

BIOHACKERS

ISSUE 23

MAGAZINE

BIOHACKING NITRIC OXIDE: THE NATURAL AGENT IN THE BATTLE AGAINST CHRONIC DISEASE

**EXCLUSIVE
INTERVIEW WITH
DR NATHAN S. BRYAN**

EXPERIENCED SCIENTIST, AUTHOR,
PROMINENT SPEAKER,
ENTREPRENEUR, PHILANTHROPIST,
BIOHACKER, CEO OF NITRIC OXIDE
INNOVATIONS, L L C, AND PNEUMA

N101

Also Included In Our August Edition:

-Unleashing My Potential: Conquering ADHD Naturally

-Collective Neuroscience of Sound Therapy

-Top 10 Biohacking Books of 2023

- AND MUCH MORE!

NITRIC OXIDE:
INHIBITING INFLAMMATION,
OXIDATIVE STRESS, AND
IMMUNE DYSFUNCTION

NITRICEUTICALS:
PRODUCTS THAT ACTUALLY
PRODUCE N.O. GAS AND
DELIVER REAL BENEFITS

CHRONIC DISEASE:
THE ROLE OF NITRIC
OXIDE RESTORATION &
POWERFUL TESTIMONIES

BIOHACKERSMAGAZINE.COM

Make positive changes

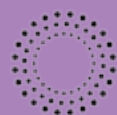
Unsticking a Stuck Brain



Start The Changes Now & Save 10%

NeuroVizr™ is a multi-sensory light and sound brain enrichment technology. With just an 11-minute session, NeuroVizr™ provides an exciting and unique experience that can change you.

To learn more about this revolutionary technology and the science behind it, visit www.neurovizr.com and get 10% discount by using the code BIOHACKERSMAGAZINE.



neuroVIZR
The Change Maker



TABLE OF CONTENTS

August 2023



MESSAGES FROM OUR BIOHACKING TEAM

A Letter from the Editor & Chief Information Officer, Dallas McClain 5

A Message from our Chief Operations Officer, Jean Fallacara 6

A Message from our Marketing Director, Arjun Chauhan 8



OUTER

Biohacking with A.I.. 11

Yoga Nidra 16



INNER

Collective Neuroscience of Sound Therapy 21

Unleashing My Potential: Conquering ADHD 25

Revolutionizing Wellness: Top 10 Breakthrough Books of 2023 30



CORE

Interview with Expert Dr. Nathan S. Bryan 33

STEMREGEN - Revolutionary Stem Cell Stimulators 50

Finding Awesomage: From Biohacking

Retreats to Revolutionizing Orphan care 55

A hand is shown in silhouette, holding a glowing, wireframe brain. The background is a sunset with a sun low on the horizon. A network of white dots and lines is overlaid on the scene, suggesting a digital or neural network. The overall color palette is warm, with oranges, yellows, and dark blues.

MESSAGES FROM OUR BIOHACKING TEAM

A LETTER FROM THE EDITOR

The Universe in all its grandeur, cosmos, and order, still allows chaos and disorder. Why is this? Does chaos simply stimulate change and the structure of a new cosmological element to build on? Does disorder create challenges meant to strengthen the original creations? Or is chaos simply another piece to the cosmos puzzle, a secret contributor of what makes it ordered as a whole, yet disguised as unpredictability and volatility? It's a question that can never fully be answered in this life, but nevertheless its nagging never recedes from our restless souls. Perhaps then, it's a question that although it can never be answered fully, can be addressed, and attended to through the acts of our human life. What do I mean by this?

Ralph McInerny once said, "A feature of philosophical questions...is that they are inescapable. They are important for everyone. Any Human life is in a sense, an answer to them." To relieve the incessant prodding from these questions, we can do two things. One is to investigate with all our reasoning-capacity available to us. Reading, scientific inquiry and experiments, etc. all fall under this option. Two, is to factor in our belief; to humbly recognize that we don't know everything and can never fully answer philosophical questions, but that we can believe in something that helps us to live more fulfilling lives built on virtue and growth. My viewpoint is that we must use both of these options together. We were created with a Reasoning ability and a strong desire to know. To do anything in this life and

not move at a snail's pace, we must accept many aspects of our experiences and facts presented to us as truth and believe them. On the other hand, to live a life of growth built upon solid foundations, we must be willing to use our unique reasoning ability to discover what is true or untrue, and what is yet to be concluded.

Now back to the original question, regarding disorder and chaos in relation to the cosmos and order. Reason and Faith (Belief) work together to help us to make sense of this world we live in, as well as to find meaning in the suffering caused from disorder and chaos, things that are out of the norm. It is our duty as Biohackers, as curious human beings, to always believe that there is true meaning behind the struggles of life, and that we must continually believe in ourselves and refine our will to forge on through the fire, knowing that we will be stronger because of it and increase our reasoning capacity on the other side. It's true, there is so much that we know, but it is always true that there is much more that we do not know. That's what makes life the beautiful experience that it is and always will be. Let us embrace the chaos and its effect of character refinement. Let us believe that with proper training, discovery, resilience, persistence, and faith, we can always become better versions of ourselves, continually fortifying ourselves in the cosmos, using chaos and disorder as our fuel for growth and development.

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.

Email: dallas.biohackersmagazine.com

Instagram: [@gates.of.growth](https://www.instagram.com/gates.of.growth)

Website : gatesofgrowth.com

A MESSAGE FROM CEO JEAN FALLACARA

Dear Biohackers Community,

It is with immense pride and joy that I share this moment with all of you as we continue to witness the world evolve rapidly, driven not only by AI but also by the growing realization that "health is wealth." Embracing this belief, we are playing a significant role in this revolution through the Certification Program and our new parent company, Lifespaning Media Corp.

In a world where cutting-edge technologies are reshaping industries, our dedication to ethical biohacking remains unwavering. We believe in leveraging innovative techniques to enhance human performance, health, and overall well-being responsibly. As we walk the path of ethical biohacking, we strive to make a positive impact on individuals' lives and communities worldwide.

Our journey is fueled by the passion to create a healthier, happier, and more prosperous future for everyone. With a strong

focus on health and wellness, we envision a world where individuals thrive, pushing boundaries, and breaking barriers to achieve their true potential.

I invite each one of you to join us on this remarkable expedition. Together, we can redefine the possibilities of human potential and pave the way for a brighter tomorrow.

Thank you for being an essential part of this transformative movement.

With gratitude and excitement,
Jean Fallacara



About Jean Fallacara

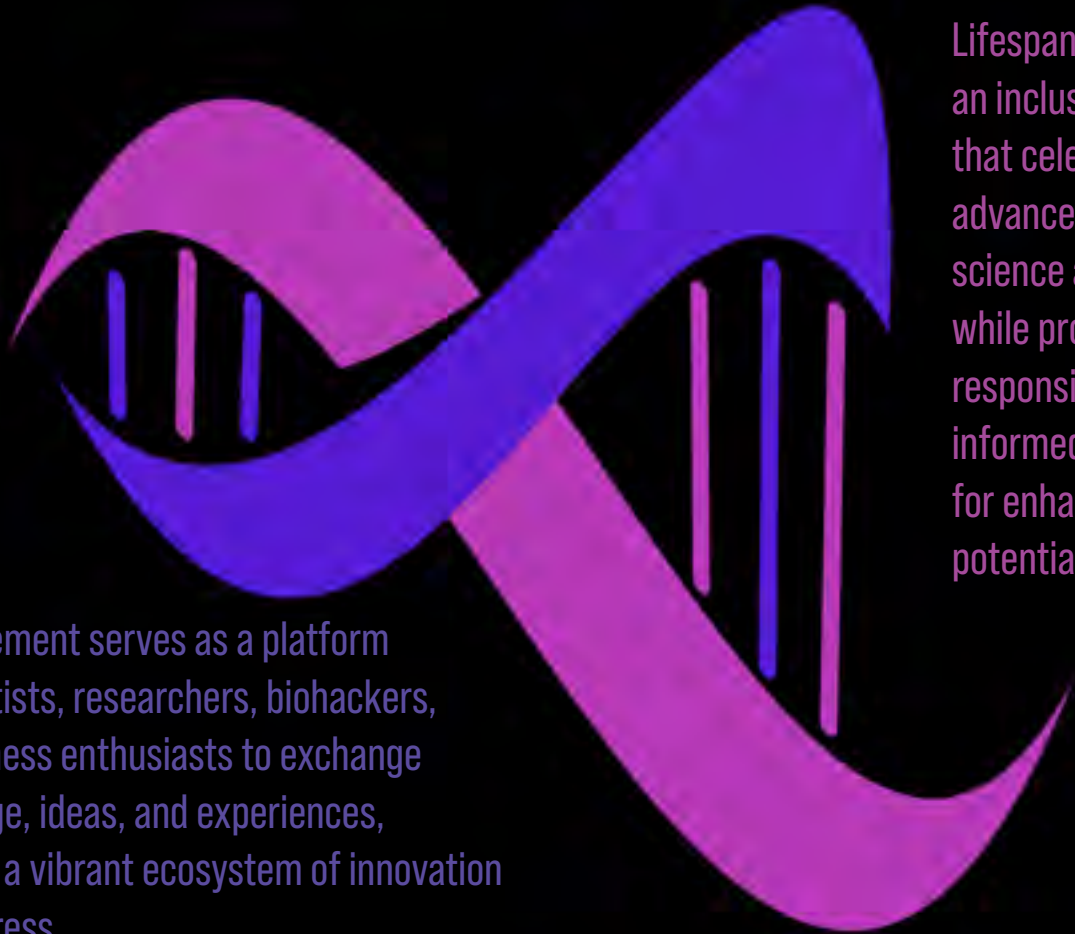


Known as Cyborgainz, born in France, Jean is an athlete, entrepreneur, scientist, public speaker and an Art collector. He is the founder and CEO of CyborgMedia, and the CEO of Biohackers Update Magazine. He is also the author of "Neuroscience Calisthenics: Hijack your Body Clock." Jean holds a bachelor's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

Website: jeanfallacara.com / Website: cyborgainz.com



A New Movement, Unifying Science and Biohacking Communities to Promote Longevity



Lifespaning embodies an inclusive vision that celebrates advancements in science and technology while promoting responsible and informed practices for enhancing human potential.

The movement serves as a platform for scientists, researchers, biohackers, and wellness enthusiasts to exchange knowledge, ideas, and experiences, fostering a vibrant ecosystem of innovation and progress.

life•span•ing

To initiate this revolution and separate falsehood from authenticity in the field of biohacking, Cyborgmedia has already introduced the [Cyborg Certified Program](#). This program sets a standard of credibility and authenticity, ensuring that practitioners and products aligned with Lifespaning principles meet stringent criteria. By distinguishing the reliable and trustworthy from misleading and unverified practices, the Cyborg Certified program ensures that individuals can embark on their Lifespaning journey with confidence and clarity.

Visit <https://www.lifespaning.com/> to learn more!

ARJUN'S STATEMENT

Isn't it a wonder that we're here, right now, in this vast universe? Our existence is like a cosmic lottery win, a chance to experience life in all its shades and hues. It's easy to get caught up in the daily grind and forget the sheer marvel of being alive.

Consider the air we breathe, the water we drink, the food we savor – these are the building blocks of our existence. Each sip of water, every bite of food, is a reminder of the incredible dance of biology and chance that brought us to this point. We're living, breathing, consuming beings, intricately connected to the world around us.

Sure, we consume resources – it's the price of admission to this grand spectacle of life. But let's not forget that we also contribute in unique ways. Our ability to connect, to love, to share stories and laughter – these are threads that weave the human experience.

Life isn't all smooth sailing; challenges come our way, shaking things up. But that's where our resilience shines. Our existence isn't just about coasting through sunny days; it's about navigating storms, adapting, and growing stronger.

So, let's pause for a moment to appreciate the gift of existence. Let's be grateful for the simple joys – a warm embrace, a sunrise, a heartfelt conversation. Let's remember that our story is intertwined with the history of a world that's been spinning for ages, waiting for us to play our part.

Of course, being alive comes with responsibilities. We share this planet with countless other beings and must care for it as stewards. Using resources mindfully, reducing waste, and treating nature kindly are all part of the deal.

As we go about our lives, let's celebrate our existence – not in an extravagant way, but in the everyday moments that make up our lives. Let's remember that we're part of something bigger, that our journey is a piece of a much larger puzzle.



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.

BECOME CYBORG CERTIFIED.



BIOHACKERS MAGAZINE
INTRODUCES THE **CYBORG
CERTIFIED** PROGRAM TO ENSURE
SCIENCE-BACKED BIOHACKING
INNOVATIONS

WE TRY THE BRAND, CHECK
THE SCIENCE AND APPLY YOUR
INVESTMENTS TO CERTIFICATION
AND **GLOBAL ENGAGEMENT**

CERTIFICATION INCLUDES:

- ONE FULL PAGE AD IN EVERY MAGAZINE FOR ONE YEAR
- A DEDICATED SPACE ON OUR WEBSITE FOR YOUR ENTERPRISE
- A SPECIAL MENTION IN EVERY NEWSLETTER FOR ONE YEAR
- AND MORE!

