

BIOHACKERS

ISSUE 24

MAGAZINE

Exclusive Interview with
**Grey Team
Founder and
US Army
Veteran**

**CARY
REICHBACH**

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September 2023



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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

Warriors. Every society is full of them; at least, every society that strives for prosperity and protection for its people. We read of many warriors etched into the books of history, those who with wise, selfless, and swift actions who were lifted up to the pedestal of Heroism. It is somewhat solemn to think that of those warriors and military men's stories we know, there are even more that we do not know and perhaps never will know. And yet, that does not make their acts of valor any less substantial.

There is another story to be told as well – one that does not get enough attention in today's world. The fact of the matter is, every serviceman or servicewoman in the military has made a choice, for whatever reason, to serve and protect their fellow countrymen. Those that follow through with their creeds and do their best to do their duty and serve with the best of intentions are all heroes in my book. The story that is begging to be told is one of what happens after each warrior's time of service. What happens to a serviceman or servicewoman after their military service? What is the process like? How are they integrated back into a civilian, everyday life? How do they cope with the trauma from war and battle? How do they find another outlet to channel their learned skills and discipline? How do they navigate the now seemingly obscure world of an everyday citizen? And, perhaps most importantly, how do they learn to prioritize their all-around health

against the initially shocking and overwhelming paradigm of comfort, instant gratification, and idleness that's continually bombarding the nation's occupants?

These are all questions that are asked but not with enough volume. The answers are barely heard at all through all the noise and cacophony of the mass media. But there is one team for sure that is helping to answer these questions and help Veterans find meaning in their post-service life. That organization is called, 'Grey Team'. An admirable and vigilant non-profit, Grey Team works with Veterans pro-bono to help them assimilate back into civilian life without sacrificing their health; In fact, Grey Team uses many biohacking modalities to help Veteran's find healing and peace again.

We can all learn from this mission. We can all find a way to help someone dealing with a transition into normal, everyday life. As a community focused on the shared goal of Health Optimization, it is essential for us to lift up our fellow servicemen and servicewomen and help them regain control of their health. To put it simply, they put their lives at risk for the protection of all of us. Let us at least use some of our time to help them live fuller, happier and healthier post-military lives.

Thank a Veteran today.

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

The PARADOX of BIOHACKING

Biohacking, a term once relegated to the fringes of scientific and health communities, has surged into mainstream consciousness. This new wave of self-experimentation and optimization seeks to tweak every facet of our biology for enhanced performance, longevity, and overall well-being. From nootropic cocktails to rigorous schedules, infrared saunas to ice baths, there's a biohack for just about anything and every influencer or coach has his own best recipe. But as we race to decode the intricacies of our physiology, it's worth pausing to ask: At what cost?

A growing number of individuals are reporting anxiety and stress, ironically, from their relentless pursuit of optimal health. The rise in this paradoxical phenomenon warrants our attention. Extreme biohacking implementation, detailed protocols, intricate supplement regimens, and strenuous schedules are transforming what was once a quest for enhanced well-being into a potential source of mental strain.

While these protocols may indeed provide beneficial outcomes for some, the looming question remains: Are we sacrificing the joy of living for the obsession of optimal living?

The Forgotten Simplicity of Health

As we dive deeper into the world of biohacking, there's a tendency to overlook the foundational pillars of health. Fresh air, a balanced diet, regular exercise, adequate sleep, meaningful social connections, and mental peace. These elements, simple as they are, form the core of a long, happy, and

healthy life. There's a beauty in simplicity, and as the adage goes, sometimes less is more.

In our quest to push the boundaries, the uncomplicated and most effective solutions often take a back seat. A rigorous supplement schedule can't replace the serenity brought by a walk in nature. A meticulously planned diet might not hold the same joy as sharing a home-cooked meal with loved ones.

Lifespaning: Embracing a Fulfilling Life

Perhaps it's time to introduce a new concept: Lifespaning. Instead of merely focusing on extending our years, lifespaning emphasizes living those years with purpose, joy, and fulfillment. It's about balancing the pursuit of longevity with the essence of what makes life worth living.

Living doesn't have to be complicated. Sometimes the best moments arise from simplicity—watching a sunset, feeling the grass under our feet, laughing with friends, or indulging in our favorite book. It's in these moments that we truly connect with ourselves and the world around us.

Our well-being isn't solely rooted in rigorous protocols or the latest supplement. It's woven into the fabric of our everyday experiences, relationships, and simple pleasures.

Let's remember to celebrate the essence of life. Let's embrace the concept of lifespaning, striking a balance between optimizing our biology and savoring the joy of our existence. Because, in the end, life's richness isn't just about the number of our days, but the life in those days.

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 Miami after his biotech company was acquired by inTEST Corp (NYSE:INTT) in October 2021.

Website: jeanfallacara.com / Website: cyborgainz.com



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 Miami 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."

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.

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OUTER

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

— Neil DeGrasse Tyson

A full-page photograph of a surfer riding a wave. The surfer is in a crouched position, wearing a dark wetsuit and colorful shorts, riding a yellow surfboard. The wave is breaking, creating white foam and splashing water. The sky is a clear, bright blue. The overall mood is energetic and adventurous.

RIDING THE WAVE OF CREATION

OPENING THE PORTAL TO A
LIMITLESS REALITY

Universal consciousness is an infinite ocean of intelligence, creativity, possibility, and love. Everything is born from this ocean and everything eventually returns to this ocean. Think of the world we live in as a wave of creation, born from the ocean of universal consciousness billions of years ago. This wave started as various forms of energy came together and formed reactions. And over billions of years of cause and effect and evolution, it has become the massive wave that makes up reality for every being on our planet. This wave is constantly growing and evolving with every moment. It is never the same from one moment to the next.

Humans tend to want an explanation for why reality is the way it is. We like to try to categorize reality and put it into neat shapes and sizes we can easily manage. It helps us feel like we have control, and this helps us sleep at night. But the truth is we will never be able to understand why reality is the way it is. Because billions of years of countless cause and effect actions and reactions are built into this massive wave of creation that is unfolding in front of us from moment to moment. And the reactions from the actions we take in this moment create an entirely new reality in the next moment, so it is also impossible to predict what will happen in the future.

This truth is rather terrifying for most humans. This lack of control over our reality and our future reality causes many people to feel anxious, helpless, depressed, or even suicidal. Why do you think

so many people become addicted to drugs, video games, shopping, television, and even their careers? Because it takes their mind off this reality that is very uncomfortable for them to think about. You see, most humans spend the majority of their lives trying to eliminate the uncertainty embedded into this massive wave of creation unfolding in front of us from moment to moment. We collect people, places, and possessions, all in an effort to "get things just right" and be

ok. But we learn the painful lesson that no amount of people or possessions can eliminate this uncertainty. Case in point: look at all the wealthy, successful, and popular people who commit suicide or overdose on drugs.

But instead of trying to eliminate it, what if there was a way to become comfortable with the uncertainty? Even better, what if there was a way to actually embrace the uncertainty? Embracing the uncertainty of this wave



Riding the Wave of Creation

opening the portal to your limitless possibility



Adam Fiore

Founder of LimitlessAF

of creation, in real time as it is unfolding in front of us, is at the heart of this teaching. If you can master this skill, your burden will be light. Relaxing and Releasing from your seat of Awareness. Respecting and Riding the wave of Creation unfolding in front of you right now..

This teaching will unfold in 7 steps. The first step is learning the conceptual framework for riding the wave of creation and opening the portal to a limitless reality. This step is crucial because it gives the reader a framework to conceptually understand and return to. However, the reader must also understand that no matter how firmly they grasp these concepts, they are still operating from their mind.

And as long as they are in their mind, they cannot be One with the wave of creation (the present moment). It is a zero sum game. You are either in your mind or you are riding the wave of creation. You can never be doing both at the same time. Still, the conceptual framework in step 1 is important because it allows the reader to recognize when they become lost in the mind and it gives them the key to unlock their chains of bondage and return to the freedom of their seat of Awareness.

The second step is learning to RELAX in here (in your seat of Awareness) and how to be ok with all the energy in here with you (your psyche) and how to simply leave it all alone, allowing the energy to transmute and flow

directly up to you, feeding you from within.

The third step is learning to RELEASE all preferences about the present moment and about the past and future and release any blockages that are trying to help you be ok. Because you ARE ok. It is only when you get lost in your psyche that you think you are not ok.

The fourth step is learning to RESPECT the wave of creation unfolding in front of you right now.

Up until this point, all of our training has been conceptual. Meaning you have learned some very valuable information, BUT you still haven't left the confines of your mind. Which means you definitely have not yet become



One with the present moment.

However, in the fifth step you will finally be leaving the confines of your mind to come into harmony with this moment, as you learn to RIDE the wave of creation on your conscious breath. The breath becomes your surfboard. Every time your mind tries to distract you into controlling the moment, you lean into your breath and Awareness and come back into harmony with the wave of creation. When you can ride this wave effortlessly and skillfully, you will always be in harmony with reality. And once you are no longer living in your mind, there will be no more preferences about the past, future, or present. You will be One with what is.

And contrary to popular belief, achieving this state of harmony does not require sitting in silence with your eyes closed. Riding the wave of creation is an interactive sport that requires you to engage with reality as it unfolds in real time. Sure, it helps to learn and practice your riding skills in a calm controlled environment at first, just like it helps to learn how to surf on a quiet beach with manageable waves. But eventually you will want to challenge yourself with more difficult environments, such as a crowded bar or dinner with your in-laws.

Imagine being able to ignore the preferences and urges from your mind as you navigate a crowded room full of people, completely in harmony with your breath and the wave of creation you are skillfully riding. You still converse, laugh, and have fun with others. You just do it from a space of harmony and acceptance, as opposed to reacting to your mind's thoughts and preferences or your heart's emotions and feelings. You don't try to stop the mind and heart from having these thoughts and feelings. You simply leave them alone and lean your breath into the wave of creation, ignoring the urge to control where this

wave is taking you. You surrender to the Force of the universe and go where it takes you. This is true freedom.

I hate to be the one to burst your bubble, but you will not be able to stay in this blissed out state, riding the wave of creation, forever. Life has a way of pulling you back into your mind, especially since the mind can be used to accomplish all kinds of tasks. The key is to make sure that it is you using your mind, and not the other way around.

The sixth step is learning to RETURN to the Source of all creation to merge into Universal Consciousness as often as you can. Because once you get a taste of this peace and freedom, you will want to keep coming back for more.

And the seventh step is learning to apply these steps in the context of your daily life and responsibilities. We all have different lifestyles and responsibilities. But these steps adapt to literally any situation. How can they not when they are based on coming into harmony with Life's perfec-



tion?

So get ready to take the ride of your life. When you master the teachings in this lesson, you will be able to skillfully ride the wave of creation and open the portal to a limitless reality. Enjoy the ride!

Step 1

Before you can ride the wave of creation, even at a beginner level, you must gain a conceptual understanding of who you really are at the core of your being and how thoughts, emotions, and urges are distracting you from realizing your limitless potential. You must also gain a conceptual understanding of what makes up the wave of creation and how to master riding this wave. What are the reasons you would want to learn how to ride this wave and what are the consequences of NOT learning how to ride it?

The answers to all of these questions and many more are provided in the conceptual framework at the end of this Step. But first I

must explain that no matter how firmly you grasp this conceptual framework, even if you memorize it front to back and can write a dissertation about it, you will still be operating from your mind. And as long as you are in your mind, you cannot be One with the wave of creation (the present moment). Life is a zero sum game. You are either in your mind or you are One with the present moment (riding the wave of creation). You can never be doing both at the same time. Reading a book about how to be healthy is not the same as BEING healthy. One happens in the mind while the other happens in the present moment. It is exactly the same with learning the conceptual framework for riding the wave of creation.

But gaining a firm understanding of the conceptual framework is a crucial first step for several reasons. First, it helps you to understand who you really are at the core of your being and how your thoughts, urges, and emotions (all are simply different forms of energy) are distracting you from realizing your limitless potential. Next, it allows you to recognize when you have become lost in these different energy patterns and how it happened. Next, it gives you insights that will help you to escape the labyrinth of

the mind and come face to face with the wave of creation that is unfolding in front of you at this moment. Next, it gives you an understanding of what is required to actually ride this massive wave of creation and become One with the present moment. Someone who tries to surf big waves in the ocean, without any conceptual framework of how to surf, is not going to be very successful. The same principle applies here. And finally, this conceptual framework will help you understand how to return to the freedom of living from your seat of Awareness, and how to apply this freedom to all aspects of your daily life.

