

BIOHACKERS

ISSUE 31

LEILA CENTNER

HEALING
HERSELF AND
THE WORLD

THE FORCE
BEHIND MIAMI'S
WELLNESS
MOVEMENT

ALSO IN OUR AUGUST EDITION:

- THE FUTURE OF HUMANITY WITH JAMIE METZL

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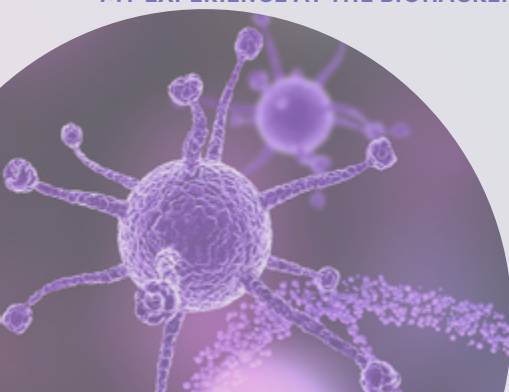
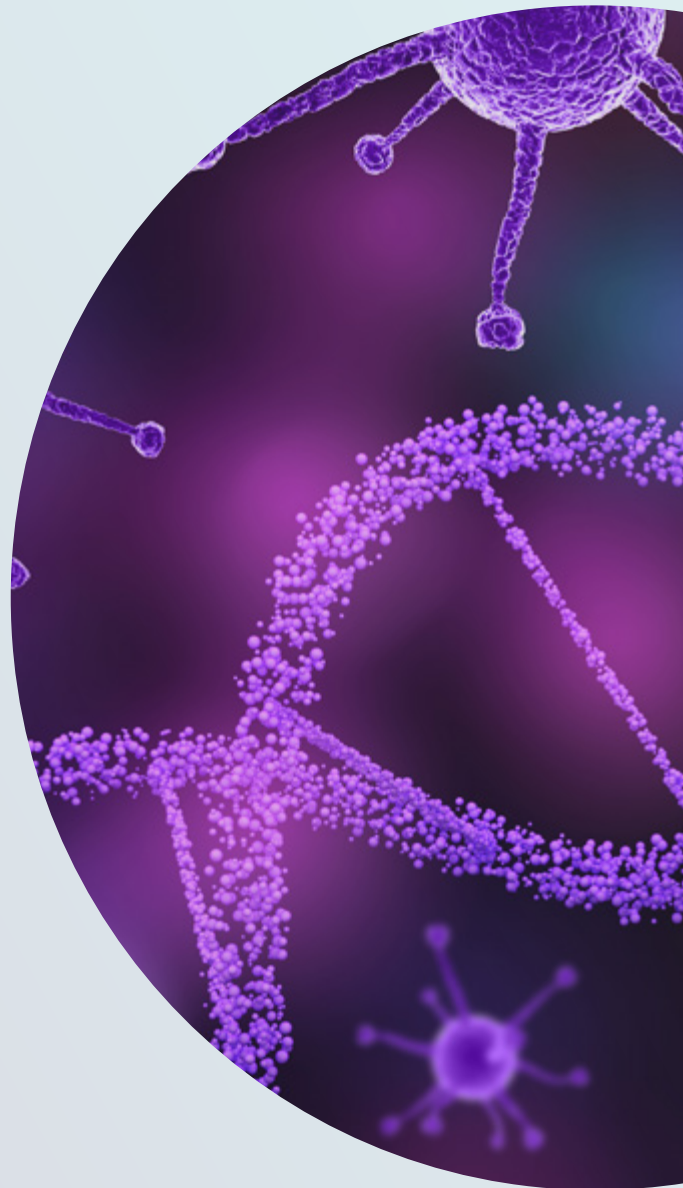
BIOHACKERS

M A G A Z I N E

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FREE TIME: DO YOU CONTROL IT, OR DOES IT CONTROL YOU?

The world is absolutely buzzing. The amount of information we as humans must experience and filter through is astounding. According to a 2017 article in Kids Frontiers, the average person processes 74 gigabytes (GB) of information per day, which is equivalent to watching 16 movies. There are an exhausting number of things that draw our attention. It can really weigh on us; so much so that all too often we become overtired and choose to spend the little free time we have to 'zone out' – whether its in front of the TV, social media or drugs, etc., we are medicating our overtiredness by making it a habit to participate in unproductive activities that take us away from reality.

Before all these technological distractions, human beings typically chose other ways to spend their free time. Going for walks/hikes around the neighborhood & parks, delivering a personal gift to someone, volunteering to help the less fortunate, engaging in prayer & contemplation. All these things helped to still our minds and recharge our spirits. It was free time well-spent. Nowadays most people seem to have the tendency to turn off their minds during their free time and consume anything that will distract them from their own

thoughts. As tempting as it is to be caught up on all the latest shows, news, social media, etc., it's the wrong approach. Instead, we should be focusing on activities that liberate us from the busy world of 'now now now'.

True Leisure is not sitting on our couches and zoning out. It is raising our awareness to the beauty of the reality before us. It is getting lost in the observance of a child playing. It is staring at the art behind the design of the symmetric flower. True Leisure happens when we turn off all distractions and have a constructive conversation with our inner selves. When we engage in leisure-based activities, we're not looking at the end-term goal or task to check off the list; no, we're doing something for the sake of doing it. It's the opposite of a utilitarian approach. The thing that makes or breaks society is how its people choose to spend their liberal time. We're free to abuse it and push what we should be doing to tomorrow. But we're never guaranteed tomorrow, so why not carve out the time now and make a conscious effort to disengage from the busyness of the modern world, and retreat into the depths of your soul for real contentment.

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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LONGEVITY CENTERS: FULFILLING THE PROMISE OF BIOHACKING AND HUMAN OPTIMIZATION

More and more wellness facilities focused on biohacking are popping up in the USA, combining advanced medical practices, cutting-edge technology, and holistic approaches to well-being, and becoming the epicenters of a new health revolution.

These centers offer a range of services, from genetic testing and nutrient infusions to mindfulness training and personalized fitness programs, all designed to empower individuals to take control of their health, optimize their performance, and extend their lifespan. For instance, Equinox, known for its luxury fitness clubs, has introduced a \$30,000 membership that includes access to exclusive wellness programs and biohacking tools. This example highlights the growing trend of integrating biohacking into mainstream wellness facilities, making advanced health optimization techniques more accessible to a broader audience.

During a recent visit to Centner for Wellness in Miami, I had the opportunity to meet Leila Centner, a visionary leader in this space. Leila's commitment to creating a holistic wellness environment is truly inspiring. The Centner for

Wellness stands out not only for its innovative treatments but also for its emphasis on community and connection, essential elements for anyone on the path of biohacking. Leila's approach is about combining modern science with ancient wisdom, offering our community a sanctuary where the pursuit of longevity meets the art of living well.

As I envision the future, my dream is to see biohacking centers become as prevalent as gym clubs, making longevity accessible to more people. Imagine a world where everyone has the opportunity to walk into a biohacking center in their neighborhood, just as easily as they would a gym, and engage in practices that enhance not just their fitness but their overall healthspan.

These centers would democratize access to longevity, breaking down barriers and providing the tools and knowledge needed to live longer, healthier lives. This is the future I am committed to creating—a world where the pursuit of longevity is not a privilege but a common practice.

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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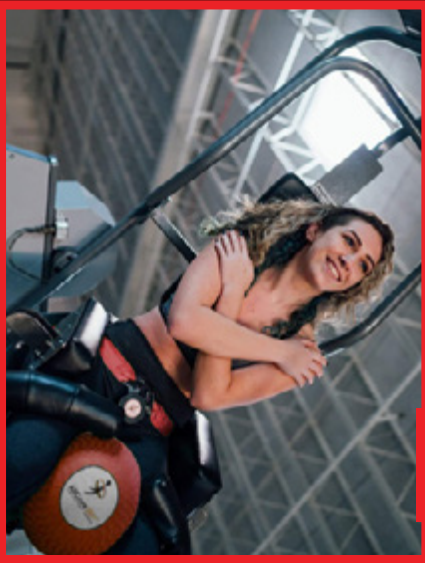
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Challenge Yourself

Put Your Lifespanning Knowledge to the Test

How does spermidine, found naturally in foods like aged cheese, contribute to longevity?

- a) Promotes autophagy
- b) Stimulates insulin resistance
- c) Increases calcium absorption
- d) Enhances neurotransmitter release

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

How do polyphenols found in green tea promote increased lifespan?

- a) By activating digestive enzymes, improving nutrient absorption
- b) By modulating estrogen levels, impacting hormonal balance
- c) By reducing oxidative stress and inflammation
- d) By increasing calorie intake, supporting higher energy levels

How does astaxanthin, a potent antioxidant, contribute to anti-aging?

- a) Enhances cellular respiration, increasing energy levels
- b) Protects cells from oxidative stress and UV radiation damage
- c) Inhibits vitamin absorption, reducing metabolic rate
- d) Stimulates immune responses, increasing allergy symptoms

What is the primary function of alpha-lipoic acid in enhancing longevity?

- a) Decreases glucose uptake to manage calorie restriction
- b) Acts as a powerful antioxidant, helping to maintain mitochondrial health
- c) Promotes protein synthesis, enhancing muscle growth
- d) Increases fat deposition, providing energy reserves



OVERCOMING MOLD AND FINDING WELLNESS

MY AUSTRALIAN
BIOHACKING STORY

By Camilla Thompson

WHY BIOHACKING MATTERS TO ME

G'day from the land down under! Living in Australia, we're blessed with abundant sunshine, breathtaking beaches, and a natural playground that offers incredible opportunities for optimizing our health.

Yet, even in paradise, challenges like mold toxicity can sneak up on us. My journey into biohacking began with a health crisis that turned my world upside down—mold poisoning.

After eight long years of suffering from symptoms dismissed as imaginary by traditional doctors, I took matters into my own hands. Biohacking became my tool to detox, heal, and reclaim my health, transforming a frustrating experience into a life-changing journey. Now I'm on a mission to help as many other people supercharge their life, one bio hack at a time.



OVERCOMING MOLD TOXICITY IN AUSTRALIA

Australia's humid climate can make mold a persistent and unwelcome guest in our homes. For me, it led to Chronic Inflammatory Response Syndrome (CIRS), which required more than conventional treatments could offer. Enter biohacking—my lifeline and a game-changer.

Here, in our sun-soaked country, I embraced practices like at-home saunas, cold showers, cryotherapy, and ocean dips to manage my condition. These natural biohacks, coupled with the beauty of our surroundings, make the journey not only healing but also a joy.

Supplements such as NMN, NAC, magnesium, glutathione, digestive enzymes, lysine, charcoal, and chlorella supported my recovery, and I still use them occasionally for maintenance. However, I've come to appreciate the power of our local, fresh produce. In true Aus-

ie spirit, I believe in using food as medicine, tapping into the bounty of our land to nourish my body.

Australia has embraced the biohacking trend with enthusiasm. Ice baths and cold plunges are popping up everywhere—on beaches and in gyms. This is just the beginning of the biohacking evolution here. The first longevity clinic called Saint Haven opened in Melbourne by Tim Gurner who is the Australian Bryan Johnson <https://www.gurner.com.au/sainthaven/>. There is also an annual longevity festival in the Australian forest <https://lumenlongevity.com/>. Everlab has launched offering diagnostics and personalised health <https://www.everlab.com.au/>

Byron Bay (heaven on earth) is leading the way with several recovery clinics, particularly popular are community-based saunas and plunges. They even have Biohacking builders who are getting in to it, starting and finishing their day with cold plunges and using Methylene Blue to stay focused and energized throughout the day.



MY FAVOURITE PRACTICAL BIOHACKS ON A BUDGET

Biohacking isn't reserved for the elite or those with endless resources. It's for everyone, and it's simpler than you might think. Here are some down-to-earth biohacks that fit perfectly into our Aussie lifestyle:

- **Hydration Hack:** Mold feeds off your body's fluids, leaving you dehydrated. A sprinkle of Celtic sea salt in your water can boost hydration. In our sun-drenched climate, staying hydrated is key, and this little tweak has been a lifesaver for me.

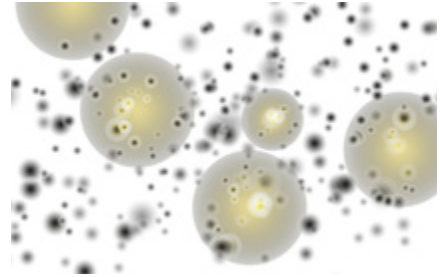


- **Plant Hack:** Just like our native flora, we need sunlight, air, and water to thrive. Step outside daily, soak up some vitamin D, breathe deeply, and hydrate. It's as simple and effective as it sounds.

- **Nature's Playground:** Embrace the great outdoors. Whether you're barefoot on our beautiful beaches or taking a plunge into the ocean, these simple acts are powerful mood and health boosters. Biohacking has been my ticket

THE TRANSFORMATIVE POWER OF BIOHACKING

to transforming my life and taking control of my health amid the unique challenges of our Aussie environment. With the right mindset and a few simple tools, we can all unlock vibrant health, renewed energy, and an empowered life. Biohacking is for everyone—no matter your budget or background.