PLEASE EMAIL
DALLAS@BIOHACKERSMAGAZINE.COM
FOR MORE INFORMATION





OUTER

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

— Neil DeGrasse Tyson

BIOHACKING WITH A.I.



When it comes to Biohacking or anything to do with technology, everyone starts to panic and feel threatened. We start to imagine a future where human beings, driven by the relentless pursuit of optimization, have become deeply reliant on A.I.-assisted biohacks. In this dystopian scenario, people are perpetually connected to machines that monitor their vital signs, regulate their biological functions, and even make decisions for them. The promise of increased productivity and enhanced cognitive abilities has come at a grave cost—the loss of individual agency and natural human experiences.

In this bio-hacked future, society has become plagued by a hidden epidemic—unhealthy human beings. Despite being optimized for peak performance, individuals have lost touch with the essence of true health. Biohacking, driven by the desire for efficiency, has left the human body and mind disconnected from nature's delicate balance. The consequences are dire—increased susceptibility to chronic diseases, mental health disorders, and a general sense of discontentment.

My question is WHY though? In my experience, it is generally neither the best-case nor the worst-case scenario, it is always something in the middle, and this dystopian society is a worst-case scenario. If you ask me if it will ever come to pass, you will ask me the same question I asked you, Why though?

Well for starters, the very con-

cept of AI taking over the world is just fear-mongering. In the era of rapid technological advancements, the convergence of biohacking and artificial intelligence (AI) has opened up a realm of possibilities that challenges our understanding of the human potential and raises profound ethical questions.

Biohacking, once limited to DIY biology enthusiasts, has evolved into a multidisciplinary field em-

bracing various technologies, including genetic engineering, wearable devices, and cognitive enhancement. With the integration of AI, biohackers now have access to sophisticated tools for data analysis, machine learning, and predictive modeling, amplifying their capabilities to push the boundaries of human potential.

Biohacking with AI holds tremendous promise in optimizing health and performance. By le-





veraging AI algorithms, biohackers can gain insights into massive datasets, enabling personalized approaches to nutrition, exercise, and sleep. AI-powered wearables can monitor vital signs, identify patterns, and offer real-time feedback, revolutionizing preventive healthcare. Moreover, machine learning algorithms can analyze genetic data, identify potential disease risks and suggest tailored interventions, ushering in an era of personalized medicine.

Imagine a world where our brains seamlessly integrate with AI. Neural interfaces, like Elon Musk's Neuralink, aim to achieve just that. By establishing a direct connection between the human brain and AI systems, biohackers

could potentially augment cognitive abilities, enhance memory, and enable direct communication with machines. However, this integration poses ethical concerns regarding privacy, autonomy, and the potential for misuse of enhanced cognitive capabilities.

Advancements in AI and biohacking may also hold the key to unraveling the mysteries of aging. By analyzing vast datasets of genetic, lifestyle, and physiological information, AI can help identify patterns and interventions that promote healthy aging. CRISPR gene-editing technology, when combined with AI, offers the potential to modify our genetic code and potentially extend human lifespan. Yet, the ethical impli-

cations of manipulating the very fabric of life are profound and demand careful consideration.

Since I gave you a worst-case scenario, let me give you a bit of hope for the future and share my best-case scenario for the future.

Once upon a time, in a future not too far away, a remarkable transformation occurred. It was a world where humans, machines, and nature united in perfect harmony, creating a place of unparalleled beauty and prosperity. In this future, illness had become a thing of the past, and the standard of living had reached extraordinary heights, ensuring that no person suffered.

The journey towards this idyllic future began with the realization that the well-being of humanity depended on the well-being of the planet. People recognized that they were an integral part of nature, and a deep reverence for the environment permeated every aspect of society. They worked tirelessly to restore and preserve the Earth's ecosystems, ensuring that they flourished with diverse flora and fauna. Through sustainable practices, renewable energy sources, and ecological innovation, humans and nature coexist in perfect balance.

Advancements in technology played a crucial role in creating this harmonious existence. Artificial intelligence and robotics had progressed to astonishing levels, but instead of replacing human labor, they were harnessed to enhance human potential. Machines became empathetic companions, assisting humans in their everyday lives and facilitating the eradication of illness. Advanced medical technology, guided by AI algorithms, allowed for early detection and prevention of diseases. Nanobots patrolled human bodies, identifying and eliminating abnormalities before they could cause harm. As a result, ailments that once plagued humanity were reduced to mere memories.

This newfound health and well-being had profound effects on society. With illness no longer a concern, people were liberated to pursue their passions, dreams, and contributions to the world. Education flourished, providing everyone with opportunities to explore their interests and devel-

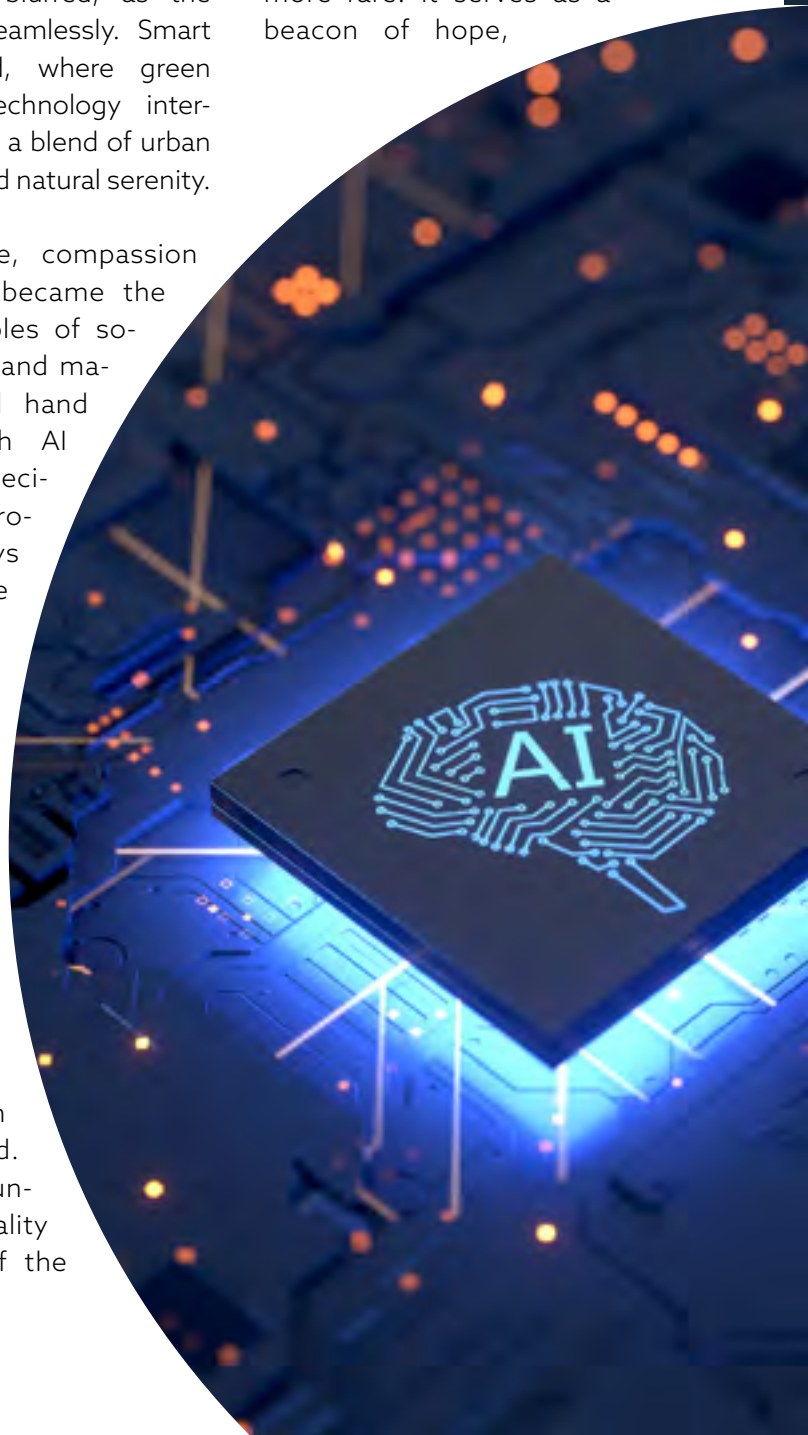
op their talents. The arts thrived, fostering creativity and expressions of the human spirit. Science and innovation propelled humanity forward, leading to astounding breakthroughs in diverse fields.

Amidst this remarkable progress, the bonds between humans, machines, and nature grew stronger. People recognized that they were all interconnected, relying on each other for a harmonious existence. The lines between the natural world and technological advancements blurred, as the two merged seamlessly. Smart cities emerged, where green spaces and technology intertwined, offering a blend of urban convenience and natural serenity.

In this future, compassion and empathy became the guiding principles of society. Humans and machines worked hand in hand, with AI assisting in decision-making processes, always prioritizing the well-being of individuals and the environment. The standard of living rose to unimaginable heights, as resources were distributed equitably, ensuring that no person was left behind. Poverty, hunger, and inequality were things of the

past, replaced by a collective determination to uplift one another.

It sounds extreme. As I said before, both the worst-case and the best-case scenario will not be what occurs. It will be somewhere in the middle. The story of this future offers insight into the incredible potential that lies within humanity. It is a reminder that through collaboration, innovation, and a deep respect for nature, we can help create a world where disease is much more rare. It serves as a beacon of hope,





inspiring generations to come together and work towards a future where humans, machines, and nature thrive in perfect harmony, forever working to eradicate illness and elevate the human experience to its fullest potential.

The convergence of biohacking and A.I. presents a tantalizing yet perilous path for human evolution. As we peer into the crystal ball of a future dystopia, it becomes clear that preserving our humanity and embracing the delicate balance of nature must remain at the forefront of our minds. Bio-

hacking, when responsibly integrated with technology, can offer tremendous benefits. However, we must navigate this landscape with caution, ensuring that we do not sacrifice our well-being, freedom, and unique human experiences in the relentless pursuit of optimization. Suffering, in a sense, is part of life and makes us stronger and more resilient, so its significant that we recognize our power in our

struggles when considering A.I. and its expansion into the increased convenience of our everyday lives. Complacency and Comfort can also attract death faster than Risk and embracing the growing pains. Only through a thoughtful exploration of these profound implications can we strive towards a future where technology complements our humanity, rather than overshadowing it.

THE CYBORGMEDIA TEAM





Yoga Nidra



Yoga Nidra is an ancient practice that has gained popularity recently due to its potential benefits for physical and mental well-being. So let us explore the neural mechanisms underlying the practice and examine the effects of Yoga Nidra on the brain, physiology, and psychological states. I would also explore the potential therapeutic applications of Yoga Nidra, supported by relevant research papers, as it is an inexpensive way to heal and improve our overall cognitive function, which otherwise costs thousands of dollars in the modern world.

So what is Yoga Nidra?

Yoga Nidra is a meditative technique that induces deep re-

laxation and conscious awareness in a state between wakefulness and sleep. It involves a systematic process of relaxation, visualization, and self-inquiry. Although Yoga Nidra has roots in ancient yogic traditions, recent scientific research has shed light on its neurophysiological effects and therapeutic potential. So can science figure out or prove the benefits of this ancient yogic practice? Let's find out.

Neural Mechanisms of Yoga Nidra:

Brain Waves and Electroencephalography (EEG): Research using electroencephalography has demonstrated distinct brain wave patterns during Yoga Nidra. A study by Pujari et

al. (2019) found increased alpha and theta waves and decreased beta waves, indicating a relaxed and focused state of consciousness. These wave patterns are associated with enhanced creativity, reduced stress, and improved cognitive functioning.

Default Mode Network (DMN):

The DMN is a network of brain regions involved in self-referential thinking and mind-wandering. Yoga Nidra has been found to modulate the DMN, leading to a decrease in mind-wandering and increased self-awareness. A study by Choukèr et al. (2018) using functional magnetic resonance imaging (fMRI) showed reduced DMN activity during Yoga Nidra, indicating a shift from self-referential thinking to present-moment awareness.

Autonomic Nervous System (ANS):

Yoga Nidra has been shown to activate the parasympathetic branch of the ANS, leading to a relaxation response and a decrease in sympathetic activity. This shift towards parasympathetic dominance is associated with reduced heart rate, blood pressure, and cortisol levels. A study by Kumar et al. (2017) demonstrated a significant decrease in sympathetic activity and an increase in parasympathetic activity during Yoga Nidra practice.

Now that we have established that Yoga Nidra has strong scientific correlations, one must wonder what are the effects of Yoga Nidra and why should one practice it?





Stress Reduction:

Chronic stress can have detrimental effects on physical and mental health. Yoga Nidra has been found to be effective in reducing stress levels. A randomized controlled trial by Rani et al. (2020) showed a significant reduction in perceived stress and cortisol levels in participants who practised Yoga Nidra regularly compared to a control group.

Sleep Enhancement:

Yoga Nidra has been reported to improve sleep quality and reduce insomnia symptoms. A study by Halász et al. (2015) demonstrated that regular practice of Yoga Nidra resulted in decreased sleep onset latency, increased total sleep time, and improved sleep efficiency.

