

BIOHACKERS

MAGAZINE

BIOHACKING THE GENIUS LIFESTYLE



**EXCLUSIVE INTERVIEW WITH
MAX LUGAVERE, AUTHOR
OF BESTSELLING BOOKS,
'GENIUS FOODS' & 'GENIUS
KITCHEN' PODCAST HOST OF
'GENIUS LIFE', PROMINENT
SPEAKER, WELLNESS
JOURNALIST AND FILMMAKER**

**DIET AND LIFESTYLE:
A HEALTHY OBSESSION TO
CONTINUALLY LEARN**

**ENVIRONMENT HACKING:
FERTILE GROUND
FOR THE BRAIN**

**COMBATING CHRONIC DISEASES:
MAKING THE RIGHT CHOICES
FOR THE LONG RUN**

Also In Our February Edition:

- *Finding Spiritual Meaning Through Biohacking*
- *Disc And Joint Cartilage Regeneration*
- *Biohacking Autism Roadmap*
- **AND MUCH MORE!**

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FEBRUARY 2023



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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 sunset with a warm orange and yellow glow. The text "MESSAGES FROM OUR BIOHACKING TEAM" is written in large, bold, white capital letters across the lower half of the image.

MESSAGES FROM OUR BIOHACKING TEAM

A LETTER FROM THE EDITOR

In our everyday world, when we come across many major chronic diseases, we are almost always initially overwhelmed by two elements of the condition - #1, the Symptoms, and #2, the treatment (or cure if there is one). Now these are certainly part of the equation of every disease in life, there is no debate there. However, when we start to bring a third element into the equation, that where things take a turn, and the journey becomes something else so much more than current paradigm 'diagnose n' dose'. The journey becomes a discovery of not just the chronic disease's full story, but also a discovery of ourselves, our families, our communities and how we are changed in relation to what factors we interact with, knowingly or unknowingly. This third element I am talking about here is The Causes of the Chronic Disease.

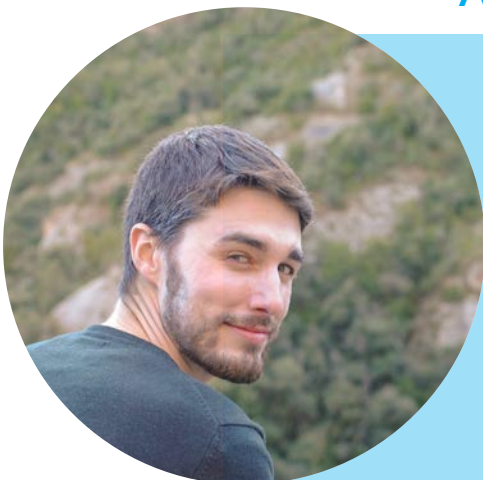
Granted, there are many chronic diseases where the causes and risk factors are presented, some backed by more research than others. However, I have found that in many cases, the causes are either so unknown, at least in easily accessible medical resources, that the researcher seems discouraged to complete the chronic disease puzzle before they even grasp the pieces; or on the other hand, the causes vary so widely that the researcher ends up confused and just as unmotivated to begin the journey towards the root cause(s). I'm not saying that this is the case for all chronic diseases, but I think the argument can be made that it is certainly the case for many, and not just the rare or obscure ones.

We should have hope though, that just because the Causes are not easy to find or identify right away, it doesn't mean they aren't there and can be organized in a way that shows a direct correlation to a disease. We have heard of these studies, and we know the medical community is performing these, although we know not much more than what is occasionally published and or shared from experts with experience.

And this is where the role of Biohacking comes in. Biohacking is all about diving into the most basic levels of ourselves and livelihood, to determine how best to improve to the best of our ability. Now, to do that, we must first do our best to disassociate ourselves with anything that could harm us spiritually, mentally, & physically. We must detoxify ourselves and our environment to remove the potential causes of chronic diseases from our lives, permanently. It is not a simple ordeal, but a necessary one if we want to live long and fulfilling lives while serving others in the community.

Furthermore, it's the first step to biohacking. First, we get ourselves right by removing the bad. Then we can bring in the good and/or add on new healthy habits. If you do this in opposite fashion, it's almost counterproductive, because the toxins could still be there, holding us back from reaching our true potential. Change the world and how it looks at health, by fearlessly exploring the causes and taking incremental steps to remove all toxins from your life. That's biohacking in its most fundamental sense.

About Dallas McClain



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

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A MESSAGE FROM COO JEAN FALLACARA

Are you scared of A.I or the rise of Metaverse?

No doubt that AI can beat us at chess and perform more calculations per second than our brain.

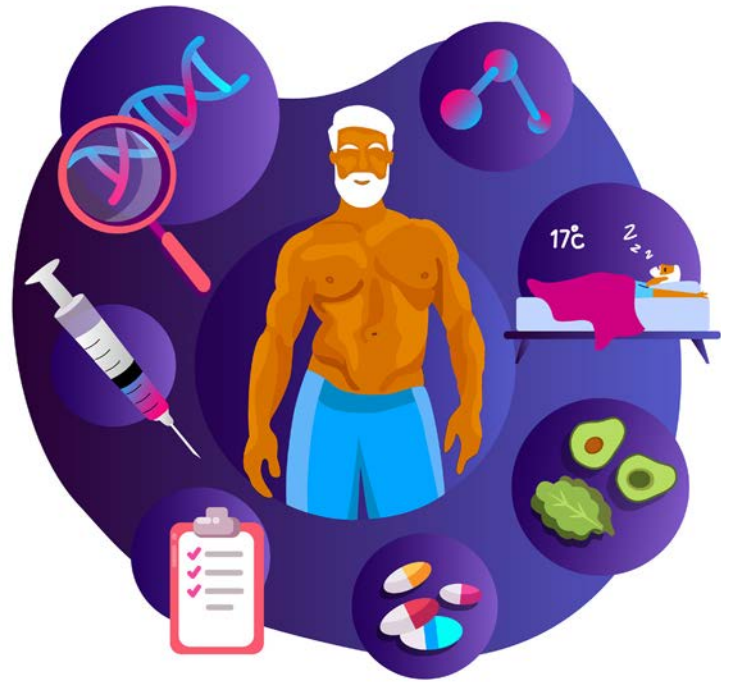
But our contemporary world tends to forget about all the other tasks our brains perform on a daily basis, consciously or not ,and that computers simply cannot —

I dream about the Future every day! A new world where AI and brains work together, interpreting events and situations and using imagination, creativity, and problem-solving skills for a better world.

Our brains are amazingly powerful computers, using not just neurons but the connections between the neurons to process and interpret information. Supercomputers are ultra powerful calculators and forecasters...

Let's dream about the Next Generation of Biohackers Magazine, fully immersive and capable of improving our creativity and our overall quality of life all together, in peace and health.

The Future is Bright.



About Jean Fallacara



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

Website: jeanfallacara.com / Website: cyborggainz.com

ARJUN'S STATEMENT

"We are what we eat."

It is actually not a bad starting point for your health. In fact, it might be the key to unlocking the door for a new dimension.

Whenever we talk about "Eating" and "Health", the conversation is almost always dominated by weight loss. If you go deeper, it will always conclude with a calorie deficit.

If you want to lose weight you need to consume fewer calories and burn more. While on the surface that is true, in the long run, it may not be such a good idea.

You see, weight loss should never be your prime objective. I am a pretty active individual yet I am a few points over my BMI, because of my bone density. So weight loss should not be the objective, maybe fat loss is what we want to go for.

Cultures around the world believed in eating parts of their vanquished enemies, as it was believed that it gave them the strength of their prey. It is something I believe too; carnivores and vegetarians have different types of energy, even if they have the same caloric count.

These energies will, in turn, manifest into different outputs. Carnivores energy levels are more explosive and absolutely great for people doing a lot of physical activity. Whereas vegetarian or vegan energy manifests more in

mental and spiritual activities.

It is not a competition of who performs better or who has the moral high ground, but a matter of well-being. You need to find a balance in your diet and be more conscious of what you are eating. Be thankful for what you have and above all, enjoy it.

But always remember, "Everything excess in life is poison".



About Arjun Chauhan



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



OUTER

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

— Neil DeGrasse Tyson

DEBUNKING 7 BIOHACKING MYTHS

You may have heard people talk about the benefits of biohacking all around you, but some biohackers (not all) often exaggerate many of those effects. On the other hand, people who refuse to believe in neuroscience or biohacking create myths about biohacking, considering it ineffective. However, if you're interested in biohacking, you should only follow the advice given by biohacking experts.



Below are some biohacking myths and bares the truth. Scroll down to get your facts straight before becoming a biohacker.

1. Biohacking Allows You to Gain Complete Control Over Your Mind

Okay, if you think that biohacking is some kind of magic that will allow you to decide what your brain thinks, you might want to rethink this!

Yes, biohacking allows you to declutter your mind and improves your focus on the things around you, but it surely can't make you limitless!

However, biohacking can help you improve your mood, boost blood circulation, help you focus better, and ultimately help you become a better version of yourself.

2. Biohacking Requires Too Much Effort and Money

Many people avoid getting into biohacking because they think that it costs a lot of money and requires too much effort. However, this can't be farthest from the truth as biohacking techniques are really simple to follow. An example of following a biohacking strategy is getting enough sleep daily, which requires no effort or money at all.



In addition, other biohacking techniques like eating healthy or indulging in physical activities also require little time and effort. Spending time with your friends, interacting with nature, and spending time doing your favorite hobbies are some other low-effort biohacking techniques that don't cost a penny!

3. Biohacking Gives You Immediate Results

Many people believe that biohacking gives them immediate results. Therefore, they get disappointed when sleeping or eating better for a couple of days doesn't improve their mental and physical health.

However, following any biohacking strategy does require dedication. These processes require time and effort to work their magic. Therefore, we recommend following multiple low-effort biohacking strategies initially and sticking with them to get effective results and a healthier mind and body.

4. Biohackers Are Obsessed with Living Longer

Well, who isn't? Unless you're someone who's done with life, most people like to find ways to live longer. Scientists and researchers have also spent billions looking for the secrets to having a longer life. Therefore, this myth isn't exactly wrong. But, biohackers aren't obsessed with living longer; they prefer living healthier!

According to many dedicated biohackers, living long without being physically and mentally healthy is unnecessary. The complete truth is that most biohackers follow biohacking strategies to improve their health and feel happier, increasing their chances of living longer.



Therefore, if you're someone who wants to extend your lifespan, you know what to do! Try biohacking yourself for a longer, healthier life.

5. There's No Difference Between Biohacking and Medical Treatments

Another biohacking myth that many people believe is that biohacking is the same as medical treatments or health advice. This leads them to pay no attention to biohacking techniques. However, biohacking differs from traditional medication. Some people argue that habits like sleeping on time and eating plant-based food are old health suggestions turned into biohacking strategies. And we completely agree!

But what differentiates biohacking from traditional medication is the mindset behind the activities. The biohacking mindset of improving our bodies and taking control of our minds without visiting doctors regularly is what biohacking is all about. Unlike medical treatments, biohacking follows no traditional processes, and there are no generalized rules.

6. There's No Scientific Evidence Backing Biohacking

Many people believe that scientific research doesn't back biohacking techniques. However, most biohacking techniques are backed by tons of background scientific research. An example of a biohacking strategy is exercising regularly, which has many scientifically-proven benefits. Biohacking experts say that exercise can improve physical and mental health, reduce risks of various diseases, and help relax your mind. And it's no secret that science says the same thing!

The same goes for other biohacking strategies like eating minimally-processed food and connecting with nature, which is backed by scientific research.

However, some advanced biohacking techniques like bathing in an infra-red sauna or meditating have little scientific research behind them. But biohackers who have used these techniques claim that they are effective and do boost moods and reduce anxiety.

7. Biohacking is Unethical, Unnatural, and Dangerous

Many people claim that since biohacking is a way to control your own mind, it goes against nature's rules. Many people have tried extreme biohacking tech-

niques like complete blood transfusion, and we understand that this has raised some concerns.

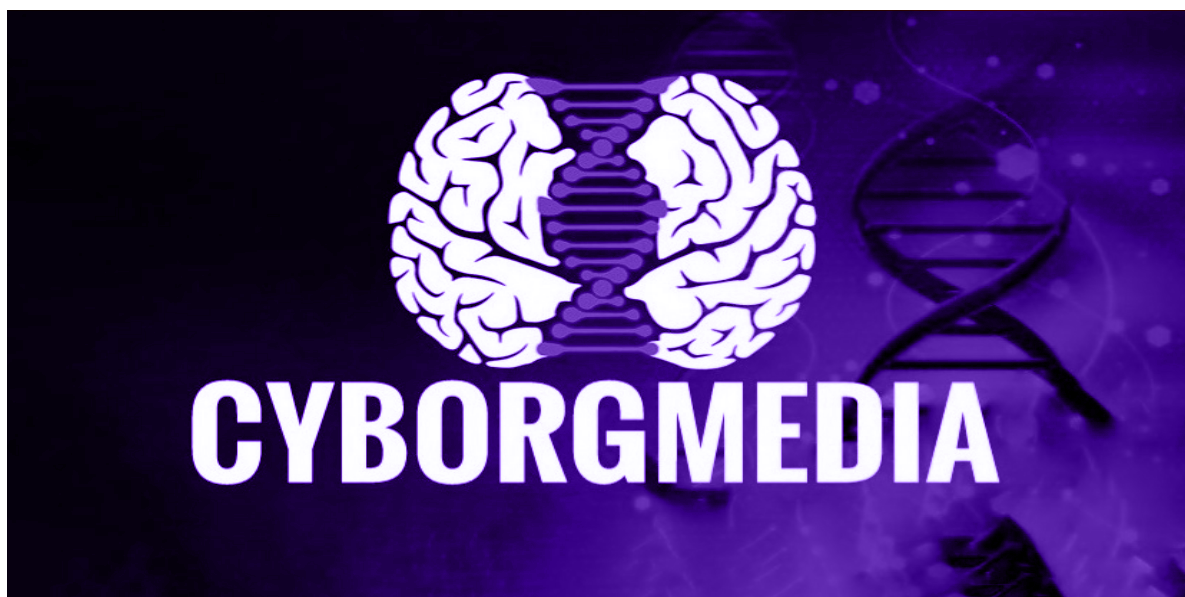
However, the truth is that humans have tried to alter nature since the beginning of time. Human resilience and curiosity led us to where we're today. An example of major nature-based changes is the invention of agriculture, which transformed humans from hunters to civilized people. Therefore, many myths and the stigma surrounding biohacking comes from a fear of change instead of actual issues.

Most biohacking techniques aren't unethical or dangerous. Due to the recent advancements of biohacking, there are no legal repercussions or medical rules that term biohacking dangerous.

