized during intermittent fasting. Try to adopt an intermittent fasting routine and remove the conventional idea that you need to eat multiple times a day! Fasting is a fantastic natural biohack and a great way to boost the immune system as well as overall resilience, as it improves mental, physical and spiritual discipline.

In a world currently facing a pandemic, health - or rather health concerns - seems to suddenly be on everyone’s mind. Hacking our nutrition is, more than ever, a crucial step towards health optimization and one that can be taken by making wiser choices around food. When it comes to our kitchen and plate, going back to Primal could be the new modern.

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Former lawyer having stepped away from a corporate life to become a Primal Health Coach & Yin Yoga Teacher, Charlene is Passionate about Hacking body & mind and is an advocate of the Paleo/primal nutrition & lifestyle.

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MEDICINAL MUSHROOMS

Kate Netkacheva

Photo by Paula from Pexels

Mushrooms are not only the popular boletus and chanterelles, which are especially tasty, when marinated; And not only 'champignons', which are amazing when baked with stuffed hats.

Mushrooms are a whole other world, literally. A mushroom web surrounds our planet. Mushrooms act as the Internet for trees and animals, transmitting information about diseases and nutrients in the forest.

Regarding today's current worldly COVID pandemic, mushrooms and their web are vital to reminding us about the strength and effectiveness of their properties and community.

In this article, we'll discuss what mushrooms to use in order to improve health and well-being in general. Indeed, for thousands of years, healers have used some types of mushrooms to treat many diseases. Mushrooms are an adaptogen, that is, they help the body withstand external stress while strengthening the immune system. In terms of what form to use, Mushroom powders are the easiest to use. They can be added to any drinks and meals. Let us start by introducing one mushroom whose reputation precedes itself.

Reishi

This mushroom is one of the most popular medicinal mushrooms, and for good reason. Reishi helps to normalize

weight, strengthen the immune system, and has anti-cancer properties. All this has been proven by many studies.

What makes this mushroom unique is its soothing properties, thanks to the triterpenes found in Reishi. These mood-enhancing substances can ease anxiety and depression and normalize sleep. Reishi also helps to increase performance and concentration. It especially works great for improving brain function when combined with coffee.

Reishi mushroom has powerful antifungal (oddly enough), antibacterial, and antiviral properties.

Research also shows that reishi has the ability to slow down the growth of cancerous tumors. It is also used to treat neurodegenerative diseases.

Lion's mane

Previously, only noble families could afford this useful mushroom but now it is grown on mushroom farms, which makes it more affordable.

Lion's mane normalizes blood pressure and cholesterol levels, has anti-cancer properties. It is called brain food because it can improve memory, concentration, and cognitive function.

Lion's mane refers to foods that effectively "regrow" nerve cells when damaged.

Chaga

This mushroom was well known to our ancestors. After all, if other mushrooms have mainly Asian roots, then chaga can easily be found in plain simple birch forests.

This medicinal mushroom must be crushed and boiled in hot water to release its biologically active compounds. Chaga is most often brewed with tea or added to soups.

Chaga is mainly used to regulate the immune system. This mushroom contains substances that help increase the production of antibodies that fight off pathogens and viruses. Chaga also helps to keep the body working and destroys abnormal cells in our body. Because it is loaded with antioxidant properties, it helps to fight and protect the body from free radical damage.

Chaga is used to treat various types of medical conditions including psoriasis, rheumatoid arthritis, stomach problems

and many others.

Other useful mushrooms

Other mushrooms with many beneficial properties include shiitake, maitake and cordyceps.

Mushrooms have various health benefits, but in general, we can say that they all have a positive effect on immunity, the work of the brain and nervous system, fighting inflammation and tumors and adding energy and normalizing sleep.

These powerful fungi have played an important part in helping humans heal effectively throughout our growth as a species. They are again stepping up to play their role as our sidekicks to help us combat this harsh and eerie virus. Let's let them fill their role as well as our confidence level as we move with trust in parallel to our species' growth and improvement, even during this seemingly diminishing time.

The article is for informational purposes only. There may be contraindications. A doctor's consultation is required.

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ABOUT THE AUTHOR:



After having severe digestive issues and depression 10 years ago, Kate changed her life by normalizing nutrition, meditating, and incorporating sport and superfoods.

Kate Netkacheva is a health journalist, nutritionist and a life coach. She specializes in nutrition and lifestyle for productivity, energy and managing stress.

IG: [obsessed with wellness](#)

Biohacker's update is discovering the biohacks from traditions all around the world. This past October, we reported on Navarati --a great festival celebrated by many Hindus and found great biohacks as well as foods from the region. Here is one of the foods we covered, so give it a try!

SATVIC SPICED POTATOES

Satvic Spiced Potatoes **(Farari Bateta / Vrat Aloo)**

Serves 4 | Prep time 10 mins | Total Time 30 mins

Potatoes often get a bad rap, but this versatile and humble vegetable is not to blame. It is how we prepare them and amounts we consume especially with copious amounts of salt. When enjoyed in moderation there is nothing that beats a potato's health benefits.

Potatoes are rich in vitamins, minerals and antioxidants. They can help improve blood sugar levels, reduce heart disease risk and build immunity. They may also improve digestive health and combat signs of aging. A carbohydrate that is gluten free and satvic (pure).

- 3 big potatoes it into inch pieces
- ½ cup coarsely ground peanuts/ chopped cashews
- 3 tbsps ghee
- 1 tsp coarse pepper powder
- 1 tsp cumin seeds (jeera)
- ½ cup chopped fresh coriander
- 10 to 12 curry leaves (kari patta, limbdi)
- 2 green chillies chopped
- 1 tsp salt (rock salt/sendha)
- 1 tbsp lemon juice

Boil the potatoes until 1/2 cooked. Then drain the water. In another tiny bowl mix coriander, chillies and curry leaves. cumin seeds and pepper. Heat ghee in a wide pan over medium heat. When it is hot add the cumin and black pepper and peanuts/ cashews and curry leaves. Stir fry for a few seconds. Then add the potato and salt. Mix gently to coat and allow to cook until potatoes are cooked through stir occasionally. Add the lemon juice and the coriander. Stir through and serve hot with plain yogurt or as a filling for buckwheat crepes.

follow @spicechakra

RECOVERY

“Just as a well-filled day brings blessed sleep, so a well-employed life brings a blessed death.”

– Leonardo da Vinci

A photograph of a clear glass being filled with water. The water is captured mid-pour, creating a dynamic splash. The glass sits on a dark, reflective surface that is covered in numerous water droplets, suggesting it has been recently wet. The background is a soft, out-of-focus blue gradient.

HOW TO THRIVE IN THE COVID WORLD WITH STRUCTURED LIVING WATER

Good Day Biohackers,

Have you ever wondered why so many individuals in the world are in fear of catching the “COVID Virus?” They have become scared of being “too close” to their neighbors and random strangers out in the community, even their own FAMILY?!?

Where has Humanity as a collective gone wrong?

Where did this scarcity really derive from ?

What if I told you that I have a solution that can biohack your immune system and will raise the vibration of your overall wellness, emotionally, mentally, physically and spiritually. Would you believe me ?

Allow me to continue to elaborate my thought process backed by Science from a Physical and Metaphysical perspective. As always, take what resonates, discard the rest and ALWAYS do your own research for I AM just expressing from my own personal experiences in this life.

Did you know many individuals are in a “Dehydrated” state

of living? Neither did I at first. But, what do I mean when I say dehydrated? Great question.

Growing up an Athlete I was sponsored by sports drinks that we were told supported our bodies’ overall energy and hydration for the pre and post physical recovery of the muscles. Little did I know at the time that all those so called nutritional drinks and protein bars were polluting my system with sugars and processed chemicals that led to a domino effect of health issues and challenges during and later in life such as; Acne, Depression, Digestive issues and Endometriosis.

It wasn’t until I became a Mother in 2007 that my awareness started to awaken on the overall wellness of the mind, body and spirit. I was being guided to dig deeper into the unknown waters and research more holistic approaches on how to properly care for my Daughters nutrition, let alone myself, as a young Mother.

