

BIOHACKERS

ISSUE 29



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THINK

DATA DRIVEN
OPTIMIST

PETER
DIAMANDIS

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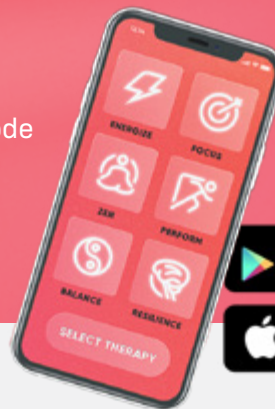
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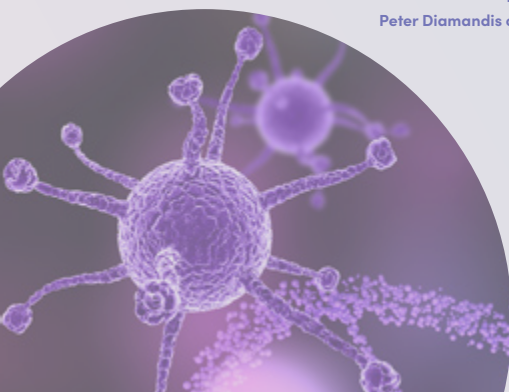
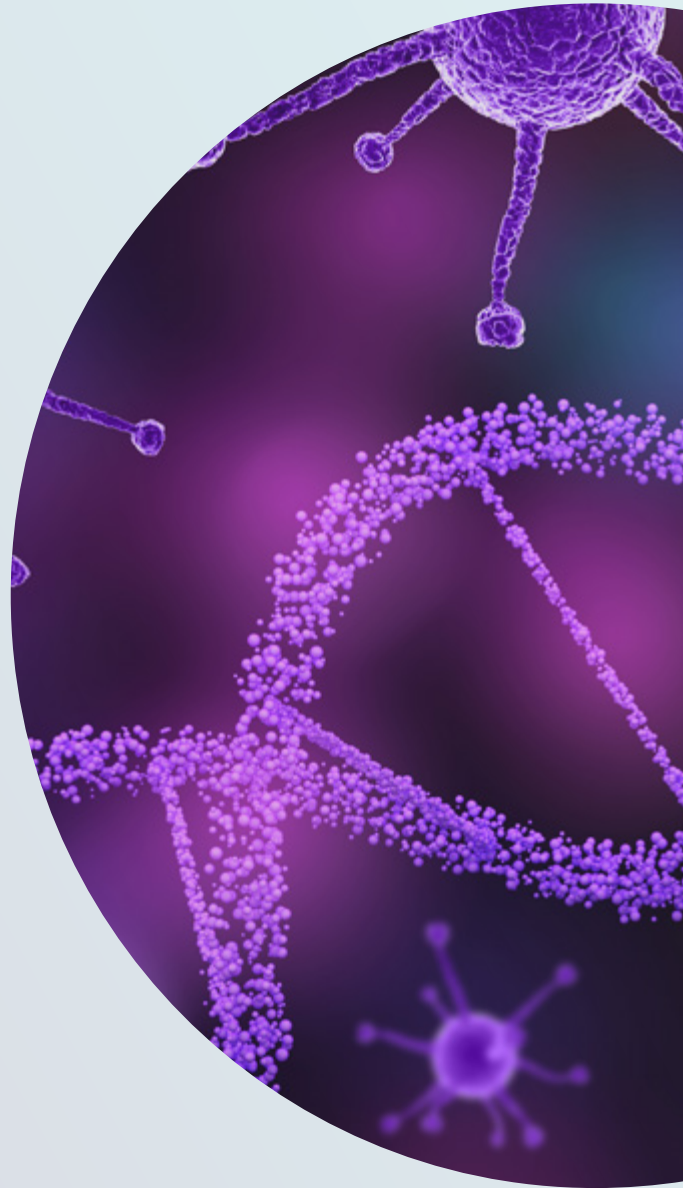
BIOHACKERS

M A G A Z I N E

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A FUTURE OF HOPE OR DESPAIR?

When you gaze into the opaque lens of the future, what do your eyes see? Some things seen can all be a matter of perspective. It can be said that what you are really seeing is not something that's completely up to you, and therefore isn't entirely in your control. You can quip that this reflection is obvious, but in the day-today cognition, the preoccupation of the future is an activity that many may lose track of. At the end of the day, the perspective one has of the future of any one thing can be either good or bad, and this conclusion is vastly influenced by the philosophy of the individual. For example, an individual seen as more optimistic is usually prone to be more hopeful in the state of the future. And of course, the opposite is true that a seemingly more pessimistic individual is more inclined to dwell on the decline and ill fates of the future that have yet to entirely reveal themselves. Biohacking is a good example of this first approach. Biohacking not only hopes for a better future through the means of a preventative health focus, but also through a supportive and opportunistic philosophy when current challenges and painful moments present themselves. When something unexpected happens, do you see it as a deflating hinderance or as a character-building adventure?

This is an important distinction because the state of the future that actually is in your

control depends upon your set philosophy. You cannot control everything that happens in your life, but you can control how you react to it. Is there always hope? Or is there nothing but despair? The way you live your life is essentially the physical manifestation of your immaterial philosophy, your spirit of life so-to-speak. This is why before all things, it is absolutely vital and fundamental to continually focus on forming and maintaining a healthy outlook. The pace of societal advancement is determined by the level of importance placed on each individual's right to a hopeful philosophy.

With the rise of A.I., the rapid growth of technological advancement, and other impactful uncertainties that continue to steal our mind's attention from the present moment, it could be easy to fall into despair. But remember that this is a choice. Instead of adopting a cynical attitude to fuse with the seemingly ominous times to come, take the narrow road by firstly recognizing the areas of negativity, and then acting with courage to improve the future by selflessly utilizing your God-Given talents in the pursuit of a virtuous life always oriented towards the Hope of a better future; not just for our generation, but for many generations to come.

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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UNVEILING THE FUTURE WITH PETER DIAMANDIS

In this edition of Biohackers Magazine, we are thrilled to feature a visionary who has consistently pushed the boundaries of what's possible: Dr. Peter H. Diamandis. Renowned as an international pioneer in innovation, incentive competitions, and commercial space, Peter's work has inspired and guided countless entrepreneurs, including myself, to create a hopeful, compelling, and abundant future for humanity.

Named one of "The World's 50 Greatest Leaders" by Fortune Magazine in 2014, Diamandis has made an indelible mark across multiple fields. As the Chairman and CEO of the X PRIZE Foundation, he has revolutionized the landscape of global competitions with initiatives like the \$10 million Ansari X PRIZE for private spaceflight. His work has driven technological advancements by addressing market failures through large-scale challenges, setting new standards for what innovation can achieve.

Peter is also the Co-Founder and Vice-Chairman of Human Longevity Inc. (HLI), a cutting-edge company focused on extending healthy human lifespans through genomics and cell therapy. His contributions to the field of longevity are

transforming our understanding of health and wellness, emphasizing the potential for science to extend and enhance human life.

The longevity space is experiencing a renaissance, with a surge of interest and participation from individuals dedicated to living better and longer. Every day, thousands of new enthusiasts join the biohacking community, embracing a lifestyle that combines cutting-edge science with practical wellness strategies. This movement, often referred to as "Lifespanning," is gaining momentum and reshaping our approach to health and longevity.

Having the opportunity to interview Peter Diamandis was a significant milestone for me, offering a chance to broaden the horizons of biohacking and introduce its concepts to a wider audience. Our conversation opened the door of his groundbreaking work, exploring how his initiatives are paving the way for a future where longevity and well-being are accessible to all.

Let's keep this magazine uncovering insights that promise to shape the future of humanity.

About Jean Fallacara



Jean, a visionary entrepreneur and neuroscientist, is a pioneering biohacker 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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[Jeanfallacara.com](#)

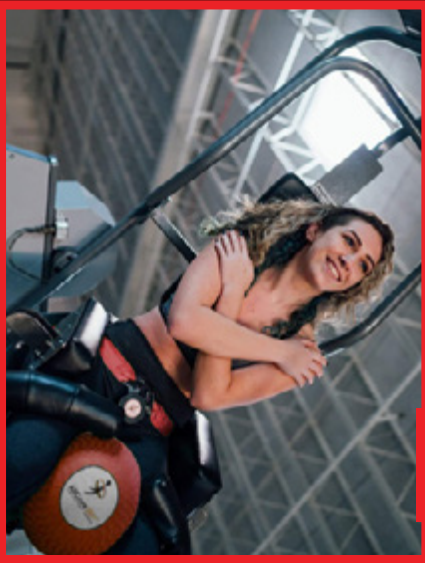
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- Dr. Neil McLaughlin

”



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Challenge Yourself

Put Your Lifespanning Knowledge to the Test

How is CRISPR gene editing technology being utilized to potentially extend human lifespan?

- a) By causing random mutations in DNA
- b) By repairing DNA damage and correcting genetic defects
- c) By inhibiting protein synthesis
- d) By promoting uncontrolled cell division

How is artificial intelligence (AI) being used to promote longevity and improve health outcomes?

- a) By automating routine medical procedures without human oversight
- b) By predicting disease risk and personalizing treatment plans
- c) By replacing human doctors in all medical specialties
- d) By reducing the need for preventative healthcare measures

Which gene therapy approach is being investigated for its ability to promote tissue regeneration and combat age-related degeneration?

- a) Knockout of pro-regenerative genes
- b) Overexpression of telomerase in somatic cells
- c) Inhibition of mitochondrial DNA replication
- d) Silencing of tumor suppressor genes

Which nootropic has been shown to enhance synaptic plasticity, thereby promoting brain health and longevity?

- a) L-theanine
- b) Noopept
- c) Melatonin
- d) Vitamin B12

Which application of nanotechnology is showing promise for extending lifespan and treating age-related diseases?

- a) Using nanoparticles to enhance UV exposure
- b) Delivering targeted drug therapies directly to diseased cells
- c) Increasing the body's natural inflammatory responses
- d) Inhibiting the repair of damaged tissues

OPERATION APOLLO:

Launching a New Era of Veteran
Physical and Mental Recovery

by Cary Reichbach



Grey Team, the leader in biohacking the American military, is thrilled to announce the launch of Operation Apollo, a pioneering initiative dedicated to enhancing the physical, mental, and emotional wellness of our military service members and veterans.

This groundbreaking program integrates space-age technology to support veteran recovery, featuring the CryoBuilt Cryo Therapy Chamber and the AllCore360°. Additionally, the program introduces new Purewave electromagnetic upgrades, and the Photobiomodulation Energy Lounger, marking a significant step forward in holistic veteran care.

CryoBuilt Cryo Therapy Chamber: Reducing Inflammation and Improving Circulation

Cryotherapy is rapidly gaining recognition for accelerating recovery and improving overall health. The CryoBuilt Cryo Therapy Chamber is a cutting-edge tool that exposes the body to ultra-low temperatures for a brief period. This process triggers a powerful physiological response that can reduce inflammation, alleviate pain, and enhance muscle recovery. For veterans dealing with chronic pain or injuries, cryotherapy offers a non-invasive, drug-free solution to aid in their healing journey.



AllCore360°: Revolutionizing Core Strength and Stability

A healthy core is vital for overall physical health, as it is in a constant state of tone 24 hours a day, seven days a week. To maintain or restore core health, it is essential to build and activate the core muscles regularly. The AllCore360° provides an innovative approach to achieving this:

- No Impact: Engage over 50 core muscles with isometric contractions to stimulate and strengthen the body in 360 degrees in just 10 minutes.
- Effective: Enhance core stability, balance, and coordination, leading to increased strength, improved balance, and greater endurance.
- Customizable: The AllCore360° is adjustable to multiple degrees of difficulty, allowing for recovery or training at any level.



Purewave VEMI and Upgraded PEMI Devices: Elevating Veteran Care

In addition to the CryoBuilt Cryo Therapy Chamber and AllCore360°, Operation Apollo introduces the new Purewave VEMI and upgraded PEMI devices. These advanced tools further support our service members' recovery through innovative therapeutic modalities. The Purewave VEMI device combines vibration, electromagnetic, and infrared therapies to promote cellular regeneration, reduce pain, and enhance overall wellness. The upgraded PEMI device offers enhanced pulsed electromagnetic field therapy, which Grey Team has proven to improve circulation, reduce inflammation, and support healing at the cellular level.



EnergyLounger: Revolutionizing Relaxation and Healing

EnergyLounger introduces a cutting-edge, full-body red and near-infrared light therapy device designed to provide relaxation, rejuvenation, and overall wellness. With its ergonomic design, the EnergyLounger is particularly beneficial for our military who have severe back injuries due to their service, offering a comfortable and accessible way to harness the full benefits of photobiomodulation.

The therapeutic benefits of red and near-infrared light are well-documented, stimulating the body's natural healing processes while also providing stress relief, pain alleviation, and skin health improvement.



A Holistic Approach to Veteran Wellness

Operation Apollo is more than just integrating advanced technology; it represents a holistic approach to military wellness. By combining cutting-edge tools with comprehensive care, Grey Team is committed to addressing the unique challenges faced by our military. This initiative underscores our dedication to supporting those who have served our country by providing them with the best possible resources for their recovery and well-being.

Join Us on This Mission

As we launch Operation Apollo, we invite you to join us in supporting our military. Whether through volunteering, donating, or simply spreading the word, your involvement can make a significant difference in the lives of those who give and have given, so much.

Together, we can save military lives.

For more information about Operation Apollo and how you can get involved, please visit www.greyteam.org/operation-apollo.



Cary Reichbach



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

Cary Reichbach is a visionary leader and creative and passionate about working with veterans. He's results-oriented, has 25 years of progressive experience in problem-solving, and has a proven track record of leadership. Cary has worked in almost every field, including security, entertainment, finance, health and wellness, anti-aging, and biohacking. And as one of the founders of Grey Team, he is a US Army veteran who's been through decades of self-funded research into PTSD reduction. Cary determined that isolation and the loss of purpose were the two of the most significant triggers for the now epidemic of veterans suicides. He founded the Grey Team nonprofit to address this and help soldiers transition into a civilian lifestyle after serving our country.

IN THE LAB

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



Revolutionary Combo: PRF and Silver Nanoparticles Accelerate Healing of Chronic Wounds

A study finds that combining platelet-rich fibrin (PRF) with silver nanoparticle (AgNP) dressing significantly improves healing in chronic refractory wounds. Patients experienced faster recovery, less pain, reduced inflammation, and fewer complications compared to traditional treatments, demonstrating the potential of this innovative therapy.

<https://pubmed.ncbi.nlm.nih.gov/37318888/>

Haemoperfusion Adsorption Shows Superior Outcomes in Treating Acute-on-Chronic Liver Failure

A study on 45 ACLF patients reveals haemoperfusion adsorption (HA) significantly enhances metabolic profiles and survival rates compared to therapeutic plasma exchange (TPE) and standard medical therapy (SMT). HA notably reduces inflammation and improves plasma milieu, correlating with lower mortality, particularly in patients with high baseline 11-deoxycorticosterone levels.

<https://pubmed.ncbi.nlm.nih.gov/38358068/>



AI Outperforms Pathologists in Assessing Liver Biopsies for Semaglutide NASH Trial

A phase II trial of semaglutide for nonalcoholic steatohepatitis (NASH) shows artificial intelligence (AI) can more accurately assess liver biopsy histology. AI analysis revealed significant antifibrotic effects of semaglutide, highlighting its potential in NASH treatment and surpassing traditional pathology in detecting treatment responses.

<https://pubmed.ncbi.nlm.nih.gov/38112484/>



UNLOCK YOUTHFUL SKIN:

10 EXPERT TIPS FOR RADIANT,
AGE-DEFYING BEAUTY

by Dr. Delilah Alonso



In the pursuit of youthful, radiant skin, it's essential to adopt a holistic approach that encompasses both internal and external factors. From nourishing your body from within to protecting your skin from environmental stressors, here are 10 expert tips scientifically proven to help unlock the secrets to healthy, age-defying skin.

1. Sun Protection: Sunscreen and Topical Vitamin C are Non-Negotiable

Protect your skin from the damaging effects of UV radiation by wearing sunscreen daily, rain or shine. Choose a broad-spectrum sunscreen with at least SPF 50 and reapply every two hours, especially if you're spending extended periods outdoors. Additionally, wear protective clothing such as hats, rashguards, or surfer shorts. Try to avoid being in direct sunlight between 10 am and 2 pm when the sun is strongest. It's important to note that sunscreen alone isn't 100% protection. Topical vitamin C has been proven to synergistically work with sunscreen by neutralizing toxins that sunscreen may miss. Search in active ingredients for physical blockers such as titanium dioxide and zinc oxide. Chemical sunscreens while effective, can be toxic and irritating.