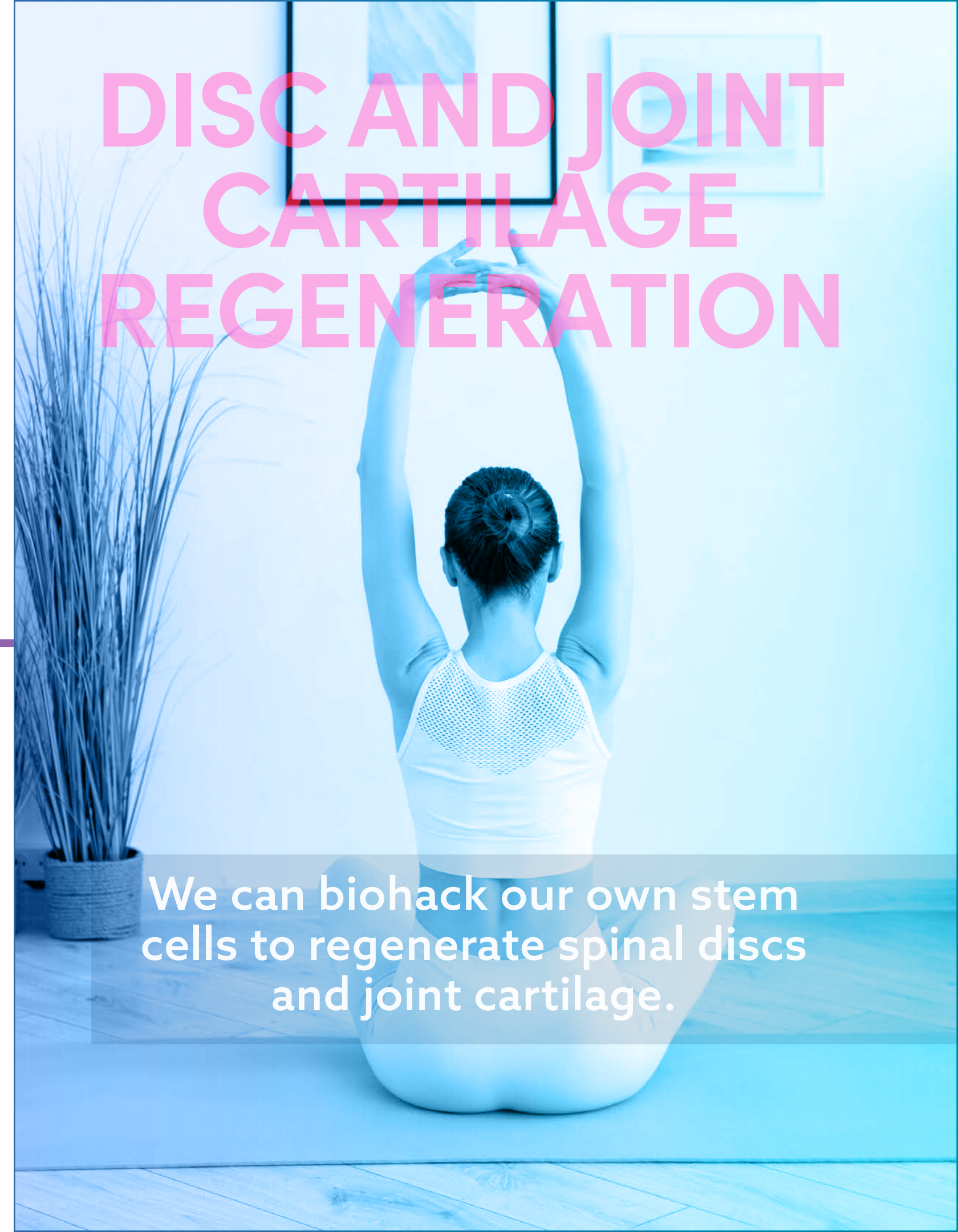
When you can't separate the facts from the myths, you'll be confused about choosing the right biohacking strategies to follow. Therefore, we recommend following recognized biomedical experts and authors like Jean Fallacara, a highly-skilled neuroscience calisthenics expert.



THE CYBORGMEDIA TEAM



DISC AND JOINT CARTILAGE REGENERATION



We can biohack our own stem cells to regenerate spinal discs and joint cartilage.

Introduction

Regenerative or “stem cell” medicine is a rapidly growing field of medicine that seeks to utilize our body’s own natural ability to heal itself and repair our damaged tissues and organs. Stem cell-based therapies work to reduce accumulated chronic inflammation. This inflammation serves to degenerate our tissues. Alternatively, regenerative medicine approaches work to return our cell’s programming to one that fights inflammation in a more youthful pattern. Although we need to create inflammation as part of our defense mechanism to fight infections and other threats, as we age, our cells become much less efficient at turning off that process, leading to chronic inflammatory (degenerative) cellular activity. This chronic inflammation causes tissue degeneration.

In recent years, regenerative medicine has focused on disc and joint regeneration, with the goal of restoring the structural integrity and function of discs in the spine and the cartilage of the joints throughout the body. Degeneration of our cartilage tissues causes reduced moisture and flexibility of discs and joints, loss of volume of the cartilage, and less self-repair (regenerative) activity. This leads to osteoarthritis or “bone on bone” conditions.

There are solutions. Our bodies once had the youthful ability to heal itself rapidly without ongoing chronic inflammation. Regenerative medicine works by tapping back into those cellular activities which had become quiet with age.

In this article, I will explore the current state of regenerative medicine for disc and joint regeneration, including the techniques used, and how this process works biologically.



Overview of Disc Regeneration

The spine consists of vertebrae (spinal bones) which are connected and supported by intervening discs. These discs act as shock absorbers and help to maintain the spine’s specific flexibility and stability. When the discs become damaged (including inflamed), they become degenerated, which we call “disc degeneration.” This degeneration has the hallmarks of loss of height (they become flatter), loss of water (they become dry-

er), and loss of cartilage-based proteins (they lose their elastic and cushioning properties). Disc degeneration can cause pain, stiffness, and can limit mobility.

Disc regeneration (the opposite of degeneration) is a process by which degenerated discs are encouraged to repair themselves by producing more of the protein components of cartilage that improve the hydration and cushioning between the spinal vertebral bones. This process is based upon injecting regenerative biologic factors to increase the local stem cell activity. Enhancing the local cellular ac-

tivity to a more youthful state encourages the production of proteins the cartilage needs to function better as well as to reduce pro-inflammatory (degenerative) proteins. This process affects local and neighboring cells. The goals of disc regeneration are to restore the structural integrity of the discs and relieve pain and stiffness.

Other joints undergo the same degenerative and inflammatory changes, particularly those that bear weight, like the knees. Similarly, a regenerative medicine approach to addressing the degeneration of any joint cartilage allows for a reversal of degenerative effects on the joint, and instead, fosters regeneration. There is much study and demonstration of knee meniscus regeneration, for example. Addressing discs and joints in this

way can help reduce the need for spinal and joint surgeries, such as joint replacement.

Current State of Regenerative Medicine for Disc and Joint Regeneration

The field of regenerative medicine is rapidly advancing. A variety of techniques are being used to assist with disc regeneration, including platelet rich plasma (PRP), stem cell therapy and exosome delivery. The same technique applies to other joints supported by cartilage, including the hips, knees, ankles, shoulders, elbows, and wrists. Regenerative biologics are delivered to the joint or surrounding bone through injections. Studies show that the local bone injections, where our most active stem cells exist, are superior to joint injec-

tions. There are studies with patients being followed for over 15 years showing the ability to reverse the need for joint replacement with this technique.

Comparing the strength of the different types of regenerative biologics, PRP is the most basic application. This process involved drawing a number of vials of blood from you, and "spinning them down" in a small centrifuge to separate the red blood cells from the plasma. In between the two is a concentration of plasma that is abundant in platelets (another type of blood cell) and growth factors. These platelet and growth factor rich factors can then be re-delivered by local injection(s) to an injured and inflamed area within the body. For example, tennis elbow is an inflamed ligament of the elbow joint. PRP

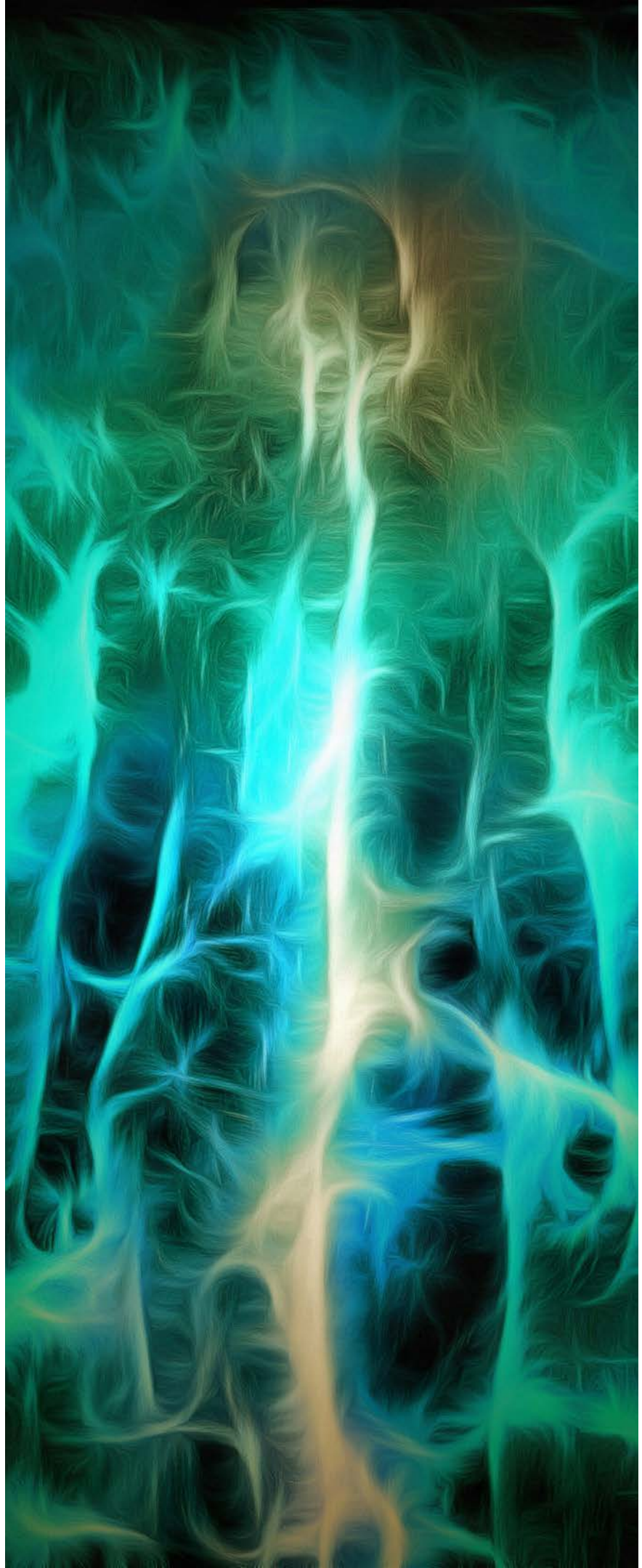


treatment may be simple and ideal to address tennis elbow. PRP usually requires multiple treatments spread apart by a couple of weeks, each. PRP is less effective on larger joints and discs. The strength of one's PRP depends on his or her health and age.

Secondly, the next most powerful regenerative biologic is through the use of stem cells. Stem cells are master cells in our body that can take on the role or characteristics of nearly all other cells in the body through a process of "differentiation." These cells are the most youthful cells and have a longer cell life, being able to divide more times than our aging differentiated cells. Our stem cells give off both their own growth factors (like those found in PRP) and also signaling to our other cells and our own sleepy stem cells through small cell-to-cell communication packets called extracellular vesicles ("exosomes"). These growth factors and exosomes rally our own cells into a healing and "anti-inflammatory" mode. This is a youthful and regenerative mode that slows with age. Luckily, it can now be re-ignited.

Stem cells can be taken from our own body (usually from fat or bone marrow) or can come from someone else. Starting with our own body as the source, stem cells have to be concentrated down to get enough of an effect. Plus, the best stem cells are in our bone marrow, and they are painful to harvest. Fat sources are less painful to harvest, but those cells are affected by undesirable inflammatory cellular pathways and programming. It does not suit the most logical approach to use aged stem cells when trying to obtain the most youthful, healing, and regenerative response.

This is where young sources of stem cells come in. The most youthful sources are "perinatal" being obtained from the rem-



nants of a C-section birth. After a baby is delivered by C-section, the elements such as amniotic fluid, placenta, and the umbilical cord can be saved (instead of disposed). Using these biologics has no negative health impact on the mother or child, and there should be no ethical concerns. Expecting mothers are first screened and consented and when made available, the collected regenerative products are tested for infectious diseases.

Being the most youthful, these perinatal stem cells and/or exosomes have the most regenerative capacity. They are not affected by the accumulation of years of inflammatory exposure and degradation. Instead, they have the most robust healing activity. Further, stem cell products from another donor person have largely not been known to create an immune reaction in the recipient. This is because stem cells are "immuno-privileged" and they modulate the immune system to the advantage of the recipient.

Collected and screened stem cells and exosomes are kept frozen, and are not manipulated. Some companies concentrate them to smaller volumes. They are shipped on dry ice and kept frozen until just before use.

When injected, these stem cells release exosomes also. The regenerative activity stems from their communication and encouragement of target cells to reduce inflammatory (aging and degenerative) pathways, and to foster repair, healing, and youthful regenerative activities, such as DNA selectivity and repair, cell protein manufacturing, and cell metabolic efficiency (much like switching the TV channel to a youthful, anti-inflammatory program). Here, the cellular activities are flipped from that of pro-DEgeneration, to that of pro-REgeneration, like that of a much younger person. This ben-

eficial cellular activity can last for days or weeks, or longer depending on the dose, strength, and nature of the degeneration or inflammation being addressed.

