

BIOHACKERS

ISSUE 27



LIMITLESS:

'UNLOCKING THE POTENTIAL OF THE MIND' - JIM KWIK

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THE PARADIGM SHIFT TO LIFESPANNING:

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In the world of biohacking, where science meets self-improvement, a paradox surfaces. Our relentless pursuit of health optimization—through cutting-edge protocols and intricate regimens—often leads to stress, ironically counteracting our wellness goals.

Are we enhancing life, or just obsessing over optimization?

In rediscovering health's essence, we find joy in simplicity: fresh air, balanced diets, exercise, and meaningful connections.

This realization births "Lifespanning" - a harmonizes the pursuit of longevity with the essence of living fully. It's about adding life to years, not just years to life.

Join us in embracing Lifespanning: a movement that celebrates life's richness, balancing biology optimization with the simple, profound pleasures of existence. Because true wellness is not just about how long we live, but how well we live each day.

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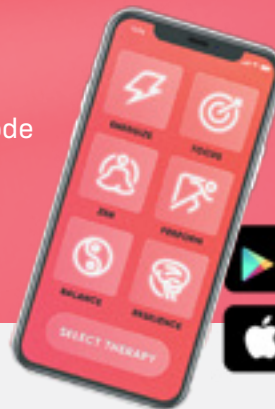
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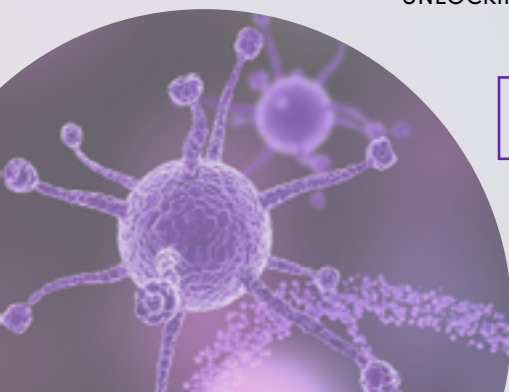
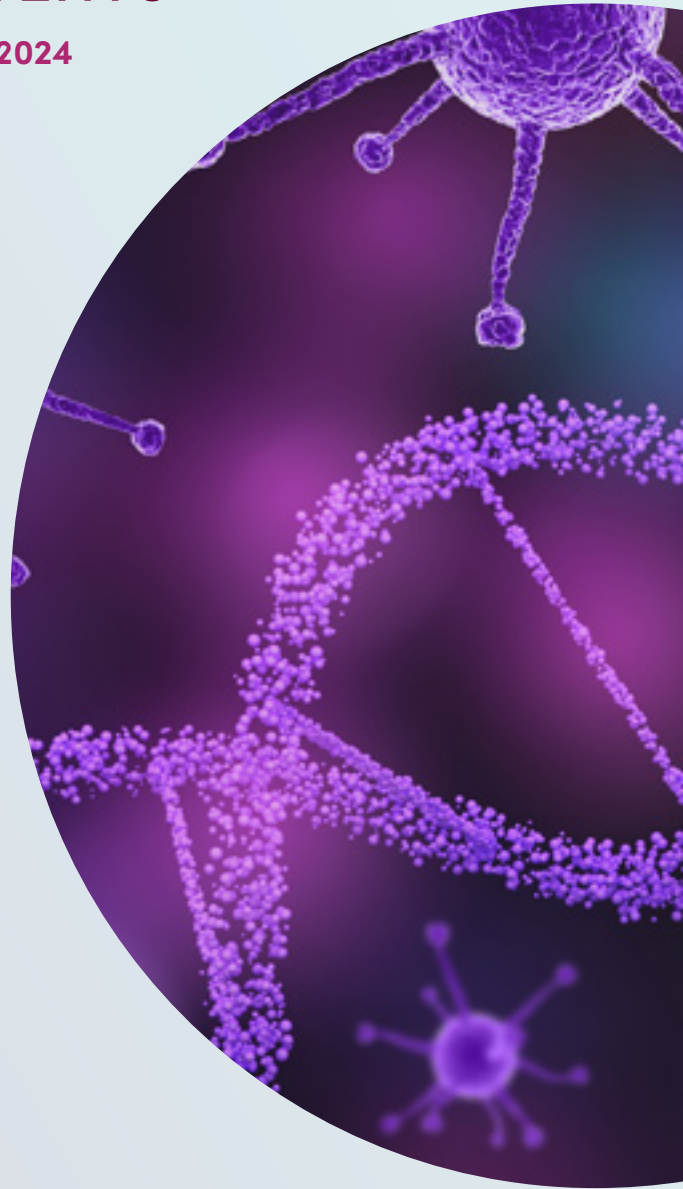
BIOHACKERS

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BALANCED LEARNING

In a world that demands so much of us in every area of our lives, it can be easy to completely immerse ourselves in one subject of our life as we work to improve it exponentially. Although improvement is certainly a goal in all areas of life, we must remember that it can be a detriment if not done in a responsible way. Focusing all our time and attention on one particular element, although highly productive, also comes with a high loss: namely, the neglect and decay that comes to our other life goals/necessities. This type of growth attracts many followers because of the seemingly fast-track results and elevated effectiveness. However, it is not sustainable. Growth must be a gradual process, involving all areas of life on the upward spiral towards our self-optimization. Spiritual, Physical, Mental, Emotional, and all the other subjects must each be regarded as important in order to grow in the healthiest way possible.

The word we are looking for here is 'Balance'. After all of the progression and benefits the biohacking and self-improvement industries bring us, we must remember not to lose ourselves in one area and forget about the other factors life calls us to maintain. The learning process is not just about knowing a lot about a little (area). It's also knowing a little about a lot (of areas). By becoming a student to everything life throws at us, we

open our minds to form new connections and associations, thus allowing our brains to think more creatively and constructively. By absorbing information from the various subjects, we can train our brain to even share these sometimes-complicated ideas and vast biohacks into a language that more of the common world can understand and use effectively. Albert Einstein once said, "*Genius is making complex ideas simple, not making simple ideas complex.*"

So, keep an open mind about biohacks for all parts of life. Something you think as dull or ineffective, may come of some use to you later if you at least acknowledge the basic information and don't completely harden your mind. Of course, ask questions and do your own research, but never write anything off just because of your initial instinctual judgment. To change, we have to be open to change, and to be open to change, we have to see every experience of our life as a learning process. When we live by this approach, and focus on changing ourselves in a positive, sustainable way that encompasses all the factors of our life, we are truly walking the path towards greatness and self-optimization.

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, JIM

Dear Biohackers Family,

This issue of our magazine marks a special moment, one that feels deeply personal and fills me with excitement. We have the incredible honor of featuring Jim Kwik on our cover—a friend whose journey and work I've admired and cherished for years.

Jim's dedication to unlocking the untapped potential of the human brain resonates deeply with our community. His journey of brain training, in my opinion, is a mission to empower, elevate human consciousness, and fundamentally improve how we live, think, and thrive. His efforts align so closely with our core beliefs in pushing the boundaries of what's possible, making his story inspiring for all of us in the bio-hacking sphere.

Seeing Jim on our cover is a highlight for the magazine; it feels like a celebration of a friendship rooted in mutual respect and a shared vision. We discussed this opportunity almost 2 years ago, and Jim

is a busy dude, so time flew, and here we are now. His work, aimed at enhancing cognitive function and fostering a greater understanding of our minds, is critical. It's a key piece in the puzzle of enhancing our lives and enriching the very essence of our existence.

Jim's approach—practical, passionate, and profoundly impactful—has sparked a movement toward mental agility and wellness. It's my hope that his presence in our magazine serves as a catalyst for you, our readers, to explore new dimensions of your capabilities, to embrace the journey of self-improvement, and to engage with the world in more meaningful ways.

Here's to a future where we all reach new heights, inspired by the transformative impact of visionaries like Jim Kwik.

With brainy regards and a heart full of joy,

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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- Dr. Neil McLaughlin



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PRODUCT *Reviews*

by @Cyborggainz

****Disclaimer:****

The views and opinions expressed in these reviews are solely my own and are provided for informational purposes only. I am not affiliated with the manufacturer or any related entities, nor have I received any form of compensation or incentive from them for writing this review. My analysis and feedback on the products are based on personal use and research, intended to share my experience and insights with others who may be interested in enhancing their health and wellness journey. This review does not constitute medical advice, and readers are encouraged to consult with healthcare professionals before making any changes to their dietary or health routines.



Elevating Wellness:

The METHYL B12 Revolution by HINNAO

- The Quantified Cyborg Monthly Review



Why It Was Made:

In the bustling arena of biohacking, where the quest for optimal health and vitality is ceaseless, METHYL B12 by HINNAO shines differently. This liquid High Stability Liposomal supplement stands out with its promise of instant absorption, crafted from a deep understanding of the health challenges faced today, especially in neurological and metabolic well-being. METHYL B12 is critical solution for those grappling with B12 deficiency—a common plight among vegans, vegetarians, and the elderly. HINNAO, known for its

unwavering commitment to purity, potency, and precision, introduces METHYL B12 as a robust support for neurological health, energy levels, and overall metabolic function.

Vitamin B12, an essential nutrient the body cannot produce independently, is crucial for a myriad of bodily functions. METHYL B12 sets itself apart by utilizing methylcobalamin, the most potent, bioavailable, and active form of Vitamin B12, directly utilizable by the body. This form is celebrated for its neuroprotective, immunity-boosting, mood-enhancing, and energy-boosting properties, addressing the body's B12 needs efficiently and effectively.

How It Works:

METHYL B12's edge lies in its rapid absorption and utilization courtesy of methylcobalamin. This form of Vitamin B12 is essential for nerve health, supporting the maintenance of the myelin sheath and cognitive functions. It also plays a crucial role in energy production, DNA synthesis, and red blood cell formation, positioning it as a comprehensive ally for wellness.

The scientific community recognizes methylcobalamin's effectiveness in enhancing neurological function and alleviating symptoms of B12 deficiency. HINNAO's METHYL B12 offers a high-potency source of this essential nutrient, aiming to maximize health benefits, including improved energy levels and mental clarity.

What Was My Experience:

After a month-long exploration of METHYL B12

transformed my energy levels and cognitive sharpness. In the whirlwind of modern life, the difference it made was undeniable. Mornings became more lively, and, notably, late afternoon slumps shifted to periods of sustained focus.

of bodily functions. Its impact on energy, focus, and overall well-being makes it a valuable addition to the health regimen of anyone seeking to optimize their physiological and neurological health.



Pros:

- Immediate enhancement in energy and focus
- Superior bioavailability of methylcobalamin ensures optimal absorption
- Supports an extensive array of bodily functions, from nerve health to metabolism

Cons:

- Premium pricing, though



reflective of its high quality and potency

- May necessitate consultation for individuals with specific health conditions

Conclusion:

METHYL B12 by HINNAO is a pivotal innovation for the biohacking community, offering a potent and bioavailable solution to B12 deficiency that supports a broad spectrum

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

HINNAO® Smart Sphere Technology:
The formulation of our High-Stability Liposomes allows increased absorption into the body.

HOW TO TAKE HINNAO® DROPS

- Shake vigorously and mix well for 30 seconds for a consistent dose.
- Squeeze the pipette to draw up the recommended dose.
- Place the liquid product under your tongue.
- Hold in your mouth for 60-90 seconds*, then swallow.
- *Within 60 to 90 seconds, particles will be directly absorbed into the bloodstream through the mucous membrane.

HINNAO® TECHNOLOGY METHYL B12

BERRY FLAVOUR

NUTRITION INFORMATION	
Daily Serving Size: 1 ml	Servings Per Bottle: 30
Amount Per Serving	%NRV*
Vitamin B12 (100µg)	4000%
CONTAINS NO FRUIT JUICE	

*NRV = Nutrient Reference Value

*B12 contributes to normal energy-yielding metabolism, functioning of the nervous system and physiological functions.

Ingredients: Sweet Almond Oil, Caprylic Acid, Iron-Chelating Agent: Sodium Bisulfite, Strawberry Oil Flavouring, Vitamin B12 (as methylcobalamin), Sweetener: Stevia Glycosides

For allergens see ingredients in bold.

To Use: Shake well then squeeze rubber pipette to draw up 1 ml of product. Place 1 ml of product in mouth and hold for 30 to 90 seconds and then swallow.

Suggested Use: As a food supplement. Do not exceed the daily serving unless your doctor or healthcare professional indicates this. Food supplements must not be used as a substitute for a varied, balanced diet and healthy lifestyle.

KEEP OUT OF REACH OF CHILDREN

Caution: Do not place into eyes.