Camilla Thompson



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

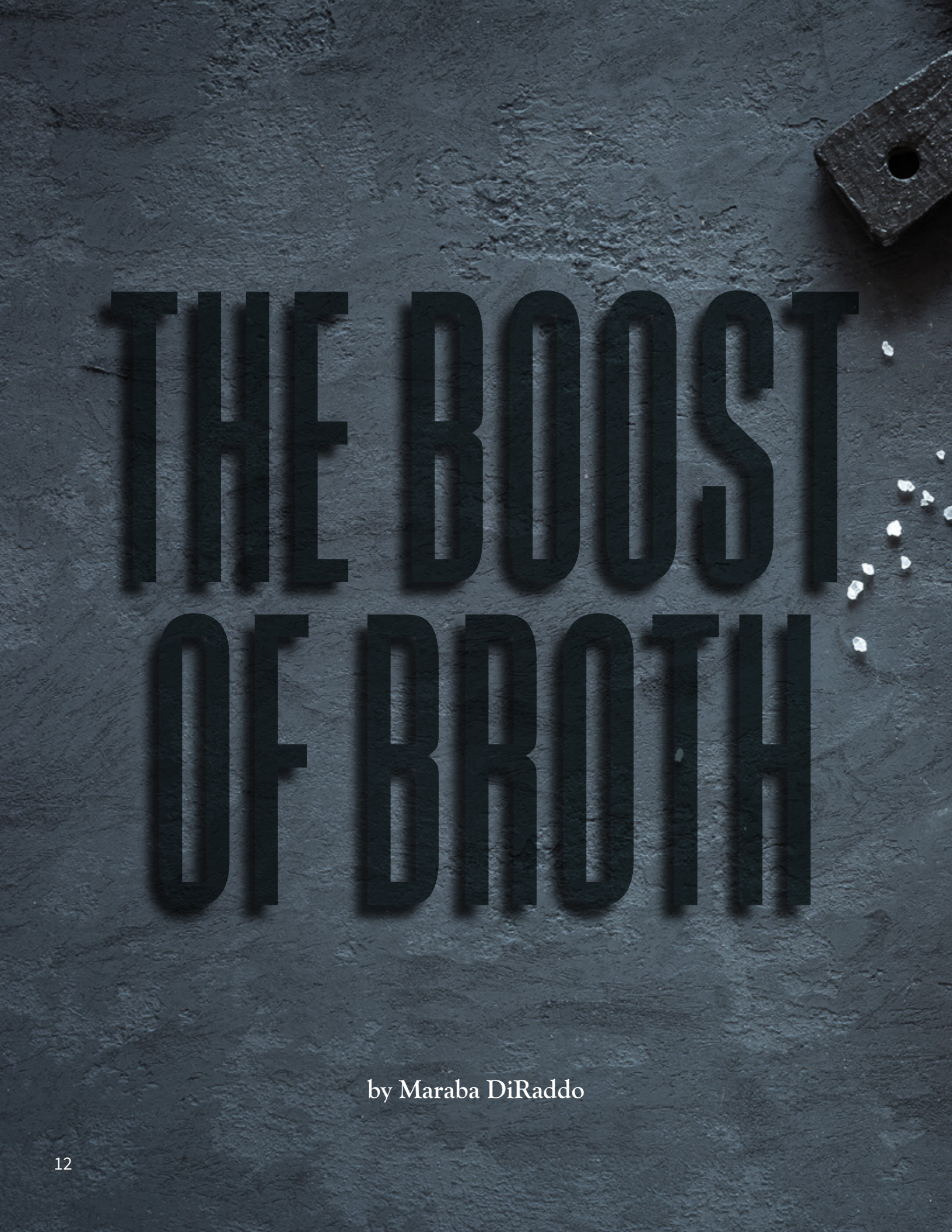
Founder, The Wellness Coach, Select Wellness, BioHackMe, and MouldSafe

Camilla Thompson is a pioneering integrative nutrition and health coach with over a decade of experience. As the founder of The Wellness Coach, she has been a trailblazer in the health and wellness industry. An active biohacker, she is a qualified nutritionist and writing book on biohacking and longevity. Camilla's expertise spans executive wellbeing coaching, mental health first aid, epigenetics, and neuroplasticity.

She is a sought-after keynote speaker and has delivered talks at prestigious health retreats like Elysia and to corporate audiences across Australia and New Zealand. Her latest talk, "Biohacking Basics," and her Biohacking retreats in Australia and Bali reflect her commitment to advancing holistic health practices.

As the co-founder of Select Wellness, Camilla designed and delivered bespoke mental health and wellbeing programs for top-tier clients, including Canva, Atlassian, PwC, and Microsoft. Additionally, she founded MouldSafe, focusing on mould testing and remediation.

Camilla's work has been featured in leading media outlets such as the Sydney Morning Herald, The Australian, and HR Daily. Passionate about fitness, cooking, and the outdoors, she practices yoga and pilates and enjoys hiking and growing her own vegetables.

The background is a dark, textured surface, possibly concrete or metal, with a rough, uneven appearance. In the top right corner, there is a small, dark, rectangular metal piece with a circular hole. Scattered on the right side are several small, white, irregular specks, possibly dust or debris.

THE BOOST OF BROTH

by Maraba DiRaddo



Sipping a cup of fragrant golden broth in my mother-in-law's colorful kitchen opened my eyes and taste buds to the soothing effects of fresh made broth. Overflowing bowls of light-yellow onion skins, bright orange chunks of sweet potato and curly green parsley rested beside an array of savory, collagen-rich bones. She would combine any good veggie scraps with a tart splash of vinegar in her giant stock pot, producing a flavorful elixir that made her notorious before bone broth was considered "cool". That medicinal broth boosted her family's famous immune system - her kids, grandkids and great grandkids can testify. Her nourishing broth dramatically changed the direction of my path to wellness as a teacher, coach, and mom and continues to support me on a daily basis.

Biohacking your Health with Broth

Pairing meals with broth for healing purposes has been common in cultures around the world for centuries. Current thought leaders in health and wellness are still touting the important idea of food as medicine. Dave Asprey coined the term "biohacking" to encourage us to take small steps to control our own health. By applying modern perspectives to ancient traditions, we can understand why making small tweaks to our daily diet pays off with strength and longevity. The Metabolic Terrain Institute of Health explored the science behind why patients recovering from cancer benefited from bone broth recently in 2023 (<https://mtih.org/>



bone-broth/). Major health centers, such as the Mayo Clinic, are finally studying ways to improve digestion to enhance both body AND mind, emphasizing the gut-brain axis and the role of food in healing. Now more than ever we understand the significant role that food and mind-set play in our health and wellbeing. Adding broth to your daily health tools is a sure way to boost physical and mental performance.



Healing the Gut-Brain Axis

From Chinese medicine to Ayurveda, traditional healing focuses on gut health and this thread now informs both cutting edge biotech and mainstream healthcare. Improving digestion is a fundamental component in the application of any holistic individualized nutrition plan. Yet most of us still question "what is the right diet for me?". Figuring out how to eat and move for a healthy metabolism and getting access to the technology to measure your health requires experimentation and upgrading your tools. Has your diet improved but you're still not consistent? Are you seeing your health markers in optimal range? Has your health plateaued? Broth may be your missing piece. A simple, valuable source of concentrated sustenance, broth stabilizes our gut without excess and is a low-tech tool for us to reset our health. Broth recipes can be tailored to what you love, what is fresh, available, in season, or what you happen to have on hand. The science behind rotating the vegetables and bones in your broth defines why your gut biome thrives on diversity in your daily diet. Broth provides trace minerals and collagen which benefit the intestinal lining and address mind/body inflammation at the cellular level. The key to true brain health and aging positively is mitochondrial function. While you sip a delicious hydrating elixir, your cells receive micronutrients making broth the equivalent to liquid "a cell vitamin bath".



The How of Broth

Broth-based wellness plans are popular in wellness practices in the U.S. but also internationally. Broth and soup has been used all over the world by foodies and health enthusiasts alike. What seems like a trendy fad in the U.S. is part of an overall systemic change toward normalizing a vibrant healthy lifestyle. We know that injuries heal faster, anxieties lessen, brain issues clear up, metabolism and weight balances more easily when we regularly consume soup. But how can you get broth into your diet on a regular basis? Making your own small batch broth with or without bones is a learning curve. If you haven't tried making or drinking broth I recommend starting small

(max a cup a day) and drink some broth in the morning after a cup of water. Traditionally, broth, soup, caldo, consommé or dahl is eaten in the morning or at lunch before the meal, allowing the nutrients to be absorbed more effectively as there are no other foods competing for digestion. Your ingredients do matter. Avoid high sodium and heavy metals in broth, source organic, locally if possible, and quality is key. Homemade is ideal but there are good off the shelf options. Try adding a squeeze of lemon or lime, chopped parsley or cilantro or a sprinkle of Ceylon cinnamon. (You can find the heavy metal safe cinnamon here <https://amzn.to/3AG-dhc9>). Powerful rich nutrients such as collagen, amino acids, and minerals like calcium, magnesium, and phosphorus go easily into your bel-

ly cells when you consume quality broth - especially on an empty stomach.

Vegetable Broth vs Bone Broth - Yes and Yes!

I am often asked; "Does Broth have to have bones?". Does vegetable broth benefit our gut and brain too? Veggie broth is indeed nutrient dense: packed with Vitamins A, C, E and K. The immune boosting capacity of vegetables cooked with garlic and ginger has been documented to contain antioxidants that boost cellular detoxification. High in fiber and flavor, veggie broth is a proven powerhouse for healing. I encourage clients doing a 1,3 or 5 day wellness reset to drink both a cup of bone broth and a cup of vegetable broth every day depending on preference, season and health.

Recipe for Calm Clarity

The idea that mind and body work in connection still stumps most mainstream U.S. physicians. However, as my husband's Spanish cardiologist put it; in other parts of the world "it's important not just what you eat but how you eat it". We can benefit from eating in a way which makes it as easy as possible for our belly to relax and digest. In stressful or hurried situations the blood leaves the gut and turns off digestion - as in "fight or flight". This is an aspect of healing that biohackers need to remember; the nervous system needs support for your other tools to work. Allowing the gut-brain axis to flow requires a complex network of neurons connecting the belly and the brain to literally turn on. But this is a trick which also requires our stress switch to turn off. Broth is one way to help your

belly and brain relax. When you eat, do you feel like you're around a happy table of friends and family taking your sweet time to eat a great healthy meal? I hope you do! But for many of us, we need a daily gut reset even if we can't eat or slow down perfectly. If your lifestyle and nervous system feel like they need bolstering, the benefits broth can offer to body, mood, appetite, and cognition might be worth the relatively low time and money investment. For me, at almost 60, I love the boost of energy (before caffeine) to start the day and feel a sense of calm clarity wash over me. I literally take my own medicine, feeling thankful for the many wise teachers and traditions who have passed on broth wisdom and flavorful, balanced healing recipes.

How to add bone broth to your daily routine for a healthier gut and a happier brain:

1. Sip a half cup to cup of broth in the morning and as a soothing pre evening meal drink. Slow your breathing as you savor.

Start slow and don't over do. A cup of broth a day is best. Try different temperatures to explore your preference.

2. Use it as a base for rice, veggies, juice blends, soups and stews. Replace water with broth in your favorite recipes for added flavor and nutrition.

3. Drink it as a snack. Savor a cup of bone broth with a squeeze of lemon or lime and sprinkle of sea salt or cinnamon during your afternoon lull.

4. Fasting? Bone broth is a great option during fasting periods as it provides essential nutrients without spiking insulin levels.



Try this Brain and Gut Healing Bone Broth Recipe:

2 lbs. Chicken bones
5 cups filtered water
1 tsp Apple Cider Vinegar
1 medium onion chopped
3 - 4 cloves garlic loosely chopped
1 small chunk of ginger
1 tsp dried oregano
1 tsp dried thyme
1 cup parsley loosely chopped
2 carrots loosely chopped
3 stalks celery loosely chopped
½ yam chopped into quarters
1 bay leaf
½ tsp sea salt
3 cardamom pods
1 ceylon cinnamon stick

1. Soak all veggies in a bowl of water for 5 minutes, strain and add to large stock pot with bones and spices. Change up and try new combinations of bones as you feel more comfortable with making this DIY healing remedy.

2. Bring to a low boil, then lower to barely a simmer for 6-8 hours

3. Strain through a sieve or metal colander and discard bones and veggies.

4. Cool liquid and then chill in a glass container in the refrigerator. Scrape off fat. To freeze: put into mason jars with a few inches of space on top or use "souper cubes".

5. Broth is good in fridge for 4 days and 2 months in freezer.

6. Feel free to experiment with additional herbs such as cilantro, rosemary, and star anise.

7. Rotate the veggies; add what is in season, scraps from cooking, or try a new vegetable pairing - purple sweet potato with golden beets is a personal favorite.



Maraba DiRaddo



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

Maraba DiRaddo, is a seasoned Holistic Health Coach, Movement Therapist and founder of <https://blissbroth.com> in Austin, Texas. Her BA in pre-med and holistic health and her training in Medical Massage modalities led to her work in hospitals, clinics and private practice specializing in chronic pain. Iyengar Yoga and Pilates method training have also been central to her practice but she realized early in her career that nervous system and digestive health were the missing pieces in deeper injury prevention and healing. This realization led her to study Traditional Chinese Medicine, Ayurveda, and Auto-immune nutrition and to develop her own broth protocols for her clients and family.

Maraba has guided clients for over 30 years to make simple, small, daily, well planned health changes that include individualized movement and nutrition. She believes that aging positively requires all the good tools - and a great soup! Maraba loves to practice yoga, cook, teach, write and spend time in nature with her active family.

She is very inspired by health thought leaders who encourage accessible hacks to make systemic change. Maraba is currently writing a sequel to her mom-in-law Goodie's cookbook and a digital Brain Health Guide for Mamas.

IN THE LAB

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



Brain Power: Activating Neurons to Boost Longevity and Health in Mice

A study published on January 8, 2024, in *Cell Metabolism* revealed that activating certain neurons in the brain can extend the lifespan of mice. Researchers at Washington University School of Medicine focused on neurons in the dorsomedial hypothalamus, which play a role in communication between the brain and fat tissue. Stimulating these neurons led to increased lifespan and improved health markers, including better metabolic function and reduced age-related decline. This research underscores the importance of brain-adipose tissue communication in aging and highlights a potential new avenue for longevity interventions (*ScienceDaily*).