During this time I was working in the Beauty Industry for almost 20 years of my life. Over the years I had become a

Product Knowledge Specialist researching and learning new ways to utilize our products for our clientele and our team. I worked side by side with Massage Therapists and Estheticians that worked on the Human Body, from a surface level that educated their clients with the knowledge of drinking lots of water after a facial or massage session. Hydration was key to keeping their blood flow running so that their skin after a facial would continue to detox and heal for a continued “Glowy Effect.” The water intake also helped replenish their muscles to reduce the soreness and to fully detox the immune system to feel rejuvenated.; Which also supported the blood flow in the bodies muscle relaxation and hydration to keep their vitality, ALIVE.

But was it?

In those 20 years I expanded into the Barbershop and Salon world and saw many clients, male, female and child, suffering from Hair Loss, Acne, Eczema, Depression, Obesity, Body Dysmorphia, Malnutrition, to extreme Esthetic Reconstruction of their full body in order to feel “GOOD” and accepted in their own skin. They were still focusing on the surface instead of the internal ways of healing themselves. From my perspective and observation, they were just covering up the source of their issues that stemmed from within; Also known as the acidic state.

In 2017 I became a Certified “Body Sculpting Technician” that helped individuals lose weight and sculpt their body with three specific modalities to break down their fat cells and turn their bodies into fat burning machines. This was known as Non-Invasive Lipolysis: An outpatient procedure and society’s new fad of losing weight quickly.

During this experience of being a Certified Body Sculpting Technician I was able to mold and transform the human body with electromagnetic-light technology, painlessly. I then was led by Spirit to start adding a guided meditation during the Laser-Lipolysis paddle treatments to help heal the internal body, diving deep into the subconscious mind and allowing the body to heal itself, naturally. I even would incorporate smudging the patient with Sage or Palo Santo

to release any energetic debris from their day to be able to connect deeper to their subconscious mind, their “Higher Selves.”

I had such phenomenal results of men and women being transformed instantly from the biohacking techniques I had incorporated on the patients. It all had to start from a simple thought form in the mind. Mentally speaking, the patient was able to decode the blockages on a subconscious level during the guided meditation sessions in full relaxation and safety that allowed them to be open and vulnerable with themselves. After every session, even after shedding some healing tears, they always returned home on a natural high and awareness!

I would recommend for the post treatments that our patients drink a gallon of water a day, with 30-45 minutes of exercise, while incorporating a healthier lifestyle of mindful eating to maintain their treatments.

But something was still missing.

The moment these sessions stopped, the weight returned and they were back in my office trying to fix more of the outside layers of their physical bodies to meet society’s programmed ways of living. I started offering Spiritual Mentoring and Energy Healing Sessions to our Practice and seeing our Patients transform significantly. I started to connect the dots of the Metaphysical Body with the Human Body and how it responds based on its subconscious blockages that were keeping these individuals in a state of feeling stuck and experiencing scarcity on their personal journeys.

Once again, something was missing. What was it that I wasn’t connecting with consciously to help our patients fully recover from these challenges?

Then, this amazingly rich water found me!

An old friend and I had reconnected and introduced me to this structured water at a perfect time when I had just launched my own high vibrational product line that works with water as its main ingredient to heal, clear and protect the Aura.



I was then invited to a local Water Demo in Fountain Valley, CA. where my eyes and mind were blown away as I started to connect deeper dots while in the process of watching this live demo that changed my perspective on water and wellness!

My patients were super dehydrated, including me!

Little did I know that all the store-bought Alkaline Bottled Water we had been purchasing was polluting our bodies with chemically processed toxins that were creating a false “Alkaline pH of 9.5.” Bottled water, plastic or glass, wasn’t keeping our bodies in a flow state of Alkalinity; it was keeping our bodies in an Acidic state of Disease.

What?!?

Then the research began. I wasn’t completely sold yet. This couldn’t be possible. I went back and revisited a couple local water shops in Orange County, Ca. and started asking questions on their waters’ pH. They didn’t offer Alkaline water; they were offering Spring Water with added minerals to help create a more alkaline quality of water. But it wasn’t healing the body, it was just refreshing it. Meaning, it was

better than bottled water that was stagnant with an expired shelf date of who knows how long.

Then, I joined The Wake Water Co Movement and that’s when the water activated me into understanding the true spiritual and physical benefits of structured living water that re-hydrated my mind, body and soul back to origin.

I was no longer, dehydrated. We call it, HIGHdrated, due to the true hydrogen rich water it holds. The abundance of hydrogen enables the water to have a higher pH thus resulting in the alkaline property.

When water is structured, it creates a Hexagonal shape. The water molecules are smaller than other types of water. This structure enables the water to penetrate the cells. Therefore, this water is able to pass the blood brain barrier and hydrate the brain keeping our Cerebrospinal Fluid HIGHdrated (brain stem to spine connection). This helps to promote and maintain a healthy and strong Immune System to ward off illnesses that can cause disease, while also keeping our energetic field, Aura, in a Higher Frequency.

Being properly hydrated enables better full body homeostasis. As the tissues, organs, brain and muscles begin to hydrate, our full body energy begins to increase as well. This increase of energy allows for better mood, better circulation, better concentration and better sleep.

What we are starting to remember is how much we are in fact, water! 75%+ in fact and some science is coming out now that we are even 99% water because water can take many forms, liquid, solid, gaseous and plasma. Most of the water in our body is inside of our cells. A very important reminder is “it is not how much we drink, but more so how much we absorb”. The focus of nutrition, exercise and sleep is so important! However, how do you digest your food? How do our muscles move? Our brain is 80%+ water so if sleep is struggling, could water be a solution? We tend to skip this important step and go to medications, supplements, diet plans, different workouts and more. We wonder why these issues continue to come up even when we mask the symptom temporarily. Underneath it all, our cells are dehydrated.

Focusing on a lifestyle of fruits and vegetables will also help you raise your frequency. The abundance of antioxidants, vitamins, minerals, electrons, phytonutrients, enzymes, structured water, chlorophyll, angstroms and so much more play a huge role in achieving a “higher vibrational state” through proper absorption.

To achieve this absorption, and to receive all the nutrients,

minerals, vitamins and more, all travel via the “aquaporin” of the cell. This was discovered by Dr. Peter Agre in 2003 who won a Nobel Prize for his finding. This aquaporin is where nutrients and oxygen are delivered and waste is removed. It’s our mouth and “rear end”, but in our cells! What we do not eliminate, we accumulate! Many issues that are systemic, acute or chronic started somewhere and more times than none it can be due to cellular dehydration, a stagnant lymph system, overload of acids and inflammation and the body getting to a point where it begins to manifest dis-ease!

Are you ready to reclaim your power and take back your health and thrive at this time?

HIGHdration is the secret.

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ABOUT THE AUTHOR:



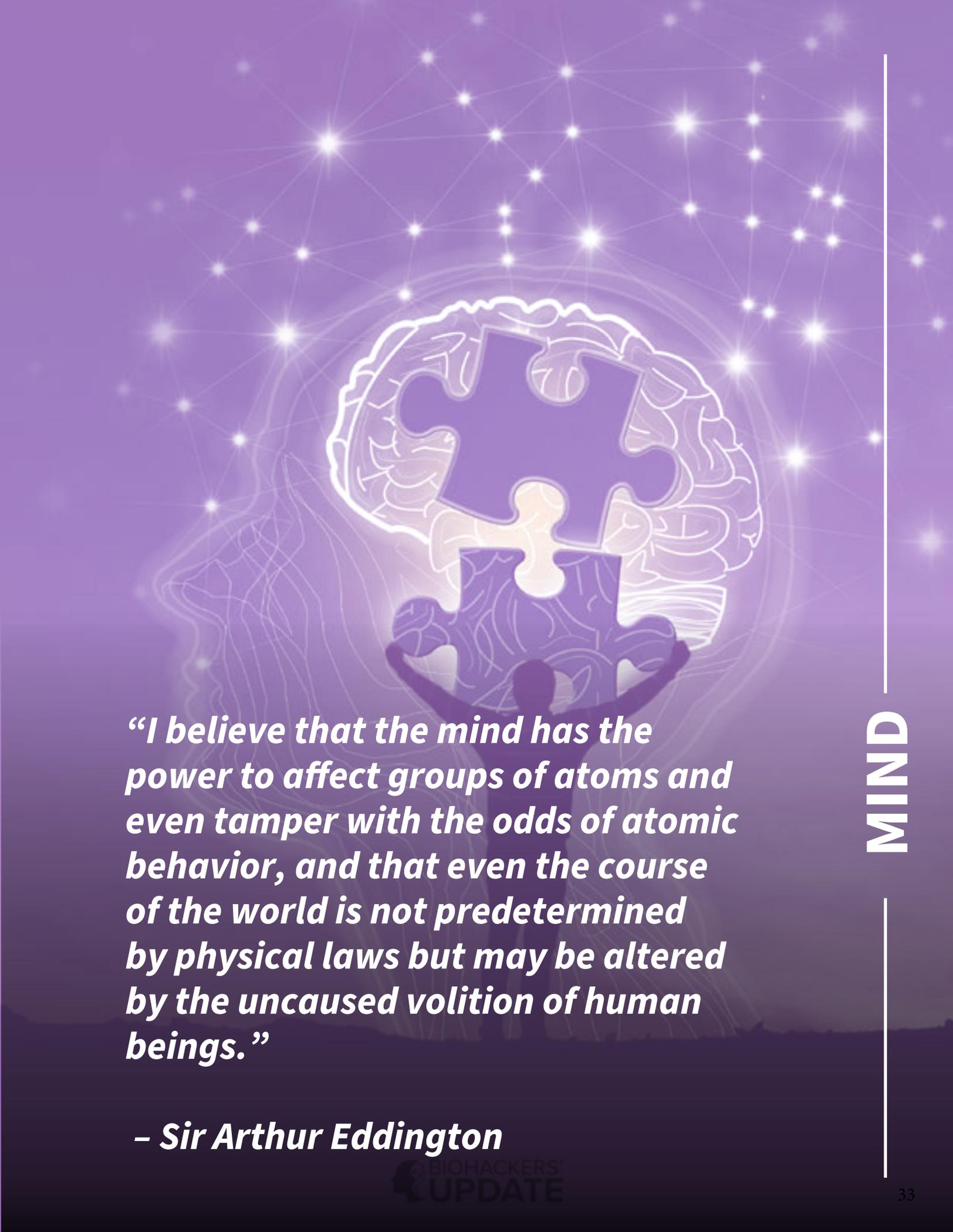
Jacklyn Nicolle, given the name by spirit, “Not Your Average Healer”, has recovered from a dehydrated state of living, into a HIGHdrated state of being. During this transition in her life she then became known as the “Wata Warriress” to help inspire,

educate and empower individuals to live a healthier lifestyle through structured-living WATER.

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“I believe that the mind has the power to affect groups of atoms and even tamper with the odds of atomic behavior, and that even the course of the world is not predetermined by physical laws but may be altered by the uncaused volition of human beings.”

– Sir Arthur Eddington

MIND



Photo by Rakicevic Nenad from Pexels

THE SEARCH FOR FREEDOM OF THE MIND

PATRICK HUSTON , OLY.

As an Olympian, Biohacking is the most incredible field of study for me to have stumbled into.

And I am more than happy that I did. I have now found a knowledge-base and group of people whose entire aim is to better themselves, their functioning and their cognition! I'll explain to you the many and varied routes I have found to free myself from my BIO-ENERGETIC SHACKLES; By which I mean the physical, emotional and cognitive tensions and limitations which have caused such an immense struggle for me mentally in the past years. The fundamental signs and symptoms of depression all point to a decrease in energy across the body: a numbness, a lacking, an apathy, etc. What

if we could rekindle your feelings and give you more energy by making life easier via the creation of a state of mental enthusiasm and empathy? A state where you actually feel like you want to be a part of ManKIND!

As an Olympic archer, 3x world champion and world record holder, my job is essentially to seek improvement in myself. And from shooting arrows into a target, (and my sensation and perception of my doing so) I have both an objective and subjective measure of how my body is performing the tasks which I ask of it.

I have struggled with mental health issues rather severely for a number of years, but this has been particularly severe in the period of years after my performance at Rio 2016. This could be a mix between the manifestation of my experiences at the games and the very specific stresses which I ask my body to adapt to as an elite sports person. After all, (BOLD) the human body adapts to what it is given. And frankly we are very very good at that! I have been diagnosed with Bipolar Affective Disorder and also Adult Attention Deficit Hyperactivity Disorder.

I'm just going to go ahead and say it. Mouth Breathing causes ADHD. The reduction in Carbon Dioxide saturation in the blood caused by habitual mouth breathing or even simple over breathing through the nose (trust me, unless you have trained for it, you breath far too much) causes your hemoglobin to remain bonded to the oxygen particles which are meant to diffuse through capillary walls and supply your body with energy. Read The Oxygen Advantage by Patrick Mckeown and watch his videos or the London Real Interview for more information about this. Let's just say that the human body evolved through Free Diving and regular Breath Holds. Reset your relationship with CO2 and you will see your health, life and mindset change!

Let us transition to how or anatomy and image takes its effect on our mind and energy. The dissection of the dead with a knife is a fundamentally flawed way to learn Anatomy. Our civilization is lacking in its knowledge and understanding of Fascia! Let's just say that the way in which we use our bodies on a day to day basis make a Huge difference to our existence. Smiling for example, programs happiness into the structure of your being. Stand tall and don't slouch into depression. Free the hips (#FREETHIHIPS) and feel the strength and functionality of a human true to his or her form. We are the masters over the Animal Kingdom and we can truly function like it.

The transformation takes commitment and some effort but once you start building momentum, the rewards are so profound that you will want to go further and further.

Remember that first week you started wearing blue light blockers? Remember when you found that nootropic that really brought your brain back into gear? Remember when you properly blacked out your room and found out what an undisturbed night was like? And even more importantly - Do you remember when you went away from home and forgot your biohacking gear and had a few days operating your 'Moist Robot' (c Scott Adams Says) without any of the upgrades you've been able to develop as habits to improve your functioning biology? Still with me? I think some biohackers are.

Well what if I told you that you could exponentially multiply all of that improvement with ease? What if I told you that you could have your hips not feeling sore after sleeping on them funny? What if I told you that you could find the activity of 'going up stairs', a cerebrally intriguing task rather than a chore and a difficult workout. What if I told you that something as simple as 'going shopping' could be a fascinating experience of personal exploration simply from the arrangement of your fingers and how you center your head over your foot as you walk?

Exploring the world of Fascia and improved human physical functioning has potentially no upper limit. This is a course which Biohacking has sought to find, expire, refine, test and track. This is fantastic Work and great knowledge has been found. The step we need to go now is to 'Play'. We need to use our bodies in specific ways in order to experiment with them while discovering what we are capable of.

Here's something to try: Hold a glass of water, a cup of tea, etc. and now slowly move your arm up and down, keeping the cup steady and level. Keep doing that until you feel some fatigue in the muscles (nasal breathing in daily life builds massive tolerance to Lactic Acid - the burn). What you will have been experiencing is flotation of the bones within the system of your body; This is known as 'Biotensegrity'. This is a very important concept. Newtonian physics has failed us within the human form... we are far, far more complex than a system of levers.

We are closer to a multi-joint-multidirectional-reciprocal-

coupling-system, capable of a near infinite array of movements, positions, load bearing and most importantly: adaptation.

Our Fascia is the Extra Cellular Matrix which wraps every single cell and is continuous, elastic, transformative and 6 times more innervated with nerve cells than muscle fibers. You don't feel your bicep anywhere near as much as you feel your upper arm's fascia.

Check out Thomas Myers Google Talk to get a quick overview of Fascia or Gil Hedley for some fascial perspective dissection and anatomy. Following me on Instagram (Hustagrams) is the best place to learn more until the next edition or feature with Biohackers Update.

In the meantime, here's two things to try:

1. Roll your fingers side to side while pressing down on a surface to work out the fascia through rotation.
2. Take small gaps between each breath to let CO2 build up. Practice this with walking breath holds.

We all know the saying that everything starts in the mind. Developing the habits of good posture, breathing techniques and fascia strengthening, although all physical, all tie back to the health of the mind. The will to set these good practices is enough of a mental workout alone. It's a win-win situation. Reduce stress, anxiety, depression and other mental ailments through the focus and determination of body, breath, and fascia improvement.