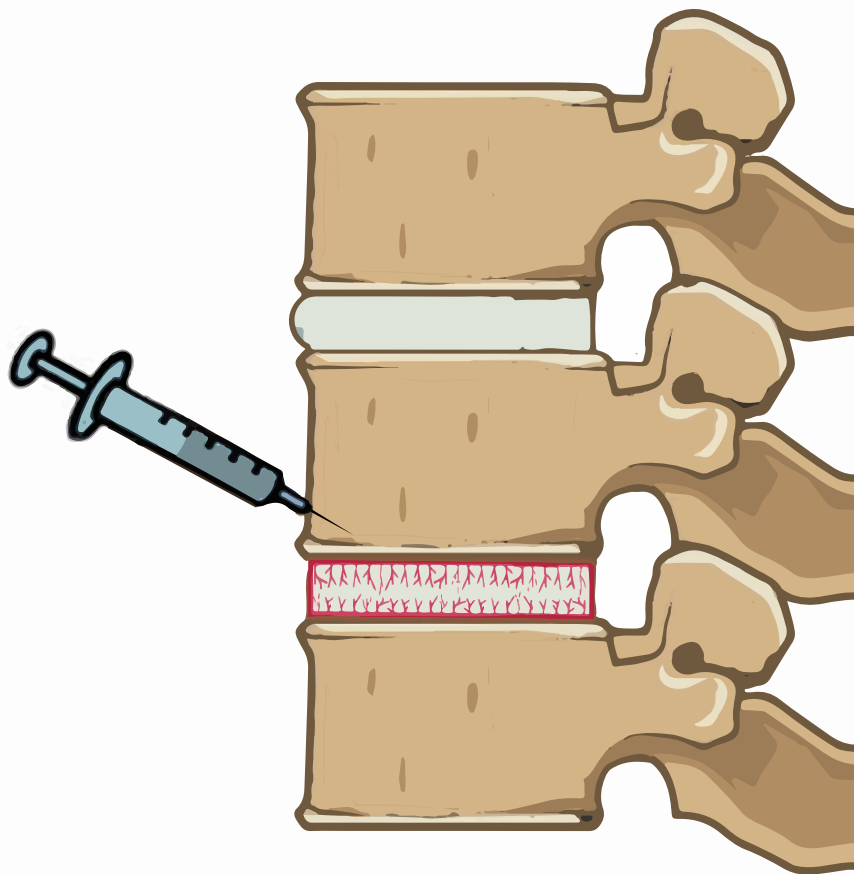
Stem Cell Assistance for Disc and Joint Regeneration

Stem cell therapy is a regenerative medicine technique that involves the use of stem cells and/or exosomes to help one's local cells behave in a youthful manner to help repair or replace damaged tissues and organs. Stem cells have the ability to differentiate into other cell types, which makes them an ideal tool for regenerative medicine. In the case of disc regeneration, stem cells can be used to help regenerate damaged discs with new, healthy cartilage. Other joints can also be treated this way.

This has been well studied with some clinical research having documented successful patient outcomes for over 15 years.

In short, the goal of regenerative biologics is to assist the local tissues to reduce chronic degenerating inflammation that is causing "osteoarthritis" which can lead people to what is sometimes referred to as "bone on bone" joint status. At the same time, stem cells and local bone and cartilage cells can then focus on producing healing and restorative proteins and related regenerative activities, like DNA repair, anti-oxidant production, and manufacturing of healthy, new cartilage.

The method of delivery is by injection, particularly guided injection (using ultrasound or x-ray). A pre-procedure MRI can help identify the most specific targets



near a disc or joint. As it turns out, injecting the disc or joint directly is not the best way to help regenerate the joint tissues. This is because joint and disc cartilage actually arises from the local bone structures. And what in the bone structures cause these joint cartilages to produce more useful proteins? It is the stem cells in the local marrow, just next to the joint. This area is called the subchondral bone. In the spine, this bone lies just above and below the “end-plates” of the disc cartilage.

Landmark studies from Dr. P. Hernigou, a French regenerative medicine specialist has followed knee degeneration patients for over 15 years after treatment, and the results are quite remarkable. They took patients already offered knee replacement by orthopedic surgeons, and instead, asked them to join a study of stem cell injections. There were two types of stem cell treatments in this study: in the joint, and in the local subchondral bone, above and below the knee. As it turns out, the bone-injected patients did better than the joint injected patients. One cannot neglect the fact that the joint injected patients did well also, but just not as well as the bone-injected group. In both groups, the majority of patients escaped the need for knee replacement surgery, and had maintained that benefit for 15 years (at the time of last publication).

The take home message here is that joint cartilage (and by extrapolation, disc cartilage) can be improved through regenerative medicine, with injection of the local bone being the most long-lasting and effective method. Our own experience has mirrored this

study anecdotally.

Potential Benefits of Disc Regeneration

Disc and joint regeneration have the potential to offer a number of benefits, including:

- Relief from pain and stiffness
- Improved mobility
- Reduced risk of further damage
- Reduced risk of requiring surgery
- Improved quality of life

Pain is a leading cause of disability, and the most common causes of pain come from the spine and joints. Regenerative medicine has the potential to significantly address these types of problems through cartilage regeneration approaches. These regenerative options are no longer the future. They are the present.

Cost of cartilage regeneration

A better question might be: what is the cost of pain and disability from not having a healthy structural cartilage or disc? Health insurance does not cover regenerative medicine in the form of stem cells or exosomes, labeling it still experimental. The FDA, which has imposed its jurisdiction on biological treatments, has not yet approved stem cell-based therapies for this purpose. Many approaches doctors (and biohackers) use to achieve desired results are not necessarily FDA-approved. The FDA approves drugs and devices based upon select studies on effectiveness and safety. The selection of those studies can be influenced by outside factors. It is best





to make one's own best informed decisions when considering regenerative medicine for disc and joint regeneration, including and understanding of the regulatory considerations.

Until health insurance carriers understand and accept the long-term benefit (which is measured in dollars on their end), they will not cover the cost of regenerative procedures, outside of some PRP injections. The price for regenerative procedures for a joint or disc can range from \$6500 and up (depending on how many injections, the location, the need for surgical center for x-ray localization and sedation, and how many doses are to be delivered at that time). The goal is to deliver the regeneratives once and set forth the cells on a path of regeneration. However, there is variability in the amount needed and how bad the joint or disc is to begin with, which could possibly support a repeat procedure.

Recovery and Regeneration

The recovery and regeneration process takes time. There are few limitations after a regenerative procedure. One can (and should) return to weight bearing activities as tolerated. Weight bearing exercise stimulates the stem cells in the spinal vertebra in a good way. This does not need to be (and should not be) excessive. Proper nutrition, supplementation, rest, and other anti-inflammatory behaviors assist the regenerative process. One must avoid anti-inflammatory medications. MRI studies have shown restoration of disc material (and height) and in moisture (water content) after

these types of procedures. This process takes many months. As the disc or joint cartilages structures are restored, pain is reduced or relieved.

Future Directions

The field of regenerative medicine for disc and joint regeneration is rapidly advancing, and there are a number of exciting directions that research is taking. Regenerative medicine techniques can be used as a preventative tool for athletes and others who sustain physical stress. In the near future "designer" exosomes will be delivered to enhance the natural activity of disc-regenerating stem cells above and beyond the naturally occurring, but presently available sources.

Conclusion

Regenerative medicine is a rapidly growing field of medicine that has already begun to demonstrate its potential to greatly improve the lives of those suffering from disc or other joint degeneration. Imagine being told you have arthritis or "bone-on-bone" status, only to have that reversed! Currently available regenerative medicine techniques, such as stem cell therapy, and other stem cell activation approaches, mainly through injection, are being used to assist with cartilage regeneration in discs and joints to reduce pain and stiffness. Many people are not aware of these cutting-edge options, which are a wonderful alternative to pain medicines, steroid injections, or even surgery. If your doctor has not offered these options to you, it is possible that he or she is practicing what they learned from their training decades earlier. The future is now.

About Jeffrey Gross, M.D



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

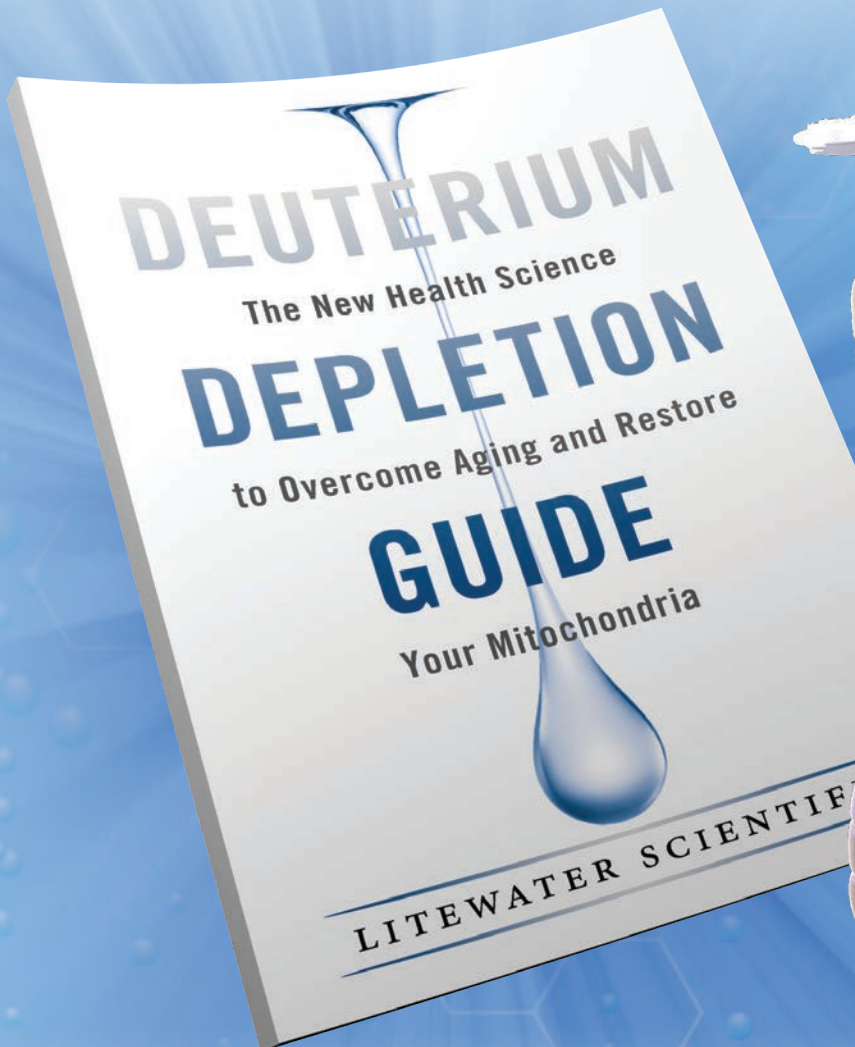
In the last five years, additional research and training has led to an expansion of his care to anti-aging and longevity medicine, given its significant overlap with regenerative stem cell medicine. Dr. Gross' research experience began at the NIH during his high school years, and includes Lawrence Berkely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

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

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

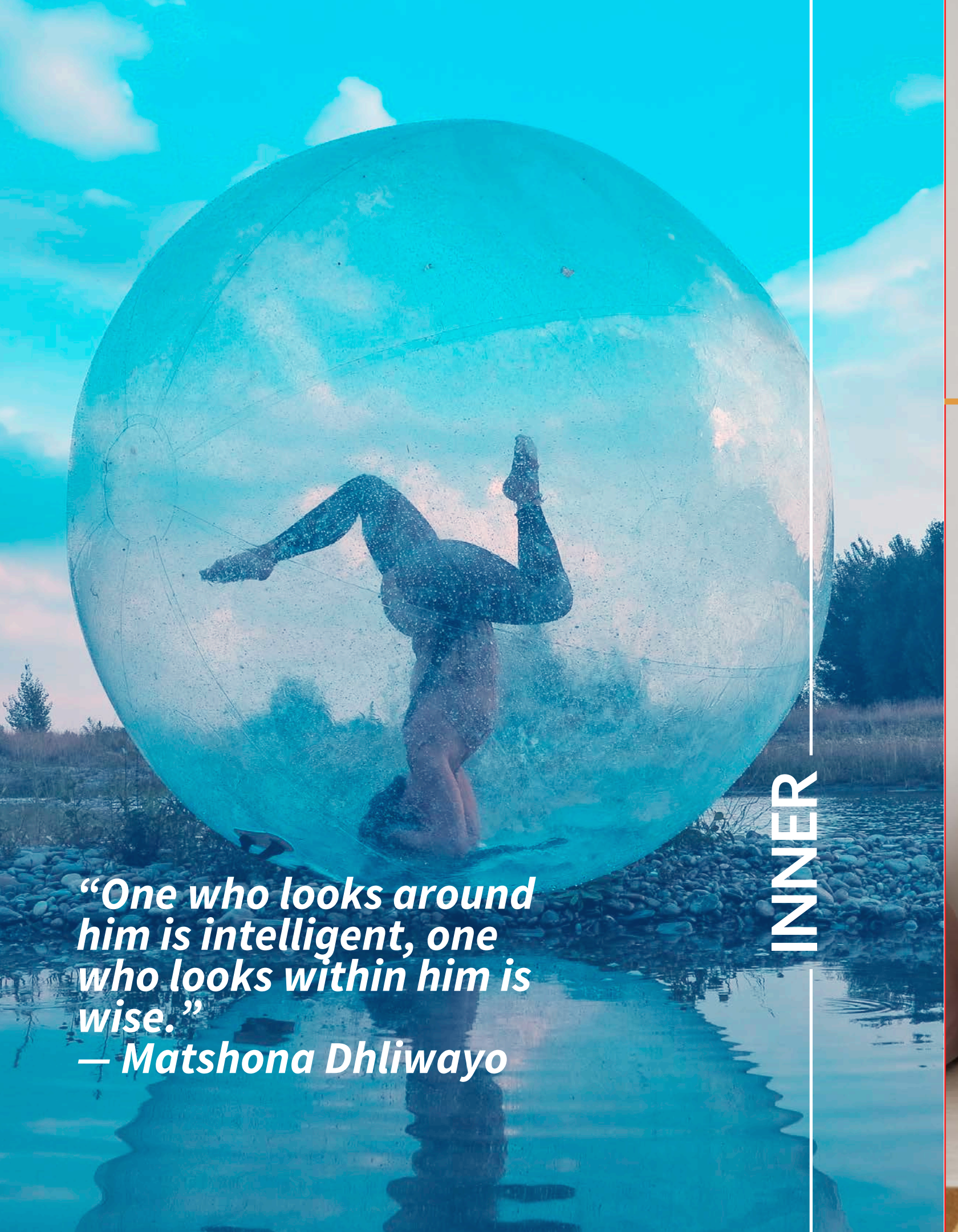
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INNER

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

— Matshona Dhliwayo

BIOHACKING AUTISM ROADMAP





Introduction

Biohacking and Autism; It seems that those two words don't go together. Usually, biohackers are people who want to make systematic progress in upgrading their biology to become the absolute best version of themselves. They like to learn, explore and experiment and know more about their biology, and change their lives to get the fastest, most effortless and most significant results on how to impact their whole being. This means that your body is doing somewhat well and you want to achieve more. In other words, you essentially want a biological upgrade.

On the other hand, Autism is described as a developmental disability (in a sense of "being less" or having difficulties) that causes significant social, communica-

tional, and behavioral challenges. The severity varies from person to person and this is why we say that a person is on the Autism spectrum. No matter where on the spectrum a child or individual is, there is always space for an upgrade.

Why should we accept a child's "limitation" and not dive deeper to see what's hiding behind all those symptoms and not try to biohack them all?

I see Autism as a set of signals telling us that there is a struggle in the body to function, that the brain is intoxicated, nutritionally starved, and it's malfunctioning due to many microbial and biochemical imbalances happening simultaneously.

95% of children with Autism have co-conditions that have to be treated biomedically. On average each child has 4 to 5 conditions.

"Autism is not a fixed state, Autism is a process."
~Martha Herbert PH.D.MD

An ongoing process is generated every second of every day by the cells of the child's body and brain having a hard time. Our job is to help those cells to improve by improving the environment, and metabolism by improving gut-brain health.