Tokizane, K., Brace, C. S., Imai, S. et al. DMHPPp1r17 neurons regulate aging and lifespan in mice through hypothalamic-adipose inter-tissue communication. *Cell Metabolism*. 2024. DOI: 10.1016/j.cmet.2023.12.011.

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/>



Age-Defying Breakthrough: Targeting IL-11 to Extend Lifespan and Enhance Health in Mice by 25%

In a groundbreaking study published in *Nature* on July 17, 2024, researchers discovered that inhibiting the protein IL-11 can extend the lifespan of mice by up to 25%. IL-11, which increases with age, is associated with various age-related diseases and loss of function. By administering an anti-IL-11 antibody to middle-aged mice, researchers observed not only extended lifespans but also significant health improvements. Treated mice exhibited reduced obesity, fewer cancers, and enhanced metabolic function. This study suggests that targeting IL-11 could be a promising strategy to combat aging and its associated diseases. Clinical trials are underway to explore the potential of anti-IL-11 therapy in humans (*Longevity Technology*).

(livescience.com).

Reference:

Tokizane, K., Brace, C. S., Imai, S. et al. DMHPPp1r17 neurons regulate aging and lifespan in mice through hypothalamic-adipose inter-tissue communication. *Cell Metabolism*. 2024. DOI: 10.1016/j.cmet.2023.12.011.

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

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Tim Gray / Uks leading biohacker

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Biohacking Bone healing

by Valérie Orsoni





Biohacking can often seem invisible in its immediate results, leaving many skeptics unconvinced. That's why I love showcasing how biohacking can accelerate healing remarkably fast! Of course, having a healthy body as a foundation—what I call our “canvas”—makes a significant difference.

On July 3rd, while taking a casual stroll around Lake Tahoe in California, still in my city clothes and just a pair of sneakers, I missed seeing a hole in the ground. My right ankle rolled and snapped (yes, I heard it). I fell hard and, in the process, injured my other ankle. This seemed absurd to me. I've climbed mountains worldwide—over 40 peaks above 16,000 feet in less than seven years, 20 of those in under nine days (a record). I've skied to the South Pole and never broken a bone. But walking around a lake? Yup! The doctors told me this is actually quite common. We tend to lower our guard on “easy” walks, and that's when accidents happen.

After a trip to the local ER, I was diagnosed with an avulsion fracture (where a piece of bone detaches) and two sprains in my right ankle, along with a hairline fracture and a sprain in my left foot. Faced with these injuries, I decided to implement my SUPER HEALING BIO-HACKER PLAN immediately (while on vacation, even though I did not have access to everything I needed.)

1. Collagen Peptides

I increased my collagen peptides to 2 x 20 grams per day. I take a mix of bovine and poultry to get the best three types of collagen I need. Collagen is a crucial protein that supports the structural integrity of our skin, hair, nails, bones, and joints. By boosting my intake, I aimed to accelerate the healing process. I add this to my “daily biohacker shake.”

2. Curcumin/Phospholipid

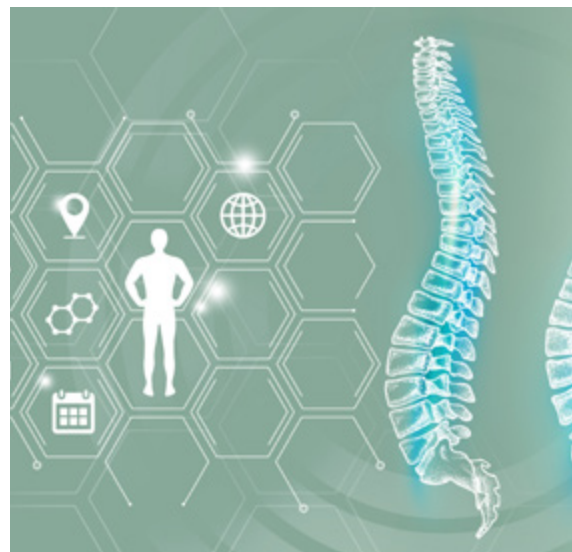
I doubled my curcumin/phospholipid intake. Curcumin, the active compound in turmeric, is well-known for its powerful anti-inflammatory and antioxidant properties. The phospholipid helps enhance its absorption in the body. Reducing inflammation is key to accelerating healing, and curcumin is one of the best natural anti-inflammatories.

3. Fasting

I extended my fasting period from 16 hours to 18 hours each day to help with inflammation. Intermittent fasting can help reduce inflammation, improve metabolic health, and support cellular repair processes. This approach leverages the body's natural repair mechanisms during the fasting period to aid in the recovery process.

4. Exercises

I started moving my feet with gentle exercises right away, as movement is crucial for maintaining circulation and preventing stiffness. These gentle exercises improve blood flow to the injured area, promoting healing and preventing muscle weakening. After 7 days, I increased the intensity of



the exercises and added full-body fitness sessions (low impact, no weight bearing) to keep my skeletal health in top shape.

5. Ice Therapy

I used ice six times a day for 20 minutes each time. Ice therapy helps reduce swelling and numbs the pain in the affected area. By regularly applying ice, I aimed to keep inflammation in check and provide some pain relief.

6. Epsom Salts foot baths

Twice a day for 20 minutes. Epsom salt foot baths are beneficial for healing a fracture because the magnesium sulfate they contain reduces inflammation and alleviates pain, creating a better healing environment. Additionally, they improve blood circulation, which accelerates the repair process of damaged tissues.

I use the basic Epsom Salt, no gimmicks or added scents.

After four days, I was back home, so I added:

7. BPC157/TB500

I started a new 3-month cycle of BPC157/TB500 from Biotech Peptides. BPC157 and TB500 are peptides known for their regener-



ative properties. BPC157 has been shown to accelerate the healing of tendons and muscles, while TB500 promotes cell migration and repair. Together, they form a potent combination for injury recovery.

8. Red Light Therapy

I used my travel Red Light Therapy Travel Mat from MitoRedLight for 2 x 20 minutes each day. Red light therapy, also known as photobiomodulation, uses specific wavelengths of light to penetrate the skin and promote healing at the cellular level. It helps reduce inflammation, relieve pain, and enhance tissue repair. I burrito my feet in the mat, which is super practical!

While this is happening, I also wear my MitoMind helmet at RELAX mode (10Hz) for 15 minutes to help my mind relax and support my body natural healing functions.

9. PEMF Treatments

I started daily PEMF (Pulsed Electromagnetic Field) treatments on both ankles and the knee that hit the ground. PEMF therapy uses

electromagnetic fields to stimulate and enhance cellular repair processes. It promotes increased circulation, reduced inflammation, and faster healing of bones and soft tissues. PEMF devices can vary in their design and application, but the underlying principle remains the same: using electromagnetic fields to stimulate the body's natural recovery processes.

10. Class 4 Laser Therapy

I also began daily Class 4 Laser treatment on the same areas. This high-powered laser therapy penetrates deep into the tissues, promoting cellular regeneration and reducing inflammation. Class 4 lasers are more powerful than their lower-class counterparts, making them effective for treating deeper injuries and accelerating the healing process.

11. Shockwave Therapy

Shockwave therapy on each ankle became part of my routine as well. This treatment involves sending sound waves into the affected area



to stimulate healing. It promotes blood flow, reduces pain, and can help break down scar tissue, which is beneficial for the recovery of both bones and soft tissues.

12. Impulse Therapy

I included impulse therapy on each ankle, knees, and hips since limping is not great for my overall hip health. Impulse therapy uses mechanical pulses to stimulate nerve and muscle activity, improving circulation and aiding in the healing process. This therapy helps prevent stiffness and maintains muscle tone during the recovery period.

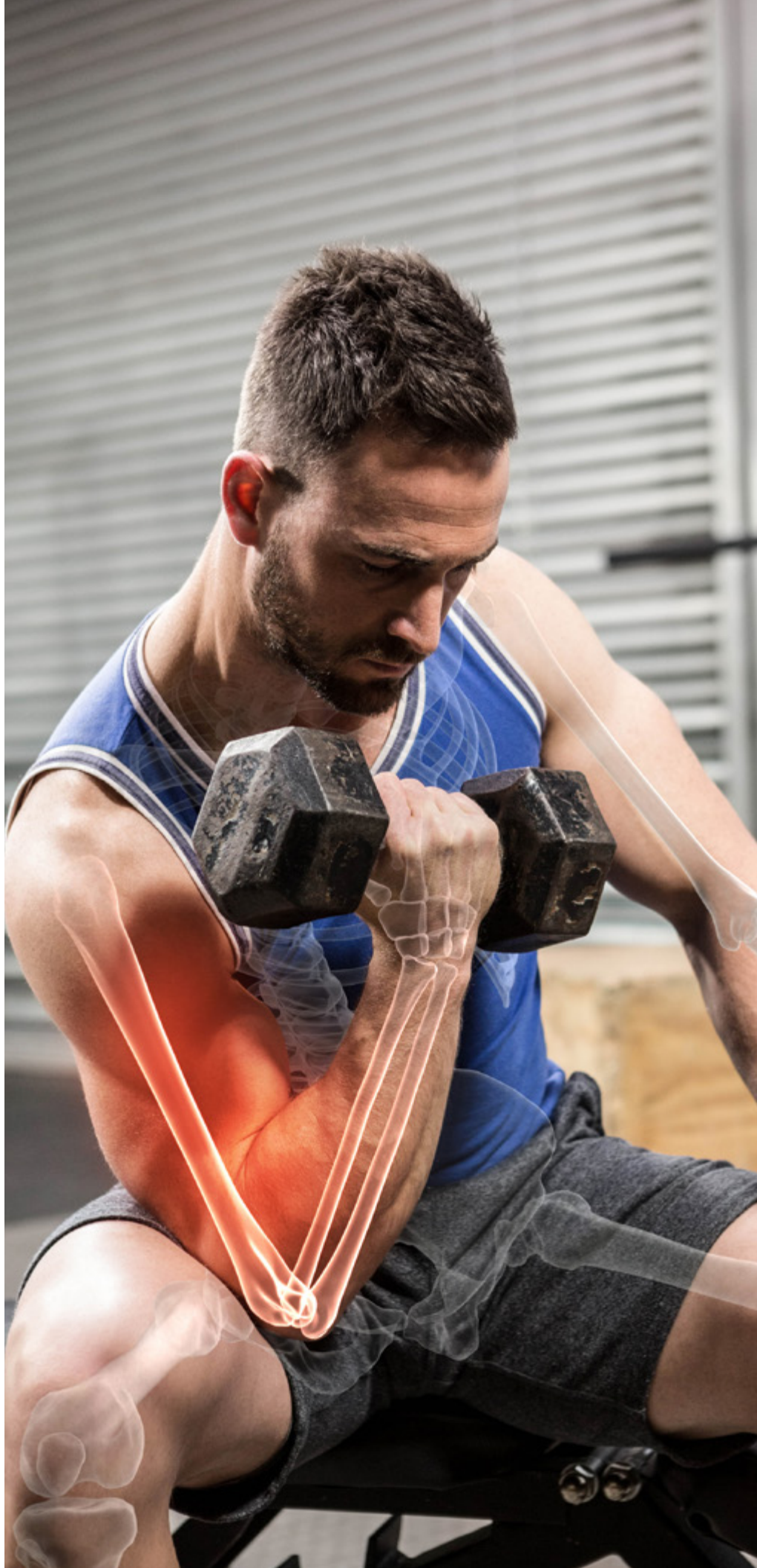
13. Hyperbaric Oxygen Therapy

Every other day, I spent one hour in a 1.3 ATM hyperbaric chamber. Hyperbaric oxygen therapy involves breathing pure oxygen in a pressurized environment. This increases the amount of oxygen in the blood, promoting faster healing of damaged tissues. I do not like the 2.4 ATM as the potential side effects are not great (I am 50% deaf already and want to preserve my eardrums).

After four days, I realized I could put weight on my most injured foot without pain! On the fifth day, my doctor instructed me to “remove your boot and walk in the hallway,” and I could do so (albeit stiffly like a robot) but without pain at all. By the sixth day, my orthopedic surgeon was astounded by my rapid recovery, stating that my healing progress was equivalent to a “normal day 25.”

Given the speed of my recovery, my orthopedic surgeon recommended against overusing the boots and knee scooter. As a result, I started walking barefoot at home 100% of the time, only wearing the boot to protect my injured foot when outside.

By day 12, my orthopedic surgeon told me “You cannot wear the



boot any longer, you heal so fast."

By day 20, I was in the Turks & Caicos islands, scuba diving!

Throughout this period, I continued taking my numerous daily supplements, which play a critical role in supporting the body's healing processes. Here are a few key supplements I rely on (on top of the ones already describe here above, namely collagen and curcumin):

- Magnesium Chloride (1gr a day)
- Vitamin C Ester (1gr a day)
- Nicotinamide Riboside (300 mg a day)
- Omega 3 Krill (SuperBa)
- Black Cohosh
- Spermidine
- Cinnamon + raw organic cacao (for my biohacker's shake)
- Adaptogens (pretty much all of them)

- Melatonin (at night, of course)
- AKG
- Berberine (600mg a day)
- Glutathione (175 mg)
- Proteolytic Enzymes
- L-Arginine
- Astragalus
- Amino-acid blend

Some people say, "You're lucky you have the time to do all this, but I don't."

To this, I respond: If you ever face a serious illness like cancer, which I don't wish on anyone, you WILL find the time to go to the hospital, undergo chemo, and follow treatment protocols.

So, why not pay it forward now? It's a matter of priorities. I don't watch TV; I've never seen Game of

Thrones, among other shows.

Instead, I prioritize maintaining and enhancing my health. It's a conscious choice—a choice that seems obvious to us biohackers but not always to the rest of the world. Society often influences us to believe that doctors always know best. When they say, "there is nothing to be done," we often accept it without question and fail to explore alternative solutions.

When it comes to the cost of it all, remember this: "Don't sacrifice your health for wealth, because in the future, you may end up spending all your wealth trying to save your health."

