

# BIOHACKERS

ISSUE 26



## The Science & Technology of Growing Young

**Sergey Young**

ALSO:

LEELA QUANTUM TECH  
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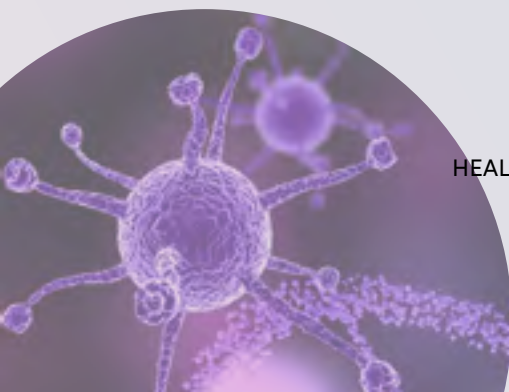
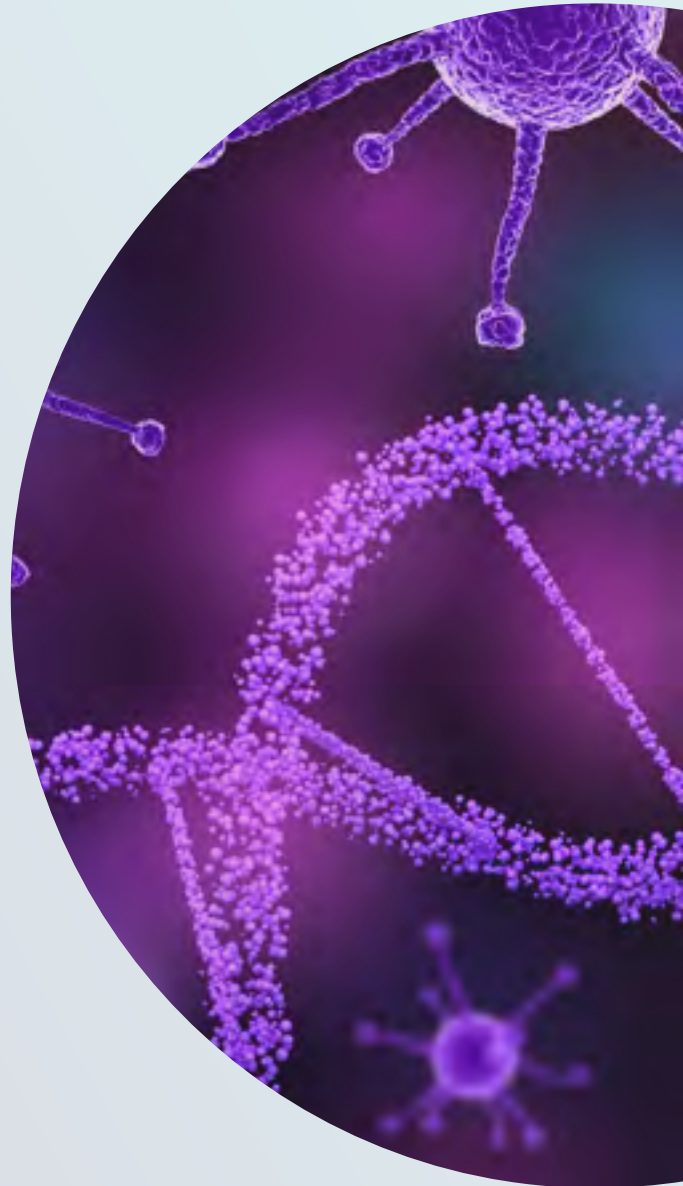
# BIOHACKERS

M A G A Z I N E

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## PROGRESS OR DECAY?

Progress. It's a word with meanings of advancement, improvement, a clear change towards a goal or objective. From the moment humans have inhabited this Earth, our whole existence as a species has experienced Progress, as well as Decay. Civilizations had flourished and progressed for many years, and then decayed slowly and rotted over time until there little to nothing left. What is left however are usually things that we following civilizations have studied and learned from. The remnants of civilizations are usually the teachings, technologies and tools that outlast them. History does love to repeat itself and leave the following generations wondering what their marks on the world and human progress will be.

Going beyond the terminology and historical examples, one can ask some more insightful, profound questions. The first being, why is there progress or decay in the first place? There is of course no clear answer to this, but I suppose it can be best summed up with the phrase, 'First there is time And then there is what you do with it.' By that I mean that there is a natural order to the way things are and that to accept that there is life given to each and every being, also means one's acceptance of this law of progress and decay.

We, as humans, are bound to grow, just as we're bound to shrink into old age. Although

we cannot change this supernatural law of the universe, we can in many cases choose how fast we progress or decay. We can use our rational human brain towards the consistent progression of ourselves, our community, our world. We can do this through sustained faith and steady discipline. In turn, this decreases the decaying rate. On the other hand, through the coddled comfort of selfishness and endless pity, we can do just the opposite and plateau our progress while accelerating our rate of decay.

One of the main reasons I like Biohacking is because of its communal camaraderie continually focusing on progress. In fact, many famed biohackers discovered and healed themselves through biohacking after finding themselves in a deathly sick cycle of decay and depression. Biohacking, when used safely, conservatively, and respectfully can help us determine what it is that we need to progress in, how we can do it, as well as how we can measure it, and why we should progress and become the best version of ourselves. We as individuals, families and communities can learn a lot through our experiences with decay and use these dark fragments to build a brighter picture of progress overall. And while history may indeed repeat itself as it continually proves, we as individuals have the power to choose our rate of progression and decay. Choose wisely.

### About Dallas McClain



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

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

## INTRODUCTION AND APPRECIATION TO MY GOOD FRIEND, SERGEY

Dear Readers,

In this month's edition of Biohackers Magazine, we have the immense pleasure of featuring someone who is not just a luminary in the world of longevity but also one of my dearest friends, Sergey Young. From our very first encounter during a live podcast on Instagram to a memorable meeting in Boston, Sergey has become a pivotal part of my life, capturing my heart with his kindness and quantum energy that resonates deeply with me on multiple levels.

Sergey and I share a vision and hope for humanity that goes beyond mere words—it's a shared dream of a future where the boundaries of life are significantly extended, not just in years but in vitality and wellness. His work, particularly through the Longevity Fund, has not only pushed the envelope in the field of anti-aging but has also shown us the profound impact of merging artificial intelligence with biotechnology to pioneer groundbreaking advancements.

It's rare to meet someone whose vision aligns so closely with your own, rarer still to find a kindred spirit who becomes an indispensable part of your life. Sergey is one of those rare individuals. His approach to life, his unyielding optimism for the future, and his compassion-

ate nature make him not just a visionary in longevity but a genuinely remarkable human being.

Featuring Sergey in our magazine is an opportunity to share his insights and breakthroughs; it's a heartfelt acknowledgment of the profound impact he has on those fortunate enough to know him. His dedication to enhancing human life through science and technology is inspiring, but it's his warmth and genuine care for people that truly set him apart.

Thank you, Sergey, for not only being a part of this edition but for being a cherished friend and an indelible part of my life. Your friendship and shared vision continue to inspire me every day.

To our readers, I hope this feature stirs in you the same sense of excitement and hope for the future that Sergey and I share. Here's to exploring the limitless possibilities that lie ahead in the pursuit of longevity and a better life for all.

Jean Fallacara

### About Jean Fallacara



Jean, a visionary entrepreneur and neuroscientist, is a pioneering bio-hacker and founder passionate about merging science, art, and technology. With a remarkable IQ of 167 and an MIT background in AI, VR, XR, Biochemistry, Genetics, and Biotechnology, he's earned numerous awards and distinctions. Having founded ventures like Z-Sciences, he strategically led its acquisition by inTEST Corp in 2021. As the Founder of Lifespanning Media, Jean aims to mainstream human longevity, emphasizing well-being and longevity exploration. His mission involves social connection, life-science education, and multimedia content to redefine lifespan boundaries. Beyond technology, Jean embraces a holistic lifestyle in Miami Beach, prioritizing family, self-optimization, and gratitude.

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# Pioneers Of Longevity

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By Dallas McClain, Editor-In-Chief



# Amy B. Killen, MD

Salt Lake City, UT USA

## 1. Where are you pioneering your path to longevity?

I am working in several areas of longevity with companies in nutritional supplementation (HOP), clinical franchises (Humanaut Health), and data aggregation/insights (Reputable) arenas.

## 2. What ignited your passion for lifespan enhancement?

After working as an ER doctor for more than ten years, I saw the effects of chronic disease every day. I looked at the ER patients one day and realized that at least half of the visits could have been avoided with proper patient education, lifestyle changes, and preventative medicine. At the same time, I was suffering from the effects of having three kids under the age of two at home and an ER shift that started at 4 am daily. I rarely slept, never exercised, ate junk food, and was constantly stressed. I finally decided that to take care of myself, my family, and the people in my community, I needed to leave emergency medicine and learn a whole new bag of tricks. That was eleven years ago. I've never looked back!

## 3. How are you best sharing your knowledge and insights with the community?

I am active on social media (especially Instagram) and do frequent podcast interviews. I also travel around the world to speak about longevity and sexual health. My company, Human Optimization Project (HOP), has a free longevity-focused ebook and a 26-day challenge. I'm creating free webinars and articles for my longevity clinical franchise, Humanaut Health. Finally, I have a video course available through Mindvalley.

## 4. How does your approach to wellness and longevity differ from the conventional?

I think of myself as a girl straddling traditional medicine and non-traditional medicine. I've got one foot on each side, and I attempt to float somewhere in the middle without falling over! When treating patients and developing products and protocols, I pull from all areas of medicine. This balancing act is tricky, but I think it's ultimately the best thing for patients.

## 5. In what ways do you integrate personal enhancement with aiding others?

I treat myself and my family as guinea pigs. I make sure I've tried anything I recommend to clients or patients first. So, I've injected my face with stem cells. I've taken peptides and off-label medications. I've done more ice baths than I can count. I am very honest with my followers and patients about what I do and don't do so they can make informed decisions.

## 6. What changes do you believe are essential in education to prepare for a future intertwined with AI and longevity?

So many! We need to change the way we educate doctors. It's well known that it takes 17 years before something is shown to be effective before it becomes the standard of care in medicine. Seventeen years! There are no other scientific fields that would accept that kind of delay. We also need to change the way we create clinical studies. The time and money required is part of the delay in getting new drugs and devices to market. We must lean into technology and data analytics to create new types of clinical studies. Reputable, one of my companies, is doing just that in the wellness space, but we need more buy-in from traditional medicine.

## 7. Can you highlight any of your current projects or discoveries in biohacking that excite you?

Sure. I'm excited about all three of my companies! Human Optimization Project (HOP) is a longevity focused nutritional supplement company. Our first product, HOP Box, combines 19 longevity-focused ingredients into five capsules

in a travel-size pack. We aim to inspire meaningful motion, play, and lifelong vitality, one simple health solution at a time. [www.hopbox.life](http://www.hopbox.life)

My next company, Humanaut Health, will launch a series of longevity-focused clinics this summer, making advanced diagnostics and therapeutics (including cell therapy, hormones, and peptides) accessible to the public in a way we've not seen yet. Check out [www.humanauthealth.com](http://www.humanauthealth.com) for more.

Finally, Reputable, a company I helped found, uses AI and real-world data to discover insights into what works and what doesn't in wellness. [www.reputable.health](http://www.reputable.health)



**ANY COMMENTS FOR US**

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[@amykillen](https://twitter.com/amykillen)

# Catharine Arnston

Boston, MA, USA

## 1. Where are you pioneering your path to longevity?

As the Founder, CEO and Chief Scientific Officer of ENERGYbits, we sell our algae tablets globally to consumers, longevity clinics, biohacking centers and holistic practitioners. My pioneering path is in the field of algae nutrition, and it seems that I am the only person who is pioneering algae as the most natural, effortless, science-based way to improve health and longevity. Algae has been a multi billion agricultural crop in Asia for over sixty years and the longevity and health benefits of algae are documented in almost 100,000 scientific studies, but virtually no one outside of Asia is aware of its amazing health and longevity benefits. Algae contains nutrients not found in any other food or drug that prevent Mitochondria damage, kill cancer cells, restore cellular integrity and prevent chronic diseases like cancer, heart disease or Alzheimer's (all proven in science). But lets fact it - algae isn't sexy, or new. In fact it is SO old, was the first life on earth almost 4 billion years ago. So it doesn't have the "cool" factor that fancy high tech devices have that get a lot of attention by the media, consumers and practitioners. And yet, algae does FAR more for longevity and health than ALL of these cool new technologies do combined. So I have made it my personal and professional responsibility to help the world understand the healing properties of algae so the entire world can benefit from its nutrition and we can put a stop to the escalating rate of chronic disease and protect longevity from a safe, non invasive whole food that has been provided to us by mother nature herself.

## 2. What ignited your passion for lifespan enhancement?

My journey into the fascinating world of life spanning began in 2008 when my younger sister

was diagnosed with breast cancer and advised by her oncologist that an alkaline diet would improve her healing. I left my 25 year corporate career to help my sister identify which foods were alkaline and this led me to discover algae - the most alkaline, chlorophyll-rich, high-protein, nutrient-dense, life spanning food in the world. When I learned that algae's vast healing and longevity nutrients and properties were documented in tens of thousands of scientific studies but that none of these studies or benefits were known outside of Asia, I knew I needed to do something. And so my path to life spanning was a result of my passion to bring algae and its healing nutrients to the world. I created ENERGYbits as the vehicle to do this. Algae has the highest concentration of protein in the world (3 x the amount of protein as steak; the highest chlorophyll in the world (500 x more chlorophyll than arugula) and over forty vitamins, minerals, pigments, phytonutrients, enzymes and antioxidants (1,000 x more nutrients than any other food in the world). My research unequivocally confirms that algae holds the secret to longevity as long as it has been grown carefully so all the healing nutrients have been preserved (which is what we do at ENERGYbits). Algae is also an amazing addition to other biohacks like cryotherapy or red light therapy because it magnifies the benefits 10 x by taking spirulina before and chlorella after these treatments.

## 3. How does your approach to wellness and longevity differ from the conventional?

There is no one else educating consumers or longevity professionals about the healing benefits of algae. The only thing people seem to know is that spirulina is a super food but they don't know what it really does or how it really works. Yet is it the most natural and powerful way to protect your mitochondria, brain, energy and longevity. Similarly most people have never heard of chlorella yet it is the most natural and powerful way to remove heavy metals and toxins, build your gut and protect your immune system. I never tried to be a pioneer but it seems that is what I have become because ultimately I am just someone who wants to make the world

a healthier, happier place and honor nature in the process. One day, taking algae tablets daily will be as common here as it is in Asia and it will make me very happy when people I hear people regularly ask " did you take your bits today?"

#### 4. Can you highlight any of your current projects or discoveries in biohacking that excite you?

The key to longevity and health is to protect the mitochondria DNA from free radical damage. One of the few antioxidants that CAN get into the mitochondria inner membrane to neutralize these free radicals is superoxide dismutase (SOD). Around age 30, the amount of SOD our bodies produce decreases and then eventually by age 40 or 50 we have none. It is not surprising to me that most chronic disease hits after the age of 40 and I believe it is because our bodies are no longer making

SOD to protect our mitochondria from free radical damage. The powerful ability power of SOD to reduce inflammation protect the mitochondria from damage has been documented in over 25,000 scientific papers so there is no question about the importance of SOD. The problem, however, is that SOD does NOT exist in medicinal quantities in ANY food- except algae- especially spirulina algae. But if you want active SOD it must be raw spirulina (ie. spirulina that has not been dried with high heat). ENERGYbits spirulina is not dried with high heat so our SOD is still active.

Spirulina also has a blue pigment called Phycocyanin which has remarkable healing properties including its ability to kill cancer cells and senescent cells. If you google phycocyanin and cancer treatments, you will see that Phycocyanin has been used by the pharmaceutical industry for this pur-



pose for decades. But just like SOD, the phycocyanin is deactivated by high heat so you do not enjoy its healing properties if you use lower quality algae. Phycocyanin does not exist anywhere else except in spirulina. I believe that algae holds the secrets to longevity and life spanning.



[@energybits](https://www.instagram.com/energybits)

# Dr Dominik Nischwitz

Tübingen/Germany

## 1. Where are you pioneering your path to longevity?

Biological Dentistry - Optimal health starts in the mouth

## 2. What ignited your passion for lifespan enhancement?

I became sick at a very young age and had to find my way out of it (mental health/depression at 21) - that's why I am a doctor today. I would have loved to have a guiding doctor back then. I have been on this journey for 20 years now.

## 3. What biohacking innovations are you currently fascinated by?

I am a fan of the basics. Especially in the realm of biohacking, I sometimes feel that people want a fast track or "buy their health" approach, instead of putting in the work and foundation.

## 4. How are you best sharing your knowledge and insights with the community?

Oral health is often the most overlooked and underrated part in the whole health optimization journey. Dental repair like metals, root canals and removed wisdom teeth are chronic silent health killers that you probably are not aware of but they might be lurking in your mouth. Remove the source first and your body can heal. It goes way beyond just brushing.

## 5. How does your approach to wellness and longevity differ from the conventional?

Bi dentistry 3.0 is the overlap of high-tech dentistry (using only biomaterial) with functional medicine and biohacking / health optimization.

## 6. In what ways do you integrate personal en-

## hancement with aiding others?

I am myself on the journey to optimal health for half my life and everything I learn I incorporate in the teaching and systems we use to help others. My mission is to help many reach optimal health.

## 7. What changes do you believe are essential in education to prepare for a future intertwined with AI and longevity?

I feel one of the biggest things is to educate people that they have a body and can repair and change it. Most importantly we need to teach a healthy lifestyle and nutritional plan that activates the right genes for longevity. Bad teeth and poor oral health equal bad overall health. Unfortunately in conventional dentistry is only there to repair teeth and maybe for aesthetics. I hope that we can educate the masses so that there is no dental repair needed in the first place.

## 8. Can you highlight any of your current projects or discoveries in biohacking that excite you?

I recently launched the bi dentistry online education which is designed to train open minded dentists in becoming a health optimization / biohacking doctor of the future. I'm a big fan of the communities that are forming where like-minded health enthusiasts and experts come together over this concept. For example, the Health Optimization Summit in London.







**ANY COMMENTS FOR US**

Thank you for educating the many on taking responsibility and giving solutions for optimizing ones health.