The first thing we have to understand is that our biology doesn't work in separate systems, and most research isn't done in the way to look at the body as a whole, but we have to.

Our biology works and depends on networks and we have to be conscious of that.

Biohacking Autism means you will enter the biological labyrinth where you need to fix or support different systems that are con-

nected and by changing something in one network you will impact all others.

It's a chess game too. You have to be smart and do your research and/or work with someone who knows how to and can help you. You have to be very patient, have endurance and have a strong will to go through that process. Along that journey, it's inevitable to parallel biohacking yourself as a parent or a caregiver of a child who you are taking on that biohacking journey. It will change you and all the information, treatments and biohacking tools will show you the other way, the better way, of how to treat yourself as well. It will change you emotionally, energetically and mentally.

Autism is a brutal opponent and if you want to win and reach that upgrade, you have to upgrade your skills as a parent and human being. Otherwise, you will find yourself stuck in that labyrinth asking the universe "Why me and why my child?"

Start believing in yourself that you are capable of doing it. It's an important factor. One of the very first things I had to learn on this journey is that I am my child's best resource as you are for your child and to trust my inner voice. Many of us have done it so you can do it too. If you understand that and apply it you get all you need to start.

In this article, I will share with you the 5 foundational items to help you understand, navigate and guide you through the ever-challenging Autism roadmap.

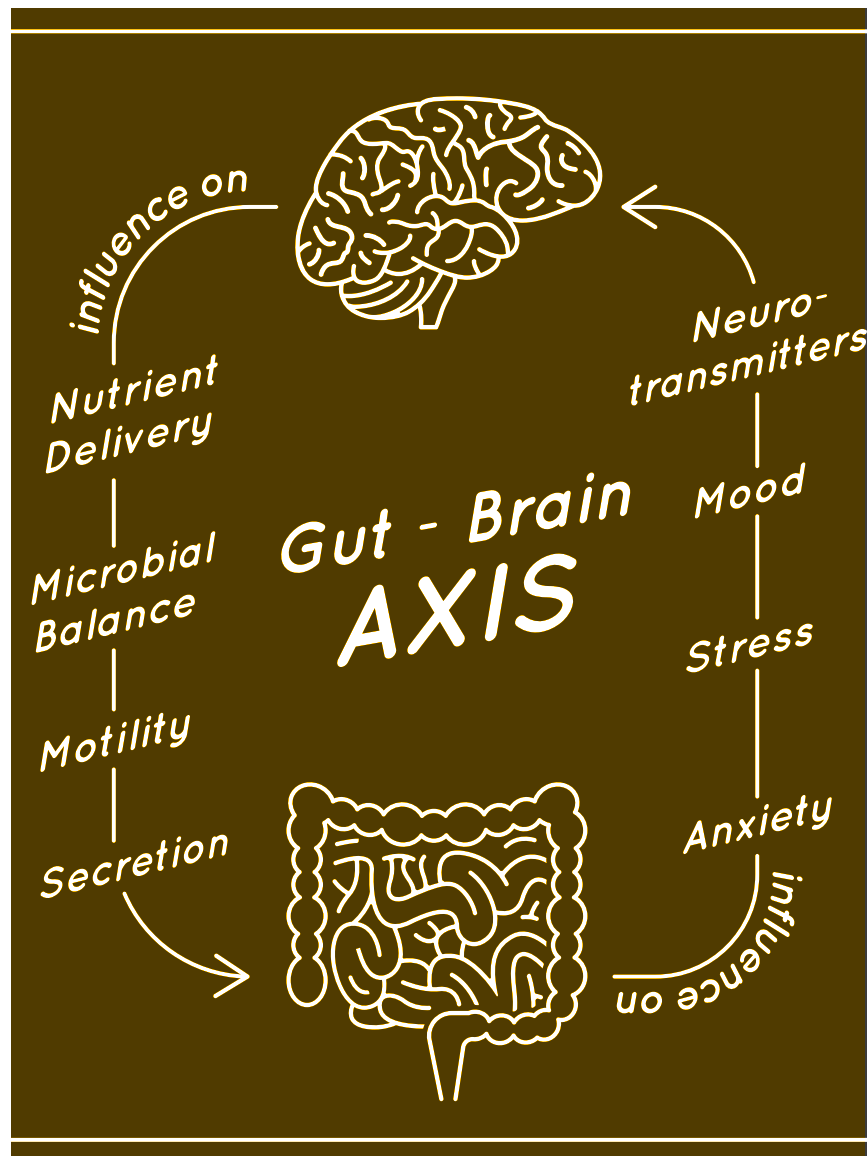
- Cleaning your environment from toxins

- Sorting out gut issues

- Support of healthy microbiome through diet(s)

- Lowering toxic exposure and stress reduction

- Taking control through nutrition and supplementation-



Cleaning your environment from toxins

We live in a very toxic world and your 1st checkpoint is to assess everything in your household that contains harsh, toxic chemicals and replace them with healthier substitutes. You have to train your brain to see toxins everywhere and to try to get rid of them. I know many people say that we inhale, ingest and put into ourselves so many of them

that it is almost impossible to avoid all of them so why bother to change anything? That is not the thinking of warriors and winners. Leave that thinking for those who don't wanna change anything. The amount of toxins matter; the synergy and accumulation as well. By decreasing the amount of them we are giving our body a strong chance to start cleaning them better on its own. Clean living would be one of the requirements to go forward.

Sorting out gut issues

You've probably heard that all diseases start in the gut. Kids on the Autism spectrum have a huge gut issue. That's big checkpoint number 2, which is finding a way to test and get treated for those intestinal issues.

Not only can what's happening in our gut impact our brain (communication is happening by the vagus nerve), but we also have a separate nervous system in our intestine called the enteric nervous system (ENS) that has an important function for our well-being. It regulates many biochemical processes and contains between 200 and 600 million neurons and 20 different types of neurons. ENS is a very complex nervous system, and because of that complexity it's also called the "second brain." We want both brains to be healthy and functioning well.

As I mentioned systems and networks, you can see now that our intestinal nervous system can influence the brain's nervous system.

Many times fixing the gut means taking harsh medication. But most medications work only on one system and they produce harmful side effects partly because the network has changed. On the other hand, herbal supplements work by gently touching many networks, instead of hitting one place hard and freaking out our bodies. Choices of treatment matter too and they depend on the severity of the issue and the decision of the doctors you work with. Again think clean, think synergy, think in the long run, and think one step at a time. In the gut, there are a lot of problems to work on and it will take time.

Support of healthy microbiome through diet(s)

In our gut, we have so many other cells that don't have our genes, and they need to be adequately fed. Checkpoint number 3 and one of the most important checkpoints.

If we want to support a healthy microbiome, we need to pay attention to what we feed our kids.

As much as feeding cells matters, starving opportunistic pathogens is important too. We don't wanna feed those opportunistic pathogens with common things like sugar, inflammatory oils, and processed foods.

This is the part where I would say that you have to biohack yourself the most. In my experience, people have super strong belief systems attached to certain foods. Your not-so-healthy habits will be the biggest obstacle along the way. I worked with people who we openly knew that children would not be a problem in implementing the new dietary restrictions, but the parents would. Many times they feel sorry for not "treating" their child with the most nutritionally horrific food for them, just because they believe that child will miss out on that experience. In order for checkpoint #3 to be successful, sometimes the whole family needs to change their habits of eating.

Remember: Diet changes the brain!!!

Unfortunately, many parents wish to change things with a few





supplements and not change anything regarding the food they eat and feed their kids. In my perspective, food is a healthy investment in your child's future.

Why would you feel sorry if it's going to help your child be healthier, and more functional, or start talking in sentences? By not addressing the diet you are not giving your child the opportunity to progress the right way.

As I said before, Autism is complex and there is not one diet that will fit all or will be beneficial all the time. Because they suffer from 4-5 more issues, their diet might need to be addressed differently. I can tell you in the case of diet, less is more. Less variety of food but nutritionally rich food (especially at the beginning of this cleaning process) is better than trying to incorporate a variety of food that they are intolerant to and can produce a variety of negative behavioral effects. Think of an Anti-Inflammatory type of diet, a Keto-type diet, think even doing a Carnivore diet for a while. The cleaner your diet is, the better results you will have. And then, later on, you can introduce other foods but never the old ways of eating.

Lowering toxic exposure and stress reduction

You need to reduce your child's brain agitation and hyperexcitability. That's where removal of irritating toxic exposure, stress reduction and nutrition come in your 4th checkpoint.

It is important to give kids on the Autism spectrum more space to explore and expand their capabilities. To reach that destination where they are calm, connected, contained, and able to pay

attention and process different stimulations, you would need to make their inner and outer environment cleaner. Again, we are not able to clean everything, but enough to help the brain's ability to clean itself out, where support cells, astrocytes (glial cells) come and dump all of the trash they have been sequestering to protect the system and function in a better way.

Don't push your child too much if the child is learning something new, and I know we parents are so anxious to get results and see our child bridge that gap with other kids. But you have to respect their timing and process. At the time of learning a new skill or set of information, many brain connections have to be made. We have to give time for integration to take place. If you push a child too much or too soon, the child will feel like a failure and back off. They are different but not less, as Temple Grandine said. You need to support that uniqueness and find a specific way to go to the next level or make the next step. Work smarter, not harder.

They thrive best in an environment that is less intrusive in terms of stimulus.

Some of the ways to improve their environment.

- *Decluttering their space*
- *Using fewer wall art and decorations or none*
- *Minimal screen time*
- *Proper lighting (replace neon flickering light bulbs)*

-Softening and changing light at night into the orange/red light to support their natural circadian rhythm and production of melatonin

Give your child plenty of quiet

time so that they can sort out all the inputs and stimulations they receive throughout the day. Teach them how to use different breathing techniques (that kids can do), and use fun games and their favorite objects to motivate them. Binaural beats and meditative soothing music in combination with breathing can be very beneficial. Think in terms of stimulating and improving vagal tone so that they can cope with the environment.

Taking control through nutrition and supplementation

Knowing what you can't control and what you can it's a very important aspect of not pushing things in the wrong direction. Checkpoint #5 is nutrition and supplementation. You can support genetic contributors through the environment and what we put in our child's body. This process, if done right, can start improving the resilience of the cell. If the child is missing critical things such as some nutrients, vitamins, and minerals that make catalysts work in biochemical processes, those processes will not work. Once we support genetic contributors when new stressors occur we can support that too while not falling behind. That's how we go about repairing and upgrading their brain and body; by giving them what they need. We could talk about some very common nutrients that are beneficial to the majority of them but if you think in terms of supporting mitochondria, lowering inflammation in the body and brain, feeding the brain, calming the system, and detoxing pathways, you will be on the right track.

I am not going to get into the details of biochemical markers that we can test in kids and give a specific recommendation, but I am rather giving you the way



of thinking and logic that will help you find your way for your child's specific needs. Follow your roadmap.

Those are some of the checkpoints that I can share with you in one article. Of course, there are many more, and so many biohacking tools and methods. Biohacking Autism is a long and challenging journey worth going through. You will face many trials and errors, many setbacks, many puzzles to solve, exhaustion, fear, desperation, and anything that life can bring along the way. By supporting your systems you will be able to support your child better, and that's why you can implement those checkpoints in your own life too. It's possible to move that needle on the spectrum, sometimes even completely outside of the spec-

trum. Overcoming symptoms and upgrading their body and brain is possible and worth trying, it is extremely rewarding. I experienced the joy of succeeding in this and I am exceptionally grateful for my journey.

Don't forget to love them and have fun with them because they grow fast and you want this journey to have meaning and satisfaction no matter how painful it is. They are trying their best to survive the day in our world. Give them what they need like proper treatment, love, and a lot of hugging. Deep hugging is a biohack too and it is very soothing to the nervous system; it helps with anxiety that is eating them alive because their system is constantly fighting something.

Don't strive for them to reach your goals; they have their path

and their own goals to reach.

As Mother Teresa said:

"You will teach them to fly, but they will not fly your flight."

You will teach them to dream, but they will not dream your dream.

You will teach them to live, but they will not live your life. Nevertheless, in every flight, in every life, in every dream, the print of the way you taught them will remain."

All the best on your journey.



About Maria Mladenovic



Maria Mladenovic

is a certified Bulletproof (Human Potential) coach and mom biohacker who has a passion for using innovative solutions to improve the health and well-being of her clients and her loved ones. Her extensive and broad knowledge with a medical background, equipped with determination and dedication to biohacking allowed her to unlock the secrets of the human body, leading to the successful overcoming of the diagnosis of autism in her son; a feat that many believe to be impossible. Her passion for biohacking and her drive to help her son has made her a role model for mothers around the world.

Maria's journey has not only improved the life of her son but has also inspired others to explore the possibilities of biohacking for themselves with the goal to make a lasting impact on the lives of those around her and to push the boundaries of what is possible through biohacking.

Website: <https://www.revivingmatrix.com>

FINDING SPIRITUAL MEANING THROUGH BIOHACKING



Biohacking is a lifestyle and thanks to this science I discovered a deeper connection to the spiritual world. The balance of the mind, body, soul, and environment allows me to have a stronger connection with God. The daily meditation, the prayers, the connection with nature elevate my energy and my soul to a state of grace. Through years of meditation practice, a level of awareness is created that helps you understand the spiritual world. Your intuition increases, self-awareness, self-love and empathy. Having a more positive mentality and vision helps you to be able to enter into a deeper connection with God.

I start my day with prayers and meditations. Then I walk for half an hour where I listen to music, the Bible, or positive affirmations. Biohacking has helped me find a deeper spiritual meaning because I discovered how to live a life in peace and balance between my soul and the environment. If you don't know how to pray or have a connection with God, I encourage you to be willing to create this connection and surrender first.

When I started praying, I was talking to God like a friend every day. What I asked for and prayed for, I always got an answer or saw it happen. Meditation is also a way to biohack your mind where you can use technology or any other method. It helps calm your thoughts and allows you to listen and connect with your creator in a deeper way. The way to start finding spiritual meaning through biohacking is by taking care of your mind, soul, environ-

ment, and body. If you live in a place where it is a disaster and it does not bring you well-being or peace, your energy will not be in the right place.