We will dissect the conceptual framework in Steps 2, 3, and 4. And then in Step 5 we will finally leave the confines of your mind to come into harmony with the present moment. You will actually be riding the wave of creation as it unfolds in this moment, the only moment there ever was, the only moment there ever will be.

But there is much work to be done between now and then. So without further ado, here is the conceptual framework for riding the wave of creation and opening the portal to a limitless reality:

You are traveling through time



and space as Awareness in the midst of energy.

Energy of the world in the form of creation.

Energy of the mind in the form of thoughts.

Energy of the heart in the form of urges and emotions.

Simply seeing it all as energy passing in front of your seat of Awareness.

If you leave your seat to get involved in the energy, you get lost in it.

But if you can RELAX in here, and be ok with all the energy in here with you, and simply leave it all alone, the energy will naturally transmute and flow up to you.

Feeding you from within.

Allowing you to RELEASE all preferences about this moment and RELEASE all preferences about the past and future, and RELEASE any blockages that are trying to help you be ok.

Because while your psyche may not be ok, you are the indwelling being who can watch the psyche and simply leave it alone.

You have always been and will always be ok.

It's only when you get lost in your psyche that you think you are not ok.

You take a deep breath and show RESPECT for the wave of creation unfolding in front of you right now.

Coming into harmony with its energy, you RIDE this wave of creation on your conscious breath.

Ignoring any urge to control where it takes you.

Simply leaning your breath and Awareness into the center of the wave, going with its flow, and enjoying the ride.

You set the world free to do as it does.

You set the mind free to do as it does.

You set the heart free to do as it does.

You tell them all, "Go ahead and do your thing. I may not go where you are going, but you are free to go wherever you need to. I'm ok with it."

You simply leave it all alone and you ride the wave unfolding in front of you right now.

You let the wave of creation take you into its center where you become One with the unfolding moment.

The only moment that ever was.
The only moment that ever will be.

And now your burden is light.
Relaxing and Releasing from your seat of Awareness.

Respecting and Riding the wave of creation unfolding in front of you right now.

This wave will take you all the way home.

Where you RETURN to the Source of all creation: the infinite ocean of Universal Consciousness.

An infinite ocean of love, creativity, and possibility.

Here you are free.

Here you are home.

Here you are love.

Here you are creativity.

Here you are possibility.

It is here from where you came and it is here you will return.

And though you will eventually be called back, you will bring this love, creativity, and possibility back to the world of the self.

And you will return to this home every chance you get.



ABOUT ADAM FIORE



Adam Fiore is a US Navy veteran and Impact Executive whose entire life has been devoted to exploring the boundaries of what the human mind and body are capable of. Adam's mission is to inspire and enable the world to REDEFINE POSSIBLE by transforming human sustainability and performance.

The term, REDEFINE POSSIBLE, comes from Adam's personal lifestyle brand, LimitlessAF. In 2020, at the age of 51, Adam was diagnosed with diabetes and told he would need to start medication and insulin therapy immediately. Instead, Adam persuaded his endocrinologist to give him 2 weeks to figure out a different solution to the problem. 3 years later, Adam has reversed his A1C levels from a diabetic 7.2 to a non-diabetic 5.8 and he has never taken any medication or insulin therapy.

In addition to reversing his diabetic A1C levels, Adam also cut his body fat percentage in half. These incredible results came from a system of physical and mental lifestyle modifications that Adam created and that continues to evolve today.

When the scientists at the Healthcare Technology Innovation Centre (HTIC) at Indian Institute of Technology Madras (IITM) learned about Adam's LimitlessAF story, they invited him to come to India so they could test and validate his claims. After a full week's worth of every medical test imaginable, the scientists at the HTIC proclaimed Adam as "the world's youngest 53 year old". They based this title on several data points, including Adam's vascular age score of 21 years old, as measured by the world-renowned ARTSENS device. Adam left India with a commercial partnership with the HTIC at IITM. LimitlessAF is now more than Adam's personal lifestyle brand. It is now also a HealthTech company using a world class technology platform to inspire others to take control of their health and learn how to REDEFINE POSSIBLE.

Adam is also a spokesperson and performance coach for impact industries, such as climate change, lifestyle medicine, anti-aging, and industrial hemp for health.

Adam resides in Pennsylvania with his wife, daughters, and beloved dog Luna.

From Isolated Habits to the Depths of Epigenetic Challenges



I was born hearing but fell ill in the eighth month of my life. Around the age of two, I was diagnosed with a severe hearing impairment. Throughout my life, I navigated through kindergarten, school, pursued a career as a technical draftsman, and furthered my education as a certified technician.

Martial arts, fitness, and sports were integral parts of my life.

During this phase, I existed in my own world, as I am deaf and had to adapt to the world of the hearing. This adaptation occurred unconsciously, often feeling like an isolated territory where I resided. This experience resembled a protective space, and I sensed that both I and other deaf individuals were influenced by the dominating world of the hearing.

In 2013, I began experiencing psychological issues such as bouts of dizziness and confusion. I underwent a series of medical visits, including consultations at a dizziness clinic and brain MRI scans. However, no conclusive findings emerged, leading me to suspect that my problems were psychosomatic in nature. All of this was within the framework of conventional medicine.

Over time, I learned to coexist with my psychological issues. An inner sense propelled me to shape my own life. "Shape your own life" seemed like a call to independently explore.

Thus, I delved into health-related books of conventional medicine, endeavoring to fathom the root causes of my psychological issues. Eventually, I came across an article about NICO (neuralgia-inducing cavitation osteonecrosis). NICO is a theoretical and holistic concept, yet it lacks scientific or mainstream medical recognition.

The notion of "holistic" thinking was novel to me. In a sense, it involved constructing plans to empower the body to function optimally through factors such as stress, nutrition, and sleep.

Initially, my focus was on NICO, a theory that suggests disruptive fields in the jaw could obstruct various enzyme activities (diagnosed by a dentist). After undergoing surgical removal of my wisdom teeth,

I experienced remarkable improvement within weeks. Prior to this, I had assumed that my symptoms arose randomly, without any discernible cause. Dizziness was merely regarded as a direct outcome of the brain. However, after engaging with the term "holistic," I recognized the pivotal role causes played in these symptoms.

The term "holistic" was unfamiliar to me until then, as I lived within the realm of the deaf and had to assimilate into the world of the hearing. The hearing world often appeared potent. As a deaf individual, I sometimes felt isolated due to misunderstandings between the hearing and the deaf – not out of malice, but due to limited awareness of deaf culture.

This led to a pattern of adaptation and unconsciousness, where I felt influenced by the





hearing world. A dynamic interaction emerged between these two worlds, fostering this perception.

What should I do? Adhere to the "normal prescriptions" or live with destructive beliefs?

In my youth, I spent much time in the gym, captivated by the idea of a bodybuilder. However, this was not my authentic self; it was a forced adaptation to the external world and material expectations.

Between 2008 and 2013, my

wife and I became parents to three children. Our first child was born in a hospital in 2008, the second at home in 2010, and the third also at home in 2013. During this time, I was ensnared by numerous dependencies and obligations, which burdened me. This was part of the "unconscious" normalcy. My wife often followed her intuition on a holistic path, which I sometimes contradicted. She possessed a unique gut feeling that shielded her from erroneous decisions. I was astonished

and saw myself faltering. At this juncture, I began comprehending why her intuitive choices were often correct. Consequently, I gravitated more towards a holistic health approach, particularly concerning childbirth (home birth).

It wasn't until 2017 that I finally discovered "Calisthenics" – a sport that involves training with one's body weight. Finally, I could train independently.

By chance, the book "Neuroscience Calisthenics" landed in my hands. I recognized the term "Calisthenics," which I was familiar with – training using one's own body weight. "Neuroscience" wasn't foreign to me, but my understanding was superficial. After perusing the book, my knowledge began accumulating. Nonetheless, it felt incomplete as it delved into the brain and telomeres. This did not align with conventional medicine, but rather with Functional Medicine, which I independently explored. Biohacking was also relatively novel, as I used to know about it but didn't fully comprehend. Following this book, I occasionally delved into biohacking, cold therapy, infrared applications, intermittent fasting, and more.

The experiences and self-acquired knowledge marked a demanding life journey. I had to fathom my physical and mental states, an individual process. Humans are never identical and should not remain trapped in a hamster wheel, moving uncon-

sciously through stress without assuming personal responsibility.

Intuition also played a potential role in this context. Similar to my wife, I followed my gut feeling. Her intuition often led to accurate decisions on a holistic path – a lesson I grasped belatedly.

Thus, I embarked on training as a nutritionist and fitness instructor. Soon, I realized my knowledge was limited as it didn't encompass DNA or telomeres.

Amidst the COVID-19 pandemic, I witnessed much, including societal division and the surge of dogmatism. This propelled me to question how people – including myself – grapple with self-accountability and societal responsibility. This is personal development. And personal development influences epigenetics.

I once again sought out the book "Neuroscience Calisthenics" and discovered a biohacking group to learn more about DNA and telomeres. Consequently, I immersed myself in the realm of EPIGENETICS.

Throughout my certification journey as an Epigenetics Coach, I deepened my understanding of epigenetics. I recognized how epigenetic factors can impact a destructive life. A wholesome lifestyle, exercise, nutrition, and above all, self-awareness – all play pivotal roles in fostering positive effects on epigenetics.

Our lives are influenced by epigenetic mechanisms; our brains remain adaptable throughout life, embracing new challenges regardless of age or strength. It all hinges on our lifestyle, infused with epigenetic influences!



Come this October, I will commence a three-month supplementary training as a DNA expert at Healversity. Here, personal development and epigenetics intertwine. Likewise, nutrition, calisthenics, and self-accountability. Even my deafness can be influenced by epigenetics.

A profound understanding of epigenetics is the key to bolstered self-esteem and heightened self-responsibility.



ABOUT MARCEL SCHILD



As a native speaker of sign language born in Germany, I am currently undergoing training to become a certified Epigenetic Coach. I have an insatiable thirst for knowledge, particularly in the fields of technology (metal and IT) and healthcare.

I work as a technician and am actively involved in various sports. During my youth, I practiced Taekwondo (2nd Kup) and WingTsun (5th WT Medium Grade). In terms of my physical abilities, I can perform a Weight Dip with 70 kg for a single repetition.

Additionally, I hold qualifications as a nutrition consultant, fitness trainer, and personal trainer, along with knowledge in hair mineral analysis. I have a deep fascination for adventurous experiences, whether it's walking barefoot, taking ice baths, or indulging in playful activities like a child.

I take pride in being married and having three wonderful children. You can learn more about my interests and my work on my website: www.deafbiohacker.de, and you can follow me on Instagram at @deafbiohacker.



**Ancient
Crystals:
No BS**

As far as humankind goes, we have always been fascinated with pretty, shiny things: gold, lights, jewelry... When it comes to gorgeous and fascinating structures, crystals take the cake. Rubies in a king's crown, diamonds as the symbol for eternal love, humans love to add meaning to attractive things. Crystals have been used for centuries in ancient medicine and practices but have only recently started to grow within the modern world, trending on platforms such as TikTok, Instagram etc., with claims of healing, self love, prosperity etc. But is there any truth behind this?

Every atom that constitutes the world we live in vibrates at a certain frequency. For example, the atoms building up your wall will vibrate at a different frequency than those that make up your skin. Every element on the periodic table therefore holds a unique frequency. No crystal is the same, each vibrating on different wavelengths. In general, vibrating at a higher frequency is what leads to feelings of happiness, euphoria and confidence while operating at low frequencies would do the opposite. The idea behind crystal healing is that their vibrations would actually affect ours since our bodies would naturally try to match its frequency. Similarly, to when you are hanging out with a high energy friend and quickly end up matching them. For example, rose quartz, also widely recognized as the crystal of love. Its frequency has

been scientifically measured to hit 350hz. In comparison, the human body vibrates at around 5hz, although some indirect methods have been able to raise it to 10hz.

Regardless, there is no peer-reviewed research on the topic of crystal healing and is still considered pseudoscience. Western medicine has often dismissed it as a placebo effect, and yet, millions of people around the world rave about its benefits. Of course, there is no harm in trying. So although western medicine has pretty much called BS on crystals, alternative medicine has been honoring and practicing crystal healing for centuries. The first historical references date all the way back to the civilization of ancient Sumerians who used crystals in their magical rituals. Again in ancient Egyptian

civilizations, crystals were used as amulets: tokens for protection and health. Ancient Greeks attributed magical benefits to every different type of crystal and most of the names of these gems are attributed to the Greek language. In Asia, crystals held a novel role, especially jade: a stone known for its luck and prosperity attributes. Crystals and gemstones have even been mentioned in multiple religions. Finally, through the Middle Ages and the renaissance period, they were widely accredited for natural healing alongside plants and other natural remedies.