And remember this, too. Health = more productivity = more wealth!

This is the true virtuous circle.

Valérie Orsoni



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

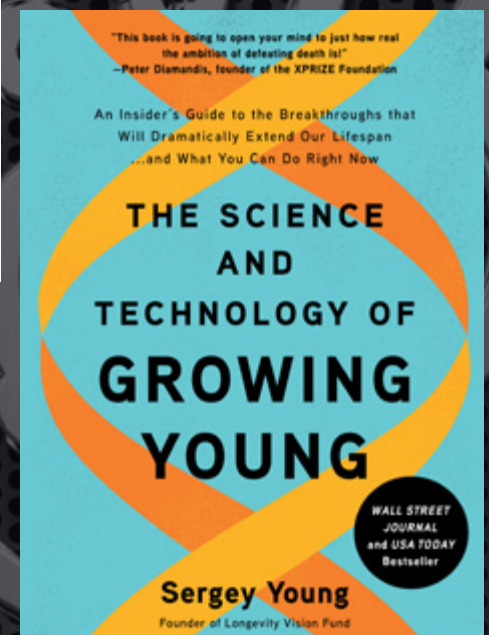
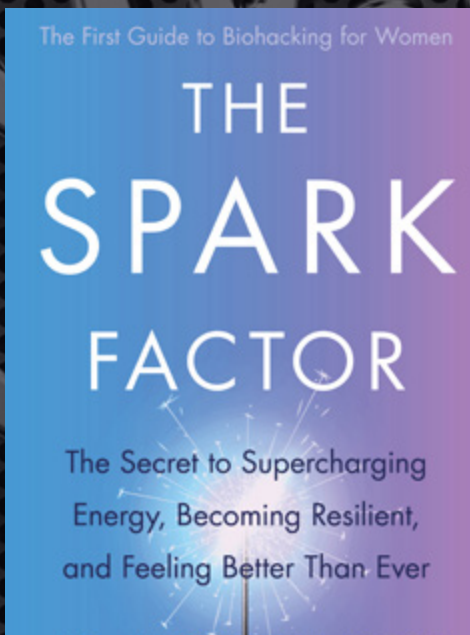
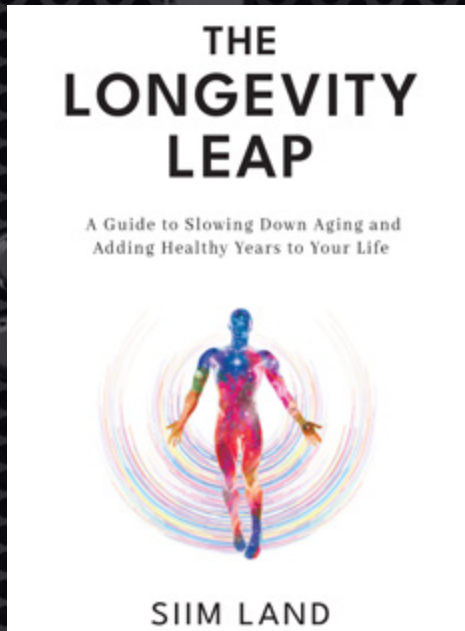
Valérie Orsoni has been a biohacker since 1998, living the talk and walking the walk long before the term existed (peptides, red light therapy, cold plunges and more!).

An avid explorer and mountain climber, she has conquered over 40 peaks above 15,000 ft in the past seven years and skied to the South Pole. As a successful entrepreneur, she founded LiliWarrior, a 100% inclusive and sustainable athleisure brand, celebrated in Vogue as a favorite green sports brand among celebrities.

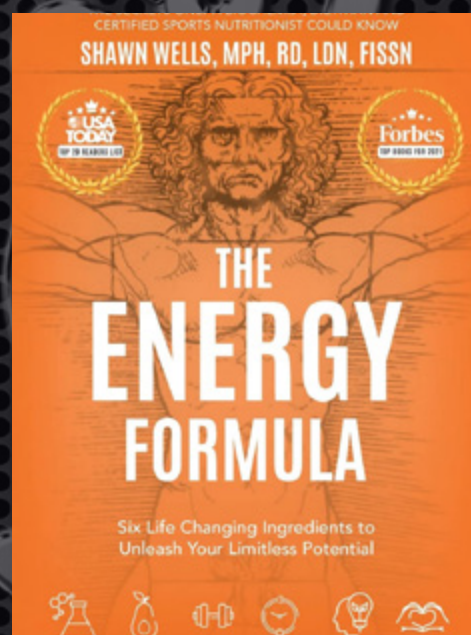
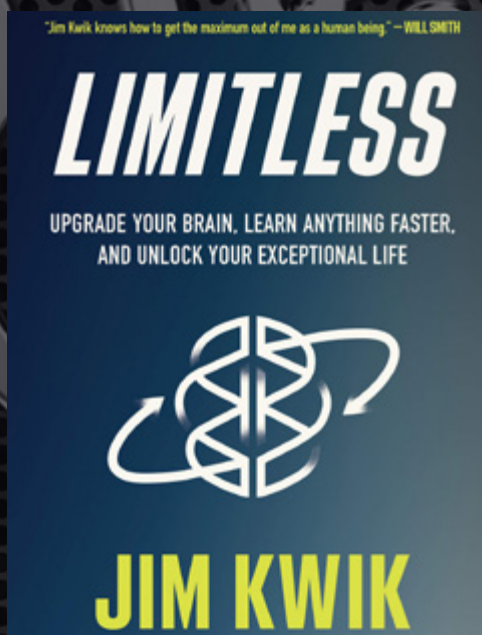
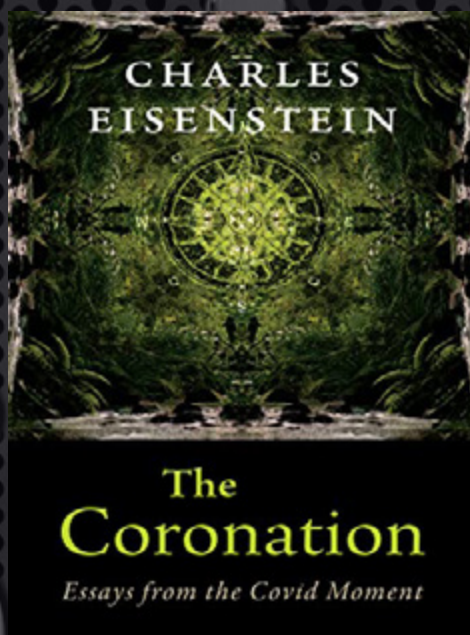
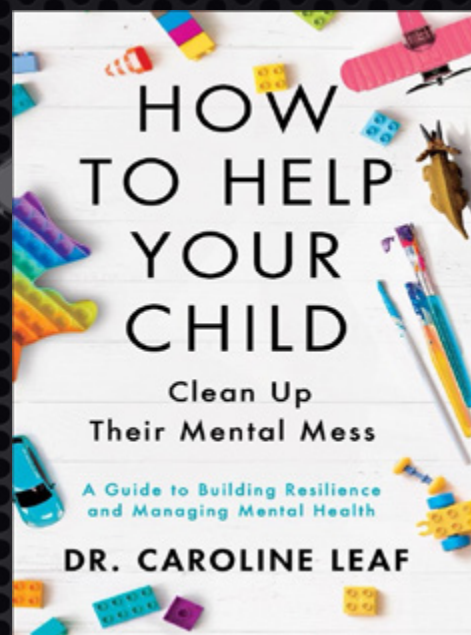
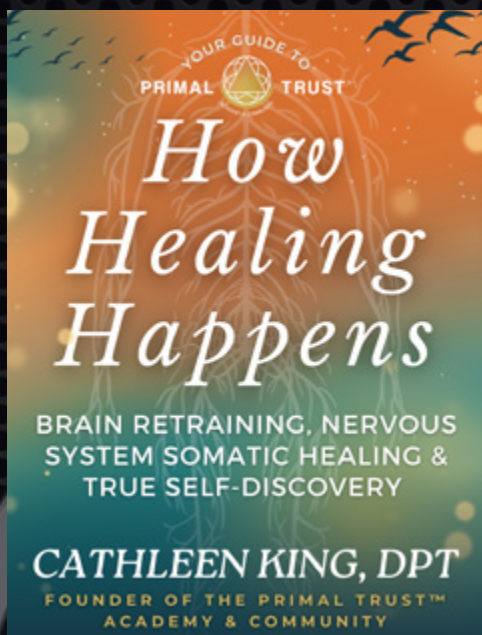
Valérie is the prolific author of 55 books, translated into five languages, and a best-seller in the USA, UK, Italy, France, Portugal, and Serbia. In 2023, she was inducted into the Hall of Fame at her alma mater, the University of Hartford.

*You can follow her on instagram [@valerieorsoni](https://www.instagram.com/valerieorsoni) and [@liliwarrioroff](https://www.instagram.com/liliwarrioroff) and on valbiohacker.com where she shares cutting edge content in her *Ultimate Guide to Biohacking and Longevity**

REVOLUTIONIZING WELLNESS: TOP 10 BREAKTHROUGH BOOKS OF 2024



REVOLUTIONIZING WELLNESS: TOP 10 BREAKTHROUGH BOOKS OF 2024



THE FUTURE OF HUMAN



A hand holding a glowing blue sphere against a dark background with a blue light streak on the left.

FUTURE HUMANITY

**Can our human values save us
from our own extinction?**

Featuring Famed Tech-Futurist, Jamie Metzl

Written by Ellen White

We all have those deep burning existential questions regarding the future. Are we headed in the right direction as a species? Is modern technology taking over our human spirit? Are we talking enough about the deeper message behind bio-technological evolution, such as what's it all for? If living longer, hacking our biology and preventing disease don't ultimately compel us to be better humans, capable of more love and connection, what's it all for?

This is Jamie Metzl's unique message to a world experiencing radical change in our bio-evolutionary human experience.

He is one of the world's leading authorities on the implications of the genetics, biotechnology and AI revolutions and shares a unique insight regarding our human responsibility in this fast moving global shift.

His approach is to call upon us as a common species, to be better prepared, and to understand how we as a society need to

work better together to handle our new techno superpowers.

The future can either save or destroy us and Jamie's mission is to help save us.

"I believe our newfound abilities to manipulate the code of life has the great potential to help us live better, healthier, longer and more robust lives and to alter the world around us in positive ways. These great powers also come with great responsibility." - Jamie Metzl



WHO IS JAMIE METZL:

Born in Kansas City to parents and ancestors who escaped the Holocaust, Jamie grew up curious about the deeper questions of life. He holds educational degrees including a PHD from Oxford, and a Harvard Law degree, but is known now as a polymath, equipped with many titles across many fields. As the author of five books and a notable technolo-

gy and healthcare futurist, Jamie spends a lot of his time lecturing to corporate and academic audiences around the world. He was an opening speaker at the 2023 Dubai Future Forum, the largest gathering of futurists in history.

He is the best-selling author of 2019's *Hacking Darwin: Genetic Engineering and the Future of Humanity* and his current book *Superconvergence: How the ge-*

netics, biotech and AI revolutions will transform our lives, work and world is newly released.

Jamie was also the lead witness in the March 2023 US Congressional hearings on Covid-19 origins and in 2019 was appointed to the WHO expert advisory committee on human genome editing. He has been featured by most media organizations and currently resides in New York City.


A MISSION FROM THE HEART:

What stands out about Jamie's work is the human backdrop story behind bio-technological evolution that has existed since the beginning of time. He says the natural advancement of all civilizations triggers fear and change and he seeks to direct our call to action in a more emotional and profound way, shifting the conversation towards how we need to be better, ultimately, at being human. To place importance on our human values, and integrate them productively with new technological capabilities.

His goal is to unite us as a species, globally and cooperatively, in multi-industry convergence, to ensure the greater good of what's to come.

For him, radical advances are coming faster than our biological brains are prepared to handle and in his opinion, the important work is to help organize humanity to be guided by its best values. "Like ancient sailors," he says "we need to orient ourselves by the North Star of our most cherished values. An almost limitless future of human imagination and miraculous innovation is within our reach...but only if we can generate the wisdom to get there."

It is only recently he says that we've developed the capacity to 'do ourselves in,' whether from nuclear weapons, AI or synthetic biology. And barring any global wars, synthetic biological pandemics or ecological disastrous events, this must change if humanity is to survive,



This led Jamie to form an organization close to his heart. ONESHAREDWORLD is a social global movement of stakeholders working collaboratively across diverse cultures, communities, organizations, generations and nations to ensure a better future for humankind and the sustainability of our common home. The organization has brought together people from 125 countries to draft a Declaration of Interdependence to promote the democratic expression of our common humanity and drive meaningful change in practices, structures, systems and outcomes. Among its members are Sting the performer and other renowned artists (www.onesharedworld.com). Jamie believes it is up to each of us to help build the type of future we'd like to inhabit.

: "Like a Seurat painting where the dots create the image, all of us is made up of each of us times eight billion." - Jamie Metzl



A MULTI-INDUSTRY ISSUE:

His work spans across the board to leaders in many industries including agriculture and healthcare, information technology, data storage, government and energy. For him, all technological revolutions are embedded in each other. They require a multi-industry alignment to ensure a successful end product.

"This is not a conversation solely for the Silicon Valley tech elite," he says. "AI, genetics and biotechnology are general purpose technologies that affect all areas of life." "The agricultural revolution made the civilizational revolution possible, which allowed for the writing codes that are now the foundation of our computer codes enabling AI systems to interrogate natural designs to help build faster computers and AI systems."

He reminds us how our ancestors used the technology of their day to affect change and progress and that we each live at the top of the pyramid of past knowledge and at the base of the pyramid of what comes next.