[@drdome1](#)

# Dr Nathan S Bryan

Austin/TX/USA

## 1. What ignited your passion for lifespan enhancement?

As a basic scientist with a bachelor's degree in Biochemistry and a Doctoral degree in Molecular and Cellular Physiology, I became interested in how the human body works and what leads to chronic disease. Once we understand what goes wrong in people that develop disease that leads to early death, we can take steps to prevent or mitigate the underlying pathology. My work involving nitric oxide ignited my passion for lifespan enhancement once we discovered that loss of nitric oxide production is what leads to chronic disease.

## 2. What biohacking innovations are you currently fascinated by?

Any biohacking that improves nitric oxide production is fascinating to me. These include hyperbaric oxygen therapy, infrared light therapy, good diet, moderate physical exercise and supplementation.

## 3. How are you best sharing your knowledge and insights with the community?

Weekly podcasts, monthly biogs, invited lectures, educational videos and social media.

## 4. How does your approach to wellness and longevity differ from the conventional?

We've learned that nitric oxide is the foundation for wellness and longevity. Without nitric oxide, the human body cannot and will not heal or perform optimally. By focusing first on restoration of nitric oxide, then all the other biohacks or treatment modalities will work better.

## 5. In what ways do you integrate personal enhancement with aiding others?

I practice what I preach and lead by example. I work hard to integrate select biohacks into my daily routine. I can aid others by showing them that what we do and recommend works that can have a meaningful impact on anyone's health. I am a product of my products.

## 6. What changes do you believe are essential in education to prepare for a future intertwined with AI and longevity?

We must first move away from conventional medicine as a reactive practice. Most people do not react or take action until they have developed disease or faced with a health crisis. We must be proactive and take steps early-on to prevent the onset and progression of disease. AI can help predict and inform on those at risk and also help dictate changes in lifestyle and the addition of specific biohacks.

## 7. Can you highlight any of your current projects or discoveries in biohacking that excite you?\*

The discovery that nitric oxide can extend telomeres, mobilize stem cells and improve mitochondrial function reveal that nitric oxide is foundational for longevity. By every objective measure of longevity, nitric oxide is the key. If we first focus on restoring the production of nitric oxide in the human body, then everything else we do will work better.





[@drnathansbryan](#)

# Patrick K. Porter, Ph.D.

New Bern, NC, USA

## 1. Where are you pioneering your path to longevity?

I am continuing to take us forward into the longevity space with BrainTap through Photobiomodulation.

## 2. What ignited your passion for lifespan enhancement?

The research on epigenetics and light therapy is what led me here.

## 3. What biohacking innovations are you currently fascinated by?

BrainTap and the Align BioMat

## 4. How are you best sharing your knowledge and insights with the community?

Oral health is often the most overlooked and underrated part in the whole health optimization journey. Dental repair like metals, root canals and removed wisdom teeth are chronic silent health killers that you probably are not aware of but they might be lurking in your mouth. Remove the source first and your body can heal. It goes way beyond just brushing.

## 5. How does your approach to wellness and longevity differ from the conventional?

I believe all stress is brain stress.

## 6. In what ways do you integrate personal enhancement with aiding others?

I must recommend using BrainTap as a wellness integration tool. Also I am recommending nutrition and movement into brain health.

### ANY COMMENTS FOR US

I am currently working on putting together a Biohacking City at my 88 acres in New Bern at Mystic Pines sanctuary.

## 7. What changes do you believe are essential in education to prepare for a future intertwined with AI and longevity?

It is essential to increase brain capacity to promote neuroplasticity and prevent neuroburning; leading to good circuits.

## 8. Can you highlight any of your current projects or discoveries in biohacking that excite you?

There's much to be excited about but I would say at the top of the list is the ability to measure HRV and Brainwave activity through time so you can pin point the change.



[@drpatrickporter](https://www.instagram.com/drpatrickporter)

# PIONEERS

A heartfelt thank you to all the brilliant pioneering contributors who infuse our magazine with groundbreaking ideas, provocative insights, and valued storytelling. Your dedication and creativity make this publication truly exceptional. We are grateful for the passion and innovation you bring to each page, shaping a magazine that continues to inspire and captivate our readers.



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# REVOLUTIONIZING WELLNESS: TOP 10 BREAKTHROUGH BOOKS OF 2023

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



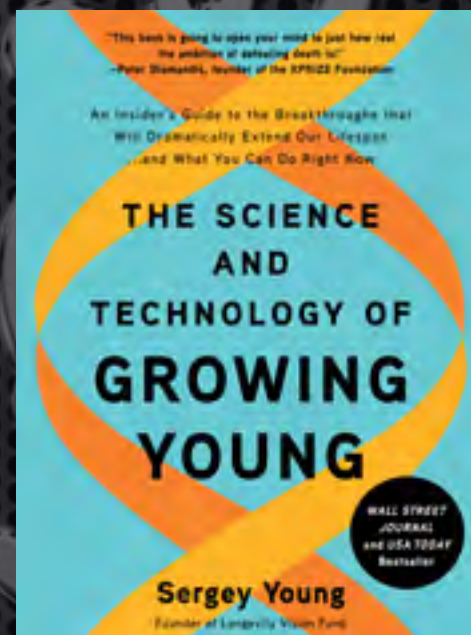
"BOUNDLESS PARENTING" by BEN GREENFIELD



"STARING DOWN THE WOLF" by MARK DIVINE



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



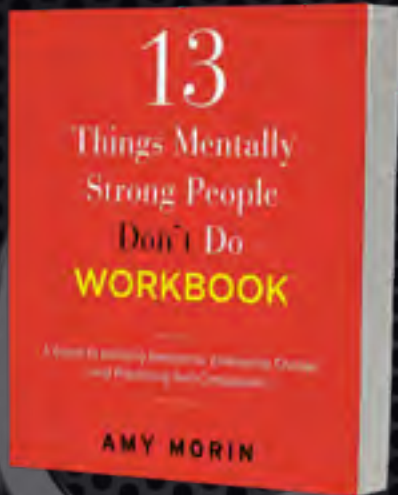
"THE SPARK FACTOR" by DR. MOLLY MALOOF





# 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



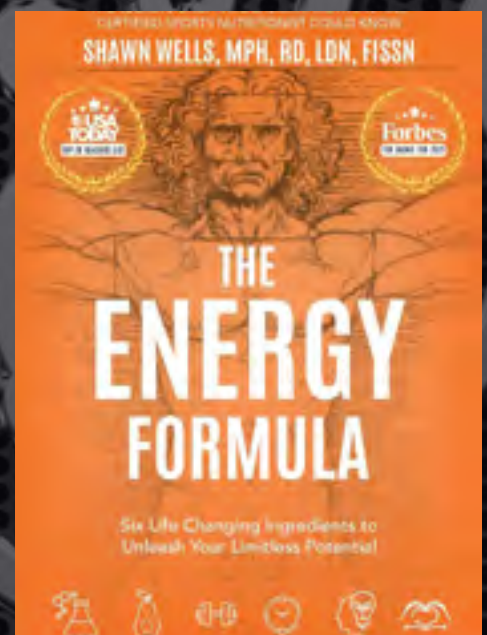
"THE CORONATION" by CHARLES EISENSTEIN



"LIMITLESS" by JIM KWIK



"THE ENERGY FORMULA" by SHAWN WELLS



# IN THE LAB

Some of the latest scientific research in the fields of lifespanning and longevity



## Unlocking the Power of Diet: Provitamin A Could Hold Key to Cognitive Health in Battle Against Dementia

As the global dementia crisis escalates, a pioneering study revisits the impact of provitamin A, specifically Beta-carotene, on cognitive decline. Drawing from under-explored data in the Physicians' Health Study, this research suggests a potential dietary strategy, urging a reexamination of micronutrients for their role in mitigating dementia risk through innovative multi-omic approaches."

<https://pubmed.ncbi.nlm.nih.gov/36939000/>

## Game-Changer for Autism: Cord Blood Therapy Shows Promise in Cost-Effective Long-Term Outcomes"

"Innovative modeling predicts that integrating cord blood therapy with standard care for autism spectrum disorder (ASD) could be cost-effective, offering a potential breakthrough. The study emphasizes the importance of optimizing intervention costs and efficacy to enhance economic efficiency and improve adaptive behavior in individuals with ASD."

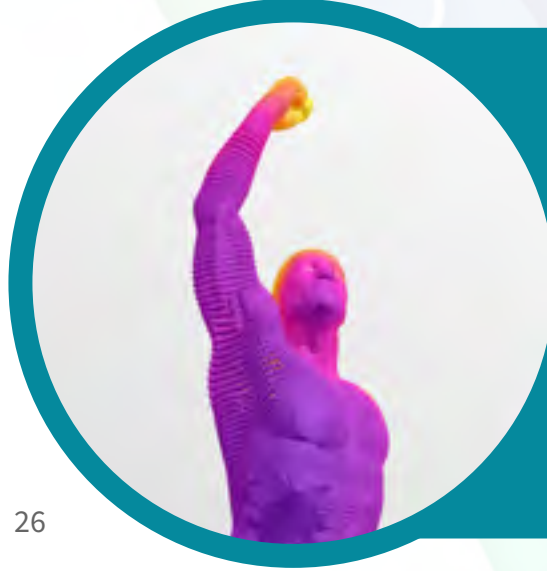
<https://pubmed.ncbi.nlm.nih.gov/37071655/>



## Metformin Unveils the Fountain of Youth? Breakthrough Study Shows Epigenetic Age Reversal in HIV Patients

"A retrospective analysis of metformin's impact on aging biomarkers reveals a potential breakthrough. In virologically-suppressed people living with HIV (PLWH), a 24-week clinical trial showcased significant reductions in epigenetic age of monocytes, suggesting metformin's role in promoting healthy aging. Further studies are urged for validation and broader exploration."

<https://pubmed.ncbi.nlm.nih.gov/37675817/>





# PHILIPP VON HOLTZENDORFF-FEHLING

## EXCLUSIVE INSIGHTS

**FOUNDER, CEO OF [LEELA QUANTUM TECH](#), A COMPANY COMBINING SCIENCE AND QUANTUM ENERGY-BASED HEALING TO MAKE SIMPLE BIOHACKING PRODUCTS FOR ALL**

*Philipp Samor von Holtzendorff-Fehling is a coach, conscious entrepreneur, and energy healer. In parallel to a successful international business career he constantly worked through blockages and barriers that prevented him to truly connect with his true self. With that he started to also see energy fields and developed his unique skills as a healer, and he went through two decades of training in shamanic and other energy healing practices. In this edition, he shares his remarkable insights about quantum energy's role in managing stress and improving athletic performance.*

# BIOHACKING YOUR STRESS

## HOW BIOHACKING CAN HELP DOWNSIZE YOUR STRESS LEVELS

**W**e all know it, we've heard it and it even makes a great bumper sticker: stress kills. From distracting you while doing something dangerous to literally taxing your body's resources and increasing your risk of disease, stress is not the ideal state for the body. We're all looking for ways to minimize stress.

Add to that a world divided, not enough hours in the day, an increasing number of nat-

ural disasters stress levels can be way more intense than just rush hour traffic, late trains and whining children. Could the solution lie in biohacking?

People turn to biohacking to increase their performance, vitality, and stave off the perils of aging. There's a way for it to also help tackle stress. After all, how often is your stress caused by your lack of endurance, low energy level, or simply not functioning at your full capacity.

People are turning to everything from cold therapy to supplements to not just keep their bodies running smoothly but increase their performance. Aging and disease can seem like natural parts of life but they are the result of a series of biochemical processes. We're becoming way more aware of ways to literally hack our biochemistry for desired results.





# FREE RADICALS: WHAT'S CAUSING YOUR AGING?

Aging is fundamentally driven by our genetic makeup, with our cells' diminishing ability to repair DNA damage over time. This process, closely tied to the shortening of telomeres, marks the natural aging rhythm.

Environmental factors, such as pollutants, and lifestyle choices like diet and exercise, greatly influence aging. Quantum energy can play a role in counteracting these external stressors. By optimizing cellular energy and reducing oxidative stress through quantum-based technologies, we can mitigate the damage caused by environmental toxins and lifestyle-related cellular stress, offering a cutting-edge solution to slow down the aging process.

Stress significantly impacts aging, especially at the cellular level. Quantum energy can play a crucial role in stress management. By potentially enhancing the body's resilience to stress and improving overall energy levels, quantum energy can help in maintaining telomere length and reducing the physical manifestations of stress, thus contributing to a slower aging process.

A balanced diet is crucial in combating aging, and quantum energy could amplify this effect. By energetically enhancing the nutritional value of food and water, quantum energy can help in fighting oxidative stress and inflammation, two key contributors to aging. This innovative ap-

proach could optimize the benefits of a healthy diet, thus playing a significant role in slowing down the aging process.

A sedentary lifestyle leads to physical degeneration, a hallmark of aging. Here, quantum energy could offer benefits. By potentially enhancing muscle and bone cell vitality at a quantum level, it can support physical health and combat the effects of a sedentary lifestyle. This approach could lead to improved muscle mass, bone density, and overall physical wellbeing, thereby mitigating some of the key aspects of aging.

# HOW CAN BIOHACKING HELP?

Biohacking can address the issues of both oxidative stress and everyday stress head on. One way it can help alleviate stress is by giving you access to more energy. So often, we're stressed because we're overloaded and under-rested. We rely on sugar, caffeine, and other stimulants to give us access to bursts of "energy" but often end up depleted.

These attempts at a quick boost can often cause more stress. We end up jittery, dehydrated, or more looped into our body's fight-or-flight response. We can be activated by these stimulants and end up more reactive than proactive which can only exacerbate your stress. After all, how likely are you to speak sharply when you're on the comedown from caffeine. How many mistakes do you make in an email because you're running on empty but zooming through tasks?

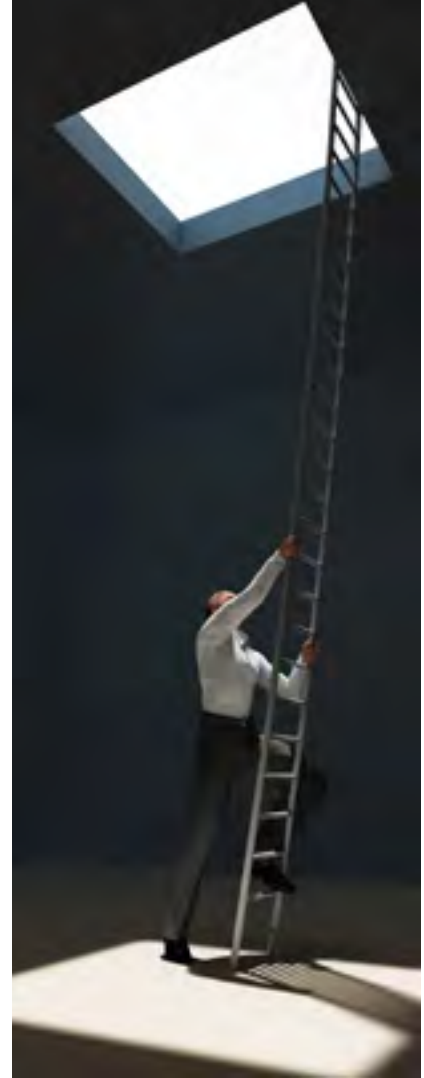
Trying to function in an artificially heightened state of stress caused by that second cup of coffee or midday chocolate bar might feel like more energy. However, this false energy is not sustainable and

you'll inevitably crash. Not to mention it can derail your other life goals.

Unlike stimulants, quantum energy surrounds you with pure energy which can help alleviate some of the natural oxidative stress your body is naturally managing. It can also boost your body's natural energy production and management. A study by Dr. Robert Sheaff found that exposure to quantum energy can boost your cell's energy output.

This exposure creates a jump in ATP production by 20-29%. ATP is the unit of energy for human cells, we can only survive without ATP for only 3 seconds. You can have a well-balanced meal but it isn't until everything is fully digested that your cells convert glucose into ATP in the mitochondria, the powerhouse of your cell. ATP is the unit of energy for your cells so a boost in ATP production gives your body the ability to better utilize its energy and increases your vitality.

This burst in vitality means you're able to do more. So of-



ten, we're stressed because we want to get more done but with a natural, healthy and sustained boost to your energy you simply can get more done. This also ensures that you're functioning with your body at its best rather than under the influence of temporary bursts of energy that can do more damage than good.

More energy can mean you can more effectively get things done but it will also mean that you're not functioning at a loss. This ensures that you have more sustained energy and feel more energy on average rather than in the toxic cycle of seeking external sources of vigor.

# THE STRESS DILEMMA

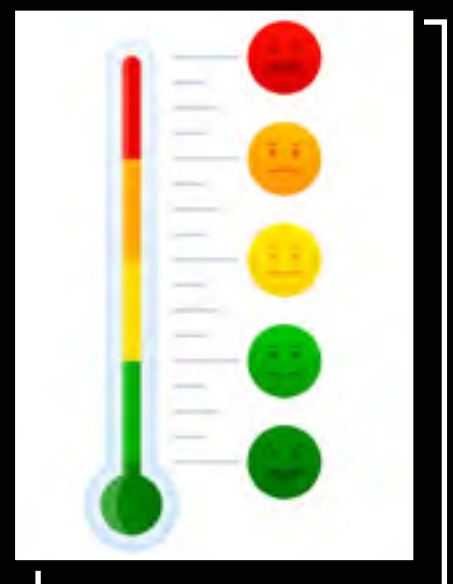
There are countless causes of stress in our lives. Some trials and tribulations are unavoidable, but some parts of our stress can be avoided. How often would our lives be less stressful if we took care of things sooner, were more adequately prepared with savings and an understanding of what we have to get done?

So often, people are running around trapped in fight-or-flight mode which is literally our body's stress response. Rather than being clear-headed or relaxed, we can often end up in a state of heightened arousal as our body is reacting to external stressors. Our bodies are biologically prepared for a life or death situation when they may just be reacting to a tight deadline, awkward interaction, or a packed day.

This can leave us with a bad mood or attitude. Operating from fear or anxiety can cause us to make impulsive decisions and be more likely to make a mistake. Feelings of anger or exhaustion can increase the amount of conflict in our lives. Not to mention existing with an unregulated sympathetic nervous system, the part of our body that governs fight or flight, can lead to depression, anxiety, cognitive impairment, and heart disease.

These stress responses are often not intentional. We can spend so much energy focusing on work we don't take adequate time to rest and reset to come back to that work with a fresh set of eyes. Often after adequate rest, we can more readily function better and more efficiently and things that might have taken an hour or two can be done in mere minutes.