This HINNAO® product is free from sugar, salt, corn, wheat, yeast, gluten, GMO and milk derivatives. **Suitable for vegans.**

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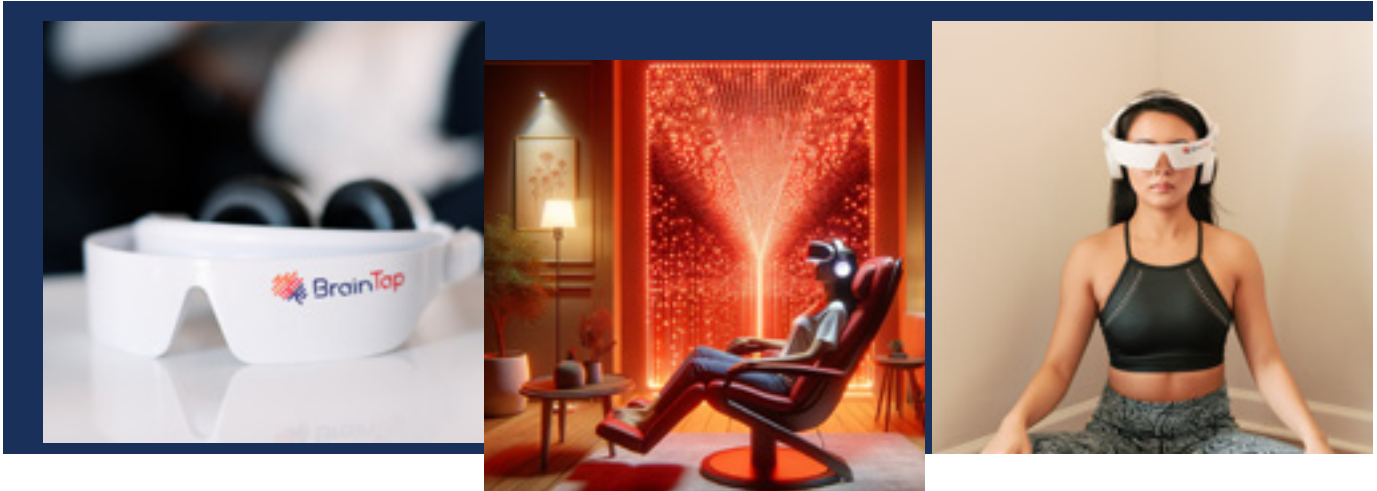
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Tuning Into the Future:

A BrainTap Breakthrough

- The Quantified Cyborg Monthly Review



Why It Was Made:

I have the privilege of calling my friend, the brilliant Dr. Patrick Porter, a pioneer on a mission to better a billion brains. In our world, where the fusion of technology and wellness has become critical, Dr. Porter, a vanguard neuroscientist, has birthed BrainTap. This innovation is more than a product—it's a mission embodied in technology, crafted meticulously to harmonize brainwave activity, guiding users to profound relaxation and peak cognitive states. With a legacy stretching back 32 years to the forefront of brainwave entrainment technology—including being a co-developer of the MC2, the first personal light and sound brain training machine crowned "Best New Gadget of the Year" at the 1989 Consumer Electronics Show, and his recent accolade for the "Best New Health App" at the 2019 CES—Dr. Porter's journey has been nothing short of groundbreaking.

BrainTap represents the apex of merging leading-edge science with the art of wellbeing, democratizing the science of relaxation and mental performance for all. Amid an increasingly stressed and distracted world, BrainTap shines as a crucial beacon for those seeking a haven of tranquility and a launch-

pad for mental brilliance. Boasting over 1000 guided-audio programs, BrainTap isn't just about calming or soothing—it's about creating a symphony of brainwave activity that restores your brain's natural balance, allowing for relaxation, rejuvenation, and revitalization at your fingertips.

How It Works:

At its core, BrainTap is an alchemy of binaural beats, isochronic tones, and guided visualization, all meticulously orchestrated to recalibrate your brain's frequency. This neuro-harmonization adventure is meticulously designed to enhance mental performance, spark creativity, and cultivate calm. BrainTap's distinct edge lies in its proprietary neuro-algorithmic patterns, aimed at nurturing the perfect environment for neuroplasticity and cognitive enhancement.

The backing of a growing scientific community underscores the efficacy of BrainTap's methods in stress reduction, sleep quality enhancement, and cognitive function improvement. The headset's photic light stimulation feature immerses the user further, activating the visual cortex and enriching the

audio experience.

What Was My Experience:

Embarking on a four-week odyssey with BrainTap, traversing daily sessions designed for stress reduction, focus enhancement, and sleep preparation, I encountered a transformation that was profound. The notable uptick in my sleep quality, coupled with increased daytime alertness and creativity, was unmistakable.

BrainTap distinguishes itself through its simplicity and immediate impact. Each session is a masterfully curated journey that felt both grounding and transcendent. The "Deep Relaxation" series quickly became my sanctuary for unwinding.



Pros:

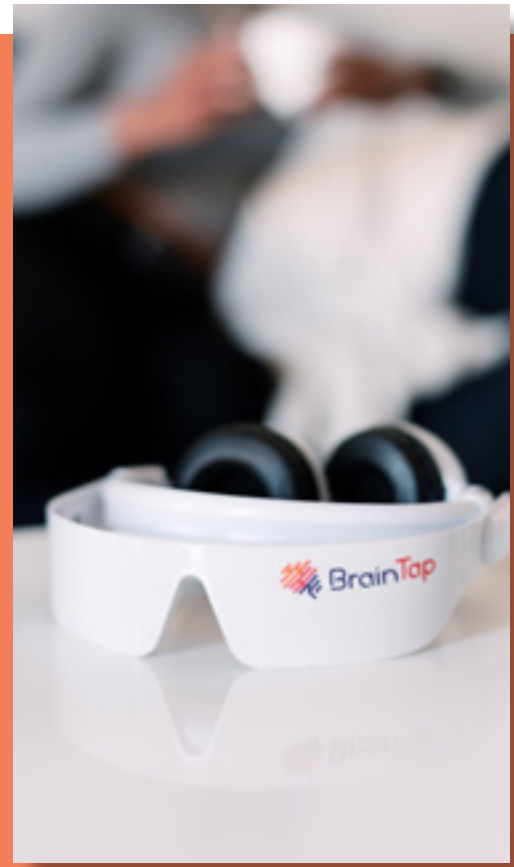
- Immediate impact on relaxation and focus
- Diverse sessions for varied needs
- Solid scientific foundation

Cons:

- Premium pricing could be prohibitive for some
- Demands consistent engagement for sustained benefits

More Info:

In conclusion, BrainTap is a transformative tool for anyone committed to elevating their mental wellness and cognitive prowess. It represents an extraordinary synergy of technology and neuroscience, tailored for the contemporary mind in search of peace amidst the chaos of modern life. Despite its premium price, the value it delivers as a cornerstone for mental enhancement is indisputable. BrainTap is not just a product; it's a gateway to a better brain, and by extension, a better life.



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

Joint Victory: The Effect of Qualia Senolytic

- The Quantified Cyborg Monthly Review



Why It Was Made:

Qualia Senolytic by Neurohacker Collective's with the ambitious goal to address one of the most pressing issues in wellness and longevity: joint health. Designed to support the natural removal of senescent cells that contribute to joint discomfort and stiffness, this supplement rep-

resents a significant leap in the science of senolytics. With a mission to enhance the human health span, Neurohacker has positioned Qualia Senolytic as a pivotal tool in the health and wellness niche, especially for those seeking to maintain their physical function and vitality into later life.

How It Works:

Qualia Senolytic's formulation is grounded in cutting-edge science, focusing on removing senescent cells to rejuvenate joint health. The product's efficacy was demonstrated in a double-blind, placebo-controlled clinical trial, showing an average 68% reduction in joint discomfort among participants. This result is underpinned by the supplement's ability to improve various aspects of physical functioning and quality of life, as measured by the Rand SF-36 Quality of Life Metrics. Its unique approach targets the underlying causes of joint degradation, positioning Qualia Senolytic as a novel solution in the landscape of health supplements.

What Was My Experience:

Though I didn't participate

in the clinical trial myself, the compelling results reported by Neurohacker prompted me to try Qualia Senolytic for a month. The promise of significant improvements in joint comfort and overall vitality was too enticing to pass up. My initial skepticism was quickly overshadowed by noticeable enhancements in my daily activities; movements became easier, and the usual stiffness I woke up with began to diminish.

Pros:

- Substantial reduction in joint discomfort
- Improvements in physical and emotional well-being
- Grounded in scientific research

Cons:

- Requires continuous use for sustained benefits

Conclusion:

Qualia Senolytic stands out for its broader impacts on quality of life. Its formulation, backed by rigorous clinical evidence, offers a new horizon for individuals looking to maintain their vitality and physical function well into the future. For those navigating the complexities of aging and seeking a scientifically supported boost, Qualia Senolytic represents a great supplement to consider.



QUALIA SENOLYTIC
OPTIMIZED AGING*



TARGET CELLULAR SENESCENCE (ONE OF THE NINE HALLMARKS OF AGING)*



COMBAT AGING AT THE CELLULAR LEVEL*



HELP THE BODY DECREASE THE BURDEN OF SENESCENT CELLS*



SUPPORT THE BODY'S TISSUE REJUVENATION PROCESS*



MAINTAIN HEALTHY PHYSICAL FUNCTION WITH AGE*



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

The MITOLUX Lamp:

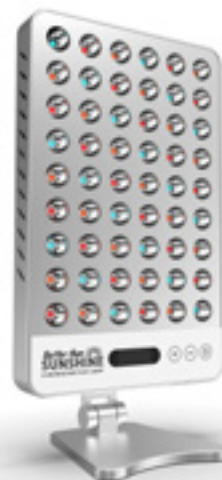
A Bright Solution for Vitamin D Synthesis

- The Quantified Cyborg Monthly Review



Why It Was Made:

Vitamin D, essential for our health, traditionally comes from the sun's UVB rays hitting our skin. However, obtaining the right amount can be tricky due to factors like location, season, and lifestyle. The MITOLUX Lamp emerges in response to this challenge, designed to provide



a reliable source of Vitamin D synthesis indoors. This advanced lamp uses LED narrowband technology, offering a targeted, safe, and efficient way to produce Vitamin D, overcoming the limitations of natural sunlight exposure.

How It Works:

The MITOLUX Lamp utilizes LED technology to emit a specific narrow bandwidth of UVB light, optimized for Vitamin D production. This precise approach ensures effective Vitamin D synthesis with minimal risk of skin damage, providing a significant advantage over traditional sun exposure. The lamp also works as a regular red-light therapy device. It's design focuses on safety and efficiency, with features that minimize heat emission for a comfortable use experience and LEDs known for their longevity and low energy consumption.

What Was My Experience:

Trying out the MITOLUX Lamp, despite Miami doesn't lack any sunny days, it has proved to be a

game-changer for me. The lamp was easy to incorporate into my daily routine, and the direct UVB exposure it provided helped improve my Vitamin D levels without any adverse effects. The consistent use of the lamp not only boosted my mood but also had a noticeable impact on my energy levels.

Pros:

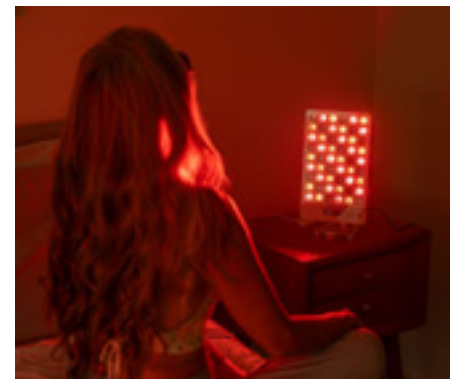
- Provides a consistent and controlled source of UVB for Vitamin D synthesis
- Minimal risk of skin damage, thanks to its narrow-band UVB light and Protection alarms
- Energy-efficient and user-friendly, suitable for daily use

Cons:

- Needs responsible usage to manage exposure time effectively

Conclusion:

The MITOLUX Lamp emerges as a practical and innovative solution for anyone looking to improve their Vitamin D levels safely and effectively, regardless of environmental constraints. By merging precise technology with ease of use, it offers a way to enhance well-being through improved Vitamin D synthesis.



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

IN THE LAB

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



Mushroom Magic: Psilocybin Boosts Brain Plasticity, Eases Depression in Groundbreaking Study

New research reveals psilocybin's remarkable impact on brain plasticity and depression symptoms. In a double-blind study, individuals with major depression disorder experienced doubled EEG theta power two weeks after a single dose of psilocybin, correlating with improved depressive symptoms. These findings suggest a potential breakthrough in depression treatment.

<https://pubmed.ncbi.nlm.nih.gov/37392016/>

Tuning Tiny Minds: Music Boosts Brain Development in Preterm Infants, Study Shows"

Summary:"

"Groundbreaking research reveals the profound impact of music on the brains of very preterm infants. Through longitudinal diffusion MRI studies, music therapy is shown to enhance both white and cortical grey matter maturation, particularly in areas crucial for socio-emotional development. This highlights music's potential in nurturing infant brains."

<https://pubmed.ncbi.nlm.nih.gov/37182337/>



Unlocking Ageless Minds: Cognitive Training Enhanced by Vortioxetine Shows Promise Against Cognitive Decline

"New research suggests a powerful synergy between cognitive training and vortioxetine, an antidepressant known for its cognitive benefits. In older adults experiencing age-related cognitive decline, the combination significantly enhances functional brain network integrity, particularly in the cingulo-opercular network. Further studies are needed to validate these promising findings"

<https://pubmed.ncbi.nlm.nih.gov/36739247/>





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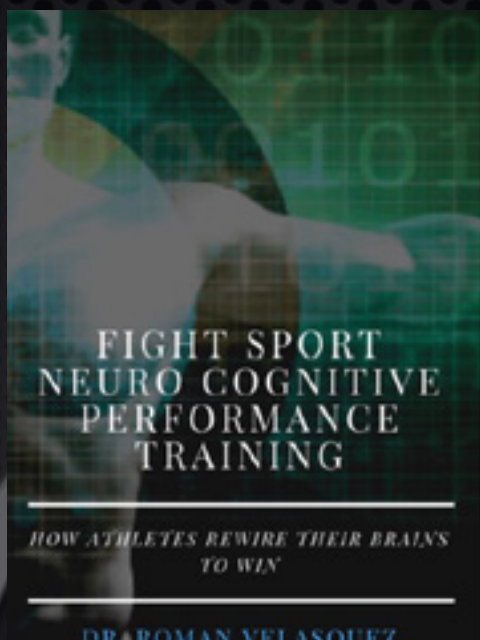
ARE YOU PROTECTED FROM EMFS AND 5G?