ABOUT THE AUTHOR:



Patrick Huston is a World Record Holding Northern Irish/British Archer who competes for Team GB at the Olympic and World Level. He holds 3 World Titles and numerous international medals. Patrick is committed to lifelong self-improvement, focusing on physical and neural optimization He

is also the Founder of the #FreeTheHips campaign. Patrick lives in Shropshire, England with his Fiancé Jelly, their cat and rabbit and eats a Dark Ages Farm Labourer diet enhanced with BulletProof Principles and other Biohacking concepts. IG: [Hustagrams](#)



ANCESTRAL MIND-OPTIMIZING BIOHACKS

Sonal Patel

I was inspired by an article by Ben Greenfield on “24 Ways To Hack Your Biological Age”. I was pretty much set on the physical front but was especially intrigued by the biohacks for the mind. Now I am not as advanced a Biohacker as Ben; I haven’t tried out all the technology or supplements he mentioned but I was interested to see if I could still biohack the mind using ancestral methods here in the village in India with whatever I could source locally. Yes, I am still here residing in my village, actually thriving during the COVID-19 pandemic, as are the people in this small village.

One thing I noticed while living here is that there is a large percentage of elderly people still working and active in the community. They go about their day with purpose and doing many things that even I struggle with, such as sitting in a full squat for long periods or lifting heavy loads on my head with perfect balance. I suppose these are just some of the things that keep them fit and well into old age. Even during the COVID 19 pandemic they have escaped the vulnerable bracket

that many elderly all over the world have fallen victim to. In the evenings I would sit with small groups of them and they would gossip and tell stories about their past. What shocked me most was their memory recall, both long and short term was as amazing, was their physical fitness. We all have poor memory recall at times but not one of them suffered from the onset of degenerative diseases like Alzheimer’s, Parkinson’s or Dementia. In fact, not one said they suffered for long bouts of depression or anxiety either. Yes, occasionally if something tragic happened, but by living in a joint family and close knit community there was no one left to suffer for long. One of the ladies actually said, “I don’t have time to feel sorry for myself or even think, I have too much to do!” Who will pick the crops, milk the cows, cook and clean?” I suppose a sense of purpose as well as support structure helps keep them of sound mind. But as I researched more I realized that what they do as part of their daily routine was actually biohacking, not only their body but their mind too. Here are some things they do that we

can all learn from to improve our minds for the future.

1. Circadian Rhythm

As a farming community these older members are completely in sync with the Circadian rhythm. They rise just before sunrise performing Surya Namaskar (Sun Salutation), not the yoga sequence, but the actual offering of prayer and gratitude to the sun upon rising. They bask in the early morning rays for 10 minutes or more getting a dose of Vitamin D and red light benefits. They are actually outdoors in the sun except around midday when the sun is strongest. At this time they have their largest meal, as digestion is optimal when the sun is at its peak. After this a short nap or rest and then back to work until sunset. They tend not to have blue light exposure from phones, televisions or computers. Instead they sit out in the evening under the moonlight getting even more red light and saving on electricity and connecting with each other. Because of an early start, it is early to bed as well. Sleep is vital, as that is when the body goes into repair mode. Optimal time for deep sleep is two hours either side of midnight, so try and get all 4 hours for maximum benefit.

2. Cold water therapy and healing a Leaky Brain

Cold exposure is gaining popularity, especially since proving the health benefits associated with healing a leaky brain. Inflammation in the brain can occur if the blood brain barrier (BBB) becomes overly permeable and toxins enter the brain. This can result in later mental health issues. Just a few minutes under cold water can release pain suppressing hormones, beta-endorphin and noradrenaline, that help with depression. The surge of these hormones also increase blood flow and clear thinking as well as decrease inflammation.

It's not clear whether the villagers here actually know the benefits or they are just being cost effective but they have always bathed in cold water first thing every morning. Due to the climate they also bathe in the evening before having

dinner, thus jump starting the appetite. I have been here over six months now using only cold water, but being from London I was used to a hot shower in the morning and often a soak in the tub in the evening. At first it was a shock to the system, especially in cooler months but that is the whole point. That shock to the system and brain is what keeps it healthy. I first noticed my skin and hair had improved. But the most interesting part was that my family actually commented on the improvement of my energy levels and mood. I was now more alert, had less brain fog and my memory was clearer than before.

3. Balance Neurotransmitters with Tulsi and Tea

Within Ayurveda, Tulsi is known as 'Mother Medicine of Nature' and is revered as an 'elixir of life' for both its medicinal and spiritual properties. Adding Tulsi to Prasad (sanctified foods), Tea, Kadha (Indian immune boosting drink), or other delicacies has made Tulsi an essential part of our heritage.

Rich in vitamins A, C and K and minerals like calcium, magnesium, phosphorus, iron and potassium, it is a natural immunity booster while also being anti-bacterial, anti-viral and anti-fungal. Its greatest benefit though, is its effects on the nervous system. Tulsi is an adaptogen which is a natural substance that helps your body adapt to stress and promotes mental balance. Tulsi is able to modulate Corticosteroid and reduce stress hormones in the body. I'm not a coffee drinker but Tulsi tea has similar effects, balancing neurotransmitters without the caffeine. It can also help reduce toxic stress by relaxing and calming the mind and offering many psychological benefits including anti-depressant activity. It has positive effects on memory and cognitive function helping to reduce the degeneration of the brain.

There are many varieties of Tulsi but here are the main three types in India.

- Krishna Tulsi- *Ocimum Tenuiflorum* has darker leaves with a purple hue. This is the most potent and has high concentrations of adaptogenic Triterpenic compounds.

- Vana Tulsi - *Ocimum Gratissimum* is wild basil and is high in a

natural antiseptic and adaptogen, Eugenol.

- Rama/ Lakshmi Tulsi- *Ocimum Sanctum* has a green leaf and is the most common to the worldwide market and rich in Eugenol adaptogens.

L- Theanine, a naturally occurring amino acid found in tea, increases the formation of brain waves called alpha waves, which are associated with alert relaxation. This is perhaps the main reason for the different, milder buzz that tea generates (4Trusted Source) Around two cups of tea a day can increase alpha waves in the brain which heighten creativity. The combination of caffeine and L- Theanine increases alertness and the ability to focus. Tea has a good amount of polyphenols packed with antioxidants too. A study by the National University of Singapore found that tea drinkers have healthier brains compared to non-tea drinkers. Drinking tea regularly can protect one from age-related cognitive decline without the jitters that coffee can bring on.

4. No refined oils

Nearly 60 percent of the brain is fat. Every brain cell is in fact insulated by a fatty material, which only further supports how important fat is for the brain. However it is the quality of fat you choose that is important for a healthy brain. Replacing commercially processed fats such as margarine and refined vegetable oils, with healthy pure fats and oils such as ghee, coconut oil, olive oil etc is key.

Pure cow ghee is used in Ayurveda for 'Medhya Rasayana', (Memory enhancement). The short chain fatty acids (SCFA's) not only improve memory but also strengthen the brain and nervous system. Ghee also nourishes and detoxifies the digestion system thus improving the brain gut connection.

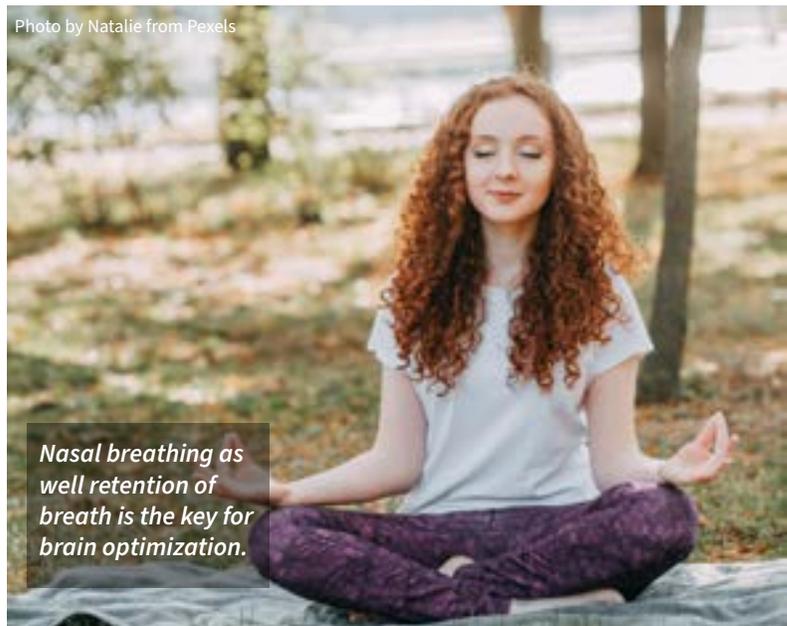
The high concentrations of medium chain triglycerides (MCTs) make coconut oil a biohacking favorite especially by followers of the Keto diet. The medium chain fatty acids (MCFA) go straight to the liver and unlike most fats, are quickly