2. Harness the Power of Retinoids

Stimulate collagen production, improve skin texture, and reduce the appearance of fine lines and wrinkles by incorporating retinoids into your skincare routine. Start with a low concentration and gradually increase as your skin builds tolerance. Consult a board-certified dermatologist before using retinoids to avoid irritation, peeling, and redness. Do you know that retinoids are derived from vitamin A? They include retinol, retinal, and retinyl esters. These can be found in topical creams as well as in pill or oral forms. Retinol is a Topical form of vitamin A. In the skin, retinol is converted to retinaldehyde and then to retinoic acid. This group of medication influences gene expression in both the dermis and epidermis. They are my number one go to for anti-aging, reducing and preventing wrinkles, treating acne and acne scars, and are even used to prevent some skin cancers.

3. Embrace Growth Factors

Skincare products containing growth factors can repair damaged skin and enhance skin cell renewal, improving skin texture and tone. Thus, decreasing pore size, preventing or treating wrinkles, helping wounded skin heal, and treating and preventing scars.

4. Plasma

This is the newest game changer for me. Technology has advanced to enable products that will take our blood and isolate the best cells to produce collagen. Fibroblasts are one of these amazing cells that can help produce collagen thereby preventing wrinkles, healing wounds, and reducing pigment, remodeling scars and even tightening skin. Consider plasma injections to stimulate collagen production, resulting in a thicker, healthier, brighter, and tighter complexion.



5. Gentle Cleansing

Treat your skin gently by opting for cleansers that effectively remove oil, dirt, makeup, and environmental toxins without stripping away natural oils or disrupting the skin barrier. Cleanse your face twice daily to maintain a clean, balanced complexion. Avoid ingredients like parabens or fragrance that can irritate skin.



7. Hydrogen Water - Detox and Decrease Inflammation

Incorporate hydrogen water into your daily routine to combat oxidative stress and promote skin health from within. Thousands of studies have demonstrated its antioxidant and anti-inflammatory properties and potential anti-aging benefits. Drink up!



6. Moisturize with Purpose

Hydrate and nourish your skin with a moisturizer tailored to your skin type and concerns. Look for ingredients like hyaluronic acid, ceramides, and peptides to lock in moisture, improve skin elasticity, and support overall skin health. Consult your dermatologist to identify beneficial ingredients and avoid harmful ones. Taking oral omegas can also help hydrate and moisturize skin from within.



8. Stress Management is Vital

Prioritize stress management techniques such as meditation, mindfulness, or regular exercise to mitigate the adverse effects of chronic stress on your skin generally body health. High stress levels produces cortisol resulting in increase inflammation, weak immunity, and the release of negative transmitters. This disrupts skin nourishment, turnover, and overall health.



9. Nourish from Within

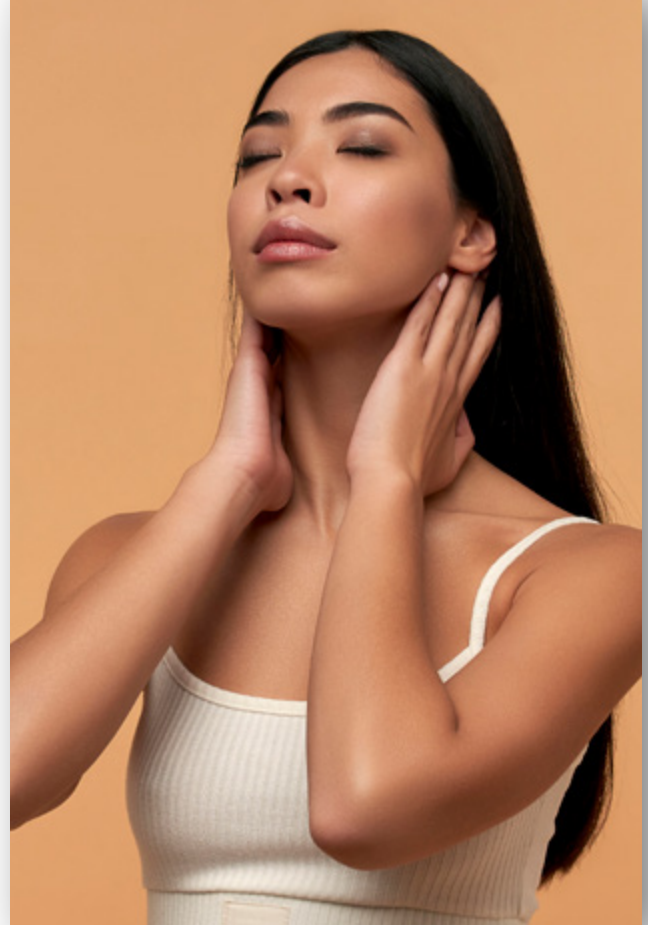
Start by nourishing your body with a diet rich in antioxidants, vitamins, and minerals. Incorporate foods like berries, citrus fruits, leafy greens, and nuts, which are packed with skin-loving nutrients and antioxidants. Additionally, consider adding Vitamin C supplements to your routine for added antioxidant support.

10. Prioritize Quality Sleep

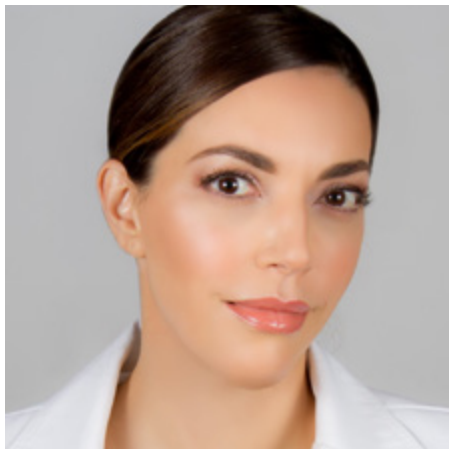
Make sleep a priority in your skincare routine, as it's during sleep that your skin undergoes repair and regeneration. Aim for 7-9 hours of restorative sleep each night to wake up with refreshed, rejuvenated, glowing skin.

By incorporating these expert tips into your skincare regimen, you can achieve and maintain healthy, youthful skin. Starting young and preventing damage will save you time and money and help you to achieve gorgeous skin. Skin is the largest organ in the body. It protects all your organs and is what the world sees. It deserves commitment and investment !!!

DR Delilah Alonso
Board Certified Dermatologist



Dr. Delilah Alonso



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

Dr. Delilah Alonso is a boutique dermatologist practicing in Miami, Florida since 2002. She is board certified three times by the American Board of Dermatology.

A Miami native, Dr. Alonso attended the University of Miami Honors Program, where she obtained a bachelor's degree in biology with a minor in chemistry. She went on to earn her medical degree from the University of Miami School of Medicine, followed by an internal medicine internship at Jackson Memorial Hospital. She then completed her residency in dermatology at the University of Miami Department of Dermatology and Cutaneous Surgery.

Dr. Alonso is not only a specialist and surgeon in skin, hair, and nail care, but she is also an expert in biohacking, hormone replacement therapy, and weight loss management. Additionally, she has been the principal investigator on numerous clinical trials since 2003.

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Dan Metcalfe

Keynote Speaker, Founder Born SuperHuman - CEO / Creator 60uP balance training system - brain to body leader.

"I love travelling because I love the sun! Well when I'm stuck in london I LOVE my Mitolux as it keeps my vitamin D levels optimal naturally and doubles up as a red light therapy device too!"

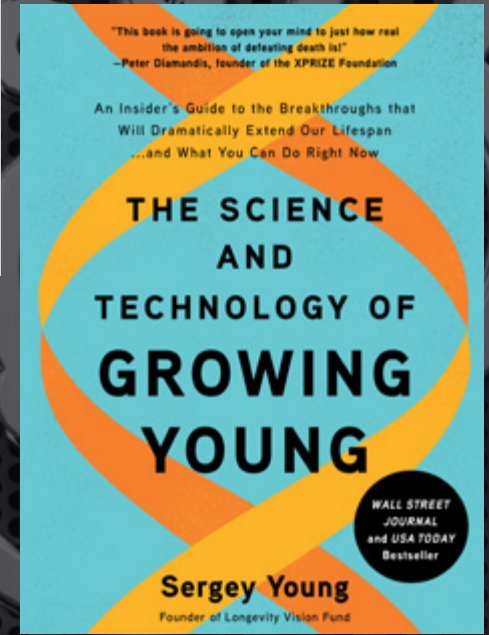
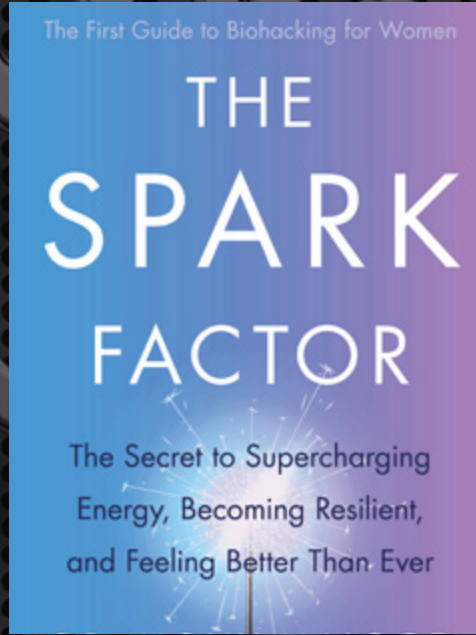
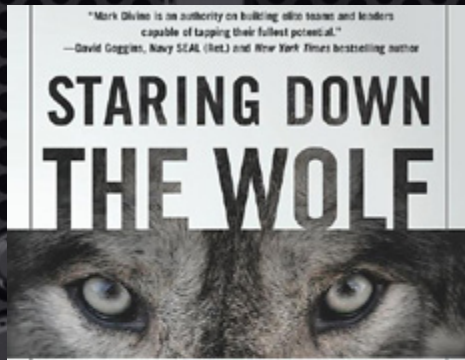
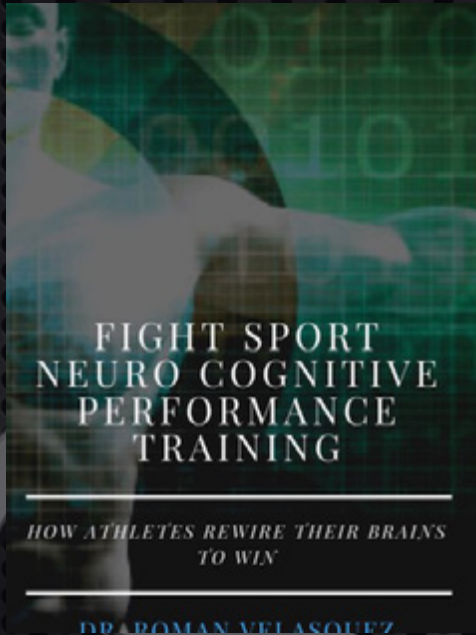


Tim Gray / Uks leading biohacker

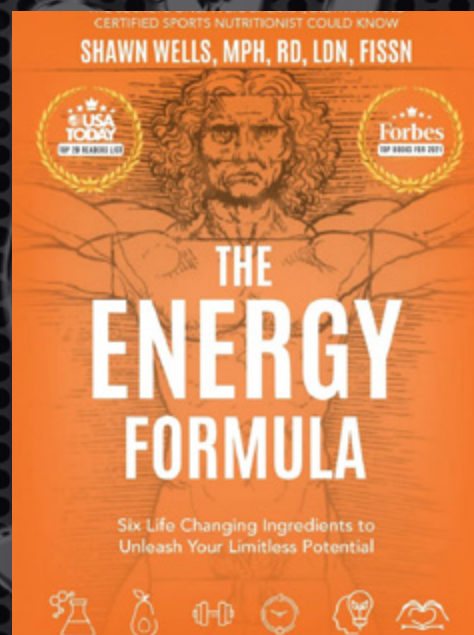
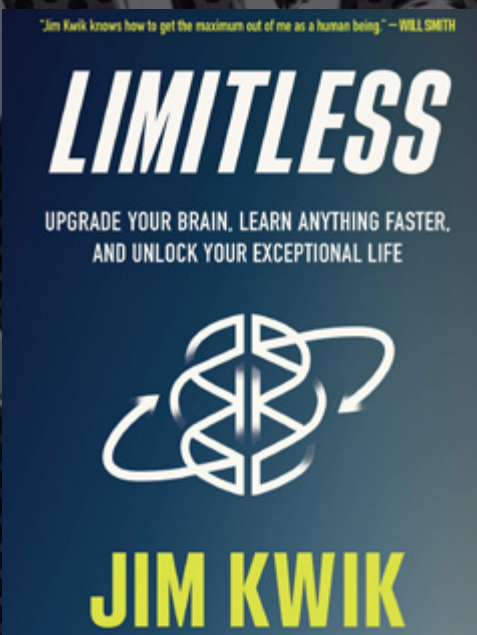
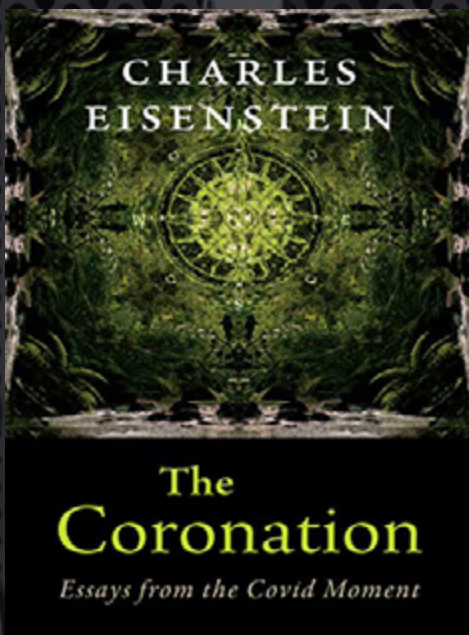
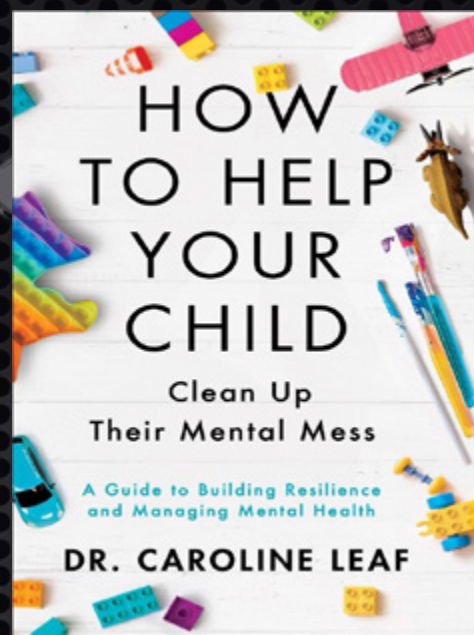
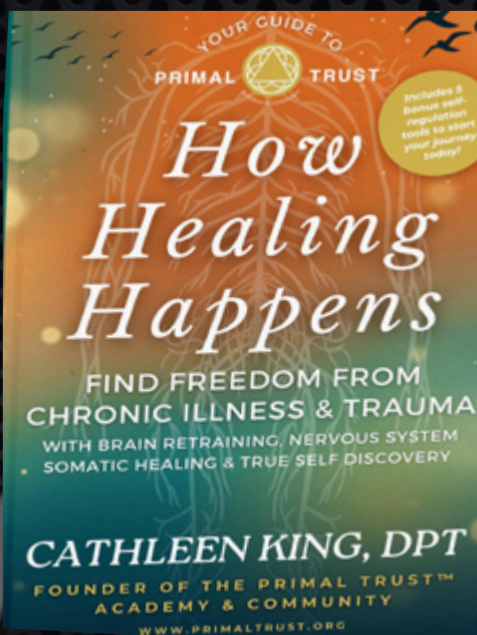
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REVOLUTIONIZING WELLNESS: TOP 10 BREAKTHROUGH BOOKS OF 2024



REVOLUTIONIZING WELLNESS: TOP 10 BREAKTHROUGH BOOKS OF 2024





Aging with Grace:

Embracing Wisdom and Wellness
in the Queen's 40th Year

by Dr Lauren Leiva



As the calendar turns and another year unfolds, I find myself at a milestone moment: the grand entrance into my 40s. It's a time for reflection, celebration, and above all, a reaffirmation of the values that guide me on this journey called life. In this June edition of Queen's Corner, I invite you to join me in exploring the transformative power of aging with grace, mastering the milestones, and embracing the wisdom that comes with each passing year. Where are my Geminis at?

In a culture obsessed with youth and short-lived beauty, it's all too easy to succumb to the pressure to defy the natural aging process. But let me offer a different perspective: age is not a curse to be feared, but a badge of honor to be cherished. It's a testament to the experiences we've lived, the lessons we've learned, and the resilience that resides within each of us. My mother taught me this. Initially constrained by budgetary limitations, she couldn't undergo the procedures her friends did at 50 or 60. Yet, at her 70th birthday, they all seemed the same. When I looked at my mother with her unique features, wrinkled skin, glowing eyes, and gentle spirit, I promised myself I would age with grace, even if I could afford numerous surgeries.