"A world where modern technology cannot be applied to agriculture is a world that will likely not be sustainable for all humans at our current level of anticipated population and consumption. All of us, including the nomadic tribes in remote parts were born in an age of GMO foods. Domestication, conventional breeding, genetic modi-

fication and gene editing are all just different ways of humans f-ing with plants. Taming fire for cooking helped us allocate more energy to our brains. Farming allowed us to build civilizations and even led to changes in our genetic make-up. Returning to a world where humans don't manipulate biology would mean going back to a world where we used fire to cook."

In his book *Superconvergence* Jamie illustrates how even the tree-hugging, nature-loving, Birkenstock wearing hippie who only eats locally grown, non-GMO organic fruits and vegetables is also a radical biotechnologist. Even an indigenous farmer growing quinoa in the mountains of Peru using seed varieties passed down from ancestors, they too he says, are a radical biotechnologist. "A scientist working in a cutting edge lab gene editing new traits into various crops, they also are a radical biotechnologist. When we eat any type of domesticated plant, we too, are eating radical biotechnology."

This multi-generational, multi-layered perspective separates him from the rest and has him igniting a cooperative merging of many industries to secure a strong foundation for how all these changes and evolutions will work. If not, he believes, a catastrophic potential of misaligned resources where some can use AI to gain advantage over others will occur.

HEALTHCARE, LONGEVITY AND THE FUTURE OF MEDICINE:

Jamie also focuses on healthcare as another important industry where medical and techno advances are offering miraculous opportunities and increasing life span.

He was the lead keynote at the recent Longevity Summit in Milan, and gave the unique perspective of how longevity is giving humans more time to become better at being human...to love, connect and innovate. He showed slides of his elderly father enjoying being able to watch his favorite football team (Kansas City Chiefs) play at the Superbowl earlier this year, together with his sons, because of these emerging medical advances that

kept his father alive, and thriving, despite his cancer diagnosis.

His call for investment is in the basic science of aging for humans to live longer, prevent age-related diseases, and predict the potential risk of harmful genetic mutation potentially decades before manifestation. In this area he believes AI and machines will play an important role. "This will free doctors to become better at being human doctors while benefiting from collaboration with machine co-pilots to move healthcare away from generalized to more personalized medicine, to prediction to prevention. AI and data storage are key components of this trend."

He reminds us that the essence of all life is change. "Biology is fluid," says Jamie. A genome's form

is never constant. "The 21st century already gives us the ability to edit the genes of our children, genetically modify our food and even make babies from pre-implanted embryos. Technologies have always been converging together to continually accelerate progress."

But no technology comes with a built-in value system. It is up to humans to weave values into the application of our technologies. Instructing a future algorithm to study all humankind's recorded religious and secular traditions and create a manifesto referencing the best is one way Jamie thinks we can bring a value-based life into the forefront. This requires an alignment of common values and goals, and fostering governance systems on every level to move in this direction.





JAMIE'S PERSONAL HEALTH PRACTICES:

On a personal level, Jamie considers himself an optimist. He is a health enthusiast and enjoys a healthy lifestyle. He, too, has a vested interest in extending his own lifespan! He is an ultramarathon runner and ironman triathlete. He believes in the basics of exercise and nutrition and eats a lot of fruits and vegetables. He admits his sleep is not great, but says he is at peace with it because in the past people were rewarded for poor sleep. "It helped them be better prepared for predators." He often awakens at 3am and does yoga and reads books. In the mornings he drinks a cup of ceremonial cacao and holds a secret title of chocolate shaman.

Exercise for him is still the most effective medicine and says the body is built for activity. "One hour of exercise per day adds an average of five healthy years to our lives." He also directionally follows the Blue Zone principles put forward by his friend, Dan Buettner. Once a year he travels to New Delhi India for the Platinum Preventive Health package at Max Hospital which carries out scores of tests of most body systems. He has also taken the Grail Galleri test which screens for fifty types of cancer blood biomarkers. Identifying potential problems early, before the physical symptoms manifest, is key to his message on longevity.

THE FUTURE IS BRIGHT:

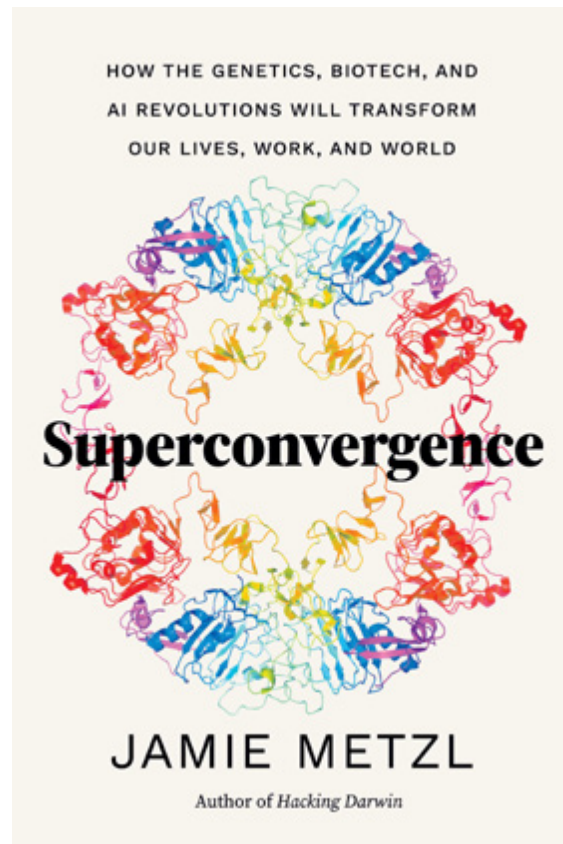
According to this perspective, the ultimate story behind technology and its convergence with AI, genetics and bio-engineering is the human experience seeking to save the human spirit in the midst of radical change. As Jamie shares, the intersection of our lives with technology must ultimately reveal a mural of human values that showcases the best of human imagination. And in this capacity, we all play a role.

JamieMetzl.com

SuperconvergenceBook.com

HackingDarwin.com

OneShared.World



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

Queen's Corner:

Reflections on the
2024 Olympics

Dr. Lauren Leiva, 'Queen of Biohacking'



The 2024 Olympics in Paris have been a spectacular showcase of human achievement, resilience, (politics) and the incredible potential of the human body. As someone deeply entrenched in the world of biohacking, this year's Games were not just a display of physical prowess, but a testament to how far we've come in understanding and optimizing human performance.

The Olympics have always been a celebration of human excellence, dating back to ancient Greece. But the 2024 Games were unique in their seamless blend of tradition with cutting-edge technology from the athletes' preparation to the real-time data analytics used to enhance performance, the mix of old

and new was on full display.

Athletes today are not just relying on rigorous training and diet; they are embracing a holistic approach that includes mind, body and technology! This holistic approach is the essence of biohacking—using science and technology to enhance human capabilities and well-being. No longer are athletes confined to one-size-fits-all training regimens. Instead, they are leveraging data from wearable devices, DNA analysis, and even gut microbiome testing to tailor their training programs precisely to their bodies' needs.

For example, some athletes utilized continuous glucose monitors to optimize their nutrition, ensuring that their energy levels were perfectly balanced for peak perfor-



mance. Others used sleep trackers and brainwave monitoring devices to fine-tune their recovery, ensuring that they arrived on game day in the best possible condition. Caleb Dressel, Swimmer, adopted a highly personalized nutrition plan ensuring his energy levels were optimized for peak performance in the pool. He also used advanced breathing techniques to enhance lung capacity and recovery times.

This level of personalization is a glimpse into the future, not just for elite athletes but for everyone. Imagine a world where each of us can tap into our unique biological data to live healthier, more vibrant lives. In biohacking, we often say that recovery is as important as the workout itself. The Olympics provided a live masterclass in the importance of recovery for peak performance. Athletes used a range of advanced techniques, from cryotherapy and infrared saunas to advanced massage therapies and even sleep pods designed to maximize recovery. These methods are not just for the elite. As more of these technologies become accessible, everyday people can incorporate them into their routines, helping them to recover faster, reduce injury, and ultimately lead more active lives. This is why you should





come to a conference and explore the tech hall. You will feel like an Olympian testing all the amazing products and supplements. But don't take too much! And always look at the science. If you're an athlete you want to stay off those performance enhancers and you always want to check into the product. Many people can label a bottle, some companies built their product on their life experience and the products out there are in a huge non comparison- some bioavailability others completely artificial.

Mental resilience was another critical factor in this year's Games. Biohacking isn't just about optimizing the body—it's also about the mind. The mental pressure of competing on the world stage can be immense, and athletes have increasingly turned to techniques like meditation, neurofeedback, and even nootropics to gain a mental edge. Coming up is the Brain Fitness event in Vegas with Tim Bradys trainer and Dr. Patrick Porter. And you know me, u always say mind over matter, it's the most important part of the body. You have the hardware but the software

is the mind, and you can upgrade anytime with a nice meditation.

Watching athletes use these tools to maintain focus, stay calm under pressure, and perform at their best was inspiring. It's a reminder that mental fitness is just as crucial as physical fitness, not only in sports

but in every aspect of life. In my clinic we use the master reset to calm the nervous system and put the body in a rest and digest state. Also known as Parasympathetic state.

As the 2024 Olympics come to a close, I find myself excited about



the future of athletic performance. The advances we've seen are just the beginning. As we continue to explore the limits of human potential, we will see even more integration of biohacking principles into sports and daily life. Just like your phone advances every year so does the world of biohacking. Imagine athletes who can tap into real-time biofeedback during a competition, adjusting their strategies on the fly. Picture recovery protocols so advanced that injuries become rare and short-lived. Consider the impact of these innovations not just on sports but on public health and wellness as a whole. Simone Biles utilized wearable technology to monitor her biomechanics during training, helping to fine-tune her routines for maximum efficiency and safety. She also focused heav-

ily on mental health strategies, including meditation and the use of nootropics, to manage the immense mental stress of competing on the world stage.

Whether you're an athlete or just someone looking to optimize your life, embrace innovation, personalize your approach, prioritize recovery, and never underestimate the power of the mind. The future of human performance is bright, and I, for one, am excited to see where it takes us next.

*Dr. Lauren Leiva, also known as the Queen of Biohacking, is a leading expert in health optimization and human performance. Through her work, she empowers individuals to take control of their biology and live their best lives. You can find her in Tampa, FL at her clinic, The Exerscience Center. Scan QR code for more info.



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



Dr. Lauren Leiva

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.

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Leila Centner's Path to Wellness:



From Crisis to Biohacking Pioneer

An Interview with Leila on Overcoming Chronic Illness and Building a Wellness Revolution

Introduction:

In this interview, Leila shares her remarkable journey from battling Lyme disease and toxic mold exposure to becoming a leading advocate for biohacking and alternative medicine. Her personal health crisis led her to explore unconventional treatments, eventually transforming her life and inspiring her to help others. Here, Leila opens up about her experiences, the power of biohacking, and her mission to empower others to take control of their health.

Jean: Leila, thank you for joining us today. Your journey is incredibly inspiring. Can you start by telling us about the health crisis that set everything in motion for you?

Leila: Absolutely. It all started in 2020 when I was diagnosed with Lyme disease, but it was more than just that. My health had been declining for years due to a combination of factors—stress, living in a mold-infested house, and a weakened immune system from overuse of antibiotics. I struggled with chronic fatigue, joint pain, and brain fog, to the point where I could barely get out of bed. Debilitating anxiety and depression further compounded the difficulty. I had a little baby at the time, and I was completely drained of energy. I remember thinking, “Oh my God, am I dying?” It was a terrifying period in my life.

Jean: That sounds incredibly challenging. How did you decide to step away from traditional medicine and explore alternative treatments?

Leila: It was a tough decision, but it felt necessary. I grew up in a household where antibiotics were the solution to everything, so rejecting them felt counterintuitive. But after years of relying on antibiotics and seeing no improvement—in fact, I was getting worse—I de-



cid to go cold turkey. The tipping point was when I realized that the traditional medical system didn't have answers for me. I was desperate for a solution, so I started researching and eventually began exploring alternative treatments. I traveled to Spain for hyperthermia treatments, to Mexico for stem cell therapy, and to various places in the U.S. for ozone and IV vitamin therapy. Each of these treatments offered some relief, but no one thing taken individually was the silver

bullet. It wasn't until I started going deeper into biohacking and added an herbal program that I saw real, sustained improvement.

Jean: What were some of the treatments you discovered along the way, and how did they help you?

Leila: I tried a lot of different treatments—some were helpful, and some weren't. One of the first things I discovered was PEMF (Pulsed Electromagnetic Field Therapy), which helped reduce inflam-

mation and pain. Ozone therapy was another game-changer for me; it helped boost my immune system and gave me more energy. Red light therapy was also beneficial—it helped with skin healing. Even with [all] these treatments, it wasn't until I put everything together in an intentional program that I really got beyond symptom management. It was only when I started approaching everything as a biohacker, that I got to the root of the problem and started to take control of my health. I started experimenting with everything—different diets, supplements, fasting, and detox protocols. I added even more technologies like cryotherapy and hyperbaric oxygen therapy. The more I experimented, the more I learned what worked for my body.

Jean: Biohacking is such a fascinating concept. How did you get started with it, and what impact did it have on your health?

Leila: I was determined to find a way to heal, so I started experimenting with different biohacking technologies and treatments. I didn't have time to go to wellness centers, so I brought the tools to me and created a biohacking lab in my home with a hyperbaric cham-



ber, red light bed, and other devices. It became a way of life, not just for me but for my family as well. My health started to improve dramatically—I had more energy, my brain fog lifted, and I started feeling like myself again. It wasn't just about treating symptoms; it was about optimizing every aspect of my well-being. I started tracking everything—my sleep, diet, exercise, and even my mental health. It was empowering to see the data and make adjustments that had a real impact on how I felt. Biohacking gave me my life back.

Jean: That's incredible. How did this personal biohacking lab evolve into a wellness center?