Emotional Well-being:

Yoga Nidra has shown promising effects on emotional well-being. A study by Sharma et al.(2019)

found that Yoga Nidra practice significantly reduced symptoms of depression, anxiety, and emotional distress. These positive effects may be attributed to the modulation of brain regions involved in emotion regulation, such as the amygdala and prefrontal cortex.

Yoga Nidra helps people in their day-to-day lives, but the benefits don't just stop there, it goes beyond your everyday stress and sleep management. It is a very powerful tool for healing.

Trauma is a very overlooked subject in our modern society. Our brains are very complicated and one event in our lives may imprint itself and more importantly the reason WHY is something no one can seem to wrap their heads around. So if we cannot control what will happen to us, we should make the most of it and work on how we can manage our response. So here are some Therapeutic Applications of Yoga

Nidra

Trauma and Post-Traumatic Stress Disorder (PTSD):

Yoga Nidra has been utilized as a complementary therapy for individuals with trauma and PTSD. A study by Michail et al. (2017) reported a significant reduction in PTSD symptoms and an improvement in quality of life in veterans who underwent a Yoga Nidra intervention.

Chronic Pain Management:

Yoga Nidra has been found to alleviate chronic pain and improve pain-related quality of life. A randomized controlled trial by Rani et al. (2018) demonstrated that participants who practised Yoga Nidra experienced reduced pain intensity and improved pain coping strategies compared to a control group.

In the modern world where stress and mental health problems are very common, there are millions of solutions to the problems. It almost puts us into a decision paralysis or we just tend to follow what others are



doing if we want to make our lives simpler. We often forget that humans have existed on this planet for generations and believe it or not most of humanity has faced similar problems, it is just that now with the technology and media, the problems are being more recognized and discussed.

We need to understand, modern problems don't always require modern solutions; maybe taking a step back and educating ourselves to our ancestral wisdom is what we actually need to do.

Yoga Nidra is a powerful practice that elicits beneficial effects on the brain, physiology, and psychological states. Neuroscientific research provides valuable insights into the neural mechanisms underlying Yoga Nidra and its potential therapeutic applications. Further studies are warranted to explore the long-term effects and underlying mechanisms of this ancient practice.

anisms of this ancient practice.

References:


- Choukèr, A., Bock, M., & Kirschbaum, C. (2018). Effects of a brief Yoga Nidra relaxation exercise on measures of executive control and stress physiology. *Stress*, 21(6), 499-507.
- Halász, P., Czira, M. E., Rajna, P., & Rosdy, B. (2015). Yoga Nidra relaxation: Effects on sleep quality and psychological measures associated with insomnia. *Psychology and Health*, 30(6), 685-699.
- Kumar, V., Jagannathan, A., Philip, M., Thulasi, A., Angadi, P., & Raghuram, N. (2017). Hemodynamic responses to Yoga Nidra in menopausal syndrome. *International Journal of Yoga*, 10(1), 32-37.
- Michail, S., Beresford, T., & Mahableshwarkar, A. R. (2017). Yoga Nidra as a complementary treatment of PTSD in veterans. *Complementary Therapies in Clinical*

Practice, 29, 124-130.

- Pujari, S., Telles, S., & Srinivas, R. (2019). EEG changes during Yoga Nidra relaxation. *Clinical EEG and Neuroscience*, 50(3), 174-178.
- Rani, N. J., Murthy, K. G., & Nagarathna, R. (2018). Effect of integrated Yoga Nidra on pain, quality of life, and pain-coping measures in patients with chronic pain: A randomized control trial. *International Journal of Yoga*, 11(2), 139-146.
- Rani, N. J., Rao, P. V., & Nagarathna, R. (2020). A randomized control trial of the effect of Yoga Nidra on perceived stress in general population. *International Journal of Yoga*, 13(1), 64-69.
- Sharma, H., Datta, P., & Singh, A. (2019). Effect of Yoga Nidra on psychological well-being of teachers. *Journal of Ayurveda and Integrative Medicine*, 10(4), 265-270.

THE CYBORGMEDIA TEAM



A large, clear inflatable ball floats in a river. Inside the ball, a person is performing a handstand, with their legs raised and feet pointing towards the top of the ball. The scene is set against a backdrop of a riverbank with rocks and trees under a blue sky with light clouds. The entire image has a cyan/blue color cast.

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

INNER

COLLECTIVE NEUROSCIENCE OF SOUND THERAPY

A woman with dark hair is sitting on a wooden floor in a kitchen. She is wearing a white t-shirt and blue jeans, and is listening to music through large blue headphones. She has a thoughtful expression on her face. The background shows white kitchen cabinets with black handles and a wooden countertop with a white kettle. A large green plant is visible on the left side of the frame.

**RESONATING
RELATIONSHIPS:
HOW SOUND WAVES
CONNECT US ON A
NEURAL LEVEL**

Collective neuroscience is a field of research that explores how brain waves synchronize among individuals in a shared environment. This is also referred to as "neural synchrony" or "brain-to-brain synchrony." It is a developing area in the field of social neuroscience that looks at the neural processes underlying social interactions. Although still a relatively young field, it has been gaining attention due to advances in technology that allow researchers to simultaneously record and analyze brain data from multiple individuals.

Inter-brain synchrony refers to the phenomenon in which the neural activity of two or more individuals becomes coordinated. Studies have shown this can occur during various activities such as cooperative tasks, musical ensembles, and even in simple conversation.

Hyperscanning is a technique used in collective neuroscience to measure activity in two or more brains simultaneously. The methodology allows researchers to observe neural synchrony in real-world, social settings.

Music is a particularly intriguing case study for collective neuroscience due to its universal presence across cultures and its intrinsic social nature. Music can invoke a shared emotional experi-



ence, and it can synchronize physiological measures (like heart rate or respiration) in listeners.

Studies involving choirs or orchestras have shown that musicians' brain waves can synchronize when they play together, reflecting a shared intentionality and focus. This synchrony isn't limited to the performers alone. There's research indicating that audience members watching a performance also show syn-

chronized brain activity, suggesting a shared emotional experience.

In my case, as a sound practitioner, I'm generating low-frequency sounds from gongs and crystal bowls in small gatherings. These low-frequency sounds and binaural beats can influence brain wave activity in listeners, an effect known as "brainwave entrainment." This involves synchronizing the brain's naturally occurring brainwaves to

the frequency of the sound wave, which can induce various mental states.

While my ceremonies are relaxing and filled with conscious intention for positive wellbeing, they are also designed to act as biohacks. I have carefully selected crystal bowls with tones that are 10 Hz apart to create a pulsing that leads people into a relaxed, alpha brainwave state. The underlying tone on my primary 60 inch Paiste Gong is 46 Hz which is very close to the frequency of 40 Hz which has been observed in mice to break apart amyloid and tau plaques that are associated with Alzheimer's Disease.

As a group gathers in the same room, exposed to these same frequencies, it's conceivable that their brain waves are entraining to the sound and syncing up with one another.



The shared acoustic environment, combined with a shared intention or focus on relaxation, facilitates social cohesion, and as the participants sync up with one another, their shared experience enhances empathy in a positive feedback loop.

We are wired for sociality, and opportunities to gather in small groups in a relaxed and cohesive way may improve mental and physical health for a happier and longer life.

More research is needed to understand the exact mechanisms and potential benefits of sound therapy on inter-brain synchrony. As we continue to develop more sophisticated tools and methods for investigating these phenomena, we will likely uncover even more about the profound ways in which we are interconnected.



ABOUT SANDY MARTIN



Sandy Martin is not just an entrepreneur but a visionary who has embraced the worlds of superhero culture and personal transformation. Her origin story begins with Florida Supercon in Miami and features 15 years of experience in event management. Florida Supercon was founded on the idea of inclusion and celebrated all aspects of geekdom. The successful sale of this event led to the creation of GalaxyCon, an even larger comic con company that has become a sensation in cities like Raleigh, Richmond, Louisville, Minneapolis, Columbus, Austin, and San Jose.

But Sandy's journey took an unexpected turn when she encountered an invisible health threat in her dream home on the beach. Unaware of the black mold lurking behind the walls, she faced depression and cognitive impairments that medical professionals misattributed to stress. Guided by the insights of Dave Asprey, Sandy embarked on a transformative journey of biohacking to detox and heal.

Along the way, Sandy discovered the therapeutic power of sound baths. The vibrations of gongs and other instruments became vital tools in her recovery from mold-induced neuropathy and cognitive decline. Today, Sandy's collection of five gongs, including one that's 60" around, symbolizes her triumph over adversity.

Inspired by her personal journey, Sandy now offers sound baths to others in need of deep rest and healing. Her experience has also led to the launch of Biohacker Expo, a platform dedicated to empowering thousands to take control of their wellbeing. Sandy's story is a testament to the human spirit's ability to turn pain into purpose. Her dedication to helping others heal stands as a legacy that resonates as powerfully as the gongs she plays.

Sandy plans to expand her reach and impact through innovative events and creative collaborations. Her commitment to inclusion and growth set the stage for a movement in wellbeing.

CHECK OUT HER UPCOMING EXPO:
<https://biohackerexpo.com/>

UNLEASHING MY POTENTIAL:

CONQUERING *ADHD* NATURALLY AND
LIBERATING MYSELF FROM *VYVANSE*



ADHD (Attention deficit- hyperactivity disorder) affects around 2.8% of the general worldwide population. Ranging from restlessness, fidgeting and weak concentration to lesser-known symptoms such as sleep disturbances and intense mood swings, ADHD makes life harder than it already has to be. Throughout my childhood, I always carried labels on my back: "troublemaker" "rebel" "problem child", the list was never ending. Of course, these characterizations were detrimental to my growth, and I learned rather quickly I was not like other kids. Skipping class was a daily habit, self-medicating with drugs. It wasn't until a late age that I was finally diagnosed with ADHD. A label to group all the labels together.

Suddenly, I felt a glimmer of hope: I may finally receive the help my inner child has always craved for. I was prescribed Vyvanse: a stimulant medication often used to treat attention deficit disorders such as ADHD. I wouldn't say I'm anti-medications, I'm simply wary of them. I truly believe that living a healthy lifestyle, putting in the work towards self-improvement and most of all, being positive, truly can fix anything. However, this was a lifelong problem of mine and I was desperate. I agreed to try it and I must admit, it did cause incredible improvement. My focus was razor sharp and I truly felt I could reach my potential. Still, I was determined to find a natural solution, after all I am a cyborg, I was confident in my abilities to reach my goal. It's now been three months since

I've stopped taking Vyvanse, and I can truly say I feel better than ever. I incorporated specific routines within my day that would essentially target the different symptoms of ADHD naturally.

Supplements are a touchy subject within the health industry due to the number of fakes and ultimately useless supplements sold at an outrageous price. However, with the appropriate background knowledge and proper research, supplements can truly make or break your daily routine. I combined NAD (nicotinamide adenine dinucleotide), a crucial coenzyme that helps to replenish glutathione

levels as well as regulate glutamine. It's also known to aid symptoms of Alzheimer's and Parkinson as well as diminish the symptoms of certain psychiatric conditions. I paired NAD with NMN and Stem-Regen. Studies have demonstrated that NMN supplements may have age-suppressing benefits, energy boosting properties and improving mitochondrial metabolism. Stem-Regen is a unique supplement that stimulates the release of cells from the bone marrow. These powerful combinations of highly effective supplements offered me clarity and I noticed in myself a generally healthier pattern of thinking in problem solving situations.





Every morning, I started exposing myself to the sun through short walks around the block. Although this action already reaps benefits, I decided to further employ my knowledge of neuroplasticity: I would take a different pathway every day, allowing my brain to make a significantly higher number of connections within the brain. Sun exposure (moderately and safely) is one of the single best things humans can do to optimize their mood and health. Paired with getting your body moving right out of bed, it truly sets your day up to be good. Sunlight directly enhances attention and productivity as well as indirectly, through promoting deeper sleep and better mood.

It is impossible to discuss focus and attention without bringing up the topic of meditation. There's a reason this ancient practice is raved about by influencers, monks, and therapists. Cultivating the sense of mindfulness allows an individual to become more present in the day-to-day life, dramatically enhancing attention span. Think of it as training for your mind, a literal workout. Although meditation seems easy from an outsider perspective, it requires a lot of inner work and concentration. Establishing it as an essential, non-debatable part of my routine is one of the things that have improved the symptoms of my ADHD. However, I went a step further. Everybody is hearing about red light therapy. It is plastered all over social media, ads and is basically the talk of the moment. It has over thirty benefits such as treating psychiatric disorders, improving skin conditions, improving organ

health, etc. I like to do a half hour meditation every morning in front of my red light and I can honestly vouch for the results.

I have myself to thank every day for starting my journey in Calisthenics. It is a sport that has impacted my life in unmeasurable ways and is one of the reasons I get up every day, excited and anticipating what is to come. Although any form of physical activity will famously help treat ADHD by improving focus and mental clarity, calisthenics happens to be my favorite way to exercise, utilizing both my mind and my body. The mental strength I have built over the last few years through practice has completely changed my life. Every single day, I like to train my body one way or another, at least to get it flowing and flexible. I incorporate at least an hour and a half of exercise a day, always in the mornings, no matter the weather.