And to each their own, of course; confidence is key, and if you want to go for it...but just ask yourself why. Society often portrays aging as synonymous with decline—a gradual unraveling of vitality and vigor. But I challenge this notion. Aging is not a one-way street towards frailty and

incapacity. Rather, it's an opportunity to cultivate wisdom, resilience, and a deeper appreciation for the richness of life.

When life challenges you—many of my patients no longer care about beauty, they just want to keep their independence, function, and remain pain-free. Pain can really ground us into what is important in life. If you cannot breathe, do you care what brand your shirt is? If you cannot lift your arm to feed yourself, does it really matter what is the best restaurant? Gratitude. Living in the moment. Love yourself first, and health shines from within.

Biohacking offers a unique approach to aging—one that focuses on optimizing our health and well-being at every stage of life. Instead of fixating on the external markers of youth, we can biohack our weakest links, addressing the underlying factors that contribute to aging from the inside out.

Take stress, for example. It's a silent killer that can wreak havoc on our bodies and minds, accelerating the aging process in ways we may not even realize. Mindfulness and meditation emerge as powerful tools in our biohacking arsenal, offering a sanctuary of calm amidst life's storms. My personal favorite? The Braintap—a revolutionary meditation device that helps shift the mind into a parasympathetic state, promoting relaxation and hormonal balance.

But biohacking isn't about managing stress—it's about optimizing every aspect of our health, from sleep to skincare. Quality sleep is essential for rejuvenation and repair, yet it's often overlooked in our fast-paced society. My biohacking solution? An anti-aging bed infused with tourmaline crystals and frequency technology—a sanctuary for restorative sleep and cellular regeneration.





Of course, skincare plays a vital role in our quest for ageless beauty. Young Goose—an innovative skincare solution—has become my newfound favorite, delivering transformative results that speak for themselves. Sometimes, you just know when you’ve found something special.

As I embrace this new decade with open arms, I am reminded of the precious gift of life. Each day is a blessing, a chance to savor the present moment and honor the journey that has brought me to this point. Through trials and triumphs, losses and lessons, I have come to understand that age is not a measure of worth but a testament to the richness of our experiences. Plus, I go by my biological age, not my chronological, so here’s to 40—a year of chronological growth, but physiologically,

my body is 34!!!! Chronological age is the number of years you’ve been alive, while biological age refers to how old your cells and tissues are based on physiological evidence.

As we navigate the journey ahead, let us remember that the true beauty of aging lies not in the pursuit of eternal youth, but in the embrace of our ever-evolving selves. For we are light. We are love. And each day is a gift to be cherished. Cheers to the golden years ahead. Happy birthday to me!!!!

Top 10 Biohacking Bday Gifts Under \$500:

1. Hydrogen Water Bottle (Lumivita)
2. Skin Care Set (young goose)
3. Grounding Bed Cover (anti-aging bed)



4. Blue Light Blockers (VivaRays)
5. Mind Expansion Inhaler
6. Gift Card to your Local Wellness Center (the gift that keeps giving)
7. Ticket to a conference (knowledge is power)
8. Subscription to The Biohackers Mag (same as above, more knowledge)
9. Lab Test and other diagnostics (don't wait to be on the defense, optimize your loved one's health with something they may not purchase for themselves)
10. Breathwork Session : I love leaders like Bryant Wood, Witality, Noaaon and so many more. Breath is life and a great natural biohack. You just need to learn how to tap in.

Dr. Lauren Leiva, DPT



Dr. Lauren Leiva, DPT, seamlessly integrates ancient divine wisdom with the forefront of modern medicine and Biohacking techniques. Her holistic approach transcends conventional boundaries, weaving together the realms of mind, body, spirit, and heart. As a practitioner, Dr. Leiva attunes herself to the unique needs of each patient, addressing both tangible and intangible forces influencing the human anatomy.

Her innovative fusion of physical therapy with an understanding of energetic dynamics has proven instrumental in caring for a diverse range of patients, from local families to elite NFL players in Tampa, FL. Dr. Leiva's nurturing capacity extends beyond her professional roles, as she embraces the titles of mother, wife, daughter, sister, yogi, and Doctor of Physical Therapy.

Her journey from a hospital bed to a successful practitioner is a testament to resilience and determination. At the Exerscience Center in Tampa, Florida, Dr. Leiva provides compassionate care, meeting every patient's needs with understanding and compassion.

Dr. Leiva's life and clinical work serve as an inspiration and beacon of hope for those seeking holistic well-being. She is also a captivating speaker, with multiple engaging topics to share. Recently, she was filmed for the Biohack Yourself Documentary, further showcasing her expertise and passion for Biohacking.

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







Blue Mind

*The Ultimate and
Original Biohack.*

by Ellen White,

In Memoriam of Wallace J Nichols who sadly passed June 10, 2024.

Our connection to Water started in the womb. It was our first original biohack.

Today we continue to intuitively crave water, not just for hydration and hygiene; but for pleasure, escape, health, relaxation, exploration and adventure. It is an all encompassing biohack that has science behind it to show how being with water changes our physiology, state of mind and overall well-being.

Marine Biologist, PHD and New York Times' best-selling author Wallace J Nichols, calls it the Blue Mind Theory and has dedicated his life to promoting the science and history behind the vast role water

plays in our lives. His book, Blue Mind, delves deep into the neuroscience of how being near, in, on or underwater makes us happier, healthier, more connected and better at what we do.

The benefits of connecting to water are both large and small; from a splash of cold water in the morning, to a full deep dive in an exotic location. It stimulates the senses and changes our current state of being. And the good thing is that to access water, all we have to do is look around. It is free. No fancy gadgets or AI powered devices are needed. It is inclusive and accessible to all. It is just the simplicity of the present moment that comes

from dipping our toes in a pool, or sitting to gaze at a water view, or revving ourselves up to take on a full sub-merged swim. All of which change our neurology, physiology, and mental well being.

Dr J Nichols' Blue Mind mission includes a bluescription which suggests spending 23 minutes a day, with water, five days a week. He offers 100 ways in which this can be done. No doctor visit needed for this prescription!

Additionally, he is living the ageless lifestyle, and traveling the world spreading awareness about the lifespreading benefits behind this movement that he calls Blue Mind or Awe state.



Q: What is Blue Mind?

Blue Mind is a simple name for the profound and familiar feeling we get when near, in, on or under water. People describe it as mildly meditative, calming, connecting, creativity-boosting and restorative. The idea has been around for all of human history, celebrated across all cultures and traditions, even described in every sacred text. Now it has a name.

Q: Why are we drawn to the water?

First and foremost we need water to survive, so it makes sense that our nervous systems are highly tuned to sensing water, responding to it, and orienting our lives to it. Without water we're done for in a few days and dehydration starts to negatively impact our mental and physical health long before its fatal. But water also helps us to thrive and optimize—that's where Blue Mind comes in.

Q: What are the health benefits of being with Water and how does it connect to Biohacking and Longevity?

The research has become increasingly clear that water in all its forms holds useful cognitive, emotional, psychological, social, physical and spiritual health and wellness benefits.

Let's look at one area: stress. Blue Mind relieves stress and anxiety (aka red mind). We know that the right kind of stress is useful, but too

much or constantly applied it will burn us out—we call that gray mind. Chronic stress and burnout are bad for performance and longevity.

When we move towards the water, even the thought of it starts to give us a mental break. When we see, hear and touch it we have a measurable physiological response. It's a break from much of the visual and auditory information we process all day long. Floating in water is among the best therapies available for anxiety disorders and post traumatic stress. As is contrast therapy, moving between cold water and hot water or air (sauna).

There's a growing body of research on surf therapy, dive therapy, aquatic therapies of all kinds, and adaptive boating programs.

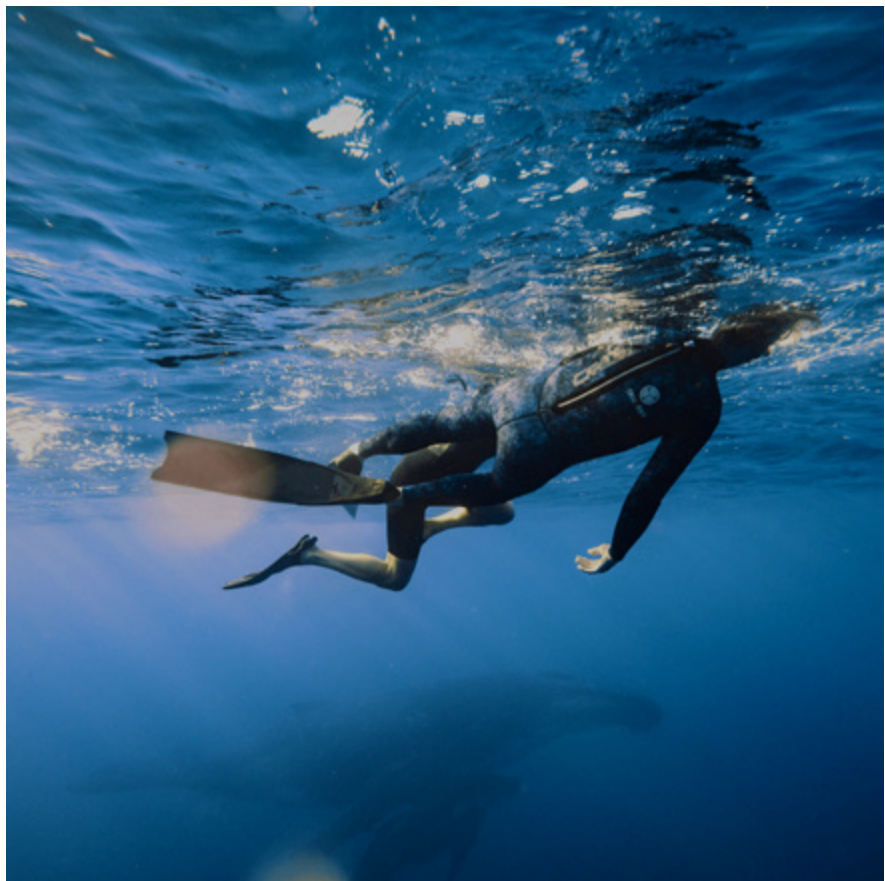
The social aspect of these activities is also a significant component of their benefits.

Q: What does the science say?

In the past decade Blue Mind science has exploded, all pointing in the same direction. From the clinical research it's clear that it works. Now researchers are focusing in on how it works and how much is needed (dosage). My suggestion is to practice Blue Mind (or Bluescription) in some form for 23 minutes five days a week—that adds up to 100 hours/year. Some people vastly exceed that!

Q: How is it inclusive if someone does not live near the Water?

I haven't met anyone yet who was unable to sit down with me and create a personalized bespoke Bluescription based on where they are, who they are and their unique set of skills and preferences.



Q: How did you get started in this movement?

You might say I was born into it. I learned to love the water at a young age and found that it helped me manage my insecurities about stuttering, being adopted, and somewhat introverted. In the water I felt a sense of peace. It felt like home. That connection led me to become a marine biologist. Then I became curious about the mind-water connection and learned I wasn't alone.

Q: What is Red Mind and why must we know about this?

Red Mind is our new normal, we are stressed, anxious, stimulated, bombarded with images and sounds, screens, information of all kinds, deadlines and whole new categories of social stressors and addictions. Solitude and privacy are rare. People have forgotten how to use the off switch. Hustle and grind culture is glorified and when we are tired, instead of resting or sleeping we caffeinate. Few can sustain it for long.

Q: What are Blue Mind practices?

Generally when we engage with water there's a need to focus, it's hard to surf or swim with a screen in your face. And technology and water aren't great friends. I encourage people to make a list of all the Blue Mind practices they have access to daily, weekly, monthly and annually—and then add a big reach goal, like a long kayaking trip or a canyon rafting trip or maybe learning to surf or dive.



Q: What are your daily practices? How does being with Water boost your health?

My days vary a lot due to travel schedules. But wherever I am I seek out wild or domesticated water. I may find a local float spa or open water swim spot. Sometimes there are waves or boats. Indoors I like to row while looking at a screen with water scenes. A mindful shower or bath is always in the mix. In a pinch I'll put on a recording of ocean sounds to wind down in the evening. Looking forward to getting wet every day makes me happy. Exercising in the water with my family makes me strong.

Q: What encouraging message do you want to share?

My mission is to make Blue Mind common knowledge and practice for everyone. We've reached about 1 billion people with the message—so a little more than 7 billion to go! I think it's one of the most important things we can do for both human and environment health. I'm optimistic about the future for this reason.



Q: What are your upcoming projects?

The tenth anniversary edition of Blue Mind comes out later this year, with a fresh afterword and 160 new endnotes, so we are excited to introduce the concept to the next wave of water lovers.



Ellen White



Ellen White, NBC-HWC, is a Board Certified Health Coach and a member of the American College of Lifestyle Medicine. She specializes in natural, lifestyle-driven practices to boost health, longevity, beauty and well-being through nutrition, stress management and self care. She currently works in a clinical setting helping patients learn new lifestyle habits to lose weight. Ellen also has a BS in Journalism from the University of Florida and has published many articles on Wellness. She is a native to Miami, and currently living in Fort Lauderdale, near the beach! Her passion is writing and coaching people towards becoming the happiest and healthiest version of themselves by becoming more aware of their daily habits and bringing them into full consciousness. She loves the beach, juicing and living a relaxed lifestyle! She joins Biohackers Magazine as a new contributor. Her personal goal is to stay natural, healthy and youthful looking while continuing to slow down her biological age!

Ellen.max.white@gmail.com



Lat Bioha

SCIENTIFIC AM

by Marcos Apud



Continuing Learning

AND ANCESTRAL

In the vibrant melting pot of cultures that is Latin America, biohacking has transformed into a unique fusion of ancestral practices and modern scientific advancements. This combination not only helps improve health and human performance but also offers a holistic approach to overcoming the health weaknesses resulting from the excessive comfort-seeking of contemporary urban life. This article explores how natural biohacking, supported by science and technology, can revitalize our lives and presents the main habits that urban dwellers can incorporate today to regain their lost strength.

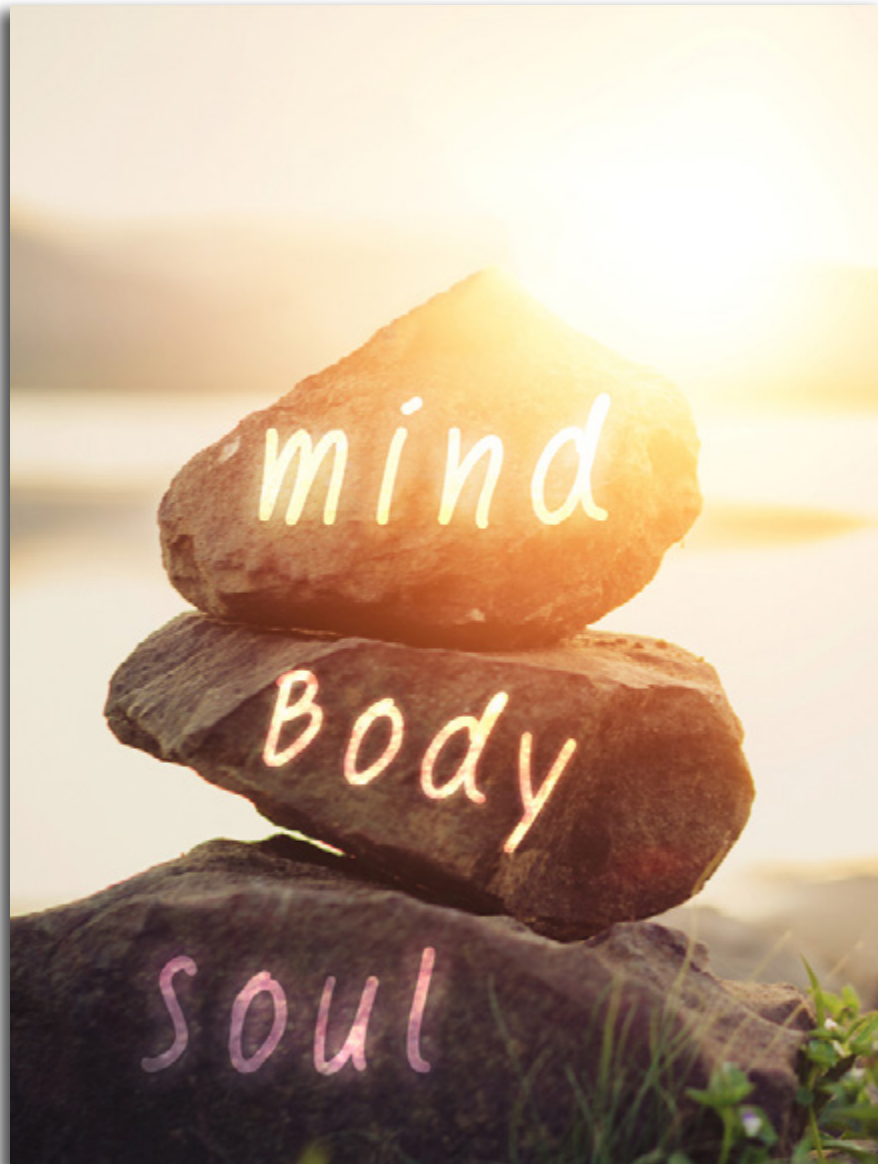
Let's begin by defining biohacking as "a lifestyle that combines science, technology, and the incorporation of ancestral habits to maximize our biology and mentality." This is my favorite definition, appealing to simplicity when describing in a few words the most relevant cutting-edge trend in the current wellness universe.