Additionally, an unhealthy reliance on stimulants, whether it's caffeine and sugar or more serious substances like amphetamines, a.k.a., adderall can also keep our bodies in fight-or-flight mode. These stimulants often keep our bodies in fight-or-flight mode as opposed to letting it transition into the parasympathetic nervous system mode of "rest





# BATTLING STRESS HEAD ON WITH QUANTUM ENERGY

Stress is so often caused by a lack. We don't have enough time to finish something so we feel stressed. We didn't get enough sleep, so we're sluggish, less focused and irritable. We don't have enough money so we feel anxious. You skip a meal so you're more likely to have a bad attitude because you're hangry.

Often we simply are in need of something: more down time, more sleep, or our body may need sustenance. Quantum energy can help ensure that you are not operating at a deficit by providing you with pure energy. While this will not magically eliminate the lack of sleep or food it can help you be more aware of how you're feeling and what your body needs to deal with it head on.

Artificial sources of energy can affect our relationship with our body. Caffeine can leave us jittery and unable to relax or affect our hunger levels. When you're anxiously trying to hit a deadline you may not be as keenly aware of when your body is talking to you. Quantum energy helps provide the needed boost of energy.

Stress can be caused by or at least intensely fueled by neg-

ative emotions. Certain emotions are described as negative because they're draining. How exhausting is it to try and get something done when you're overwhelmed by fear or self-doubt? How much mental, emotional, and physical energy get taken up by anger?

Dr. David Hawkins devoted his career to establishing a map of consciousness. He did not just establish a connection between emotions and energy he created an entire scale for human emotions and their energetic correlations.

The lowest emotions energetically existed in the Victim/ Abuser mindset. These included shame, guilt, apathy, grief and fear. Those are at the bottom of this scale and exist at be-



tween 20-100 on this scale.

Higher level emotions exist in the self-empowerment field of emotions including desire, pride, courage and acceptance. The highest level of emotions are the self-realization scope of emotions featuring peace, love, joy and enlightenment. These exist in the hundreds on his scale.

Quantum energy can not only boost your energy, it can help raise your vibrational level and put you more in line with higher level emotions like oneness,



# HOW DOES QUANTUM ENERGY WORK?

willingness, and awareness.

Quantum energy is pure energy. Products like the [Quantum Bloc](#) or [Energy Frequency Cards](#) can give you direct access to pure and powerful quantum energy. This energy can help boost your energy levels, vitality, and help your body function more effectively.

With Leela's Quantum Blocs technology you can charge water, food, or even your own body with a pure and powerful quantum energy.

A Study by the BESA Institute in Austria used a scientific

method called dark field microscopy to examine the effect of quantum energy in Leela Quantum Tech products on living blood cells. It found that not only can blood cells become impacted by exposure to Wi-Fi and 5G which can cause them to clump and group together. Exposure to quantum energy actually helped mitigate the effects of Wi-Fi and helped reduce oxidative stress.

One of the tools you may consider to cope with stress is the [H.E.A.L.®\\* Capsule](#). It's a necklace with five titanium spheres charged with pure quantum energy which can help you neu-



tralize EMFs around you, harmonize your body's bioenergetic field, and give your body the frequencies of almost 80 essential vitamins, minerals, and organic plant extract frequencies. Also, it can help with grounding and help you feel more rooted in the earth.

\*H.E.A.L.® is a registered U.S. trademark and means Holistic Experience, Abundance & Love.



## THE END OF YOUR STRESS?

Stress doesn't only put you in a bad mood and reduce your effectiveness. It can increase your chances of developing a disease. Both physical stress and oxidative stress on our cells are at work in our day-to-day lives. They can really impact your body.

A 2018 Swedish study found a connection between stress disorders and autoimmune disorders. Stress often increases your body's inflammation which is a natural pathway to cancer and other diseases. Stress also alters your body's naturally programmed reactions.

Stress hormones like cortisol change immune system responses, suppress your digestive system, and can interrupt your reproductive system and certain growth processes. We are not meant to live with as much stress as we do. The answer can be found in biohacking.

Biohacking just might be the answer. It directly tackles some of the biochemical reactions like oxidative stress, fatigue, and exposure to harmful 5G, Wi-Fi, and other sources of electromagnetic radiation. It also helps by replacing toxic habits like hyper caffeinating or overeating by providing clear energy. Finally, it offers us a natural source of mood enhancement.



# PHILIPP VON HOLTZENDORFF-FEHLING



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

[@leelaquantum](https://www.instagram.com/leelaquantum)

# Discover the **Science** Behind:

**59 +**

TOTAL STUDIES  
CONDUCTED

**48 +**

PLACEBO-  
CONTROLLED

**6 +**

STUDIES IN  
PROGRESS

**20 +**  
**Areas of  
Research**

EMF

Wound Healing

Hypoglycemia

Quantum-Entanglement

Sleep

ATP Production

Immunology

Age

Stress Factors

Andrology

Bioenergetic Analysis

Pet's Well-Being

Trauma

Blood Health

HRV

Water Analysis

Toxins

Autism

Allergies

Pain Management

Read **more** about the studies  
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## Significant Findings:

- ✓ Improved Blood Health and Circulation
- ✓ Neutralizes Harmful Effects Of EMFs
- ✓ Improve HRV
- ✓ Increase ATP Production
- ✓ Acceleration In Recovery and Wound-Healing
- ✓ Improved Water Structure
- ✓ Enhancing the Quality of Sleep
- ✓ Optimized Energy Level

# Challenge Yourself

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## Put Your Lifespanning Knowledge to the Test

Which nutrient, often associated with increased longevity, is commonly found in fatty fish, flaxseeds, and walnuts?

- a) Vitamin D
- b) Omega-3 fatty acids
- c) Calcium
- d) Iron

What process involves the removal of senescent cells from the body, potentially slowing down the aging process?

- a) Autophagy
- b) Apoptosis
- c) Senolysis
- d) Mitophagy

What are epigenetic clocks, and how do they relate to measuring biological age in the field of longevity research?

- a) They measure chronological age based on DNA mutations
- b) They assess the pace of cellular division
- c) They quantify DNA methylation patterns to estimate biological age
- d) They predict lifespan based on telomere length

Which process involves the modification of gene expression without altering the underlying DNA sequence and is being explored for its potential impact on longevity?

- a) Transcription
- b) Methylation
- c) Translation
- d) Replication

Which adaptogenic herbs are commonly used in Ayurvedic medicine to enhance vitality and balance the body's energy?

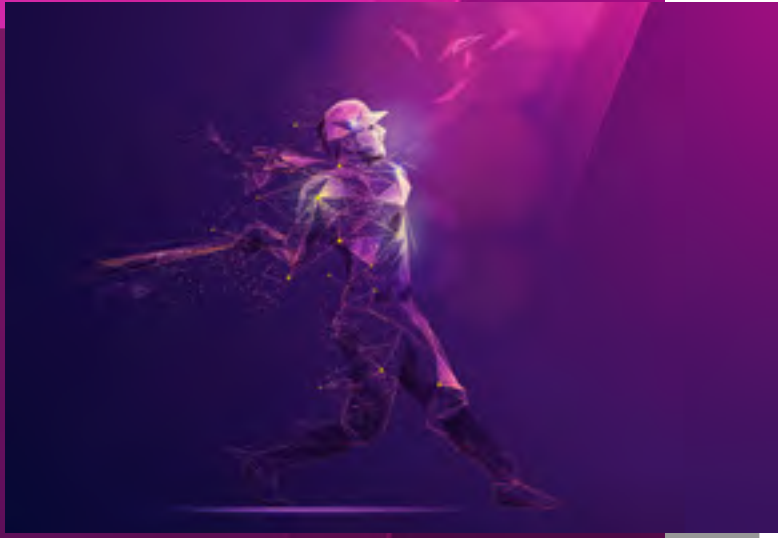
- a) Rhodiola and Ashwagandha
- b) Ginseng and Ginkgo Biloba
- c) Echinacea and Goldenseal
- d) Milk Thistle and Dandelion

Answers:  
[biohackersmag.com/quiz](https://biohackersmag.com/quiz)

# QUANTUM ENERGY RELIANCE FOR ATHLETES



IS THE ANSWER TO  
GREATER PERFORMANCE  
QUANTUM ENERGY?



We live in a competitive world. Whether you're pushing yourself towards greater success in business, the arts, or sports, it doesn't hurt to have that special something extra. A killer regimen and die-hard discipline are great, but could that extra edge come from quantum energy?

Internationally known athletes, biohackers, and entrepreneurs are turning to a new form of energy to take their body game to greater heights.

The main goal of biohacking is to get more sovereignty over your health and performance. The goal may be more vitality, stamina, aging more slowly, or increasing your body's potential. Athletes can do amazing things with their bodies through discipline, hard work, and regimented diets and workout routines, but they still have to win. Both athletes and biohackers are finding their goals for greater wins are being helped by a little extra energy.

As a society, we are becoming much more aware of our energy as a concept. We're more likely to comment on someone's vibe, becoming more aware of how someone's behavior or how even certain spaces can negatively impact our energy levels and leave us feeling depleted.

Meanwhile, science is reaching a place where we are becoming more aware of how energy functions in our universe. We're expanding our understanding to explore how we are all energy and how exactly this energy functions in the world around us.

Is there a possibility what was once considered woo-woo just might intersect perfectly with the realms of science where physicists have currently only begun to theorize? This article will focus on the impact of quantum energy on the human body and why many of today's popular athletes and biohackers are utilizing quantum energy to help them keep their edge.

Imagine a source of pure and powerful energy that can give you a boost positive mindset, and help you push yourself to the next level. This new quantum craze is not just a more integrated approach to science and wellness, it's a new fascination with quantum energy. But what is that exactly?



## WHAT IS QUANTUM ENERGY?

Quantum energy is the energy that exists in everything. It is the energy in your cells and the energy in the world around us. It is the space you tap into when you meditate. It is the energy that makes plants grow and the energy everyone can sense inside of themselves.

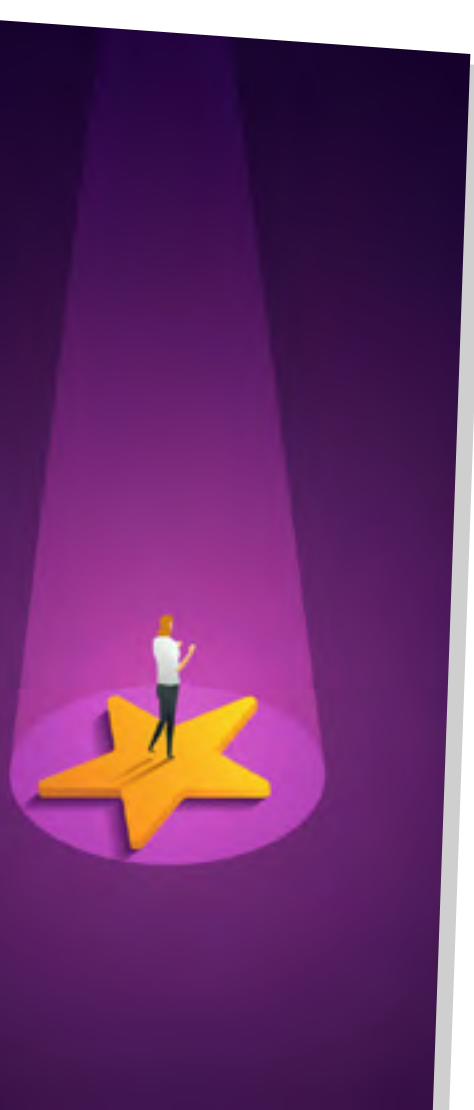
Everything around us is made up of quantum energy. It acts as a bridge to better health, wellness, and higher energy levels.

Not only is quantum energy all around us, but it can also be concentrated and placed in objects.

Quantum energy can support us in various aspects of our lives, including with overall health and well-being, a faster and deeper un(b)locking of our consciousness, with plant and vegetable growth, support of pets and other animals, as well as a create more harmonious environment. It also helps mitigate EMFs (electromagnetic fields).

Quantum energy is essential for life. Every unit of matter contains quantum energy, and so do our cells.

Our expanded understanding is helping science to bridge the gap and integrate various Eastern and Western concepts. What's left is a much more integrated approach that helps us get closer to an objective truth. For example, a major





Eastern concept is the idea that our energy flows through major hubs called chakras. We can also see how these chakras correspond to various key organs of the endocrine system and the flow of energy just might correlate to the flow of fluids throughout our body.

We're expanding our understanding of energy scientifically and becoming more aware of how the things that negatively impact our vibration levels or "vibes" actually impact us. Certain emotions, places, and even people can "drain" our energy while others can enliven it. This understanding helps us better manage our vibrancy.

For people who want to preserve this vital energy for their biohacking goals or take their competitive edge to Olympic gold, understanding this energy can be a godsend. It can help you not just keep your competitive edge but get greater control over your body.

Science is also exploring the validity and application of different energy healing modalities like Reiki, Pranic Healing, and sound healing with sound baths and singing bowls. These various healing methods involve using different types of energy to create harmony in your bioenergetic or quantum field.

Reiki was popularized by Mikao Usui in Japan in the 1920s. It's continued to thrive, and multiple studies have found that it is beneficial for helping with pain

management. With reiki, a healer channels a form of subtle energy to harmonize the energy in your quantum field. By addressing energy concerns, they help alleviate potential causes for physical illnesses.

A study by Dr. David E. McManus found that reiki was much more effective than the placebo control group, proving it has a direct impact on the human body. Studies have also found it to be very helpful in pain management, both with cancer and post-operative care.

What might have seemed fantastical, magical, or even a bit "new age" is starting to find actual footing in science in the realms of physics and medicine. Reiki healing is becoming much more normalized and more people are seeking out energy healing to alleviate mental and emotional symptoms before they manifest in the body.

Concepts like the "law of attraction" are being paired with scientific concepts like quantum entanglement, giving them a greater amount of credibility. The law of attraction posits that what we think and believe can manifest in the world around us. Quantum entanglement asserts despite being separated by millions of light years, changes to one thing can affect another.

How exactly does quantum energy normally function in our lives?





## QUANTUM ENERGY IN DAY TO DAY LIFE

Every living being has a quantum energy field around its body. After all, all of our thoughts are a series of electrical impulses that run through the nerves of our bodies. All of our electronic devices have an electromagnetic field caused by their collection of charges so why not the human body?

Our quantum energy field is constantly interacting with other quantum energy fields of living things, other people, and even the electromagnetic field of the earth. Our quantum field can be affected by the electromagnetic fields or EMFs of our technology.

Our quantum field, just like our body, will seek out homeostasis

or a natural balance. Different things can disrupt the natural balance of our energy. In the same way, too much salt or sugar might throw off your body's internal homeostasis. Different things such as toxic substances, being bombarded with EMF radiation from our phones or devices, and stress can throw off our energetic equilibrium.

You've likely heard of the value of antioxidants. The reason you're encouraged to eat plenty of blueberries or acai to prevent cancer is that these foods' antioxidants tackle free radicals. Free radicals are atoms that have an uneven

number of electrons. They try to equalize their irregular number of electrons by attacking human cells.

When enough free radicals try their electron stealing strategy on human cells it can cause oxidative stress. The free radicals put our cells under unnatural amounts of stress which can cause the breakdown of those cells or even damage to the DNA stored inside your cells' nucleus.

# A BIOLOGICAL BOOST FROM QUANTUM ENERGY

Quantum energy can actually provide many benefits to the human body, which are ideal for those seeking to expand their athletic prowess or reverse the impact of aging and cell degradation. This can improve physical performance, increase your energy levels, and activate your inner vitality. It can also lighten your mood, make you more stress-resistant, and help you be able to “let go” and enjoy each moment.

A recent study by Dr. Robert Sheaff found that exposure to quantum energy, Leela Quantum Tech’s Infinity Bloc, caused a noticeable increase in ATP production by 20-29%:

ATP, if you’re not familiar, is the major unit of energy in human cells. After you have a meal, your body breaks the food down into its simplest units. If you remember your high school biology, food is often broken down into simple sugars like glucose for energy. Your cells break that glucose down further to create ATP, which energizes your cells.

ATP powers all of a cell’s life processes from reproduction to waste removal to the various functions of your body’s different types of cells like relaying messages in nerve cells or pro-

tecting your body from illness like white blood cells. The study found there to be a 20-29% increase in ATP production which is pretty significant.

The report lists:

“An increase in cellular energy output in 20-29% over baseline allows a person to have more resources at their disposal biologically across all domains. It can better help people heal from injuries, stave off diseases, allow for better mental processing and greatly enhanced athletic performance.”



**One of the major draws for quantum energy for athletes and biohackers is getting your cells to function at a higher capacity. The result is a boost not just in vitality but in the major functioning of your body. This means that quantum energy can boost your recovery time, muscle formation, and, most importantly, your vitality levels.**

Professional pole vaulter Carson Waters shares his experience with quantum technology. He says,

"I see the mind and body as being connected, so to be operating at a high level, it's best for both to be in sync, in my opinion. And given all of the ways the current state of the world can deplete health physically and mentally, Leela Quantum Tech has been a great helper and teacher."