What you eat and how you eat, is the true key to health. Its as simple as that. Both mental and physical health heavily depend on what you use to fuel your body. Recently, I've started experimenting with intermittent fasting 16/8hr, and although I was a bit skeptical at first, I found the mental benefits significantly outweigh the physical. I felt razor sharp, ready to take on any challenge that was thrown in my direction. I felt a sense of alertness I hadn't experienced since Vyvanse.

I am fortunate enough to live in a complex building that has a cold plunge and a sauna. Both cold plunges and saunas hold a variety



of benefits, regardless of their opposite ends on the temperature spectrum. Cold plunges have a number of physical benefits such as relieving muscle soreness, helping recovery and reducing muscle inflammation. However, the benefits I personally sought after were the mental ones: improved focus, mental clarity, and mood boosts.

This is because of what we can refer to as “good stress”. Not all stress is bad, take for example studying for an exam and then walking into the room, sitting down and writing it. That small amount of adrenaline helps to keep your focus razor sharp. It’s the same idea with cold plunges. By slightly stressing out your body, you build up a tolerance to stress and improve your focus, directly targeting those unwanted ADHD symptoms. Saunas work in a similar way: they help to build up a mental tolerance, sweat out toxins and you leave feeling euphoric with a heightened awareness.

Taking care of your mind, nourishing your wellness and juggling ADHD doesn’t have to be

so difficult. Sometimes, simple habits that are easily added to your routine make the world of a difference. One thing I’ve started incorporating is a short walk around the block after eating a hearty meal. Anything that improves digestion is bound to affect your mood and mind. As I’ve explained earlier, food is our fuel, digestion therefore plays a crucial

role in our overall wellbeing. Since walking after a meal helps to get your body moving, improving digestion, while still being easy on your joints, I’ve noticed my mood has been positively impacted.

Finally, the best thing I’ve done to naturally treat my ADHD is meditation. Everyone’s heard of it, everyone knows its benefits. It is the single most important thing in my routine and implementing this practice in my daily life has completely transformed the way I think, act, and feel throughout the day. I like to do around 30 minutes of meditation right before going to bed as it relaxes me, prepares me for a good night of sleep, gives me a chance to wind down, and leaves me feeling calm and happy. Meditation is an art; it is a workout for your mind and the element that differentiates it from simply relaxing is its point of emphasis on



focus. Training my mind to focus on my breath for thirty minutes straight has completely changed the way I think and is the single best thing I've done for my mind.

A diagnosis is not a death sentence; personally it was a relief. I knew what I had to do to get back on track and I finally knew the source of all my childhood issues. Although medications can definitely help and hold their own benefits, it was a personal choice for me to switch to more natural and healthier alternatives. I can happily say I haven't taken Vyvanse in three months and I am doing better than ever, barely able to catch any symptoms of ADHD in my daily life. Even my family has noticed a heightened sense of peace and hope.

Incorporating these simple habits, each taking less than half an hour, has positively impacted my

life and taught me to never give up on myself. Living a healthy lifestyle is almost always the answer, at the very least, it will improve any situation. Taking care of your body, thanking it for all it does for you and helping it when it is struggling is all part of loving yourself. I am no longer that child silently screaming out for help, waiting for someone to swoop in and help me. I am no longer vulnerable, and I am in control of my own body and what I put in it. Again, this is not meant to dissuade people from taking medications, in fact, oftentimes, they are necessary. Everybody is different and this is what helped me overcome something I've struggled with my entire life.

By Noee Spiegel, written for Jean Fallacara



ABOUT NOEE MATHILDA SPIEGEL



NOEE MATHILDA SPIEGEL is a published reporter, in charge of research. She writes or reviews most articles and reports on information.
noee@biohackersmagazine.com

Revolutionizing Wellness: Top 10 Breakthrough Books of 2023

"FIGHT SPORT NUERO COGNITIVE PERFORMANCE TRAINING" by DR. ROMAN VELASQUEZ



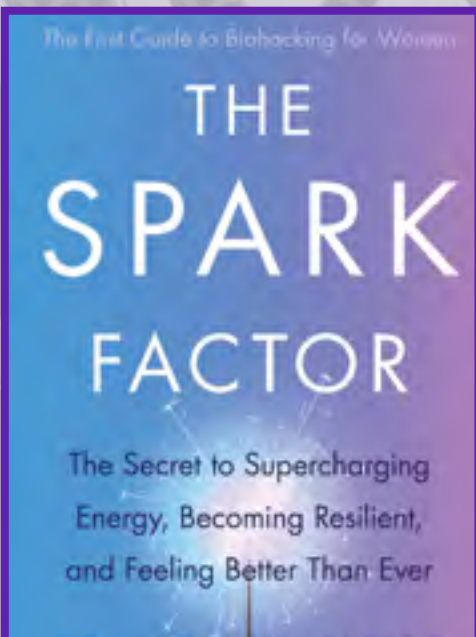
"BOUNDLESS PARENTING" by BEN GREENFIELD



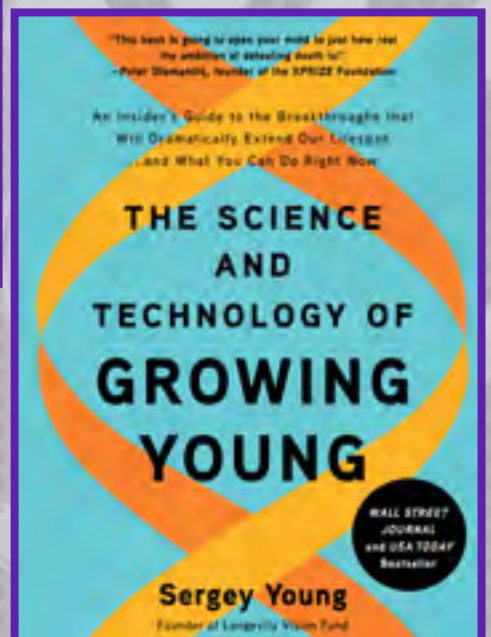
"STARING DOWN THE WOLF" by MARK DIVINE



"THE SPARK FACTOR" by DR. MOLLY MALOOF

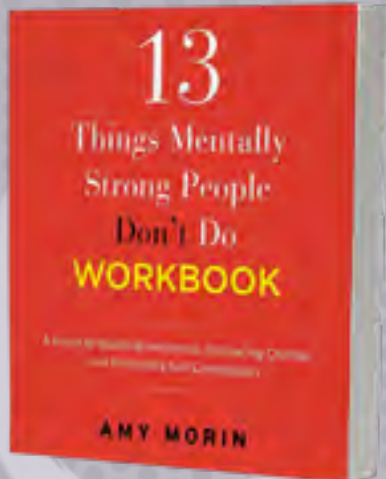


"THE SCIENCE AND TECHNOLOGY OF GROWING YOUNG" by SERGEY YOUNG



Revolutionizing Wellness: Top 10 Breakthrough Books of 2023

"13 THINGS MENTALLY STRONG PEOPLE DON'T DO" by AMY MORIN



"HOW TO HELP YOUR CHILD CLEAN UP THEIR MENTAL MESS" by DR. CAROLINE LEAF



"THE CORONATION" by CHARLES EISENSTEIN



"LIMITLESS" by JIM KWIK

"Jim Kwik knows how to get the maximum out of his so-called limited brain." —WELL+GOOD

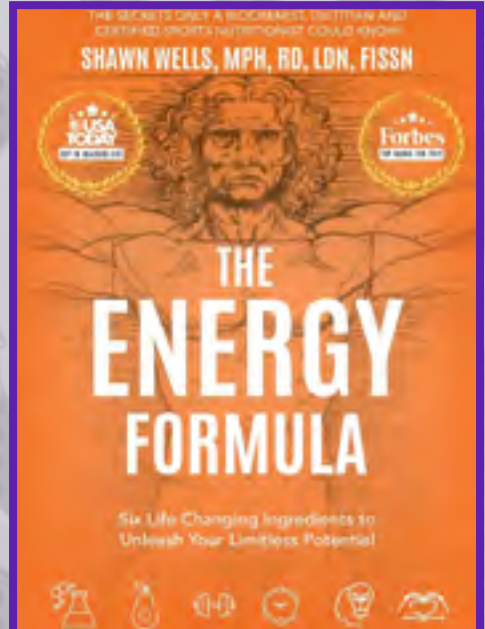
LIMITLESS

UPGRADE YOUR BRAIN, LEARN ANYTHING FASTER,
AND UNLOCK YOUR EXCEPTIONAL LIFE



JIM KWIK

"THE ENERGY FORMULA" by SHAWN WELLS





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

Dr. Nathan S.



DR NATHAN S. BRYAN

EXPERIENCED SCIENTIST, AUTHOR, PROMINENT SPEAKER, ENTREPRENEUR, PHILANTHROPIST, BIOHACKER, CEO OF NITRIC OXIDE INNOVATIONS, L L C, AND PNEUMA N101.

**Listen to this conversation on our podcast by scanning this QR code or clicking here*

Dr. Bryan earned his undergraduate Bachelor of Science degree in Biochemistry from the University of Texas at Austin and his doctoral degree from Louisiana State University School of Medicine in Shreveport where he was the recipient of the Dean's Award for Excellence in Research. He pursued his post-doctoral training as a Kirschstein Fellow at Boston University School of Medicine in the Whitaker Cardiovascular Institute. After a two year post-doctoral fellowship, in



2006 Dr. Bryan was recruited to join faculty at the University of Texas Health Science Center at Houston by Ferid Murad, M.D., Ph.D., 1998 Nobel Laureate in Medicine or Physiology. Dr. Bryan has been involved in nitric oxide research for the past 20 years and has made many seminal discoveries in the field. His many seminal discoveries have resulted dozens of issued US and International patents and the product technology resulting from his discoveries and inventions have generated hundreds of millions of dollars in revenue worldwide. His discoveries and product technologies has impacted patient care worldwide He is the current founder and CEO of Nitric oxide Innovations, L L C, and Pneuma N101.



We're excited to have you, sir, and dive into the world of nitric oxide. I want to dive into this curiosity and this desire for knowledge that you've probably had since a young age and how this led you down the track of focusing your career on nitric oxide.

Yeah. You know, Dallas, life's a journey. My interest started out early on in science and medicine. I've always been curious and asked a lot of questions, but I really didn't know what I wanted to do. Coming out of high school, I enrolled in the university of Texas. I had a chance to do undergraduate research in biochemistry and really fell in love with basic science research. There's nothing like the feeling of discovery, and I think that's why

people become astronauts or go into certain career choices because this feeling of discovery. The beauty about basic science is I can ask any important biological question and then design experiments to gain the answer to that. And I'm not aware of any other field where you can do that. You have complete intellectual freedom.

Once I finished my degree in biochemistry at the University of Texas, I quickly realized the job market for a bachelor's degree in biochemistry wasn't that great. So I knew I had to go on and further my education, and I found a program at LSU School of Medicine in the Department of Molecular and Cellular Physiology. There, I completed a PhD, and that was where I was

introduced to the science of nitric oxide. It was a brand new field of study. A Nobel Prize had just been awarded for its discovery a couple of years before. So, we knew a lot about nitric oxide. We certainly knew it was important, but there were so many questions we didn't have answers to, like how the body produces nitric oxide, what goes wrong with people that can't make it, and then how do you restore the production of this fleeting molecule safely and effectively?

So for me, that was really an important area of research that I just really focused on. And almost 25 years later, we're still making discoveries and still bringing it to the forefront, raising awareness and education and hopefully bringing about the importance of this. We want not only physicians to start to understand it but also their patients and the so-called 'biohackers' to understand the importance of it so that they don't get sick, so they would never have to go see a physician. That's really our objective, is to understand the science to the extent that we can correct it and basically empower consumers and patients to take control of their own health and employ sometimes very simple strategies to restore nitric oxide or at least prevent the age-related decline in nitric oxide production. Then we have tools to keep ourselves healthy.

Wow. Thank you for going into that. I want to start there with nitric oxide itself. You talked about how you were drawn to it in your doctoral degree because you knew the importance of it, but there was a lot of stuff that wasn't known. What do we know about nitric oxide today in terms of how important it is in the body processes and systems?

Well, originally it was recognized as a vasodilator, meaning that when it's produced, it opens up the blood vessels and you get increased blood flow and oxygen delivery, normalization of blood pressure. But it's much more than a vasodilator, it's a signaling molecule. So it's anti-inflammatory, meaning that it prevents white blood cells and platelets from sticking to the lining in the blood vessel, completely inhibiting inflammation, oxidative stress, and immune dysfunction; the three hallmarks of every single chronic disease, it's how the red blood cell delivers oxygen. Without nitric oxide, you do not get oxygen delivery to the periphery. It's how our immune system fights off invading pathogens from virus to bacteria. So when you lose the ability to make nitric oxide, you can now begin to appreciate the number of systemic symptoms and diseases that may manifest. You develop high blood pressure, erectile dysfunction, Alzheimer's, vascular dementia, you become immunocompromised, you have systemic inflammation. And simply restoring nitric oxide can many times basically eliminate all of those symptoms and characteristics of chronic disease.