A psychological element must play a role in this fascination for crystals, most considerably the human fascination with magic. As mere mortals, it's in our nature to seek easy magical solutions to our problems. It may stem from childhood with sto-



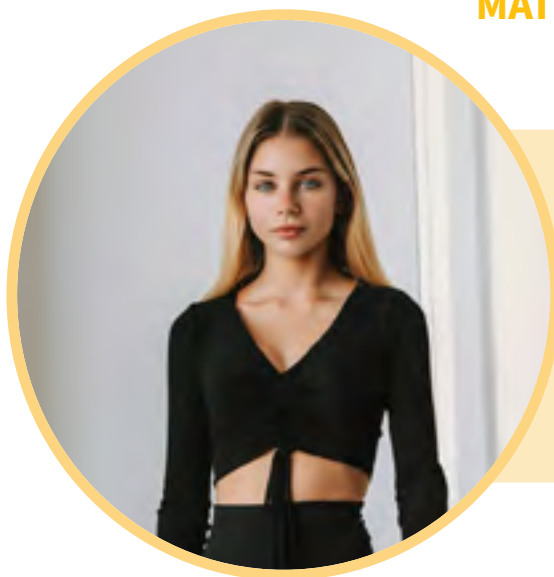
ries of magic and witches and potions, it's highly probable our inner child gets excited at the thought of pretty rocks with powers. It's a much more attractive option to heal yourself with rocks rather than put in the work in the physical world. Still, it's important to be skeptical, if crystals have been used for centuries for healing properties, there may still be something left to discover. We have only just started exploring the concept of the metaverse, a topic that a couple years ago would have been dismissed as a joke for the delusional. One thing is sure: energy is everything. Vibrations and frequencies make up every part of our world and it is slightly hard to believe that something operating at such a high frequency would not have any effect on us.

All in all, there is no solid answer to be given on crystals. On the one hand, there is no science to back this up although

there aren't a very high number of studies done on them now. Western medicine tends to efface natural remedies, not giving them the credit, they deserve. It is only recently, with the up and coming "all natural" movement that people are finally starting to actually experience the "magic" nature holds in the form of powerhouse plants, the benefits of sunlight and who knows; Maybe crystals! Although plants and mushrooms have been used in alternative medicine for years, it is only recently that studies have been conducted establishing their very real benefits. On the other hand, they carry a rich history with properties that have been sworn and accounted for by millions of people in history as well as today. There is no harm in trying, nor is there any harm in letting your dream of magic live on a little bit longer. Regardless, crystals make beautiful decorations and may carry healing properties, it's at the very least worth a try!



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



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

— Matshona Dhliwayo

INNER

NON PHARMACOLOGICAL TREATMENTS FOR TBI

(TRAUMATIC BRAIN INJURY)

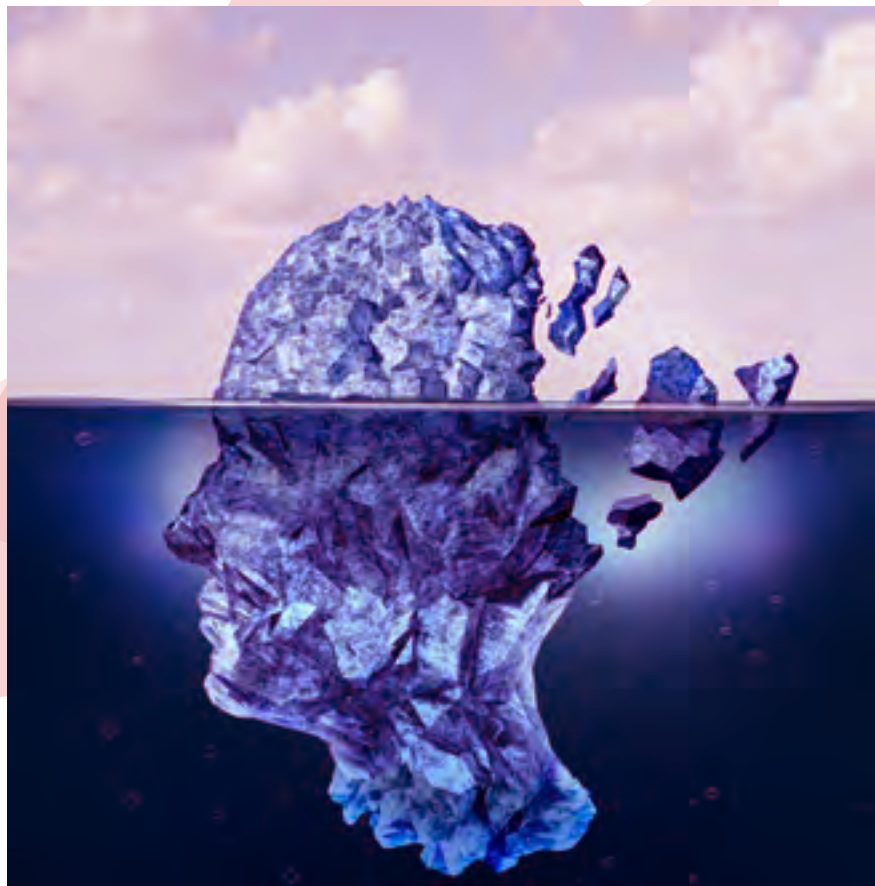


Traumatic brain injury can be a devastating neurological injury. Individuals who survive moderate to severe brain injuries are frequently left with crippling deficits that may require institutional care. These individuals may become dependent on others for their daily needs and activities after sustaining such an injury.

Mild traumatic brain injuries involve loss of consciousness of fewer than 30 minutes and represent a neuro metabolic syndrome, generally expected to resolve in the vast majority of cases. However, about 15% of individuals with mild brain injuries can continue to experience ongoing symptomatology which is sometimes difficult to identify and even more difficult to treat.

Individuals with protracted symptoms of brain injury may complain of refractory headaches, cognitive deficits, sleep problems, dizziness, visual problems, tinnitus, sensitivity to various stimuli, attention deficit, emotionality, anxiety, depression, and post-traumatic stress disorder. And despite the healthcare provider's best efforts, brain injuries can sometimes be refractory to conventional treatments.

A case that comes to mind is a military veteran who was involved in an IED explosion while on tour of duty which caused him to be knocked out for two minutes. When he regained



awareness, he was dazed, confused with ringing in the ears and difficulty focusing. He also experienced headaches and nausea. He was evaluated and told he suffered a concussion and that the symptoms should resolve. He was released back to his regular duties after 3-5 days of cognitive rest. However, from that day forward, and for years thereafter, he has been experiencing ongoing issues with headaches, cognitive impairment, balance and visual issues, sleep problems, mood problems, etc. Eventually he is discharged from military service on account of ongoing medical issues. However, even with a subsequent diagnosis of "post-concussion syndrome" and state of the art brain injury

rehab and pharmacological interventions, his symptoms are only partially and temporarily relieved.

We see cases like this on an ongoing basis. Some veterans who have been through this scenario are prescribed medications (mood stabilizers, sedatives, antidepressants, etc.) that they have difficulty tolerating resulting in non-compliance. Some try to self-medicate with pain killers, stimulants, cannabis, or alcohol. The longer the symptoms persist, the harder they are to treat, due to a mechanism called long term potentiation.

There is growing interest in non-pharmacological technologies that are showing benefit in

these cases without significant adverse effects. Due to concern for medication side effects and need for long term use of medications in these scenarios, these newer treatment modalities are gaining traction as either adjunctive treatments or alternative treatment options.

Traumatic brain injury can result in a wide spectrum of neurological, psychiatric, cognitive, and emotional consequences. The diversity of sequelae can be related to the areas of the brain that are injured, the severity of the injury and the evolution of the injury over time due to neuroinflammatory processes. Additional mechanisms thought to underlie the damage of TBI include decreased mitochondrial function, calcium, and magnesium dysregulation, excitotoxicity, disruption of neural networks, free radical-induced damage, excessive nitric oxide, ischemia, and damage to the blood-brain barrier. Together, these can contribute to a progression of the damage over time.

The nonpharmacological treatment options discussed in this article target the various dysfunctions in brain activity by improving mitochondrial function, reducing inflammation, sequestering oxygen radicals, etc. This is not an exhaustive list of modalities but an overview of some of the treatment options that are gaining more traction in this field.

HYPERBARIC OXYGEN TREATMENT has been explored as a treatment for TBI. The most

carefully performed study compared a group in a cross-over design with an interval of both null treatment and hyperbaric oxygen at 100% oxygen and 1.5 atm. The study described improvement in many of the symptoms associated with persistent TBI including headache, tinnitus, vision disturbance, memory dysfunction, and impaired cognitive function. Cognitive testing also showed improvement in attention, information processing speed, and a battery of cognitive tests.

One potential avenue of treatment for TBI is infra-red light, or **PHOTO BIOMODULATION**, which has shown promising data in a number of applications. Near-infrared (NIR) light has been investigated for its ability to modulate intracellular mechanisms related to healing. The application of NIR light by low-power laser or by light-emitting diode (LED) is also known as laser phototherapy or near-infrared photo-biomodulation. NIR irradiation can facilitate wound healing, promote muscle repair, and stimulate angiogenesis. NIR phototherapy has been studied and applied clinically in a wide array of ailments, including skin ulcers, osteoarthritis, peripheral nerve injury, low back pain, myocardial infarction, and stem cell induction.

Light in the wavelength range of 600–1,200 nm has significant photo biomodulation capability. Current data most strongly support that absorption of NIR





dant enzymes and high content of unsaturated fatty acids. Hydrogen, as a reducing gas, has the advantages of easy access, convenient administration (ingestion, inhalation or intravenous), easy diffusion, quick onset, and no obvious toxicity.

Many studies have shown that molecular hydrogen plays a neuroprotective role in TBI through a variety of mechanisms including anti-oxidation, anti-inflammation, and inhibition of apoptosis (programmed cell death).

Use of the SENSORY DEPRIVATION FLOTATION TANK or Flo-tation restricted environmental stimulation therapy (REST) has

photons by cytochrome c oxidase in the mitochondrial respiratory chain is the key initiating event in photo biomodulation. This induces an increase in cytochrome c oxidase activity which in turn increases adenosine triphosphate (ATP) production. NIR photonic energy can modulate reactive oxygen species, activate mitochondrial DNA replication, increase early-response genes, increase growth factor expression, induce cell proliferation, and alter nitric oxide levels. When examined in the specific model of neural tissue injury, NIR phototherapy can lead to demonstrable neural repair and recovery. Based on work done by the Neuro laser foundation in collaboration with Harvard Medical School, use of high-wattage lasers, resulted in marked clinical improvement in patients with

mild to moderate chronic TBI. Moreover, symptoms consistent with PTSD, anxiety, and/or depression also improved considerably or resolved in this group of patients.

Hydrogen is a colorless, tasteless, and reductive small molecular gas. The first potential clinical application of MOLECULAR HYDROGEN was demonstrated in 1975 when hydrogen was found to play a therapeutic role in mouse skin cancer model by scavenging hydroxyl radicals. And a large number of studies since then have shown that hydrogen plays a therapeutic role through the mechanism of antioxidant stress in a variety of diseases. Compared with other organs of the body, brain tissue is more vulnerable to oxidative stress because of its high oxygen consumption, low antioxi-



been studied as a stress-management tool. In a meta-analysis, that looked at 449 participants, REST showed positive effects on physiology (e.g., lower levels of cortisol, lower blood pressure), well-being, and performance. The pre-post mean effect size and the overall randomized control group effect size were relatively strong. This suggests that despite some limitations of the original studies, flotation REST can be a useful stress management tool in addition to or instead of other stress management tools. Smaller case studies in TBI revealed floatation therapy, or R.E.S.T. can improve the functional, cognitive, emotional, behavioral, and physical



quality of life for people dealing with long term TBI related issues. Evidence within this study demonstrates that floatation therapy has a direct and lasting positive effect on multiple categories of emotional, neurological psychological and physical dysfunction related to an individual with a TBI of 10 years duration.