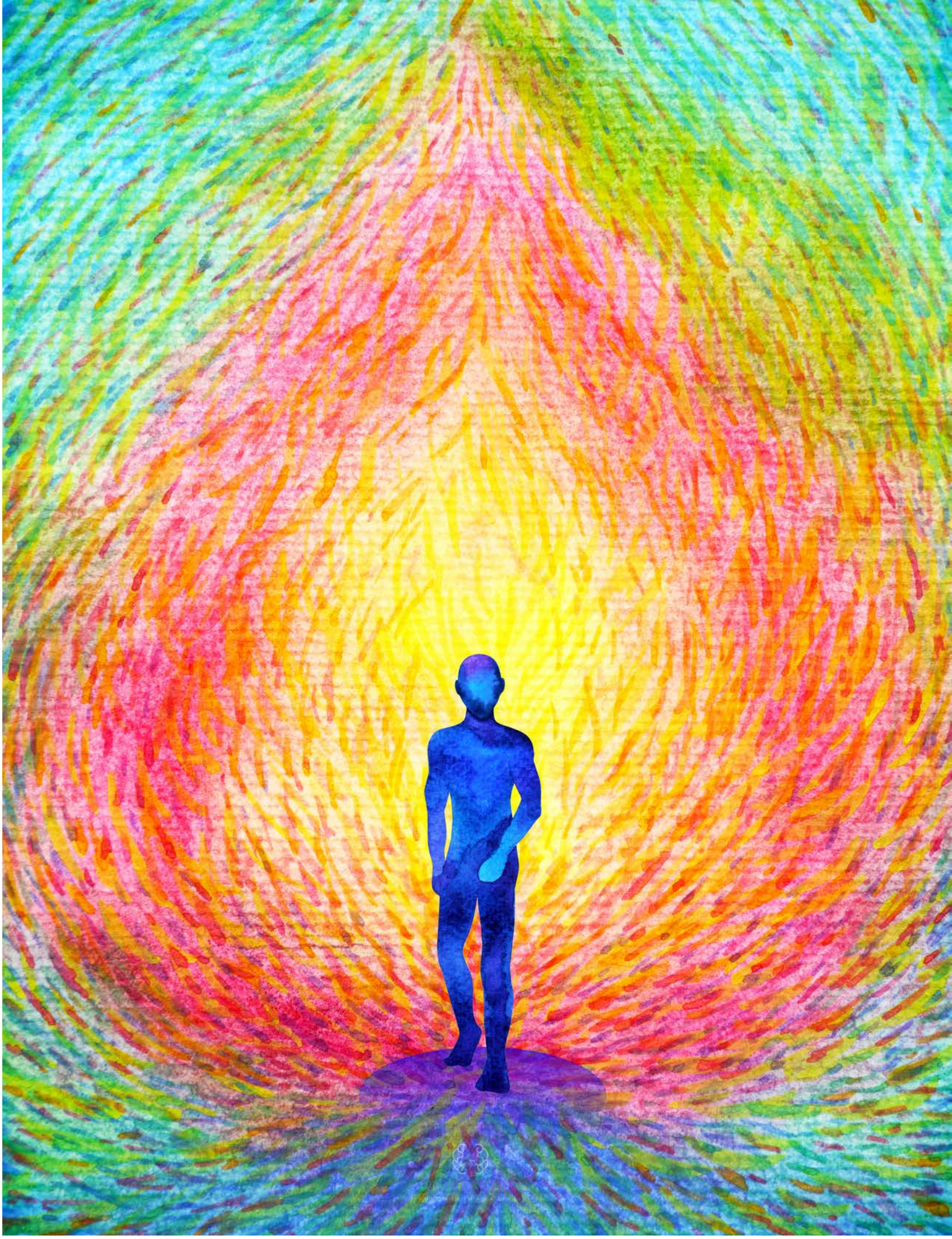
You can practice daily meditation but if you don't have healthy habits you will feel a lack of energy. Food plays a very important role in your well-being. There are foods and chemicals that block your pineal gland. The pineal gland helps you connect with God. Exercising or moving your body helps you raise your energy levels. If you do not take care of your body you will not have the energy and peace to enter into a state of deep prayer or meditation. That's why I focus on finding the perfect balance because this will help you prepare your mind, body and soul to connect with God.

Science has proof of the existence of God and there are things for which science has not been able to find answers. I have been able to experience miracles with my own eyes and I witnessed miracles. I saw people being healed. Once you connect with the spiritual world and God you begin to live a life in balance and with great purpose. Biohacking is the perfect science to help you reconnect with your creator.

We live in a system where we are constantly stimulated and where many people live with anxiety and stress. Biohacking helps you go to the root of your mental and physical health.

I am grateful to have found this spiritual practice and meaning, so I encourage you to get started today and be open to living a life filled with grace, abundance, and meaning.





www.illustrationart.com

About Vanessa Santillana



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.

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CORE

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



EXCLUSIVE INTERVIEW



MAX LUGAVERE

AUTHOR OF BESTSELLING BOOKS, 'GENIUS FOODS' & 'GENIUS KITCHEN' PODCAST HOST OF 'GENIUS LIFE', PROMINENT SPEAKER, WELLNESS JOURNALIST AND FILMMAKER

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What is your mission in life and why do you do what you do?

Well, I had always been passionate about health and fitness and nutrition science, actually, to the degree that when I began college, I was on pre-med track; I started with a major in biology. But I ended up realizing halfway through my academic career that I was also a

storyteller and I valued creativity. And so I ended up making a pivot to a double major in film and psychology. And I actually put my dream of working in the sciences to rest at that point, because of that pivot that I had made. And so for six years post-graduation, I was working as a journalist. I got a job working for a TV network owned by Al Gore in the United States. So it put me in the position of getting to speak to a lot of people on television in the US.

I would always draw the audience's attention whenever I could back to health science because that was always one of my obsessions throughout life. When that role had plateaued for me about six years in, I began to spend more and more time in New York City. I ultimately left the job and began spending more time at home in New York, where I'm from, with my mom. And it was around that time that my mother started to display the earliest symptoms of what would ultimately be diagnosed as a rare form of dementia called Lewy body Dementia, which is akin to having both Parkinson's disease and Alzheimer's disease at the same time. And as I mentioned, I didn't go into medicine, clearly. I was a journalist at the time, but when my mom started to show these symptoms, it was such an incredible call to action for me to try to understand to the best of my ability what was happening to her and why.

And so I began accompanying her to doctor's appointments in New York City. And that's where I experienced for the first time, what I've come to call diagnose and 'Adios'. Basically, a physician would run a battery of esoteric tests, scribble down a few notes in their computer, write a prescription or two for my mom and send us on our way. It wasn't until a trip to the Cleveland Clinic in Ohio in about 2011, where she



was diagnosed for the first time with a neurodegenerative condition. And at that point, I remember vividly being in the Holiday Inn across the street from the hotel, having a panic attack for the first time in my life, thinking about the possibility of my mom having an incurable and ultimately terminal illness, a neurodegenerative condition. And for me, that was the line in the sand. That was where I became obsessed with learning all that I could about diet and lifestyle and how these myriad variables modulate risk for conditions like Alzheimer's disease, Parkinson's disease, and ultimately cardiovascular disease and metabolic illness as well, because the brain relies on cardiovascular and metabolic health. So that began a journey for me about 10 years ago and will continue for the rest of my life. But it ultimately comes back to my why - being that I saw my mom suffer so much in the latter years of her life. And it's my hope that people who discover my work and follow the recommendations that I make will be able to secure a different future for themselves and for their loved ones.

So it's almost like a pain to purpose story that we hear so often in the biohacking industry.

Yes, 100%. And it's not that I had had ever any major health problems. I've just been really fascinated by health science and nutrition science just in my own life. And of course, I realized that I had somewhere along the line an aptitude for understanding and assimilating and aggregating and communicating this research. But really it was out of the love that I had for my mom to try to help. And it wasn't with any commercial or profession-

al aspiration, I thought that ship had sailed. I just wanted to learn as much as I could, and the more I would learn, the more I would feel compelled to share on social media. And that ultimately started to snowball and became today what is, thankfully, a career of sorts for me where I get to travel around the world, talk to people about health science and all of the things I've learned over the past decade. So it's been a pain to purpose story, to say the least.

Could you tell me a little bit about your fundamental biohacks or health practices?

I think that there are two different types of so-called biohacks. There are the biohacks that you would apply to yourself. There's the wearable technology that I think plays a very useful role today. But oftentimes when people say biohacking, what they mean is environment hacking. And to me that is mostly where my interests are. It's really about how we can hack our environments to resemble more closely the type of environ-

ment in which our brains evolved to thrive. Because right now our brains are suffering in the standard American food environment in the standard American exposure, if you will, the sum of all of the various different exposures that we are faced with on a daily basis, whether it's environmental toxicants, industrial pollutants, and the like.

So for me, it's mostly about how do we better hack our environments to be fertile ground for the brain to thrive as opposed to the inverse of that, which is our brains tending to suffer in the modern world. For me it's a holistic approach that integrates various exercise modalities with cutting edge nutrition science that takes a really personalized approach. I don't believe in a one-size fits-all nutrition approach. For me, nutrition and supplementation has to be bespoke for each person. Sleep





plays into this as well because sleep as we know has a major impact on brain health. There's also our capacity to mitigate stress, which is very important.

Right. It's kind of astounding because there's so much thrown at us in the world today. You're talking about our environment that our brains have to go through. We kind of are on autopilot for a lot of our decisions but we need to really wake up and think a little bit more critically about our health or we're gonna face illness later in life because we hadn't set our priorities. So, what are some of the best ways you think to get someone to

start thinking about their health and making the right decisions, step by step?

Well, I think for one, people need to realize that like most of the chronic conditions that people now struggle with, chronic non-communicable, so-called diseases of civilization, these conditions don't begin overnight. When having a heart attack, no doctor ever has said, "the conditions that led to this heart attack began yesterday." That's never the case. These conditions take years, if not decades, to manifest. I think it ultimately can even be argued that it's about lifetime exposure to various chemicals or stimuli. And

so to me, that's a scary concept because so much of our lives are spent with us sort of vulnerable, right? Like as children, we don't have much say, and there's such a huge lag time with the general awareness that people have about their own health and their own mortality.

But you could look at it another way. You can look at it as being a very empowering fact. And so Alzheimer's disease, for example, which is the most common form of dementia, takes 30 to 40 years to manifest. That's a very empowering window of opportunity to change the course of one's cognitive destiny. And one of the insights that I stumbled

upon that really put a fire under my butt was knowing that if I take away 30 years from my mom's age at the time, you get me, and so that I could make choices and do things a little bit differently that might improve my odds of not developing the mental monstrosity that my mom developed, that was a very seductive proposition. And I think that probably would be for most people too, if they only knew. Because again, once you present to your doctor and they make that diagnosis, it's probably already too late. Alzheimer's disease, Parkinson's, these are incurable conditions for a reason, because by the time you get that diagnosis, it's a decades-long disease process that's already set into motion.

So when you're talking about dementia and Alzheimer's and all these chronic diseases of the mind, what was going through your head when you were thinking about how to best lessen the chance that you would go down the same road as your mom, for example, or someone else who might be going through dementia?

For me, because I'd always been interested in nutrition, I began there and I started to rearchitect my diet around nutrient-dense foods that were high in neuroprotective micronutrients, as well as phytonutrients. And, ultimately my diet began to resemble more closely the Mediterranean dietary pattern, which we know is associated with reduced risk for various chronic conditions. But I began to tweak it. I also started to integrate learnings from the MIND diet, which is a Rush University-devised combination of the Mediterranean diet and the DASH diet, the Dietary Approach to Stop Hypertension. So I started integrating facets of all of those different, well-studied diets. And



then I applied a sort of evolutionary, ancestral lens onto it.

And so I started to question whether or not, for example, foods like grains and grain products were really that essential for good brain health, as it seems to be suggested that they are. Most of the grains that people consume today are refined versions of hybridized grain products that didn't exist for the vast majority of human evolution. So how could it be that the brain has come to rely on these kinds of food products? So I started to question that. The Mediterranean diet and the MIND diet only generally will use extra-virgin olive oil. So that's something that I started to use more of because there's a plethora of evidence on how beneficial extra-virgin olive oil is. But one of the things that you see often with Western diets is the preponderance of grain and seed oils. And so I started to ask whether or not that was helping or hurting our brains. I grew up in a household where we used grain and seed oils preferentially, because my mom was very afraid of heart disease. So I grew up with the corn oil by the stove, with margarine in the fridge instead of butter.

So I started to look at basically all these different facets of the standard American diet, and began to base my diet around nutrient dense foods. I started prioritizing foods that were high in antioxidants like vitamin E, which is associated with less risk of dementia, probably because it's a fat-protecting antioxidant, and the brain is made of fat. I started to integrate more fatty fish, which contain omega-3 fatty acids, which we know is really important to the brain. I also started incorporating dark leafy greens, and foods rich in carotenoids that promote better visual processing speed in the brain and are associated with better brain health. I left no stone unturned, and I coined what I've

called the Genius Foods, which are basically the foods that most people are going to have access to, that provide the most bang for the buck in terms of providing an array of brain-protecting molecules, building blocks that the brain can use to support itself and to create new neurons as it ages, increasing neuroplasticity, and promotion of the metabolic and cardiovascular health of the body, which is also very important.

So you mentioned it's the most accessible diet. I think a lot of people, when they contemplate about diet and eating healthy, they believe healthy food cost more or is harder to find. So can you talk to me about how it's made accessible to the masses?

I do have to acknowledge that I come from a privileged place. I live in Los Angeles and have access to the best supermarkets in the world. But today, we live in a time where people can order relatively low cost, extremely high quality meat products and produce online, no matter where they are in the world. And the fact that there are now a number of these services, the competitive aspect drives prices down, which I think is a really positive thing. We also see, at least in the United States, that organic is now becoming a lot more widely accessible. For example, wild salmon is becoming more widely accessible. You can go to any of these wholesale supermarkets and in the frozen section find wild frozen salmon, which is a wonderful brain food.

You can also find grass-fed, grass-finished beef, which is another wonderful brain food and generally is easy to find these days at least in the United States. But also, we can't let perfect be the enemy of the good. And that's another part of my message that I think is really important. Most people overconsume ultra-pro-



cessed foods; about 60% of your average adults' calories come from packaged convenience foods. And to me even the cheapest ground beef that you can find generally is going to be a better option for dinner than boxed mac and cheese. Even farmed fish, although not in my view as good as wild-caught fish, is still going to be a better option for dinner

than a bowl of pasta. We can't let perfect be the enemy of the good. Foods like eggs, for example: even a conventionally produced egg, you can go to almost any food desert and find eggs in the United States, and even a conventionally produced egg is still going to be a health food, a cognitive multivitamin. So yeah, I'm big on sending the message that we can't be



elitist and perfectionists with our food recommendations.

So talking a little bit about diet and how people are able to access a certain quality of their foods that they're consuming, should we be worried then about people getting the right amount of micronutrients and vitamins and minerals that perhaps the main food supply is not able to supply because of the quality? Is that where supplements come in?

Yeah, I'm definitely a fan of supplementation. I think it can be really hard, even when you're eating a nutrient dense diet to get everything that you need. This is true for omnivores, and this is true for people on vegan diets. It's tricky today. You throw dietary preferences into the mix, food access, and it's not always going to be a walk in the park. So that's where I'm a big fan of supplementation. For example, I think fish oil is a great potential supplement for people, particularly those that don't like to eat fish or don't regularly eat fish. I think fish oil can actually be a really useful supplement. Depending on blood levels, you got to test these things, vitamin D can be a great supplement.