So, it plays an important part in so many different systems in the body. When we're talking about the area of medicine that mentions nitric oxide back in your early days versus now, are we seeing a change in consensus where doctors are focusing a little bit more on this?





You know, it's a slow grind, Dallas. It's known historically that it takes on average about 17 years for new discoveries to become standard of care, or at least in the physician-patient relationship. It's been 25 years since the awarding of the Nobel Prize. So, I think we're making some progress. Physicians are starting to understand and consider nitric oxide, but I would say that the majority of them still don't have an appreciation for nitric oxide in clinical medicine. Our approach has been to go out and not only educate and inform the physicians and the healthcare practitioners, but empower the patient to go out and inform the communities. And I think that's why what you do is so important because we really get some state-of-the-art information and education out to the masses. So now you don't have to rely on a physician or a clinician to direct your healthcare. We now have the ability to get this information out to the masses so that individual patients can take responsibility for their own healthcare and wellness and employ the strategies that we're going to talk about and never have to go to a physician again. That's the ultimate goal - that you never have to see a physician throughout your life. That's really the true mission of biohacking; integrating all these different modalities to where if you're sick, you get better. If you're healthy like we are, you never get sick.

Right. You're charging the body to really be able to take care of all of those illnesses in its optimal state and tap into the innate process of the body's healing. So talking a little bit about the nitric oxide and where it was back when you were first studying it and where it is today with your

mission of bringing this community together and taking it to the preventative medicine community, what are your results and what are you guys seeing back from the community?

Well, when I started, there were probably 30,000 scientific publications on nitric oxide. Today there's over 190,000. So the field has exploded in terms of peer reviewed publications. There have been a number of nitric oxide products on the market over the past 25 years. 99% of those products don't do anything towards nitric oxide. I think that's been a disservice to not only the physician community, but also to the patient and consumer and the biohacking community. I hear all the time when I go out and I get podcasts or interviews or I'll get emails or texts or phone calls that go, "What you said was very powerful and impactful but, I tried nitric oxide in the past and it didn't do anything for me." And I go, "What do you mean you tried nitric oxide?"

"Well, I took this product that's marketed as a nitric oxide product." they say. I then have to tell them, "Well that's not a nitric oxide product." That's one of the major hurdles we deal with; these hundreds of companies who are out there trying to take advantage of this nitric oxide buzzword, selling people a bill of goods that have nothing to do with nitric oxide. So what we do is completely different. We make product technology that actually generates nitric oxide gas. So if your body can't make it, we do it for you. One of my main objectives is to call out these companies that are selling so-called nitric oxide products and hold them accountable be-





cause it can kill an entire industry. And nitric oxide is so important for health and wellness.

If these companies were to go out and continue doing this and selling people products that don't generate nitric oxide, then the masses are going to say that nitric oxide doesn't do anything for them. Well, no, the products these companies were selling didn't do anything for you. Nitric oxide is extremely potent. In fact, it's the holy

grail in cardiovascular medicine. It's the master signaling molecule that tells our own stem cells to mobilize and differentiate, it prevents telomere shortening, improves mitochondrial function. Everything we know about health and wellness and the mechanism of the onset and progression of disease can be explained by a loss of nitric oxide production. My objective is to create awareness around what really nitric oxide products are. I created a new class of supplements called

NITRICEUTICALS, not nutraceuticals. Nitriceuticals. And these are products that actually generate nitric oxide gas. So you can't deliver nitric oxide in a capsule. You certainly can't deliver nitric oxide in a chew or a gummy. So, my objective is to really teach the true science of nitric oxide so consumers can make informed and educated decisions on which products actually work and which ones can provide them benefit.

With these companies that are taking advantage and selling faulty things that are supposedly increasing your nitric oxide production, do you think that's also a result of the lack of regulation for these types of preventative remedies like nitric oxide? You were saying that it's so new and there wasn't so many papers on it. Now it's exploding, the industry maybe doesn't have enough time to catch up?

Yeah, the supplement and the nutrition industry is the wild, wild west. Everybody can say the same thing. And the purpose of supplements in nutrition is just to support the normal structure and function of the organism for the human. So you can't make drug claims. You can't say it lowers blood pressure, but you can say, may support nitric oxide. So, there's two camps of companies out there. There's the good companies who make good products, who are just ignorant on the science and biochemistry of nitric oxide and they do their best to try to fill in the gaps and give the body what it needs, but they're just ignorant. So, they need education and information and that's fine because ignorance is curable. The other camp contains companies



who deliberately try to defraud and deceive their customers because they know very clearly that the products that they're developing do not, cannot and will not provide any source of nitric oxide or any benefits of nitric oxide to their customer. But yet they're so focused on building profits for the company that they're going to sell them anything that they'll buy. So, they're taking advantage of the customer, they're deceiving them, and it's not right for all.

So are they using scientific studies funded by themselves to somewhat deceive the customer as well?

Well, there's a number of strategies that these companies are using. They'll take an ingredient that's been studied in isolation in a certain population, put that ingredient in the products, and then say that this product has been shown clinically. No, that product hasn't been shown clinically. There's an ingredient in there. And most of the time it's not even at the dose for the amounts that were studied in the actual clinical trial. I understand the economics of business. I've been in business going on more than 15 years, so I understand the economics of it and the pressures of building a profitable business, but that's not my objective at all. My objective is to get the right information in the hands of people. And when you do the right thing, the cash register rings. But it's not my objective to ring the cash register. I think that's a completely different philosophy. And people need to understand that I've spent 25 years in the academic medicine and in basic sciences, and it's taken me a



quarter of a century to build credibility and a reputation, and I'm not going to put it at risk to try to make a quick profit.

I'm so glad you said that, Dr. Bryan. In this industry, I feel like it's very tempting for companies and individuals that are trying to make a name for themselves or make a product to go straight towards getting money so that they can continue researching and continue building their product. But if you focus on the service and the service you're providing to the community then the money will come. I'm glad we're talking about this because we're also trying to establish some type of resource to use that will help consumers know what is authentic. Because biohacking, as you know, is such a new industry. It's booming, but it's so new and there's not a lot

of resources to turn to, regarding the nature of what this is and how it works?

How do I know this is real? How do I know this works? At Biohackers Magazine, we're doing our Cyborg Certified Program to try and look into the science behind the products, test the products, take them apart, and see what's really down there in a very deep sense so that we can say, "Look, this product, we've reviewed it with our team. This has everything that in terms of being a product that is safe to use, good to use, and will help and does have the science to back up the claims that it makes."

That's so needed because consumers are confused. I'm a trained scientist and even I'm confused by a lot of the messaging and marketing by companies that are

promising a certain outcome. Understanding the science, there's no way in hell those products can ever achieve that. So, I think there has to be a so-called good keep, good housekeeping seal of approval, if you will, on these different treatment modalities because you can spend your entire fortune, money, time, and effort on these different biohacking modalities and they may not work for you. We have to understand the science. We have to have some rigor and scientific evaluation and some approval process that lets the consumers know that this has been tested, it's been validated, it's been verified, and this is recommended by the biohacking community. I think that's absolutely necessary to make sure that people get the best for their money and basically achieve what they want to achieve: optimal health and wellness and disease prevention. That's what we're all out to do.

Most definitely. As we both know, the biohacking and the optimization industry is full people from different walks of life. Some people have a pain-to-purpose journey. They couldn't figure out what was wrong, and they did their own self-discovery and they found some biohack that helped them and that led them down this road of investigative medicine. Then there's other people that just want to keep their health in the most optimal state of wellbeing and well into their later ages. So when you're talking about your product, do you see the same mix? Or do you see it gradually favor one side more than the other?

No, I really think it fits anybody who's looking. There's two people, there are people who have



been sick or are sick and looking to get better and then there's people like you and I Dallas who are still really healthy and we're trying to do our best not to get sick. Nitric oxide fits into both of those categories. So if you're sick with a chronic illness that's been poorly managed by your physician for 10, 20, 30 years, then certainly you should look for nitric oxide because it's really the root cause of most, if not all, chronic disease. And then for us, if we want to prevent age-related disease, then we certainly have to take account for our nitric oxide production and make sure we don't lose nitric oxide the older we get.

The scientific data tells us that it's the loss of nitric oxide that precedes all the structural changes that occurs in the blood vessels and organ disease by many years, sometimes decades. So once our nitric oxide starts to shut down, then that sets the stage for the onset and progression of disease. But if we can prevent the loss of nitric oxide production, then mechanistically, all the scientific data tell us that we can prevent the onset and progression of most, if not all, chronic diseases. So it's absolutely essential, it's foundational for everything that the human body does. But I just want to make a very important point that this is not a silver bullet, it's not an end all, be all cure all. It's a foundation. Without nitric oxide, all these other biohacking modalities are going to have limited utility in effect. If you first start with nitric oxide, improve blood flow, reduce inflammation, im-

prove oxygen delivery, now anything else you do is going to be better. I think it's part of an overall program, but I'm not here to tell you that nitric oxide is the end all, be all cure.

I think it is important to focus on that foundation before we move on to those other technologies that just increase our performance or aesthetics and stuff like that. Talking a little bit about nitric oxide and the history of this molecule, in terms of our recent progression as a species and everything, were we able to get sufficient levels of nitric oxide back before industrialized medicine or industrialization? Of nitric oxide?

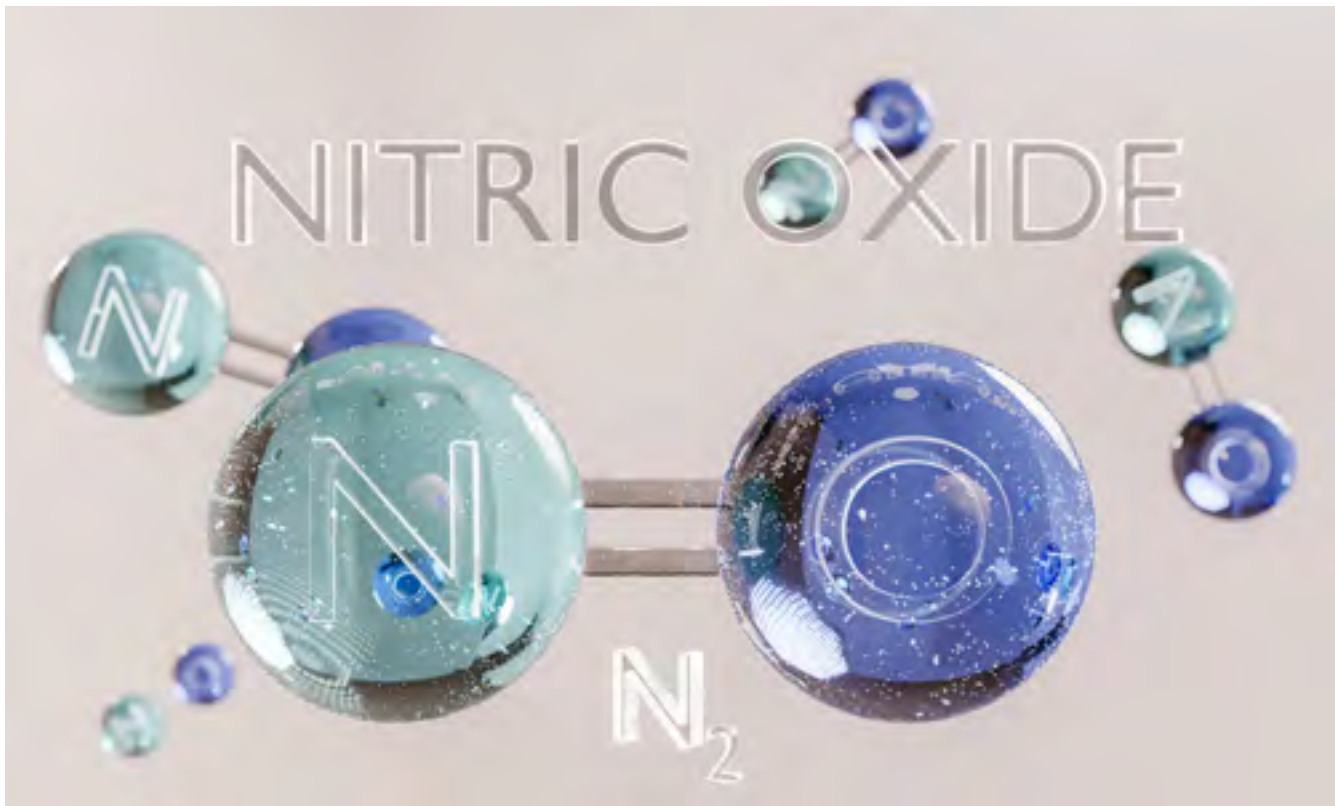
You know, human physiology is

quite remarkable. I've been studying the human body for more than 25 years and I'm still surprised at how resilient the human body is, even in a so-called westernized lifestyle where we insult our body every day with the foods we eat, the things we do or don't do. And yet, the human body is still resilient and performs. So if we look back, say 100, 150 years ago, most people grew their own food. There were no herbicides or pesticides typically put on it, and people were laborers and we were out in the sunlight every day. So, we had physical activity, we had food that was replete in most minerals and nutrients, and we had sunlight. Now if you look at the typical American day, we're sedentary by design. We get in our

car, we drive to our office, we sit behind a desk for eight hours a day, we get home and nobody sweats.