While the use of trackers, gadgets, and technological devices is one of the fundamental pillars in the daily lives of those who call themselves "biohackers," its roots can be traced back to the ancient practices of different cultures over

centuries, including Latin American ones. These practices, validated by recent scientific studies, offer effective solutions for the health problems we face in urban life.

One of the pillars of what we might call "natural biohacking," that is, all those practices that only depend on the resources that nature and our organism provide, is the habit of grounding or direct contact with the earth. Walking barefoot on natural surfaces such as grass, sand, soil, concrete, ceramics, bricks, or leather can have profound effects on our well-being. Numerous studies have shown that grounding is a true antidote to reducing inflammation, improving sleep, balancing the nervous system, regulating our circadian hormonal cycle, helping to heal wounds, and regulating our electromagnetic charges in connection with nature (among some of its multiple benefits). This simple practice can be a powerful remedy against the stress and anxiety generated by urban life.

Another ancestral practice that has resurfaced with scientific support is sungazing. Staring at the sun during the first minutes of sunrise or the last minutes of sunset is not only a wonderful spiritual experience but also has proven physiological benefits. Sunlight at these times of day can regulate circadian rhythms, strengthen retinal cells improving eye health, enhance the production of melatonin and serotonin, increase mitochondrial mass levels, and boost mental clarity. Controlled exposure to sunlight has been linked to better mental and emotional health, which is crucial in a world where stress, lack of energy, and sleep disorders are common.





Beyond Sungazing, intelligent exposure to the sun during midday, where we get the emission of ultraviolet rays, is also essential for the production of vitamin D, considered a hormone that regulates more than 12 genes and 150 enzymes in our body and is an essential nutrient for bone health and the immune system.

On the other hand, contrast therapy, which involves alternating exposure to cold and heat, is another practice that has gained popularity in the biohacking universe. Various studies have shown that the practice of "cryotherapy" can improve circulation, reduce stress, boost our immune system, and increase cold resistance, among other benefits. Additionally, it activates brown fat, which helps burn calories and improve the body's thermal regulation.

Its counterpart, controlled heat exposure, for example, using a sauna, has an enormous detoxifying effect, helps eliminate heavy metals, and is a fundamental habit for cardiovascular protection. Incorporating cold showers and sauna sessions into our routine can be an effective way to strengthen our immune system and improve our overall health.

Systematic and vigorous strength training is another essential component of biohacking. Beyond its

obvious benefits for muscle mass and bone health, strength training has a significant impact on overall longevity and neurolongevity in particular. Studies have shown that people who regularly practice strength exercises have a lower risk of developing chronic and neurodegenerative diseases. This positive impact on brain health is due to the increase in neural connections, the production of BDNF factor, and the birth of new neurons in the hippocampal area (neurogenesis) associated with this type of physical training. Incorporating strength physical activity sessions at least three times a week can be a truly transformative change in our lives.

We could continue listing habits encompassed within what we call "natural biohacking," from conscious breathing, meditation, and anti-inflammatory nutrition habits with real food, like that which was part of ancestral diets, among other things.

But as we said earlier, technology also plays a crucial role in modern biohacking, and I believe that the wisdom of today's human can reach its fullest potential if we manage to combine all these practices and customs that boosted our health, along with the vast scientific knowledge and technological development accumulated by humans in recent decades.

Devices such as smartwatches and health monitors allow us to track key metrics like heart rate and variability, sleep quality, stress levels, and physical activity levels, among other multiple parameters. This data helps us adjust our practices and maximize the benefits of our efforts to lead a biohacker life. Using gadgets and trackers can provide us with a clear view of our progress and areas for improvement, through the measurement of the "quantified self," ensuring that every step we take is backed by accurate information.



Other particularly fascinating areas of biohacking that are in full development are "neurolongevity," or the ability to maintain a healthy and functional brain throughout a long life, and "spiritual biohacking." These new development areas in the evolution of biohacking are part of my current research.

Keeping the brain active and challenged is essential for neurolongevity. From activities like learning new languages, solving puzzles, and engaging in strategy games, deep and intellectually stimulating conversations can help maintain mental sharpness, stimulating our "software," to physical practices that keep our biological machinery (hardware) at high performance levels, not only aim to prevent cognitive decline but also promote brain plasticity, the brain's ability to adapt and change, and increase the chances of having an active brain that lasts a hundred years.

In turn, as we move forward, biohacking will evolve into "spiritual

biohacking," integrating practices that promote spiritual connection and holistic well-being. This includes meditation, conscious breathing, frequency medicine, quantum biology, and other practices that help harmonize the body, mind, and spirit. Integrating these spiritual elements with science and technology offers a complete and balanced approach to human well-being.

In conclusion, Latino biohacking offers a rich combination of ancestral wisdom and modern scientific advancements, providing powerful tools to overcome the challenges of urban life. By incorporating millennia-old practices like those mentioned at the beginning and using technology to track and optimize our performance, we can achieve that coveted level we call "our absolute best version," in a state of physical, emotional, mental, and spiritual fullness.



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Marcos Apud

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A JOURNEY TO CLARITY AND JOY

WALKING MANHATTAN

by Marielle Dagassan

A year ago, I decided to walk the perimeter of Manhattan. Walking 28 miles in a single day sounds intense, but for the over-achiever in me, it seemed like an easy feat. I was in for quite an awakening, and 58,986 steps later, I discovered just how revealing that awakening could be.

Inspired by Colin O'Brady's book, *The 12-Hour Walk: Invest One Day, Conquer Your Mind, and Unlock Your Best Life*, I decided to try out the 12-hour walk for myself. I didn't read the book, just the title.

I figured it would take me 12 hours to read the book anyway, so I skipped the heavy lifting and scheduled the walk on my calendar.

What started out as an adventurous feat quickly turned into a transformative journey of self-discovery and profound joy.

On April 1st, I woke up at 5:00 AM to the pouring rain in New York City. The night before, I realized I had to do this completely tech-free—no podcasts, audiobooks, or music. Just me and my thoughts. This was no April Fools joke.

It seemed daunting, yet liberating. Just me and my thoughts? What would I think about for 12 full hours?

I thought I knew my mind well. Wrong.

I quickly got dressed and packed my fanny pack—granola bar, keys, phone (on airplane mode for emergencies), and my flimsy umbrella. I picked up my AirPods, sighed, and put them back down.

I sat on my doorstep and started my timer. Here we go...

By hour 3, I was drenched. Soaked. There was no escaping the rain, and my umbrella had flipped inside out too many times to count.



Then I remembered my spare socks—ah, pure bliss.

As the clouds cleared, so did my thoughts. At first, my mind buzzed with the usual stuff—work, weekend plans, upcoming trips. But as I walked, the rhythm of my steps calmed me. Ten miles in, I felt an unexpected sense of freedom.

My mind, usually cluttered with constant input, was suddenly clear. No forced thoughts, no distractions. Just me, noticing every thought that surfaced.

Then I noticed something else. Whenever my mind got too noisy, I'd reach for my granola bar—the crunch serving as temporary re-

lief. The pattern: every uncomfortable thought led me to snack. An attempt to escape from my own mind.

This was my turning point. I stopped snacking and embraced the silence.

After 16 miles, something incredible happened. Without distractions, my mind cleared and I started running.

One mile turned into two, then three. The wind in my face and the pounding of my heart combined exhaustion with exhilaration. Each step was a surge of uncontrollable joy.

Six miles later, I was still running, each step defying my physical limits. My mind was free. I felt light, floating down the Upper East Side.

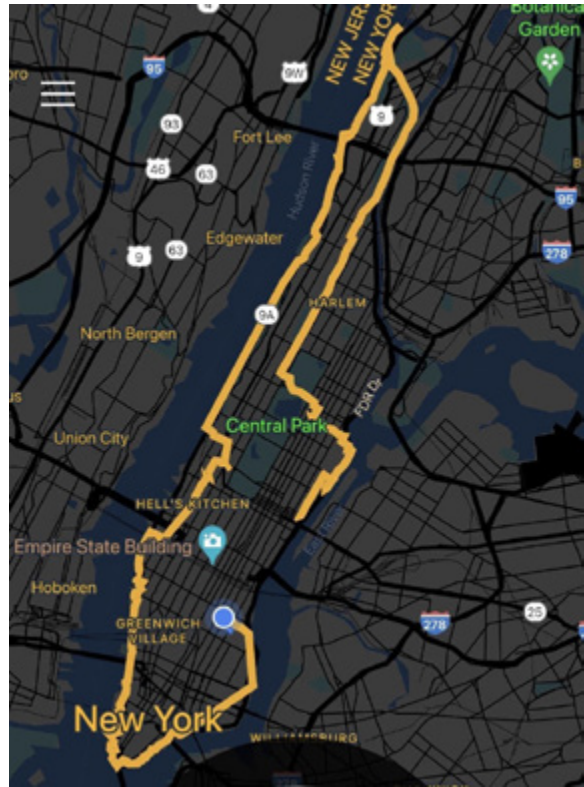
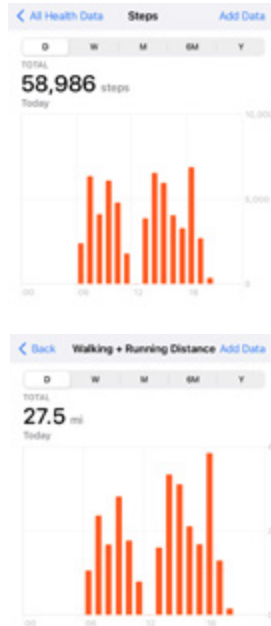
I still had six miles to go, and the timer was counting down. Despite the euphoria, the physical toll was undeniable. Exhausted, hips aching, and hungry, I continued to push through.

Counting down each block, every step became a small victory. I finally made it.

Back at my doorstep, I was depleted but felt an incredible sense of liberation. I treated myself to two slices of New York pizza and a big piece of gooey chocolate cake.

Why did I do this walk? Honestly, I wasn't thinking much. And that's kind of the whole point. The experience reminded me to think less and do more. And it led me to greater discoveries about myself.

This walk was originally about testing my limits, but turned into a clearing of past thoughts and emotions, starting anew, and confronting mental blocks.



What was I avoiding? And what thoughts made me reach for a snack to soothe?

The simple act of walking became a powerful meditation. With each step, and without the typical buzz of distraction, I came to a deeper understanding of myself. And with

no more crunchy snacks...

The answers came flooding to me, and the truth revealed itself.

What that truth was, well, you'll have to find out for yourself.

A 12-hour walk awaits you...

Marielle Dagassan



Marielle Dagassan started her career on Wall Street with Goldman Sachs in New York City. After leaving Manhattan, she launched her own financial coaching business, empowering women to invest and build financial confidence. Marielle graduated from Indiana University's Kelley School of Business, where she majored in Economic Consulting and Business Analytics. Raised in sunny South Florida, Marielle has been an avid triathlete since she was six and loves challenging herself through athletic pursuits.

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Living Younger Longer

**A Health Coach's Blueprint to
Biohacking Longevity**

by Natalia Naila

Biohacking is about taking control of your body and mind by using a mix of science, technology, and natural remedies to achieve your best health. For me, it's all about understanding your body's unique needs and making changes that suit your personal biology.

As a health coach and longevity expert, I've dedicated my career to helping people optimize their health with personalized strategies. My journey into biohacking started with a simple question: How can we slow down the aging process and extend our vibrant years?

The science behind biohacking is rooted in epigenetics, which studies how lifestyle and environmental factors influence gene expression. Simple changes, like adjusting your diet or improving your sleep, can significantly affect your genes and vitality. By measuring, understanding, and tweaking these factors, you can not only prolong your lifespan but also enhance the quality of your life.

Understanding your body's needs and limits through testing is a crucial starting point for effective biohacking. Without knowing your baseline markers, such as microbiome composition or DNA blueprint, it's tough to make meaningful changes. For example, your gut health plays a huge role in your overall vitality. Microbiome testing can reveal what's happening inside your digestive system, helping you make informed decisions about what probiotics to take and dietary adjustments to make. Similarly, DNA tests, like those from The DNA Company or 10X Health, provide insights into your genetic predispositions, guiding you in optimizing various aspects of your health, from sleep patterns to nutrient absorption.

Toxicity testing is another vital aspect of biohacking. Knowing



Photo Credit: Oxana Alex photography

your levels of heavy metals and environmental toxins is essential for effective detoxification and can help in the process of eliminating these toxins. Additionally, understanding your food sensitivities can prevent chronic inflammation and other health issues.

Regular testing for food allergies and sensitivities ensures you're not consuming foods that could harm your health. Everyone's body is different, so knowing your specific biomarkers helps tailor biohacking strategies to your individual needs.

Near-Infrared Sauna and Red Light Therapy

Near-infrared saunas can be utilized up to five times a week for sessions lasting up to 45 minutes for men and 3 to 4 times a week for sessions up to 30 minutes for women. The near-infrared light penetrates deeply into the bones, aiding in the reduction of inflammation and pain, detoxifying the lymphatic system, and eliminating toxins. This therapy is particularly beneficial for improving cardiovascular health.

Red light therapy is another effective treatment I recommend. It uses low-wavelength red light to penetrate deeper skin layers, promoting healing, reducing inflammation, and providing a youthful glow that we all love. Red light therapy typically includes two types of light: red light and NIR. Red light targets the skin, improving skin health and reducing wrinkles, while NIR light focuses on bones and inflammation, joints, and internal health.

When purchasing a red light therapy device, ensure it has both red and NIR lights, as they target different aspects of health. NIR wavelengths are closest to red light within the visible light spectrum, with wavelengths ranging from approximately 700nm to 1,100nm.

Using red light therapy can feel like you're stepping into a spa. It's incredibly relaxing, almost like a mini-vacation for your cells. And let's be honest, who doesn't want to feel like they're at a spa every day? Many companies offer home devices that make this possible. The best part is, it's not just about relaxation - regular sessions can improve skin health, reduce wrinkles, and even help with acne. Plus, it's a great excuse to take a break and indulge in some self-care. As one of my clients joked, "It's like photosynthesis!"

Nutritional Strategies

Biohacking offers many strategies, each focusing on different aspects of health and wellness. One key area is nutrigenomics, which involves tailoring your diet based on your genetic makeup. The food you eat influences everything from your energy levels to your genetic expression. By learning how your genes interact with nutrients, you can optimize your nutrition to reduce the risk of chronic diseases, enhance mental clarity, and increase life expectancy.

Certain nutrients and superfoods have been identified as particularly beneficial for a long, healthy life. For instance, antioxidants found in blueberries and dark chocolate help combat oxidative stress, while omega-3 fatty acids in salmon and flaxseeds support heart health.

Probiotics, such as those in yogurt and kefir, play a crucial role in maintaining gut health by balancing the gut microbiome and enhancing digestion. Fiber from whole grains and vegetables promotes digestion, and polyphenols in green tea and blueberries have anti-inflammatory properties. Incorporating these into your diet can provide significant health benefits and support long-term vitality. Balanced macronutrients, healthy fats, lean proteins, and proper hydration also form the foundation of a diet that supports a healthy life.

When you sit down to eat, take a few moments to be grateful and activate your parasympathetic mode. This signals your digestive system that you are ready to eat, helping it to relax and easing you into your meal. Don't forget to chew slowly.



Implementing Dietary Changes

Implementing dietary changes can be challenging. I always suggest making small, incremental changes to your diet rather than overhauling it all at once. This approach is more sustainable and less overwhelming. Plan your meals in advance to ensure you have nutritious options readily available, which can help you avoid unhealthy food choices. Practice mindful eating by paying attention to your hunger and fullness cues, which can help prevent overeating and promote better digestion. Additionally, consider incorporating intermittent fasting, but be mindful of your body's needs. While intermittent fasting has benefits, it's important to personalize your approach based on your specific health markers and lifestyle, as it can be dangerous for people with certain conditions.