TRANSCRANIAL MAGNETIC STIMULATION (TMS) is a noninvasive form of brain stimulation in which a changing magnetic field is used to induce an electric current at a specific area of the brain through electromagnetic induction. An electric pulse generator, or stimulator, is connected to a magnetic coil connected to the scalp. Based on a study published in the journal of neurotrauma in 2015, Fifteen eligible patients with mTBI and PCS > 3 months postinjury consented to 20 sessions of re-

petitive transcranial magnetic stimulation (rTMS) over the left dorsolateral prefrontal cortex (DLPFC) for alleviating symptoms of PCS. On average, PCS scores declined by 14.6 points ($p = 0.009$) and fMRI task-related activation peaks in the DLPFC increased after rTMS. rTMS is safe, tolerated by most patients with mTBI, and associated with both a reduction in severity of PCS and an increase in task related activations in DLPFC.

Another promising modality is **NEURO BIOFEEDBACK** in which a patient can learn to control brain activity recorded by an electroencephalogram. In Neurofeedback, the training method is based on reward learning (operant conditioning) where a real-time feedback provided to the trainee is supposed to reinforce desired brain activity or inhibit unfavorable activity patterns.



In a 2013 literature review, published in the Annals of Clinical Psychiatry, 22 primary research studies were evaluated. Remission of 59% to 37% of reported symptoms was achieved in one study, with success in a diverse set of symptom clusters, including motor, language, cognitive, conduct, substance abuse, and pain. All published data reported positive effects of neurofeedback in the improvement of both subjective reports and objective measures of neuropsychiatric symptoms of mild to moderate TBI.

VAGUS NERVE STIMULATION (VNS) is a medical treatment that involves delivering electrical impulses to the vagus nerve. This can be done via an implant-
ed vagal nerve stimulator or an

external stimulator. While this form of treatment has mainly been used for epilepsy and treatment resistant depression, this modality is also being used to treat symptoms of TBI.

In a 2015 article published in Neurocritical care, in animal models, VNS was observed to enhance motor and cognitive recovery, attenuate cerebral edema and inflammation, reduce blood brain barrier breakdown, and confer neuroprotective effects.

These are just some of the emerging non-pharmacological treatment modalities showing promise in the very complex and sometimes devastating condition of brain injury. Treatment of brain injury should involve a

multi-disciplinary approach with utilization of available technologies to get appropriate metrics on deficits in ocular, vestibular and cognitive dysfunction. A systematic strategy should then be employed to identify and catalogue the specific neurological and neuropsychiatric deficits. The treatment paradigm should include pharmacological, rehab, behavioral, neuroendocrine and lifestyle approaches. Further research is needed to definitively establish the efficacy of these and other emerging newer treatment modalities in the brain injury treatment paradigm. However, even as it stands, utilization of some of these newer approaches may provide an edge to improving the quality of life of individuals suffering with chronic symptoms of TBI.



ABOUT DR. SYED ASAD



Dr. Asad attended Medical School at the Dow University of Health Science and received Medical training and Board certification in Nuclear medicine from the Harvard medical school joint program of Nuclear medicine and the Brigham and Women's Hospital in Boston from 2000 through 2002. He also underwent Medical training and Board Certification in Neurology from Emory University Hospital in Atlanta from 2002 through 2005.

Dr. Asad is also a Veteran and served in the US Army reserves, Medical Corp from 2001. He was honorably discharged in 2008.

Dr. Asad ran a neurology practice for the last 18 years and founded the Universal neurological Care outpatient neurology clinic in 2015 with a special focus on Traumatic brain injury

He has also worked with unaffiliated third parties, including acting as independent neuro-trauma consultant to the Jacksonville Jaguars from 2011 through 2014, and also an unaffiliated neuro-trauma consultant to the NFL with sideline assessments to concussed players during NFL football games in 2013. He continues to serve as a consultant and Neurological Specialist to the Jacksonville Jaguars.

Dr. Asad is Board Certified in Traumatic brain injury by the American Board of Psychiatry and Neurology. He serves as Medical Director for the Eisenhower Center in Jacksonville since 2017.

Currently he is on the Grey team medical advisory board. The Grey team is a non-profit dedicated to providing a safe space for veterans.

Work phone: 904-404-7044

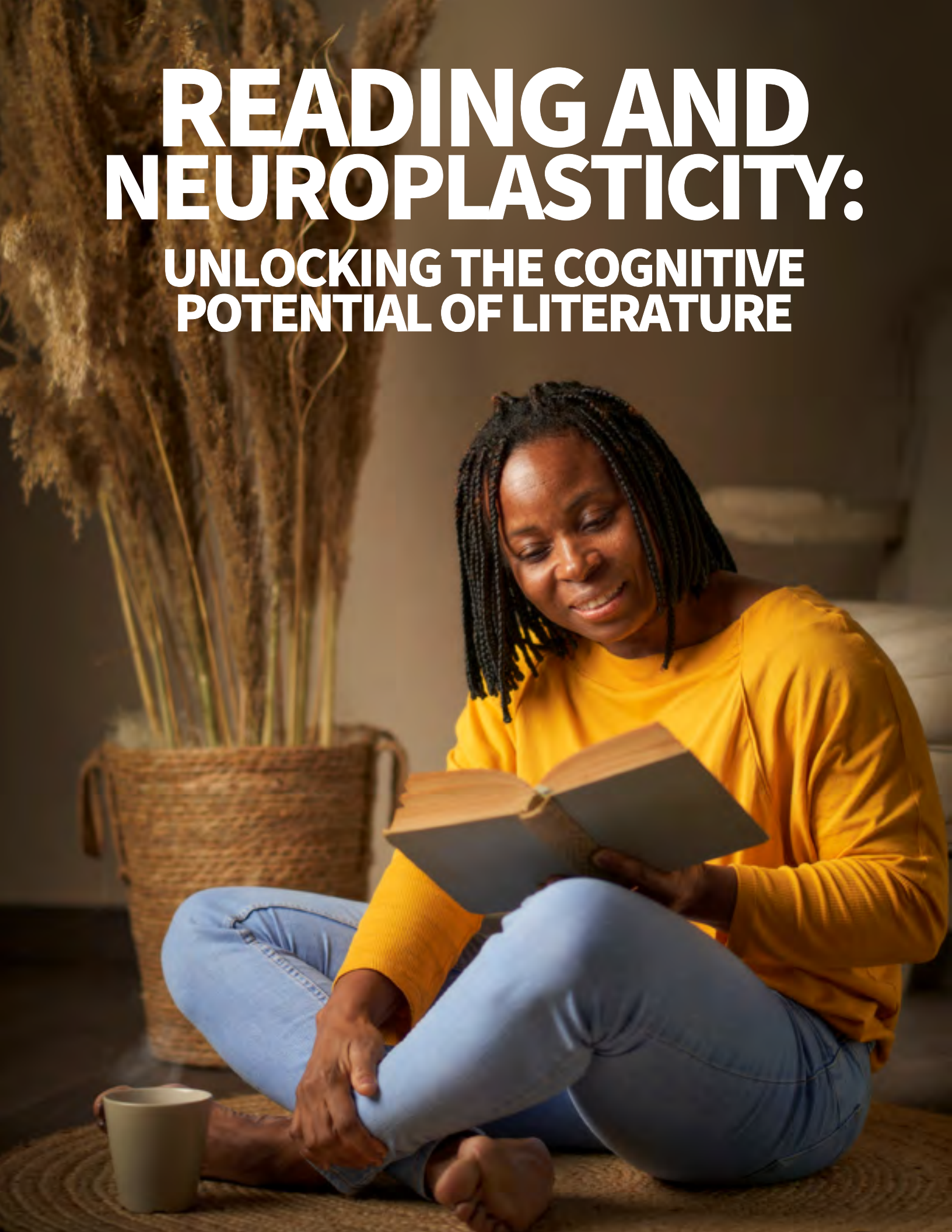
Work fax: 904-329-2303

Work email: syed.asad@universalneurocare.com

Personal email: doctor.syed.asad@gmail.com

READING AND NEUROPLASTICITY:

UNLOCKING THE COGNITIVE
POTENTIAL OF LITERATURE



In a world saturated with information and digital distractions, reading remains a steadfast anchor of intellectual exploration. Beyond the acquisition of knowledge, reading is a dynamic mental exercise that shapes the brain's architecture through a process known as neuroplasticity. This fascinating interplay between reading and neuroplasticity has profound implications for cognitive development, enhancing language skills, critical thinking, and emotional intelligence.

At the heart of the reading experience lies neuroplasticity, which underscores the brain's remarkable ability to adapt, rewire, and reorganize itself in response to experiences and stimuli. Neuroplasticity, often called brain plasticity, challenges the traditional notion that the brain's structure and functions are fixed after a certain age. Instead, research has shown that the brain remains malleable throughout life, continuously forming and pruning neural connections based on its demands.

Reading is a prime example of an experience that taps into the brain's plasticity. As individuals immerse themselves in written text, they activate neural pathways associated with language processing, comprehension, and memory. Moreover, reading involves a range of cognitive processes, such as deciphering words, understanding context, and inferring meanings, all of which contribute to the brain's plasticity. The more complex and diverse the reading experi-



ences, the greater the potential for strengthening and expanding neural networks.

The profound impact of reading on neuroplasticity becomes evident when we examine its cognitive benefits. Language development, a hallmark of early childhood, continues to flourish through reading throughout life. As readers encounter new words and phrases, neural circuits responsible for language processing are activated, expanding vocabulary and linguistic com-

prehension. This linguistic enrichment not only aids communication but also cultivates an appreciation for the nuances and subtleties of language.

Beyond language, reading is a cognitive workout that stimulates critical thinking and analytical skills. Engaging with intricate narratives or complex concepts demands mental effort and encourages readers to infer, evaluate, and synthesize information. The brain's plasticity allows it to adapt to these

challenges, forming new connections that enhance cognitive flexibility and problem-solving abilities. As readers navigate the intricate twists and turns of a mystery novel or grapple with the philosophical dilemmas of a thought-provoking essay, their cognitive abilities are nurtured and expanded.

The effects of reading on neuroplasticity are particularly intriguing in the context of aging. The brain undergoes natural changes that can affect cognitive functions with advancing years. However, regular reading has been linked to many cognitive benefits that help counteract the effects of aging. By stimulating neural connections, reading contributes to maintaining cognitive resilience and reducing the risk of cognitive decline

and neurodegenerative diseases.

Studies have shown that cognitive engagement, including activities like reading, can delay the onset of cognitive impairment and dementia. By challenging the brain and fostering synaptic plasticity, reading helps maintain memory functions, cognitive flexibility, and executive skills. This suggests that reading is a source of intellectual enjoyment and a potent tool for preserving cognitive health well into old age.

The relationship between reading and neuroplasticity extends beyond cognitive realms, impacting an individual's life's emotional and social aspects. Literary works often delve into the intricate nuances of human emotions, al-

lowing readers to explore diverse emotional landscapes. As readers connect with characters and their experiences, neural pathways related to empathy and emotional intelligence are activated. This heightened emotional awareness, cultivated through reading, can translate into more empathetic and compassionate interactions with others.

Moreover, reading is not merely a solitary pursuit but a bridge to shared experiences and communal discussions. Book clubs, literary events, and online forums allow readers to connect, exchange ideas, and engage in meaningful conversations. These interactions contribute to belonging and intellectual camaraderie, promoting social well-being and a deeper connection to the world.

To fully harness the potential of reading for neuroplasticity, embracing a diverse range of reading experiences is crucial. Literature spans various genres, styles, and themes, each offering a unique cognitive workout. Fiction exposes readers to different narrative structures, character developments, and perspectives, enhancing the brain's adaptability and analytical skills. Non-fiction stimulates critical thinking and information processing, encouraging readers to question and evaluate concepts. With its linguistic elegance and conciseness, poetry engages the brain in deciphering metaphors and symbolic language, fostering creativity and aesthetic appreciation. Cross-disciplinary reading further amplifies neuroplasticity by exposing the



brain to a rich tapestry of ideas from various domains.

In the intricate dance between reading and neuroplasticity, the dynamic nature of the brain unfolds. Reading, a cognitive endeavor that extends far beyond mere words on a page, is a catalyst for the brain's remarkable adaptability—through the engagement of neural circuits associated with language, comprehension, critical thinking, and emotions, actively reading shapes the brain's architecture, fostering intellectual growth and cognitive empowerment. As societies embrace a reading culture and individuals immerse themselves in the written word, they enrich their minds and harness the brain's potential for growth and adaptation. Literature becomes a gateway to exploration, understanding, and the perpetual expansion of the mind's horizons in this profound relationship.