There's data showing now that the food grown in America since the 1940s has 78% less vitamins, minerals, and nutrients than it did in the forties. So, the food we eat and the food we grow is less nutrient dense. And then we're exposed to EMFs with herbicides, pesticides, environmental toxins. But yet our body is so resilient that we keep going. We're the sickest population on earth, but yet people are still living - they're not living well, but they're living I think everything we've done in terms of becoming an industrialized country or industrialized world is lead-





ing to the decrease in nitric oxide production. Way back then, there weren't antibiotics. Antibiotics kill the microbiome, shut down nitric oxide production. People weren't using mouthwash, killing the oral microbiome, shutting down nitric oxide production. Two out of three Americans use mouthwash.

Two out of three Americans have an unsafe elevation in blood pressure. That's not a coincidence. We didn't have drugs like antacids that shut down nitric oxide production. So all of these things that we're doing over the past hundred years have all led to a stepwise reduction in nitric oxide production. And so for me, it's no mystery why Americans are the sickest population on earth because everything we do, with the western diet and western lifestyle, leads to a decrease in nitric oxide production. We

can reverse that. We have the technology to do it. We understand mechanistically what goes wrong and we can fix it.

It's kind of ironic because at the risk of being so convenient and having everything on demand, we kind of put our health up for grabs by not having those nutrients and not having those essential elements that our body needs to function. And now we're at the state where we can't even go back to just food necessarily. We have to supplement in a sense of getting those nutrients that will keep our body functioning optimally and not having to go to the doctor, as you said earlier.

Yeah, absolutely. You cannot get all the vitamins, minerals, and nutrients you need from the foods we eat here in America. It's simply impossible. So, you have to supplement. I'm not saying you need to

supplement everything, but I think most people should do a micronutrient analysis and see exactly what their body's deficient in. It goes back to the days of Linus Pauling who famously said that most, if not all of chronic diseases are caused by nutrient deficiency. Well, that's easily fixed. Just replete or supplement, what's missing. The body heals itself, but yet we're never missing a prescription drug. So, it doesn't make sense to prescribe a drug that inhibits cholesterol production or inhibits stomach acid production. That's not how the human body's designed to work. Give the body what it needs, remove from the body what it doesn't need, and the body heals itself. It's really that simple.

There you go. Yeah. If the body has all the tools, it'll keep going. Dr. Bryan talking a little bit about nitric oxide and your spe-



cific background with it in terms of the products you produce and your science behind them, what sets you apart from the other 99% that we were talking about before? I know yours produces a nitric oxide gas. Let's talk a little bit about the importance of that mechanism.

Yeah. So we understand today how the human body makes nitric oxide. There's two primary pathways. We understand what disrupts both of those pathways and we know how to fix it. So, our whole strategy from even 15, 20 years ago was, if your body can't make nitric oxide, we got to do it for you. Right. This concept has been around forever. If you have the low testosterone, what do you do? You take testosterone. If you have low hormones in women, you take

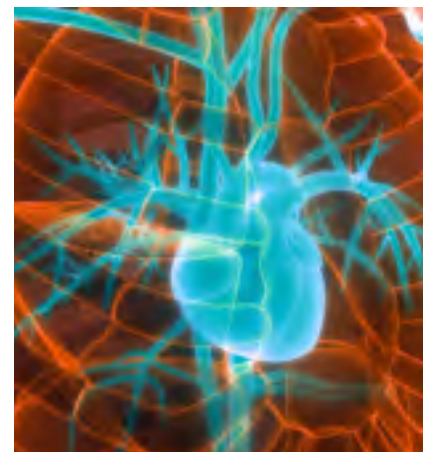
a hormone replacement. So this concept has been around forever. Just give back to the body what's missing. But here's what I did not want to do. If you give testosterone to men, they become dependent upon, it shuts down gonadal production. I never want people to be dependent upon my product technology for them. I don't want them hooked on this for the rest of life.

It's a great financial model, but that's not physiological or what I'm after. So, we also understood how to restore the production of nitric oxide from the enzyme and the lining of the blood vessel system. We include that in this technology. So, if your body can't make nitric oxide, we do it for you. Number two, we restore your ability to make nitric oxide on your own. So theoretically you would need

less and less of my products over time, which is beautiful because that means that we're giving the body what it needs, and then the body can do it on its own. But because we live in such a toxic environment, I actually recommend people, take it at least periodically to get that boost of nitric oxide. So that's what makes us different.

Any product that we bring to market, we have a nitric oxide analyzer. It's a gas phase analyzer. You can detect, quantify, and verify nitric oxide gas coming off every product we bring to market. If it doesn't, then something's wrong. And my commitment to my customers and the people who buy our products is that this product will work the same and every single time you take it, and we can verify it and quantify it. There's no other products like that on the market, on the planet. That's really what differentiates us and it's very powerful. We know how much nitric oxide a healthy person makes, we give that back, and we know the dose that's safe. We know the dose that's effective at restoring physiological functions. That's our metric and that's our goal.

I love it. That's a great answer. Talking a little bit about your product specifically, what would





you say the staples are regarding the avenues that people use to get their nitric oxide production up and help them produce it themselves?

Well, my objective is to really bring to market safe and effective nitric oxide products in every major market segment around the world. So we do this in nutrition and dietetics. We do it in skincare. We're doing it through FDA approved drugs. So our staple product is a lozenge, the N 1 0 1 nitric oxide. So it's an orally disintegrating tablet. You put it in your mouth and as it's dissolving, it's generating nitric oxide gas. So we designed that to have a resident time of about five to six minutes. And during that five to six minutes, we're generating a certain amount of nitric oxide over a certain period time. It's vasoactive, it can support blood pressure, normalize blood pressure, reduce inflammation, lower triglycerides, a number of verified clinical endpoints.

Beets have been a popular product for the past 10, 12 years. And again, 99% of the beet products out there don't do anything towards nitric oxide. So we've taken beets, we ferment these beets, so we pre convert them. We take the oxalates out, so we're not worried about kidney stones. Then we put other nutrients in there like electrolytes and mitochondrial ATP and this product is called NOBEEZ's. It's a great energy product. In fact, we positioned it to take the place of things like Red Bull, five hour energy, monster energy drinks, these really dangerous stimulant ridden drinks so we can get a natural source of energy. So those are our two main kind of nutritional product deliveries. I encour-

age people to do your homework. There are these beets out there that are marketed and sold. There's really nothing "super" about certain beets especially the gummies. And so don't be fooled by the marketing and follow the science.

Then we make a skincare topical product that has a dual chamber. When you mix these two components together, they generate nitric oxide gas, and you can actually see this product working. It's a new product category in skincare and beauty. Most beauty products are designed to hide or mask the fine lines and wrinkles. We get to the root cause of your fine lines and wrinkles. You apply this to your skin and it turns pink and that pink color is reflective of the increased blood flow that we're getting to that organ. So the skin is just like

any other organ without sufficient blood flow, it fails. So if we restore blood flow to the skin, we improve cellular turnover, we improve collagen deposition, improve hydration, fine lines and wrinkles go away. Those are our consumer-based products. Now we're in phase three clinical trials through the F D A, going for specific drug indications, things like ischemic heart disease, Alzheimer's, diabetic, non-healing wounds, ulcers, eventually even heart failure, pulmonary hypertension. To me, there's really no indication in clinical medicine where nitric oxide would not be therapeutic and beneficial given at the right dose at the right time in the right patient.

That's beautiful. I love how you're covering all the different areas of topical use and oral use and also people using it for their



performance routines. When we're talking about nitric oxide supplements and your products in particular, do you have any experience or stories to share with people that have used them in conjunction with other biohacks that they've stacked alongside this?

Well, I'll start with the empirical published clinical data. I think in 2011, we had a 15 year old kid at Texas Children's Hospital that had a very rare genetic disorder. And he had resistant hypertension. He had had kidney disease, liver disease, systemic disease. And no prescription drug was making him better. So we started him on our lozenge, our nitric oxide releasing lozenge. Within four hours, we normalized his blood pressure. Within five days, we resolved his kidney disease. Within five months, we completely reversed his heart disease. And this is a kid with a genetic disorder to which there were thought to be no treatment or cure for it.

He's still on the regimen, but at 15 years old, he had a heart twice the size of a normal 15 year old. Once we normalized his blood pressure with the lozenge, mobilized his stem cells and then in turn remodeled the heart, five months later, he had normal heart, normal size,



normal function. And that was in 2011. 12 years from then, the kid's still off of prescription medication. He only takes our lozenge. He graduated high school, his mental acuity improved. He beat his dad in chess. Its just really a remarkable story; you would call it almost a miracle. But miracles are unexplained. We completely can explain what happened to this kid clinically because we understand the physiology and the biochemistry of nitric oxide. And we can explain all the clinical changes and benefits he had. So that's probably our proudest moment.

A kid that really was out of solutions, if you will, from his physicians, that we then rescued and providing him benefits now for the past 15 years. But we find that people who are doing other bio-hacks, like infrared sauna for example, if you take our nitric oxide beforehand, the infrared light will release and enhance the effects on nitric oxide. With hyperbaric oxygen, if you take our lozenge before you go into the hyperbaric chamber, you improve the stem cell mobilization and the effects of hyperbaric oxygen. Really any treatment modality, whether it's cryotherapy or cold plunge, everything we do is about blood flowing and perfusion and getting oxygen and nutrients delivered to every cell in the body. That's what nitric oxide does.

Great. And with a story like that 15 year old kid, it would seem to me that you guys would be unafraid to go toe to toe with any case out there, almost in a sense of who was suffering and what the cause is, because nitric oxide seems so involved in everything that it can only help.



Well, that's what motivated us to go into clinical trials and develop a drug company because we can't do that in supplements. Even though you may see it in a population, by law and by definition supplements can't make drug claims because then they're drugs and we get in trouble. So, we've taken our technology and we're actually developing a separate drug company now that's going through phase three clinical trials, going through the rigor of drug trials, the capital expense, and we're making sure that we can demonstrate safety and efficacy in certain disease points in a specific population . As I mentioned, it's just a matter of checking the list, because I think there's not a single indication where nitric oxide would not be beneficial. Take Alzheimer's for example. Every single

Alzheimer's drug that's ever been developed and that's tried to get through clinical trials has failed.

And the reason for that is that they're after the wrong target. This beta amyloid tau tangle hypothesis is flawed. Those are consequences of disease, not the cause of disease. The loss of nitric oxide, the loss of insulin signaling, loss of perfusion to the brain is what causes Alzheimer's. Nitric oxide fixes that and improves blood flow to the brain, improves insulin signaling, and improves glucose uptake; You completely reverse the metabolic phenotype and Alzheimer's disease. So, we feel very confident that we've got the right target, we've got the right drug, and we're going to continue to move forward and advance the science.

That's amazing. I'm sure you guys will. It's such an important thing and a great thing to see continuously in the biohacking industry about getting at the root of the issue so that the real individual's problems are fixed and not temporary.

That's the goal. In the scientific community, we understand the mechanism of every single chronic disease. I mean, it's very well defined. There is no guesswork anymore. We understand the mechanism of disease to the extent that now we can develop personalized therapies to get to the root cause. And that's really what puts my drug company apart from any other. We're not giving synthetic drugs that the body's never seen. We're restoring the production of a molecule that's absolutely essential. In drug development, you call that pharmacology. You develop an inhibitor of a biochemical reaction and then there's always side effects from that. What we do is called restorative physiology. So we understand now what goes wrong in people who can't make nitric oxide and we just give it back and improve their body's ability to make it. So in terms of safety, we don't expect any safety issues. We haven't seen any safety issues. Now we just have to demonstrate efficacy in our drugs. And that's very exciting and it puts us light years ahead of any competition.

Wow. Yeah. I'm sure you guys are going to go far with that. And talking a little bit about the future of your companies and where you guys see yourself, are there any





other things in the pipeline that the biohacking community or the health wellness industry you should be excited about?

Well, my objective is just to get nitric oxide on the radar. It's something that every biohacker should know about, should understand and should consider as part of their biohacking regimen daily routine. But my objectives as a trained drug discovery chemist is to get these drugs into clinical trials; in addition to our nutrition, dietary supplement products, and cosmetic skin-care and beauty products. There's no limit to access. Everybody can buy this around the world. But in order to get it accepted through the key opinion leaders, through physicians, through mainstream medical, we have to go through clinical trials. So then physicians, when they see a patient, they can say that his is a symptom or disease of nitric oxide deficiency today. Today, they don't have a way to write a prescription for a safe and effective nitric oxide product. So they give them other drugs that actually make them worse.