Leila: It happened naturally. As I began to feel better, I wanted to share what I had learned with others. Friends started coming over to use the equipment. I helped a friend with breast cancer and had teachers from our community come by. My husband was initially concerned about having so many people in our home, but he understood my passion for helping others. I'd have friends with chronic illnesses come over, and they'd leave feeling so much better after these sessions. That's when I realized this was bigger than just my personal journey—I wanted to create a space where more people could access these treatments. That's how the wellness center in Miami was born. It's a place where people can come and explore these alternative treatments in a supportive, community-focused environment.

Jean: What is your wellness philosophy, and how does it guide the work you do at the center?

Leila: I believe our bodies have an incredible capacity to heal themselves, but they sometimes need a little boost, especially in today's





toxic world. Detoxification is crucial, and I encourage everyone to start with simple, accessible tools. For example, I always tell people, “If there’s one thing you can do, buy an infrared sauna and start doing coffee enemas.” The sauna helps the body sweat out toxins, and the enemas increase glutathione levels, which is essential for detoxification. It’s about giving the body what it needs to function optimally. I also emphasize the importance of mental and emotional health. Stress management is a big part of what we do at the center. We offer meditation, breath work, and other techniques to help people calm their nervous systems. It’s all about creating a holistic approach to health and wellness.

Jean: It’s clear that your work is making a significant impact. What’s next for you and the wellness center?

Leila: I’m passionate about making biohacking and alternative medicine more mainstream and accessible to everyone. We’re constantly expanding our offerings at the wellness center, and I’m excited about the future. We’re also working on creating online programs so people can access these treatments from anywhere in the world. But my message remains the same: don’t wait until you’re sick to take care of your health. We need to be proactive, help our bodies detoxify, and support them with the right tools. My goal is to continue spreading this message and empowering people to take control of their health.

Jean: Your story is truly inspiring, Leila. Before we wrap up, do you have any advice for others who might be struggling with their health?

Leila: I’d say don’t be afraid to explore alternative treatments and take your health into your own hands. Listen to your body, and

don’t settle for feeling unwell. There are so many tools out there that can help you feel better, but it starts with a willingness to try something new. I also want to emphasize the importance of community—find people who support your journey and who you can lean on when things get tough. Everything happens for a reason, and sometimes the most challenging moments in life lead to the most incredible transformations.

Jean: Thank you so much, Leila. Your journey and your insights are incredibly valuable, and I’m sure they’ll inspire many others.

More about Centner Wellness:

Centner Wellness offers a comprehensive array of treatments and services focused on holistic health, biohacking, and regenerative medicine across its three Miami locations: across its three Miami locations Brickell, Edgewater, and Coral Gables. The Brickell location is the original 15,000-sq-foot flagship in downtown Miami, Edgewater is focused on detoxification, and Coral Gables’ biohacking spa is the newest addition to the growing portfolio.

Centner Wellness is very excited to announce the opening of its new **Coral Gables location**, expanding its presence in Miami with a third wellness center.

“It’s a place where people can come and explore these alternative treatments in a supportive, community-focused environment.” - Leila

This rebranded 2,700-square-foot



biohacking spa, formerly known as Serenergy, offers a serene and rejuvenating environment with state-of-the-art wellness modalities. The center aims to address physical and mental burnout with services like LED red light therapy, ozone sauna, and floatation therapy, designed for busy professionals and individuals seeking quick yet effective health solutions. Leila Centner, the founder, expressed her enthusiasm for making cutting-edge wellness treatments more accessible, reinforcing Centner Wellness's commitment to holistic healing and vitality.

Services Across Locations

Centner offers a range of preservative-free vitamin infusion formulations tailored to meet specific health goals. These include boosting immune system, energy enhancement, cognitive function, and more.

1. Vitamin IV Nutritional Therapy: Offers various formulations tailored to specific health goals, such as immune boosting, energy enhancement, and cognitive function. Options include NAD+, Methylene Blue, and High Dose Vitamin C among others.

2. Facials and Skin Care:

- o Clear Complexion Facial: Targets acne-prone skin with deep exfoliation, extractions, and LED Blue Light Infusion.

- o Revive and Renew Facial: Focuses on anti-aging with LED Red Light Infusion.

- o Youth Complexion Facial: A gentler option for younger clients.

- o Diamond Glow Facial: Combines diamond-tipped exfoliation with skin nourishment.

3. LightWave LED Therapy: Uses specific light wavelengths combined with topical infusions to address aging, acne, and pigmentation.

4. Morpheus8 and SkinPen Microneedling: Advanced skin treat-



ments combining radiofrequency and microneedling to stimulate collagen and rejuvenate skin.

5. Stem Cell Treatments and PRP/PRF: Used for anti-aging, reducing inflammation, and promoting tissue regeneration.

6. EBO2 and Luma Elite IV Therapy: Blood filtration and molecular hydrogen therapies aimed at detoxification, immune support, and anti-aging.

7. Body Contouring: Techniques like Evolve X, which use radiofre-

quency and electromagnetic energy to tone muscles and tighten skin.

8. Red Light Therapy: Enhances tissue repair, reduces inflammation, and supports overall well-being.

9. Hydrogen Therapy: Supports detoxification, cognitive function, and cardiovascular health through the infusion of hydrogen gas.

10. Infrared Saunas: Support detoxification, improve skin health, and provide relief from pain and inflammation.

Specialized Biohacking and Advanced Therapies

11. Ammortal Chamber: Integrates vibroacoustics, red light therapy, molecular hydrogen, and meditation for enhanced longevity and vitality.

12. Energy Enhancement System: Utilizes Scalar Wave Technology to optimize energy levels and cognitive function.

13. Theta Chamber: Induces a deep relaxation state using cranial electrotherapy and PEMF technology.

14. Hyperbaric Oxygen Therapy: Delivers high concentrations of oxygen to improve cellular repair and recovery.

15. Flowpresso: Combines compression technology with gentle heat for stress relief, detoxification, and muscle recovery.

16. Zero Point Plasma Ion Suite (ZPPIS): A multi-modal therapy involving acoustic light waves, scalar waves, and ion fields to support cellular health and stress reduction.



17. VEMI Bed: Promotes deep relaxation, emotional balance, and detoxification through vibroacoustics and electromagnetic therapy.

18. PEMF Ozone Sauna: Combines ozone and electromagnetic therapy for detoxification, immune support, and pain relief.

19. Floatation Therapy: Offers a zero-gravity experience for deep relaxation and stress relief.

21. Temperature Contrast Therapy: Alternates between infrared sauna and cold plunge to enhance circulation, detoxification, and mental clarity.

22. Colon Hydrotherapy: Detoxifies and hydrates the colon, supporting digestive health and overall well-being.

23. Massage & Assisted Lymphatic Therapy (ALT): Offers a range of massages and lymphatic therapies to reduce stress, improve circulation, and support detoxification.

24. Sound Healing & Meditation: Includes guided meditation, Reiki, and sound healing to promote mental and emotional well-being.

25. BrainTap and rTMS: Technologies for enhancing brain function, reducing stress, and supporting neurological health.



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



BIOHACKING BACK TO SCHOOL

*5 Ways To
Optimize Your
Kid's Day At
School*



Summer vacation can be hard for parents, but for those of us who care about health, having the kids at home more is an opportunity to provide a healthier environment for our children that we can control. As a mom of three and passionate biohacking health coach, I'm always looking for ways to keep my kids healthy and thriving. Now that it's "back to school," we face a new set of hurdles, from far less than perfect food options to limited sunlight exposure, but with a biohacker's mindset, any challenges can be opportunities for growth and well-being. Here are five of my favorite biohacks that can help optimize your kids' day at school, along with a couple of my favorite recipes for quick and easy (but still healthy) food for your kids on a school day - or for any day!

1. Maximize Sun Exposure and Natural Light

Human beings are meant to spend time outdoors. We should be soaking up as much natural sunlight as we possibly can, which is vital for maintaining healthy circadian rhythms and hormone levels. The unfortunate reality is, though, that most school environments keep kids indoors under fluorescent lighting, which can disrupt these natural processes. It's up to us parents to make sure that our children



are getting enough of the sun's rays during the school day!

Biohack: Start the day by having breakfast outdoors if you can, or near a window that lets in plenty of natural light. Even in winter, bundling up and stepping outside for a few minutes can be beneficial. If you have access to a red light panel, consider using it during breakfast or before bed to mimic some of the benefits of natural sunlight. After school, encourage outdoor play to get more sun exposure and to ground your kids in nature, which can help mitigate the effects of electromagnetic fields (EMFs) from

indoor environments. If your kids are old enough and have the ability, encourage them to take a few minutes outdoors in between classes or during their lunch break. This can be especially beneficial for older kids and teens who have stressful days - it's amazing what a few deep breaths of fresh air under the sun can do to help us feel our best.

2. Embrace Barefoot (or Almost Barefoot) Shoes

While barefoot walking is the best for human development, most schools require kids to wear shoes. The next best thing is barefoot



shoes, which allow for natural foot movement and better posture. Even better if you can get barefoot shoes that are also grounding shoes. Make sure to check on your school's requirements for everyday wear and especially for gym or PE class, as well as any sports or extracurricular activities that your kids may participate in.

Biohack: Invest in barefoot shoes for your kids. Brands like Softstar offer barefoot boots that are perfect for little ones, while Xero Shoes and Vivo Barefoot provide excellent options as they grow older. These shoes help maintain foot health and encourage proper movement patterns, even in a school setting.

3. Encourage Movement Throughout the Day

Schools often require kids to sit for extended periods, which can lead to restlessness and decreased focus. Movement is essential for both physical and mental health.

Biohack: As soon as your kids get home from school, encourage them to move. Whether it's playing tag at the park, jumping on a backyard trampoline, or having an indoor dance party on a rainy day, make movement fun and engaging. And this part is crucial - play WITH them! If they're younger, chase them around or dance with them. If they're older, play frisbee or basketball with them. Yes, even YOU, mom who doesn't think she's any good at basketball (speaking to myself here!) Even if your teenage son absolutely crushes you in one on one basketball, he'll appreciate that you took the time to play with him, and his mental health will be leaps and bounds what it might be if after a full day of school he sits on the couch and plays games on his phone. Just saying. This not only helps your kids burn off energy but also improves mood and cognitive



function, making it easier for them to settle down for homework or evening activities after.

One more thought - your parents probably told you something like "no fun until all of your homework is done." How did that go for you? Well, if you're reading this, you're a biohacker, and biohackers break cycles that didn't and don't produce optimal results. So, encourage your kids to get out their energy and have some fun, then see how they focus on their learning. And, see how much better YOU feel after getting out YOUR energy playing with them and resisting the urge to be on YOUR phone. You can use the time you would have spent

fighting with your kids about homework to be on your phone later, after the kids have gone to bed.

4. Incorporate Supplementation for Optimal Health

In today's world, environmental toxins and depleted soil mean that even the healthiest diets may lack essential nutrients. Adding a few key supplements can help fill in the gaps.

Biohack: Consider incorporating supplements like Vitamin D, which is crucial for immune function and bone health, especially if your child doesn't get enough sunlight. Omega-3 fatty acids are also important for brain health and cognitive function, while a high-quality probiotic

can support gut health and boost the immune system. These supplements can easily be added to smoothies or water bottles, making them convenient and kid-friendly. What I like to do for my kids is have testing done to see exactly what they need, because individualized supplement doses based on your kids labs are always, in my opinion, better than guessing games. And with this as with everything, while I am a well researched mom and coach, I'm not your healthcare professional, so if you have any specific questions that your healthcare provider needs to be the one to answer, ask them.

5. Prioritize High-Quality Nutrition

A healthy diet is crucial for your child's focus, energy levels, and overall well-being. Unfortunately, many school-provided meals are high in processed ingredients and unhealthy fats.

Biohack: Ensure your child starts the day with a high-fat, high-protein breakfast to stabilize blood sugar and improve focus. One of my kids' favorite breakfasts would be my "biohacking approved" waffles (recipe below). For lunch, prepare homemade meals using clean, whole ingredients. For example, you can make your own chicken



nuggets using pasture-raised chicken, eggs, and almond flour, fried in tallow fat or ghee. If the school has a meat-free policy, fish patties made from salmon or sardines, eggs, and almond flour are a nutritious alternative. You can sub in your favorite fish, or even beans if you like. These meals are packed with healthy fats and proteins that keep your kids satiated and focused throughout the day.

A Biohacking Kids-Favorite Breakfast Waffles

Ingredients:

- 1 ½ cups organic almond flour
- ½ teaspoon baking soda
- ¼ teaspoon Celtic grey or Himalayan pink salt
- 3 large pasture-raised eggs
- ¼ cup coconut oil, avocado oil, or grass-fed butter, melted
- ¼ cup coconut milk (full-fat) or grass-fed cow or goat milk
- 1 tablespoon raw honey (optional - I like to leave it out because my kids like to add it on top of their waffles and it helps me control the sugar)
- 1 teaspoon vanilla extract



Instructions:

1. Preheat your waffle iron according to the manufacturer's instructions.
 2. In a large bowl, combine the almond flour, baking soda, and sea salt. Mix well to ensure there are no lumps.
 3. In a separate bowl, whisk together the eggs, melted oil, milk, honey (if using), and vanilla extract until well combined.
 4. Pour the wet ingredients into the dry ingredients. Mix until just combined. Be careful not to overmix.
 5. Grease the waffle iron lightly with a bit of oil or another preferred fat to prevent sticking.
 6. Scoop the batter into the preheated waffle iron, spreading it out evenly. Close the lid and cook according to your waffle iron's instructions, typically for about 3-5 minutes, until the waffles are golden brown and cooked through.
 7. Remove the waffles carefully and repeat with the remaining batter.
 8. Serve immediately with your favorite -approved toppings like fresh berries, more coconut milk, or a drizzle of honey or maple syrup.
- Enjoy your delicious biohacker-approved waffles!