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 NEURO COGNITIVE PERFORMANCE TRAINING" by DR. ROMAN VELASQUEZ



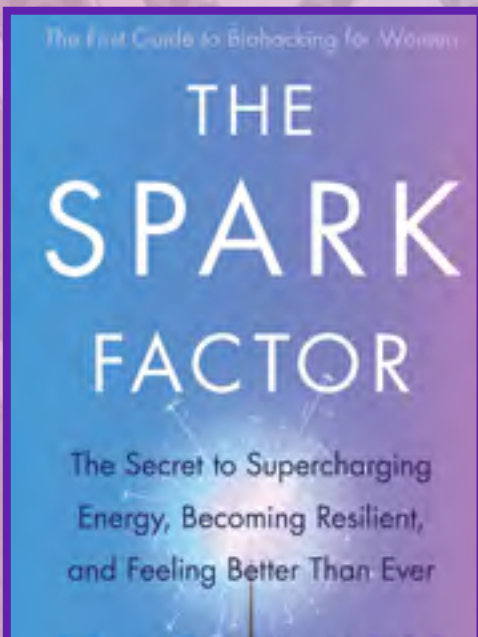
"BOUNDLESS PARENTING" by BEN GREENFIELD



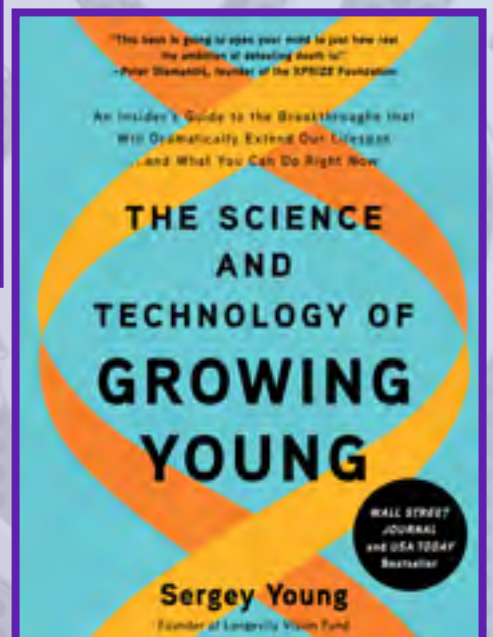
"STARING DOWN THE WOLF" by MARK DIVINE



"THE SPARK FACTOR" by DR. MOLLY MALOOF

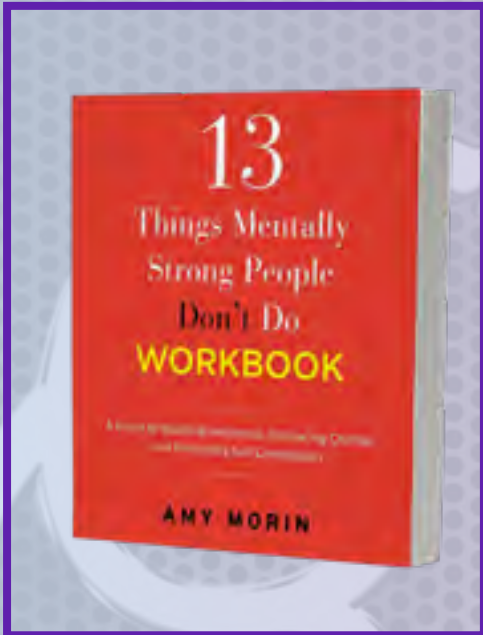


"THE SCIENCE AND TECHNOLOGY OF GROWING YOUNG" by SERGEY YOUNG



Revolutionizing Wellness: Top 10 Breakthrough Books of 2023

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



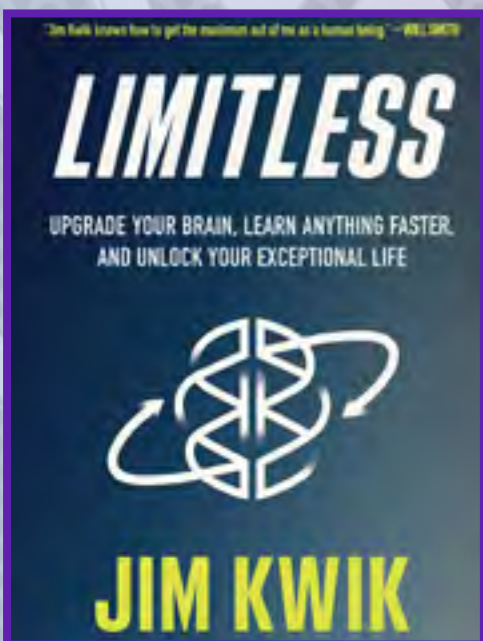
"HOW TO HELP YOUR CHILD CLEAN UP THEIR MENTAL MESS" by DR. CAROLINE LEAF



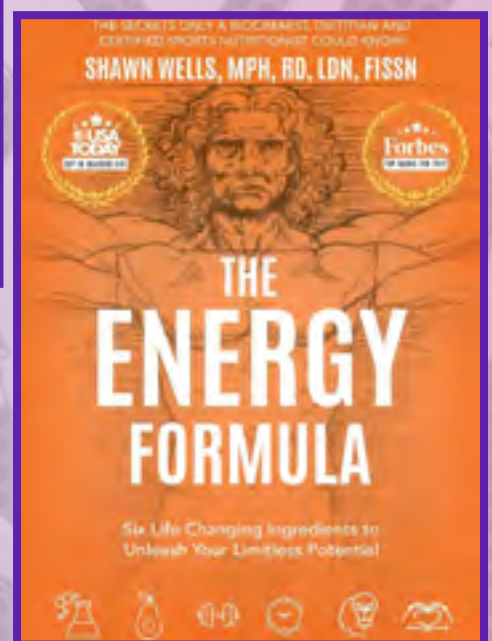
"THE CORONATION" by CHARLES EISENSTEIN



"LIMITLESS" by JIM KWIK



"THE ENERGY FORMULA" by SHAWN WELLS



RAISING YOUR VIBRATION:

.....
**ELEVATING CONSCIOUSNESS FOR
PERSONAL TRANSFORMATION**



In the intricate tapestry of human existence, "raising your vibration" has emerged as a metaphorical compass guiding individuals toward greater self-awareness, well-being, and personal transformation. Rooted in spiritual and holistic philosophies, it elevates consciousness and enhances life experiences.

At the heart of the concept lies the idea that everything in the universe, including thoughts, emotions, and physical matter, emits a distinct vibrational frequency. This paradigm asserts that higher vibrations are associated with positive emotions, harmony, and spiritual enlightenment, while lower vibrations correspond to negative emotions, dissonance, and stagnation. Raising your vibration, therefore, entails aligning yourself with your desires.

The practice often finds its roots in spiritual practices and philosophies. Many spiritual traditions emphasize the interconnectedness of all life forms and the universe, encouraging individuals to cultivate love, compassion, and mindfulness. Meditation, prayer, and energy healing elevate consciousness by creating a harmonious resonance with higher vibrations. These practices allow individuals to tap into their inner essence, transcend ego-driven impulses, and foster a sense of unity with the cosmos.

Emotions play a pivotal role in the vibrational journey. Positive emotions like love, gratitude, and joy are associated with higher frequencies, fostering a sense



of expansiveness and connectedness. Conversely, negative emotions such as fear, anger, and resentment align with lower frequencies, creating feelings of contraction and separation. By consciously cultivating positive emotions, individuals can elevate their vibrational state and influence the quality of their interactions, relationships, and overall life experiences.

The mind-body connection is a pivotal gateway to raising your frequency. Thoughts and beliefs, acting as potent energy sources, significantly impact vibrational frequencies. Adopting positive beliefs and practicing mindful thinking contribute to a higher vibrational resonance. Techniques such as affirmations and

cognitive reframing empower individuals to shift their mindset, replacing self-limiting beliefs with empowering narratives that uplift their vibrational state.

It transcends the metaphysical realm, extending to practical lifestyle choices that influence overall well-being. Nutrition, exercise, and environmental surroundings all contribute to vibrational frequencies. A balanced, whole-food diet enhances physical vitality and mental clarity, promoting a harmonious vibration. Regular physical activity benefits the body and releases endorphins, aligning with higher frequencies. Creating a serene and clutter-free living space fosters a sense of calm and resonates with positive energy.

The quality of relationships is intertwined with vibrational resonance. Surrounding oneself with individuals who radiate positivity, support, and authenticity contributes to a higher vibrational state. Meaningful connections nourish the soul and elevate consciousness. Moreover, giving and receiving love, kindness, and compassion fosters a sense of interconnectedness, creating ripples of higher frequencies within the web of human interactions.

The journey is intrinsically linked to the expansion of consciousness. As individuals raise their vibrational frequencies, they become more attuned to their inner wisdom, intuition, and higher states of awareness. This expansion opens doors to new perspectives, insights, and creative potential. The heightened consciousness allows individuals to transcend limitations and break free from conditions.

Although this journey offers transformative rewards, it is challenging. Old habits, thought patterns, and emotional wounds may hinder progress. Facing these challenges becomes an integral part of the journey, as they provide opportunities for growth and self-discovery. Confronting and healing unresolved issues facilitates the release of lower vibrations, paving the way for greater alignment.

In the intricate dance of life, raising one's vibration emerges as a transformative endeavor that transcends the boundaries of the physical world. Guided by energy, consciousness, and interconnectedness principles, individuals embark on self-discovery, personal growth, and spiritual evolution. Pursuing higher vibrational states through spiritual practices, emotional intelligence, mindful living, or positive relationships opens the gateway to elevated con-

sciousness and harmonious existence. By aligning with the frequencies of love, positivity, and expanded awareness, individuals not only elevate their own lives but contribute to the collective vibration of the world, fostering a ripple effect of transformation and profound positive change.



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



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



CARY REICHBACH

**GREY TEAM
FOUNDER AND
US ARMY
VETERAN**

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

Cary Reichbach is a visionary leader and creative and passionate about working with veterans. He's results-oriented, has 25 years of progressive experience in problem-solving, and has a proven track record of leadership. Cary has worked in almost every field, including security, entertainment, finance, health and wellness, anti-aging, and biohacking. And as one of the founders of Grey Team, he is a US Army veteran who's been through decades of self-funded

research into PTSD reduction. Cary determined that isolation and the loss of purpose were the two of the most significant triggers for the now epidemic of veterans suicides. He founded the Grey Team nonprofit to address this and help soldiers transition into a civilian lifestyle after serving our country.

Cary, let's start with a little bit of your mission and how you decided to come to this decision that a foundation was needed to help bridge the gap between health and preventative medicine and the treatment of our veterans.

Well, it's a great question. We all know, especially coming out of the Covid era, how much power the pharmaceutical drug industry has and how they have a pretty good stranglehold on governmental policies. And that's no dif-



ferent in the veteran community. Regarding treatment, the Veterans Administration, or the VA as it's known, is a vast organization. Like any enormous government bureaucracy, they have the best intentions but are forced to concede to the big Pharma lobbyists. So quite often, a portion of the VA budget is solely spent on pharmaceutical drugs. Unfortunately, our returning service members typically end up having their symptoms masked by being given a slew of medications that do not address the root cause of their discomfort. Whether that's post-traumatic stress, traumatic brain injury, or physical, emotional, or mental pain, they are getting antipsychotics, antidepressants, anti-anxiety pills, sleeping pills, etc.

Watching many young service members and older adult veterans take their own lives after surviving multiple combat missions was puzzling; how is this possible that we've got it so wrong? So I began researching and speaking to my friends who had suicidal ideation, trying to discover their actual problems. Their concerns were very similar to mine about transitioning from a military lifestyle, from being a warrior to being a civilian, and bringing all that baggage with you. And it was fascinating. We do an outstanding job of taking high school kids out of their environment and turning them into warriors in a process we call boot camp or basic training. It takes anywhere from 16 to 24 weeks to transform a high schooler into a trained kill-

er. I'm not here to debate whether or not that's necessary. I believe it is. We enjoy many freedoms in this country, and there are always people who want to take what we have. So we need soldiers and warfighters around us to keep this country safe.