B vitamins can be really helpful, especially for people with low stomach acid or for people that are on plant-based diets. I personally regularly use protein powders. I take a creatine supplement to support physical performance. So yes, there's a role for supplementation, but I also think that food can take you far, particularly if you focus on nutrient dense foods, which would include animal products and organ meats, and dark leafy greens, which are a phenomenal source of folate, vitamin C and magnesium. Those tend to be the kinds of foods that I base my diet around. I think nuts and seeds can also be beneficial.

I don't think that there should be

any stigma on supplementation. I don't believe in the kitchen sink approach. I think that we should be very discerning about the supplements that we choose to take. Again, there's no one-size-fits-all recommendation here. But generally I think a protein supplement is gonna be beneficial for most people. I happen to be a fan of whey protein. I think creatine, when it comes to physical performance can be really beneficial if you happen to be on a plant-based diet. I think creatine supplement supplementation can be even more beneficial with regard to cognitive health and cognitive function, especially for older adults. I definitely think there's a time place for supplementation.

As biohackers, everyone's familiar with getting their proper amount of cardio workout or strength training but what do you usually do to keep your body physically fit and in turn keep your stress down?

I have always enjoyed weightlifting. I'm in the gym five days a week, if not more, usually doing some form of strength training. I've started to focus a lot more recently on core strength because, I think that's really important to future-proof your body. You want to make sure that you have a strong core, which is gonna protect your back, which is a big source of disability worldwide. A lot of guys like to go the gym and work out their beach muscles. A lot of girls like to go to the gym and work out their bikini muscles. But I think core is one of these things where there tends to be the misconception that as long as you're at a low enough body fat, you don't really have to worry all that much about your core. Just long as your abs are somewhat visible which is of course not true. So for me, strengthening my core has been a major focus for me lately.

But in general I believe in being

strong. I think being strong is one of these things that we are now starting to see predicts longevity. Muscle strength, whether it's tested via grip strength or the leg press or leg extension. We're seeing now all these surrogate markers that when combined in aggregate show us that strength really is the currency of longevity. I love lifting. I also think it's really important to integrate cardio. This has actually been something that's been a little bit tricky for me, because I don't really like doing cardio.

I don't really enjoy running, but I've gotten myself into the habit of doing it. And one sort of like mindset trick that I use is, I just think it's like really important to be able to run a mile, comfortably. There's a lot of people will go to the gym and as their cardio conditioning improves, they'll keep moving the goalpost further and further away, right? So it'll be like a mile, and then they'll have to run two miles, three miles, four miles. But my goal is not to run as far as I can, my goal is to just be able to sustain a cardio regimen. And for me, if I can run a mile, two to three times a week, that's great. The fact that I can be able to do that is a victory. Because if you have an aesthetic and strong body, but you're winded going up a flight of stairs, there seems to be dissonance there. I think boosting cardio is crucially important. So I definitely try to run two to three times a week.

A lot of people lately have started talking about the value of zone two training, which is generally just like low intensity training, where it's easy to hold a conversation at the same time. To me, that just looks like walking regularly. So I try to stay as active as possible and try to get in as many steps as I can over the course of the day. Usually, that averages around 8000 steps a day. Movement is crucial. The brain thrives



in a body that moves. The brain suffers in a body that's sedentary. Sometimes it's a struggle getting in all the movement especially living in Los Angeles. But when I do make the effort, it's so worth it. I just feel so much better.

Are there things that you do, extensions that you use that are geared towards your health so that you can be a better person in order to be a better service to the world?

Yeah, I think self-care is so important. One might be inclined to think that self-care is selfish, but it's the exact opposite. By taking care of yourself, by putting your face mask on first, as they instruct you to do in the airplane emergency setting, you're much better able to then give your best self to the world. And so for me, that's 100% the case. I need to carve out time every day for myself to practice self-care, whether it's time in a sauna, cold plunge, red light therapy, any of these modalities that we're talking about. It's also so that when I do actually show up to the world, whether it's on a stage to give a presentation or on somebody else's podcast like yours, Dallas, I know that I'm giving it my all and the best version of myself possible because I've done all the work off air to make sure that I am in my best body and mind to speak my truth.

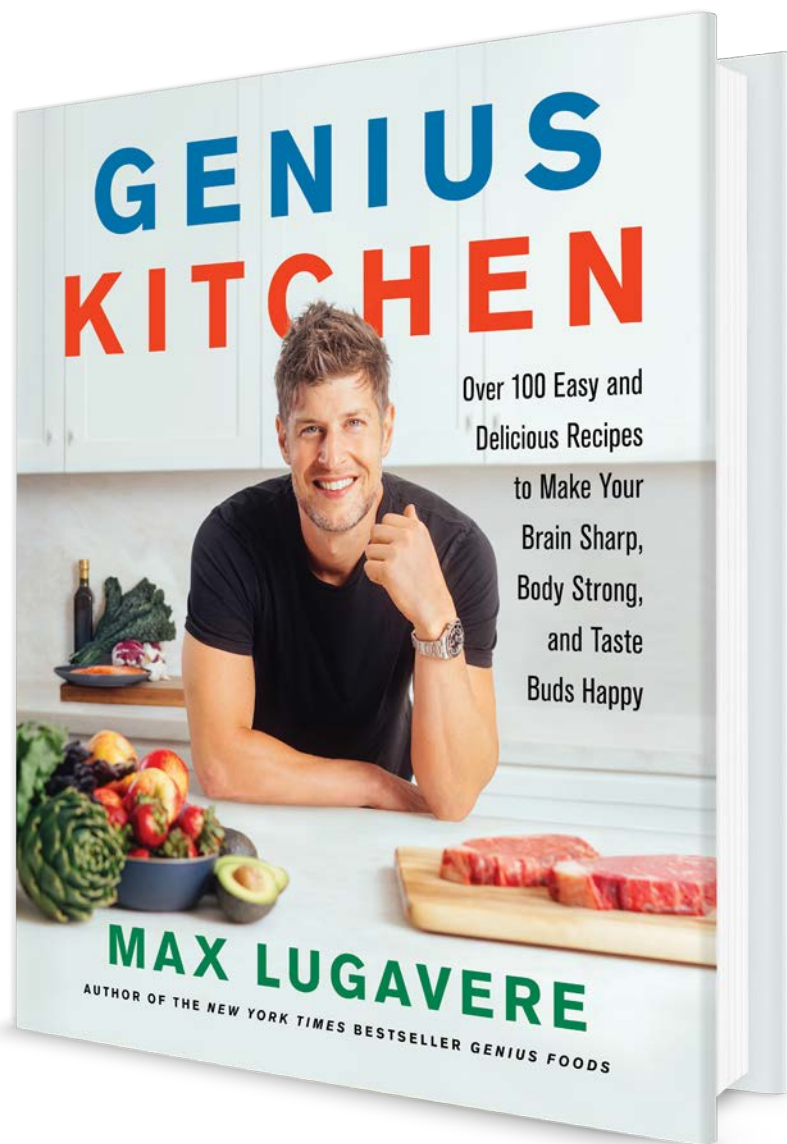
I think self-care is crucially important. It does have that sort of bidirectional role where, it does play the role of self-preservation, but it also allows me to show up and be the best version of myself so as to make the biggest and deepest impact in the world as I can. So yeah, it's definitely a huge part of my paradigm. When people try to give themselves, give of themselves from a half full cup, you can always tell and they're also not able to sustain their efforts. I want to be doing

what I'm doing for the long haul, helping people for the long haul, learning for the long haul. And so for me to be able to feel like I've future-proofed my body, I need to be doing all these things on a daily basis.

And to just say one thing about prioritizing this time to work on yourself and being efficient, I'll use exercise as an example. Most people think that you need to spend a ton of time in the gym for results. And you absolutely don't. Even a 20 minute workout is better than no workout. And oftentimes, a 20 minute workout - if you're giving it your all for 20 min-

utes - can be not only sufficient, it may be optimal to see real progress, in terms of your fitness. I know that when I have the leisure to spend an hour or so in the gym, I'm being a lot more leisurely with my workouts. I'm taking longer breaks. But sometimes with a 20 minute workout, you'll get a much better workout than you would have ever thought possible, because of that compressed time window.

What has been one of the main motivating factors for you? Was there a book you read, some audio you listen to, some speaker





The other book was, 'We Are Our Brains' by another neuroscientist named D.F. Swaab. I just love the way that book was written. I was also inspiring. I read 'Sapiens' around the same time and that to me was the sort of ancestral lens that made me think about the brain and brain disease in the context of human evolution. So that was an incredible book, also very well written. The fourth book was a book by a medical student at the time named Giulia Enders, and it was called 'Gut'. It was all about the human gut microbiome it was just written so wonderfully and whimsically. It was a delight to read.

There were some other books that inspired me too along the way. There was a book by Mary Newport, a pediatrician who wrote about ketones as a therapeutic intervention for dementia. There were books written by other doctors who have become my colleagues over the years, like Mark Hyman, that I thought were very inspiring. But it was those four that compelled me to write my own books and they also inspired me, during the writing process of 'Genius Foods', my first book, which became a New York Times bestseller.

you heard, etc.?

Yeah. Well, I actually, there were four books that I read that really I think kickstarted my desire to coalesce my learnings into my own books and my own writing. They all were incredibly impactful to me, but in their own unique way. One of them is called 'The Brain That Changes Itself', by neuroscientist Norman Doidge. It's about basically neuroplasticity and the capacity of the brain to change over time. So it tells the stories of all these people with traumatic brain injuries or diagnoses of autism spectrum disorder or ADHD for example and about the work that these patients basically do to dramatically improve the way that their brains function. So that was a really impactful book for me because, my mom had dementia.

Awesome. I'm definitely going to have to check out some of those, some of those titles you mentioned there. One last question, Max, and this is kind of relating to the biohacking community and all of the enthusiasts about their health that maybe aren't sure where to start or they feel like they've plateaued. There's so much information we have to filter through. What would be one biohack or one piece of advice that you would give to someone that is kind of on the fences about going down this path of biohacking and discovering their own health?



I would say try to get information from as many sources as you can and to always be willing to challenge your assumptions and beliefs about health. Cultivate the skill of recognizing bias. I think that's really important. Whether we are deriving our information from well-known biohackers or unknown biohackers or carnivores or vegans, everybody enters the field of health and wellness with their own biases. Recognizing that, I think is a really important and useful tool to cultivate. I do my best to seek out people regularly that disagree with me. I spend a lot of time reading about different viewpoints with regards to nutrition and health, and I learned from them. For example, I don't think that a fully plant-based diet is optimal, but sometimes the plant-based community makes arguments that are worth listening to. They share science that I think is worth reading. And it's the same thing with the carnivores. I'm a fan of the plurality of voices and integrating as much as one possibly can and trying in one's own head to make sense of all of the different viewpoints that there are. I would just say to remain open-minded, to always be willing to challenge your beliefs and assumptions and to be willing to tinker and ultimately, have fun.

People can find me on social media at [maxlugavere](#). I also host my own podcast called *The Genius Life*. And, my books, *'Genius Foods'*, *'The Genius Life'* and *'Genius Kitchen'* are available at all major bookstores. So yeah, check them out and enjoy.





QUANTUM ENERGY UNLEASHED!

In our world, there are many things that are difficult to explain but that we value as part of our lives. We experience them, or their effects, every day. Although we can't measure some things, we still know what they feel like. A good example is love. It would seem nonsensical to attempt to quantify love or to give it some numerical value, yet we know what it is to feel it or to feel its absence, and none of us would want to live without it.

Quantum energy is one of those things in our world that stretches our understanding. We can't quantify it in the way we do heat or widgets, in part because science still isn't quite sure what it is. But we can see its effects, and, increasingly, people are beginning to explore how it can affect their lives.

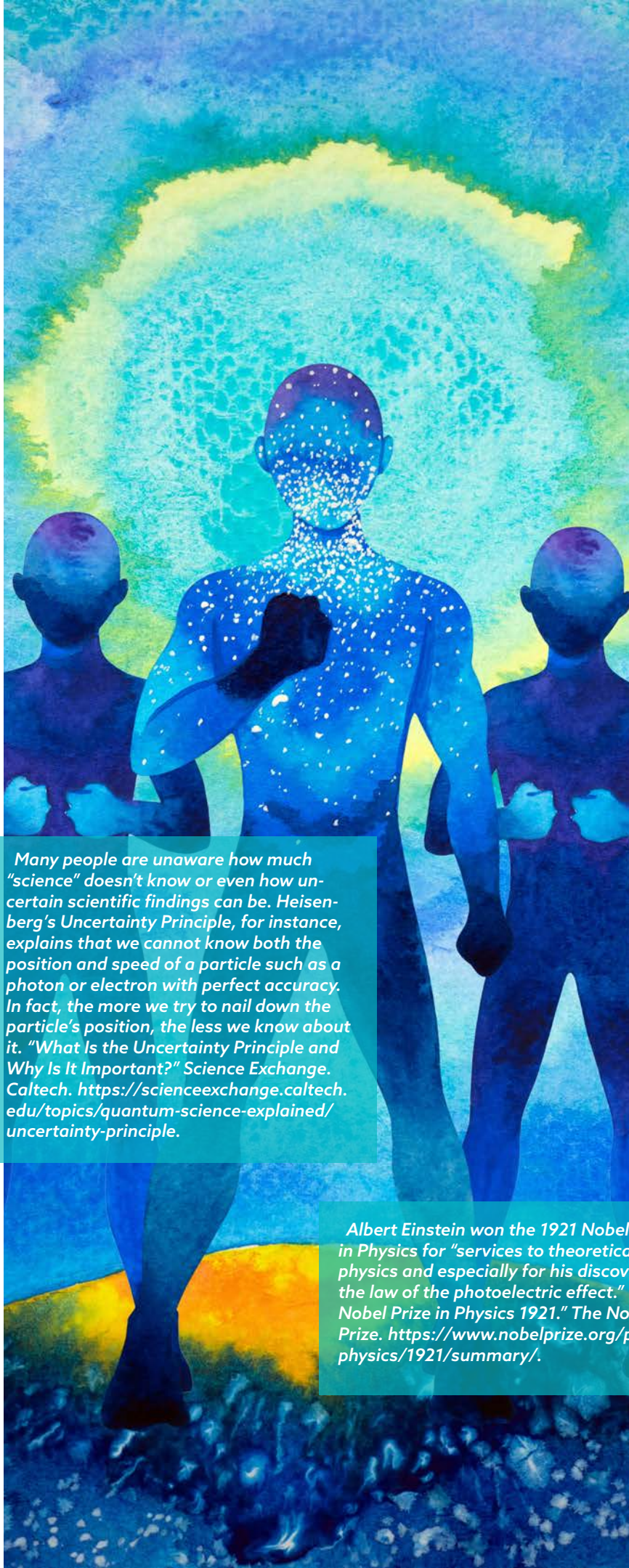
Consider this your crash course to quantum energy: What it is (kind of), what it is not, where it might come from, and how it can be applied in everyday life.

What exactly is quantum energy?

A quantum is the minimum amount of any physical entity involved in an interaction. Think of it as the smallest unit you can get while still counting it. The quantum of light is a photon and the quantum of electricity is an electron, for example.