BONUS: Incorporate Supplementa- tion for Optimal Health

Sleep is one of the most critical factors for a child's cognitive development, emotional regulation, and overall health. Yet, with the demands of homework, extracurriculars, and early school start times, many children are not getting the rest they need. This is especially true for older children who have WAY too much screen, and therefore blue light exposure, too late at night. Whether it's their phone, or it's a laptop for homework, when you combine this with school starting before their body should naturally wake up based on their circadian rhythm at that age, we HAVE TO help them hack their sleep to help them be happy, healthy, and successful.

Biohack:

Create a calming bedtime routine that signals to your child's body that it's time to wind down. This could include a warm bath, reading a book under dim lighting, or using a red light panel to promote relaxation and melatonin production. Ensure that your child's bedroom is a sleep-friendly environment—cool, dark, and quiet. For our little ones, limiting screen time before bed is also crucial, as we said, the blue light emitted by devices can interfere with sleep quality. If your child has difficulty falling asleep, consider natural sleep aids like magnesium supplements or herbal teas (e.g., chamomile) to support a restful night. For older kids and teens, who may not be able to avoid screens late at night, educate them on the benefits and importance of blue light blocking glasses. True Dark and Viva Rays are both excellent options for glasses that protect our eyes from blue light at night.



Conclusion

Keeping your kids healthy during the school year requires intention and knowledge, but with these biohacks, it can become a seamless part of your family's routine. By optimizing their daily habits, you're setting your children up for a successful and vibrant school year.

For more tips and biohacking insights, you can follow me on Instagram at @wellnessbymielcah. Let's work together to create healthier, happier families!



Mielcah Munk



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

Mielcah Munk is a certified health coach specializing in biohacking modalities that empower individuals to thrive and reverse diseases. As a dedicated mom of three, she has deeply integrated holistic living into her family's daily routines, ensuring her children are raised with nutrient-dense foods, natural remedies, and mindful practices. Her journey into holistic health intensified with motherhood, where she prioritized wellness from pregnancy through each stage of her children's lives.

Navigating the complexities of maintaining her children's health while balancing societal norms, especially around food, has been a challenge Mielcah embraces with creativity. She ensures her kids feel included in social activities, like birthday parties, without compromising their nutrition, finding innovative ways to keep them healthy and happy. Her passion for holistic wellness extends beyond her family, as she actively shares her knowledge through nutrient-rich cooking, yoga, and biohacking practices within her community and online.

Mielcah's relentless pursuit of optimal health has led to life-changing results, including helping her husband overcome autoimmune challenges and live medication-free. She believes that the answers to thriving and healing exist and is committed to uncovering them. Connect with Mielcah on IG [@wellnessbymielcah](https://www.instagram.com/wellnessbymielcah) to join her wellness adventure and be inspired to take control of your health.

NEW HOPE FOR CANCER AND NEURO-DEGENERATIVE DISEASES



HYDRO
— H E A L —



Unveiling a Revolutionary Health Solution

Imagine a therapy so groundbreaking that it redefines health optimization—introducing Molecular Hydrogen Inhalation Therapy. This unique and incredible advancement is now available, offering unprecedented benefits for your well-being. Molecular hydrogen, the smallest molecule in the universe, permeates every cell of your body, providing maximum bioavailability and unparalleled health benefits. Accessible and affordable, this therapy offers new hope for those facing degenerative and debilitating diseases, including cancer, neurodegenerative, and autoimmune diseases.



Clinical Studies: Backing the Breakthrough

Over 2400 scientific studies showcase the vast impact of this safe, therapeutic gas on health and longevity. In a world plagued by unhealthy diets, chemical exposure, and pollution, our bodies constantly battle chronic inflammation and oxidative stress—the root causes of most health issues. Molecular hydrogen has been proven effective

against over 170 disease models, offering a safe, convenient and all-natural solution.

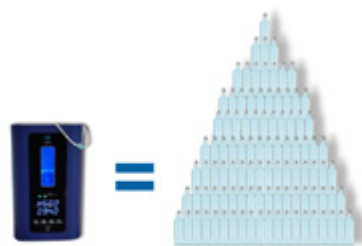
What sets molecular hydrogen apart is its unparalleled ability to penetrate cell membranes and the blood-brain barrier, unlike traditional antioxidants. This ensures it reaches the mitochondria and nucleus, areas most other antioxidants can't access, delivering benefits right where they are needed most.



Enhance Longevity and Combat Age-Related Diseases

Molecular hydrogen not only combats free radicals but also enhances longevity by protecting telomeres, the protective caps at the ends of our chromosomes. It reduces age-related diseases by suppressing oxidative stress and inflammation, the primary culprits behind aging and related conditions. Studies have shown its po-

tential in managing Cancers, Alzheimer's, Parkinson's, Dementia, COPD, RA IBS/Crohn's, improving athletic performance, reversing even wrinkles and more. Embrace a therapy that not only heals but also rejuvenates—experience clearer thinking, enhanced focus, and a robust immune system.



15 minutes of Hydro Heal equals 900 bottles of Hydrogen Rich Water

Dual Therapy: Maximizing Benefits

Why choose between inhaling and drinking molecular hydrogen when you can have both? Combining these methods maximizes the benefits, ensuring comprehensive coverage and optimal cellular saturation. Drinking hydrogen water directly impacts gastrointestinal issues like Crohn's disease and IBS. Inhaling hydrogen provides much

greater therapeutic & systemic benefits to supercharge your immune system including enhanced physical endurance and faster recovery. Remarkably, just 15 minutes on the Hydro Heal inhalation device equates to drinking over 900 bottles of Hydrogen Rich Water, showcasing its unparalleled efficiency.

The Science Behind the Therapy

Molecular hydrogen's benefits extend to regulating apoptosis, autophagy, circadian rhythms, while arresting inflammation and more. It protects normal cells from programmed cell death, promotes the recycling of cellular components during stress, and boosts overall

energy levels by increasing ATP production. More specifically it works in this manner:

1. **Powerful Selective Antioxidant:** Molecular Hydrogen acts as a potent selective antioxidant, carried by blood plasma during inhalation to all 36 trillion cells in the body.

It neutralizes the most cytotoxic free radicals, reversing oxidative stress and systemic inflammation.

2. **Cellular and Mitochondrial Protection:** As the only molecule small enough to penetrate every cell with a neutral charge, Molecular Hydrogen protects both cellular

DNA and mitochondrial DNA from free radical damage. It is the only antioxidant to be able to enter the cell and protect the mitochondria.

3. Enhanced Mitochondrial Efficiency: By supercharging mitochondrial energy production, Molecular Hydrogen activates autophagy in just 3 minutes—compared to the 3 days it would take with fasting—regenerating new cells, recycling toxic dead and dying ones, boosting energy, and regulating sleep.



Combating Cancer and Neuro-Degenerative Diseases

Clinical research indicates that molecular hydrogen is a novel anti-tumor agent. Cancer is a mutation of the nuclear DNA and mitochondrial DNA in our cells. This mutation is mostly caused by hydroxyl free radicals. The hydroxyl free radicals are selectively and effectively targeted by molecular hydrogen, without affecting other cellular signaling processes.

Molecular hydrogen's anti-inflammatory properties reduce the inflammatory response exacerbated by chemotherapy and because molecular hydrogen regulates apoptosis, it protects normal cells from programmed cell death by chemo-drugs. It has been shown to

also re-activate the P53 anti-tumor gene to further help fight cancers.

Due to its selective antioxidant capacity and anti-tumor properties, molecular hydrogen enhances chemotherapy/radiotherapy and mitigates side effects from both. In addition, the therapeutic application of molecular hydrogen in cancer patients increases the efficacy of therapy, decreases chemotherapy drug side effects, increases patient tolerability and compliance and improves patients' overall survival.

For neuro-degenerative diseases, such as Alzheimer's, Dementia, Parkinson's, MS (multiple sclerosis), Stroke, TBI (traumatic brain injury), poor memory, focus problems, etc.

molecular hydrogen easily crosses the blood-brain barrier and easily passes the cell membrane, entering the cell and protecting DNA, RNA, mitochondria and intra-cellular proteins and substances from free radicals, oxidative stress, and inflammation while producing clean ATP energy and promoting autophagy.

The ease of application, its safety, and its vast effectiveness make molecular hydrogen a great adjunct or stand-alone treatment for degenerative diseases and cancers.

Discover how molecular hydrogen can be a game-changer for cancer and neurodegenerative diseases. Review the groundbreaking clinical studies at www.hydroheal.com/research



Why Choose Hydro Heal?

Hydro Heal is the most prescribed Molecular Hydrogen solution worldwide with advanced programs for physicians and their patients. Hydro Heal devices produce stable molecular hydrogen for both inhalation and drinking. Every purchase comes with an onboarding call and quarterly call with one of our physicians. We also provide goggles and headphones for concentrated hydrogen delivery for vision, hearing, migraine and cognitive issues.

Our Home Cellular Optimizer unit, the HH300 the Advanced Cellular Optimizer VIP/Clinic unit HH600, and the Medical Center Cellular Optimizer, HH3000, ensure you get the highest purity and effectiveness. We offer affordable financing and rental programs for everyone. With offices in Florida and Dubai and VIP level US based customer service, Hydro Heal guarantees the highest quality with long-lasting performance for one's optimal well-being.



Choose Hydro Heal for the best in molecular hydrogen therapy. Explore our range of devices at [HydroHeal.com](https://hydroheal.com) and take the first step towards a healthier, longer life.



Dr. Mike Van Thielen

Dr. Mike Van Thielen, PH.D. HOLISTIC NUTRITION, PHYSICIAN, MENTOR and BIOHACKING EXPERT, BESTSELLING AUTHOR, TEDx SPEAKER, INTERNATIONAL KEYNOTE & MOTIVATIONAL SPEAKER, AND WORLD RECORD HOLDER in SWIMMING, has been involved in optimal health practices, anti-aging and regenerative medicine, sports performance, nutrition, supplementation, and biohacking for over three decades. Dr. Mike is certified in Molecular Hydrogen by the Molecular Hydrogen Institute (MHI).

Dr. Mike is featured on the cover of Biohackers Magazine, issue 22 and he is an Executive Contributor for Brainz Magazine. He was presented with the CREA GLOBAL AWARDS 2023 honoree in recognition of his creative and innovative ideas, adaptability in business, and for his contributions to sustainability and mental health projects. Dr. Mike's IZOD Method™ has been featured on Fox, ABC, NBC, google news, and over 300 other channels.



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

MY EXPERIENCE AT THE BIOHACKER SUMMIT-HELSINKI 2024



By Natalia Naila

This year, I had the incredible opportunity to attend the Biohacker Summit in Helsinki and cover it for Biohackers Magazine. This isn't just any conference, it's a convergence of the most innovative minds, including scientists, doctors, researchers, and leading companies in the field of longevity. They gather to share the latest technologies, supplements, and tests revolutionizing our understanding of aging and well-being. The event's significance lies in its unique focus on evidence-based practices, free from pharmaceutical influences. As a health coach and biohacker, this is precisely why I'm always so eager to attend these conferences.

Unlike typical medical conventions that can feel a bit sterile and monotonous, this summit was alive with enthusiasm and passion. The atmosphere was vibrant and charged with energy. Everywhere I turned, animated discussions and spontaneous collaborations were happening. It was an incredible experience, and I'm excited to take you through some of the highlights.



First Impressions

Walking in, the venue was thoughtfully designed, featuring a spacious main room where most of the action took place. This large area hosted a variety of exhibitors, showcasing the latest innovations in biohacking and wellness. The vibrant, colorful LED lights created an almost trippy atmosphere, adding to the futuristic feel of the event. Each booth was a gateway to the latest innovations in biohacking and wellness, offering everything from advanced health testing services to unique supplements and cutting-edge technology.

One of the most distinctive features of the summit was the dedicated room for breath work and meditation. This space provided an escape from the crowd and

busyness of the main event. With sessions running continuously, it was easy to step in and participate in guided breath work or meditation. Also, mushrooms were everywhere! There were so many different companies showcasing various types of mushrooms and their health benefits. It was amazing to see how each brand had its unique spin, offering products like lion's mane and cordyceps to boost immunity and cognitive function.

And finally, adding to the overall positive experience was the convenience of having a very nice restaurant on the premises. It was really wonderful to have everything right there, making it easy to grab a healthy meal without having to leave the venue.



Speakers, Topics and Discussions

One of the standout sessions was led by Dr. John Lieurance, who gave a fascinating discussion on Methylene blue, highlighting its health benefits, including cognitive enhancement and eye health support. During the NOA AON 5-hour pre-conference immersive experience led by Pavel Stuchlik, we all took Methylene blue to open the pineal gland, followed by guided meditation, breath work, and dancing with our eyes closed, which helped release emotional traumas. This experience was intense but incredibly freeing. Dr. Lieurance's unique products, including 200 mg melatonin suppositories, were

eye-opening for me. I was shocked to learn about the 200 mg dosage, something new I hadn't heard about at any other conferences. His products offer a new perspective on maximizing the absorption and effectiveness of supplements. He also discussed NAD and emphasized that the best method for NAD supplementation is through suppositories due to their slow time release and better absorption.

Meeting Teemu Arina, one of the event's co-producers, was another highlight. His dedication to biohacking and the way he meticulously organized everything really stood out during the summit. Shawn Wells'

talk on the mental health benefits of psilocybin was fascinating, adding a new perspective on psychiatric treatments.

Brain health was a major focus throughout the event, with various workshops and discussions on optimization techniques. One of my personal highlights was having my brain scanned for the first time by a company called Vital. They placed a cap on my head that scanned my brain for 30 minutes, providing insights into different brain waves and overall brain health. This scan can help identify areas for improvement and optimize mental performance.

Saunas and cold plunges were also highlighted for their benefits in recovery and overall health. The summit provided opportunities to experience these therapies firsthand.