Waters, who came in 11th in Olympic trials and competed throughout the world, confirms using quantum energy products from Leela Quantum Tech has given his performance an edge. This company has a suite of products that give peo-

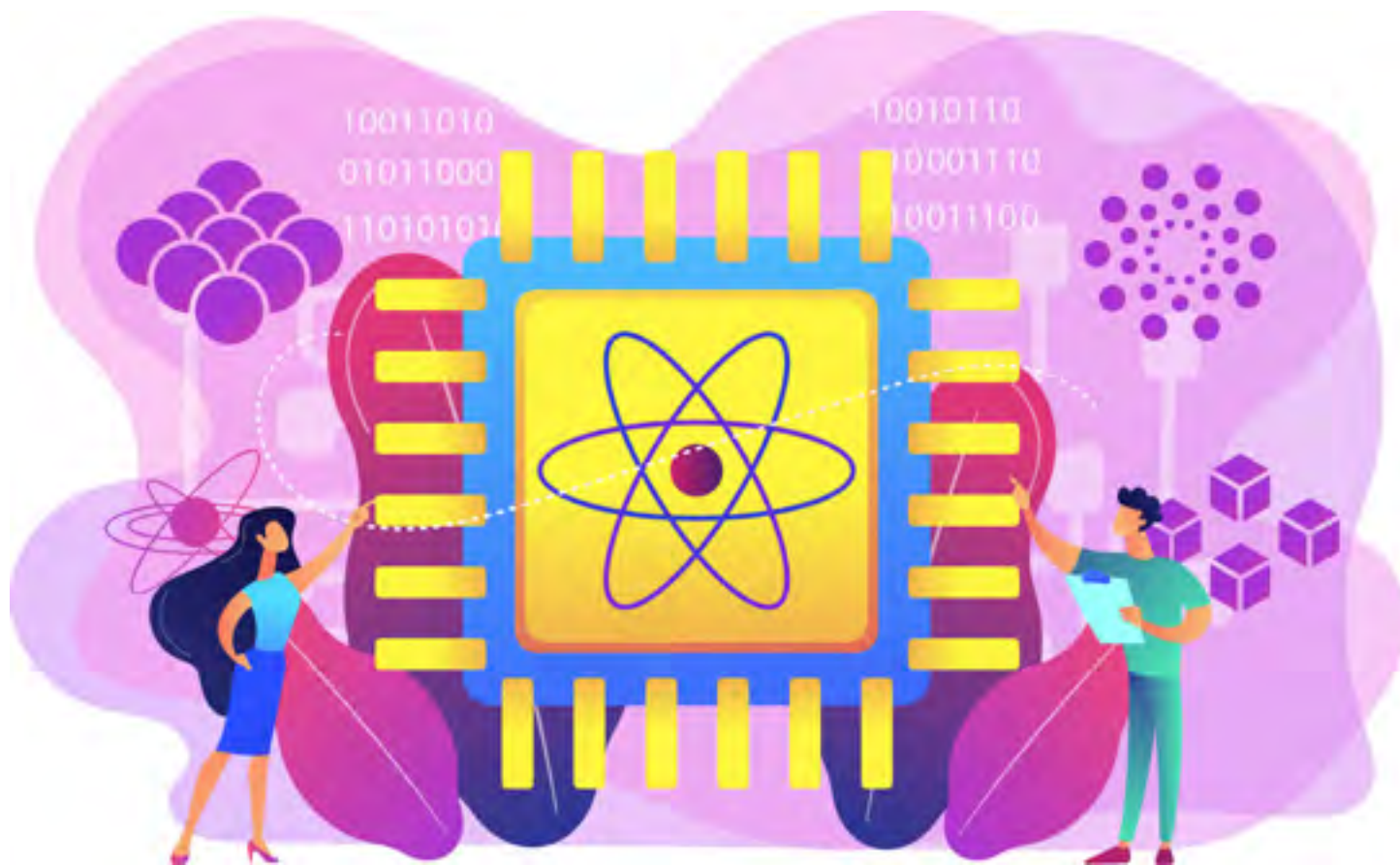
ple direct access to quantum energy. It boasts high-profile clientele like millionaire matchmaker Patti Stanger, actress Kat Graham, and professional race car driver Danica Patrick.

It's also used by notable biohackers Dave Asprey, Ben Greenfield, and Luke Story. The reason, it has a benefit to the overall goals of biohacking, which include getting a better handle on how you want to feel while limiting the amounts of cell degradation and aging.

Fellow professional pole vaulter Alex Geniesse shares how he uses his Infinity Bloc, "I also use the Infinity Bloc for charging water, photos, clothes, food and testing out different things."

Geniesse has even found an interesting side benefit from experimenting with his Infinity Bloc, "I've used the Bloc to charge sage and milk and have noticed the milk will taste like sage if you charged the sage first."

Leela's Quantum Tech Blocs can let you copy certain frequencies that you can use to charge other items. Everything has an energetic resonance, and you can copy the energetic frequency of something like sage and use it to charge other foods, liquids, and other personal items. This feature can not only offer quantum energy but also give different items an extra energetic kick.



# HOW DO YOU USE QUANTUM ENERGY?

Quantum energy is not a new concept. It has been described for thousands of years by many enlightened individuals, from inventor Nicola Tesla to physicist Roger Joseph Bosovich to thought leader Joe Dispenza. Not only is quantum energy all around us but it can also be concentrated and placed in objects.

Chi masters are an example of this. Shaolin monks are able to complete amazing feats and stretch their consciousness in ways that can not be explained by current scientific theories.

Luckily, you don't need to stay at a monastery for decades to access quantum fields. Instead, you can use quantum energy products to access all kinds of health benefits. You just need to find the right ones because not everything called "quantum" is the real deal.

The energy of Leela Quantum Tech products invites us (as well as any living being) (in-)to our completeness – physically and energetically – and it supports us on that path. It supports and emphasizes what supports life and consciousness, and it can neutralize what's destructive and harmful for physical organisms

and consciousness. There are endless things it does, but that is an essence worthwhile to be understood.

[Leela Quantum Tech](#) products run the gamut from EMF blocking clothing to frequency & quantum energy charging Water Bottles. Speaking of which, the famous Emoto Institute in Japan has analyzed Leela Quantum Tech's Water Bottle and found that it can actually impact the structure of the water.

The goal of this analysis was to visualize the physical effect on water from Leela Quantum Tech products. The products

used for the study were the Quantum Bloc and the Quantum Water Bottle. To visualize the changes in the water, it was frozen and photographed under a microscope. Three separate samples were studied and analyzed.

The water samples exposed to Leela Quantum Tech have more structurally "perfect" or "beautiful" crystals compared to the control. That being the crystals are more symmetrical and without flaws or distortions.

The control sample had only 1 beautiful crystal, while the Quantum Water Bottle sample had 3 and the Quantum



Bloc sample had 5 beautiful crystals. The Emoto Institute Japan confirms that the Leela Quantum Tech products significantly improve the energy of water. Here is what Hiro Emoto had to say about the technology:

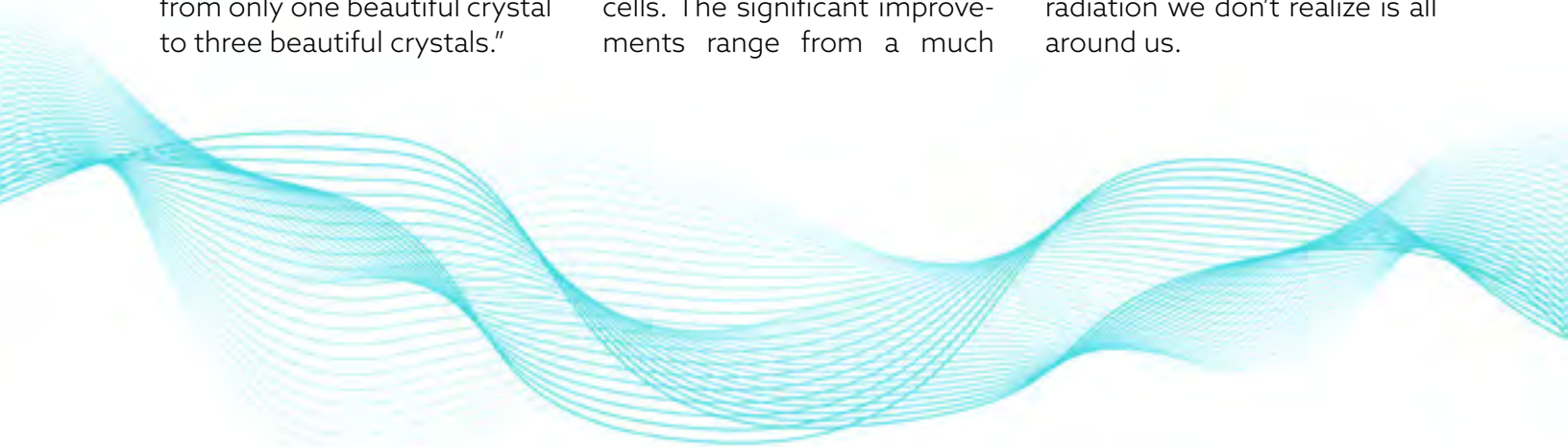
"The Quantum Bloc improved the energy of water significantly within only 3 minutes. From only one beautiful crystal in the control water, the treated water then had five beautiful crystals. The Quantum Water Bottle also optimized the water. In 10 minutes, it changed from only one beautiful crystal to three beautiful crystals."

Additionally, the Blocs harmonize all of the ambient radiation around you. Highly regarded Dr. Beverly Rubik from the U.S. performed various Dark Field Microscopy Studies on our Leela Bloc technology that were all placebo-controlled.

She observed a significant protective effect on blood after only 10 minutes of exposure. This means using our Quantum Bloc technology can provide a protective shield against EMF to your blood cells. The significant improvements range from a much

healthier state of red blood cells, more oxygenation in the blood, an increase in white blood cell activity and motility, and more.

When exposed to the quantum energy, the blood cells resumed their normal function. One key benefit to Leela Quantum Tech is that it helps eliminate the effects of ambient radiation on the body and harmonizes the energy around the device which can help with the energy around your home. There are countless EMFs and radiation we don't realize is all around us.



## HOW BAD ARE EMFS?

One major impact on our health and vitality is the large amount of ambient radiation around us.

We are surrounded by so much that we don't even realize how it can impact our bodies. All of our electronic devices have their own electromagnetic field when you add to that the Wi-Fi of our Internet-capable devices and the 3G, 4G, and 5G of mobile

devices, plus radio waves, that's a lot of radiation flowing around your home, office or workspace alone.

As we seek faster download speeds we continue to explore different, more aggressive forms of radiation. 5G works by using higher frequencies on the electromagnetic spectrum, ranging from 3.5 gigahertz (GHz) to 24.25 GHz to 52.6 GHz. These higher frequencies create a larger EMF or electromagnetic field, which allows for faster down-

load speeds. The concern arises as to how these expanding electromagnetic fields will ultimately affect our health.

EMFs increase your likelihood of oxidative stress, which increases the negative impact of free radicals on your cellular health. EMF exposure can also negatively impact cell membranes, impeding their ability to receive nutrients, eliminate waste, and relieve pressure. There's also the potential that cells can become denatured and multiply.

The World Health Foundation has also officially stated that EMFs can be possibly carcinogenic. It's important to note that being surrounded by our many screens, mobile devices, and other electronics can affect our bodies.

"Just by it being in the house, EMFs are hindered in their plot to harm me." jokes Waters. While the high-level athlete may be joking, the health impact of our devices and the radiation has serious real-world health consequences. These negative energies can easily be avoided by naturally harmonizing EMFs and limiting their impact on your family and even your pets.

A study in the American Journal of Epidemiology found that residential exposure to EMFs

led to an 80% increased risk of canine lymphoma in pet dogs. Spending time on screens has become ubiquitous. We can often ignore the impact all of this radiation can have on us. Only time will tell how these technologies do affect us.

Studies have also found that these electromagnetic fields directly impact the brains of small animals, which can impact their behavior, energy levels, and even their sleep patterns. Leela Quantum Tech's products can help harmonize the EMFs so they're less likely to negatively impact your and your pets' health.

Besides protecting our health and that of our pets and loved ones, there are important advantages that quantum energy can provide to our lives. They



harmonize EMFs, increase ATP production, and boost energy level.

In addition to the Blocs technology, Leela Quantum Tech also has wearable options, including the [H.E.A.L.® Capsules](#).

Walters says these capsules are invaluable in his mobile-demanding lifestyle. He shares, "The H.E.A.L.® Capsule has become important to me for traveling, especially when flying. I wear the H.E.A.L.® Capsule to help strengthen me against the barrage of EMFs and potential stressors in airports."

Airports can be a major source of stress, with everyone waiting in long lines and rushing off to far-off destinations. Not to mention, it's a major source of radiation with x-ray machines and metal detectors and exposure to fuel fumes.

You might guess a frequent flyer's dose of radiation is pretty heavy from passing through airport security checkpoints, with their whole-body scan-



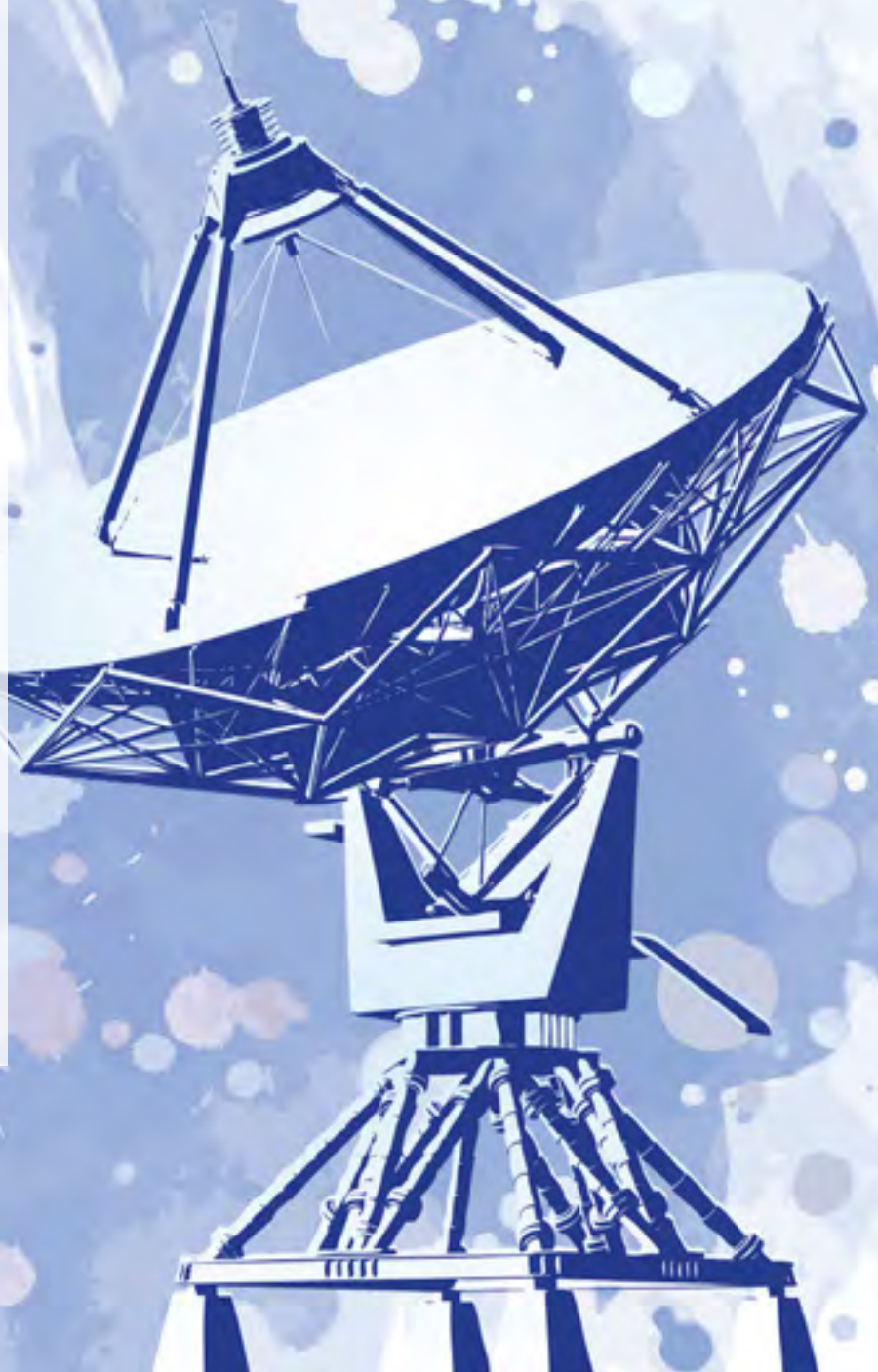
ners and baggage x-ray machines, but you'd be surprised. The radiation doses to passengers from these security procedures can be trivial.

The major source of radiation exposure from air travel comes from the flight itself. This is because at high altitudes, the atmosphere gets thinner. This means there's less to shield you from the natural cosmic radiation from the sun.

Traveling can be a source of intense stress not just on your emotions but on your body, but the benefit of quantum energy can neutralize all of these factors. It can eliminate the negative impact of radiation while also helping maintain your high-vibe mental state. It may be hard to believe, but there are also positive changes you can make with quantum energy.

Dave Asprey, the father of biohacking, has been using [Leela Quantum Tech](#) and Quantum Upgrade for quite some time, and he says they are great tools to neutralize EMFs whenever he's at home or on a flight.

Try wearing the [H.E.A.L.® Capsule](#) and feel the difference yourself.





# QUANTUM ENERGY & HIGHER VIBRATIONAL EMOTIONS

There's a major mental component to maintaining your edge both in athletics and business. You need to have a certain amount of confidence to defy normal expectations. Discipline is vital and a can-do attitude can help but being able to handle the mental and emotional load of pushing yourself past your limits to succeed requires managing your mood and emotional state.

We know certain conversations, places, and people can leave us depleted. These moments have a direct impact on our energy. Dr. David Hawkins committed much of his study to mapping human consciousness. He found a direct, energetic component to the complex world that makes up human emotions.

Dr. Hawkins found that certain emotions corresponded to certain energetic vibrational levels. He heavily studied the

various levels of consciousness and found some emotions existing at a lower vibration state. This is exactly why certain heavier feelings like fear, guilt, or depression can feel draining or exhausting. These feelings, he said, were part of a Victim/Abuser consciousness.