We got the word quantum from scientists around the turn of the twentieth century who used it to describe amounts of electricity. German physicist Max Planck postulated that electromagnetic energy is absorbed or emitted in discrete packets, which he called quanta. He was the first person to introduce the idea of "quantization" or quantum theory.

To say something is "quantized" means that it comes in predetermined sizes or predictable



Many people are unaware how much "science" doesn't know or even how uncertain scientific findings can be. Heisenberg's Uncertainty Principle, for instance, explains that we cannot know both the position and speed of a particle such as a photon or electron with perfect accuracy. In fact, the more we try to nail down the particle's position, the less we know about it. "What Is the Uncertainty Principle and Why Is It Important?" Science Exchange. Caltech. <https://scienceexchange.caltech.edu/topics/quantum-science-explained/uncertainty-principle>.

Albert Einstein won the 1921 Nobel Prize in Physics for "services to theoretical physics and especially for his discovery of the law of the photoelectric effect." "The Nobel Prize in Physics 1921." The Nobel Prize. <https://www.nobelprize.org/prizes/physics/1921/summary/>.

packages rather than in variable amounts. It's like buying a canister of almonds compared to buying in bulk. The canisters always give you the same amount of almonds. Planck proposed that energy is quantized or that it only comes in multiples of the same quantum. Albert Einstein proved this theory and won a Nobel Prize for it.

Here are some practical applications of quantum theory in the real world:

- MRI machines
- Blu-Ray players
- Lasers
- Microchips
- GPS
- Flash memory chips in USB drives
- High-efficiency light-emitting diodes

Okay...so what is quantum energy?

It's hard to describe exactly what quantum energy is. We can define a quantum and we can define energy, but the concept of quantum energy isn't something scientists have been able to fully figure out yet.

Does that mean that it doesn't exist?

No, just that we don't have the vernacular to assign to it. Many scientific concepts we recognize as real and true today weren't able to be conveyed at first. Just because we're not all entirely sure how to wrap our heads around quantum energy and how it works, doesn't mean it's not real.

Here's what quantum energy is not

There are several things we do have names for that are similar to quantum energy, but don't quite hit the mark. Understanding what quantum energy is not

can help you understand it a little better.

- Scalar: Scalar light energy, also known as Tesla waves or longitudinal waves are described as the hidden, unseen framework behind reality. Although referred to as waves, scalar energy behaves more like a frequency, and engineer Nikola Tesla proved that these frequency fields are a primal force in nature that can be transmitted without wires or losing any strength.

- Orgone: Orgone is a sort of universal life force, a massless, omnipresent substance that is closely linked with living energy. It was originally proposed by Wilhelm Reich, who argued that deficits in orgone energy are the root of many diseases.

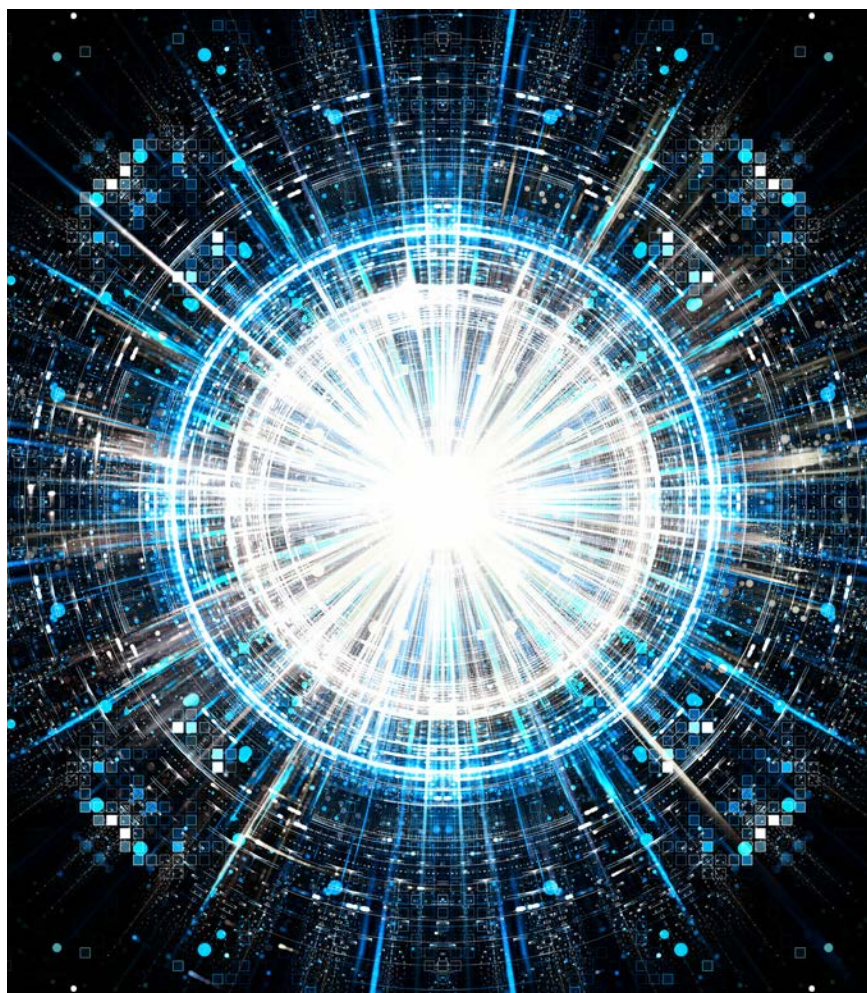
- Chi / ki: Chi is a type of pure energy that arises out of conscious-

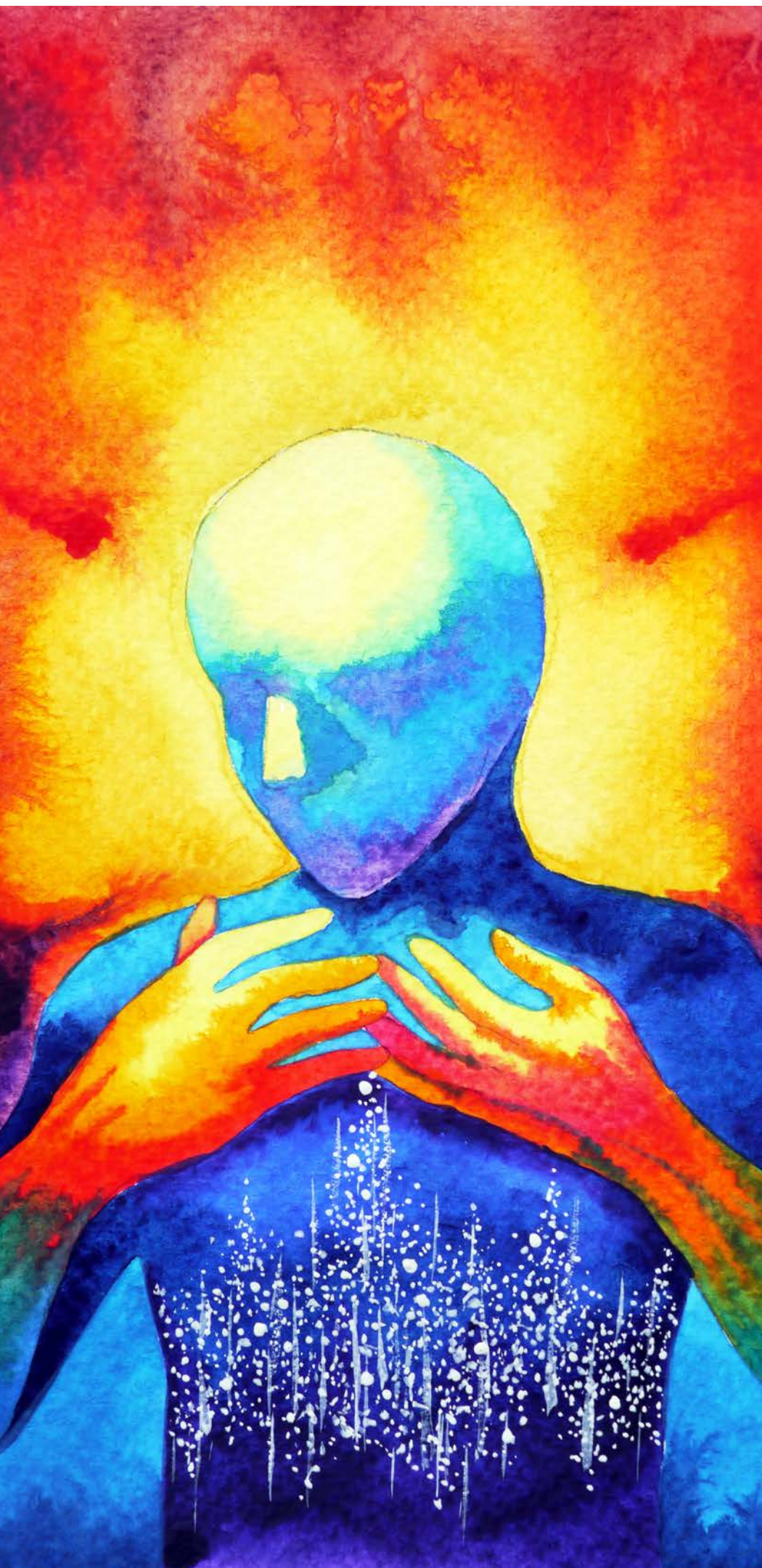
ness, awareness, and stillness. It's a sort of current that runs through your body and provides you with nutrients and whatever you need to be whole. Chi is central to some Eastern systems of medical treatment and to exercise or self-defense.

- Prana: Prana is found in yoga, Indian medicine, and Indian martial arts and thought to permeate reality on all levels. Prana is the Sanskrit word for "life force" or "vital principle." It can also be referred to as the breath of life, vital air, or principle of life.

- Mana: Mana is the spiritual life force or healing power that permeates the universe in Melanesian and Polynesian mythology. It's considered a cultivation or possession of power, rather than a power itself.

While concepts like these are





generally in the same ballpark as quantum energy, they're only approximations. What these forces or powers have in common with quantum energy is that they are undoubtedly felt and experienced by many people — even if there are no clinically descriptive words for what's happening.

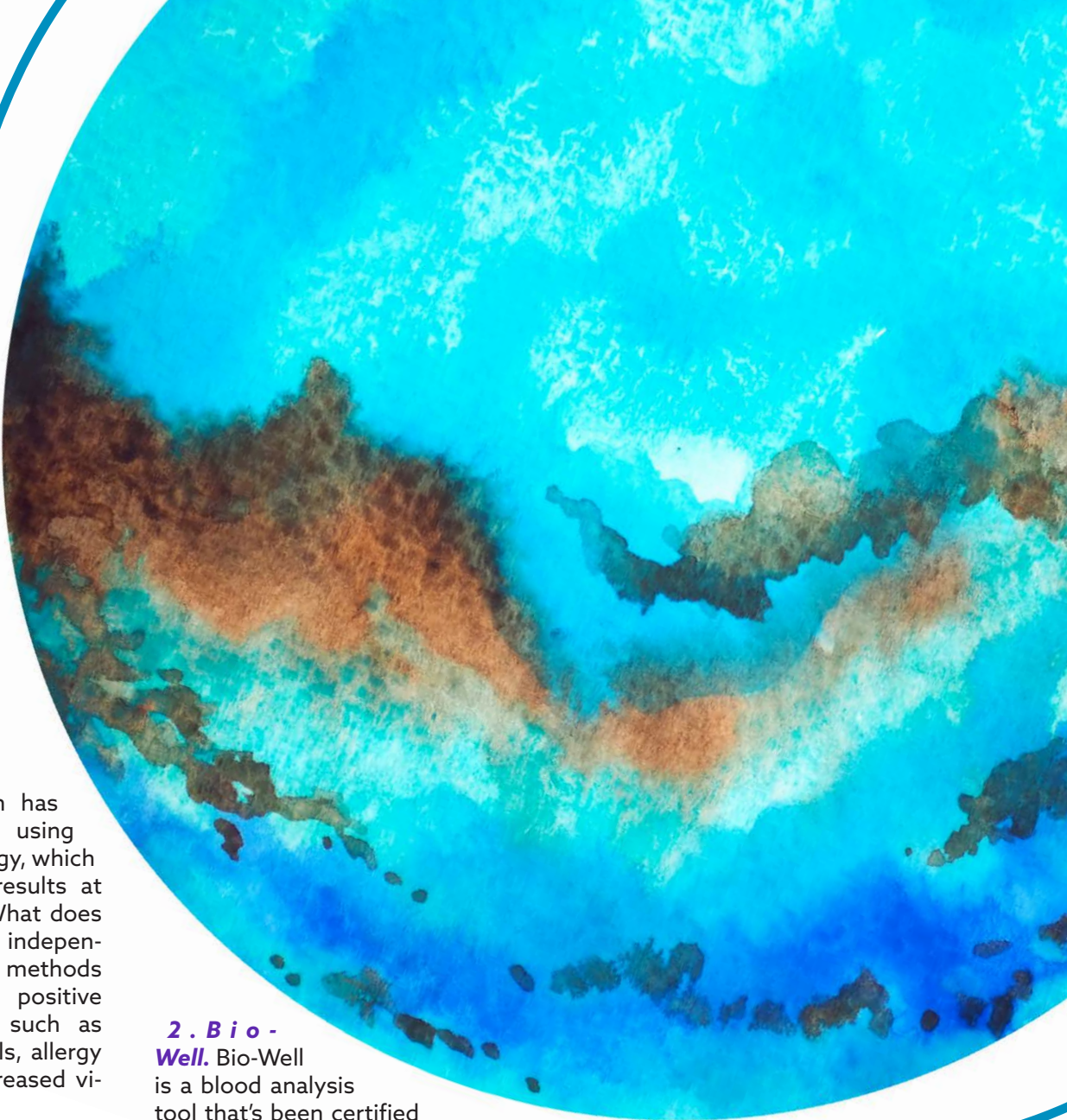
Quantum energy is the energy behind matter, as each cell contains a quantum energy field. It is the source energy in which any and all frequencies exist (including scalar frequency, etheric frequencies, and molecular frequencies).

How we know quantum energy exists

Our bodies breathe air to be alive, and we drink water and eat food to function. Most people forget, however, that we need a source of energy to exist. This energy helps us to stay healthy and to keep going, to be here. It's a life force that's more important than food. Things like martial arts, yoga, or tai chi, which tap into certain energies or powers can increase this life force energy. When you do activities like these, you can think of yourself as "pumping up" that energy.

Doing yoga can be one way to increase this energy, but you can also use certain products to pump up your life force. Leela Quantum Tech has created apparel, water bottles, and even small cards that, when worn or used, boost this life energy. It's even possible to channel some of this energy using Leela's Infinity Bloc.

Put simply, we know quantum energy exists because we can see, quantify, and analyze its effects. While we may not yet be able to understand it, we know that it works.