We experience electromagnetic radiation every day

It interferes with our natural cellular, bioelectric signals causing chronic conditions and some cancers.

REVOLUTIONIZING WELLNESS: TOP 10 BREAKTHROUGH BOOKS OF 2023

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



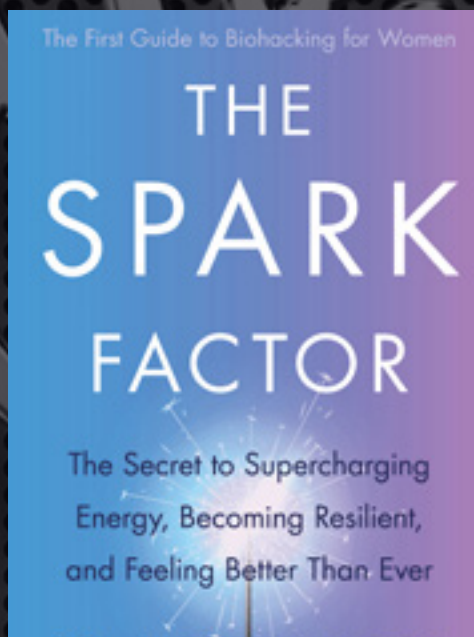
"BOUNDLESS PARENTING" by BEN GREENFIELD



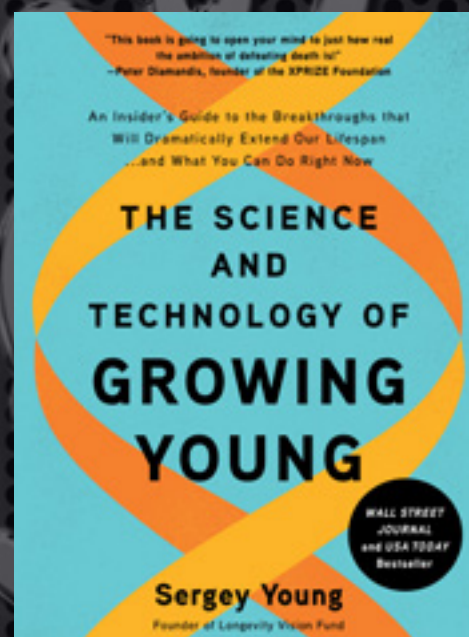
"STARING DOWN THE WOLF" by MARK DIVINE



"THE SPARK FACTOR" by DR. MOLLY MALOOF

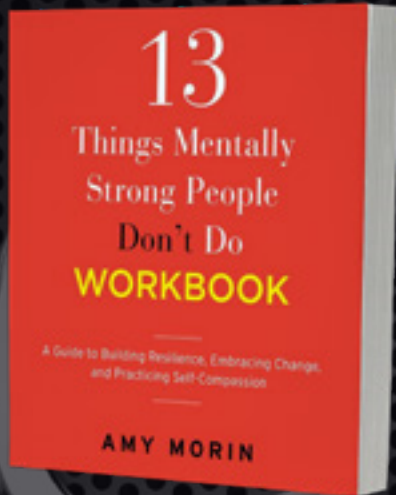


"THE SCIENCE AND TECHNOLOGY OF GROWING YOUNG" by SERGEY YOUNG

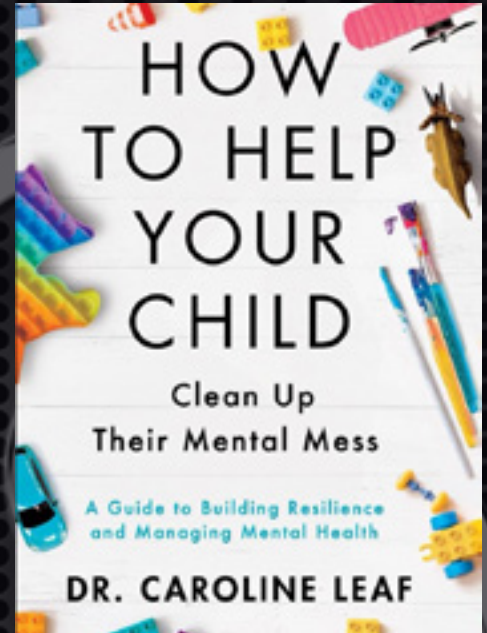


REVOLUTIONIZING WELLNESS: TOP 10 BREAKTHROUGH BOOKS OF 2023

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



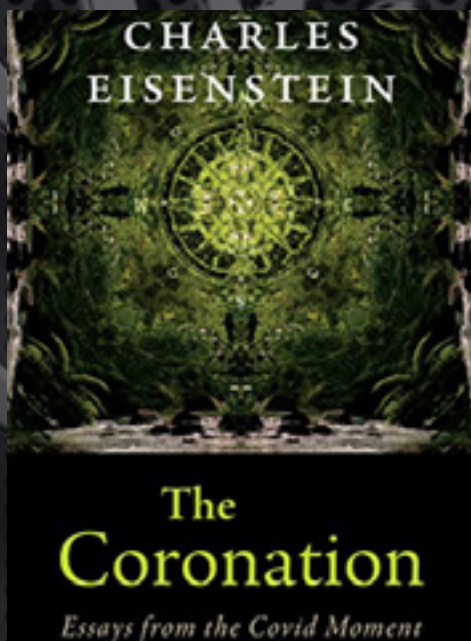
"HOW TO HELP YOUR CHILD CLEAN
UP THEIR MENTAL MESS" by DR.
CAROLINE LEAF



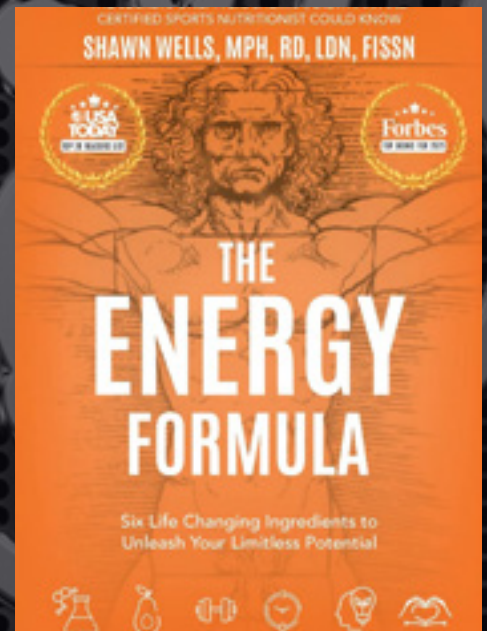
"LIMITLESS"
by JIM KWIK



"THE CORONATION"
by CHARLES EISENTEIN



"THE ENERGY FORMULA"
by SHAWN WELLS



EXPAND YOUR BRAIN'S POTENTIAL WITH MULTI-SENSORY TECHNOLOGY.



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The new VIZR™ device is a multi-sensory light and sound brain enrichment technology that unveils this potential. In just 11 minutes the NeuroVizr™ collection, from the Brain Organizer for personal growth and habit transformation, to the Better Sleep Collection for rejuvenation, to the Brain Gym for enhanced focus and clarity, can elevate your well-being. Experience a blend of light and sound like never before with the Mind States Collection.

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The Change Maker

TURPENTINE TO STOP CRAWVINGS?

by Dawn Westrum


Do you have sugar cravings? A craving so strong that it transcends all rational sense? I'm talking about coming home after a Thanksgiving feast at grandma's house, being so full it hurts, and still needing to dive into the pantry to eat candy. Before you know it, the whole bag is empty, and your stomach feels even worse.

I know how to dampen my hunger with peptides. I can fast for a week at a time. I can maintain my weight and be a successful age-group athlete. But through all those experi-

ments, the sugar cravings had never subsided.

Until I poured a teaspoon of turpentine over three sugar cubes and chased it all down with water. Suddenly, those gummy candies in the pantry stopped calling my name. And they had been shouting my name, loudly, for 40 years.

For the first time in my whole life (I'm 45) I could see candy and not eat it. Before that moment, I didn't know what that felt like! I just assumed that everyone else had better self-control than I did.

A woman with dark hair, wearing a black tank top, is shown from the chest up. She has a wide-eyed, surprised expression on her face. She is holding a slice of pizza with toppings. The background is a blurred indoor setting, possibly a kitchen or dining area. The lighting is dramatic, with strong highlights and deep shadows.

**WHAT
CAUSES OUR
CRAVINGS?**

**AUTOIMMUNE
ISSUES?**

**DO YOU HAVE
CANDIDA?**

**HAVE YOU EVER
WONDERED
ABOUT
PARASITES?**

**IS IT POSSIBLE THAT
THERE IS SOMETHING
OUTSIDE OF OUR
CONTROL?**

WHAT MADE ME TRY THIS?

I'm a nutritionist and I experiment on myself first. An Oligoscan test showed I was low in chromium, magnesium, zinc, and silicon. (The Oligoscan is a non-invasive test using spectrophotometry. It measures intracellular levels of minerals and heavy metals.) My results pointed to parasites affecting my nutrient levels. The minerals I was lacking are their favorite foods!

What if our cravings are controlled largely by organisms living inside of us, out of our control? That's a scary thought. Now, we may all have parasites...but some of them can be more detrimental to health than others. Supplementing the nutrients I was low in wasn't really helping, because I was feeding the problem, not my body. So, as I am wont to say, I fell down a rabbit hole of research on parasites. A friend mentioned turpentine and sent me a podcast, I read up on it, and voila, here we are.

WHY DOES IT WORK?

Candida and parasites live on sugar. They are repelled by turpentine. The combination makes them run for an exit! That's why it's important to not be constipated... give them an easy way to get

out of the body. Otherwise, these organisms may migrate into the lungs, brain or skin, and you may get detox reactions like rashes, headache or a cough.

WHAT IS TURPENTINE?

Turpentine is made from the resin of pine trees. Pine oil, in other words. In the Merck Manual of 1899, it was listed as a cure for multiple health issues including arthritis and lung disease. It is effective against bacteria, fungi, worms, parasites, candida, and viruses. It can be effective against methicillin-resistant Staphylococcus aureus (MSRA) infections. It is described as having antiparasitic, analgesic, revulsive, external disinfectant, balsamic, hemostatic, gallstones dissolving, diuretic, antispasmodic, antirheumatic, and deworming properties.

WHY ISN'T THIS BETTER KNOWN?

By the time the Merck Manual of 1999 came out a hundred years later, turpentine was listed as a poison with strong warnings not to drink it. Dr. Jennifer Daniels revived the knowledge of turpentine for better health. She could find so little in-

formation about it, that she wrote her will before trying it for the first time! Dr. Daniels has now been using this protocol for 20 years, both personally and with her clients.

HISTORY OF TURPENTINE USE

Turpentine with sugar was an elixir used by slaves in the Americas. The rumors of this are what led Dr. Daniels to try it herself. The knowledge of it is much older, though. Hippocrates used terpenic oil to help with lung diseases, ulcers, sores, and coughs. French physicians recommended it for cystitis, rheumatism, sciatica, nephritis, and constipation. In 1535, French explorer Jacques Cartier became stranded when his ship froze into the ice, and many of his crew died of scurvy. Quebec Indians gave the survivors a tea and salve from native pine bark, and they were cured within a week.



USE THE EXTRACT, BARK OR OIL.

Pine bark extract, another part of the pine tree, is a flavonoid tannin known as Pycnogenol. While there isn't much Vitamin C in pine bark (which is the antidote for scurvy), Pycnogenol extends the life of other antioxidants like Vitamin C, Vitamin E and Glutathione. Lester Packer, Ph.D., found pine bark extract to be the most powerful antioxidant he studied. It helps prevent platelet aggregation like aspirin, and quenches superoxide, nitric oxide, and hydroxyl radicals. Whole pine bark powder has been used traditionally as medicine and food. Northern arctic tribes took pine bark and ground it up into flour to make bread.



WANT TO LEARN MORE?

Join a Facebook group called Pine Oil - The Candida Cleaner. Dr. Daniels' eBook with more extensive history and directions for using Turpentine is available to download from there. You can also read many turpentine success stories. <https://www.facebook.com/groups/228117350900986>

STEPS TO SUCCESS WITH TURPENTINE

1. Purchase ONLY 100% Pure Gum Spirits of Turpentine! <https://www.amazon.com/100-Pure-Gum-Spirits-Turpentine/dp/B07CGLQR9Y>
2. Move your bowels (several times a day is preferred). Don't try this if you are constipated.
3. Be well hydrated.
4. Candida loves yeast, so limit consumption of bread, alcohol, and other processed foods.