Key Supplements

Adding key supplements to your regimen can significantly enhance your biohacking efforts. Essential supplements include zinc, vitamin D, B complex, and vitamin C in its liposomal form for better absorption. Advanced supplements like spermidine, and those that activate stem cells, such as nitric oxide, are crucial for cellular rejuvenation. Peptides like BPC-157 and TB4-Frag help with inflammation and gut health, while glutathione, made from the amino acids glycine, cysteine, and glutamic acid, supports liver health and overall cellular function.

NAD⁺ (Nicotinamide Adenine Dinucleotide) is essential for cellular energy and performance. We need NAD⁺ for all our cells, but as we age, our levels of NAD⁺ decline, impacting cellular function and vitality. Optimizing NAD⁺ levels can help combat age-related cellular decline.

Additionally, Akkermansia is incredible for improving gut health, enhancing the diversity and function of your microbiome. Another noteworthy supplement is Fatty15, containing pentadecanoic acid (C15:0), an essential fatty acid shown to support cellular health and metabolism.

I also recommend taking Paraxanthine by Shawn Wells. Paraxanthine is a metabolite of caffeine that provides energy without the crash associated with coffee. Unlike caffeine, which 80% of the world cannot metabolize efficiently, Paraxanthine offers a cleaner energy boost, mitigates cognitive fatigue, enhances mood, and improves short-term memory, reasoning, and response time without leading to habituation or dependence. These supplements can be tailored based on your specific needs and test results. Consult with a health coach or functional medicine specialist to determine the best combination for your biohacking regimen.



Your Path to a Vibrant Life Starts Here

Think of biohacking as a toolkit filled with personalized strategies to make you feel more energetic and youthful. Start with a few simple biohacks: try grounding by walking barefoot on natural surfaces to feel more connected with the earth, practice mindful breathing exercises to reduce stress, and ensure you get adequate sleep by maintaining a consistent bedtime routine. Tools like the Oura Ring can help you track your sleep patterns and make necessary adjustments. Additionally, consider supplements like magnesium (covering all seven types) and melatonin to support better sleep. For digestive health, activated charcoal can be beneficial.

Incorporate devices to combat EMFs and harmonize your living space. Don't forget the CGM device to monitor and control your glucose spikes—it's not just for people with diabetes, but for anyone looking to improve their metabolic health and overall well-being.

Biohacking isn't about quick fixes, it's about making lasting changes that truly fit your body's needs. Dive into the process with curiosity, don't be afraid to seek help from health professionals to tailor a plan just for you, and enjoy becoming the healthiest, most vibrant version of yourself.



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, skincare, 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 her first book. When she's not working, you can find her golfing, traveling, or enjoying family time with her daughter and their dog, Caramel.

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

www.natalianaila.com/

Wellness Is Life Retreat: www.wellnessisliferetreat.com/





Biohacking Your Libido

Part (1) The Foundations

by Drs Steve & Wendy McGough

Are things exciting in your bedroom? What if they were even more intense?

You are about to discover some foundational concepts to help both your partner, and yourself take your love life to a new level.

More Than Just Fun...

Beyond enjoyment, sharing a passionate bedroom is also correlated with living a longer and more healthy life. (1)

Multiple studies have shown that a healthy intimate life is important both for the relationship as well as each partner's health. As I've mentioned in prior articles of Biohackers Magazine (Issue 26 and 27), the quality of your relationship also has a profound impact on your career success.

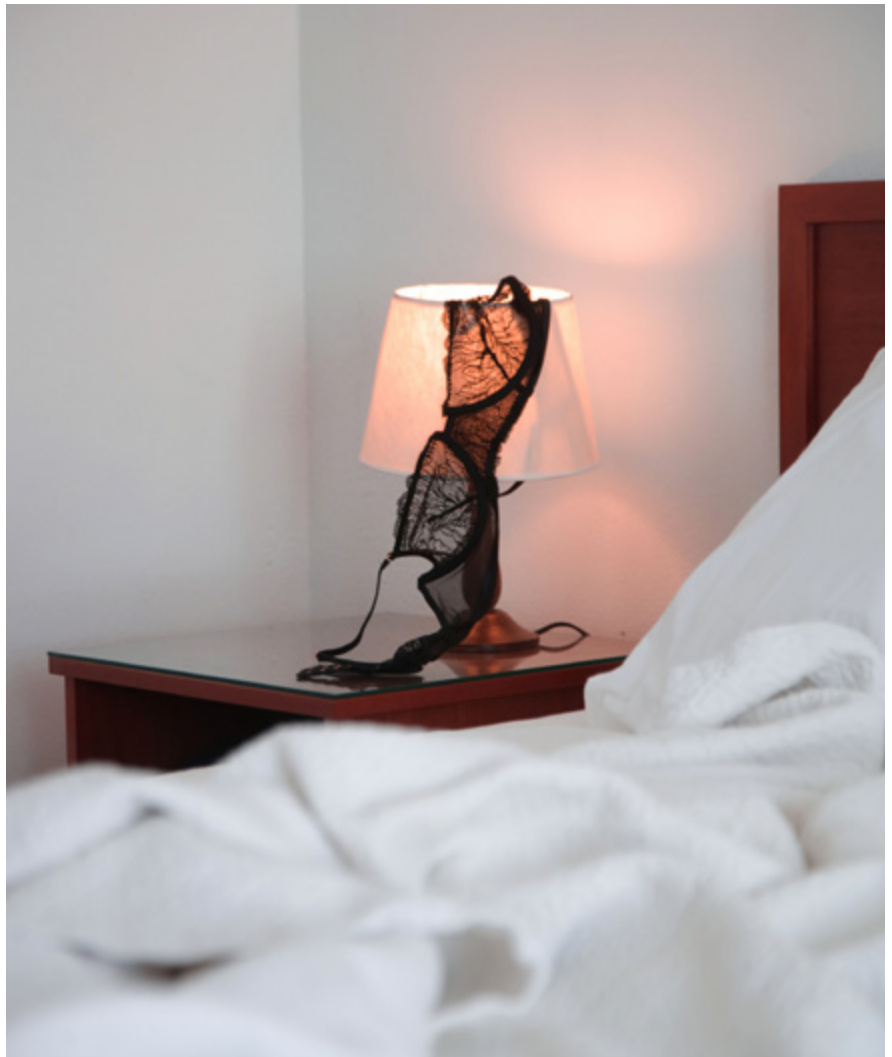
On the other hand though, sexual frustration for either partner is a major source of stress and unhappiness. Being able to find a common ground for each other's needs is important for many reasons.

Studies have found that sexual frustration increases chances for aggression (2) as well as depression and other mental health challenges (3). Sexual frustration also appears to significantly harm work performance. (4)

Sexually frustrated couples are also much more likely to end up in divorce. (5) If the couple has children, separation and divorce can cause significant psychological harm, including increased chances of depression and substance abuse. Plus it often sets a very negative reference for their future relationships. (6)

Divorce is also a major cause of failure in business. (7)

So having regular, mutually sat-



isfying intimate time is more important than just taking care of physical needs. It's a fundamental reflection of physical health, and the health of your relationship.

One of the most common questions we get is how people can increase sexual desire, either for their partner, or themselves. Usually this is because one partner is wanting more intimate time than the other.

Other times it's to try to resolve challenges, such as erectile dysfunction, pelvic pain, or anorgasmia.

Even if you think things are great right now - there are ways to take both of your experiences to a higher level.

So if you're wanting to address a specific challenge, or build the foundation for experiences you've never felt before, this article will give you actionable steps you can do today.

Mainstream media often tells people they can find the solution in a supplement or medicine. However that often doesn't give the results couples really need. So, this isn't another "top 10 aphrodisiacs" list.

Instead we're going much deeper. Together over a multi part series, we'll explore the key areas that impact our sex drive, performance, and experience. During this you'll learn practical things you can do - that actually work.

Increasing Desire

The goal is for both you, and your partner to both - want - and - enjoy - more intimate time together.

The first area focuses on what is going on in our body. This includes our health, hormone levels, physical stress, and other factors. In this article, we cover foundational areas that will help. This is based on both published studies, as well as our experience working with couples over the past 14 years.

In the next article, we'll cover foods and supplements that clinical trials have shown to improve our overall sexual response. Some of these may shock you.

After that, we'll explore how our minds are critical for our sex drive. What's happening in your, and your partner's mind? Are your bedroom experiences something that would be a fantasy, or have they gotten predictable and almost boring? There are easy ways to keep things new and exciting. But most couples never realize this. Sadly, we've found that over 90% of couples ever tell each other what they truly want in bed.

In the final article we explore what type of physical stimulation you - and your partner - need. If that isn't happening, the previous areas will fall short. This is often a huge frustration for women, which if not resolved often causes them to lose interest in the bedroom. We'll share a few techniques that odds are you've never heard of, but both of you will love.

A key aspect of this is that men and women often have very different ways they need physical stimulation. But in the heat of passion, most people unconsciously default to what they've always known works for themselves. What we've found ironic is the smarter the per-

son is, the more likely they'll do this without realizing it. This disconnect results in problems. But realizing it, and with some 'homework practice' you'll both regularly share a new glow.

It's important to remember that while we'll look at these areas separately, in reality they're interconnected.



How Overlooked Aspects of Your Health Have A Huge Impact On Your Sex Drive.

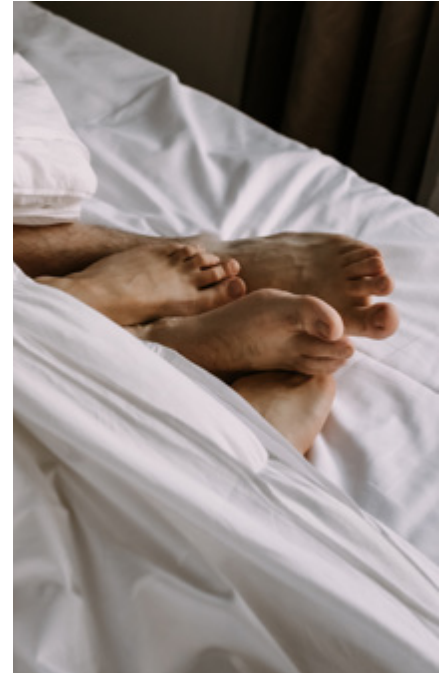
Traditionally, Western culture puts sexuality and health in separate 'boxes'. In reality that are part of the same continuum. That is, for most healthy adults a strong libido is part of being healthy. The reason we're mentioning this is that we've found most people don't see the connection.

It's important to understand that your fitness, diet and overall health play an essential role in your bedroom experience. Especially when you are older.

As an adult, when you are healthy, odds are your libido will increase. Meanwhile, as mentioned above, having an unexpressed high sex drive will increase your stress and reduce your quality of life. (2), (3), (4), (5)

However when you have poor health, it clearly impacts your libido. If you don't believe me, imagine getting ready to go upstairs to have the 'night of your life' - and suddenly you're hit with severe nausea? How will things go?

Plus, for both men and women, your diet and lifestyle over time directly affects your sexual performance. This includes both erectile function as well as virtually all other aspects of sexuality.



Exercise Your Way To Bedroom Bliss

Exercise is one of the most overlooked ways to boost both you and your partner's libido - at all stages of life.

Regular aerobic exercise, especially when combined with periodic strength training both reduces stress and can profoundly improve sex drive in both women and men. (8)

For women, systematic reviews of studies have shown that exercise reduces stress while both improving body image and increasing sex drive. Body image often plays a more significant role in reducing women's sex drive than their partner realizes. (9)

Regular exercise Improves sex drive and satisfaction levels for women before, during and after menopause. (10)

In men, increased aerobic exercise was directly correlated to increased libido. So the more fit the men were, the higher their sex drive. (11) For men who are sedentary, even small amounts of exercise improves both sex drive, strength of erection, and ability to ejaculate. (12)

Aerobic exercise in men also improves erectile dysfunction. (13)



Can You Exercise Too Much?

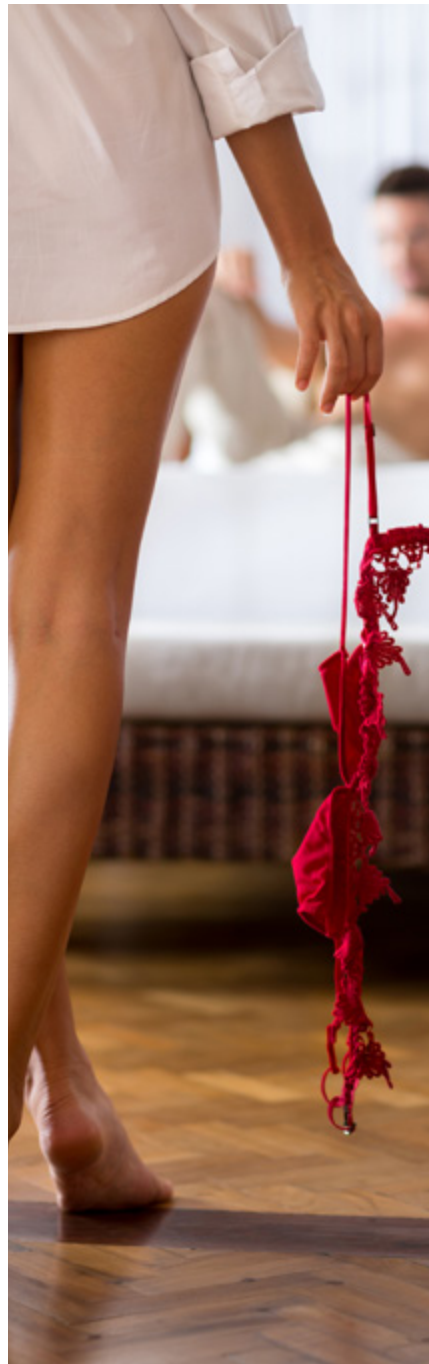
Generally, unless you are a cross-fit fanatic or other extreme athlete, the more exercise you and your partner get, the better things will be in the bedroom. If you push beyond your body's ability to recover though, it will both increase stress and disrupt your hormonal regulation. This can result in reduction in sex hormones, and diminished sex drive. (14)

How To Tell If You Are Overtraining

The obvious first check is how quickly you recover from your work out. If you constantly feel fatigued, you may want to slow things down a little. Another way you can tell if you are overtraining is by first knowing what your general resting heart rate is. Then, check your resting pulse rate right when you wake up in the morning - before you get out of bed. If your pulse is consistently 10-15 beats above your normal resting heart rate, that's an indicator you need to reduce your workload. (15)

Overtraining isn't a common issue though.

So when you wake up on a COLD morning and are trying to get the motivation to get up and go exercise, add your bedroom performance to the list of reasons.



Stress, DHEA and Hormones...

If not managed, **chronic stress will ruin your health and sex life.** So it's very important that you and your partner find ways to deal with this unavoidable part of life. (16)

Chronic stress reduces both libido, and enjoyment of the experience for women and men. (16) (17) (18)

With chronic stress we can get locked in a '**hyper stressed**' state. This causes increased release of the stress hormone **cortisol**. Over time it does far more harm than just leaving you feeling anxious. It can significantly reduce sex hormones in both women and men. (19) (20)

Many of our critical hormones, including testosterone and estrogen, are made from a building block called DHEA (dehydroepiandrosterone). When we're locked in stress, our body tends to prioritize conversion of DHEA into cortisol, instead of other needed hormones. (19)

This made sense for our ancestors, because stress then was often related to survival. However, assuming you survived, the stress was usually over. Today our stresses aren't usually life threatening, but more mental. So our bodies are constantly gearing up to fight or run, but we're sitting at our desk.

Where this starts causing problems is when we stay stressed continually. Most people find that living in this state begins to make it much more difficult to sleep. If you regularly find yourself waking up at 4 AM in the morning and can't fall asleep, you may be in that state. It seems if you try to go back to sleep, your mind can think of everything that can go



wrong in the world, often making you even more stressed.

This is because instead of gradually releasing cortisol in the early morning, your body dumps a flood which wakes you up already stressed out. But you feel exhausted later that day and many people end up relying on caffeine to keep going. (21)

But - It Gets Worse - our kidneys normally produce DHEA during our deep phases of sleep. So if you're chronically not being able to get that good sleep, you may not be able to make enough DHEA for the next day. The result is you feeling absolutely horrible and completely exhausted. (21)

Without enough DHEA your body can't produce the sex hormones it needs, which can dramatically reduce your libido. Plus the elevated cortisol increases your blood sugar and potential to gain unwanted weight.

The result is you, or your partner feeling exhausted, anxious and likely to have no interest in the bedroom.

So What Can You Do?

As long as we're alive, odds are you'll have things that are stressful. Realistically, we can't avoid it. However you can find ways to manage it. Thankfully in modern times, typically stresses are psychological and not direct physical threats. However, as mentioned above, our bodies often react to psychological stresses just as though we were being physically attacked.