Photo by Priyanshu Katiyar from Pexels



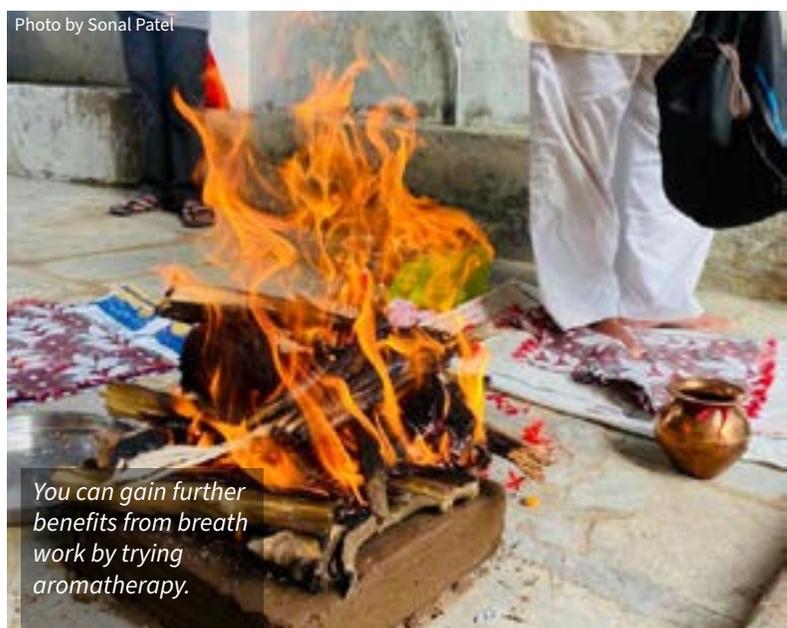
Within Ayurveda, Tulsi is known as 'Mother Medicine of Nature' and is revered as an 'elixir of life' for both its medicinal and spiritual properties

Photo by Natalie from Pexels



Nasal breathing as well retention of breath is the key for brain optimization.

Photo by Sonal Patel



You can gain further benefits from breath work by trying aromatherapy.

metabolized into ketones. Ketones are energy and fuel for the brain and also protect it from plaque accumulation, which can lead to degenerative disorders such as Alzheimer's.

5. Spice Chakra - Brain

The one thing I am most grateful for is spices, not just for flavor but for the healing properties too. My kitchen doubles up as a pharmacy. The power of these treasures that are packed with micro nutrients are used in nootropic supplements (cognitive enhancers) alongside Ayurvedic herbs. If you want a healthy brain try some of these kitchen ingredients.

Black pepper - This common ingredient not only aids digestion by preventing toxic build up but also increases the uptake of use of oxygen by the brain cells.

Ginger - We are all becoming more aware of the brain gut connection and ginger can prevent toxic build up and help a leaky gut and brain.

Turmeric - Many scientific studies have shown that the anti inflammatory, antibacterial, antioxidant and antiseptic properties of Turmeric can treat an array of health issues. However this ancient Indian spice has also shown that Curcumin from turmeric can suppress molecules known to cause inflammatory degenerative diseases not only in the body but also the mind. It also makes you happy by boosting serotonin. Always add a pinch of black pepper for better assimilation.

There are also some herbs used in Ayurveda for 'Medhya Rasayana' as fore mentioned along with ghee. These are the nootropics for cognitive enhancement. People in the village seldom rely on pharmaceuticals and prefer to turn to nature for the cure. As a farming community they have a special connection and to what is growing around them. This wisdom is not from books as most could not read, it is from generations of practice.

Bramhi- Bacopa Monnieri

Bramhi has been revered as an ancient brain tonic. It has active compounds called Bacosides which protect the brain from oxidative stress and improve the signal to where memories are processed. It also helps calm and balance the mind.

Gotu Kola- Indian Pennywort

Gotu Kola contains asiatic acid which inhibits the formation of plaque build up in the brain, often related to Alzheimer's Disease.

Shankhapushpi- Aloeweed

This herb revered in Ayurveda for supporting brain function is known to enhance memory and calm the mind. It also improves tolerance to stress.

Shilajit

Found in the Himalayas, Shilajit is rich in fulvic acid, a strong antioxidant and anti-inflammatory element that protects against free radicals and cellular damage.

More than ingredients, if you really want a long and happy life.....never eat alone. Communal eating allows you to bond and connect over conversation and shared experience. These release Endogenous opioids and oxytocin which make you feel pleasure. Generally people who eat together enjoy more wholesome home cooked meals, like here in the village. This behavior is prevalent in many places around the world who are known for longevity. The social connection along with healthy meals has great effect on Telomere length, a marker that indicates rate of aging. During this time, when people are feeling isolated, link up with your safe bubble of family or friends and invite them over for dinner to live longer and happier.

6. Pranayama - Make every breath count

Patanjali in his Yoga Sutras recommends various breathing techniques that involve inhaling, exhaling and breath retention for longevity. These are called Pranayama (vital force). Nasal breathing as well retention of breath is the key for brain optimization. This conscious practice of breathing can help vital nano particles (Pran) pass through the blood brain barrier (BBB). Breathing through one nostril triggers the brain on that

side. Try 'Nadi Shodhana' pranayama, alternate nostril breathing daily for 9 rounds to help clarity of mind, relieve tension and fatigue. Integrating pranayama will also help advance your meditation practice.

You can gain further benefits from breath work by trying aromatherapy. Try essential oils like rosemary for mental clarity or peppermint for fatigue. In the village people burn diya's (candles) made of ghee, incense sticks made from sandalwood and pieces of camphor during spiritual practice. The vaporised substances enter the body through the nose, mouth and pores of the skin and reach every cell in the body. Nasal Inhalation goes straight to the central nervous system bypassing the rest of the digestive system, where nutrients can lose their potency.

7. Indian Head Massage

And who doesn't love a good massage? Nothing beats it's healing of aching and tired bodies. But what about the effect on the brain? We know it relaxes us and sometimes makes us drowsy. The traditional head massage is one of my favorites. It is relaxing and invigorating all at the same time, all while using various techniques. It can improve concentration and memory by increasing blood flow to the nervous system. Giuliana Fenwick, author of Indian head massage for special needs, uses this technique to help children with autism. She has found remarkable results using Indian head massage as a form of therapy. <https://www.differentbrains.org/>

[neuropsychology-map-head-benefits-massage/](#)

She explains how various areas of the brain can be stimulated to produce positive effects. Giuliana, notes, "that the skull is so close to the surface of the head, so the brain, when you massage, is very easy to stimulate and balance." Her in depth practice of this ancient Indian technique has shown how she is able to 'access emotional and mental layers as well as the obvious physical and scientific benefits such as encouraging the flow of blood, oxygen and neurotransmitters to the brain thus stimulating productivity, concentration and deep, long-lasting well being. So next time you have a massage get a Indian head massage for your brain too.

Routine and purpose

This year has been one where our normal routine has gone out of the window! It doesn't mean that you no longer need one. It just means you may need to tweak it for the better. Carry on getting up with the sun and go about your day with full intention and purpose. We have had a lot of time alone with our thoughts over the last 7 months. Become comfortable with the solitude you are experiencing by meditating, expressing gratitude and taking care of yourself. These little things will all help your mind stay strong and healthy. Read and spend time expanding your mind. Use this time going forward to thrive; we may never get this much time for ourselves again.

ABOUT THE AUTHOR:



Sonal Patel is a Chef and Wellness Educator working with families in the UK and India to build conscious cooking and lifestyle habits. After appearances on Masterchef in the UK, she journeyed to India to further explore the culinary teachings of her rich ancestry and Ayurveda. It was there where she started

Spice Chakra, a conscious food and well-being company. As a mother of two boys while living between two continents, her current focus is on biohacking for children and using food as a powerful medicine.