My issue is that when our warfighter's minds and bodies can no longer handle the stress of military life because it is a 24-hour occupation and there are troops stationed all over the planet, it's a massive load on our central nervous systems, on our minds, and on our bodies. So when we're deemed no longer capable of carrying that load, there is no reverse process to turn a warrior back into a civilian. You will never be the same again. That's the problem that begins to erode at

these brave people who raised their hand to defend the United States and are now facing a slew of health issues they don't even know how to deal with.

Yeah. They put their life on the line, and now it's almost costing them their quality of life, the post-traumatic stress, and everything that comes with serving.

Absolutely. In the biohacking community, we know how vital meditation, relaxation, and getting a good seven or eight hours of sleep are for any human being. Military members are typically taught the unimportance of sleep. We're often given drugs to keep us awake to complete dangerous night missions. But as we learn in Biohacking, humans usually follow circadian sleep

rhythms, and the 24-hour military duty cycle, directly interferes with that. So when we'd usually get naturally restorative sleep, we do just the opposite and operate in a high-stress environment. Unfortunately, that doesn't allow us to heal our brains and can begin a process of cognitive decline. Upon returning from these deployments, our sleep cycles are sometimes messed up for weeks, months, or even years. And our ability to decelerate our fight-or-flight central nervous system is inoperable. There had to be a way to reverse that. And that's one of the things that Grey Team started biohacking to figure out; what are the most effective tools to decelerate a human being coming back from those elevated cortisol and stress levels?





Right. Yeah, that's a good approach. I want to ask about the process and strategy that 'Grey Team' uses. When someone walks in your door, or you're introduced to someone coming back from a combat mission or military life, how do you assess that individual, and what tools do you use to determine a treatment plan to help them get back to their normal way of living?

As we all know, there is no one-size-fits-all fix for anything. It just doesn't work that way. At Grey Team, we have a customized approach for everyone, including a full assessment. We start with an extensive interview process to determine their habits, whether they sleep and, if so, how long, how often they drink alcohol, any substance abuse problems, food insecurity, stable home and transportation, etc. We utilize an in-house EEG system called WAVi Med to set a baseline and diagnose brain issues. WAVi

uses artificial intelligence so we can determine the extent of inflammation or damage caused by traumatic brain injury and post-traumatic stress. After an EEG, we will do an EKG and use the BrainTap HRV system to figure out where their delta, beta, and gamma waves are, as that gives us an idea of their current stress levels. Then we will do a 3D body scan to determine their

ratio of lean muscle mass to body fat and analyze their posture. The scan allows us to see if they need one-on-one personal training to help them gain muscle and drop body fat, which will optimize their hormones and elevate serotonin levels. Next, a neurocognitive test battery will set a baseline for cognitive function and also determine if there is a need for hyperbaric oxygen therapy.

Grey Team's CEO, David Kirkland, conducted an EEG test on a US Army Soldier during their military wellness and readiness training using the WAVi EEG Scanner.

Analyzing the previous bio-markers we have acquired gives us a pretty accurate wellness picture, and for those who qualify, we begin putting a customized program together. The list of individualized therapies is pretty endless and includes amazing biohacking science like Purewave Technologies. We constantly utilize their VEMI and PEMI beds.

Grey Team is also a big fan of





the tools biohackers have come up with are just incredible for use on the military.

Insert sauna picture)

That's phenomenal. Talking a little bit about the people that come into the facility, when you're going through this assessment with them, we've often heard before with biohacking that you have to get them to a sense of controlling their health first, gaining control of their health. Then you can kind of increase the tools as they go along. When someone's coming into you guys, and they've never seen this technology before, they've never really had this attention and this approach before, how do you work with them on their mental state of getting them to kind of believe in something that they're just kind of unknown to or unsure of?

the infrared sauna from Sunlighten. It allows our service members to sweat out the accumulation of toxins that many of our Global War on Terror service members are returning with what is referred to now as 'burn pit syndrome.' That's basically our generation's 'Agent Orange'. When the Vietnam War occurred, many of our service members came back with poisoning from the defoliant sprayed over the

entire country, right over our soldiers' heads. And many of them developed tumors. Cancers, and other neurological conditions, which we're still treating today at 'Grey Team.' And we've had tremendous luck fixing things these guys have been living with for 48 years. We're able to, within 90 days, eradicate that, get them out of their wheelchairs, out of their walkers, and have them running or at least walking fast. So,

That's another excellent question. So patients are referred mainly by the VA through unofficial channels, or it's word of mouth, and in the latter case, typically it's another veteran who told them, 'Hey, you gotta go to Grey Team because you're really in a bad place.' Veterans are fascinating people. They've gone through some of the worst experiences a human will ever experience, so they no longer fear the unknown. And because they've carried this pain with them, whether physical, emotional, or mental, they will do anything to get rid of it. Typically, they're blown away by these technologies; they can't wait to try them. So we've never had to convince anyone of anything as they're





pretty fearless. Most will ask if they can do it immediately.

I have to ask, why is exercise given such a high priority at Grey Team?

In the military, we are told when to get out of bed, eat, exercise, etc. And when that authority vanishes, and service members are suddenly thrust into the civilian world, this is a whole new experience for them. So they tend to be like most modern, first-world-country people, lay on the couch, binge-watch Netflix, and have food delivered 24 hours a day. They put on large amounts of fat within six or eight months of leaving the military. So, as we all know, adipose tissue is going to raise their estrogen levels, it's going to

lower their testosterone, they're going to get more lethargic, they're going to get depressed, and all that can lead to suicidal ideation. So that's something we have to take care of right away. We get them exercising, not just any exercise, but strength training hardcore, and they take to it again like ducks to water.

That's really cool. Cary, let's talk about the people coming to you and just looking for someone to listen to them, someone who has been through their experiences, and the importance of establishing a community. What type of events or things does 'Grey Team' host that gets veterans and people that have had similar experiences together so that they don't feel alone in this recovery process?

Community is one of the most underrated therapies that we utilize. We try to get them out for any service-oriented or recreational events, like working with Habitat for Humanity, the United Way, and local/state governments. We will build or repair homes for veterans, and if anybody is moving or needs a project done, we all work together as a team. And then there are always Veterans Day and St. Patrick's Day parades. We get a crew of 60- 80 veterans, and they're very proud to walk side by side. You have to understand when a veteran is part of the United States military, it's like being part of the world's biggest boys/girls club. People talk about the local gangs in their city, but they're nothing compared to the Army,



Marines, Air Force, Navy, Coast Guard, and Space Force, having your back at all times. And while all the branches tease each other, if you mess with one you get hit with the other five. So when you're part of that, you're part of the most significant thing in the world, the most dangerous club. And there's a sense of satisfaction of safety, security, belonging, and purpose. Unfortunately, you give all that up when you leave. When your mind and body can no longer handle those stresses, you give that up, and for a while, you feel like you're just a dingy drifting at sea. You don't have any of that purpose or passion, and you can't speak to a typical civilian about any of these feelings because they don't understand what you've gone through and can't comprehend the significance of why you're feeling like that.

And it manifests itself tremendously with our younger guys attempting to go to college. They want to take advantage of their GI bill and begin taking courses. But they're sitting next to another student who didn't go the military route and can't relate to them. In some cases, just three or four weeks ago, that service member held their best friend in their arms and watched them bleed out on a battlefield, and now they're enrolled in school and talking to a kid whose most significant challenge was that all of his friends have the iPhone 13 and he only has the 12. So building back the military community is critical. We have a Korean War veteran who's 94, and we have kids that are 22, and the

minute they meet, they instantly connect because they have similar experiences. The age doesn't matter; the branch doesn't matter; the race doesn't matter; nothing matters other than they both wore a uniform to protect the United States of America. And that sense of belonging is so strong that it overrides age, race, religion, sex, or upbringing.

Most definitely. And when we're talking about community, we're not only talking about the physical community but their community with the spiritual side too. They recognize the importance of connecting with that one true piece. That's always a good approach as well. Cary, I wanted to ask when we're talking about all these people who have come to you. I think I read that you've seen over 700 that have all been okay and have not committed suicide; praise God; what stories stand out from these experiences where people just made miraculous recoveries?

We have a Vietnam veteran who calls himself the poster child for Agent Orange poisoning. He came down with all kinds of neuropathies from his exposure, he lost the hearing in one ear, his peripheral vision, his balance, and eventually, got diagnosed with Parkinson's disease. When he came in, he was in a wheelchair; he could stand up but was really weak and almost capable of walking, but not really. He couldn't go upstairs or anything like that, but he was highly positive and believed in the miracles Grey Team was capable of.

In less than 90 days, he could run three and a half miles independently. No cane, no walker, no nothing. There's a video on YouTube or our Facebook page of him. He's going to be one of our great success stories. The guy is nothing but smiles now. He's not in any pain. He's in a better place, and we must remind ourselves that this guy had been living with this constant deterioration since returning from Vietnam. According to Fred, "doctors inside and outside the VA couldn't do anything, but the Grey Team's biohacking technologies, coupled with essential fitness and nutrition, have worked wonders." It's a fantastic story. We have more

videos on him because many older veterans and civilians in poor health seem to relate.

Of course, yeah. I have to see that video. I'm sure it's very empowering and inspiring. How are you guys seeing the traction build in the healthcare, biohacking, and preventative-medicine industries regarding how you're affecting the veterans? And how is that fueling your growth?

So that's a great question. We began going down this path with a lot less tools initially. Personally, I suffered with traumatic brain injury(ies) and post-traumatic stress, and I went through hyperbaric oxy-

gen several years ago. At the time, that was considered very, very progressive. Since then, I've learned that much more can be done. I met a fantastic physician, Dr. Mark Gordon, who is typically a speaker at integrative medicine events and an expert in nutraceuticals to reduce brain inflammation. And just as an example, we're now using his nutraceuticals at Grey Team before hyperbaric oxygen to drop the inflammation before putting a service member into a chamber for treatment. Because once we quell the inflammation, the hyperbaric oxygen sticks, and they don't start to lose cognitive abilities again if the inflammation returns.





So, we keep adding to the program. As people see what we are doing, they have suggestions it's now become a movement. There's a movement in the civilian world of people who want integrative medicine rather than the traditional Western medicine of taking a pill and fixing everything. You're overweight, take a pill, you know, you have diabetes, take a pill, and there's no preventative care. Typically if your blood sugar level is one point below diabetic, nobody talks to you about maybe changing your diet or exercise; they just go, 'Well, if it gets much worse, we're gonna have to put you on insulin.' So, I think that everyone is moving towards more preventative care. I think the biohacking community is leading the charge of bringing out healthy foods, of bringing out healthy supplements, and innovative ways to mitigate the

damage that our modern lifestyle is creating, from all the garbage blue light from our screen usage, the RF radiation that we're picking up from our 5G phones and all the pesticides and glyphosates in our food.

This switch is slowly taking place; instead of being reactive, we're being proactive. And I see that all across America now. There are a lot of doctors, traditional MDs, who are switching their practices over from being reactive to proactive. Let's keep you healthy, not just live long enough on pills to keep buying them. If you want to run around with your grandchildren or great-grandchildren, that's possible now, but you need to do something about it today while you're in your thirties or forties if you still want to be that mobile by the time you're 80 or 90.

Wise words. And I think everyone wants that for sure. You just have to channel that intention in the healthiest of ways and think in the long term. Cary, let's talk a little bit about the future and some exciting projects that 'Grey Team' is working on that the biohacking audience would be thrilled to know about.





Well, we're working with several supplement companies to develop specific things for veterans that will help them lower some of their stress levels. We're working with BrainTap's Dr. Patrick Porter, who has created a fantastic device for reinforcing habits, and he's making a program specifically for the military, which will be written in 'vet speak'; not that we don't speak English, but we do have an F-bomb thrown in now and then, and we relate to that type of language. We have all of our own acronyms. We have our own culture. And so he's creating programs specifically for military veterans, which I think is fantastic because the BrainTap is a tremendous device. It's very effective.

Oxy Health has contacted us and wants to provide Grey Team with our own hyperbaric oxygen chamber so we won't have to send people out of our facility. CryoBuilt has expressed the desire to donate and install one of its incredible cryotherapy chambers. So, there's a lot of great stuff on the way, and it will only get bigger and bigger. The VA is beginning to notice that what Grey Team does actually works and can save lives. There's no greater compliment than having these government bureaucrats, who are just trying to keep their budget intact and not upset anyone, when they're looking and saying, 'Wow, this works, and it's a lot cheaper.' You know, if someone is experiencing abdominal pain because they have

too many toxins from burn pits, instead of giving them pain pills, what if we pick up one of these newfangled infrared saunas and actually get them detoxified? The VA community is beginning to notice, and I can't tell you how rewarding and fulfilling it is that what we are doing will change policy at some point.