Consider working these five steps into your lifestyle.

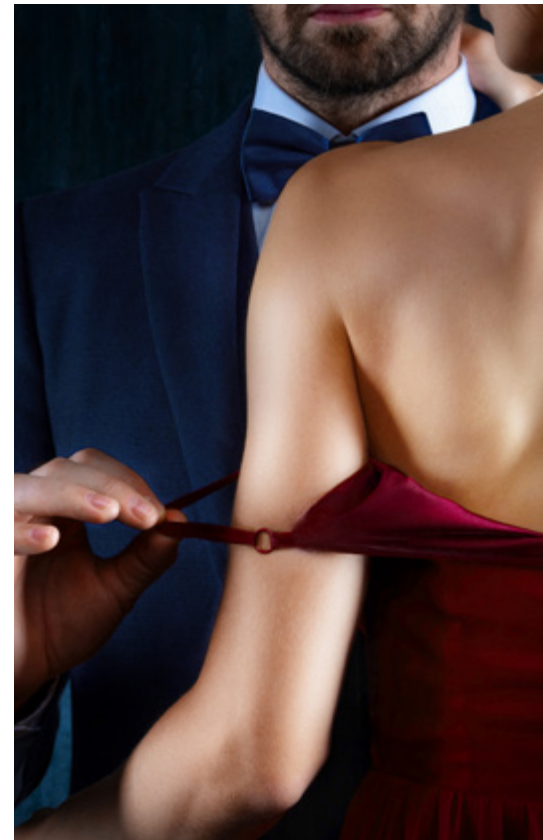
Step One - Rethink The Meaning

What causes the stress response, isn't typically the event, but the meaning we tie to the event. By learning to change what the event means to us, we can change how we react. Of course this is very easy to say, but for each of us it is not easy to actually apply.

For example, I can say sadly from personal experience, that learning that someone we don't know died may be disturbing, but isn't devastating.

But when my own son Luke died, it took a very long time to find peace with that.

When you do find a way to accept something so it is no longer so stressful, you have actually changed what it means to you. Again, easier said than done - and it's usually a process.



Step Two - Exercise

Regular exercise is a highly effective way to reduce the elevated cortisol levels from chronic stress. Try to schedule exercise daily if possible.

Step Three - Adapt Your Sleep Schedule

If you can, try going to bed earlier. This isn't always easy but is one of the best ways to deal with being in a hyper stressed state. If you find you're waking up at 4 AM, try going to bed around 9 PM.

More recent studies of our circadian rhythm indicate you can get the best sleep between 9 PM and Midnight. This also is what is often recommended in Traditional Chinese Medicine. Then, when you wake up at 4 AM, you will have had 7 hours of hopefully good quality sleep. That also should give you time in the early morning that you can work on things. Most people find they are most productive at this time. Of course family commitments and your schedule may not allow this. But if you can, give it a try for a week and check how you feel. (26)

Step Four - BREATHE

Numerous studies have shown that breathing techniques can be very effective at reducing stress. Basically anything that causes you to hold your breath, and then exhale more slowly than you inhale should help. (22)

If possible, make time during the day and before bed to do breathwork.



Step Five - Hugging And Orgasms

Embracing someone you care about helps both reduce cortisol, and increase oxytocin. Plus, experiencing orgasm is one of the most effective ways to do this. If you relax and achieve an orgasm before going to bed, this will help your body first 'reset' and then get better sleep. This benefit is far greater when couples achieve orgasm together. (23) By doing this as a frequent ritual, couples usually find their sleep quality, and libido increases significantly. (24)

What About Taking Hormones?

These days it's hard to avoid seeing advertisements for hormone replacement therapy. First I want to emphasize that we are not medical doctors, and this is not medical advice. As well this isn't meant to replace any type of diagnosis or recommendation your healthcare provider offers.

That being said, if your healthcare provider advises hormone replacement therapy - but doesn't test your DHEA and cortisol levels, you may want to ask them why.

If your DHEA levels are very low, while your cortisol levels are very high. Your testosterone, and or estrogen, etc., levels will likely be low. Sadly I've seen many situations where people are given testosterone, estrogen, etc. but their DHEA levels are never checked. (25)

It might be worth talking with your doctor about finding ways to potentially increase your DHEA levels before adding other hormones.

Again, we're not saying what you should do as far as other hormone supplements. That would be between you and your doctor. We're just saying it might be worth looking at a broader picture of your health and seeing if you can first restore hormone levels naturally. (25)

In the next article we'll cover foods that can help your body produce more DHEA, and from that your sex hormones.

Where Do You Go From Here?

What I've covered may seem like common sense - because it is. It is the foundation you and your partner build an amazing sex life on.

If you both make an effort to apply the information here, within a few weeks odds are you'll notice a boost in your libido.

In the next article I'll expand this with specific foods, herbs and supplements that have been clinically shown to help increase DHEA - as well as your sex drive.

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About Drs Wendy & Steve McGough, DHS



Wendy & Steve are the founders of Women & Couples Wellness. Over the past 14 years, they've worked with several thousand women and couples facing challenges ranging from pelvic health to intimacy to fertility. They hold doctorates in human sexuality from the IASHS, focusing on clinical sexology. Wendy's background is in psychology from Ohio State, while Steve's background includes a BS in nutritional biochemistry at UNC-Chapel Hill & neuroscience research at Wake Forest School of Medicine. They're the creators of the hi® massage system & hold 6 US/Int Patents for women's pelvic health solutions. They work closely with urologists, pelvic floor physical therapists & fertility specialists. Their "First Step For Fertility" program provides a natural "first step" for couples trying to conceive. One distinction is it first helps the couple strengthen their bond, so they can support each other - and stay together - as they raise children. You can learn about their background at www.himassager.com/history.

www.himassager.com
www.firststepforfertility.com
www.bedroombootcamp.com

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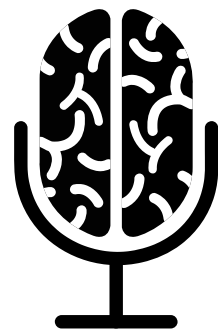


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PIONEERING LONGEVITY

PETER DIAMANDIS ON REVOLUTIONIZING
HEALTH AND LIFESPAN THROUGH XPRIZE

Peter Diamandis, longevity expert and founder of [XPRIZE](#), is a visionary entrepreneur and futurist dedicated to addressing global challenges through innovation and technology. With over 20 companies launched in sectors including longevity, space, venture capital, and education, Diamandis has established himself as a leading voice in shaping the future. His XPRIZE Foundation has recently launched a \$101 million competition to revolutionize healthspan, exemplifying his commitment to using private market incentives for societal benefit. A few of his current ventures include [Fountain Life](#), offering preventative health services, and [Abundance360](#), an exclusive summit for innovation leaders. As a New York Times best-selling author, Diamandis has published three influential books on technology and the future. His latest, "[Longevity: Your Practical Playbook](#)," explores a decade of research into vitality and healthspan. With expertise spanning from space exploration to AI and longevity, Peter Diamandis continues to be at the forefront of technological innovation and its potential to transform society, making him a sought-after voice on the future of human progress. Peter Diamandis earned an undergraduate degree in Molecular Genetics and a graduate degree in Aerospace Engineering from the Massachusetts Institute of Technology, and received his M.D. from Harvard Medical School. Follow Peter and Get His Weekly Insights at www.Diamandis.com

Jean Fallacara: At Lifespanning, we align closely with everything you're doing at XPRIZE. Our mission is to spread information and education to get everyone on the same page about longevity. The work you do is directly aligned with our goals. Biomarkers Magazine, which we acquired in 2020 and merged into Lifespanning, is a tool we use to feature leaders like you. Your approach is comprehensive and widely respected in the longevity space. People like Brian Johnson are doing great work, but your approach covers a broader spectrum.

Peter Diamandis: I appreciate that, Jean. It's an honor to be recognized for the work we're doing at XPRIZE.

Jean Fallacara: Let's jump right in. Could you tell us about XPRIZE and its impact?

Peter Diamandis: Absolutely. XPRIZE is a global nonprofit foundation running large-scale competitions. We've launched over \$500 million in prizes. These prizes are not just for ideas but for achieving significant, measurable goals. Our first XPRIZE was for private spaceflight. We also have a \$100 million prize funded by Elon Musk for carbon extraction from the atmosphere. In November 2023, we announced our largest prize ever: a \$101 million prize with a \$10 million bonus for reversing the loss of function due to aging



by at least 10 years, aiming for 20 years. This involves improvements in cognitive, immune, and muscle functions.

Jean Fallacara: That's incredible! What criteria will you use to measure the success of the teams participating in this competition?

Peter Diamandis: Teams are registering now, and the competition runs through 2030. We'll monitor their progress and, after two years, the top 40 teams will receive grants to help them continue. By the fourth year, we'll award \$10 million grants to the most promising teams. Ultimately, the team that demonstrates significant functional age reversal will win the prize. We'll be testing cognitive, immune, and skeletal muscle capabilities before and after a year of treatment to ensure measurable results.

Jean Fallacara: It's impressive how well-structured this is. The investment from the teams must be substantial, but the potential returns are enormous. How do you

see this initiative impacting the broader public, especially those who might not be tech-savvy?

Peter Diamandis: Education is crucial. Historically, technological advancements like vaccinations and sanitation have doubled human lifespan. These benefits eventually reach everyone. Similarly, the technologies we're developing now will become more accessible and affordable over time. The goal is to democratize access to these breakthroughs.

Jean Fallacara: Making advanced health solutions available to the masses is essential. On a personal note, what practices do you follow to maintain your health and longevity?

Peter Diamandis: I focus on diet, exercise, sleep, mindset, and regular medical check-ups. I exercise daily, follow a healthy diet, and ensure I get enough sleep. Mindset is crucial too. Optimism can extend lifespan significantly. I also undergo advanced diagnostics yearly to catch any issues early.

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Jean Fallacara: It's inspiring to hear your approach. There's a growing interest in stem cell therapy and other advanced treatments. How do you see these playing a role in the future of longevity?

Peter Diamandis: Stem cell therapy is incredibly promising. I co-founded Celularity, a company focused on placental stem cell therapies. These cells are potent and versatile, offering significant potential for treating various conditions. As these therapies become more refined and accessible, they'll play a crucial role in extending healthy lifespans.

Jean Fallacara: That's exciting! I've seen great results from stem cell treatments too. Finally, how can we bridge the gap and make advanced longevity solutions understandable and accessible to everyone?

Peter Diamandis: It's about education and mindset. People need to believe in the potential for a longer, healthier life. By providing evidence and success stories, we can inspire them to adopt healthier lifestyles. AI and other technologies will also help by offering personalized health guidance. The goal is to make longevity achievable for all, not just the wealthy or informed.

Jean Fallacara: Exactly! The dream is to see everyone living longer, healthier lives. Your work at XPRIZE is pivotal in making this a reality.

Now, I agree with that. It's probably about interpreting our genes in one way or another. However, there's a factor we might need to address in the future: our organs getting older. We may need to re-

place them in the long run. I believe we could live up to 200 years or more, and artificial intelligence can help us get there.

Now, my question to you, Peter, is about the biohacking community. I've noticed it tends to be somewhat exclusive, with radical life extensionists who want to freeze themselves to survive until future treatments are available. Meanwhile, there's a billion people who don't know where to start, don't know how to get the right information, and lack access to it. Across social media, there's a lot of misinformation. How can XPRIZE help this community understand the whole concept and make it ac-

cessible to everyone? The dream would be to see 8 billion people living longer, better, fitter lives because we helped them get there. How do you see that happening?

Peter Diamandis: I see that as part of our mission. Over the last century, we've doubled the human lifespan not just for Americans or Europeans but for the world. We achieved this through technological changes, vaccinations, pasteurization, better sanitation, access to more calories due to increased energy, and cleaner water. These technologies had global consequences, and the new technologies we're developing will eventually be democratized and

made affordable.

Initially, technologies are expensive and only accessible to the wealthy, like the first cell phones that cost \$100,000 and dropped calls frequently. Now, cell phones are affordable and ubiquitous. The same will happen with new longevity technologies.

First and foremost, the things you can do for yourself today are not expensive. My book "Longevity Practical Playbook" outlines the most important elements like diet, sleep, exercise, and mindset, and it's freely available. People can get a 30-page summary at diamandis.com/longevity.



Jean Fallacara: I've got that one, and it's very concise. Please, everyone, go get it and share it with your friends. So, the basics are clear—minimize sugar, eat the right foods, and eliminate junk. Sleep is essential, and we need eight hours. Exercise is crucial, especially for those over 60. It cuts cancer risk and all-cause mortality significantly. Mindset is also a big factor. Optimistic people live longer. Can we change mindsets though?

Peter Diamandis: Absolutely, and that's what I focus on at my Abundance Summit every year by providing data-driven optimism. Our brains are like neural networks trained by the data we feed them. If you watch negative news, you train your brain to see the world as a dangerous place. However, if you look at the data, we're living in the safest time in history, with significant improvements in poverty, literacy, and healthspan.

By showing positive data and achievements, we can retrain our brains to be more optimistic. I have two books coming out: "The Age of Abundance" and "Mindset Mastery," both aimed at realizing the extraordinary improvements in our world and how to maintain an optimistic outlook. This mindset change is crucial for longevity.

Jean Fallacara: Education seems to be the main problem today.



People are glued to negative news. I don't watch TV or read newspapers for that reason. How can we shift this?

Peter Diamandis: It's about changing the information diet. Most news is negative because our brains are wired to pay more attention to negative news. The media's job is to deliver our attention to advertisers, so they focus on negative stories. We need to counter this by seeking out and sharing positive, data-driven stories about progress and improvements in the world.

Jean Fallacara: That makes sense. Let's talk about practical measures. At your company, Fountain Life, you focus on advanced diagnostics. Tell me more about that.

Peter Diamandis: At Fountain Life, we aim to catch diseases early and prevent them. Our bodies are great at hiding diseases until they become severe. For instance,

most heart attacks and early-stage cancers show no symptoms. We've built centers where people can undergo comprehensive health screenings, including full-body MRI, brain imaging, coronary CT, genomics, and metabolomics. This annual check-up helps identify potential health issues early and predicts future risks, allowing us to prevent diseases before they become serious.

Jean Fallacara: That's amazing. Prevention is definitely better than cure. How do you see the role of advanced therapeutics in this space?

Peter Diamandis: We're constantly searching for and implementing the most advanced therapeutics. For instance, we're exploring therapeutic plasma exchange, investigational protocols for stem cells, exosomes, and placental plasma. These are in various stages of trials and are made available to our members. Stem cells, in particular,

hold great promise.

Jean Fallacara: Absolutely. What about other promising areas like NAD and NMN, as researched by David Sinclair?

Peter Diamandis: David Sinclair has done extraordinary work. The sirtuin system, which he studies, has dual functions in DNA repair and epigenetic regulation. As we age, DNA damage increases, and NAD levels decrease, causing issues in this system. Supplementing NAD, through NMN or other means, can support these processes. I take NMN daily and monitor my NAD levels. It's not the only solution, but it's a critical part of the puzzle, along with rapamycin and a focus on diet, sleep, exercise, and mindset.

Jean Fallacara: That's a comprehensive approach. How do you measure your biological age, and what results have you seen?

Peter Diamandis: My biological age typically measures 15 to 20 years younger than my chronological age, depending on the test. These tests vary, so they're more directional than precise. Ultimately, it's about how you feel, your energy levels, and cognitive clarity. I can do more push-ups now than 20 years ago and maintain high energy levels throughout the day.

Jean Fallacara: That's inspiring. Maintaining a youthful biological age is a testament to your approach. What's your advice for integrating advanced health monitoring and treatments into everyday life for the general public?

Peter Diamandis: It's about making these technologies accessible and affordable over time. Wearables and AI will play a significant role in providing personalized health guidance. People need to believe in the potential for a longer, healthier life and make informed lifestyle changes

now. Education and mindset shifts are key. If people understand the value and have access to the right tools and information, they'll be motivated to take action.

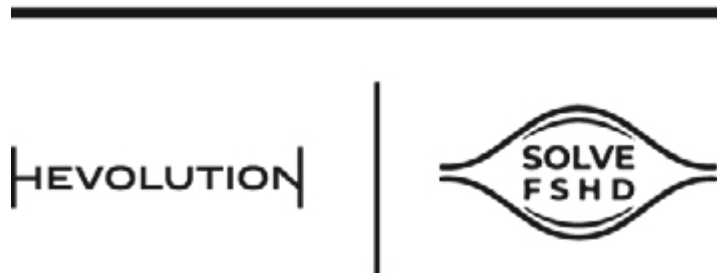
Jean Fallacara: Well, those are the key factors. I'm going to be blunt with a direct question. Have you ever measured your biological age?