5. Dose is several drops up to 1 teaspoon of turpentine poured over 3 sugar cubes. Start lower if you are sensitive to trying new things!.
6. The best timing is at least 2 hours before bed.
7. Place in mouth and swallow with water, chew just enough to get it down quickly.

8. Repeat up to 2x a week or as needed.

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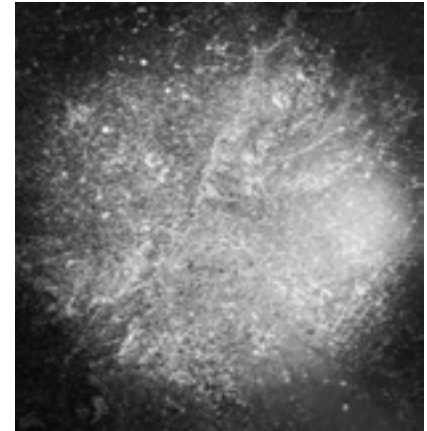
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Dawn Westrum

Nutritionist and Health Coach at VIGEO Health



*Dawn Westrum is a health enthusiast and athlete and has been studying nutrition since 2004. She has run over one hundred ultramarathons, as well as 100-mile runs, 5-day adventure races, Spartan Obstacle course races, and Ironman Triathlons. She races her paraglider, too, and was the top woman over twelve days in the 2015 Red Bull X-Alps, completing 300 miles on foot and 500 in the air. Check out her book *Racing to the Sky* on Amazon.*

Dawn has optimized her nutrition and is now faster in her 40s than she was in her 20s. She credits this to knowing what and when to take, both before and during her races. In 2022, Dawn ran her fastest 100-miler, a coveted goal of finishing in less than 24 hours. Dawn is also the reigning Age Group Champion at the Spartan Ultra Worlds! In 24 hours, she completed 62 miles and 15,000 feet of elevation gain, while failing only one obstacle the entire race.

Dawn helps her clients optimize their micronutrients by replacing missing minerals. She loves to point out that most of them are elements on the periodic table!

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Biobacking *Relationships*

FROM FRUSTRATION TO PASSION

-PART 2

by Drs Steve & Wendy McGough



When you see your partner, do you feel excited? Do you remember the passion you shared when you were first dating?

What if you could bring that feeling back - for both of you?

You're about to discover a simple method that will transform your relationship, and sex life. It's different from traditional approaches. Instead of trying to resolve issues, it focuses on activities you both will really enjoy. (1)

The first part of this article was covered in the February 2024 edition of Biohackers Magazine. **It's IMPORTANT you read that first to understand things here. (2)**

Here we're going to explore additional ideas, beginning with what love means to each partner.

Next you'll discover how each partner often has different 'rules' related to when and how you have sex. Most people don't realize how much this impacts their relationship.

After that we'll cover some eye opening ways women often need different physical stimulation from men.

From there, you'll explore another challenge most couples face, sharing honest feelings. We've found that the majority of couples are embarrassed or otherwise uncomfortable telling their partner what they really want in the bedroom.

Finally you'll discover an easy - very enjoyable - ritual that takes care of all of these challenges.

While you'll learn many new things here, the actual process is straightforward. Wendy and I have seen this simple method transform the relationships, and bedrooms of a multitude of couples over the past 14 years. (1)



SO WHAT DOES 'UNDERSTANDING LOVE' HAVE TO DO WITH THIS?

Like sex, the word Love is also defined by context in English. Not being on the same page with your partner about this can cause more issues than you realize. Greek has at least 7 words for "Love". (3) Sanskrit has 92 unique words to describe that feeling and state. (4) (5) Most couples have very different ideas for what love means but don't realize it.

To save time, I'm just going to cover 3 of the emotions for Love, because they relate to this process.

First is erotic or romantic love. This is often the feeling of excitement seeing a partner. It's also associated with a 'crush'. For most couples, this emotion will come and go in cycles through their relationship. Many times people think

this is the only type of "love" and this causes a lot of issues.

The next is spiritual love. This is usually associated with a feeling that you're 'meant to be' with that person and feel content with them. We've found this emotion usually comes later in a relationship, but it varies. It also comes from 'knowing' your partner is there to care for you, and you're there for them.

Another type of love is “**utilitarian**” or practical love. This is more associated with staying together for a reason other than emotions of love. This can be for financial or cultural reasons. Depending on the motivation, it can be negative or positive. Many times you’ll hear about couples separating after children grow up, because they thought it would be easier on them.

However sometimes “utilitarian” love is from the commitment partners made to each other. By doing this they are honoring the commitment they made, both to their partner and themselves.

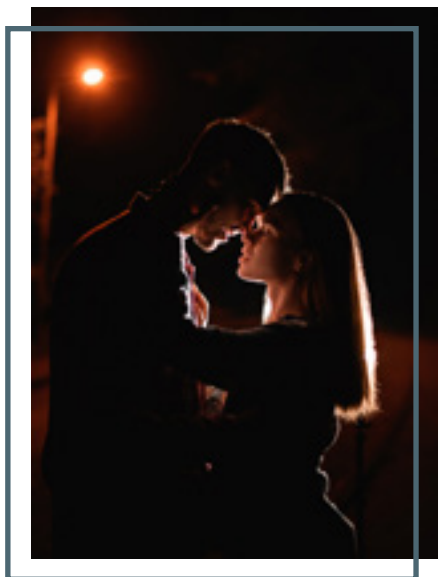
It is important to understand that during the relationship, love transitions through many differ-

ent emotions. Like repeating seasons, these emotions come and go throughout the relationship. Many times when someone in a relationship is frustrated or emotionally exhausted, they may question if they still love their partner. Or they believe the excitement and “crush” feeling they had when they were first together is ‘true love’.

We’ve covered three emotions of love, but two other types are important. Together, these 5 major types of love also map to the different motivations for sex, as mentioned in the first article. We don’t have time to go into detail on that, but many times feelings of love are also tied to our conscious and subconscious “rules” about the bedroom.



CAN YOU BRING BACK THE EXCITEMENT AND PASSION OF “FIRST LOVE”?



A secret many people don’t realize is that by asking the right questions, you can usually discover new aspects of your partner that bring these feelings back.

Dr. Arthur Aaron of Stony Brook University researched how to invoke feelings of attraction in people. He found that when students that had not previously met read and answered 36 specific questions together, they would feel

deeply connected, and often ‘in love’ afterwards. Some of them even ended up getting married.

We’ve found when couples read variations of these questions together, they discover new ways they’re attracted to each other as well. (5)

If you ask the right questions each week, you will be surprised how quickly things will get interesting, and pas-



sionate. Something attracted you when you first met. You can rediscover that, and even more about each other. (5)

Next you need to be aware of each others 'Bedroom Rules'

Basically each partner has a subconscious checklist that needs to be completed for them to feel that it's OK to be intimate. This can be different for each person, and is separate from sex drive.

The goal here isn't to figure every rule out. But just to make you aware that "hidden rules" are present in virtually every relationship.

With the "Two Dates" method we'll explain later, you learn a new set of 'rules' to consider. Both partners consciously agree to these 'rules' and then commit to do the dates for 4 weeks.

ARE YOU TAKING CARE OF YOUR PARTNER'S PHYSICAL NEEDS? ARE YOU SURE?

Over the years, women have continually told us that they don't get the type of physical stimulation they need when they're with their partner. Women often enjoy intimacy, but are not satisfied otherwise. (6) Few men realize this because their partner is embarrassed to tell them. (7)

Men occasionally have this issue but based on our experiences it's much more rare. For most men, the classic frustration is women are less receptive to having regular intimate time together, not that their own needs aren't taken care of. (8)

For women's needs to be cared for, they first need to be in the mood for intimacy. Our observation has been that women generally need 3 things for this.

First, they need to feel relaxed and safe. This includes taking a break from daily mental stress, as well as physical stress. We always recommend couples begin with massage because it gives the receiver, and in this case particularly women, a physical sensation to focus on. (9)

Second, women need to feel desired by their partner - as well as feeling their own desire - from their perspective. There are rare exceptions, but almost always women need to feel that their partner finds them attractive and desired. Equally importantly, women need something that mentally turns them on. (9)

Women's Desires are more varied than most men realize. There isn't enough time to cover this in detail. There's a saying: The way to a man's heart is through his pants, the way to a woman's pants is through her mind and heart. While this isn't always the case, we've seen a lot of truth in it.

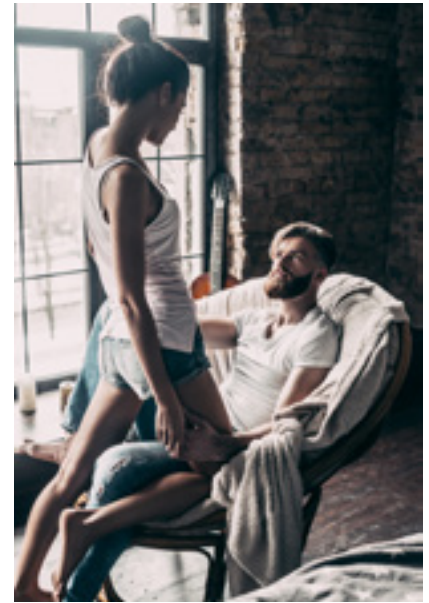


SO WHAT EXACTLY DO WOMEN NEED?

An almost universal complaint women tell us is the following scenario. Their partner is stimulating them in a way that is really 'working' for them, and they are close to climax. As a result the woman begins to breathe harder and move around.

However, instead of continuing, the guy notices her arousal and decides to 'make it better' by changing what they're doing. He did notice

the initial breathing, but didn't check with their partner's facial expression when changing things. Had they just continued what he was already doing his partner would have been satisfied. But instead now she's lost the feeling and is frustrated. This often ends in the woman never achieving satisfaction, and often being sore afterward. The added challenge is that very few women TELL their partner.



'MARTIAL ARTS' SKILLS FOR THE BEDROOM?

To resolve the above issue, we recommend both men, and women learn a skill that is sometimes called 'soft eye'. (11)

In martial arts that means you're continually watching the 'whole person' you're facing. You're reading their face, and body movements all at the same time. In the bedroom you're paying attention to the technique you're doing, while simultaneously reading your partner's body movements and facial expressions.

Most people think they're already doing this, but usually aren't and don't realize it.

This is part of what we often call a 'sexual scotoma'. In psychology a 'scotoma' is a blind-spot you don't even realize you have. (12) In the bedroom it's doing a behavior automatically because you're in the moment and not realizing it. The ironic thing is we've found the smarter the person is, the more likely they'll have this.

This may sound like it's taking all the fun out of the moment, but the good news is if you practice doing this together, these new techniques become automatic. Then both of you can be in the moment AND make sure each other's needs are taken care of.



SO WHAT ELSE DO WOMEN NEED?

As well as being comfortable telling their partner what they want, many women have said they would prefer it if their partner could last longer, or stimulate them internally in other ways. (13)

Basically, women first need to transition from feeling safe, to being in the mood, to being highly aroused. Then women need stimulation to begin slowly and gradually build, otherwise it can be painful. They typically need 5 to 30 minutes of deep vaginal stimulation, in a way that works for them. This also is where it's critical to be able to read how your partner is responding and adapt to their needs. There are many details here that we don't have time to go into. (13)

Vaginal orgasms appear to have a profoundly positive impact on women's parasympathetic response and overall wellbeing. This is also a pathway that many of the more esoteric practices such as Tantra and Taoist Yoga use. This type of stimulation has also been shown in studies to improve women's Heart Rate Variability (HRV). (14)

We should mention that there actually are three major categories of orgasms women can

achieve. Clitoral, ejaculatory, and vaginal orgasms. Most men, and sadly women, are only familiar with clitoral orgasms. But a whole new world of experiences are possible once you learn the others. (15) (16) (17) (18)

The last step, each partner learning to express what they truly want.

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.

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. (19)

Many times women have very erotic fantasies that might surprise their partners. This doesn't mean every woman is wild, but in our experience, once couples get honest, when women feel accepted by their partner they often are the leaders in new sexual adventures.

The key here is to help your partner feel comfortable and not afraid you will judge them. We've found that the more secure couples feel in their relationship, the more comfortable they feel sharing what they want. Even with that, it may take time for them to really share their deepest fantasies.



The Secret To Keeping Passion Alive

We'll finish up with a simple ritual that can keep passion alive.

First though, here's a question. When was the last time you knew your needs were going to be cared for, and you could just relax? Would that be something you'd look forward to?

What about your partner? Would they enjoy that idea?

This may sound surprisingly simple, but all you have to do is periodically go on two special "dates" together and do this.

On one 'date' you focus just on things your partner would enjoy - whatever they want.

Then on another 'date' your partner agrees to do this for you.

We recommend doing this as often as you can work into your schedules. But we also understand that you're busy. There are also different activities you can do that are less time consuming than others. If you can do this once a week, fantastic! But many couples, especially if they have children, can only set time aside once a month or so.

The important thing is you're both demonstrating to each other, through action, that you're actively trying to care for one another.



HOW DO YOU FIND OUT WHAT YOUR PARTNER WOULD ENJOY?

Ask them to read these two articles first. Then ask them if they're willing to try it, at least once. The critical thing is you both honor what the other requests without any obligation otherwise.

We've found that at first, each partner tends to most look forward to 'their own' date, where they are the receiver of the attention.