So my objective is to give the physicians a drug that's gone through clinical trials, is approved by the FDA and approved by other regulatory agencies around the world. When any patient that goes into any doctor's office around the world, we want them to be offered a solution that gets to the root cause of their problem. So that's what I'm excited about. The skincare is really exciting because we're seeing transformative results in skincare and beauty by taking our topical nitric oxide along with the lozenge. This whole concept of beauty inside and out. It

makes sense because the skin is a reflection of internal health. If you're not healthy inside, your skin's not going to look healthy and you're going to look old. So we can't just fix this topically. We can kind of make it look better, but until we fix your internal health, it's not going to be as effective. That's why it's so important to take the lozenges. Then we open up the microcirculation internally, we apply the serum topically, and we open up those capillaries on the superficial level or the surface. Now we're perfusing the dermis from the outside, the inside and the skin looks radiant and it's amazing results.

That's phenomenal. Tackling it from both ends for sure. So what would you say then the timeline is of what you would expect or what you would hope to break into that FDA industry?

Well, we just stopped our COVID trial. We had our nitric oxide drug in phase three trials for COVID. But as everyone's aware now, COVID

changed over the course of two to three years and people weren't getting sick and dying from COVID. So we stopped that drug study because it was a very difficult study. It was a moving target in terms of COVID. Now we're in phase three clinical trials for ischemic heart disease. We anticipate that drug study to be completed probably in the next 9 to 12 months. We hope to have a drug approved on the market in 2024. We're going to start up our Alzheimer's drug study probably in the fourth quarter this year. That's going to take a little bit longer. Alzheimer's is a little bit of a slower progressing disease in some patients. So, that's probably a two to three year project. We've got a topical drug for diabetic non-healing ulcers that will probably start up maybe in the first quarter of 2024. Again, that'll probably be a 6 to 9 month study. So I anticipate and it's my ambition that we have multiple drugs starting next year and on the market; three to five drugs in the next three years that'll be approved

on the market and changing billions of lives around the world.

But it's important to be proactive. Nitric oxide is a very essential part of what we're doing to be proactive and not develop any age related diseases. We have product technology today that's accessible worldwide that people can take as a supplemental dose.

Of course. Dr. Brian, I've had a great time here. I've learned a lot. It's been a pleasure speaking with you and I know everyone listening and reading this article has learned a lot and we'll want to find out more about nitric oxide. So I'll give you the last words of telling everybody how they can find out more, get involved and start learning about nitric oxide.

Well, I say it's not my objective to sell you product. It's my objective to provide you quality education and information based on real science. So I typically send people to my YouTube channel. I got a number of lectures on there and interviews. It's Dr. Nathan S. Bryan Nitric oxide on YouTube; just search me. I send people to my educational website. There's no product offerings on there. It's just information and education. It's www.DrNathanSBryan.com; I do a monthly blog. There's a couple of videos on there, animated educational videos that I encourage you to watch. I'm on social media, Instagram @ Dr. Nathan S. Bryan, Twitter@drnitric, LinkedIn. Then for those of you who are interested in our product technology, it's www.n1o1.com

Very nice. Again, Dr. Bryan, it's been a pleasure and I really hope we can speak again soon sometime.

Absolutely. Thank you, Dallas.



BE @biohackerexpo **MIAMI** 2024
FEB 23-25



MEET TOP SPEAKERS

GARY BRECKA, CHRISTOPHER PALMER, JAMES ALTUCHER, ANNA LEMBKE, BEN AZADI, JONATHAN FIELDS + MORE!

JOIN US @ THE BIOHACKER EXPO THIS FEBRUARY!

OUR CEO, JEAN FALLACARA WILL BE SPEAKING!



BE @biohackerexpo **MIAMI** 2024
FEB 23-25

STEMREGEN

A woman with her hair in a bun, wearing a blue puffer jacket, is kneeling on a rocky shore. She is smiling and holding a small, dark grey bottle of STEMREGEN supplement directly towards the camera. The background shows a calm lake and a mountain range under a soft, hazy sky. A decorative dotted line in blue is positioned below the main title.

**"REVOLUTIONARY STEM CELL STIMULATORS:
UNVEILING THE POTENT BENEFITS OF
STEMREGEN, FUCUS VESICULOSUS, AND PANAX
NOTOGINSENG WITH BETA-GLUCAN 1-3"**

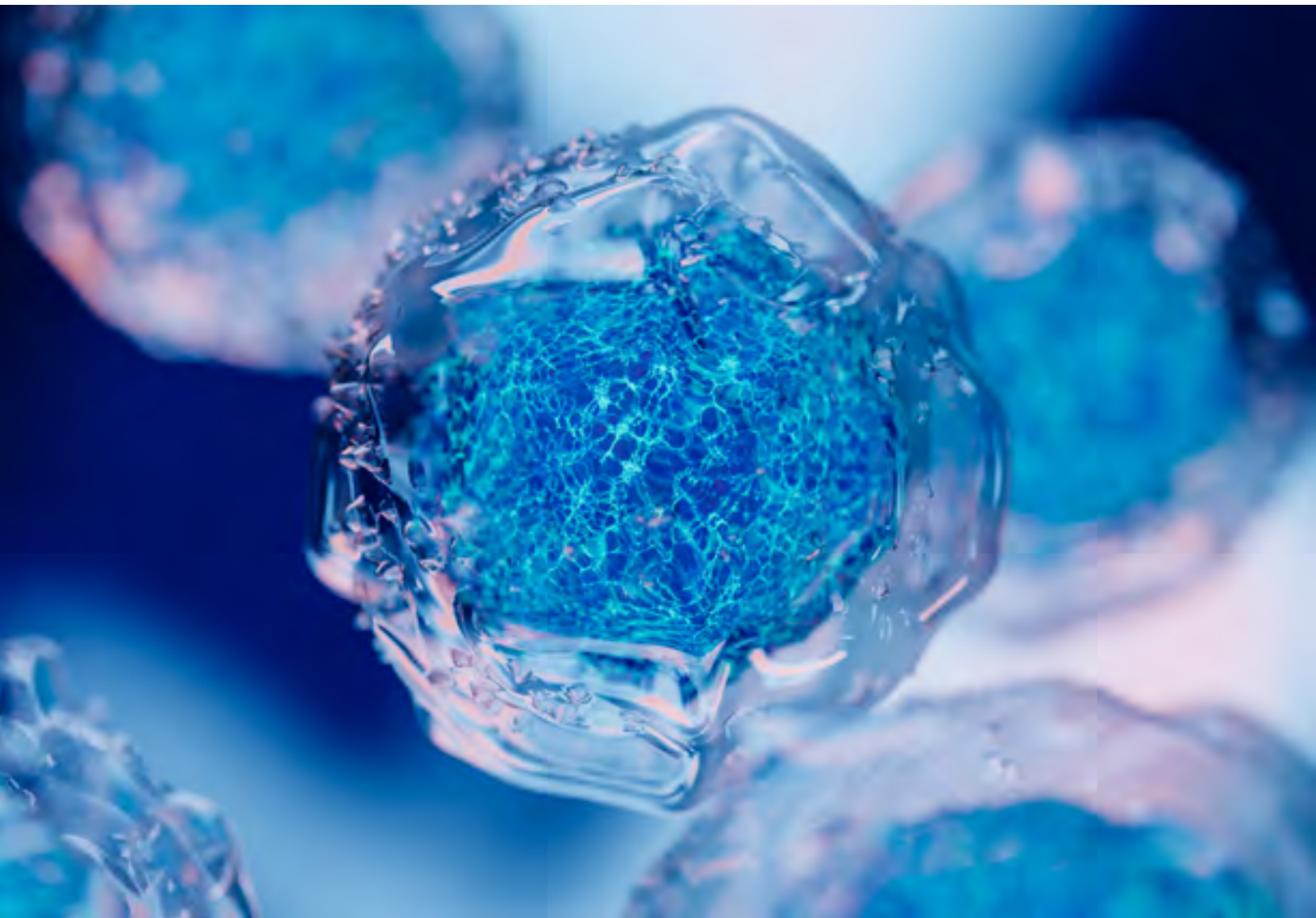
- JEAN FALLACARA, (WRITTEN BY NOEE MATHILDA SPIEGEL)

Everybody in my community recognizes me as a kind of explorer: I test things out so they don't have to and give my honest opinion no matter what. I choose to be honest as honest with myself as I am with the people that follow me. It's very rare that a specific product has left me speechless to a point where I feel the need to speak out on its efficacy. I have been taking StemRegen for six weeks now, taking two pills a day, four after a very intense workout. Stem Cells are kind of the hot topic in the health industry at the moment, a striking spotlight struck upon it. I've got to say it is truly worth the hype. I've been taking this supplement in combination with NAD+ therapy and NMM both for the anti-aging benefits (always working towards reversing my bodyclock!) but also for its athletic benefits. I found my athletic performance spiking drastically, where I could see a visible difference: my cognitive abilities, which go hand in hand with my performance have skyrocketed,

my recovery time decreased, HPV at the best level it's ever been, and finally, I sleep like a baby at night. It goes without saying that a pill will not do all the work for you, a balanced diet, active lifestyle and meditation is the basis, supplements are little bonuses that make a big difference.

StemRegen is the world's leading company in the development of plant based, natural Stem cell enhancers/supplements. That tiny pill of powdered gold contains "a proprietary blend of plant extracts documented to support stem cell release and migration", specifically contains six powerhouse plants: sea buckthorn berry, Aphanizomenon Flos-Aquae, Aloe Macroclada, Fucus Vesiculosus, Panax notoginseng and finally, beta-glucan 1-3. SBB, or sea buckthorn berry is said to improve blood circulation and has been used for decades in holistic medicine. Popular skincare brands such as the Ordinary

have even started implementing its oil as an ingredient for its powerful antioxidants benefits. AFA holds anti-inflammatory and immune modulatory properties but also has research to support its role in the release of stem cells within the bone marrow and has been shown to accelerate tissue repair (perfect for the athletes out there!). The most well recognized name in the long list of difficult to pronounce plant names is aloe macroclada. Turns out the plant we've been slathering on our skin after those vicious sunburns has a species in Madagascar that holds a number of anti aging benefits: it's been shown to enhance blood cell formation, support the proliferation of stem cells in the bone marrow, and even improve cognitive scores in Alzheimer patients. According to StemRegen, Fucus vesiculosus "contains two unique components: phlorotannins (specifically phloroglucinol) and a polysaccharide known as fucoidan" which together, improve vascular and



cognitive health, glucose metabolism, anti-inflammatory properties and increases the number of baseline stem cells. Panax notoginseng has been shown to have a similar effect on stem cells as well as supporting the cardiovascular, endocrine and cognitive systems. Finally, beta-glucan 1-3 is a powerful mushroom that targets stem cell production from all angles. What I particularly admired is how detailed and informative their website is, with a section of the supplement's benefits on various parts of the body as well as with the thorough research conducted.

Why are stem cells important?

Stem cells constitute the body's system of renewal, aiding in the maintenance of good health. There is a direct link between the number of circulating stem cells and health levels. Research on stem cells has been highly publicized and sought upon in the past decades, often regarded as the ultimate fountain of youth, the key to reversing your body clock. Not too long ago, we believed it was impossible to have any control on the number of stem cells your body produces. Finally, after years of



research, we've realized this is so far from the truth.

All in all, I've come to the conclusion that most of what we need to heal our body is right in front of our noses, in the nature we've been destroying. The fact that a blend of 6 powerhouse plants can actually aid in rejuvenating your body all while maintaining health (and improving it!) is mind-blowing and goes against what most of us have been taught. I was diagnosed with ADHD a couple years ago and have since then been on Vyvanse,





a stimulant often prescribed to diminish ADHD symptoms. Still, I chose to opt for a more natural option, and although the medication was incredibly effective, experimenting with supplements such as Stem Regen alongside a healthy lifestyle and a couple of other habits have allowed me to completely quit these medications.

Although stem cells help the rejuvenation of the body, it also improves cognitive functions. It's in all honesty that I can truly say I feel like my youngest most determined self, even as years keep piling up.

Find out more about STEMREGEN @ <https://www.kalyagen.com/biohacker15>



ABOUT NOEE MATHILDA SPIEGEL



NOEE MATHILDA SPIEGEL is a published reporter, in charge of research. She writes or reviews most articles and reports on information.
noee@biohackersmagazine.com

FINDING AWESOMAGE



*HOW A DOWNLOAD AT A JOE DISPENZA RETREAT
MOVED ENTREPRENEUR JAMES LAYFIELD TO
REVOLUTIONIZE ORPHAN CARE*



Starting a project to entirely re-imagine the way that orphanages across the world are funded and run wasn't the obvious choice for entrepreneur James Layfield, until it was.

Layfield, who is originally from the UK and now resides in Miami, Florida, is a life-long entrepreneur and investor who has been creating positive change through innovation for the last few decades, in sectors ranging from property to financial technology. In 2018, James founded Clearfind, an AI platform changing the way the fortune 5,000 manage and optimize their software.

So, given his background, it was as surprising to him, as it might seem to you, that he would suddenly receive a download with a clear goal to help one million orphans and vulnerable children over the next 10 years.

This download arrived while James attended a Joe Dispenza meditation retreat in Mexico. In one of the sessions, a very clear, undeniable vision of how to revolutionize orphanages came as a kind of epiphany pretty much knocking him off his feet.