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www.spicechakra.com

A blurred background image of a person in a white shirt, possibly a doctor or professional, with a glowing upward-pointing arrow on the right side. The overall color scheme is teal and blue.

— PRODUCTIVITY —

“You simply can’t think efficiency with people. You think effectiveness with people and efficiency with things.” — Stephen R. Covey



BIOHACKING & MINIMALISM - GETTING ALONG WITH LESS

Marco Grosch

Minimalism seems like a hype topic these days. Why? I guess because it creates a counterbalance to the idea that more is always better and that growth is the only option. Our world is so much faster than it was just 10, 30 or 50 years ago. You can book a plane ticket on your mobile phone, go to the airport and be in any destination of the world in less than a day. With an internet connection, you have access to at least 1.2 million terabytes of information, available at your fingertips. Shareholders are happy as long as the company continues to grow, year after year after year. From advertising and the media you get the image of what a successful person's life

should look like - big house, nice car, cool clothes. It seems like a global growth party and everybody wants to be a part of it. That is, until COVID-19 entered the stage.

Suddenly, our huge span around the globe shrunk to the size of our city, our neighborhood or even our home. Supply chains are cut, some companies stop their operations entirely and public places like restaurants and bars keep their doors closed. The growth movement stops and suddenly we find ourselves anxious. A lot of us might have to get along with less for a while and with this article, I want to encourage you to not

fear this process, but instead welcome it as an opportunity to declutter your life. With less going on, maybe even with less financial income, you can better find out what truly matters and get the one thing back that defines your reality: Your attention.

First, let me share with you my story of how Minimalism entered my life, during the height of a career as International Sales Manager, and how it made my life richer, by actually taking material things away.

As the Sales Manager responsible for Northern Europe and the United States, I found myself traveling a lot. My role as a leader for internal and external staff added complexity and workload. We had peak season twice a year, during which I visited five different countries within 3 weeks, building up fairs, organizing meetings with clients, visiting shops and coordinating shipping and everything else in the background. There was a lot going on and I absolutely loved it! The only catch was that my health wasn't right. I struggled with chronic sinusitis and when several doctors couldn't help, I started my biohacking journey to find the root cause myself.

I soaked up all the information I could find to optimize my health. Meditation, cold showers, breath-work and much more. I tracked everything to the point and diligently kept a journal. At the peak of this newfound lifestyle, my morning routine was an hour long, without working out. That might not seem like much to some fellow biohackers but with an intense job, family responsibilities and a long list of other things I wanted to do, one hour was quite a sizable portion of my productive day. My morning routine, intended to get me grounded and relaxed, was actually stressing me out more than anything else.

That's when I stumbled across the concept of Minimalism. I read an inspiring book called "Essentialism: The Disciplined

Pursuit of Less" by Greg McKeown, and was hooked right away. The idea of getting along with less, suited my hand-luggage-lifestyle and I soon knew that adding new things to my life wasn't the way to go. Instead I started throwing things out.

Every day for 30 days, I got rid of one material item. My closet was the first victim and I threw out everything that I didn't wear regularly. My unused sports equipment followed, together with a whole stack of supplements. With each item that left my possession, I felt lighter and ended up throwing out more than the challenge required. Next I eliminated certain habits, like the 20 minute breathing meditation which occupied my morning. I also stopped reading the news, taking long warm showers (as it's usually cold or a contrast shower these days) and endlessly browsing through Youtube videos.

After all those changes, my total time spent to improve my physical and mental wellbeing in the morning has been reduced to under one hour, including a workout. I am stronger, healthier, happier and more productive than I've ever been. All by doing LESS, instead of more. How is that possible? - By focusing on the things which really provide value, integrating them into my everyday life and doing them with joy and enthusiasm.

Minimalism x Biohacking

There is a conflict between becoming a more effective, optimized human being, and keeping complexity low. The root cause of this dilemma lies in wanting everything at once - something I certainly fell for in the past. One of the most important steps in taking on a minimalistic mindset, is to acknowledge the fact that you can't have it all. You can't have everything at the same time, without spreading yourself too thin. Our resources are limited and accepting this will give you instant peace of mind. This insight alone can put you back in the driver seat, handing over the responsibility (and obligation) to choose what's important. Do you want to achieve the best

result possible? Do you want to achieve a goal in the least amount of time? Do you want to achieve a goal with the least amount of effort?

In my perspective, self-optimization is a tool to pursue a vision and to achieve goals. It should never become an end in itself. When you are spending all your energy into optimizing yourself without a clear purpose, it's easy to get lost in the process. With tons of information available, the possibilities for learning are almost endless. You can acquire all the knowledge in the world, but the topic of self-optimization is far too specific and complex to also apply everything. A much better approach is to:

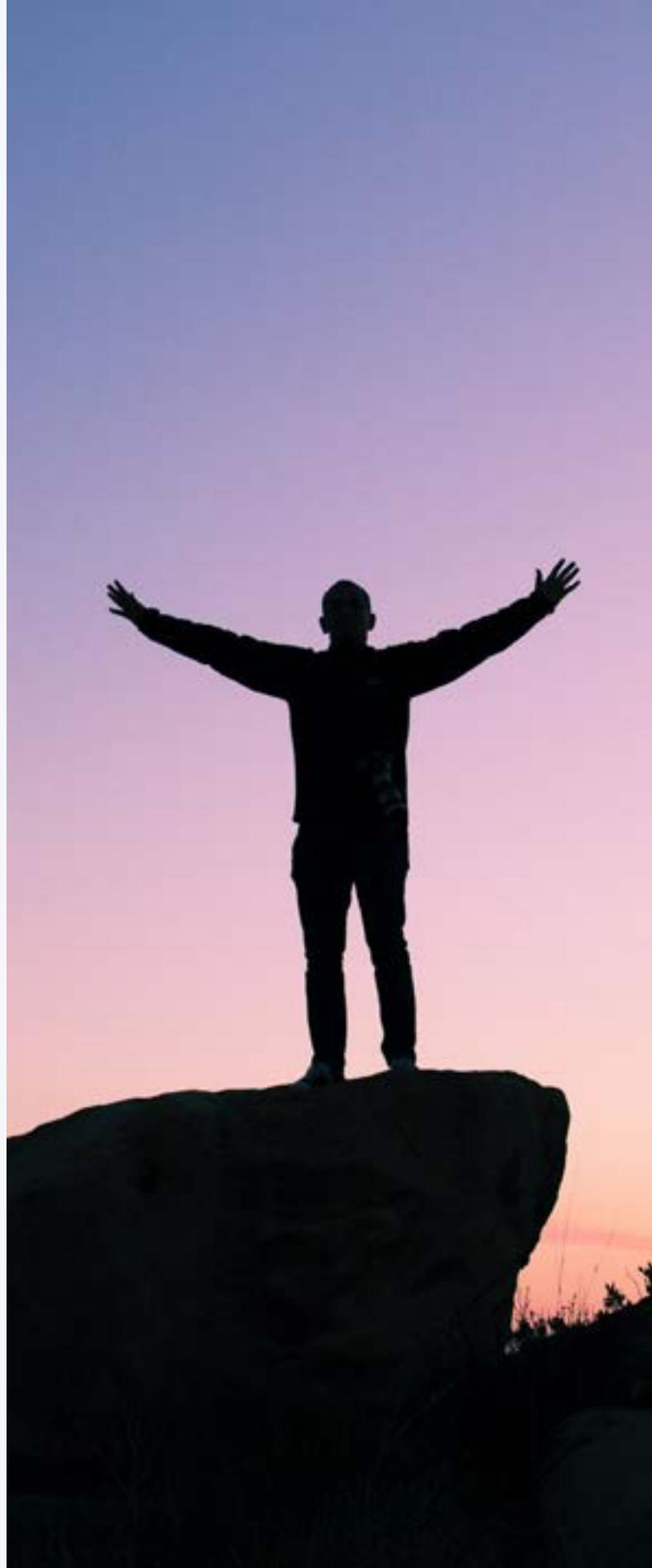
- 1. Explore the options**
- 2. Eliminate what is not serving your purpose or offers little Return on Investment**
- 3. Integrate what is useful**

There is no use in forcing yourself to do a morning workout at 4 am, when your chronotype dictates that you are a night owl. You also won't get much out of a one hour meditation, when all you can think of is picking up the kids from school. There are no benefits to a biohacking-optimized schedule, when you have to rip yourself apart to meet other obligations important to you.