But soon you'll both start looking forward to new ways you can take care of each other. You'll enjoy the look of excitement in their face. This helps foster a feeling of love that in Sanskrit, is called "Mundita". (20)

Mundita is a feeling of happiness you have, when you see someone you care about being happy. Normally in the West this is associated with how a parent feels when they are happy a child succeeds or receives

a gift. They feel good that the other person is happy. (20)

The goal is for each of you to feel that way about the other on a regular basis. If you do this, odds are soon something magic will happen. Wendy and I believe that is one of the secrets to enjoying each other over a lifetime.

This doesn't solve every challenge couples have, but it makes the process much more exciting!

Some people are reading this because they want more action in the bedroom. Some because they want to feel connected again. The key is enjoying the act of caring for your partner, and them as well enjoying doing that for you.

If you'd like to learn how to really apply these ideas, plus date templates that will transform

your bedroom, get more details at BiohackingBliss.com (1)

Remember, if your partner knows you're doing everything you can to try to take care of them, they can deal with just about anything.

The same goes when you know your partner is trying to take care of you.

In the next article, I'll cover powerful biohacks to increase both your and your partner's libido. This includes strategies for different stages of life, from pregnancy, to raising children, to menopause. Plus ways to deal with erectile dysfunction, and how this pathology also affects most women - but they're told it's hormones or aging.



Biographies

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Drs Wendy & Steve McGough

DHS



Wendy & Steve are the founders of Women & Couples Wellness. Over the past 12 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® 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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Challenge Yourself

Put Your Lifespanning Knowledge to the Test

Which natural compounds are being explored for their potential to enhance neurogenesis, the process of generating new neurons in the brain?

- a) Curcumin and resveratrol
- b) Omega-3 fatty acids and citicoline
- c) Caffeine and L-theanine
- d) Zinc and vitamin C

Which nutrient-dense foods are particularly beneficial for supporting brain health, longevity, and neuroplasticity?

- a) Spinach, lentils, and dark chocolate
- b) Quinoa, almonds, and kale
- c) Oranges, yogurt, and whole-grain bread
- d) Bananas, peanut butter, and white rice

How does quality sleep contribute to brain vitality, longevity, and neuroplasticity?

- a) It promotes brain vitality by increasing the production of adenosine
- b) It enhances neuroplasticity by reducing the activity of the glymphatic system
- c) It has no direct impact on neuroplasticity but improves overall memory consolidation
- d) It contributes to brain longevity by decreasing the expression of synaptic plasticity-related genes


How does mindfulness meditation impact neuroplasticity and brain vitality?

- a) It promotes neuroplasticity by enhancing the activity of the default mode network
- b) It inhibits neuroplasticity by decreasing the production of brain-derived neurotrophic factor (BDNF)
- c) It enhances brain vitality by promoting gamma wave activity in the prefrontal cortex
- d) It has no direct effect on neuroplasticity but improves overall emotional regulation

Which herbal nootropics have shown promise in enhancing cognitive function, supporting brain longevity, and promoting neuroplasticity?

- a) Rhodiola rosea and Lion's Mane mushroom
- b) Peppermint and ginseng
- c) St. John's Wort and valerian root
- d) Echinacea and elderberry

Answers:
biohackersmag.com/quiz

A wheelchair is positioned on a sandy beach, facing the ocean. In the upper right corner, a cluster of colorful balloons (yellow, orange, purple, teal, pink, and white) floats against a clear blue sky. The overall scene is bright and hopeful.

Challenging Paralysis and Changing Lives

Dana Lyn Guest

Death Sentence.

"Life expectancy for a quadriplegic is estimated at 70% of the general population. With your injury occurring at such a young age, this number could be less."

The words washed over me like an icy wave that kept me under, tumbling, scared, gasping for air. I had been pulled from a medically induced coma only a few days prior, waking to a new reality where I was paralyzed from the chest down with limited upper extremity movement. I understood the physician peering down at me in my ICU hospital bed was trying to be helpful by rattling off as much as he knew about spinal cord injuries, but I stopped listening after that. At only the age of 17, it felt like an impending death sentence. As I moved through my therapies, these words echoed through the hallways of my mind repeatedly.

It was June, the summer before my senior year of high school, when a Mack truck going 55 mph collided with my stopped car at a red light in Tampa, Florida. The force of being hit by something so large, so fast caused the vertebrae in my spine to explode, sending shards of bone into my spinal cord at the C6 level, severing it. It also severed my life into a "before" and an



"after." The "after" felt insurmountable, but with the unwavering support of my family and friends, I rallied. The next few years were spent rehabilitating my body and my life. I graduated from college, met my husband, built an adapted home, had a daughter, and tried to just get on with it. Yet, I still remembered the words said to me in those early days and carried a sense of impending doom through all of the highs and lows, masking my thoughts from everyone around me.

At the age of 26, a regular checkup showed I had early stage osteoporosis. Secondary medical conditions like this are extremely common with a spinal cord injury (SCI), but it still was a startling discovery. My daughter was barely in kindergarten and every motherly instinct in my body screamed at the unfairness of my years with her possibly being cut short due to additional complications related to my SCI. I went straight home and started scouring the internet for any information that would help.

Fighting Back.

My search led me to a website for a facility called Project Walk in Carlsbad, California, which highlighted numerous stories of paralyzed people who were fighting to recover through exercise-based programs. I was intrigued. There is no cure for SCI, but maybe there was a better way to manage it. I booked a two week visit, kissed my daughter goodbye, and flew to California where I threw myself into a rigorous training program for six hours per day. After my accident, I had completed physical therapy, occupational therapy, and recreational therapy at some of the best neuro-rehabilitation hospitals in the country, but traditional therapies for SCI

focused on gaining strength in the muscles you preserved post injury and relearning daily living skills. Traditional medicine also teaches new SCI patients that survivors have a two year window of recovery and after that, nothing would likely change.

Exercise-based programs, like Project Walk, challenged the medical field and essentially questioned, "Why?" All of the sessions were done completely out of the wheelchair environment and very quickly I realized there was so much more I could move, feel, and accomplish physically than I ever imagined. I felt better with less nerve pain, less spasms, and less fatigue.

The two weeks flew by and I went home with a mission. I had to find somewhere or someone who was doing this type of pro-



gram. For the first time since my accident, I felt like I was truly fighting back against the permanent war SCI had waged on my body.

And, I was not the only one. Back home in Florida, I connected with my fellow SCI community, many of whom were in similar situations. We had all survived, but surviving was not enough; we wanted better options for living with paralysis. Through this network I discovered that a like-minded center was starting two hours from my home. This was a pivotal moment and changed the trajectory of my life in fundamental ways.

Changing the Game.

Over the decade since that moment, as the field of neurorecovery has evolved and grown, research has demonstrated that neuroplasticity allows the brain and spinal cord to adapt and recover functions affected by injury. The spinal cord can reassign affected functions through spared neural pathways. However, individuals must repetitively stimulate the spinal cord by practicing weakened movements. This is the basis for what is now known as Activity Based Training. The Center of Recovery and Exercise, known as CORE, is embarking on our thirteen year anniversary as one of the leading neurorecovery centers (there are only 40 overall in the United States), providing Activity Based Training to hundreds of paralysis survivors from around the world. I say "our," because I have had the privilege of working alongside the founding team since day one in multiple roles, both as a client and an advocate for others.

At first glance, CORE looks like a mainstream gym, with mirrors and exercise equipment lining every wall, the music pumping and the energy thrumming. However, on closer inspection the equipment happens to be some of the most high tech in the field of rehabilitation and the training team to be the most com-



prehensive and highly skilled in terms of exercise science and applying it to paralysis populations.

Often, being paralyzed is the least troublesome aspect of life with a SCI. It is the secondary medical complications that ravage the body and over time, the mind. Along with osteoporosis, survivors face chronic bladder and bowel complications, weight gain and/

or loss, low blood pressure, cardiovascular disease, pressure ulcers, increased risk of infection, spasticity, pain, depression, and anxiety to name a few. Activity Based Training modalities at CORE designed to combat this encompass the principles of weight bearing activities, electrical stimulation, core strengthening, locomotor training and massed practice, all of which are completed outside of the wheel-



chair environment. CORE also offers indoor aquatic training, as well as coach-led adaptive fitness classes that focus on strength and conditioning.

The other significant difference from traditional physical rehabilitation is time. The length of hospital stays for spinal cord injury patients is declining with the average stay in hospital acute care at 11 days, down from 24 in the

1970's, and rehabilitation stays at 31 days, down from 98 days in the 1970's. As a quadriplegic, I was nowhere near ready for re-entry to the world at 31 days so, for me, these numbers are shocking. With individualized goals built around participant's evolving needs, Activity Based Training offers clients the time necessary for true recovery. It often becomes a lifestyle change for those with lifelong diagnoses and strives to bridge the gap in the continuum of care. The most exciting, albeit gradual development, in the medical field has been the education, perception, and understanding of what Activity Based Training can mean for patients with paralysis. Research finally has time on its side with multiple published benefits

ranging from improvements in mobility, upper limb function, neurological status, body composition, bowel and bladder function and mental health improvements, along with a reduction in cardiovascular and metabolic risk factors. Activity Based Training is still not a cure, but it is a game changer for people living with paralysis. Those who trust the process are achieving goals once thought impossible, as well as improving their health and overall quality of life. While there have not been longevity studies done yet related to SCI and the effects of Activity Based Training, a study published in the journal *Circulation* found



a substantially lower risk of mortality was observed among able-bodied individuals who had adequate levels of both long-term moderate and vigorous physical activity. If we stop treating "disabled" bodies differently in terms of activity level, could we see an improvement in mortality rates for this population? Hopefully further research will support a similar conclusion for this population.



From Surviving to Living.

In the meantime, personally, the physical changes are almost too numerous to count through the years. I went from using a power chair to pushing myself independently through most of my day. I feel and connect to my entire body and know where my extremities are in space. I complete 90% of my daily living skills independently, work full time, travel, drive, and basically live the life I dreamed of prior to my injury. I am confident in my ability to live a long and active life for my now college age daughter. Most importantly though, the words I heard in the early

days of my diagnosis regarding a shortened lifespan do not echo so loudly in my mind anymore. I went from surviving to living and have been able to translate this into educating others about the benefits of Activity Based Training throughout my career. I hope my efforts have helped at least one person improve their own recovery journey and by doing that, maybe the worst day of my life can mean something good in the end.

For more information about Activity Based Training at CORE, please visit coreflorida.com.

Dana Lyn Guest



Dana is the Client Relations Coordinator for the Center of Recovery & Exercise (CORE) where she is focused on using her experience as a 24 year spinal cord injury survivor to advocate and educate the paralysis community on topics related to health and wellbeing. As well as managing CORE's social media, she has published articles on a variety of subjects and has been tapped for numerous speaking engagements throughout her career. She is a former Board Member and lifetime ambassador of The CORE Foundation (corefloridafoundation.org), which raises funds to support Activity Based Training services for individuals in Florida fighting to recover after paralysis. Dana is a graduate of the University of Tampa with a Bachelor's Degree in Communications. She resides in Orlando, FL with her husband, Joe, and two mischievous multi- poos, Ace and Rocky.

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THE POWER OF POSITIVE THINKING

By Natalia Naila, Health
and Life Coach

Ever since I was little, my mother instilled in me a belief that has shaped who I am: "There is no such thing as "no". Everything is possible and within reach." This mantra became the foundation of my outlook on life, teaching me that every rejection is just a step closer to an opportunity where someone will say "yes." Growing up with this mindset has allowed me to view life through a lens of positivity, where everything is achievable, and every challenge is just a bump in the road.

Like everyone else going through life, I stumbled, fell, and got back up again. Through this I've learned that our bodies listen to what our minds are saying and discovered that stress, negativity, and fear could really mess with your health. By keeping my outlook sunny, I not only fight off bad vibes but also dodge sickness and just feel better overall.



Overcoming Challenges with a Smile

Starting my first retreat was a challenge. The idea lingered in my mind for two years, taunting me with possibilities of failure and rejection. I had so many doubts: How do I start? Will anyone show up? Should I move forward with this? But then, I remembered what my mom taught me: "No" isn't in our vocabulary.

With every goal, you've got to believe in it and move toward it, and it will happen. It's all about manifesting and taking those initial steps, even if they're tiny ones. For me in this example, it meant visiting other retreats and learning from them to help me piece my dream together until one day, it was no longer a dream but a reality.

My positive mindset has been the kick behind all my personal growth, helping me see the silver lining in everything and pushing me to reach for the stars. Being open to change, ready to learn from new experiences, and welcoming growth can really transform you.

Shifting to a Positive Mindset

It's about recognizing those bad thoughts when they creep in and consciously choosing to replace them with something positive. Like when you catch yourself thinking, "I am fat," you stop that thought in its tracks and replace it with, "I am beautiful, I am flawless, I love dancing, I feel incredible." This simple habit of stopping negative thoughts and actively choosing positivity will help reshape your mindset and bring the best in you and in every situation you encounter.

Positive thinking pushes us forward, leading us to explore our potential, we learn to embrace change, adapt to new circumstances, expand our horizons and welcome personal evolution.