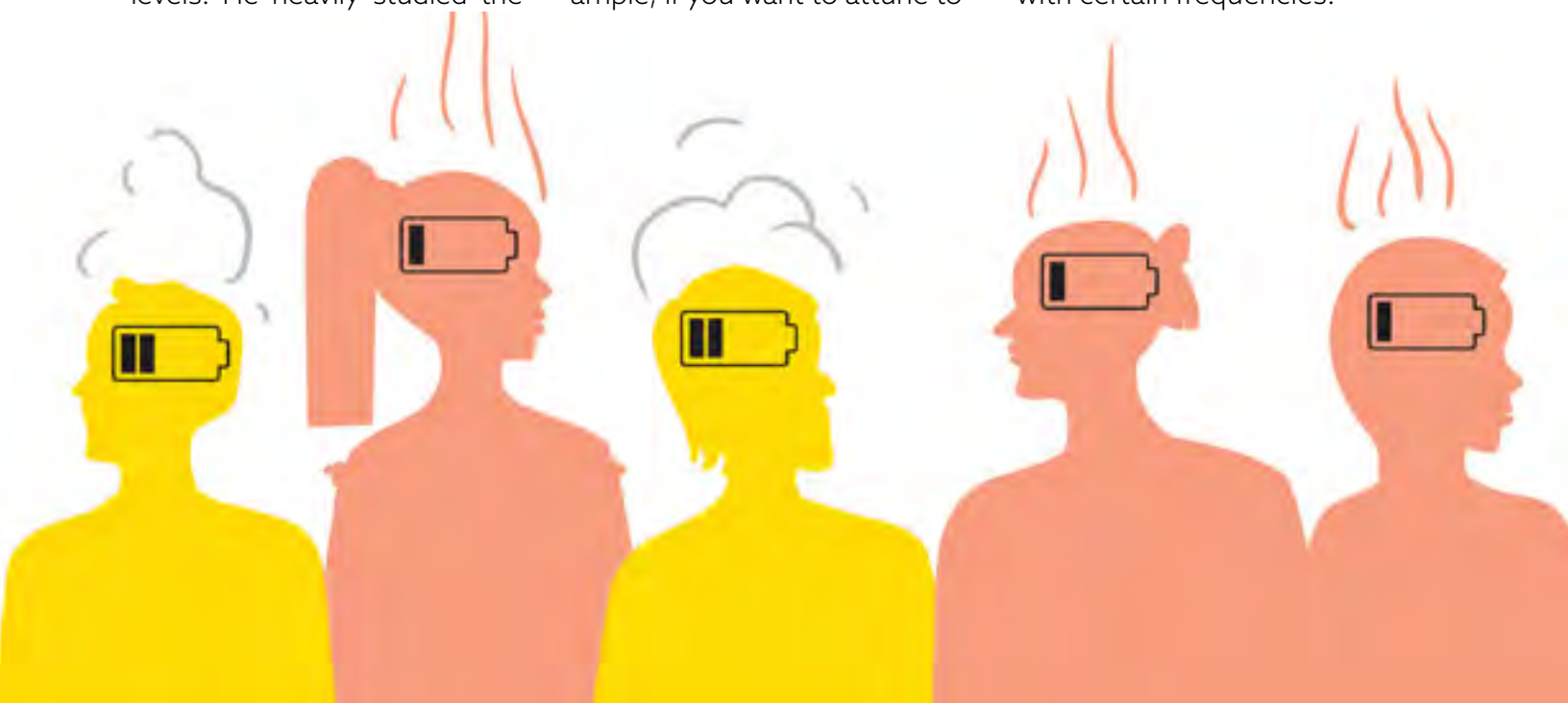
Hawkins found other emotions to be higher vibrationally and where human beings can change their circumstances and raise their consciousness like neutrality, acceptance, and love, which he credits as being part of the self-empowerment mindset. Dr. Hawkins found the highest level of emotions he equated with spiritual advancement like joy, peace, and enlightenment. These emotions allow for a self-realization mindset.

Quantum energy can ensure we remain at some of these higher-level emotions. For example, if you want to attune to

the specific frequencies, let's say Prosperity or Inner Peace, you can do that directly with the quantum energy. Those frequencies are in the universe, they are everywhere, all you need to do is to attune to them.

There are people who can observe these frequencies as vividly as a glass of water on the kitchen table. Leela Quantum Tech has been working with the world's best energy healers to capture these higher frequencies and transmit them through physical products everyone can use.

That's how they ended up creating Frequency Cards, as of now, they have around 32 different frequencies, e.g., Prosperity Frequency Card, Inner Peace Frequency Card, Weight Management Frequency Card, and more. Each card allows you to stay in a certain mindset and resonate with certain frequencies.



# QUANTUM UPGRADE

There's even a way to transmit quantum energy using quantum entanglement. It has become a fast-growing and third-party tested tool called Quantum Upgrade.

How does this work? Imagine you have two things. Let's call them Thing A and Thing B (or Energy A and Energy B). When these are entangled, it means their properties are linked together in a special way. It's as if they are communicating with each other faster than anything we currently know.

It is important to note that this is not at all just related to Things A or B since quantum energy works below the subatomic level. It is actually mainly about the energy itself. Quantum entanglement applied might be better described as "Aether entanglement" - meaning to connect two or more objects, frequencies, etc., via the Aether that's all around us.

However, since it is mostly quantum energy being used, you can call it that as well. It is important to understand, though, that a particle is never the smallest unit we can consider the truly "smallest" is always the energy or consciousness itself.

When you subscribe to the Quantum Upgrade service,

you get to benefit from having access to one of the most powerful sources of pure, natural, and highly concentrated quantum energy, or "a high-consciousness field".

Top world pole voter Waters credits his Quantum Upgrade with helping him get that extra physical and emotional edge when training.

Waters says, "With the Quantum Upgrade, I mostly incorporate that when I'm competing. I set the Hawkins scale to 1400 for the day, then carry on as normal." This heightened emotional state helps Waters manage not just his body but any potential negative emotions that may arise.

"Throughout those days, I have felt a slight expanse of oneness around me...that feeling has allowed more in-

stances of gratitude. As well as confidence in my body's abilities. Also, allowing for more feelings of acceptance when I fail." This added emotional boost can help you maintain your killer edge.

Facing setbacks can often be more challenging than the failure itself, as they trigger emotional responses that drain our energy and focus. This is where quantum energy steps in, offering more than just physical rejuvenation. It's a tool for emotional balance, helping you maintain a higher energy state that guards against draining emotions. With quantum energy, you can cultivate emotional equanimity, ensuring that setbacks don't derail your progress. It's not just about managing your body's energy; it's about mastering your emotional responses to emerge stronger and more resilient.



# QUANTUM ENERGY & THE FUTURE

A study out of the Besa Institute in Austria found that quantum energy, in particular the type in use by Leela Quantum Tech and Quantum Upgrade, can actually harmonize the biological stress on the body caused by being bombarded by EMFs and other ambient radiation even in electric cars. As we push towards a more carbon-friendly approach to driving we still haven't examined the ramifications of electric cars.

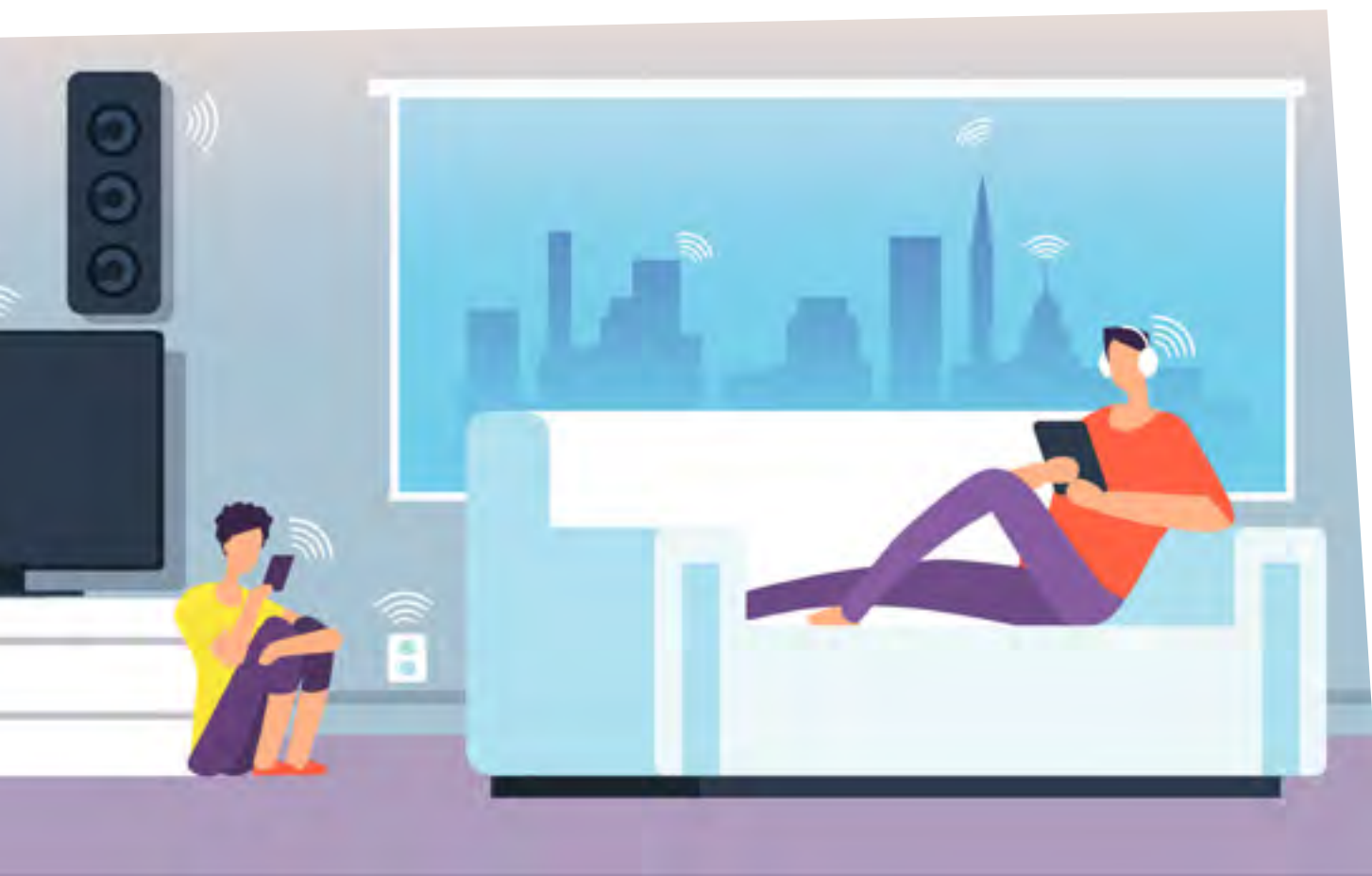
Extensive exposure to EMFs has been associated with cancer, leukemia, and brain tumors. There have also been reported symptoms of headaches, anxiety, suicide and depression, nausea, fatigue and

loss of libido, all tied to extensive exposure. While there can be protection from the battery of the car, the mingling of EMFs with other devices like Wi-Fi, 4G, and 5G can increase the impact on your health.

Before you cancel your electric vehicle purchase, this isn't a cause for major concern. However, it is important to know that we don't have an adequate understanding of how these combining radiations will affect us after prolonged use of electric cars. With everyone wanting more internet access and technological bells and whistles, there's no telling how all of that EMF and radiation exposure will ultimately affect drivers and passengers.

Luckily, the Besa Institute study found that quantum energy helped mitigate the overall negative effects of all of this radiation and energy on the human body and the energetic field. The participants were examined, and it was found that the quantum energy actually helped harmonize all of the radiation and prevented them from impacting their participants.

Our rush towards innovation will often mean we will not see the impact of certain developments until years after they've been in circulation. While electric cars can be a boon to the environment it's still important to proceed with caution. Luckily, quantum energy can help you better protect yourself against the growing onslaught of radiation you face with having to use electronic devices, the internet, and soon your car.





# THE STRUCTURE OF WATER

One other key benefit of quantum energy is it can structure your water. Water makes up 60% of the human body. Shouldn't we want our water to be the best possible? We focus on filtering water or drinking bottled water but what about molecularly structured water.

Four-time New York Times bestselling science author and the "father of Biohacking," Dave Asprey, regularly structures his water using the Leela Quantum Bloc. He says that it, "It tastes different and feels better."

The work of Dr. Masaru Emoto has shifted how we look at our relationship with water. He pioneered the now famous experiment where he explored how human intention and emotion

can affect water. He examined how human emotions affected the formation of water crystals. His experiments became famous for the assertion that water has memory.

In one experiment, a group of 2,000 people in Tokyo focused positive intentions toward water samples located inside an electromagnetically shielded room in California. When compared to the control group, the samples that were sent with positive intentions had distinctly more beautiful crystals. Their beauty was judged by 100 different judges to protect the study's validity.

Dr. Emoto also explored how negative emotions impacted the formation of crystals.

What's fascinating is that crystals formed by water looked different based on the emotions they were charged with.

Water structured by the [Leela's Quantum Water Bottle](#) actually has more ornate and elaborate crystals. The Emoto Institute out of Japan analyzed the results and found that in only 15 minutes, the Quantum Bottle had more of an effect on the structure of these crystals.

Drinking structured water can support more energy production, has a positive effect on aging, and decreases inflammation.

# WHAT DOES QUANTUM ENERGY MEAN FOR YOUR HEALTH?

Do you want to protect your youthful vitality? Maybe you want to push yourself towards major gains in your body or athletic prowess. It's clear from the aforementioned studies that quantum energy can help.

It will naturally boost your energy and body's output, facilitating all of the cellular and physical processes to achieve your goals in the gym or what you want from your body. Not just boosting your overall energy levels, it also helps eliminate the impact of oxidative stress, which is the natural cause of aging and disease.

Plus, the boost in energy ensures that you can recover faster and be more responsive to your goals. This makes it so

much easier to push yourself. Besides boosting your health, if you're worried that your technology might be taxing your body's system, quantum energy can actually help decrease the impact of all of these radiations on your cellular health.

Technology is everywhere, and we aren't as concerned with the impact on our bodies, yet. However, if it can be avoided, why not try? Quantum energy can help harmonize your environment and feed all the starving molecules that might try to snack on your healthy cells. This can result in a decreased chance of diseases caused by EMF and radiation exposure for you, your family and your pets.



## QUANTUM ENERGY & YOU

The main reason biohackers are turning to quantum energy is that not only is it a source of more vitality and health but it can help stall what would otherwise naturally cause your cells to age and degrade. It can also help you push yourself by protecting not just your cells but your positive attitude.

It takes a lot of courage, discipline, and fortitude to undertake a challenging athletic or health regimen for your body. Quantum energy can help make this process a bit more seamless while also providing the support of higher energy levels, a better mood, and water and food that can serve your body better.



Whether you're curious about trying one of the quantum energy tools of [Leela Quantum Tech](#) or curious about a subscription to Quantum Upgrade, these sources provide pure quantum energy backed by scientific study. This may sound like something from the future, but it's actually a way that you can use energy to better meet your goals.

After all, so much of what holds us back is a lack: not enough time, not enough energy, or a feeling that we only get "one shot." Luckily, with quantum energy, you can get a boost not just to what can feel like a limited supply of energy you get support to your mind, body, and emotional state.



## PHILIPP VON HOLTZENDORFF-FEHLING



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

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# LIFESPANNER TRENDS

## Revolutionizing Wellness:

“My Epic Journey into the Heart of The Biohack Lab with Dr. Sienna Steckel ” *By: Jean Fallacara, Biohacker Extraordinaire by day, CEO by Night*



First off, the vibe at the lab is like stepping into a sci-fi movie – serene, sleek, and smart. Packed with the coolest biohacking gadgets, it's the ultimate playground for any wellness warrior. And Mathieu, the knowledge wizard? This dude defies age – he's in his 40s but looks like he just stepped out of a college dorm!

**They've got everything:** cryotherapy to chill your bones, hyperbaric oxygen therapy to supercharge your cells, machines that make athletes weep with joy, and therapies that light up your body like a Christmas tree. It's like an all-you-can-treat buffet for your body and mind.

Get ready to have your mind blown!



I just dove headfirst into the future at The Biohack Lab in Fort Lauderdale, a place where science fiction meets reality, founded by the visionary duo Natasha and Steven Cole.

Invited by the awesome Caroline Sada, Mathieu Folliot, and my rad friend Dr. Sienna Steckel, an Emergency Medicine maestro, this lab is a paradise for those obsessed with pushing human limits. It's like walking into a future where we're all superhuman.





# LIFESPANNER TRENDS



But wait, there's more! Mindfulness, light therapy, cellular rejuvenation, detox protocols – it's a cornucopia of cutting-edge treatments. Whether you're looking to turn back the clock, boost your brainpower, or supercharge your immune system, they've got you covered.

**The Biohack Lab isn't just about treatments; it's an educational haven. They don't just treat you; they teach you. You become a student of your own body, learning to unlock your hidden potential.**



Classes? Oh, they've got them. Guided breathwork to find your zen, meditation to tap into your inner sage, lucid dreaming to explore uncharted mental territories, and sound healing to tune your soul's strings. It's a masterclass in becoming your best self.

And if that's not enough, check out their healing lab and lounge & store. It's like having a personal health detective uncovering the secrets of your body, and a treasure trove of health-boosting goodies to take home.

- **The pièce de résistance?** The CVAC cellular repair Pod. It's like a spaceship for your cells, rejuvenating every inch of your body.

And the OligoScan – it's like having a crystal ball revealing the secrets of your inner health.

- **My report?** A little low on calcium but high on life! And the revelation about that toothpaste and deodorant? Mind-blowing!



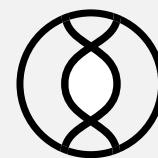
In conclusion, The Biohack Lab isn't just a place; it's a revelation. Dr. Sienna Steckel and the team are not just healers; they're pioneers on the frontiers of human potential. One day there, and you're not just learning; you're evolving. The Biohack Lab isn't just about living; it's about thriving like a boss! Total Lifespanning!

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# UNLOCK THE POWER OF EXOGENOUS KETONES FOR PEAK PERFORMANCE AND WELLNESS

Like most of the world in the early part of 2020, we found ourselves detached from our health and fitness goals. Only a few years earlier, we were completing our college careers as basketball (Brendan) and tennis (Maddie) players. Removed from regimented practice and workout schedules, we had fallen into the routine of doing the minimum

amount necessary to stay “healthy enough”. We’d finish our work days fueled by sugar and caffeine to come home and flip through Netflix for a couple hours before and after dinner. We didn’t gain tons of weight or develop any medical issues, but we didn’t even realize how much we had lost our edge. A couple months into the pandemic, we learned

about the power of drinking exogenous ketones and after a month or two of resisting, we decided it wouldn’t hurt to try.

Shortly after beginning, we noticed a shift in our energy and focus. Gone was the mid-afternoon crash or lull, and we finished our work days with enough left in the tank to get back into working out, making healthy dinners, and spending time with each other away from the TV. It’s important to note that the

energy we felt wasn't the jittery high, followed by a crash that comes from caffeine or sugar, but just a simple and sustained energy that lasted as long as we needed it to. We had learned the bare minimum, but felt it was worth diving further into what ketones actually are and why we were feeling so good.

Endogenous ketones are organic compounds produced by the liver when the body breaks down fat for energy. This usually occurs when there's limited glucose available, such as during fasting, low-carbohydrate diets, or prolonged physical activity. Endogenous ketones serve as an alternative fuel source for the body and brain, and they become the primary source of energy during a state of ketosis. They play a crucial role in supporting brain function, physical performance, and overall metabolism.