So the key question to ask yourself is: What is important to me and how does it rank? Your career? Your family? Your health? Being good at your favorite sport? Working on a creative project? Dig down and find out why you want to optimize yourself in the first place.

EXPLORATION

Then you start to explore available options to achieve your goals. Reading books and blogs, watching videos on Youtube and reading countless product reviews are all good starts. Hopefully you are already aware of the mental trap, when it



comes to purchasing material products. Think about it for a second. Any item you purchase, takes up space in your life. Physical space in your apartment, mental space in your head because you have to remember to use it and last but not least, space in your daily and weekly schedule, in the form of time.

Choose carefully, as every purchase you make will cost you more than money. It will also cost you time and energy. So it should better make up for those investments by delivering value.

As you gain control over your biology and notice how you feel and perform, the idea is to then track and measure this so you know where the positive change is coming from. Take the time to analyze your data and if you find or feel that something isn't delivering the desired portion of value, eliminate it from your life. You never want a negative Return on Investment in your biohacking portfolio! A negative ROI means the thing is actually keeping you from reaching your goals.

But how do you go about this task? Where to start?

Look at your biohacking environment: Your habits, the technology and gadgets you use, the supplements you take or the treatments you are getting. Ask yourself the following questions:

- **What truly delivers value to me and my goals?**
- **If I lost it, would I buy it again?**
- **Does it feel right and is it fun to use?**
- **Then take the challenge of throwing out 30 material things, either all in one go or one item per day for 30 days. With every item gone, you will feel a growing sense of freedom.**

The last step is integrating the techniques and gadgets with

the highest ROI into your everyday life. Can you carve out 30-60 minutes in the morning by not watching Netflix the night before and instead going to bed earlier? Can you free up some time after work? Again, it's all about what's important to you, after you have taken inventory. It shouldn't be painful though. Maybe you can smartly combine biohacks, also called "stacking", to make the most out of the time invested? For example I apply red light during my meditation or in front of my workstation. Or if you can't live without watching your favorite TV show in the evening, do some foam rolling in the meantime. Of course, only if you don't mind getting less of the show because it's not possible to have 100% attention on two different things.

An example from my own life is that I prepare all my supplements and workout equipment in the evening, so I'm ready to go in the morning, without delay. It has become an ingrained habit I don't have to think about and does not require a lot of energy to perform. It has become automatic. As an attentive reader, you might ask yourself: "Isn't stacking going against the principles of doing less but with more attention?". Actually yes, it is. However there are two ways to increase the ROI of something:

1. Achieve the maximum return to make up for the high input.

2. Minimize the input and be content with the achievable return.

In my opinion, both are valid as long as they serve the purpose of getting you closer to your goals, or closer to the reason you biohack in the first place. Maybe it will help to share my own approach in some aspects of my life:

- I want to be healthy and strong and keep up my routine wherever I am. Therefore I rely on bodyweight workouts and minimalistic equipment, which I can carry along with me. That might not give me the full muscle growing options of a

gym but it gives me flexibility while saving time and money.

- I want to provide my body with all it needs but at the same time, I don't want to invest too much time and energy in the kitchen. So I keep a stack of healthy food options and prepare quick meals, with less than 10 ingredients.

Biohacking Equipment

My biohacking gadgets fit into one drawer. I admit, it's a medium sized drawer and supplements occupy another. However if I add a new tool, another one has to go. That way I'm making sure I only keep the equipment with the highest ROI.

Harder to pin down than material items, I'm focusing on the minimum effective dose when it comes to techniques and rely heavily on stacking. I combine red light therapy or infrared sauna with visualization, workouts with awareness meditation and I just take cold showers instead of ice baths. Of course it could be done better, with more intention and probably even better results. But honestly, as a father and founder, I have other things to do.

In order to integrate the concept of minimalism into your life,

start small. Replace things that don't serve your purpose with better options, like unhealthy food with healthy options. Test your confidence first to make sure the change is sustainable. On a scale from 1-10, how confident do you feel that you can keep up this new habit? If it's not higher than an 8, make the change smaller. Once you have integrated new habits into your life, maybe you can stack them without losing the desired effects in order to save time for the things that truly matter to you.

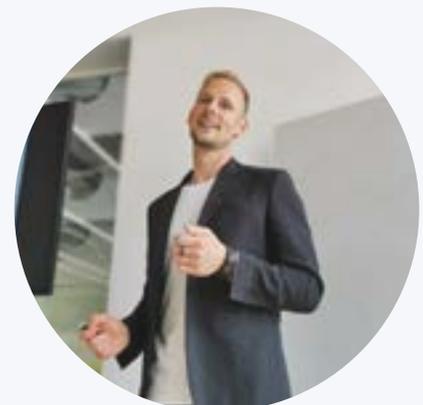
Change most likely takes place after a strong impulse or after a certain pain threshold is reached. At this point in time, the impulse has been put upon us externally by COVID-19. We can choose to condemn the new circumstances or use them as a reason to focus on what is truly important and de-clutter our lives and to take back control. Stop wasting your time on things and habits that don't offer the highest possible ROI for you and the achievement of your goals.

To finish this article and to equip you with another powerful tool, I suggest to use the word "choose" more often. Because ultimately, everything in your life is YOUR choice. Saying "I choose to..." means you're in control of events, whereas "I have to" means you are controlled from the outside. Happy de-cluttering and stay safe!

ABOUT THE AUTHOR:

Marco Grosch, the founder of Minimalist Biohacker, based in Western Austria, helps companies and high performers to achieve their potential by applying biohacking in combination with the principles of minimalism. He believes that biohacking should serve a purpose, not be the purpose in itself and that the way we are working and how companies operate can be fundamentally improved by

focusing on less, but with more intention. By analyzing the status quo of the body and tracking changes, everybody can make more accurate decisions in terms of health, energy and productivity, thereby saving time, money and energy. Website: minimalist-biohacker.com IG: [minimalist_biohacker](https://www.instagram.com/minimalist_biohacker) LinkedIn: Minimalist Biohacker