Cultivating a Positive Mindset for Physical Health

Having a positive attitude isn't just about feeling good, it plays a big part in keeping us healthy, too. It can help us stress less, lower the risk of some long-term health issues, and live a healthier life. Starting to see the glass as half full begins with being okay with who we are and knowing that stumbling every now and then is just part of being human.

Remember, a positive mindset is as crucial to your body as it is to your mind. When we learn to see our stumbles as chances to grow, we keep our minds healthy, which in turn, keeps our bodies healthy.

An example of this is that many people are so concerned about what others think of them that they forget to listen to their inner voice and desires. For me, learning to tune out those outside noises and focus on what makes me truly happy has been a game-changer. It's led me to pursue what genuinely makes me happy and also opened up a world of possibilities I might have otherwise shied away from.



Teaching Positivity and Intuition

Teaching my daughter the essence of positive thinking and trusting her intuition has been one of my greatest joys. I want her to grow up knowing she can always rely on her inner voice and view life through a lens of optimism.

Sharing stories of overcoming negativity, focusing on positive affirmations, and instilling confidence in her to face challenges with optimism are key. For example, if she comes home feeling defeated after a tough day at school, I teach her the power of shifting perspective. We talk about how every experience, good or bad, is an opportunity to learn and grow. Teaching her to replace negative self-talk with positive affirmations is a critical lesson in loving oneself and fostering a positive outlook on life.

Another example from just the other day, she asked me "Mommy, how will I decide what I want to be when I grow up?" And there it was, my cue to talk about intuition. I told her, "As you try different things you love, your excitement and joy will guide you and you'll just know. And it's the same with every decision in life." It's about shaping her reality, making sure she learns to trust her gut and know that she's got an inner compass. This intuition is like her personal north star.

It's crucial to instill this blend of positivity and intuition in our kids. They're navigating a world that's louder and more distracting than ever. Teaching them to listen to that inner voice, to approach life with optimism, that's the real deal.

Shifting Mindset for Better Health

In my journey as a health and life coach, I've seen first-hand how a positive mindset catalyzes not just mental but physical transformations in my clients. Remember, cultivating a positive mindset starts with recognizing the power of our thoughts and choosing to focus on the positive. It's about challenging negative patterns, embracing self-love, and practicing gratitude. By doing these things, we not only improve our own lives but also inspire those around us.

Surround yourself with positive influences, whether through books, mentors, or communities that uplift you. Remember that to protect your energy it's important to maintain a distance from negativity, wherever and whenever it comes from.

Positivity is not just a state of mind, it's a way of life. It is the key to unlocking our full potential, achieving our healthiest selves, and living a life filled with joy, purpose, and fulfillment.



Natalia Naila

Natalia Naila is a devoted Health and Life Coach dedicated to empowering individuals to live their best lives by achieving their fullest potential in health, wellness and personal aspirations. Her expertise in nutrition, fasting, and biohacking for longevity equips her with a unique blend of skills for a holistic approach to wellness.

Outside of her coaching practice, Natalia organizes her Wellness Is Life retreats, and produces the Wellness Is Life podcast. She is also in the process of writing a book and often spends her free time golfing and traveling.

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Wellness Is Life Retreat: <https://www.wellnessislifetretreat.com/>

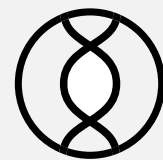
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An underwater scene with a vibrant blue background. In the foreground, there is a large, textured coral reef structure. Several small, dark fish are swimming around the reef and in the open water. The lighting is bright, creating a clear view of the underwater environment.

THE MYSTERIC UNDERW WORLD O APNEA

By Vincent Mathieu

An underwater scene with a vibrant blue background. In the foreground, there is a large, textured coral reef. Several small, yellow and black striped fish are swimming around. The lighting is bright, creating a clear view of the underwater environment.

IOUS ATER DE

In a groundbreaking conversation with Vincent Mathieu, the official trainer for the French Free Diving Team, Biohackers Mag delves into the depths of "blue therapy," a revolutionary approach to self-awareness and well-being that stands at the crossroads of biohacking and lifespan extension. Mathieu, a seasoned expert in the nuanced art of free diving, sheds light on how this practice can serve as a potent form of meditation, enhancing bodily awareness and emotional well-being, and fostering a profound connection with oneself.

"Apnea opens the gateway to an extraordinary world. It's a quest of the senses, a lesson in life itself. Apnea lets you discover a fascinating universe, one that enables you to get to know yourself better, and where you learn to constantly push your physiological limits."



What is the Blue Therapy?

According to Vincent Mathieu,

The core issue today is people's disconnection from their inner selves. There's a widespread lack of internal bodily awareness, largely because our education systems fail to teach us to recognize and articulate our sensations, feelings, and emotions. Immersion in water changes this dynamic drastically. Water acts as a resonance box, amplifying every inner sensation by muting external senses like taste, smell, and hearing, and altering visual perception.

Vincent explains; Consider a rugged individual who has never paid attention to his inner world. When such a person engages in free diving, the experience is transformative. Submerged, individuals encounter a sudden, acute awareness of their physical selves, unearthing feelings and sensations previously unnoticed or unexplored. This revelation can evoke intense emotional responses—tears of joy or anxiety, profound happiness akin to life's most significant moments, such as childbirth.

The therapeutic aspect of free diving is undeniable. In France, a significant number

of practitioners pursue this discipline not just for sport but for its well-being benefits. Free diving compels a meditative state, compelling practitioners to confront and embrace their inner sensations and emotions, leading to heightened self-awareness.

This heightened awareness does not end with the dive; it influences all aspects of life. Practitioners often report improved dietary habits, stress management, and overall well-being. They learn to breathe more effectively, using their diaphragm, which in turn enhances relaxation and stress resilience. Gradually, this inward focus expands, encouraging a broader awareness of one's surroundings and fostering a more mindful existence.

We know in America that the concept of awareness is widely discussed in both the holistic and longevity fields, emphasizing the control it grants individuals over their lives. Your insights into how blue therapy can enhance body awareness and thus influence lifestyle choices are fascinating. It's a novel approach in the self-optimization discourse, partic-

ularly the idea of “stopping breathing” to discover a deeper connection with oneself.

Vincent, absolutely insists that its somewhat counterintuitive in the broader context of breathing and meditation practices. Yet, the benefits speak for themselves. By embracing brief moments of apnea, individuals can achieve a state of calmness and relaxation, akin to meditation but through a unique pathway that fosters immediate and profound connection with the self.

As Biohackers Mag wrapped up the enlightening discussion, it became clear that blue therapy, through the lens of free diving, offers a unique and powerful avenue for biohacking and lifespan extension. Vincent Mathieu’s expertise underscores the potential of this practice to transform not only physical health but also emotional and psychological well-being, making it a compelling topic for anyone interested in the cutting-edge of self-optimization and holistic health.

In the quest for self-improvement and longevity, biohackers continuously explore the furthest reaches of science, technology, and nature. Among these pursuits lies a practice as ancient as it is innovative: Blue Therapy. Championed by Vincent Mathieu, the esteemed trainer of the French Free Diving Team, this method offers a unique melding of adventure and intro-

spection, utilizing the serene embrace of water to foster profound self-awareness and emotional well-being.

As we continue to push the boundaries of what it means to optimize human potential, Blue Therapy shows us the power of nature in facilitating our quest for health, happiness, and longevity. Total Lifespanning! In the serene silence beneath the waves, we find not only the beauty of the underwater world but also the profound beauty within ourselves.



VINCENT MATHIEU

In the world of freediving, Vincent is seen as an anomaly: genetically low levels of iron and hemoglobin, diagnosed with ADHD at the age of 14, an unathletic heart rate (averaging 75 bpm during a 9-minute static apnea), and a permanent fragility of the eardrums due to four surgeries in his childhood.

Yet, a year and a half after his debut in 2013, he participated in his first world championship, winning a silver medal. The following year, he clinched gold, thus becoming the first Frenchman in history to hold the title of world champion in static apnea. Like a glitch in the Matrix!

Subsequently, he excelled in all disciplines of freediving, making him a truly complete world-class athlete today.

Today, as a professional coach, he enthusiastically offers the culmination of his skills through unique and high-quality support, while recently being appointed coach and selector of the French freediving team CMAS. »

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LIFESPANNER TRENDS

Quantum Healing Hypnosis:

“Interview with Eva Grace, Emotional Coach & Spiritual Biohacker”

by Noee Spiegel, Reporter



“A beacon in my darkest hour...”

In the heart of the bustling city of Miami, where the relentless hum of daily life often drowns out the whispers of our inner selves, there lies a haven of tranquility—a place where one’s journey inward can commence with the gentle guidance of Eva, a visionary in the realm of Quantum Healing Hypnosis. It was here, South Beach, that I found myself on the cusp of a profound exploration into the depths of my consciousness

Eva’s practice radiated calm, a perfect reflection of her serene demeanor. Her voice was a soothing balm, and her explanations, a beacon of enlightenment, setting the stage for an odyssey I was yet to comprehend fully. As she detailed the nuances of Quantum Healing Hypnosis, a practice transcending conventional hypnotherapy, my curiosity blossomed. This was no ordinary encounter but a rendezvous with deeper, often elusive, facets of my being.

“Quantum Healing Hypnosis emerged as a beacon in my darkest hour,” she recounted. “It is a holistic odyssey, a bridge to the Higher Self, that part of us that holds the elixir to our deepest wounds and the keys to our liberation.”

Her tales of transformation were not just stories but testaments to the power of accessing the Higher Self. From chronic ailments vanishing in the ethereal warmth of healing, to broken hearts finding solace and new beginnings, Eva’s practice was a crucible of metamorphosis.

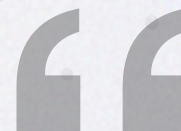
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LIFESPANNER TRENDS



**Quantum Healing
Hypnosis TechniqueSM**



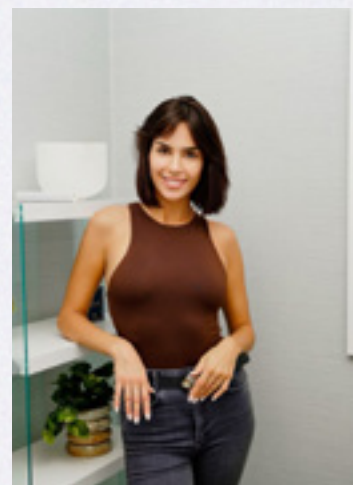
As my session commenced, I was cocooned in an ambiance of introspection, my senses attuned to the echoes of my past and the whispers of future possibilities. Eva's voice, now a guiding light, led me through the corridors of time, from the innocence of childhood to the untrodden paths of my potential futures.

It was a voyage of discovery, revealing not just the scars and fears that lingered within but also illuminating the path forward. The revelations were subtle, yet profound—insights into the business ambitions that defined me, intertwined with personal truths that had eluded my conscious grasp.

A realization dawned upon me - While the journey was enlightening, a part of me remained anchored, resistant to the complete surrender that such healing necessitated. Eva's insight into my guarded descent into the subconscious was a gentle admonition of the barriers we erect against our own healing.

As our conversation drew to a close, Eva's conviction resonated within me—a belief in our inherent power to heal, to transcend our earthly constraints, and to discover the boundless expanse of our true essence. This encounter, a mere glimpse into the profound depths of Quantum Healing Hypnosis, left me with an indelible mark of introspection and a newfound respect for the journey within.

Quantum Healing Hypnosis was not merely a balm for the traumatized or the lost but a universal key to unlocking the boundless potential within each of us. It was a call to transcend our physical limitations and to embrace the infinite wisdom of our Higher Selves.



Thus, in the narrative tapestry of my life, this chapter with Eva would remain a vivid hue, a reminder of the infinite possibilities that lie within the sanctum of our souls, waiting to be discovered, embraced, and celebrated.

[@eva_grace](#)

evagrace.us



BUILDING A LONGEVITY COMMUNITY

COOL THINGS WE LIKE DOING AT THE STANDARD MIAMI

by Ashley Nader & Masha Prusso

In the realm of health and wellness, the term “biohacking” has emerged as a beacon of innovation, embodying the confluence of science, technology, and nature in pursuit of optimal well-being. Community health and wellness events are increasingly becoming hotbeds for the exploration and dissemination of biohacking knowledge, offering unique insights into how we can leverage these practices in our daily lives.

“Biohacking is about taking control of your own biology. Term biohacking originally came from Do-It-Yourself Biology (DIY). DIY is a biotechnological social movement in which individuals study biology and life science using the same methods as traditional research institutions”, said Ashley Nader, co-founder of fini.

Masha Prusso, tech entrepreneur and investor, who is also part of the team working on a new longevity fund with Dave Asprey, added that “biohacking as a term does not appeal to everyone. “Hacking” means gaining unauthorized access to data. While, in DIY biology we learn about our bodies and what is good for us long term, sacrificing short term Macdonald temptation for a long term organic let’s say “more vegetables and exposure to the sunlight” benefit.

As we continue to see the rise of biohacking trends that are captivating enthusiasts and novices alike, we are seeing more biohacking focused gatherings in cities like Miami and beyond, underscoring their significance in the contemporary wellness landscape.