That would be amazing. I can see it in the foreseeable future at the rate you're going now. It gives people a lot of hope, and I'm sure that everyone listening and reading this article respects and salutes you for your work. So, we appreciate people like you doing this, fully complementary just to help those who give so much to our country. That means a lot.



I appreciate you saying that. And that sentiment is being shared often. There are a lot of people who used to take all of the safety and security that this country provides for granted. I think, if there is a bright side to the Russian-Ukrainian conflict, it's that we saw people that were very similar to us begin getting attacked within their cities, many civilian losses, and non-military people having to step up and fight for their safety and for that of their family. When you see that on the news, you suddenly appreciate that we don't have to do that in this country, we have a strong military, and while it's not perfect and never will be, it's still the best in the world.

I love that. I love that phrase. Nothing will ever be perfect, but we can always try to get it as close to perfect as we can for sure. Well, Cary, I've had an absolute pleasure talking with you today, and I've learned a great deal. I'm sure we'll be working with Grey Team a lot in the future, as our values align very much so. Can you tell everyone how they can learn more about your work, get involved, or where they should go?



Absolutely. So we're very transparent because we are a 501(C) 3 nonprofit, so everything we do is available to be seen by the public at any time. We constantly have tours through our unique, one-of-a-kind facility. If you are in the South Florida area, you are welcome to stop by. For those that want to look online, they can go to www.greyteam.org.

All the links to the incredible technologies that we are utilizing and the activities that we are undertaking can be found on our newest website and accreditation certification platform called Grey Team Nexus. You can access it at nexus.greyteam.org, and we are excited to announce that it will be officially launched in September 2023.

We're on social media; you can find us on Facebook, Instagram, LinkedIn, Twitter, and YouTube. So, if you search for any of those for 'Grey Team', you'll find everything we're doing and more. We'd love to hear from you. And please, if somebody has a suggestion or wants to get more involved, they can write to us at info@greyteam.org, and we will respond ASAP.



Perfect. Thank you for sharing that. Cary, again, thank you so much for what you do and all your time here today. And I'm sure the biohacking community appreciates you greatly.

Thank you. We at Grey Team are genuinely grateful for the biohacking community. The ongoing support enables us to expand our capabilities continuously, saving lives and keeping our nation strong.



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

JOIN US @ THE BIOHACKER
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OUR CEO, JEAN
FALLACARA
WILL BE
SPEAKING!



OPERATION BIOHACKER:

*REVITALIZING MILITARY
AND VETERAN HEALTH*





Biohacking from a military physician

While health and medicine have long focused on simply responding to disease, biohacking is an exciting new frontier enabling medical professionals and individuals to regain and optimize humans' long-term health and well-being.

Biohacking, which includes using science and advanced technologies to expand our healthspan (and perhaps, lifespan), has undoubtedly become an integral part of my life as a military physician, 3-war Veteran, and health and wellness entrepreneur.

As a military physician for over 25 years, I have strived to continuously learn and apply our ever-expanding understanding of human biology and physiology and how we can use a wide array of tools to target, optimize, and improve these processes to improve our overall health and performance. Critical tools include diet, exercise, medication, supplementation, wearable devices, and many others.



As a soldier who has lived in austere environments like Iraq, Afghanistan, and East Africa, biohacking is about enhancing readiness, performance, and resilience. More to the point, biohacking is not just about surviving during war in 130-degree heat or sub-zero temperatures but about learning how to thrive physically and mentally in those environments. This requires preparation, physical and mental training, and augmentation with technologies like survival gear and enhanced nutrition options.

As a Veteran, biohacking addresses the health and wellness challenges faced during military service. For instance, after spending a lot of time flying in high G force aircraft like the F/A-18, I developed cervical degenerative changes, aka neck arthritis. One of my favorite pastimes is mountain biking, and thus, I am finding ways to rehab my neck condition and decrease pain while striving to improve my mountain biking

abilities. Many Veterans' sequelae of military service and war include conditions like traumatic brain injury and PTSD. In addition to the care available at the VA, organizations like the Grey Team have successfully used various biohacking techniques to improve the mental health of our Veteran population.

Biohacking for Military Veterans

Biohacking can be particularly relevant and beneficial for Veterans due to our unique challenges and experiences in garrison and while deployed.

Physical and Mental Rehabilitation: Many Veterans experienced physical injuries and mental health challenges during their military service. Biohacking can provide innovative approaches to rehabilitation, pain management, and mental health support. For example, focusing on optimizing nutrition, physical therapy, and mental health may help aid in their recovery process.



Stress Management and Resilience: Military service can expose individuals to high levels of stress and trauma. Biohacking methods such as meditation, mindfulness, breathing exercises, neurofeedback, and other modalities offered by the Grey Team can help veterans manage stress, improve emotional resilience, and enhance mental clarity.

Performance Optimization: Many veterans chose to continue their post-military careers in physically demanding and high-stress roles. Biohacking can offer strategies to optimize their physical performance, cognitive function, and overall well-being, helping veterans adapt to new challenges and excel in their post-military careers.

Sleep Improvement: Sleep disturbances are common among Veterans, often stemming from irregular schedules during deployment, injuries resulting in TBI, or mental health issues like PTSD. Biohacking techniques, such as sleep tracking devices, personalized sleep hygiene prac-

tices, and relaxation techniques, can aid veterans in achieving better sleep quality.

Cognitive Enhancement: Military service can require intense mental demands, and some Veterans may seek ways to enhance their cognitive abilities after leaving the military. Biohacking approaches might involve nootropic supplements, essential fatty acids, brain-training exercises, and cognitive behavioral strategies to optimize mental clarity and focus.

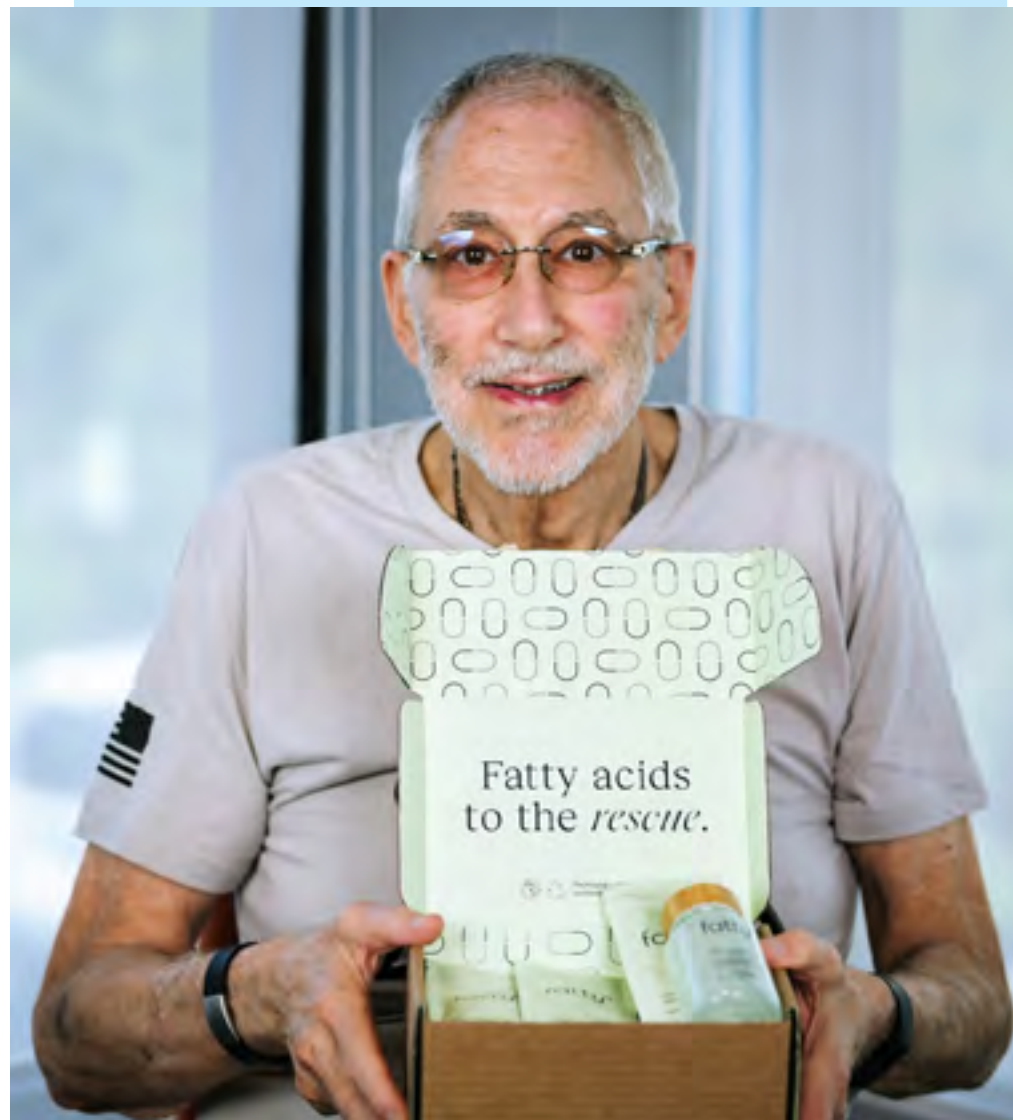
Transition to Civilian Life: Transitioning from military to civilian life is challenging, even with the military's more recent focus on transition planning. Biohacking can provide tools to help with the adjustment, supporting emotional well-being, physical

health, and the development of new routines and habits, making transitioning easier and more successful.

Community and Empowerment: Biohacking techniques and their advantages are becoming more integrated into military and veteran communities. Engaging in biohacking communities and practices can give veterans a sense of empowerment and control over their own health and well-being, which can be particularly valuable in the transition to civilian life.

Biohacking in action: Grey Team Veterans program

Mental health is a primary focus for the military and for veterans. Organizations like Grey Team and their "Operation Phoenix" pro-





gram have been very successful in leveraging biohacking tools to address mental health issues like traumatic brain injury and PTSD.

Some of the tools Grey Team uses to optimize mental well-being and cognitive performance include:

One-On-One Personal Training. Grey Team's fitness program caters to service members who want more independence, functional mobility, greater health, and energy for daily living. This specialized form of personal training addresses many physical disorders that occur during military service, such as loss of balance, coordination, strength, and endurance, leading to a lower quality of life and less overall independence.

Individualized Nutritional Counseling. A service provided to all program participants to assist them in learning how to elevate their physical and mental health with proper food selection, preparation, and meal timing for a sustainable lifestyle upgrade. The team incorporates supplementation with essential micro-nutrients, such as C15:0, a newly discovered essential fatty acid, into the program to further optimize diets.

Mindfulness Therapies. One of the primary goals of "Operation Phoenix" is to elevate the mind and body equally. When a service members' mind is filled with negative, stressful thoughts that force them to constantly brood over past decisions, the chances of them benefitting from any physical exercise is very poor. Mindfulness exercises help clear the negativity from their brains

and provide continuous motivation to keep the body progressing toward optimum health. Grey Team uses meditation and mindfulness to reduce stress, improve focus, and enhance emotional well-being.

Photobiomodulation Therapy (low-level laser). An innovative, non-addictive treatment that uses carefully calibrated light waves to stimulate cell regeneration, lower tissue inflammation, reduce and/or eliminate chronic pain, and enhance tissue repair.

Electromagnetic Mood Therapy. Utilizing ultra-low radiofrequency energy technology, Grey Team can emulate specific magnetic fields to produce desired feelings in the brain (i.e., Happy, Alert, Focus, Relax, Calm, Sleepy, etc.). This is incredibly beneficial to service members and veterans who typically rely on pharmaceutical drug interactions to alter mood, often with undesirable side effects.

Hyperbaric Oxygen Therapy. For those who have been diagnosed with a TBI, non-invasive medical treatment where a patient is immersed in a 100% oxygen environment while they are in a pressurized oxygen chamber. The pressure also allows oxygen to aid bone and tissue regeneration, increases white blood cell formation, and promotes the creation of peripheral and capillary vessels.

Infrared Detoxification Sauna. Infrared detoxification allows light waves to penetrate the skin more deeply than a typical sauna's heat waves and, consequently, remove more toxins. This is particularly useful to service

members as they were/are constantly exposed to lead and other heavy metals, which accumulate in the body and brain, wreaking havoc with overall health.