Several years ago, the ketogenic lifestyle or diet became popular as a method for losing fat. By heavily restricting or eliminating carbohydrates, our body will produce ketones through the liver and utilize fat for energy. While the diet became mainstream only a few years ago as a fad lifestyle, the ketogenic diet has been around for decades as a tool not for fat loss, but instead for brain health. Dr. Ryan Lowry, President of Applied Science and Performance Institute and one of the country's thought leaders on exogenous ke-

tones, says, "As we get older, our brain isn't able to utilize glucose and carbohydrates as well and after the age of 30, the older we get and the worse our diet is, the more resistant our brain is to those types of fuel. It's almost as if our brain is starving for energy. We just need to provide it the right source of fuel. And the fuel that our brain can still utilize is ketones. Stud-

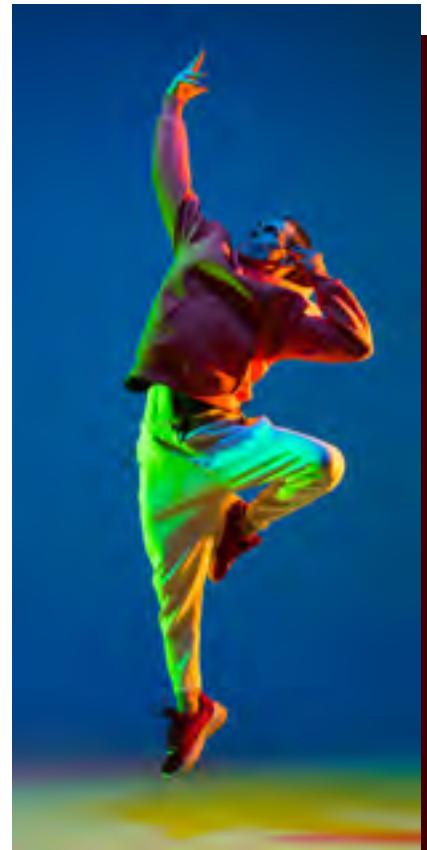
ies show that as we get older our brain is still able to utilize ketones when it's not able to utilize glucose and carbohydrates as well. Ketones are the superior fuel source." This superior fuel source allows many benefits to be unlocked in our bodies, including enhanced fat loss, improved athletic performance, enhanced cognition, cleaner energy, and improved sleep, just to name a few.



# LOSE FAT WITH KETONES

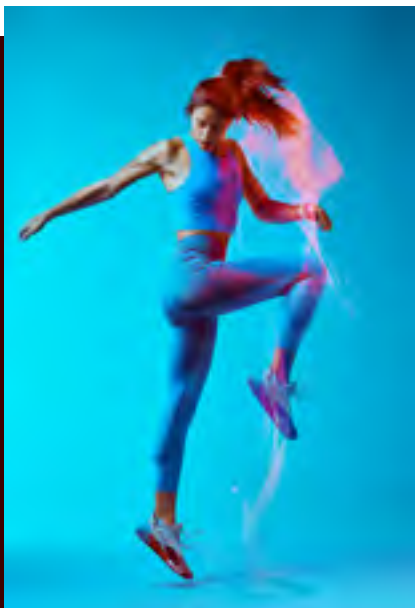
While it was never our end goal, many people are looking for a way to get over their fat loss plateau. Exogenous ketones assist in fat loss primarily by reducing appetite, a key factor in maintaining a caloric deficit. A study in Obesity revealed a 50% reduction in hunger over four hours in participants consuming exogenous ketones compared to a placebo (Stubbs, B. J., et al., 2017). This significant decrease in hunger can be attributed to ketones' ability

to regulate hunger hormones and provide a satiating source of energy, reducing the overall caloric intake and facilitating fat loss. **We love utilizing exogenous ketones as a natural way to fuel our bodies and allowing us to burn fat more easily. As we age, burning fat becomes more difficult due to a decline in muscle mass. Ketones bodies have been shown to help maintain muscle strength and endurance, preventing muscle deterioration (Yehya, 2023).**



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# LEVEL UP YOUR ATHLETIC PERFORMANCE WITH KETONES



Athletes can benefit from exogenous ketones due to their efficiency in enhancing endurance. In a study featured in the Journal of Physiology, cyclists who supplemented with exogenous ketones increased their distance covered by 2% compared to those on a carbohydrate or fat-based diet (Cox, P. J., et al., 2016). This improvement is likely due to ketones being an efficient energy source that spares gly-

cogen stores in muscles, thus delaying fatigue and enhancing endurance in long-duration sports. **Ketones can help maximize each and every rep during a workout, helping us get stronger while recovering faster.** In our experience, we don't notice a jittery burst that comes from caffeine riddled pre-workouts, but as we approach the end of our workout there is a noticeable feeling that we could keep going.

# KETONES AS A BRAIN FUEL

Ketone bodies serve as a superior brain fuel, which enhances cognitive functions like focus and memory. Research in the *Journal of Neurochemistry* demonstrated that a ketone diet regimen improved cognitive performance in tasks requiring mental endurance (Murray, A. J., 2016). This cognitive boost is likely because ketone bodies provide a more efficient and steady energy supply to the brain, unlike the fluctuating energy levels associated with glucose. *Whether we're in an office setting or spending quality time with loved ones, an increase in focus and mental endurance can have a massive impact.* Not only is the focus and energy more sustained from the bet-

ter fuel, it comes without the crash that leaves us wanting another boost from stimulants. Exogenous ketones offer a stable and sustained energy source, unlike the short-lived energy spikes from caffeine or sugar. *Not to mention, the energy and focus coming from ketones is a result of a process our bodies are very familiar with and is natural, allowing us to avoid unwanted chemicals or toxins from artificial or highly processed products currently on the market today.* This stable energy release is beneficial for maintaining consistent performance throughout the day, as it avoids the rapid energy fluctuations and subsequent crashes associated with other quick-fix energy sources.



## IMPROVE YOUR SLEEP WITH KETONES

Exogenous ketones have also been linked to improved sleep quality. A study in *Frontiers in Psychiatry* found that subjects on a ketone-enhancing diet experienced better sleep, with fewer disturbances (Evans, M., et al., 2018). This improvement in sleep may be attributed to ketones' ability to regulate neurotransmitters involved in

the sleep cycle, promoting a more restful and uninterrupted sleep pattern. *Whether we admit it or not, the quality of sleep and rest we experience has a massive ripple effect on the rest of our health.* Ketones can serve as a high quality supplement to aid in maximizing our rest, allowing us to take on the day ahead.

# A COMMON QUESTION: DO I NEED TO FOLLOW A KETOGENIC LIFESTYLE?

It's important to find a lifestyle that is sustainable for you and that you can maintain in a healthy way. When the keto diet became popular, many people did it in a very unhealthy way. We couldn't understand why someone could eat a full plate of bacon, but wouldn't touch a strawberry. The thought of over-consuming unhealthy fats and processed low carb foods just didn't make sense to us. Since diving into the world of drinking exogenous ketones and a healthier lifestyle, we choose to gravitate towards foods we know are good for us. The thought of counting macros and weighing everything sounded miserable to us, and while exogenous ketones are far from a magic powder, when you're feeling good with more energy and focus, it's easier to prepare a meal that consists of healthy foods. Our goal was never to be restricted by our diet, and 90% of the time we eat well. In our nearly 4 years of drinking ketones the thing we've learned is that the only diet that works for people is the one they stick to. If we go to a birthday party, we'll enjoy a piece of cake and not feel guilty about it. Drinking exogenous ketones has made it easy to get right back into our fitness routine.



## QUALITY MATTERS



Not all exogenous ketones are created equal. The efficacy and safety of these supplements can vary greatly depending on their formulation. Low-quality ketones may contain fillers, additives, or inadequate ketone salts, leading to less effective or inconsistent results. It's essential to choose high-quality, well-researched exogenous ketone supplements to ensure maximum benefits and minimize potential side effects.

Many ketones on the market contain a mixed-isomer, which is when the ketones you're supplementing are not the bio-identical version that your body would produce endogenously.

While we're relatively new to the biohacking concept and have been drinking ketones for just under four years, we've been delighted at how it's worked for us to get our health and fit-



ness levels back to their peaks. While ketone bodies have been around forever, the concept of exogenous ketones is still new and exciting. As more research continues to surface regarding their benefits in the coming years, we're excited to see how the world of ketones influences people across the world.

To follow our journey, follow our Facebook page: Real McCoy's Keto, follow us on social media [@maddie.m.mccoy](#) and [@brendanmccoy22](#) and follow our youtube channel: [Real McCoy's Keto](#)

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# Maddie & Brendan



*Maddie and Brendan McCoy found their passion for health and wellness through a lifetime of playing organized sports. They met on the second day of their freshman year at Ripon College and just celebrated their fifth wedding anniversary in October, 2023. Away from their business, there's a good chance you'll find Maddie on a yoga mat and Brendan on the golf course. Maddie and Brendan both enjoy traveling and have a long list of places they would like to see. They currently live in Ripon, Wisconsin with their rescue dog, Finn.*



# HOW PSYCHEDELICS SAVED OUR MARRIAGE

**M**arch 2022: My wife bolts out of our home, and says, "Take Sonnet!" handing me our baby daughter, leaving for who knows how long, just as I'm about to lead my mastermind call with a dozen entrepreneurs for 90 mins.

She was experiencing a powerful nervous system inundation, courtesy of the combination of a panic attack + complex PTSD triggers, on top of being a highly sensitive person (a psychological designation thanks to the research of Dr. Elaine Aron).

Unfortunately, this wasn't a one-time occurrence. Almost daily, her nervous system would hit overdrive and cause a spiraling effect.

My wife, Sarah, is an amazing, brilliant, and loving human being. She's a fantastic mother and wife.

But she was experiencing the debilitating effects of a deep, postpartum battle brought on by her traumatically abusive childhood. She grew up as the oldest child of 11 children, often standing guard between

her younger siblings and her narcissistically-abusive parents. While they were regularly inflicting physical, emotional, and mental abuse on one another, they also saved plenty to spew on their children, especially their oldest.

From the age of 18-months-old, Sarah's nervous system and neurological wiring was hardwired into an overwhelmed, fight/flight, PTSD state and reinforced with literally decades of torment and instability. Stacked with screaming, traumatized chil-



dren, where, as the oldest daughter, she often had to step into a motherly role making meals or caring for sick children while holding babies in her arms, even as young as an eight years old.

Now, back to early 2022 and me at my dining table with my baby in my arms, teaching entrepreneurs. At this time, I was mostly committed to my work and my role as the breadwinner. But slowly, it began to dawn on my hard-headedness that if I didn't go all in to help my wife get well, we'd never thrive.

Over the course of her mental health battle, we'd tried many things. We'd done a lot of work with a fantastic Emotion Code practitioner. Then we did neurofeedback, which noticeably

helped with anxiety. Then somatic psychotherapy with an amazing therapist, who was very helpful in processing and understanding trauma.

But those each helped with incremental improvements that were often short-lived, often dissolving within minutes of our baby crying.

As tools, we had velvet hammers, when we really needed a jackhammer. The American Psychological Association (APA) labels complex PTSD and treatment resistant depression as incurable in most instances, largely because there's no drug treatment/therapy solution that consistently cures symptoms.

The nasty combination of being an HSP (Highly Sensi-

tive Person) coupled with an extreme case of C-PTSD, that are both easily triggered by a crying child, and our baby of course, liked to cry.

We wanted to avoid SSRIs because while they are sometimes helpful for coping, they rarely lead to a reversal of a state of depression, plus they have minimal impact on PTSD. Plus, the unwanted side effects are scary like weight gain and neurological rewiring that makes it nearly impossible to wean off them.

Additionally, accepting the diagnosis that Sarah's condition was a permanent reality was beyond unacceptable. I couldn't imagine my daughter growing up without her mom being healthy, especially knowing how kind, loving, and wonderful she is.



the IV treatment, so I was sold on everything about it except the high price (about \$500 p/ treatment).

July 2022: Before her 1st loading phase of NAD IV, which is 4000 mg injected over a period of up to two weeks, she was sleeping 10 hours per night, taking two naps per day, drinking 400 mg of caffeine and still barely functioning. After the intense round of NAD IV, she woke up consistently bright eyed, full of energy and mentally much happier. She only needed about 7.5 hours of sleep, no naps, and was down to 40 mg of caffeine a day and able to go work out again. It was nothing short of miraculous.

I thought we had solved it. But a few months later, the PTSD triggers were readily apparent as she was back in an overwhelmed state after breaking her foot and being bedridden.

October 2022: our experimentation with psychedelics began: our first heart ceremony. A friend invited us to a ceremony involving plant medicines and in a group of about 20 other journeyers, we experienced the beginning of a beautiful restoration. My wife was in the midst of a depression spiral and I was frustrated, resentful and struggling, barely hanging in. Within minutes of the medicine kicking in, my negative feelings dissolved and I was flooded with love and empathy for her and her likewise.

A potent mix of kanna, sassafras, MDMA, and other potent substances dosed appropriately in a safe and healing container created this

Enter our biohacking jackhammers of transformation: NAD and psychedelics.

I had been exposed to NAD's powerful effects on healing addiction and had read about its potential in mental health. Nicotinamide adenine dinucleotide (NAD) is a naturally occurring coenzyme that is used in 500+ cellular processes, acts as a neurotransmitter and is essential in metabolic function.

While in Denver, we ordered a mobile NAD IV. Sarah and I noticed an immediate uplift in mood and energy for the following three weeks following



magical experience. Over the next week, while we came down from the high, our baseline of loving connection was much higher and it reset our patterns of communication towards much deeper, heartfelt connection and far less resentment.

I had lived my life for 44 years operating primarily and nearly exclusively from my mind. Now, my mind had at least a gravel road of connection to my heart that rapidly built over the next year as I continued in the work.

Practically, this meant I could feel the depths of love for my daughter, wife, and others in a way I never could have imagined. Often, while rocking my daughter to sleep at night, I have been flooded with so much love and connection for her that tears roll down my cheeks. That didn't happen before.

With the new levels of hope, I accelerated my research on PTSD, psychedelics, and trauma, listening to 7-10 podcasts per week and reading nine books in a few months. I had hoped that psychedelics might be the final missing piece and may be able to heal the PTSD and depression fully. According to research at institutions like John Hopkins, up to 70% of patients with clinically-incurable depression or PTSD experienced full remission of symptoms after 1-2 psychedelic therapy sessions.

How could that be possible? My friend, Dr. Manesh Girn, one

of the top psychedelic neuroscientists in North America, has found from his research, that our brain's neuroplasticity surges for up to two weeks on psilocybin (magic mushrooms) and MDMA, and 48 hours on ketamine. It's like your brain and nervous system is fresh powder on the ski slopes, ready for new paths to be carved.

February 2023: our beautiful daughter, who's about 18 months old at the time, triggers my wife's PTSD within a few minutes that Tuesday evening. She spirals into a depressed and overwhelmed state for the next four hours and has a cloud hanging over her for the next day. Fortunately, Wednesday evening, we had a psychedelic therapy session booked for my wife.

The next day, when our daughter is home, she has a full temper tantrum screaming meltdown lasting 18 mins. My wife laughed. She was disassociated from the trauma in her nervous system. Something beautiful had happened.

Over the coming months, we continued to do some ceremonial experiences of plant medicine, continued the healing journey, she continued the somatic therapy, and we stayed NAD-optimized through supplementation with Jinfinity's Vitality Boost (equivalent effect of the IV's without the pain and high cost). Additionally, we reincorporated exercise, cryotherapy, and meditation

while minimizing triggering situations.

Today, after the 2.5 year mental health battle, I'm beyond delighted to say that she claims and feels that she is cured of depression and about 80% cured of C-PTSD, and we have our life back. It feels amazing.

As a student of peak performance psychology for 20 years, but having never dealt with trauma first hand, I had a very shallow understanding of what trauma is, how to recognize it, and how it affects the body. Now, I have a deep passion to help others heal and release trauma and I've seen too many 'miraculous' transformations in individuals, marriages, and leaders first hand to deny the power of the right combination to heal deep trauma.

Now, a core part of my work is helping leaders heal trauma, release the trapped negative emotional or stuck energy, and experiencing restoration through my Rewired retreats and programs. While I'd never wish the dark season we went through on anyone, it's been beautiful to help so many find hope again.

If you're in a dark place or someone you care about is, I cannot stress it enough that there is hope and the right combination can be found through some safe, guided experimentation of combinations with different modalities. Don't hesitate to reach out if I can help.

# Mike Zeller



*Mike Zeller is author, peak performance coach, entrepreneur and speaker with a deep passion for biohacking and mental health. You can visit his website [www.mikezeller.com](http://www.mikezeller.com). And go to [www.neurorewiring.com](http://www.neurorewiring.com) for his free guide on 14 Tools to Rapidly Rewire Your Nervous System. He can be reached at [mike@mikezeller.com](mailto:mike@mikezeller.com) or @[themikezeller](https://www.instagram.com/themikezeller) on any social media channel if you have questions or interest in one of his Rewired programs.*



# THE SCIENCE & TECHNOLOGY OF GROWING YOUNG

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WITH SERGEY YOUNG







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# SERGEY YOUNG

## Dallas:

I'm here with Mr. Sergey Young, a longevity investor and visionary. Sergey has a mission to extend people's healthy lifespans and make longevity more affordable, inclusive, and accessible to everyone. With over 20 years of investment expertise, Sergey founded Longevity Vision Fund in 2019 and co-founded Bold Longevity Growth Fund

with Peter Diamandis in 2023. The focus of both funds is on technologies that target the leading causes of aging and improve clinical efficiency and safety by a magnitude of 5-10 times, thus reshaping medical practice and democratizing longevity technologies. Sergey serves on the Board of Directors of the American Federation of Aging Research (AFAR), is an Innova-

tion Board member at XPRIZE, and one of the co-creators of the XPRIZE Healthspan, the largest competition in XPRIZE history aimed at reversing aging. Sergey is also the best-selling author of 'The Science and Technology of Growing Young,' published in six languages. He's a recognized longevity expert and contributor to CNN, Fox News, and Forbes.

## Dallas:

To kick us off, Sergey, I know a bit about your background, but for everyone listening and reading this article, could you share more about a health challenge or scare that shifted your mindset toward a longevity-focused approach and how it relates to your current work?