These gatherings underscore a pivotal shift towards embracing holistic and innovative approaches to consumer health. Fini’s Self-Care Sunday, an event run by Ashley Nader, a local Miami founder, is not just an event; it’s a testament to the growing interest and investment in biohacking practices. It already happened twice at Standard in Miami and we look to make it a monthly gathering of wellness and longevity enthusiasts. By bringing together the wellness community in a serene setting, these sessions offer a unique opportunity to explore the latest in biohacking—from mindfulness and meditation to nutritional optimization and physical conditioning, all aimed at enhancing life’s quality and longevity.



THE RISE OF PERSONALIZED NUTRITION



One of the most prominent trends observed at recent wellness events is the shift towards personalized nutrition. With the understanding that one size does not fit all when it comes to diet, biohackers are utilizing genetic testing and microbiome analysis to tailor nutrition plans to the individual's specific needs. This approach not only optimizes health outcomes but also empowers individuals to make informed

dietary choices based on their unique physiological makeup.

In an era where health and wellness are paramount, we should be cheering up for innovative startups driving significant changes in how we approach wellness, brain health, and nutrition.

These companies are not only addressing current health trends but are also pioneering the integration of technology and holistic approaches to promote overall well-being.

BRAIN HEALTH INNOVATORS: ENHANCING COGNITIVE WELL-BEING

The focus on brain health has never been more critical, with startups emerging to tackle issues from cognitive decline to everyday stress and anxiety. Companies like NeuroFlow and Headspace offer digital solutions that leverage AI and mindfulness techniques, respectively, to support mental health and cognitive function. These platforms provide users with personalized experiences designed to improve their mental well-being, showcasing the potential of digital interventions in enhancing brain health.

Harnessing the Power of Mindfulness and Neurofeedback

Mindfulness practices, coupled with the latest in neurofeedback technology, are gaining traction in the biohacking community. Sessions focusing on meditation and the use of EEG devices to monitor brain waves are teaching participants how to control stress and enhance cognitive performance. This blend of ancient wisdom and modern technology offers a powerful toolkit for improving mental health and resilience.

The Emergence of Circadian Health Optimization

Circadian health, or the alignment of internal biological rhythms with the natural cycles of the Earth, is another area receiving considerable attention. Workshops and talks are shedding light on the importance of syncing our activities with our circadian rhythms to improve sleep quality, energy levels, and overall health. Strategies such as timed exposure to sunlight, blue light filtering, and temperature regulation are being embraced to recalibrate our biological clocks.



Leveraging Wearable Technology for Health Tracking

Wearable technology has become a staple in the biohacker's arsenal, and its presence at wellness events is ubiquitous. These devices are not just fitness trackers but sophisticated tools capable of monitoring a wide array of health metrics, from heart rate variability to blood oxygen levels. They provide real-time feedback, enabling users to make immediate adjustments to their lifestyle for better health outcomes.

The Integration of Movement into Everyday Life

Gone are the days when exercise was confined to the gym. A significant trend in the biohacking community is the integration of movement into daily life as a means to combat the sedentary lifestyle endemic to modern society. Practical sessions on mobility, micro-workouts, and incorporating natural movement into the workday highlight the shift towards a more dynamic way of living.

As we see more and more people migrate to the tropical Miami sunshine, the landscape of health and wellness is undergoing a profound transformation, fueled by the biohacking movement. Community health and wellness events serve as pivotal platforms for the exchange of ideas and practices that are reshaping our approach to well-being.

The Growing Trends of Investing in Longevity

Over the last three years, the trend towards investing in health and wellness startups, including those focused on longevity and biohacking, has been on the rise, with billions of dollars allocated to innovative companies aiming to revolutionize how we approach health, well-being, and human performance optimization.



Between 2022 and 2023, we saw over \$21.5 billion go into health and wellness, with notable investments included Hinge Health Series E (\$300M) and Lyra Health Series F (\$250M). Adjacently, in the Biohacking and Longevity space we see Altos Labsraising a \$110 million series A, followed by an impressive \$3 billion series B in 2022 being 10x oversubscribed.

We are seeing significant growth in venture capital funding in all three sectors. Investment in longevity startups has increased significantly in the past year, driven by advancements in biotechnology and a growing interest in anti-aging therapies. Major healthcare companies and pharmaceutical giants are increasingly partnering with startups in these sectors to gain access to new technologies and innovations. Investors are prioritizing startups that focus on preventative health measures, such as personalized nutrition and early disease detection.

By embracing these trends, individuals and investors alike are not only enhancing their own health but also contributing to a broader cultural shift towards preventative, personalized, and holistic health care. As we continue to explore the frontiers of biohacking, the potential for growth and innovation in the pursuit of optimal wellness seems limitless.

Engaging with these trends, whether as a participant at wellness events or through personal exploration, offers a pathway to not just better health, but a deeper understanding of the intricate interplay between our bodies and the environment. The journey of biohacking is one of discovery, empowerment, and, ultimately, transformation—a journey that begins with knowledge and education.



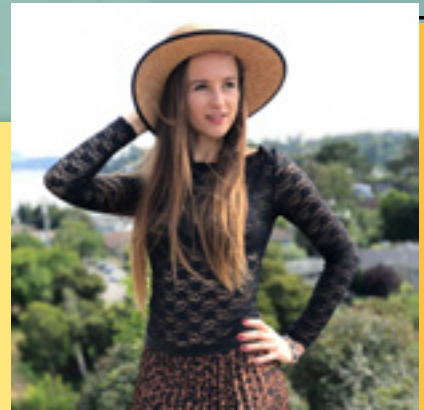


Ashley Nader

Ashley Nader is an angel investor, founder and mentor. She started building online at 15 and discovered the power of using technology for good, to help people connect, discover and increase quality of life. Since then she's worked with brands like AAA, SoulCycle, WeWork, and supported thousands of SMBs on their journey to build world class digital solutions. Our mission at fini is to empower individuals to live their happiest and healthiest lives by providing personalized digital solutions that prioritize mental and physical wellness. We are committed to using technology for good and creating a supportive community that inspires and motivates individuals to make positive changes in their lives.

<https://getfini.app/>
[IG: getfini](#)

Masha Prusso



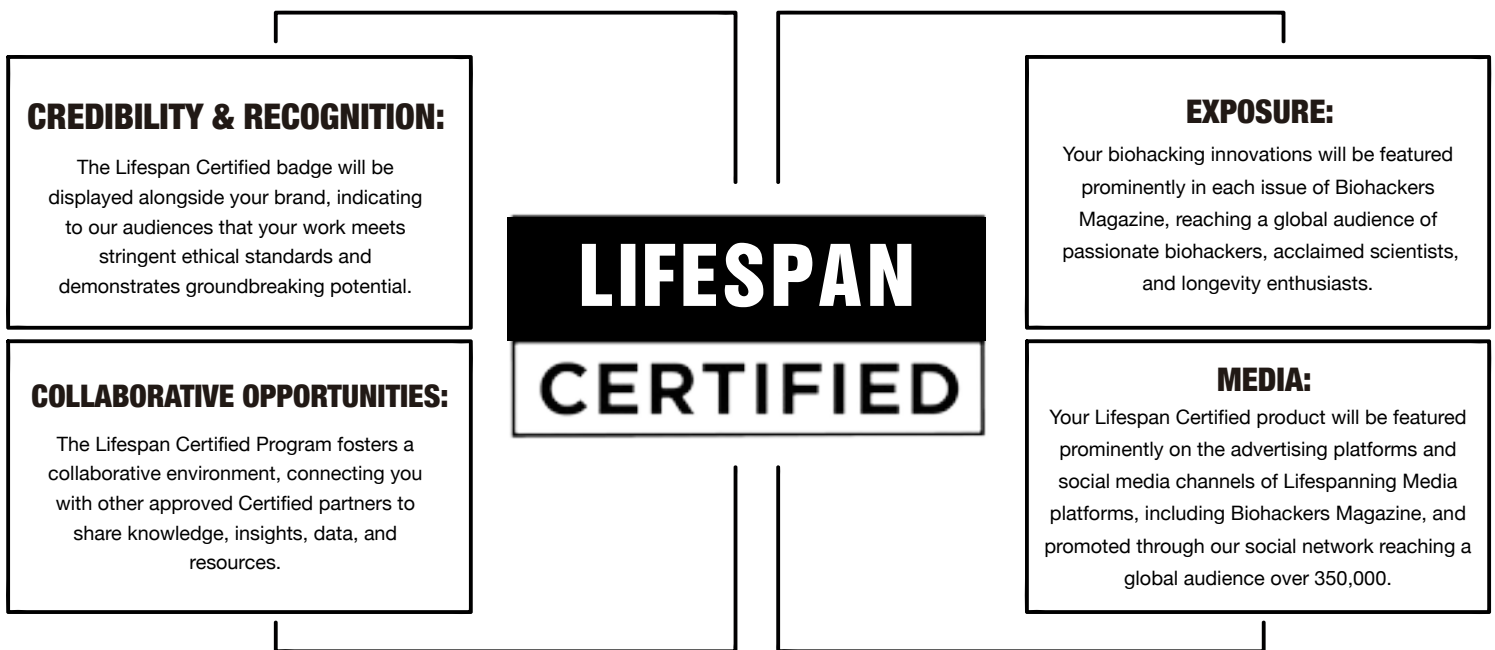
Masha Prusso is an entrepreneur and investor. UC Berkeley graduate, attorney-at-law, former banker at UBS and HSBC, she has worked with over 100 tech and crypto startups on marketing and PR since 2017. She is now a partner at Interstellar Digital, PR firm for tech and longevity companies. She has lead meditation experiences at a 20,000 attendees festival Art With Me in Miami.

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Unlocking the Future of Wellness and Biohacking

Welcome to Creators House Wellness Weekend



by Hofit Golan & Alvaro Nunez



“...it was a networking event on steroids.”

- Gary Brecka

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Guided by the wisdom of In-

fluencer of the Year in Health, Lifestyle, and Travel—Alvaro Nunez (@alvaronunez) and Three-Time Forbes Influencer of the Year, Hofit Golan (@hofitgolanofficial)—in collaboration with Super Luxury Group, we’re redefining networking and biohacking events with an unparalleled blend of luxury and enlightenment.

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AXIOM H2, Centner Wellness, Rapid Release, HFactor Water, Therasage, The Root Brands, and many more.

Alongside these pioneers stand visionary thought leaders and scientists such as Gary Brecka, Dr. Daniel Pompa, Christian Drapeau, Dr. Miles Starkman, Tim Gray, and others, each offering profound insights into the realms of wellness and longevity.

And you'll get what we call Creators House Wellness Weekend.

«...when you think of South Beach or Miami and influencers, people immediately go to partying, drinking, and having a good time.

But it was really cool because you set up this whole home around healthy food, meditation, cold plunges, and some

of the most beautiful people inside and out that I'd ever met were at this house.

It was really cool because it gave people a chance to interact and network in a really healthy environment.

And what broke the ice for people wasn't alcohol; it was getting into a cold plunge, doing a maximum squat press, or getting into the red light. That was like the networking event on steroids...» - Gary Brecka on Ultimate Human Podcast

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Follow [@contentcreatorhouse](https://www.instagram.com/contentcreatorhouse) on Instagram for updates and exclusive insights into upcoming events.



Hofit Golan

A media powerhouse, Hofit Golan reigns as a three-time Forbes Influencer of the Year, with over +3.6M verified followers on Instagram. Renowned for her expertise in media, branding, and social media, she has garnered 8 awards for her pioneering work. As a lifestyle influencer and TV presenter, she captivates audiences worldwide with her flair for fashion, travel, and lifestyle.

Alvaro Nunez



A beacon of health and inspiration, Alvaro Nunez stands as the Best Healthy Lifestyle Influencer of the Year with +1M followers on social media. Founder & CEO at Super Luxury Group, he's a bestselling author and keynote speaker. A daring adventurer, he's conquered the Ironman World Championship and won the last Ultra Man, scaled the skies as a helicopter pilot, and triumphed in the grueling Marathon Des Sables, showcasing his boundless spirit and relentless pursuit of excellence.

SPECIAL INTERVIEW OF THE MONTH: JIM KWIK



UNLOCKING THE POTENTIAL OF THE MIND: A CONVERSATION WITH BRAIN OPTIMIZATION EXPERT

By Biohackers Magazine

Biohackers Mag: Thank you, Jim, for joining us. Today, on behalf of Biohackers Magazine, we aim to delve into the wonders of the brain, discuss your enlightening book, and explore the various tools you offer for enhancing mental performance and health. Before we dive in, could you share a brief overview of your journey to becoming a brain optimization expert?

Jim Kwik: It's a pleasure to be here. As a brain performance coach, I help people harness and enhance their brain's capabilities, including accelerating learning. My journey started from a place of personal struggle, facing severe learning challenges from a young age after a traumatic brain injury. Experiences like losing my grandmother to Alzheimer's fueled my passion for brain science. I've

dedicated my life to studying neuroscience, ancient mnemonics, and various learning techniques to unlock the brain's full potential. My mission is to show that anyone can learn to optimize their brain through training and discipline, regardless of age or background. That's why I wrote "Limitless," to provide people with an owner's manual for their brain.

Biohackers Mag: In terms of learning and memory, how do you assist people not only in acquiring information but also in retaining it, considering the challenge often lies not just in memorization but also than a lack of focus?