Peter Diamandis: I have, and my biological age has trended between 15 to 20 years younger

than my chronological age. It varies significantly because, as you know, all of the aging clocks can give different results even when you take the same test twice in a day. These are directional at best. Ultimately, the question is, how do you feel? What's your energy level and cognitive clarity? For example, I can now pump out 100 push-ups, which I couldn't do 20 years ago. I typically go from 5:30 in the morning until 9:00 at night. Energy-wise, I'm good. As you age, another concern is avoiding



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accidents, as they can derail your exercise habits.

Jean Fallacara: Sarcopenia is a factor that increases the risk of those accidents. How you feel and what your capacity is today is very important. Most people rely on biofeedback tools and tracers. I admit I'm addicted to them. Do you use any trackers?

Peter Diamandis: Yes, I do. I use a CGM, an Oura Ring, and an Apple Watch. We're moving towards an era where we'll have wearables, ingestibles, and consumables that monitor everything continuously. These will be connected to AI, which will give us personalized recommendations on what to eat, when to exercise, and when to sleep. This health co-pilot will optimize our health. This isn't coming in 10 or 5 years—it's the next 2 or 3 years.

Jean Fallacara: That's impressive, but to what extent will people be ready to accept this without becoming too dependent? The mindset behind it is crucial. When talking to people with knowledge,

it's okay. But for those who don't even know what NAD is, or what a biofeedback tool is, the gap concerns me. How can we get everyone involved in this longevity movement and back on track, avoiding quick fixes like pills? How do we teach them to make healthier choices, like going for a walk instead of taking a pill to avoid a sugar spike?

Peter Diamandis: One of the things I focus on is cultivating a longevity mindset. If people believe we are on the verge of extending the healthy human lifespan, they'll be more inclined to take care of themselves. People need a reason to trade short-term pleasure for long-term gain. If they don't believe in the long-term gain, they won't make the effort. Education is key, as is providing proof and making it easier for them to adopt these changes. AI will play a significant role in this, and there will be medicines to support reducing sarcopenia. However, lifestyle changes are critically important, especially in the short term.

Jean Fallacara: That's why the



right information needs to be democratized and made understandable for everyone. My biological age is 28 years below my actual age of 56. I've achieved this with supplements, exercise, and natural methods. The concept of longevity starts with the right mindset, and everything else follows. If you don't have the right mindset, you won't adopt the right diet, exercise, or alignment with your life.



Peter Diamandis: Absolutely, Jean. It's amazing to hear about your achievements. The mindset is the foundation, and having the right information is crucial. It has been a great pleasure speaking with you today. I'm honored to be here.

Jean Fallacara: The pleasure is all mine, Peter. What you're doing with XPRIZE is groundbreaking and essential for the world. Your work needs to be universal. I'm in awe of all you've done and continue to do. Thank you for your time today.

Peter Diamandis: Thank you, Jean. Have a great day.



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PRODUCT *Reviews*

by @Cyborggainz



iHeart Device:

- *The Quantified Cyborg Monthly Review*



Why

The iHeart Device is designed for individuals seeking comprehensive insights into their heart, brain, and autonomic nervous system health. By leveraging advanced technology, the device provides real-time data that can empower users to make informed lifestyle choices, ultimately enhancing their physical well-being. Its high resolution and sampling rate set it apart from other commercially available pulse oximeters, making it a valuable tool for health-conscious individuals.

How

The iHeart Device operates using a wireless fingertip sensor that connects to an iPhone or iPad. With this simple setup, users can access detailed information about their internal health, including:

- Internal Age: Assesses how old you are on the inside.
- Brain and Nervous System Function: Provides insights into brain health and autonomic nervous system balance.
- Stress Management: Tracks how well you are managing stress.
- Pulse Wave Velocity (PWV): Measures aortic stiffness, a key indicator of heart health.
- Blood Oxygen Saturation (SpO2): Monitors oxygen levels in the blood.
- Blood Pressure Tracking: Evaluates changes in blood pressure to assess autonomic nervous system and brain function.

The device requires two AAA batteries (not included) and boasts superior resolution (20-bit) and sampling rate (200 samples/second) compared to other oximeters on the market.

Experience

Using the iHeart Device has been an enlightening experience. The setup is straightforward, and the device quickly pairs with the iHeart family of apps. The data provided is detailed and easy to understand, offering valuable insights into various aspects of internal health. Tracking progress over time is simple, and the feedback motivates healthier lifestyle choices.

Pros

1. **Comprehensive Insights:** Provides detailed information on heart, brain, and autonomic nervous system health.
2. **High Resolution and Sampling Rate:** Offers better accuracy and data quality compared to other oximeters.
3. **User-Friendly:** Easy to set up and use with intuitive apps.
4. **Real-Time Data:** Allows users to track their health metrics in real-time.
5. **Holistic Health Monitoring:** Combines multiple health metrics for a comprehensive view of internal well-being.

Cons

1. **Battery Requirement:** Requires two AAA batteries, which are not included.
2. **Price:** At \$99.95, it is more expensive than standard pulse

3. **Compatibility:** Only compatible with iPhone and iPad, potentially limiting its user base.
4. **Initial Learning Curve:** Some users may need time to understand the full range of data and its implications.

Conclusion

The iHeart Device is a sophisticated tool for those serious about monitoring and improving their internal health. With its high resolution and sampling rate, it offers superior performance and detailed insights into heart, brain, and autonomic nervous system function. While the price and need for batteries might be a drawback for some, the comprehensive data and real-time feedback make it a worthwhile invest-

ment for health-conscious individuals. Its user-friendly design and compatibility with multiple apps provide a seamless experience for tracking and enhancing overall well-being.

References:
- iHeart Device Product Information7:0†source



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Lumaflex Essential



Why

The Lumaflex Essential is designed for individuals seeking an all-in-one solution for pain relief, energy enhancement, and accelerated recovery. Utilizing advanced red and infrared light therapy, this device aims to unlock your body's full potential, making it an ideal companion for athletes, fitness enthusiasts, and anyone striving for optimal health and performance. Its FDA clearance as a class II medical device further underscores its credibility and safety.

How

The Lumaflex Essential delivers targeted red and infrared light therapy, offering multiple benefits:

- Pain Relief: Alleviates back and joint pain.
- Energy Boost: Enhances overall energy levels.
- Injury Recovery: Speeds up the healing process for injuries.
- Non-Invasive Healing: Provides a natural and non-invasive treatment option.
- Muscle Growth: Supports muscle growth and recovery.
- Quick Treatments: Offers effective results with speedy 10-minute sessions.

The device is meticulously crafted for ease of use, making it convenient for on-the-go treatments. Its versatility allows it to be used anywhere on the body, targeting specific pain points and areas in need of rejuvenation.

Experience

Using the Lumaflex Essential has been a game-changer. The device is lightweight, portable, and easy to operate. The red and infrared light therapy sessions are quick and painless, fitting seamlessly into a busy lifestyle. After several sessions, there is a noticeable reduction in pain and discomfort, increased energy levels, and faster recovery from workouts. The overall sense of well-being and vitality is significantly enhanced, making daily activities more enjoyable and less strenuous.

Pros

1. Versatile Treatment: Effective for pain relief, energy boosting, and recovery.
2. Quick Sessions: 10-minute treatments fit easily into any schedule.
3. Non-Invasive: Provides a natural, drug-free healing option.
4. Portable: Lightweight and easy to carry, perfect

for on-the-go use.

5. FDA Cleared: Ensures safety and efficacy as a class II medical device.

Cons

1. Consistency Required: Regular use is necessary to achieve and maintain optimal results.

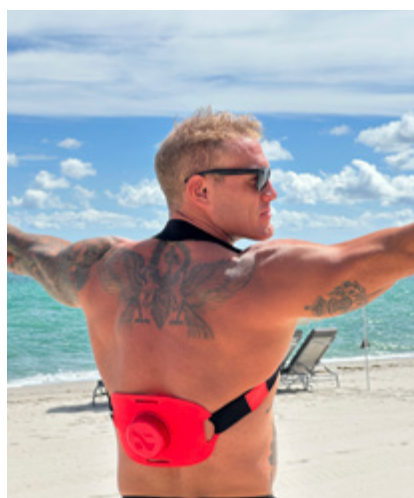
2. Initial Adjustment: Users may need time to adjust to incorporating light therapy into their routine.

Conclusion

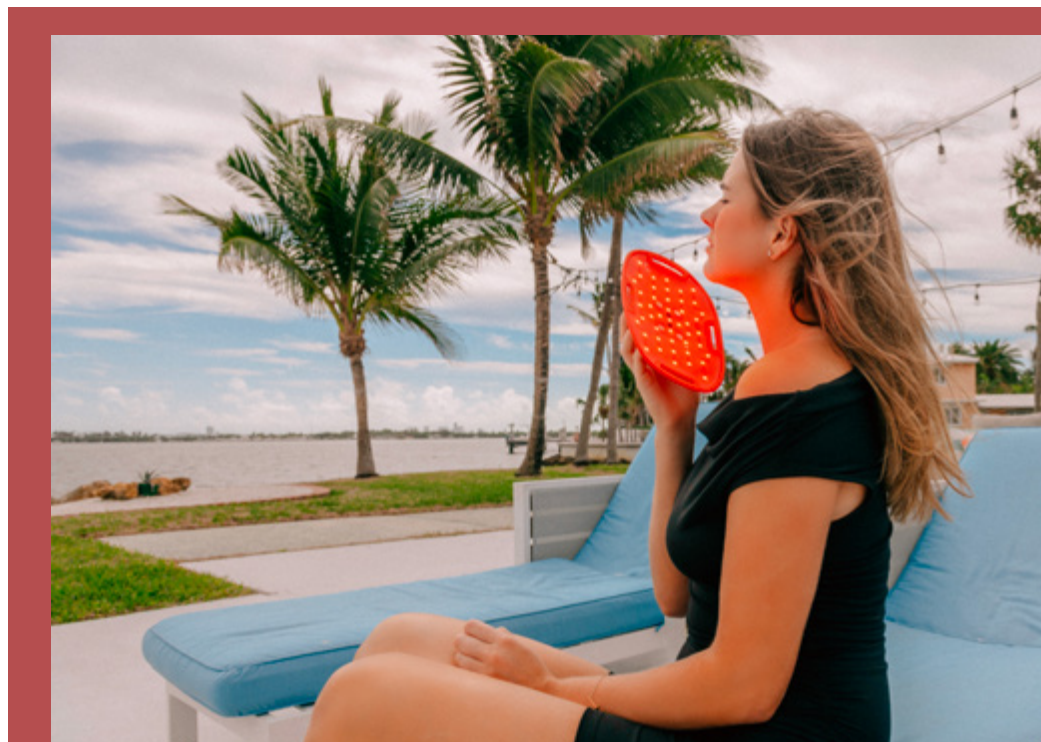
The Lumaflex Essential is a remarkable device that delivers on its promise of unlocking the body's full potential. With its wide range of benefits, from pain relief to energy enhancement and accelerated recovery, it stands out as a comprehensive solution for those committed to improving their health and performance. While the price point may be a consideration for some, the long-term benefits and FDA clearance make it a worthwhile investment. Consistent use of the Lumaflex Essential can lead to significant improvements in overall well-being, making it an indispensable tool on the journey to optimal health.

References:

- Lumaflex Essential Product Information [7:0†source](#)



[@lumaflex](#)



Prenuvo Body Scan:

- *The Quantified Cyborg Monthly Review*

I recently visited Prenuvo in Boca Raton for a full MRI body scan. My decision to undergo this thorough evaluation wasn't fueled by suspicion of any underlying health issues; rather, it stemmed from my desire to ensure that all the biohacking tools I use are aligned with my ultimate goal of living a longer, healthier life – perhaps up to 150 years old while still thriving in calisthenics. This journey of “lifespawning” goes beyond relying solely on cutting-edge technologies; it also emphasizes the power of utilizing our minds to enhance our well-being and longevity.

If you are serious about your health, prioritizing a full-body scan is essential. While biohacking and optimizing your health are valuable pursuits, preventing potential health issues should be a top priority. Longevity isn't just about improving your health or managing sickness; it starts with taking proactive steps to prevent health problems from occurring in the first place.

Getting a full-body scan allows you to have a comprehensive understanding of your body's current state. It can detect potential issues early on, enabling you to take the necessary steps to address them before they escalate into more severe problems. Prevention is always better than cure, and investing in a full-body scan can provide you with valuable insights into your health that you wouldn't have otherwise.

Biohacking, which involves using technology and data to optimize health and performance, is a powerful tool for improving various aspects of your well-being. However, biohacking can only take you so far if you neglect the foundational aspect of preventive measures. No amount of biohacking can fully compensate for the benefits of early detection and prevention.

By prioritizing a full-body scan, you are taking a proactive approach to your health that can



have long-lasting benefits. It empowers you to make informed decisions about your lifestyle, from diet and exercise to managing stress and sleep. Knowing your body's current state allows you to tailor your health strategies effectively and address any underlying issues before they become serious threats to your well-being.

Remember, longevity is not just about living longer – it's about living better and healthier. By focusing on preventing potential health issues through measures like full-body scans, you are laying a strong foundation for a healthier and more fulfilling life. Take charge of your health today, prioritize prevention, and set yourself on the path to a longer, healthier future.

What Does a Full MRI Body Scan Entail?

A full MRI body scan at Prenuvo offers a comprehensive evaluation of your body's internal structure and functions. This advanced imaging technology allows for detailed visualization of the organs, tissues, and systems within your body, providing valuable insights into your overall health and well-being.

During the scan, high-resolution images are captured using powerful magnetic fields and radio waves, allowing for a non-invasive and detailed examination of various body structures. The scan can detect abnormalities, such as tumors, cysts, or other anomalies.

lies, that may not be apparent through other diagnostic methods.

The full MRI body scan at Prenuvo is a proactive approach to health, enabling early detection of potential issues before they progress into more serious conditions. It provides a baseline assessment of your health status, helping you and your healthcare provider make informed decisions about lifestyle choices, treatment plans, and preventive measures.

Furthermore, the scan can reveal information about your cardiovascular health, neurological function, musculo-skeletal system, and more, giving you a holistic view of your body's inner workings. By uncovering any hidden health concerns early on, the MRI body scan empowers you to take control of your health and well-being proactively.

In essence, a full MRI body scan at Prenuvo goes beyond just imaging; it offers a valu-

able tool for optimizing your health, guiding your biohacking efforts, and supporting your journey towards a longer, healthier life filled with vitality and well-being.

The Prenuvo whole-body MRI screening:

1. Can serve as an adjunct to, but is not intended to replace, other established evidence-based screening practices for early detection of specific malignancies (e.g., colonoscopy, dedicated breast imaging, Pap-smear screening for cervical cancer, low-dose chest CT for high-risk patients).
2. Is effective for visualization of solid lesions on the order of 1 cm or larger within the head, neck, chest, abdomen, and pelvis. As with any medical test, there are limitations, which make it impossible to detect all malignancies and disease conditions.
3. Is generally sensitive and specific for detection of cere-

bral artery aneurysms on the order of 3 mm or greater in size.

4. Does not evaluate the heart or heart vessels.
5. Does not evaluate lung microarchitecture or pulmonary micronodules.
6. Does not replace dedicated breast imaging for screening or diagnostic evaluation (e.g., mammography, breast ultrasound, breast MRI with contrast).
7. Is limited in the evaluation of the gastrointestinal tract and does not replace endoscopy or colonoscopy (e.g., cannot detect bowel polyps).
8. Is limited in its assessment of the large joints as the exam is not tailored for detailed evaluation of the joint ligaments, cartilage, menisci, and labrum.
9. Should not be considered a primary screening modality of the skin. This is best assessed by direct physical examination.
10. Is not intended to replace dedicated diagnostic imaging in the setting of specific clinical diagnostic questions.

The scan revealed mild degenerative changes in my lower cervical spine, including disc desiccation, height loss, and small disc osteophyte complex, particularly notable at C5-6 and C6-7, causing mild central canal narrowing and encroachment of the bilateral neural foramen. Given my history with skydiving, dirt biking, car racing, and surviving two dramatic car crashes, I'm not that surprised and consider myself lucky to have just this. I'll follow up in 24 months as suggested.

Taking charge of your health today by prioritizing prevention and full-body scans is a crucial step towards a longer, healthier future.



[@prenuvo](https://www.prenuvo.com)

Qlarivia deuterium-depleted water

- *The Quantified Cyborg Monthly Review*



Why

Qlarivia 500ml is a product designed for those invested in the biohacking community and longevity enthusiasts. The appeal of Qlarivia lies in its promise of providing deuterium-depleted water (DDW), which is believed to offer numerous health benefits including enhanced mitochondrial function, improved metabolism, and overall better cellular health. For individuals focused on lifespan extension and optimal health, incorporating DDW like Qlarivia could be a significant addition to their regimen.