Light and Cold Therapy. Exposure to natural or artificial light can help regulate circadian rhythms, improve mood, and treat mental health conditions such as seasonal affective disorder. Cold therapy (cryotherapy) can improve mood and increase resilience to stress.

Dolphins: The Original Biohackers & Fatty15: The Ultimate Biohack

An example of biohacking that hits close to home is our finding

of C15:0 (pentadecanoic acid) as the first essential fatty acid to be discovered since omega-3, which was over 90 years ago. For decades, the US Navy has been caring for a dolphin population. Because they take such great care of this dolphin population, they now live 50% longer than those in the wild, which has provided an opportunity to understand dolphin health in much more detail than ever before. Through this deeper understanding of dolphin physiology, paired with advanced technologies such as multi-omics, we were able to discover small molecules that could be

used to improve both dolphin health and human health. This biohacking approach, including years of rigorous research, resulted in our launch of fatty15 as the first and only nutritional supplement containing pure and science-backed C15:0, helping people replenish their critical C15:0 levels and protect both body and mind health, especially as we age. Fatty15 is now being donated to the Grey Team and their veterans as part of "Operation Phoenix", with the goal of improving the health and well-being of our military and Veteran populations.

ABOUT ERIC VENN-WATSON CDR, MC, USN(FS/FMF)



Eric is a physician, U.S. Navy veteran, and Co-founder and COO of Seraphina Therapeutics. Eric served over 25 years as a Navy and Marine Corps physician, working with the special forces community to improve their health and fitness. Seraphina Therapeutics is a health and wellness company dedicated to advancing global health through the discovery of essential fatty acids and micronutrient therapeutics.



***THE BREATH SOURCE
APP + THE RISE OF
BREATHWORK IN
BIOHACKING...***



Hi! My name is William Travis Steffens, my life journey is a story of my life's mission to heal the very core of human existence and unite us all again through our birthright of wholeness. I was born on a large cattle ranch in a tiny Colorado town and homeschooled until 8th grade so I could work the ranch. My connection with the breath and the Beauty of life began early. But it was at the time of my interaction with the homeless that my commitment to Conscious Capitalism would come to define my ultimate calling and I was empowered to lead the charge to the creation of The Breath Source app.

At the age of 18, I built my first company. As I navigated life's twists and turns, I embarked on a 17-year adventure filled with real estate investing, insane personal challenges, and an unrelenting passion for making a real difference in the world, to which I still hold strong today.

However, it was through my decision to work in, and impact, the roughest areas of the country that I truly shaped the vision. My team and I were not just renovating apartment buildings; we were committed to transforming the lives of people in these areas. Our desire to inspire and demonstrate the ways of Conscious Capitalism led me to focus on purchasing and renovating large slum-lord apartment projects in the roughest neighborhoods in the country. This is where we discovered a profound connection to forgotten shad-

ows of society, those who had been swept under the rug long ago, yet ready for a growth in Consciousness.

The mission took a vital turn when we decided to begin hiring the homeless to work for our in-house construction company to renovate these large projects. We provided not just employment but housing, training, tools, and, most importantly, healing modalities to reintegrate these individuals back to health and back into society. Many of the modalities were born from the years of study I did through the incredible Mastery of Dr. Joe Dispenza and Dr. Bruce Lipton. Their teachings of biology and the quantum realm gave me the tools I needed to help these individuals step back into their wholeness. We created a proprietary system for them to heal from the cellular level out.

Among these healing modalities, breathwork emerged as a transformative force with these individuals. I was on the road 300 days a year, as I flew to projects in 9 states across the country, workers anticipated the breathwork classes when they saw me arrive on the property. With rooms filled with 30-50 people, I was blessed to teach them the power hidden within their own being, the power to heal through breath. I showed them how to "rebuild and heal on their own supply."

This powerful experience led to a demand for instant access to breathwork by our home-



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less workforce, inspiring me to take the next step for my former homeless employees. This is when Vision for The Breath Source was born; a pioneering health and wellness app designed to hold all the breathwork instructors and videos my crew could ever need. But it was more than that – it was a mission to bring breathwork and conscious-capitalism to the world!

Three years later, The Breath Source launched as the World's first Breathwork Marketplace app. With 56 of the world's leading Breath Masters + world class instructors, and our 20,000 new members in the app. Our Unified Vision is poised to lead the world back to Health through Co-creation + Conscious Capitalism, transforming health and wellness through the unity of breathwork.

Hosting hundreds of exclusive video content for users, it's an invitation to explore, benefit from, and be part of a thriving community committed to a new way of healing and living.

Now on to what Breath Work is and the ancient knowledge of its origins.....

The Ancient Roots: Pranayama and the Art of Breathing

Pranayama, derived from Sanskrit, is composed of two words: "Prana," meaning life force, and "Ayama," meaning extension or expansion. (The Expansion of Life Force Energy). This ancient practice, deeply embedded in yogic traditions, is more than mere breath control; it's a spiri-

tual and physiological discipline aimed at enhancing the vital energy within.

Five key Pranayama techniques, still practiced today, exemplify this tradition:

1. Anulom Vilom: A calming practice, alternately breathing through each nostril to harmonize both hemispheres of the brain.

2. Bhastrika: Known as the "Bel-lows Breath," this invigorating technique stokes inner fire and cleanses the system.

3. Kapalbhati: Often called the "Skull Shining Breath," it's employed to purify the mind and body.

4. Ujjayi: Also known as the "Victorious Breath," it's characterized by an ocean-like sound, promoting focus and relaxation.

5. Sheetal: This "Cooling Breath" technique provides a refreshing sensation, calming anger and reducing stress.

Visionary Yogis, like Yogananda,

who brought these practices to the West, were true pioneers, igniting a global awareness of breath's vital role in well-being. Other trailblazers, such as Stanislav Grof, further developed breathwork as a means to access altered states of consciousness, creating the Holotropic Breathwork method.

The rise of Wim Hof, with his science-backed seemingly superhuman practices, marked another pivotal moment. Wim Hof's methods of breathwork and cold therapy provided nearly instant tangible healing effects, rekindling public interest in the Superhuman ability to heal one's Self and feel Supernatural doing it.

Awakening the Breath: The Global Movement

The global rise of breathwork saw DMT Alkaline breathing gaining prominence, with rising



stars like Dan Vadnais, hosted on The Breath Source app, rising to fame on YouTube with over 500,000 views on videos. Michael Maher became a YouTube sensation with over 160,000 subscribers and some videos reaching millions of views, further facilitating the resurrection of this ancient modality around the Globe.

Pioneers like Dr. Joe Dispenza have harnessed breath to activate the pineal gland in his week long workshops, enabling healing from various life-threatening issues. Dr. Joe's work has had a great impact on the my life and I integrate his science and his teachings in every one of my classes today.

Healing Powers: Medical and Psychological Benefits

The science of breathwork extends beyond mystical experience. It has been linked to curing autonomic nervous system issues, relieving anxiety and depression, increasing longevity and cellular health, and promoting alkalinity in the body.

Andrew Huberman, a renowned neuroscientist, has conducted extensive work on the neurological benefits of breathwork. His studies have revealed how controlled breathing can enhance focus, decrease stress, and improve overall mental well-being. Huberman's work continues to shine a light on the intricate connection between breath and brain function.

From curing physical ailments to promoting psychological re-



silience, breathwork stands as a multifaceted tool for holistic health. Its revival in the modern world is a testament to its timeless wisdom, now accessible to everyone through platforms like The Breath Source app.

Breathwork in Pop Culture

Celebrities and influencers such as Oprah, Joe Rogan, Andrew Huberman, Lex Luther, Aubrey Marcus, and many others are increasingly vocal about the transformative power of breathwork.

These influencers combined

with the Efforts of:

Niraj Naik - SOMA Breath: A blend of ancient practice and modern science, SOMA breathwork aims at holistic wellness.

Jesse Coomer - Language of Breath: Coomer's unique approach emphasizes personal connection with the power of breath.

Michael Maher - Take a Deep Breath: Maher's leadership in YouTube presence brings breathwork to a broader audience and shines a light for Breath Masters

Dan Vadnais with Breathwork Beats: His combination of breathwork and music has creat-

ed a unique healing experience known for DMT breathing

Michael Bijker with Yoga Lap: Integrating breathwork with yoga, Bijker's method offers a comprehensive approach with Pranayama Mastery.

Sam Skelly with Pause Breathwork: Focusing on emotional release and self-discovery, Skelly's method connects people to their inner selves.

Pavel with NOA/AON: A fusion of music, meditation, and breathwork, Pavel's practices are a sensory journey to deep inner healing.

Ben Greenfield with Ben Greenfield Fitness: An expert in bio-hacking, Greenfield's breathwork techniques enhance physical

and mental performance with a connection to biblical representation.

All of the above breath masters and many more incredible instructors are available on The Breath Source app, revolutionizing the way the world approaches instant access to ultimate health and wellness with life balance.

Conclusion: A New Era of Health and Wellness

The Breath Source app, coupled with the rising awareness and appreciation of breathwork, is at the forefront of a new era of Longevity and Well being. What began as ancient wisdom has transformed into a modern supernova movement, grounded

in science and embraced by the masses due to the instant recognition of biological change.

By reviving ancient techniques, understanding medical benefits, engaging with pioneers' works, and connecting with modern influencers, anyone can harness the profound power of breath. It's a journey of self-discovery, healing, and transformation, all available through The Breath Source app, the perfect gateway to a healthier, balanced and more conscious life. Let's embrace together the power of breathing to connect, co-create and change lives. My deepest gratitude to all The Breath Source supporters.

SOURCE



ABOUT TRAVIS STEFFENS



Travis Steffens was born on a large cattle Ranch in a tiny Colorado town. He was home-schooled and worked on the ranch until building his first company at 18 years of age. A couple years later he was married at 20. Selling his first company at the age of 26 and embarking on a lifelong adventure of Real Estate Investing, Travis had no idea the enormity of the life lessons that lay ahead of him. The next 17 years would hold, divorce, investigations, 300 days a year of travel, fighting drug and sex traffic across the country, leading homeless healing, invitation to The State of The Union Address from the US President, recognition and speaking on stage with the US President, Covid pandemic, Chapter 11 bankruptcy, building two world changing tech companies, and the unfolding of the three words that Travis now holds so dear "know thy Self".

Over 4 years Travis flipped nearly 300 homes and then moved on to multi-family housing investments in 2010. "Conscious Capitalism is now the flag we fly in the company," says Travis. "The first stage of Conscious Capitalism is simply keeping people in their homes through empowering them to take financial power of their lives. The second stage is hiring the homeless off the streets to work for our in-house construction company. As well as housing and training them, we provided tools of the trade and the skills necessary to rejoin society as a contributing citizen. Through this process, we discovered many healing modalities that were used to help them heal from the cellular level out. One of those modalities was breath work." Travis would fly around to projects all over the country and when the workers saw him, they knew there would be a breath class the next morning. With 30-50 people in a room, breathwork classes showed these incredible individuals the power they held within their own body to get high on their own supply and heal through breath.

The next call to action for Travis was to build an app that would hold all the Breathwork instructions his crew could ever need. The Breath Source was born.... Now, three years later, Travis and team are at the precipice of this monumental launch of the World's first Breathwork Marketplace app. There is a full team in place and 18 of the worlds leading Breath Masters partnered in the app, all with a Unified Vision of taking the gift of Breath to the world and continuing to Lead the world into Conscious Capitalism.

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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

Adam Fiore - Content Contributor

Marcel Schild - Content Contributor

Dr. Syed Asad - Content Contributor

Eric Venn Watson - Content Contributor

Travis Steffens - Content Contributor

SIGNIFICANT CONTRIBUTORS

Designer, Andres Nuñez

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Ultimate Wellness AUGUST MIAMI 2023



*It was an absolute honor to serve as the keynote speaker for the **Ultimate Wellness event at the FAENA Forum**, organized by the indefatigable Julia. Events like these, showcase not only the resilience and aspiration of the human spirit but also the dedication of its organizers in creating a nurturing environment for dialogue and discovery.*

The caliber of attendees, the meticulous planning, and the innovative sessions made it clear that Biohacking is more than just a buzzword—it's an evolving narrative that we are all contributing to, every single day. Julia's commitment to pushing boundaries and setting new standards in the realm of wellness is commendable.

To the team, the participants, and to Julia, thank you for the invaluable experience. The ideas and perspectives shared will undoubtedly ripple out into the wider world, fostering a healthier, more holistic tomorrow.

With gratitude, Jean Fallacara, CEO Biohackers Magazine



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