So strong was the idea, that at first, James wasn't sure what to do with it. He questioned it, why me? why orphanages?—he's an entrepreneur, always on the cutting edge of business and tech, it wasn't the most obvious focus for him then. So, he sat on the idea for a year.

But, like with all great ideas that will significantly change the focus of your life, it didn't sit quietly. In September 2022, a conversation with a friend prompted him to really look inside, to feel into what was important to him. And there it was again, this same vision, flooding back. It was clear that he needed to pay attention.



And with that, the movement towards making the vision a reality began in full force.

As soon as James pressed 'go' on the idea, which he was told to call Awesomage, things began to fall into place in a way that made it undeniable to him that this was his path. "Lets take an orphanage and make it awesome," the voice had said.

Within just one week of committing to the idea, a friend told him he had to meet a wonderful





couple who ran an orphanage in Peru and needed help.

That was it. James was immediately on a plane flying to South America to visit a children’s home in the heart of Peru’s Sacred Valley. And it turned out, James’s vision for Awesomage was exactly what they were looking for.

Arriving at the children’s home, James was introduced to the children living there and his heart was unalterably opened.

He was struck by the joy of the children and in particular a 4-year-old with the innate wisdom of a little Yoda. She and her three siblings had been found sleeping rough at an ATM and taken in by the home, and given hope. The simple beauty of this story and the power and potential in those children was overwhelming to James. He was going to help these children and many more feel safe and supported so they could reach their fullest potential.

The Model

James thinks big, his vision is not simply to ‘start an orphanage’ but instead to entirely re-imagine what is possible in housing, care, education, and support for vulnerable children.

“Think about a university that has charitable status,” says Layfield. “They are large property owners and they have endowment funds. There are people who pay to go there and there are people who go there for free.”

Awesomage is replicating that same model, building bespoke, beautiful, and sustainable hotels and retreat centers that tourists want to stay in (even before they know how their stay is changing lives). The orphanage will own the hotel and will generate revenue. The money will be used to make them wonderful, empowering places to be. The orphanage will also have a percentage of an endowment fund (a mixed

variety of crypto, commodities, real estate, stocks and shares) which will act as a back-up plan should the hotel be at low capacity.

Drawing on the model of Universities James sees a world in which the Awesomage creates campuses and communities. A world in which the children’s home owns its destiny, from the land owned, from the property





assets that it rents and from the endowments in which it invests.

While the model is in the pilot stage, all signs are pointing to it being a game changer. "Why shouldn't a 'cause' be commercially viable to solve?" James says. And sometimes it truly takes fresh eyes to really make change on issues that have been seemingly without solution for generations.

"This is a whole new way to think about charity, giving, and responsible travel," James says.

His aim is to level the playing field. "I don't want to live in a world where people look down on different groups of people and feel pity for them. I want the children to feel empowered, like there was no better place to grow up than at the Awesomage."

Awesomages commitment is to making the children's homes places where children can feel safe, supported, and thrive. They will be homes full of opportunity, promise, and empowerment for the young people they look after. The most important tenants are an expansive education, personalized mentoring and sovereignty (ensuring that once the children come of age they have passports and bank accounts and the tools to thrive). While the children Awesomage look after may not have the safety net of their nuclear family, James wants them to grow up knowing that they have support to do and be whatever they want. The world is entirely their oyster.

If you would like to find out more or to get involved then why not reach out to James who would love to hear from you, www.awesomage.org.



ABOUT JAMES LAYFIELD

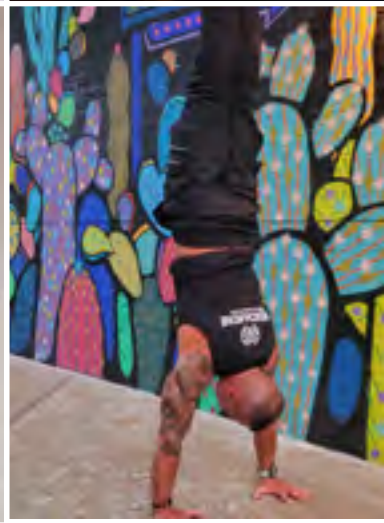


James Layfield is an entrepreneur and investor creating positive change through innovation in sectors ranging from property to financial technology. James co-founded Clearfind, an easy-to-use, unbiased artificial intelligence platform that is changing the way companies manage and optimize software with data. He is a general partner in a fintech investment fund Treasury with the cofounders of Acorns, Betterment, and a board member of Paypal, and has angel investments across a host of technology ventures.

James has founded and led multiple successful companies including Rise, the world's largest fintech innovation platform, with Barclays; Never Ever Limited, an innovation catalyst and consulting agency; and Central Working, a shared workspace hub for business professionals. James is currently an ambassador for CognitionX the AI event, London and Partners, and the ScaleUp Institute. He also serves as the New York Tech Ambassador for the Mayor of London.

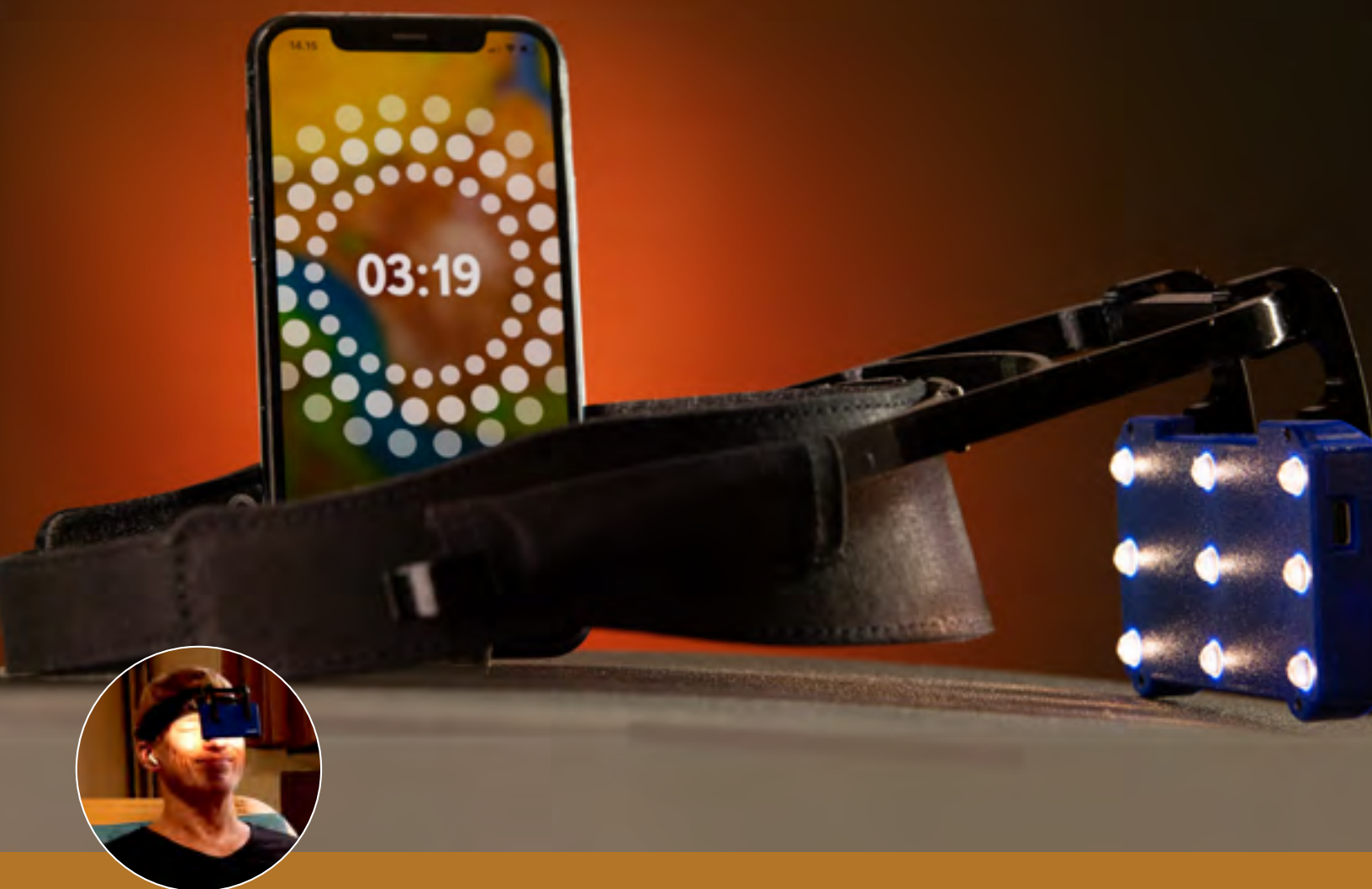
In 2022, James founded Awesomage, with the aim to help 1 million orphans and vulnerable children in the next ten years.

BIOHACKING CONFERENCE ORLANDO 2023



Make positive changes

Unsticking a Stuck Brain



Start The Changes Now & Save 10%

NeuroVizr™ is a multi-sensory light and sound brain enrichment technology. With just an 11-minute session, NeuroVizr™ provides an exciting and unique experience that can change you for good. To learn more about this revolutionary technology and the science behind it, visit www.neurovizr.com and get 10% discount by using the code BIOHACKERSMAGAZINE.



neuroVIZR
The Change Maker

ACKNOWLEDGMENTS

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

Our many thanks to all those who made this possible:

THE CORE TEAM

Chief Executive Officer, Jean Fallacara
CIO/Editor in Chief, Dallas McClain
Marketing Executive Director, Arjun Chauhan

THE WRITERS

The Cyborggainz Media Team

Noee Mathilda Spiegel - Lead Writer

Sandy Martin - Content Contributor

James Layfield - Content Contributor

SIGNIFICANT CONTRIBUTORS

Designer, Andres Nuñez

Expert, DR. NATHAN S. BRYAN

GENERAL ACKNOWLEDGMENTS:

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

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



biohacking CONGRESS

Use this QR promo code to receive a 50% discount on both On-site and Live Stream tickets!

October 20-22, 2023

Miami

Join BiohackingCongress in Miami October 20-22 to meet:

20+ top speakers who will share their outstanding experience;

20+ selected health companies which will present their products.

500 like minded guests onsite, your friends and potential partners.

Become a part of the community!



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

NO PLAN B

RECENT GUESTS:



MARK DIVINE



DR PATRICK PORTER



MELANIE AVALON

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



TOP 10 ENTREPRENEURS TO FOLLOW IN 2021 BY LA WEEKLY

TOP 10 MOTIVATIONAL INFLUENCERS CANADA 2020

TOP 10 ATHLETES INSTAGRAM INFLUENCERS IN MONTREAL 2020

AUTHOR OF THE BOOK "NEUROSCIENCE CALISTHENICS: HIJACK YOUR BODY CLOCK."

DISCLAIMER

The opinions expressed in our published works are those of the author(s) and do not reflect the opinions of Biohackers Update Magazine (referred to as Biohackers Magazine) or its editors and Cyborggainz Inc.

Information contained in our published works have been obtained by Biohackers Magazine from sources believed to be reliable. However, neither Biohackers Magazine nor its authors guarantees the accuracy or completeness of any information published herein and neither Biohackers Magazine nor its authors shall be responsible for any errors, omissions, or claims for damages, including exemplary damages, arising out of use, inability to use, or with regard to the accuracy or sufficiency of the information contained in Biohackers Magazine publications.

No responsibility is assumed by the Publisher or Editors for any injury and/or damage to persons or property as a matter of product liability, negligence, or otherwise, or from any use or operation of any methods, product, instructions, or ideas contained in the published material. No suggested test or procedure should be carried out unless, in the reader's judgment, its risk is justified. Because of rapid advances in the medical sciences, we recommend that a health service provider or an independent verification of diagnoses and dosages should be made. Information in this publication is current as of the date of the printing.

All rights reserved. No part of any Biohackers Magazine published work may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without written permission from the publisher.

INVIGORATE YOUR BODY'S INNATE ABILITY TO REPAIR

Release up to 8 million of your own stem cells with only two capsules of STEMREGEN®



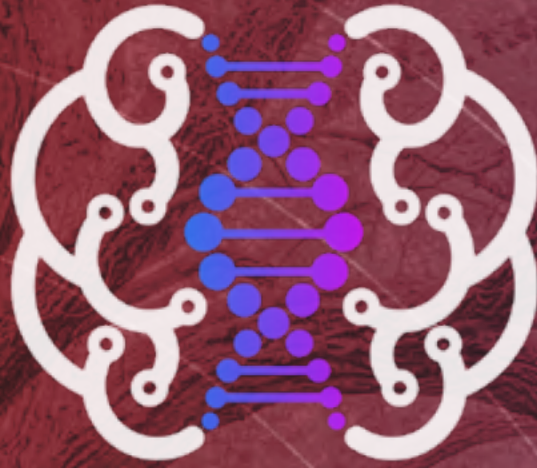
Use promo code
biohackers15
and receive 15% off



[KALYAGEN.COM/biohackers15](https://kalyagen.com/biohackers15)

833-KALYAGEN
info@kalyagen.com
Austin, TX





BIOHACKERS

UPDATE MAGAZINE

We Are Science For Healthspan
Subscribe Today!