## Sergey:

Certainly. I was the older brother in a very poor family. So, basically all my life, I was just working on building my career, providing for my family and taking care of my parents as well. And when you are pursuing your financial goals, taking your family and loved ones out of poverty, you very rarely think about your purpose. Around the age of 44, about eight years ago, I experienced a health-related wake-up call. After neglecting to do regular check-ups, my doctor informed me that I have extremely high cholesterol levels once I did finally get a blood test. Initially seeking a quick fix with medication, I was shocked to learn it would be a lifelong prescription. As someone

with a background in chemical engineering, finance, and business administration, I realized the downsides of relying on one: synthetic substances for health, and two: the accumulated long-term cost. This prompted me to explore lifestyle changes, including diet, exercise, and supplements. Within six months, I reduced my cholesterol levels by 25%, leading to a profound realization. I realized our bodies have the ability to self-heal. This experience ignited my passion for human longevity and drove me to establish funds supporting technology-driven solutions for health issues.

We made our first investment back in 2019 via Longevity Vision Fund. Since then, we invested in 18 companies from gene editing & gene therapy to organ regeneration, to the use of AI for diagnostics and drug discovery & development. Those were the most rewarding days and years of my life. I quickly developed an understanding of my mission: doing something not for myself, but for the world.

### **Dallas:**

That's a compelling journey, Sergey. Moving on to your mission of making longevity more accessible and affordable to the masses, how do you approach bridging the gap between the technological advancements you're investing in and educating everyday people about these possibilities?

### **Sergey:**

It's a multifaceted approach. Firstly, leveraging AI and technology to democratize access to healthcare is crucial. Many of the companies we invest in bring significant improvements in cost efficiency. For example, a company called Lygenesis uses lymph nodes inside human bodies to regrow livers, offering a more cost-effective solution than traditional organ transplants. Unfortunately, we're living in a world where patients can stay on the waiting list for donor livers for a long time, and sometimes actually die waiting for donor organs. And if you've been lucky enough to be selected for a donor liver, it is still a difficult process, which costs more than a million dollars. There's also the risk of the body's immune system rejecting the transplanted liver. However, what Lygenesis does is take a donor liver and split it into 75 pieces —meaning one liver can help save 75 people, not just one. The transplanted pieces of liver are then put into the patients' lymph nodes, and stem cells are used to stimulate their growth. And then, in the course of three to six months, the patients' bodies regrow their new liver. The cost is anywhere between \$15,000 and \$25,000, which is 30 to 40 times less than a \$1,000,000 surgery with a 50% probability of transplant rejection.

Another company we've invested in, Freenome, utilizes AI for early cancer detection



through blood tests. In the nearest future, or even today, you can have blood work done on a quarterly basis to evaluate your cancer risk. If the cancer is detected at an early stage—stage one—the probability of recovery for major cancer types is anywhere between 90-100%. These advancements aim to make quality healthcare more affordable and accessible. We must continue this trend and work with corporations and communities to create longevity-driven environments that foster healthy living among employees. This initiative must also extend across borders, prompting healthy engagement with countries to develop national longevity strategies, ensuring a comprehensive, global effort.

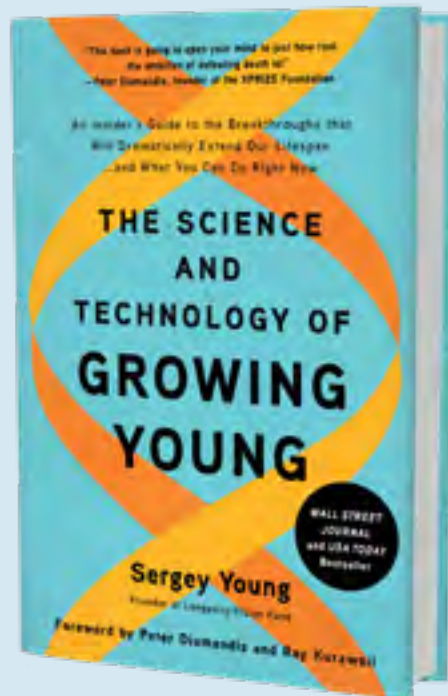
### Dallas:

That’s an impactful strategy, Sergey. Shifting gears a bit, as we strive to extend lifespans, a critical aspect is the quality of life during those extended years. How do you balance the focus on longevity with the importance of a fulfilling and purposeful life, ensuring individuals don’t become overly consumed with health metrics and overlook the present moment and personal fulfillment?

### Sergey:

It’s a profound consideration. I always say that we have created technologies to extend our life, but we still haven’t created the life that we want to extend. The last chapter of my book ‘The Science and Tech-

# BOLD | LONGEVITY GROWTH



nology of Growing Young’ is called ‘Morality of Immortality.’ But it’s not about immortality per se (I’m actually against it—every life should have a beginning and an end, at least from my perspective). It’s about understanding that focusing solely on the technological aspects of extending life, without considering the ethical implications, is not a sustainable way forward. That’s why I see a lot of ethical dilemmas that we still need to solve and address.

I believe we’re at a unique intersection of scientific breakthroughs and ethical considerations. While enhancing our technological capabilities to extend life, we must also address the ethical aspects.

I am an advocate for viewing life as a series of “mini-lives,” reinventing ourselves every 10-20 years. This paradigm shift can lead to a more fulfilling and purpose-driven existence. Mental health is equally crucial, especially in a society driven by financial success. Balancing physical and mental wellbeing is essential for a holistic approach to a longer, healthier and happier life.

### Dallas:

Your perspective on life as a series of “mini lives” and the emphasis on mental health is thought-provoking. As we invest in longevity technologies, how do we ensure that these advancements benefit all of

humanity, avoiding exclusivity for the privileged few?

**Sergey:**

Addressing inequality is paramount. My focus is not on inventions for billionaires but on leveraging advancements to revolutionize the cost and efficiency of healthcare. This arrival of new science and technology, especially AI, gives us a once-in-a-lifetime—or even a once-in-the-whole-history-of-humanity—opportunity to completely change the cost and effectiveness of healthcare. Additionally, prioritizing mental health and shifting societal paradigms toward holistic well-being can contribute to a more inclusive approach. Ultimately, the goal is to democratize access to technology and healthcare, making it a global effort that benefits everyone.

**Dallas:**

Yeah, and it's really interesting because AI, as you were saying, can help in a lot of those respects. I think it can bring people together in a healthy fashion. It's a tool, just like anything else, right? But it can be used in some not-so-great ways as well. So, I see AI as this technology that's way up here in terms of its technological capability, but its ethical considerations are maybe still down here. So, we need to invest more time in bridging that gap to develop something that's good overall. There are also worries about AI uses, like deep fakes and other concerns. How do we get people to focus on the ethical side



and create a balanced lifestyle for the common person?

**Sergey:**

Yes, I agree. At one point, we were looking to hire a bioethicist for the fund, and finding the right person was a challenge. Not many people are thinking about the ethical side of AI. Humans tend to view AI and human intelligence as mutually exclusive, but I see them as complementary to each other. It's not about human intelligence versus artificial intelligence; they can co-exist and have synergy. For example, AI will enhance human doctors rather than replace them entirely. It's crucial to address the fear and misunderstanding surrounding AI. Like nuclear energy, AI is a powerful tool, and we need to be mindful of its applications. Awareness should develop in parallel with technological advancements.

**Dallas:**

Absolutely, that makes sense. I just had a couple more questions. One of them would be about the emerging landscape of longevity research. What are some things we can expect in the next 10 to 20 years that will change the paradigm of the healthcare system?

**Sergey:**

I'll respond more from a science & technology perspective. I believe in disruption when a new technology is so efficient that it creates space for itself. In my book, I discuss the Near Horizon of Longevity Innovation that we'll enjoy in

the next 5, 10, 15 years. This Horizon will include three key things: genetic editing & gene therapy, organ regeneration, and longevity-in-a-pill.

Genetic editing allows us to amend human DNA, treating various diseases and even reversing aging. It took humanity 13 years and \$3 billion to sequence the human genome. Now all it takes is just a few hours and \$200. This is how powerful technology is. We can democratize access to genetic gene therapy and completely change our relationship with aging and our ability to influence it. We actually invested Tessa Therapeutics, a company that now uses the so-called "mobile genetic element". It can amend every gene inside our DNA in a very precise way—not in a genetic scissors-like fashion like CRISPR.

Organ regeneration involves replacing parts of the body, and innovations like 3D-printed organs are promising. I'm pretty sure that in, 10, 20 years from now, replacing certain body parts would be the way forward for us. It would help us become a new version of ourselves and live longer, as well as save all these people who are on the waiting list for donor replacement organs. I already used the example of this Pittsburgh-based company called Lygenesis, which is one of the leaders of this movement.

Longevity-in-a-pill refers to a new class of drugs, developed with the help of AI, which fight aging inside the body.

These innovations will revolutionize healthcare and we can expect them as soon as in 5, 10 years from now. Longevity-in-a-pill could easily be an 'old' drug like metformin or rapamycin. We invested in two companies, Valo Health and Insilico Medicine— they use artificial intelligence to 'compress' the first two years of the drug development cycle (which is called 'drug discovery') into like two months, as compared to the usual drug development cycle that lasts 12 -15 years and is much more expensive.

I'll also add this: you may have heard about the XPRIZE Healthspan competition that we launched in November 2023 with the support of so many great sponsors. The idea is to take a group of people who are 65 years old and above and reverse their biological age by 20 years in the course of 12 months (I know it sounds crazy!) The final stage of this competition is in 2030. So, we should reconnect around that time and see how many different interventions we actually have around the world that could reverse aging.

**Dallas:**

That's fascinating. Thanks for breaking it down into those three steps. So, where does someone begin in this space? What advice do you have for those new or overwhelmed by everything they could start doing?



### **Sergey:**

Firstly, prioritize annual medical screenings for early detection of diseases. We often spend more on our cars than our health, so investing in comprehensive checkups is crucial. Also, do some simple tests to see where you currently stand. I recently did a test with GlycanAge to discover that my biological age was 39, while my age according to my passport is 52. Secondly, educate yourself by reading books on longevity, such as 'Lifespan' by David Sinclair or 'Why We Sleep' by Matthew Walker. My book, 'The Science and Technology of Growing Young', covers '10 longevity choices', which are practical tips anyone can start doing straight away to living a longer and healthier life. Thirdly, focus on your diet, as food can be both a poison and a cure. Experiment with organic, balanced options, and reduce excessive sugar intake. Lastly, prioritize deep sleep and aim for 8 hours in bed with 7 hours of actual sleep. Utilize wearables like Apple Watch for feedback on how your lifestyle choices impact your sleep.

### **Dallas:**

Getting back to the basics of health is crucial. Thank you so much for sharing your insights and knowledge. For those wanting to learn more about your mission, where can they find you?

### **Sergey:**

Visit [sergeyoung.com](http://sergeyoung.com), sign up for newsletters, and connect with me on Twitter or Instagram at [@SergeyYoung200](https://twitter.com/SergeyYoung200). I dream of living 200 healthy

and happy years, and I invite everyone to join me. The book, 'The Science and Technology of Growing Young', is a great resource for those curious about longevity.





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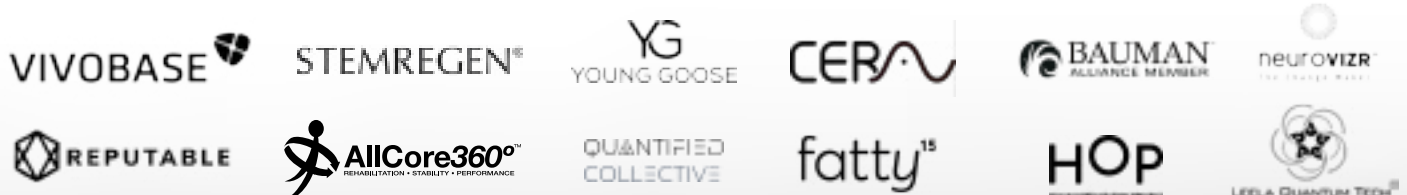
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# *Biobacking* *Relationships*



## *From Frustration to Passion*

Is your relationship exciting? What if it could be even better, particularly in the bedroom?

Or, if you're having challenges, what can you do?

Have you ever wondered how certain couples somehow stay in their "honeymoon" phase? Even over the years, they're excited to see each other? Unfortunately this isn't the case for the majority. In fact, depending on the demographics, between 30% to 50% of ALL relationships end. (1)

When couples are initially together, passion just seems to happen naturally. But over time this often fades. Here you'll learn 3 common issues that cause this challenge. If they aren't dealt with, they'll eventually ruin your sex life, and ultimately relationship. (2)

In this two part article you'll

later discover a simple ritual that takes care of these challenges, and transforms your experience together. Plus you'll learn some simple biohacks that enhance both you and your partner's libido.

Having an exciting relationship with your partner goes far beyond just enjoyment. It can be the key to your success in business. As mentioned in "Sensual Success", an article in the November issue of Biohackers Magazine, influential business leaders such as Napoleon Hill, author of "Think and Grow Rich", believe strong sex drive in the right relationship is the foundation for business success. There I explained from a neuroscience perspective, how your shared sexual drive is one of the most powerful tools to enhance creativity and achieve goals. (3)

But first you need to understand the basics to bridge the

gap between stress and the bedroom.

While you may think these issues are obvious, most couples have them and don't realize it.

First, the majority of couples have very different ideas for fundamental ideas such as what 'love' and 'sex' actually mean. They've never stopped to consider that their partner might not have the same views.

For example, odds are your partner has a very different idea of what sex is, and you don't realize it. This difference in viewpoint, and resulting motivation is a major cause of issues in the bedroom. This is because without realizing it, you're approaching things in a way that doesn't take care of their needs. When couples understand this, they can find a way that both partners' needs are taken care of. (4) (18)

Second, during intimate times together most women don't get the type of physical stimulation

they need. Few men realize this because their partner is embarrassed to tell them. Women often report enjoying the intimacy, but are not satisfied otherwise. (19) There's more to this "secret" than just techniques. It's doing things in a way that allows your partner to feel "safe" and deeply cared for.

Finally, we've found that the majority of couples are afraid to talk with their partner about their true needs. (2) Almost half of all women are dissatisfied with their sex life, (5) but are afraid to tell their partner. So the man often thinks things are great. Later he doesn't understand why his partner loses interest in the bedroom. (6) Both women and men are often hesitant to ask their partner about new experiences they can share. They're embarrassed, plus afraid of judgment or hurting their partners feelings.

The good news is that there is a simple ritual you and your partner can do that takes care of all three challenges.

If you're in a relationship, applying these techniques can bring back the excitement you felt when you were first dating. More importantly, if you're having challenges, it can stop the "downward stress spiral" many couples are in today. (7)

If you aren't yet in a relationship, knowing this will help you avoid these challenges later. Plus it will be a game changer in the bedroom.

Having a good relationship is more important than most realize. Couples in supportive relationships not only are healthier, they live longer, and enjoy life far more. (8)

Plus divorce is a major cause of business failure. You basically lose half of everything.

Children also subconsciously learn how relationships "are" from their parents behavior. Most think about this from the standpoint of divorce. But how couples act when they're together forms the model for what children believe relationships are. (9) (10) (11)

For better or worse, this can set the stage for their children's future relationships. Do you want them to believe relationships are loving, or that they always grow cold and distant? So this impacts more than just your relationship, it affects their future relationships and quality of life. (9) (10) (11)

In this article I'll cover what my wife Wendy and I've learned teaching clinical sexology, and working with couples over the past 14 years. We've also been married 23 years and live what we teach. (12)

Over time we noticed that many couples were having intimate challenges in similar ways. There usually was a misunderstanding in one or more of a few fundamental areas. However, couples with great relationships were on the same page about these areas.





## *Replacing "therapy" with "dates"*

Instead of the traditional "therapy" approach, our focus is on developing ways to first enhance your overall enjoyment together.

So instead of going straight to 'trying to fix problems' we first focus on easy ways you both can really enjoy being together. This creates a foundation you can then later work from to deal with other challenges.

Plus if you're like most people, you don't have much free time. Instead of having to attend classes or go to counseling, you schedule 'dates' together. Dates you both will actually enjoy.

This doesn't solve all relationship challenges, but it gives both of you a reason to want to keep trying.

## *Are you both on the same page about your sex life?*

When you got together, things were passionate and just happened naturally. Odds are you didn't really talk about it. Everything just happened on its own.

However, we've found that the majority of couples are NOT on the same page about many basic ideas. But they assume the other thinks the same way because as mentioned, they never talked about it.

Key examples include what "love", as well as "sex" actually means. There are others, but those two have a big impact.

These ideas are important because they are what motivates each of you in your relationship, and your bedroom.

## *First, what does "sex" even mean?*

Have you ever stopped and thought about what "sex" actually means? It's defined by context. So it can be a noun, a verb or both depending on the situation. For some of you this may seem obvious - but we've found that for most people have never thought about it. (13)

There are many types of behaviors people call sex. Ultimately it can be grouped into either a type of massage (physical touch), or some type of stimulating communication. Again, our experience has been that couples often have very different ideas of what it is, and don't even realize it.

## *What is your, and your partner's motivation for sex?*

If you're wanting your partner to have sex, it helps to understand why they want to, or why they don't.

To further confuse things, our desire for sex can vary, depending on our health, mood and situation.

We've found there are 5 general areas that motivate people to want to have sex. These motivations also frequently overlap with each other.

Understanding these motivations in yourself and your partner, and being able to talk about it, will completely change how you both take care of each other's needs.

Once our partner really understands where you were coming from, and knows you were doing your best to take care of their needs, odds are they'll be willing to take care of your needs. This is true in the bedroom, and your relationship.





# *So what are these motivations?*

## **So what are these motivations?**

The first motivation is the most basic. It's the drive to reproduce.

This drive happens on two levels. The first is at a conscious level. It's both the desire to have sex, as well as for some the wish to have children.

The other part of this motivation isn't as clearly conscious. It is hardwired into our limbic system or "reptilian brain". This inherent drive motivates us in a multitude of ways. But it's important to understand that this drive is not considering our personal best interests. It is just motivating us to reproduce any way it can. If it wasn't there, we wouldn't be here as a species.

However, this drive can be reduced when we're stressed. Women tend to be far more impacted by this than men. But it still can be seen in men experiencing erectile dysfunction when they are nervous, or stressed. (14)

Women also have more existential concerns as well. The act of sex can result in pregnancy. While it is, or should be a concern for men, the impact on women is life changing. If she isn't comfortable with the possibility of becoming preg-

nant, for most women, it's always something in the back of their mind.

Even when women are with a life long partner, concerns about this, plus body image and a multitude of other things can cause women to shift from arousal to stress.

We've repeatedly found that when women say they feel safe (meaning cared for), and desired by their partner, they are much more interested in intimacy.

A KEY point here to emphasize again is men often don't realize how important it is to help their partner feel relaxed, safe - and desired.