How to measure quantum energy

Leela Quantum Tech has developed products using bio-energetic technology, which produce measurable results at the subatomic level. What does that mean? It means independent tests using the methods listed below found positive physiological effects, such as less clogged blood cells, allergy tolerance, or even increased vitality.

Methods of Measuring the Effects of Quantum Energy.

1. Dark-field microscopy / Live Blood Analysis: A dark-field microscopy test is a blood test. A drop of blood is taken and immediately placed under a special form of lighting that allows us to see living cells without staining. This test can reveal distortions of red blood cells, inflammation, immune activity, and undesirable forms of bacteria, fungi, or parasites. Dark-field microscopy helps identify diseases or conditions early on, before symptoms begin to appear.

2. Bio -

Well. Bio-Well is a blood analysis tool that's been certified in Europe and Russia that uses gas discharge photography to read someone's energetic state. A scan is taken by sending a weak electrical current through a person's fingertips, which creates an emission of electrons and a glow (gas discharge). The glow is captured on video and then analyzed.

3. Advanced Deka Voll test-

ing: A Deka Voll device uses electroacupuncture to evaluate a patient's health. It can identify existing disorders, identify pathogens, indicate sensitivity to micro-flora in medications, detect the presence of radio-

nuclides, and determine the presence or absence of adverse effects of items like jewelry, clothing, or cosmetics.

The Bioenergetic System Analysis (BESA) Institute in Austria tested several of Leela Quantum Tech's products using an advanced Deka Voll method and found them to have an overall positive effect on human health and development.

4. Water structure testing: The Emoto Institute Japan studied how human sound, thoughts, and intention can change the structure of water. They discov-

ered that positive intentions lead to more “perfect” looking crystals once the exposed water is frozen, and negative intentions lead to random-looking crystals when the water is frozen. Quantum energy can change and improve the structure of water!

5. Electrosmog: Concentrated quantum energy can also help to protect humans, plants, and animals from electromagnetic radiation. Some of Leela Quantum Tech’s products were tested with electromagnetic frequency (EMF) meters by the International Association for Electrosmog-Research (IGEF) and shown to have a protective effect that increased with duration of use.

6. ATP production Increase: A US lab just recently showed with clear statistical significance in a randomized double-blind study with multiple measurements over a 45 minute period that ATP production in the cells that were charged with Leela Quantum technology increased by 20-25%, which is an incredible increase. This has positive implications on a variety of fields which include wound-healing, athlete performance, recovery etc.

Understanding where energy comes from

One of the most difficult aspects to comprehend about quantum energy is where it comes from. In fact, many people find this a puzzling question about all forms of energy. Energy is constantly flowing and changing form, from potential to kinetic energy, as electromagnetic waves or metabolic energy. If you rub your hands together, you can convert metabolic energy into mechanical energy and as your hands heat up, some of the mechanical energy turns into heat energy.

The law of conservation of energy states that energy can change form, but it can’t be created or destroyed. Scientists have traced energy transfer back to nuclear reactions within atoms. There are spaces between protons, neutrons, and electrons within an atom, and there’s something moving those particles around.

Where is that movement coming from? It’s not gravity, so we could consider that movement as quantum energy.

Ian Mitchell is the Polymath in Residency at Ecliptic Capital, Lead Scientist at Biocharged and Wizard Sciences, head of R&D at BioHack, and the Leading Researcher at Carbon60. Mitchell is an inventor, biochemist, and pharmaceutical developer that specializes in anti-aging. He has developed products that promote overall health, optimize human performance, and support

cognitive function. He also holds multiple patents in these areas.

In his research, Mitchell explores the use of quantum energy for health outcomes. Mitchell points out that molecular and subatomic motion should cease at absolute zero, but it doesn’t. It appears there’s an inherent or persistent power that keeps these things moving, an indefinable energy that is beyond what we’re able to study with our current technology and understanding.

The Desert Oasis Analogy

To understand how quantum energy works, imagine you’re in a desert and running out of water. The sun is beating down on you, drying you out even further. You’re going to feel fatigued, lethargic, and discouraged. Then you find an oasis full of fresh water. Suddenly, you can recharge, you feel re-



Tap into quantum energy through Leela Quantum Tech’s Infinity Bloc

Kal Elmer, “The Science of Quantum Energy w/ Ian Mitchell & Philipp von Holtzendorff.” YouTube.com. July 16, 2021. <https://www.youtube.com/watch?v=W-c6OczilHSgc>.

newed, and you are more hopeful about your condition.

Electromagnetic frequencies are like the sun, and quantum energy is like water. Each cell in every living organism has a pure quantum energy field. EMF can suck quantum energy out of objects and deplete living things. But if you introduce the same source of power back into the cells, you can recharge them and draw from that power. Reintroducing quantum energy to your cells "recharges" them.

Applications for quantum energy in daily life

The concept of quantum energy is fascinating, albeit difficult to wrap one's head around. But even something as hard to grasp as quantum energy can have applications in daily life.

Health and wellness

Some of the biggest benefits of quantum energy lie in health and wellness. Tapping into quantum energy or using products charged with quantum energy can increase your motivation and energy levels, activate your inner power, and make you more resistant to stressors in life. It can also help you neutralize negative influences, frequencies, and radiation so you vibrate with positive frequencies throughout your day.

Quantum energy doesn't just benefit the wellbeing of humans, but of plants and other animals too. Animals can feel subtle energies without a filter, and honing quantum energy can help pets feel more serene and release their emotional blockages. Charging objects your pet uses with quantum energy can create an overall better environment for the animal.

The Infinity Bloc product from Leela Quantum Tech not only has a concentrated, pure quantum energy field inside of it, but it also radiates quantum energy up to one



kilometer or 3280 Ft around it. If, for example, you have a garden and want to supercharge the life-force of your plants, you can simply place the Bloc in your garden and the plants will start feeling the effects.

Health conditions impacted by quantum energy

Leela Quantum Tech regularly seeks third-party and indepen-

dent product testing to discover what their applications can be. In past and ongoing studies, as well as from customer testimonials, they have seen that products charged with quantum energy can have an effect on the following conditions:

- Autism
- Clogged blood cells (heart disease, blood cancer, etc.)
- Lyme disease



- Chronic pain
- Allergies
- Heart rate variability

How does quantum energy improve health outcomes? Your DNA translates into your physical existence, and a disease or a condition doesn't just happen. It only happens if something on a frequency level is out of balance. Using quantum energy can restore that balance.

Mood and emotions

Utilizing quantum energy can also impact your mood and emotions. It's hard to say exactly how it benefits you, as it affects each person differently. What can be said of quantum energy is that it invites you to your own completeness and makes you feel whole. Some people feel a greater harmony between the frequencies of their minds and

bodies, while others might simply feel lighter all over.

Enlightenment

One of the biggest questions around quantum energy is whether it can bring you enlightenment. It's a loaded question and we should start by defining enlightenment first.

Enlightenment can be described in lots of ways:

- Raising your vibration
- Becoming more acutely aware with your senses
- More neutral thinking
- Ability to distance yourself from situations
- Controlling yourself more
- Reaching a higher vibratory plane
- Expanding your consciousness
- Being more peaceful, wiser, and gentler

It's hard to say whether quantum energy directly affects enlightenment because enlightenment is a long process and may look a little different for each person. What is clear, however, is that things like meditating over the long-term can make you more capable of responding to an external stimulus with your parasympathetic nervous system (the "rest and digest" functions of the body) rather than your sympathetic nervous system (the "fight or flight" responses of your body). In other words, you can train yourself not to react to things physically right away. You're in control of your body and physiology no longer governs you. Your consciousness can express itself more freely when you reach enlightenment.

Using objects that are charged with quantum energy such as

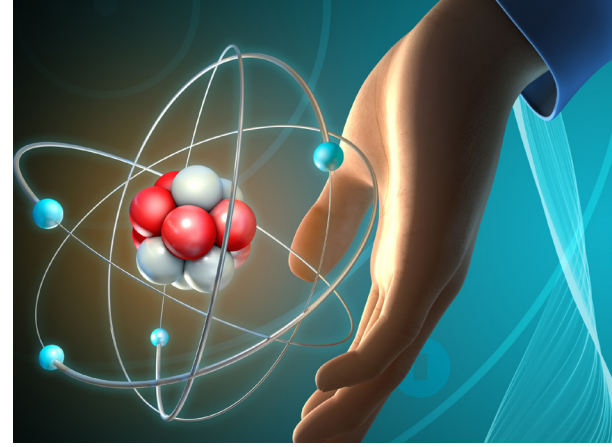
those made by Leela Quantum Tech can help bolster your life force and even raise your vibrations. They aren't a "shortcut" to enlightenment, because that doesn't exist. But they can help you feel more in sync with your consciousness and help you train to gain the control over your body that enlightenment describes.

Conclusion

Although it's hard to fully wrap our heads around quantum energy, it's clear that it has significant effects on human health and wellbeing. It's an exciting time

for those involved in the field of bioenergetics, as we're slowly discovering more and more what quantum energy can do, where it comes from, and how it could one day play a practical role in our everyday lives.

We understand there will be skeptics. As the science fiction and science writer, futurist, inventor, undersea explorer and television series host Arthur C. Clarke said, "Any sufficiently advanced technology is indistinguishable from magic." And some people would rather stick to an ineffectual status quo than use an effective technology they think is "magic."



If progress continues on the applicability of quantum energy, it won't be considered "magic" or "woo woo" by anyone. It'll simply be advanced technology.

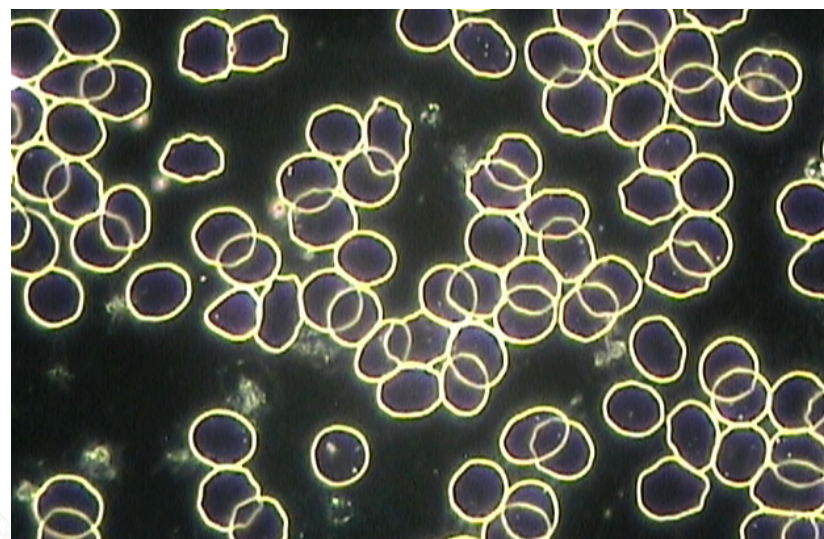
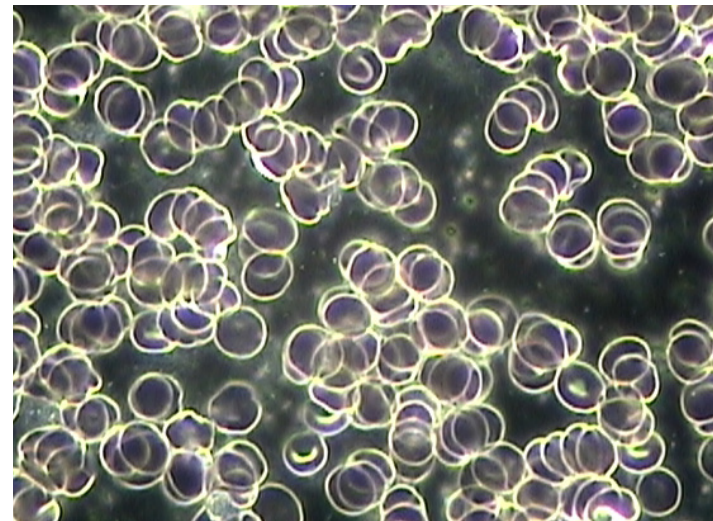
LIVE BLOOD ANALYSIS

These photos are taken from a test subject and are representative of the incredible blood improvements seen in minutes in all of the placebo-controlled double-blind and single-blind study.

Right: Before (Baseline) Without Wifi

Bottom Left: With Exposure to Wifi

Bottom Right: Wifi Still on but with Leela Quantum Bloc



About Philipp Samor von Holtzendorff-Fehling



*Philipp Samor von Holtzendorff-Fehling is a coach, conscious entrepreneur, and energy healer. In parallel to a successful international business career he constantly worked through blockages and barriers that prevented him to truly connect with his true self. With that he started to also see energy fields and developed his unique skills as a healer, and he went through two decades of training in shamanic and other energy healing practices. During his business career he worked as an executive for several well known companies, including T-Mobile International and T-Mobile US where he served as Vice President. He's the founder & CEO of Leela Quantum Tech and Quantum Upgrade.
Website: <https://leelaq.com/>*



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"It is like the executive DMT trip. 11 minutes and you are back to your senses."
Teemu Arina - Biohacker

"I give this 9 out of 10 Biohacker Points."
Andreas Breitfelt - Redbull Biohacker



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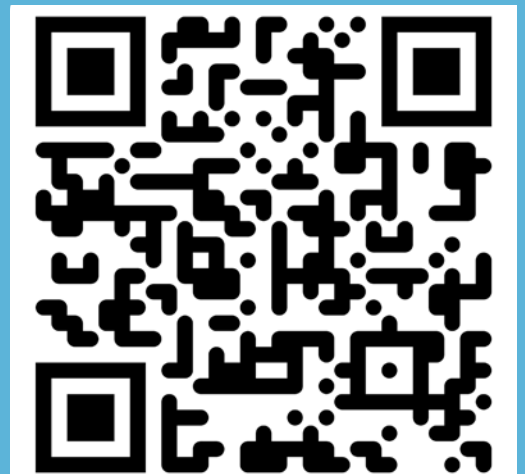
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Known as Cyborggainz, born in France, Jean is an athlete, entrepreneur, scientist, public speaker and an Art collector. He is the founder and CEO of CyborgMedia, the Managing Director at inTEST Corporation and the COO of Biohackers Update Magazine.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

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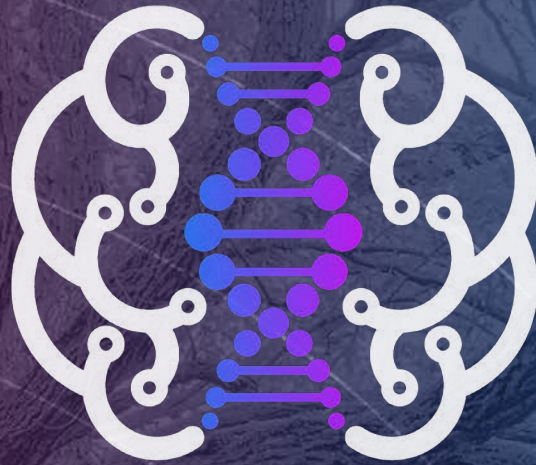
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