How

Qlarivia 500ml is produced by Mecro System SRL în România. The water undergoes a rigorous deuterium-depletion process to reduce the naturally occurring deuterium content, which is theorized to be harmful at higher levels. The process ensures that the water retains its purity while reducing deuterium levels to beneficial amounts.

Experience

Using Qlarivia 500ml has been an intriguing experience. The water tastes remarkably clean and fresh, devoid of any metallic or chemical aftertastes often found in other bottled waters. It feels light and smooth, making

it an enjoyable addition to daily hydration routines. Over a period of consistent use, I noticed a subtle but appreciable improvement in energy levels and mental clarity. These changes align with the expected benefits of consuming deuterium-depleted water, though individual results may vary.

Pros

1. Purity: Qlarivia 500ml offers exceptionally pure water with reduced deuterium content.
2. Health Benefits: Potential for improved mitochondrial function and overall cellular health.
3. Taste: Clean and refreshing, making it easy to incorporate into daily routines.
4. Quality Assurance: Pro-

duced by a reputable company, ensuring high standards in the manufacturing process.

Cons

1. Cost: Qlarivia is priced higher than standard bottled water, which could be a barrier for some users.
2. Availability: It might not be widely available in all regions, potentially limiting access for interested consumers.
3. Scientific Debate: While there are promising studies, the health benefits of deuterium-depleted water are still under scientific scrutiny and not universally accepted.

Conclusion

Qlarivia is a premium

product targeting a niche market of health-conscious individuals and biohackers. Its promise of enhancing health through deuterium depletion is backed by a noticeable improvement in energy and mental clarity, at least anecdotally. However, its higher price point and limited availability might make it less accessible to the general public. For those deeply invested in their health and willing to explore new frontiers in wellness, Qlarivia 500ml is a product worth trying. As always, it is recommended to consult with a healthcare professional before making significant changes to your health regimen.

WORLD'S FIRST PATENTED DEUTERIUM DEPLETED WATER (DDW)

- Optimizes mitochondria functioning
- Increases metabolism rate
- Boosts glucose metabolism
- Offers heart & liver protective effects

GOLD MEDALS

- 1998 - Brussels World Fair for Innovation & Research
- 2000 - London International Invention Fair
- 2000 - Budapest Association of Hungarian Investors
- 2001 - Geneva International Invention Fair

PATENTS

- 2018 - # 1794084B1 Process and Installation for Obtaining Deuterium Depleted Water (EU)
- 2011 - # 129778 Production of Deuterium Depleted Water (RO)
- 2006 - # 121638B1 Process and Installation for the Production of Deuterium Depleted Water (RO)
- 1997 - #112422B1 Process and Installation for Obtaining Deuterium Depleted Water (RO)

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DEUTERIUM DEPLETED WATER

@qlariviawater

Vibe Pocket PEMF Device by Resona Health

- The Quantified Cyborg Monthly Review

Why

The Vibe by Resona Health is designed for individuals seeking a convenient, portable solution for PEMF (Pulsed Electromagnetic Field) therapy. This device offers a proprietary set of 59 core protocols along with an additional 70 brain wave expansion protocols, making it a versatile tool for enhancing overall well-being. The compact design allows users to carry it in a pocket or wear it with a lanyard, making it ideal for use during daily activities like cooking, cleaning, or working.

How

The Vibe device operates by delivering PEMF therapy directly to the body or by infusing frequencies into water and creams. Here's how it works:

- Direct Application: Place the device against the body to deliver therapeutic frequencies.
- Infusion: Infuse water or creams with frequencies. The water retains these frequencies for 6-10 hours, while creams retain them for up to 30 days.

The device is compact (120 × 59 × 12 mm), lightweight (75 g), and features a built-in rechargeable battery. It provides up to 4 hours of working time at maximum power and 8 hours at 50% power.

Experience

Using the Vibe Pocket PEMF Device has been convenient and effective. The device is easy to carry around and fits comfortably in a shirt



pocket or on a lanyard. The instructions are straightforward, and the device's portability makes it easy to integrate PEMF therapy into daily routines. After consistent use, there is a noticeable improvement in overall well-being, including reduced pain, enhanced relaxation, and better mental clarity. The ability to infuse frequencies into water and creams adds versatility to its application.

Pros

1. Portable and Convenient: Lightweight and easy to carry, allowing for use during various

daily activities.

2. Versatile Application: Can be used directly on the body or to infuse frequencies into water and creams.

3. Proprietary Protocols: Offers a wide range of therapeutic protocols, including brain wave expansion.

4. Long Battery Life: Provides ample working time with a rechargeable battery.

5. Money-Back Guarantee: Comes with a 30-day money-back guarantee and a 1-year warranty, ensuring customer satisfaction.

Cons

1. Initial Skepticism: PEMF therapy can be met with skepticism, and users may need convincing of its efficacy.

2. Price: The device may be priced higher than standard health gadgets, which could be a barrier for some users.

3. Consistency Required: Regular use is necessary to achieve and maintain the best results.

4. Limited Information: More

detailed scientific data supporting the efficacy of the specific protocols would be beneficial.

Conclusion

The Vibe Pocket PEMF Device by Resona Health is an innovative and practical solution for those interested in PEMF therapy. Its portability, versatility, and ease of use make it an attractive option for individuals seeking to improve their overall well-being through non-invasive means. The device's ability to infuse frequencies into water and creams extends its functionality, making it a unique addition to any wellness routine. While initial skepticism is understandable, the 30-day money-back guarantee and 1-year warranty provide assurance for new users. Overall, the Vibe device stands out as a promising tool for enhancing health and wellness.

References:

- Vibe Pocket PEMF Device Product Information7:0†source



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





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Review of the 10th Annual Biohacking Conference: Pioneering the Future of Human Longevity





The 10th Annual Biohacking Conference, held from May 30 to June 1 at the Sheraton Dallas, was a remarkable convergence of minds dedicated to pushing the boundaries of human performance and longevity. Curated by the renowned Dave Asprey, the event showcased the latest advancements in biohacking, attracting a diverse audience eager to explore the science, technology, and innovations that promise to extend and enhance human life.

Day 1: A Grand Opening

The conference began with

Asprey himself addressing approximately 3,000 attendees, reflecting on the growth of the biohacking movement. From a modest gathering of 100 people in San Francisco a decade ago, the conference has blossomed into a major event in the health and wellness calendar. Asprey's keynote set the tone, highlighting the evolution of biohacking and announcing the launch of Upgrade Health by Upgrade Labs, an AI-driven program to personalize health solutions.

Dr. Sara Gottfried followed with an insightful talk on met-

abolic dysregulation, a condition affecting one in three people. She offered five solutions to regulate metabolic functions, emphasizing the importance of sleep, social interactions, and precision medicine.

A surprise fireside chat between Asprey and Daymond John of Shark Tank fame was a highlight. John shared his personal health journey post-thyroid cancer surgery, underscoring the importance of stress management and lifestyle changes.

The day concluded with a

compelling session by Dr. Daniel Amen on mental health. He emphasized the critical role of brain scans in diagnosing and treating mental illnesses, advocating for greater brain health awareness.

Day 2: Deep Dives and New Horizons

Day 2 featured a mix of keynotes, breakout sessions, and hands-on demonstrations. Asprey kicked off the day with an exciting announcement: the introduction of Psychedelic-Assisted Neurofeedback at 40 Years of Zen, a program designed to enhance brain function using Ketamine. This innovative approach, set to launch in August 2024, promises to be a game-changer in cognitive enhancement.

Breakout sessions included Dr. Gary Richter's talk on pet longevity and Dr. Will Cole's exploration of "Shameflammation," a condition linking emotional trauma to gut health.

These sessions underscored the conference's holistic approach to health, extending beyond human biology to encompass our animal companions and the mind-gut connection.

Sheila Kelley's keynote on Primal Vitality was a standout, delving into the power of embodied energies for longevity. Her passionate delivery resonated with many attendees, highlighting the intersection of physical and emotional health.

The day concluded with Dr. Joe Dispenza's inspiring keynote. Sharing his own healing journey from a severe spinal injury, Dispenza emphasized the transformative power of the mind. His message was



The Biohacking Conference brings together the brightest minds in the field to share knowledge, explore cutting-edge technologies, and empower individuals to become the CEOs of their own health."

- Dave Asprey



clear: belief and positive emotions can trigger profound biological changes, a principle central to biohacking.

Day 3: Wrapping Up with Wellness

The final day began with a serene group meditation led by Gabby Bernstein. Her session on inner alignment and presence set a reflective tone for the day, emphasizing the importance of mental and spiritual wellness in biohacking.

Breakout sessions by Aaron Alexander and Peter Crone focused on natural healing. Alexander shared techniques for accelerating injury recovery, while Crone blended science and philosophy to enhance the body's innate healing processes.

A Vibrant Biohacking Wonderland

Throughout the conference, the Biohacking Wonderland was abuzz with activity. Attendees eagerly explored the



latest biohacking technologies, from cryotherapy and hyperbaric oxygen therapy to high-powered PEMF exercise systems and quantum energy devices. These interactive demonstrations provided hands-on experience with cutting-edge tools designed to optimize health and longevity.

Conclusion: A Vision for the Future

The 10th Annual Biohacking Conference was more than just a series of talks and demonstrations; it was a celebration of human potential. Asprey's vision of biohacking as a means to take control of one's biology was evident throughout the event. By

bringing together the brightest minds in the field, the conference empowered individuals to become the CEOs of their own health.

As biohacking continues to evolve, events like this will play a crucial role in disseminating knowledge and fostering innovation. With the promise of extending human life well beyond current limits, the future of biohacking looks incredibly promising. The 10th Annual Biohacking Conference not only highlighted the strides already made but also set the stage for the next decade of breakthroughs in human optimization and longevity.

[@the.biohackingconference](https://twitter.com/the.biohackingconference)



Palm Island System Reset Experience

Breathe | Dance | Meditate | Biohack



by Jean Fallacara



Unveiling Transformation: NOA|AON's System Reset Event in Miami

Biohackers Magazine had the privilege of being invited by Pavel Stuchlik to cover his transformative event in Miami. Pavel, a master in integrating breathwork, meditation, sound healing, modernized ecstatic dance, and cutting-edge technology with education, has crafted a unique experience designed to reset and rejuvenate the mind, body, and spirit. This event, named System Reset, is a culmination of decades of exploration, learning, and personal transformation inspired by some of the world's most renowned leaders and a profound 10-day dark cave retreat in Thailand with Jasmuheen.

The inception of System Reset is rooted in Pavel's extensive travels and encounters with leading visionaries. His transformative

journey led to the creation of NOA|AON and the no-movement, which blends ancient wisdom with modern technology and science. The goal? To equip individuals with the tools needed to reconnect with their best selves, reshaping the way we socialize and learn through interactive, immersive experiences.

A Unique Fusion of Techniques

System Reset is a dynamic blend of breathwork, meditation, sound healing, and ecstatic dance, augmented

by modern technology. This approach aims to provide participants with a comprehensive toolkit for personal transformation, emphasizing that tangible results are attainable for anyone willing to commit to the process.

The temperature outside was close to 100F, participants had the privilege to access to a meticulously crafted journey of transformation, guided by insights and lessons from some of the most impactful experiences and teachings.



Reflect on Your 'Why'. Pavel encourages participants to introspect and identify their core motivations. "What is my WHY?" he asks, urging attendees to connect deeply with their intentions and be ready to transform through the collective power of breath and community.

NOA|AON invites everyone to embark on this transformative journey. The power of intention is emphasized, and participants are encouraged to share their desires and readiness for change.

We at Biohackers Magazine are thrilled to witness and share the profound transformations that will unfold during Pavel's series of events touring this year.





For more information and to stay connected with NOA|AON, visit their [Instagram] (<https://instagram.com/noaaonofficial>) and [Soundcloud] (<https://soundcloud.com/noaaonofficial>).

SEE AND BE SEEN

Upcoming Events

AUG. 1-4 · Orlando, FL



2024 - 6th Annual Champions for Healthy Living KETO ORLANDO HEALTH & WELLNESS SUMMIT AUGUST 1ST - 4TH | ORLANDO, FLORIDA

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SEE AND BE SEEN

Upcoming Events

SEP. 5 - 8, Anaheim, CA



RAADfest is a true festival, where all aspects of living longer and better are celebrated.

- RAADfest is designed to be the most immersive and interactive longevity event in the world. With content presented for a general audience, it attracts numerous practitioners, researchers, writers and members of the media, as well as individuals seeking to know the best ways to take charge of their longevity.
- Attendees are at the heart of the RAADfest experience, interacting with experts both during and after presentations. In RAADcity, the product expo, attendees get to sample products and services first hand, as well as learn new ways to support their longevity.

<https://raadfest.com/>

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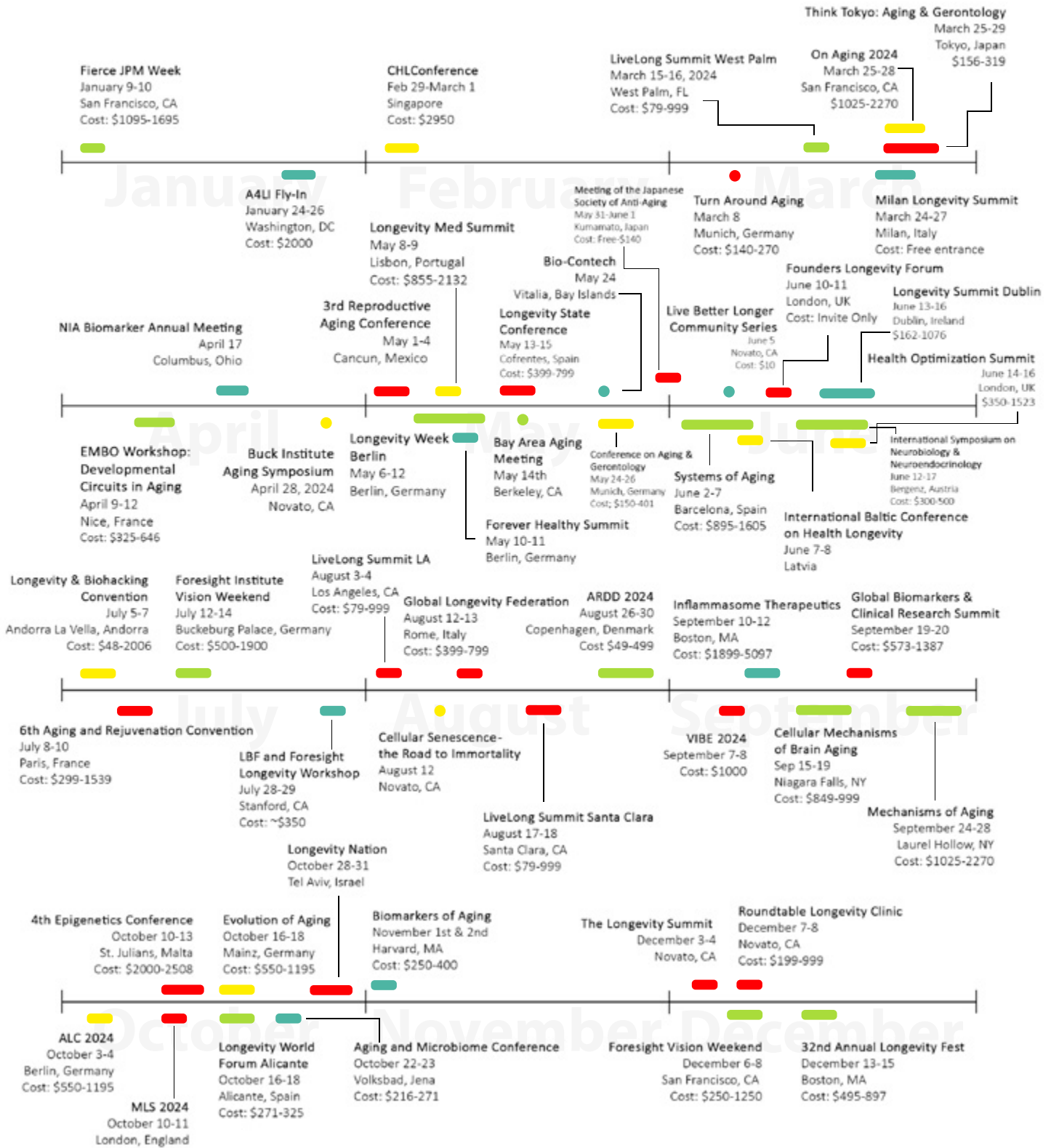


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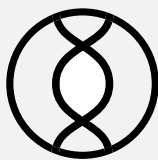
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