## **The second motivation is the need for release**

This is more associated with the relief of physical pressure, than the desire for pleasure. 'Experiencing pleasure' is part of it, but secondary to relieving the need.

The best analogy we've found is how you'll feel if you are totally starving. Odds are more likely you'll eat whatever you can find, and as much as possible. Or, imagine you haven't had water after spending the day in the desert. Is the

pleasure of drinking a glass of water for the 'experience' of tasting the water? Or is it for quenching a thirst that's almost painful?

Based on work from Kinsey and others, this state is the primary motivation for younger men. (15)

**The third motivation is for experiencing pleasure - for its own sake.**

The analogy here is you are mildly hungry and are looking forward to having a nice dinner with friends. You feel some 'Hunger', but it's secondary to tasting different foods, enjoying wine and good conversation.

Again based on Kinsey's research, women generally have this motivation more often. But there are cyclic hormonal fluctuations that give women the need for release as strongly as men. (16)

However, the above motivations vary greatly for each person.

**The fourth motivation is for achieving an altered mental state or a 'spiritual' sensation**

In Western culture, this state is usually associated with deep love, where romantic and spiritual feelings combine.

Have you ever heard the French expression 'La Petite Mort' or 'little death'? That is a slang word for orgasm. This is because many times people feel like they briefly 'lose them-



selves' during orgasm. As well when women become multi orgasmic and have 'rolling orgasms' one after another, that state is extended further. (17)

Here, the motivation for a person, or couple may incorporate both 'release' and 'pleasure', but the goal is using the experience to achieve an altered mental state.

These techniques can enhance and extend the arousal, pre orgasmic state, and intensity of orgasm. Then while in this altered state you can focus on spiritual practices, goal focus, or experiencing a deep spiritual connection to your partner.

When the motivation is for achieving an altered state, insecurity around body image and other areas that are

cultural stigmas don't have the negative impact they do as with the other motivations. Instead it's on working together to achieve a shared experience.

**The fifth motivation for sex is for non-sexual reasons.**

Basically it happens any time someone engages in any type of sexual behavior, including how we dress or alter our appearance, to try to get something or influence someone.

This idea subtly pervades our culture and is complicated. Sadly, in relationships, it often results in a "point system" that redirects the purpose of the relationship from a friendship to a transactional model. It is the opposite of the 'dates' technique we'll introduce later.

While this motivation isn't



usually good for the couple in the long run, it is so pervasive in our society it's often hard to even realize. We are usually brought up to believe wealth and status are equated with being attractive.

### **So how does understanding this help with your sex life?**

To be able to take care of your partner's needs, as well as motivate them to take care of yours, you need to first understand what THEIR motivations for sex are. If you only see things from your standpoint, this won't work.

For example, if your partner is exhausted and only wants to relax. Trying to immediately have sex will likely not go well. Realizing this and understanding their needs is the first step.

At the same time, if you are

extremely frustrated sexually and your partner doesn't understand your situation, they won't appreciate where you're coming from.

Many times partners, particularly women, don't realize your needs from a perspective they can relate to. But when they do, as long as you have a good relationship, they are usually willing to work with you. (18)

Don't worry if this seems complicated. In the next part I'll give you a routine that guides you both through this process.

### **In the next article I'll cover the last steps needed.**

This includes getting on the same page about "love" and areas where we have rules in our lives about sex and relationships. Plus some rath-

er eye-opening information about physical techniques, and biohacks that most men aren't aware of.

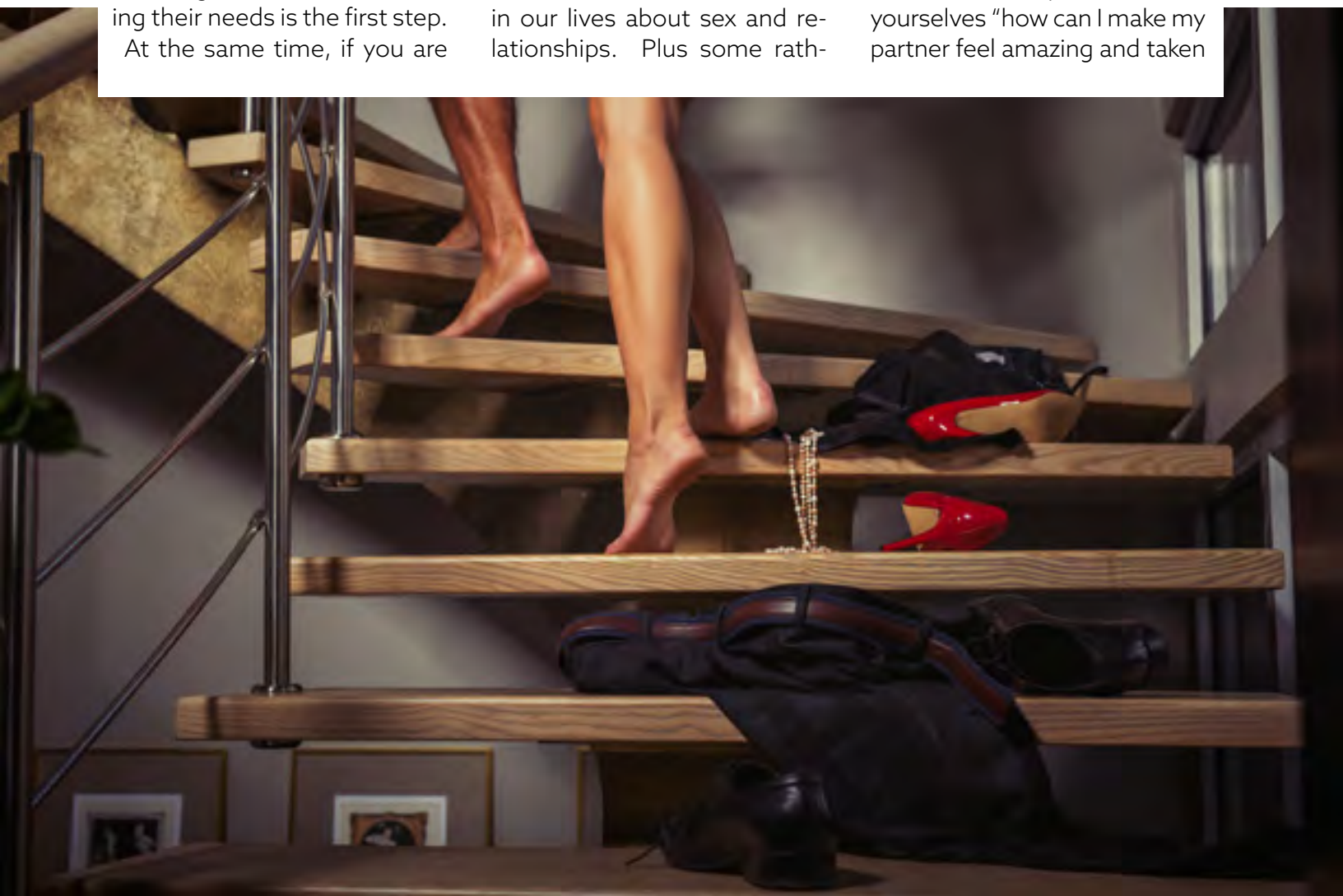
You'll learn a framework of two "dates" you and your partner may want to consider scheduling.

On the first date you focus on doing things your partner wants. You really try to pamper them and make sure their needs are taken care of.

Then on a different day, you go on another date where your partner does this for you.

There's an easy process that guides you through asking questions to find out what each of you really want.

Each session you both ask yourselves "how can I make my partner feel amazing and taken



care of when it's their turn for the "date". What would delight them? Through this process you'll continually learn new things about each other.

Most couples get excited about new ways they can surprise their partner. It's an adventure that continues to unfold. It also demonstrates on a very fundamental level that you both are doing everything you can to take care of each other's needs.

Will it solve every challenge you have? No.

But it will make being together much more enjoyable, and passionate.



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# About Drs Wendy & Steve McGough, DHS



[@himassager](https://www.instagram.com/himassager)

*Wendy & Steve are the founders of Women & Couples Wellness. Over the past 14 years, they've worked with several thousand women and couples facing challenges ranging from pelvic health to intimacy to fertility. They hold doctorates in human sexuality from the IASHS, focusing on clinical sexology. Wendy's background is in psychology from Ohio State, while Steve's background includes a BS in nutritional biochemistry at UNC-Chapel Hill & neuroscience research at Wake Forest School of Medicine. They're the creators of the hi<sup>®</sup> massage system & hold 6 US/Int Patents for women's pelvic health solutions. They work closely with urologists, pelvic floor physical therapists & fertility specialists.*

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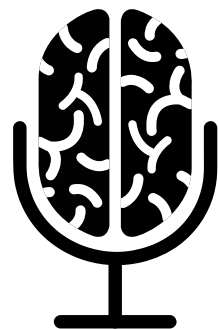


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# ULTIMATE HEALTH OPTIMIZATION GUIDE FOR BUSY PARENTS!



Health optimization, otherwise known as “biohacking” is a very fast emerging trend because it gives us a greater chance to remain younger, for longer. What father wouldn’t want to optimize their health in order to be around for longer to see their kids and grandkids grow up, and have the energy to keep up with them along the way?

On top of that, becoming the ultimate role model to our kids means we can set them up for success, and hopefully their children too.

The problem with biohacking is that people feel it is this crazy, out of reach set of rules which only extremists like Bryan Johnson might practice. The truth is, these health optimization strategies are just an extension of healthy habits we already keep, with the aim of supporting our biological systems so they don’t degrade with age as quickly as most people experience.

I firmly believe we have the control, and with the right effort, we can redefine what age means to us.

This article is addressed to busy father’s specifically because that is exactly what I am, a “papa” (this is what we say in my native Germany) to 3 young strong boys and a little girl, who are bursting with energy. On top of that, I am recognised as the world’s leading authority on biodentistry, which means my schedule is

inundated with dental surgery at my clinic, and I travel when I am on the road educating other dentists on my protocols.

Life is extremely busy, and yet, I take great care of my health and manage to set the right example to my kids.

My mission is to share how I go about that, and show you how to do exactly the same, even if you are incredibly busy with work, and being a father.

## THE BASICS OF HEALTH OPTIMIZATION

Being proactive with your health is the first step to optimizing everything. You cannot hope to get truly optimized if you are waiting for your body to break down, before taking action.

In reality, this just means becoming more conscious about the foods you are eating and the impact that has on your health. I say health because we live in a diet culture right now which encourages people to think about calories and their weight, more than their wellness.

Ironically, if you start thinking about your health, your body composition usually takes care of itself!

I like to leave you with practical solutions...

This is how I suggest you become more proactive with your health in 7 simple steps.

1) Every day, get yourself 3-4 good portions of dietary fiber every day, ideally from green vegetables, fruit (berries, mango and apples are great!) and some nuts. The fiber content supports gut health, blood sugar management, gives you a great deal of micronutrition for strong immunity, keeps you feeling full AND... helps your teeth remain healthy.

2) Always meet your daily protein target (1g/lbs lean body weight), because it helps with body composition, satiety and longevity when it comes to bone and tooth health! By using high protein as the foundation to your diet, from high quality sources abundant in amino acids, you are exponentially more likely to see improvements in your health, and this is partly down to the fact your metabolic rate improves and your cravings fall away.



3) Healthy fats are the second "essential" nutrient to the body (carbohydrates are not technically, although most people do need them on some level, for optimal performance, immunity and recovery). Including a healthy supply of omega 3 fats in your diet, to balance out the Omega 3-6 ratio in the body, helps with inflammation control, healthy cholesterol and insulin sensitivity. Your gums will thank you too.

4) Being in control of cravings is essential for health optimization because most processed foods trigger too much inflammation and are linked to tooth decay, insulin resistance and further unhealthy habits, when consumed in excess. When you have cravings for less healthy foods, ask yourself "do I really want this and will I be happy I ate it, 1 hour from now?"

Sometimes the answer is yes, and you should enjoy yourself, but often it's just an emotional tool you're using for short-term gratification. Learn to spot the difference, and this will propel your health substantially! Once you're in control of emotional eating, you have the true power to optimize your health because there is far less of a battle.

5) Hydration. Nobody can hope to optimize their health without being hydrated, which is why you must drink around 2-3 liters of water per day, at





the very least. This is amazing for just about every biological process within our body including metabolic output, cellular health, digestion, blood pressure, brain function and joint health. If you need proof, just look at how unhealthy a plant looks after just 48 hours without water.

6) Even though having young children means sleep can be unpredictable and disrupted, doing our best to get a good night's sleep is the foundation to all things pertaining to optimized health. When we get adequate amounts of high quality sleep, testosterone health is improved, HRV readings are better, our resilience to stress increases and cortisol

management is easier. At the very least, we want 6 hours (8 is better) of sleep per night, with the aim of getting to bed at the same time each night. Try to give yourself at least 60 minutes before bed, away from any digital devices so that blue light isn't disrupting your circadian rhythm (more on this later), and you are able to truly fall into that parasympathetic state before bed.

7) Of course, as a dentist I have to finish with your oral health as a prerequisite to optimized health. Higher level biohacks will not have the same impact if you are not taking great care of your teeth because when we have chronic stressors in the mouth such as cavities, root

canal treated teeth or metal restorations, the potential for disruption in the rest of our body is very high. Our ancestors had some of the strongest teeth in history, and they didn't even brush their teeth. I'm not saying you shouldn't clean your teeth by the way, I am just saying they were able to have super strong teeth without doing it, do you know why? Their lifestyle and diet.

The high fiber content they had in their diets from vegetables and fruit would naturally clean their teeth. Also chewing meat off bones will help to clean teeth. This natural cleaning process occurs due to the saliva which also contains antibacterial properties,



ideal for keeping your mouth healthy. Of course, our ancestors did not have highly processed sugars present in their diet, which meant the risk of cavities and decay were much lower as well.

Today, with more opportunity for cavities, it means the risk of gut issues which arise from this is common amongst men, especially over 40. Given that 75% of the immune system is housed within the gut (which starts in the mouth by the way), the potential for a plethora of health issues is very real. Hopefully, you get why taking care of your teeth through diet (and supplementing with high quantities of Vitamin D3, K2, Magnesium, Zinc and Boron) makes a great deal of sense!



## GETTING MORE OPTIMAL.

To get more “optimal” we have to make sure the foundation is in place first, I always find myself reminding people of this because fancy gadgets and more elaborate biohacks can only have an impact when you’re doing the essentials right first.

Assuming you are, this is how I would start biohacking your health for more optimal improvements, as a busy father, in 5 simple steps.

1) Earlier in the article I spoke about avoiding digital devices

an hour before bed, to help manage blue light exposure and the impact that naturally has on our circadian rhythm, and I also promised to refer back to it. Ideally, I would have you use blue light blocking glasses around 3-5 hours before bed. Clearly, this takes no extra time as a busy father, you just put the glasses on! It just means your circadian rhythm will find it far easier to remain in sync, which supports healthier sleep, as we know, a fundamental for testosterone health.

2) For longevity one of the proven principles we see gaining more traction every single day is improving NAD status. Between 20 and 40, our NAD levels drop by half,

which plays a significant role in the aging process. NAD is crucial for remaining younger for longer, giving us more energy and protecting us against the aging process. NAD IVs are very costly, time intensive (they take 2-4 hours) and lots of people dislike having them done, which is why looking for a high quality oral formula can be a great solution because it is fast and frictionless.

3) I see a huge amount of content on these extensive morning routines and I often think, “this must create anxiety for a lot of people who are short on time.” What I think is more important is having a moment to breathe, and practice getting into a parasympathetic state.

For personalities like mine who are naturally more “sympathetic dominant”, where we all go, with higher adrenaline levels, finding that balance is crucial for recovery and long-term health.

If we look at the Blue Zones around the world, they all enjoy down time in order to let the body rest. In such a frenetic world, especially for those who have a natural propensity to chase all of the time, this is crucial. My recommendation would be to give yourself 10 minutes in the morning, where you can find peace, have no distractions around you (especially your cell phone) and just breathe slowly. Call this what you want, but for me, it is just giving yourself that moment to become centered and gain control of your nervous system. Again, this is only 10 minutes of your day, and the impact on stress management is profound.

4) Don't sleep with your cell phone by your bed. Make sure it is in another room, away from you and your loved ones! The EMF rays it creates doesn't just disrupt sleep, it also encourages inflammation which we really need to get in control of, in order to optimize health. So many people are sleeping next to their cell phone every night which is terrible for our health, in the short and long term. Get it out of your room! Again, for a busy father, this requires no extra time or effort.

5) If you can, exposing yourself to cold water therapy is a great way to fight inflammation. For



busy fathers, especially over the age of 40, inflammation is one of the biggest enemies we are facing. Finding the discipline to get yourself cold for 2-3 minutes per day, can have a huge impact on reducing inflammation. Of course, a cold plunge is the ultimate route for this, but you can start with cold showers. It is also tremendous for getting ourselves into a sympathetic state, which again has many benefits for the mind and body.

## SUMMARY

Notice how I have built this article around a lot of basics, and built on them, because to truly become optimized you have to understand that foundation is essential, year round. Make it a habit because consistency is the key.

Of course, I have biases as a dentist towards dental health, but I truly believe optimal health begins in the mouth and if you are not taking care of that, it will impact everything else, I say this with decades of experience in seeing real life examples.

As a busy father, if you can consistently get yourself into a position where you are applying everything I have shared in this article, you will be in the top 1% of Dads out there, dominating their health and leading by example to their kids.

With 4 amazing kids, this is exactly what I want to do, and I am sure you do too!

# About Dr Dominik Nischwitz



*Dr. Dominik Nischwitz, better known as "Dr. Dome" is one of the world's leading bio dentists and ceramic implant specialists.*

*Sitting as Vice-president of the International Society for Metal Free Implantology, whose mission is to help as many people as possible to experience optimum oral health without the use of yester-year metal-based treatments, Dr. Dome is truly influencing oral health on a global level.*

*Dr. Dome is an international speaker and Author of best-selling book, "It's all in your mouth", with the goal of establishing biological dentistry as the new standard for health optimisation protocols for all health practitioners and dentists alike using the term "optimal health starts in your mouth."*

*Since 2013, Dr. Dome has exclusively used ceramic implants, placing more than 5000 to date, and is considered a pioneer in the field of biological and holistic dentistry.*

*Beyond biodentistry, other passions include functional medicine, nutrition, biohacking and working out.*

*To truly lead the charge for change on oral health, Dr.Dome trains traditional dentists in proper biological dentistry practices, and believes that optimal health starts in the mouth.*

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