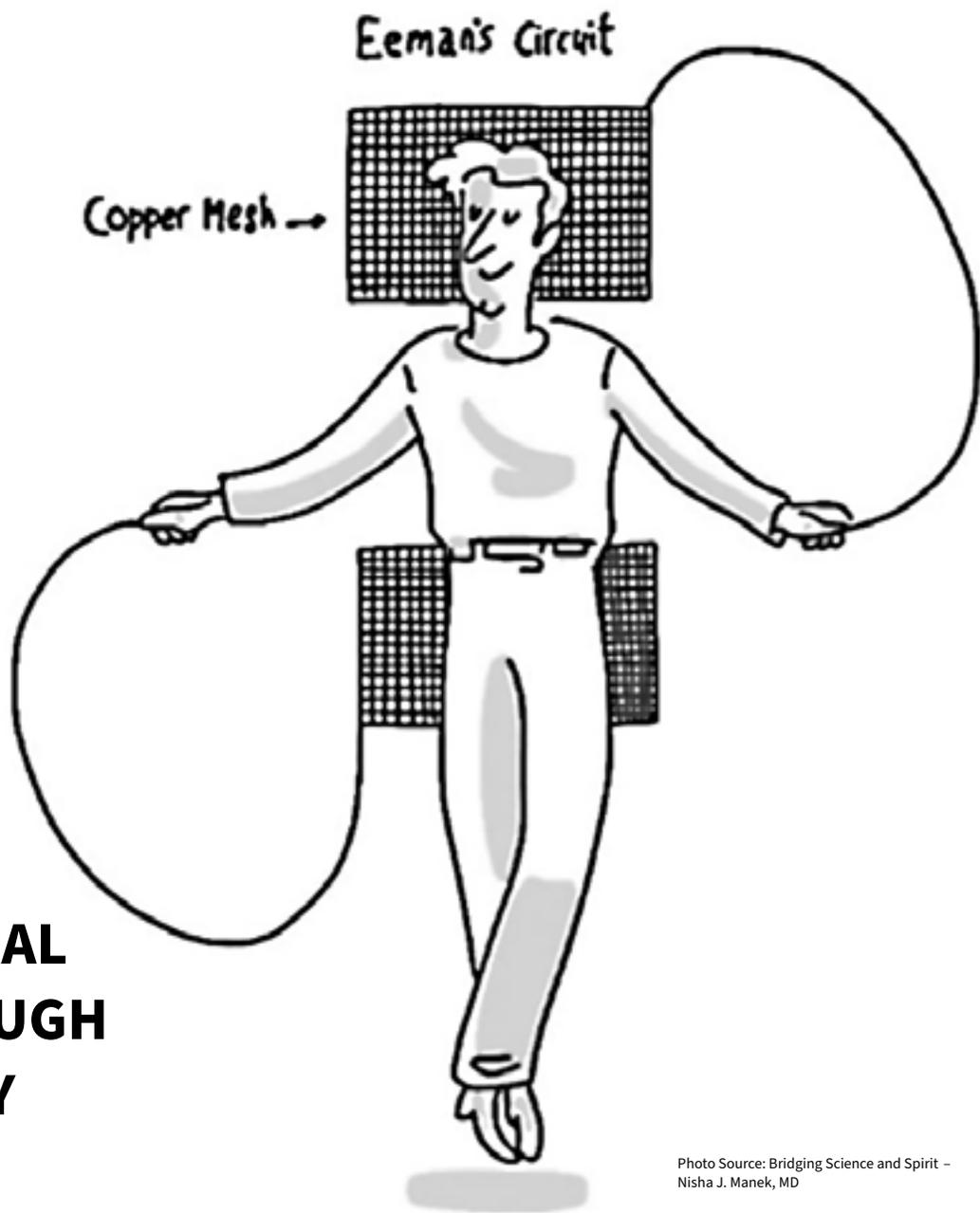


Photo Source: Bridging Science and Spirit – Nisha J. Manek, MD

FINDING NATURAL BALANCE THROUGH BIOELECTRICITY

Dallas McClain

During this Viral pandemic, many of us have been forced to evaluate our lives and our inner selves and thorough self-analysis. Am I where I want to be? Am I who I want to be? Do I feel in balance? No doubt these are some questions you have had floating around your mind at some point, and perhaps more frequently with the present state of affairs. These are all explorative questions that call us to find out more about our underlying energies, and how to align ourselves in harmony. No, I'm not talking about meditation or spiritual prayer, although those can indeed be helpful. Here I am presenting a rather different viewpoint of healing medicine; One that examines our bodies' actual energy systems and works to re-tune each pole to its natural state. Its perhaps more scientific

than it sounds but let me expand a bit on what we call 'Eemans Circuit' by first sharing the story of its unique discovery.

British pilot, Leon Ernest Eeman, once sustained very serious injuries after his plane crashed during World War I, and was declared unfit for duty due to his disabling ailments. Although he was unfit for the military, he never counted himself out when it came to finding a way to heal himself. He recalled Jesus's admonition: 'Heal the sick by laying on of hands.' This helped motivate Leon to discover a healing method for his condition. After diligent research, he developed techniques, called "biocircuits" or "Eeman screens", that "restored him to better health than he had ever known". He admirably discovered the body's energy systems

without any medicines, surgeries or yogic techniques. His book, *Cooperative Healing: The Curative Properties of Human Radiations*, was republished in 1947 and is still referenced today.

The main idea behind Eeman's methods was that the subtle energy circuits of the body need to be continually equalized to allow the electric 'charge -based' physical body to relax. He points out that there are electric currents in the body (now known as bioelectricity) that can be used for 'human radiations' healing, as he called it. His premise is that the body's energy carries the same concept of polarity, acting like a magnet. Eeman showed that there was a way to connect the body's energy systems by placing the left palm behind the head at the nape of the neck, the right palm over the sacrum, and the left ankle over the right. This, he referred to as the relaxation circuit.

So, what does this have to do with technology? Well, the circuit is most effective when used with a copper apparatus, one behind the head and another behind the hips or sacral region. However, the presence of the apparatus is minimal in comparison to many other electrotherapists and their more 'tech-heavy' methods. Eeman believed that the body didn't have to be connected to an electric current generated from an external power source, such as a battery. He instead believed that the body had the capability to produce its own charge and thus create a more passive healing circuit. He viewed the body with the same properties as a battery: A cathode that generates a negative charge and an anode that generates a positive charge. He goes on to explain that when the body is connected to itself or other bodies using electrically-conductive wires and plates, in an order that aligns with these said polarities, "the bodies behave as though using an electro-magnetic analogy – they were bipolar". Using this

charge of our body's energy, Eeman conducted that the bodies were connected by "three axes: head to feet, back to front, and right side to left, and their detailed bi-polarities follow the known nervous tracts.

There are two ways these directional forces can be set up: The Relaxation Circuit or in the opposite direction, The Tension Circuit. Eeman made the case that his Relaxation Circuit promotes "relaxation of voluntary muscles and stimulates functional activity. It fosters sleep, recovery from fatigue and disease, capacity for work and health in general. The tension circuit reverses these more or less. Both circuits affect not only organic but also nervous and mental health".

So rather than being too technical, this method simply takes the foundational energy found from the body's naturally existing charge, and enhances it with the use of conductive wires and plates. This is a prime example and lesson of how to have enough faith in our minds, bodies, and spirits to heal ourselves without replacing our foundational hacks with technologies, but instead building upon them with new technological enhancements. Remember Technology is our servant, not our master.

It is tough to say whether this method is indeed everything it claims to be. The best way is of course to try it out for yourself. But I think it also helps to hear testimonials from influential users to give you a perspective of how it works. Here is a recount from Nisha J. Manek MD, the author of *Bridging Science and Spirit*. She tells of how she tried the circuit using Physicist William A. Tiller's handmade apparatus:

"Tiller's apparatus makes completing the biocircuit easier on the hands because it has copper bars to hold on to; the copper bar for the left hand connects to a copper wire mat behind the

head (base of the brain). The left side appears to be of subtle energy polarity, while the base of the spine (sacral area) and the right hand appears to be of the opposite subtle energy polarity. Crossing my left ankle over the right, I soon sense pulsing, minute, current-like sensations in both hands. Most impressively, my scalp relaxes, and my mind is quiet like I am in meditation. Twenty minutes later, I rise feeling refreshed, like I've had a catnap. I have found it simple, safe, and effective. Every time."

Manek goes on to explain that you can learn to pump the subtle energy within your body using your hands. "Lie on your left side with your head on a pillow and place your left hand on your neck at the base of your skull, your right palm on your tailbone. Cross your left ankle over your right. If you stay in this position for fifteen to twenty minutes, your body will have a relaxation response."

I know for many readers this whole process may seem farfetched to say the least. But often times, many brilliant ideas are initially viewed this way and even ridiculed for a long time before becoming tolerated and eventually accepted. Copernicus' idea was that Earth was not the center of the Universe. Semmelweis' idea was that there are little organisms called bacteria contributing to deaths. They were all laughed at and even threatened at times. We thankfully live in a more tolerant world today but the ridiculing, although

less severe, is still around. The best practice is to do your own research and be a student, not a follower. If this method interests you, then look more into it and maybe give it a shot. It may help to ease some tension brought on by the pandemic, while also getting your body more in tune with its natural energy. If you're not interested, no sweat; just keep on keeping on and I hope you at least learned a little piece of information from this article.

If Eeman discovered this healing process through his own motivation to heal himself, imagine what motivation we can find and use to our own benefit when we take the extra time to really examine our inner selves and ask: Am I in balance? If not, maybe its time to re-tune your body's energies. Remember that you never truly know, until you try it.

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- Dallas McClain, Editor-In-Chief



ACKNOWLEDGMENTS

There is so much support behind our cause and we are eternally grateful. As a new company fresh off the block, we've had our fair share of challenges but because of all of our supporters, we've overcome them and produced, becoming more humble and stronger along the way. Our many Thanks to all those who made this possible:

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GENERAL ACKNOWLEDGMENTS:

Many many thanks to our partners, kids, friends & family who all had to suffer because of the long hours we put into building this magazine.

Also we of course have to thank our subscribers, readers and followers on social media for supporting us along the way!

You all ROCK!

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