Jim Kwik: Memory is increasingly important in our information-saturated world. I believe there is no inherent-

ly good or bad memory; it's a matter of training. The key to enhancing memory lies in the "MOM" method: Motivation, Observation, and Methods. Motivation drives us to remember, and observation requires our full attention. The art of memory hinges on the art of attention. Focus acts like a spotlight. To improve memory, one simple step is to exercise your focus. Focus isn't something you have; it's something you do. In "Limitless," I emphasize transforming the nouns in our life into verbs. For instance, turning "focus" from a static trait into an active engagement. Remember, focus and attention, like muscles, strengthen with use. However, our dependence on digital devices weakens our ability to focus, especial-

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

ly during personal interactions or work meetings.

Biohackers Mag: That's an unfortunate reality nowadays. People often misuse their devices, leading to distraction and a disorganized life. We advise against starting the day with electronic devices and recommend turning them off a few hours before bedtime to maintain a healthy life rhythm. It's essential to establish boundaries with technology to stay on track.

Jim Kwik: Absolutely, and think about it, if the first thing you do is pick up your device—especially when you wake up and go to bed—you wire your brain for distractions and reactions. It's about actively engaging in focus, creativity, and motivation. Instead of reacting to external stimuli, set your intention for the day. Control your environment to make positive habits easier and negative ones more difficult. It's a mental thought experiment; instead of touching your phone in the morning, close your eyes for 60 seconds and set your intention for the day.

Biohackers Mag: Your morning routine seems streamlined and efficient. Has it evolved with the addition of children to your life?

Jim Kwik: Even without children, my life is busy with travel and a packed schedule. My morning routine takes 15 minutes or less. It involves connecting with the four ele-

ments: Earth, Sun, Water, and Air. Grounding, getting sunlight for my circadian rhythm, hydration, and a breathing exercise. It's about efficiency and ensuring my brain is in the right state to win the day. This routine can be adapted for parents, emphasizing simple activities like gratitude and spending quality time with children.

Biohackers Mag: It's great to see how a brief, effective routine can impact the day positively. Now, considering the acceleration of learning through techniques like speed reading, do you find that people need more rest or memory processing time when learning at an accelerated pace?

Jim Kwik: Efficiency is key when learning at an accelerated pace. Proficiency in a skill requires less energy. For example, reading is a brain training exercise, and when you're good at it becomes more efficient. Accelerated learning is about working smart, not just hard. Reading faster allows individuals to download decades of experience from books, providing a tremendous advantage. Additionally, it's crucial to spend an equal amount of time putting knowledge into action for it to become powerful.

Biohackers Mag: With advancements in artificial intelligence (AI), how do you see it influencing the future of learn-





ing and memory enhancement?

Jim Kwik: I'm optimistic about technology, particularly AI, which I see as augmented intelligence rather than artificial. AI can be a powerful tool to enhance human intelligence. From summarizing books and generating questions to personalized learning and spaced repetition, AI has the potential to revolutionize how we approach learning. It can assist in creating virtual memory palaces, optimizing review sessions, and even generating reminders. The key is to utilize AI to support and augment our natural capabilities.

Biohackers Mag: I'm optimistic about technology's future, as long as we avoid drowning in fake videos and potential threats like deep fakes.

Jim Kwik: There's a dark side to every technology which emphasizes the need to prioritize our brains. In this age of information overload and AI-generated content, mental vitality and brain energy are crucial. Learning how to learn faster is key to navigating this influx of information.

Biohackers Mag: Do people need supplements or nootropics to enhance their brains?

Jim Kwik: It's bio-individual, and a nutrient profile assessment is recommended. My preference is getting nutrients from food, like brain-boosting

salmon, eggs, and choline. Supplements may be necessary if these are lacking. The new chapter in my book explores nootropics, substances that enhance cognitive function. Check brainnutrition.com for an extensive list.

Biohackers Mag: You advocate personalized brain care. How can people identify their brain type?

Jim Kwik: We've developed a four-minute Brain Type assessment at mybrainanimal.com. Based on traits like action, logic, creativity, and empathy, individuals fall into Cheetahs (action), Owls (logic), Dolphins (creativity), or Elephants (empathy). Understanding your dominant brain type informs better learning and memory strategies.

Biohackers Mag: How does this tie into learning styles?

Jim Kwik: Everyone has a unique way of expressing genius. By recognizing your dominant brain type, you can tailor learning techniques. For instance, if you're a Dolphin (creative), visualization may enhance comprehension. Understanding this diversity is crucial for effective communication in personal and professional settings.

Biohackers Mag: With technology rapidly advancing, how do we ensure our brains stay resilient?



Jim Kwik: Neuroplasticity is key, facilitated by novelty (learning) and nutrition. Emphasizing brain health through nutrients, exercise, and avoiding mental fatigue is crucial. Technologies like AI can generate content, but our brains need to be resilient and adaptive to navigate this evolving landscape.

Always be learning. I challenge everyone to embrace one habit: create a to-learn list. Things like sleep optimization techniques, or how to clean toxic environments. Challenge your brain to incorporate new strategies and information into your daily life. Help your brain's aging process by always giving it something new to learn.

Also, it should be said that chronic stress has been shown to shrink the human brain and put you in fight or flight, which holds you hostage in your survival brain. In that state, it's harder to access your executive functioning, your problem-solving, and your creativ-



ity. Are you mitigating stress? Are you getting some any exercise done? Are you getting grounded? Are you spending time in nature? Are you meditating, whatever those practices happen to be? The important thing is while going through the day, ask yourself: Is this good for my brain or is this bad for my brain?

There's a version of yourself and your brain that's patiently waiting. You change your brain, you change your life.

You change your brain, you change the entire world. I want people to know their brain. I want them to trust their brain. I want them to love their brain. I want to remind people that your brain is your number one asset. And you are the pilot of your mind. You're not the passenger. Treat it well, because it's the one thing that you have throughout the rest of your life.



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JIM KWIK

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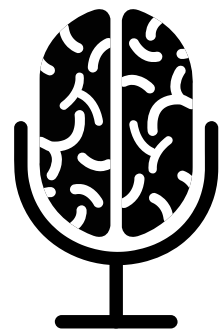


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HOW FAITH AND PRAYER BENEFIT THE BRAIN

by Vanessa Santillana

For the past 16 years, I have been consistently engaging in prayer and meditation. Over this period, I've observed a notable transformation in my energy levels, peace of mind, and overall sense of harmony. In today's fast-paced and modern world, where life often feels hectic, prioritizing the connection with God through prayer has made a significant impact on my well-being. Scientifically, it has been proven that such practices can lead to changes in the brain, releasing neurotransmitters associated with positive feelings.

Taking 12 minutes each day for personal reflection and prayer can significantly benefit our mental and emotional health. While the idea of strengthening a specific neural circuit might be a bit specific, there is evidence supporting the positive impact of mindfulness practices on the brain.

Research suggests that regular mindfulness, including prayer and reflection, can bring about changes in brain structure and function. These changes often involve areas linked to attention, self-awareness, and emotional regulation. The practice of mindfulness has been associated with increased activity in brain regions related to empathy and compassion, such as the prefrontal cortex.

Engaging in reflective practices can help individuals become more self-aware and emotionally intelligent, contributing to better social interactions and relationships. The development of compassion and the ability to manage negative emotions are commonly reported outcomes of mindfulness.

While the precise neural circuit mentioned may not be explicitly established, the general understanding is that mindfulness practic-

es positively influence the brain, fostering improved social awareness, empathy, and emotional well-being. It's important to consider individual differences and consult scientific literature for a more thorough understanding.

I'm a fervent advocate for setting aside a daily moment of personal prayer and reflection—it's not just a routine, but an absolute game-changer. Trust me; it's not just for my benefit; I genuinely believe it's an invigorating practice for everyone. No matter how chaotic our lives become, it's absolutely pivotal to steal some moments for self-discovery. Picture this as your sacred time to unravel your core priorities and values, assessing how your daily grind measures up. Each day, fuel your excitement by asking, "What adjustments can I make to fuel a more spiritually charged and vibrant life?" It's not just a daily task—it's your passport to a thrilling, spiritually enriched journey!

According to Dr. Spiegel, praying engages the deeper sections of the brain, specifically the medial prefrontal cortex and the posterior cingulate cortex—the mid-front and back portions. This engagement is observable through detailed anatomical images produced by magnetic resonance imaging (MRI). Dr. Spiegel emphasizes that these brain areas are linked to self-reflection and self-soothing.



As the reflective regions of the brain become active during prayer, parts of the brain associated with taking action are simultaneously deactivated. Dr. Spiegel highlights the intriguing correlation between the activation of reflective brain regions and the deactivation of areas related to taking action. This correlation, he suggests, may contribute to explaining why prayer proves beneficial for individuals grappling with addictive urges.

Prayer and meditation have been found to shift our body's stress response away from the instinctive "fight or flight"

mode. Engaging in these practices often leads to a relaxation response, which can result in physiological benefits such as lower heart rate and blood pressure, reduced stress hormone levels, and an overall sense of calm and well-being. By promoting mindfulness and focusing on the present moment, prayer and meditation help individuals manage their emotions more effectively. While these practices can be valuable tools for self-care, it's essential to recognize that they complement, rather than replace, professional mental health support, especially in dealing with trauma or intense emotions.

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Vanessa Santillana



Vanessa Santillana is recognized as the Latina biohacker, boasting over 10 years of dedicated pursuit towards a spiritually enriched life and aiding women in actualizing their fullest potential. Her journey into the world of biohacking commenced during her residency in Australia, where she underwent a transformative experience upon integrating biohacking principles into her spiritual regimen, witnessing remarkable enhancements in her overall well-being.

Having since established herself as a trailblazer in the field, Vanessa now calls Miami her home, where she pursued her academic endeavors, delving into the disciplines of psychology and media communication. It is within the vibrant cultural tapestry of Miami that she continues to cultivate her passion for aiding others, drawing upon her multifaceted background to impart invaluable insights aimed at guiding individuals towards personal growth and self-actualization.

At the heart of Vanessa's mission lies a profound dedication to serving as a beacon of inspiration, empowering others to embark on their own transformative journeys. Through her innovative approach, she not only imparts practical techniques for optimizing physical and mental well-being but also provides invaluable guidance on nurturing spiritual connections and fostering environments conducive to unlocking one's true potential.

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A Glimpse Into

The Livelong Summit

In the heart of the beautiful West Palm Beach city, amidst the ceaseless hum of innovation, there exists a gathering like no other – the Livelong Summit™. It was truly an event defined by inspiration, knowledge, and a burning zeal for the future of health and longevity.

The Livelong Summit™ has swiftly become the crown jewel of longevity events, a testament to their unwavering commitment to unraveling the mysteries of human biology and pushing the boundaries of what's possible. With boundless enthusiasm and infectious energy, attendees were treated to an immersive experience, delving deep into the realms of scientific discovery, breakthrough drugs, and cutting-edge technology.

From the moment one stepped foot into the hallowed halls of the summit, it was evident that this was not just another conference – it was a pilgrimage for the curious, the passionate, and the relentless seekers of knowledge. The air crackled with anticipation as over 35 world-class doctors, scientists,



and trusted researchers took center stage, demystifying complex concepts and unveiling groundbreaking findings with a clarity that was as refreshing as it was enlightening. Keynote speakers included: **Dr. David Sinclair, Dr. Mark Hyman, Dr. Michael Greger, Bryan Johnson and Dr. Andrew Steele.**

One of the most remarkable aspects of the Livelong Summit™ was its unwavering commitment to bridging the gap between science and practical application. In a world where information overload often leaves us paralyzed with indecision, the summit served as a beacon of clarity, distilling the latest scientific advancements into actionable



Livelong Summit



insights that could be seamlessly integrated into our daily lives. At the helm of this intellectual extravaganza stood none other than the visionary CEO of Biohackers Mag, Jean Fallacara. With a blend of charisma, expertise, and a deep-rooted passion for human optimization, Jean's presence was felt throughout the summit, as he led riveting discussions and held insightful round-table sessions that left attendees craving for more.

Indeed, if there was one downside to the Livelong Summit™, it was that it ended too soon – a sentiment echoed by many who found themselves reluctantly bidding farewell to an event that had left an indelible mark on their minds and hearts. For those who were fortunate enough to be a part of this extraordinary event, the memories will linger on, serving as a constant reminder of



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the boundless potential that lies within each and every one of us. And for those who were unable to attend, fear not – for the doors of opportunity remain wide open, beckoning you to join us at the next exhilarating quest for knowledge and enlightenment.

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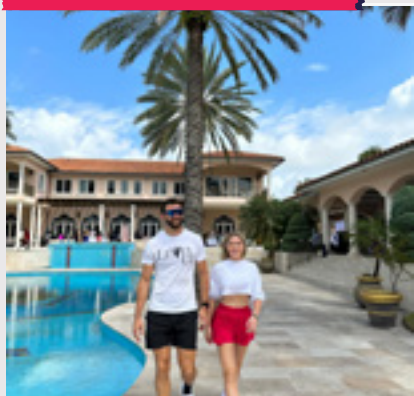
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ACKNOWLEDGMENTS

Everyone involved in the production of this magazine is humbled by the opportunity to have a publication that makes a real difference. Our magazine is woven into the fabric of our community and we recognize the importance of being culturally relevant, authentic at all times, and genuinely passionate about living well, living fit, and living long. Thank you to our contributors, partners and circle of friends for joining us in *extending the future*.

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