Innovative Companies and Products

Nordic Laboratories

Nordic Laboratories is renowned for its comprehensive health testing services. They offer a range of tests that cover everything from DNA analysis to hormone levels, providing detailed insights into one's health. These tests allow individuals to make informed decisions about their wellness strategies based on their unique genetic and biochemical profiles. Nordic Laboratories' advanced testing services help uncover potential health issues before they become problematic, offering a proactive approach to health management.

Kappa Mushrooms

Kappa Mushrooms offers a variety of mushroom-based supplements that harness the power of natural fungi for health benefits. Their products include different types of medicinal mushrooms known for boosting immunity, enhancing cognitive function, and supporting overall health. These supplements are designed to provide the benefits of mushrooms in a convenient form, making it easier to incorporate these potent fungi into daily routines.

GlycanAge

GlycanAge offers one of the most revolutionary tests for biological age. This test measures the state of your immune system and chronic inflammation by analyzing the glycans attached to Immunoglobulin G (IgG) antibodies in your blood. I did a GlycanAge test back in December, which revealed that I had high levels of inflammation in my body. Without this test, I wouldn't have known

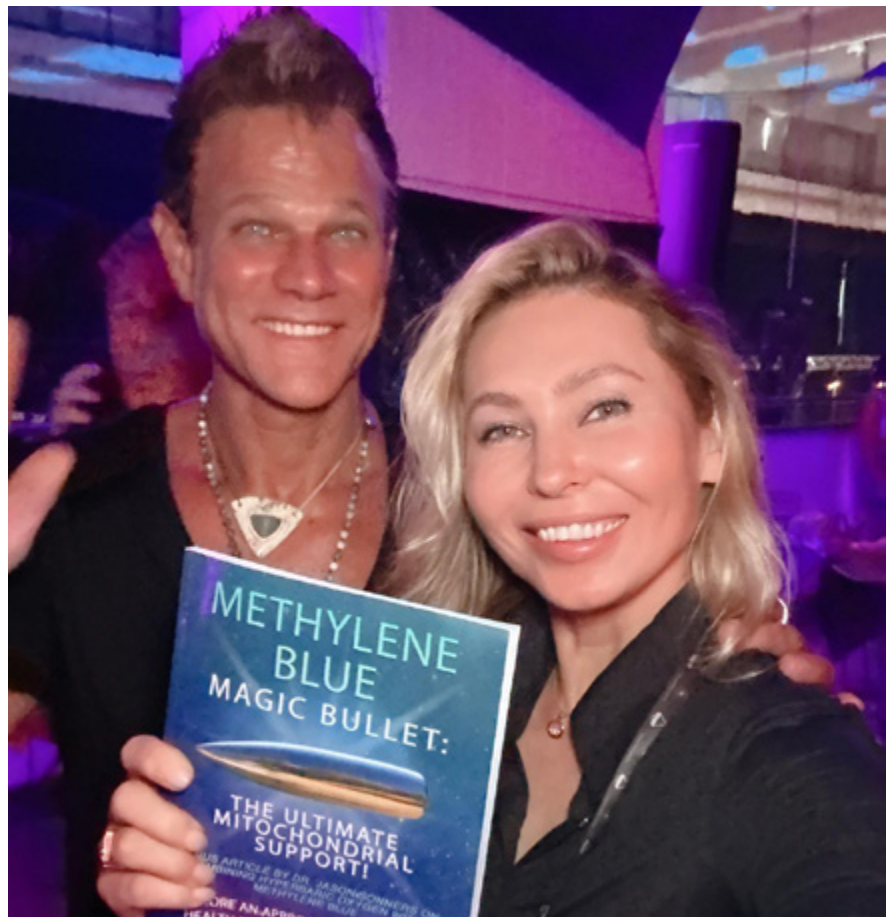
about this issue. This insight led me to undergo a full-body MRI scan by Prenuvo, where I discovered a mold lesion in my lungs. The GlycanAge test played a crucial role in identifying my inflammation markers, and I believe it is one of the best tests you can do to understand and address inflammation in your body.

Sooo.me

Sooo.me caught my attention with their creative marketing and product development. They focus on developing pharma-grade longevity nutraceuticals and making supplements and wellness products that are supported by scientific evidence.

OxyHealth

OxyHealth is the leader of portable hyperbaric chambers and their hyperbaric oxygen therapy device was another standout product. It provides a high-pressure environment to enhance oxygen delivery to tissues, promoting healing and recovery. This technology is beneficial for a variety of health conditions and overall wellness. Hyperbaric oxygen therapy can help accelerate wound healing, reduce inflammation, and improve cognitive function by increasing oxygen supply to the brain.





TBGN Kombucha

TBGN Kombucha's booth was a delightful surprise with their range of delicious kombuchas. Their "Golden Shower" drink, despite the humorous name, was a favorite among attendees for its refreshing taste. Kombucha is known for its probiotic benefits, which support gut health. TBGN Kombucha stands out for its unique flavors and high-quality ingredients.

De-Liver-ance

De-Liver-ance offer products focused on liver health. Their fiber scan device provides detailed information about liver health, helping individuals monitor and improve their liver function. I have been taking their antioxidant liver supplement for years and it works!

NOA AON

NOA AON's booth featured a variety of wellness products and retreats aimed at promoting holistic health. Pavel and his team provide breath work sessions, meditation, and other wellness practices designed to enhance mental and physical health. Their approach integrates physical, mental, and spiritual wellness, offering a comprehensive solution for those looking to improve their overall well-being.

Salli

This ergonomic chair from Sweden aligns the spine and pelvis for optimal sitting posture. It's a great addition to any office setup, promoting better spinal health and reducing discomfort from prolonged sitting. The design is both functional and stylish, making it a popular choice for those who spend long hours sitting. I was so impressed that I bought one for myself.

Kolme Cosmetics

Kolme Cosmetics offers skincare products made from tallow derived from grass-fed cows. Their natural retinol alternative is known for its beautiful texture and lack of smell, providing a luxurious and effective skincare option. The use of tallow in skincare is an ancient practice, and Kolme Cosmetics brings this tradition into the modern era with their high-quality, sustainable products.

BioOptimizers

BioOptimizers showcased their range of health supplements designed to enhance gut health, improve digestion, and boost overall well-being. Their products are well-regarded in the biohacking community for their effectiveness and quality.

Flex Beam

Flex Beam is a wearable red light therapy device designed for spinal health. It's an effective tool for reducing pain and promoting healing through targeted red light therapy. The device is easy to use and can be worn while performing daily activities, making it a convenient option for those looking to benefit from red light therapy. It is comfortable to wear on your back and can be specifically worn on the spine to promote healing. It's great for people who have back problems. You can even

walk around with it, allowing you to continue your daily tasks at home or work while receiving therapy.

Black Stuff

Black Stuff offers supplements made from the spores of bark trees, providing a rich source of minerals and vitamins. These products are designed to support gut health and overall wellness. The unique extraction process ensures that the supplements are highly bioavailable, making them effective in delivering essential nutrients to the body.

THERA Nordic

THERA Nordic's products are excellent for supporting bowel movements and providing necessary fiber. Their natural supplements are designed to enhance digestive health. THERA Nordic focuses on creating high-quality, effective supplements that help maintain a healthy digestive system.





RA Optics

RA Optics, founded by Matt Maruca, offers stylish blue-blocking glasses. These glasses are designed to protect the eyes from harmful blue light, promoting better sleep and eye health. Blue light exposure, especially from screens, can disrupt sleep patterns and strain the eyes.

FirmTech

FirmTech is known for its TechRing, a wearable device designed to monitor erectile health. This device tracks the number, duration, and firmness of erections, providing valuable data for men looking to improve their sexual health. It can be worn overnight to gather data on nocturnal erections, which is crucial for understanding overall vascular health. The TechRing is us-

er-friendly and connects to an app via Bluetooth, making it easy to upload and analyze data.

Primeadine

Primeadine is a premium spermidine supplement sourced from Japan, designed to support healthy aging and enhanced cell renewal. Spermidine is a naturally occurring compound that plays a crucial role in promoting cellular health and longevity by supporting autophagy, the body's process of cleaning out damaged cells and regenerating new ones.

London Nootropics

London Nootropics specializes in adaptogenic coffee blends that combine the benefits of mushrooms and other adaptogens with high-quality coffee. These blends are designed to enhance mental

clarity, reduce stress, and improve overall cognitive function.

The Buchinger Wilhelmi Clinic

The Buchinger Wilhelmi clinic offers a comprehensive 21-day fasting program that promotes health and wellness through therapeutic fasting. This program aids in detoxification, weight loss, and overall rejuvenation. They also sell a fasting box exclusively available in Europe, which contains everything needed for a five-day reset at home, including fasting soups, teas, fasting minerals, and a detailed fasting schedule. Renowned for its holistic approach and personalized care, the clinic integrates physical, mental, and spiritual health through activities like yoga, meditation, and artistic workshops.



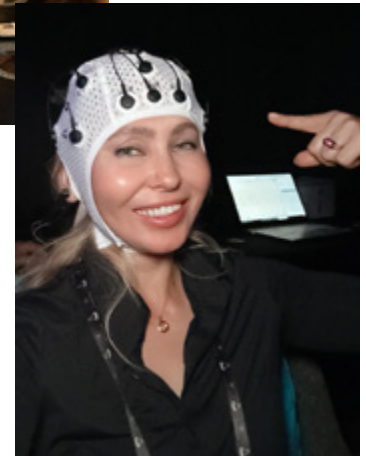
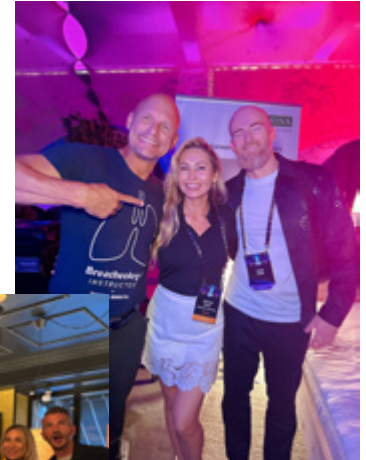
An Unexpected Moment of Serendipity

One of the most unforgettable moments at the Biohacker Summit happened during a dinner that felt almost too perfect to be true. I had just been to the Health Optimization Summit in London and remembered breath work expert Niraj Naik telling a story about a remarkable individual who held his breath underwater for over 22 minutes. The discipline and mental strength required to accomplish this stuck with me.

That evening after the conference, I sat at the dinner table, and sure enough, who was sitting right there? Stig Severinsen, the very person Niraj had spoken about! Seriously, I couldn't believe it. We started with the usual small talk, "So, what do you do?" And he casually mentions, "Oh, I hold the world record for holding my breath underwater." My jaw practically hit the floor. "Are you serious?" I asked. I told him how Niraj talked

about him and how I couldn't stop thinking about it.

We ended up talking for hours. Stig's passion for breatheology and his dedication to pushing the human body's limits were truly inspiring. He explained his rigorous training routines and the mental strategies he uses to stay calm and focused while underwater for such long durations.



Conclusion

One distinct difference I noticed at the Biohacker Summit is the greater emphasis on preventive health. In Europe, there's a bigger focus on prevention and optimization to maintain long-term health rather than curing illnesses, which is different from the American approach. They prioritize keeping people healthy in the first place, rather than just treating illnesses as they come. This mindset was evident at the Biohacker Summit and really stood out to me.

In a world where health information is often muddled with misinformation and commercial in-

terests, events like the Biohacker Summit are so important because they bring together the brightest minds and the most innovative ideas, creating a space where true advancements can flourish. From the enthusiastic female biohackers like my partner and friend Sarah Glynn from Dragonfly Health, Dr. Esra Çavuşoğlu from LongeviLab, and Dr. Kayte Susse from the Biohack Your Beauty Conference, to the leading experts in various fields, every interaction was a reminder of the collective effort driving this movement forward. They remind us that the pursuit of optimal health

and longevity is not just about individual effort but about a global community striving for a better, healthier future.

I can't wait for the next Biohacker Summit. If you're passionate about biohacking and longevity, or simply curious about the future of health, I highly recommend attending these events. They are a unique opportunity to learn, connect, and be inspired by a community dedicated to pushing the boundaries of human potential. See you at the next summit!

Natalia Naila



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

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

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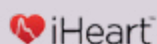
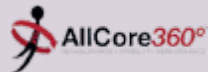
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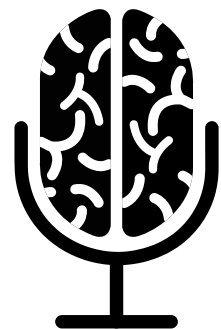


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PRODUCT *Reviews*

by @Cyborggainz

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Unlocking Restful Nights: A Deep Dive into the Killswitch Sleep Supplement

WHY IT WAS MADE:

The Killswitch Nootropics Brain & Sleep Support Supplement was created with one goal in mind: to provide a natural, effective solution for those struggling with sleep disorders, anxiety, and stress. Developed by a leading brand dedicated to wellness, this supplement combines clinically studied and scientifically formulated ingredients to address the root causes of sleep issues. In a world where quality sleep is often compromised by the demands of modern life, this product aims to restore balance, allowing users to achieve deeper, more restorative sleep.

The supplement is particularly relevant in the health and wellness niche, as poor sleep has been linked to a host of chronic conditions, including heart disease, diabetes, and mental health disorders. By targeting both the physiological and psychological aspects of sleep, this product offers a holistic approach to improving overall well-being.

HOW IT WORKS:

The Killswitch Nootropics Brain & Sleep Support Supplement harnesses the power of five key ingredients, each selected for its proven ability to promote relaxation, enhance sleep quality, and support overall health.

1. Magnesium Glycinate (60 mg): Known for its ability to improve sleep and combat inflammatory conditions, magnesium glycinate is a crucial component. It helps reduce stress, anxiety, insomnia, and depression, making it a foundational element in promoting restful sleep.

2. Gamma-Aminobutyric Acid (GABA) (250 mg): GABA is a neurotransmitter that plays a vital role in calming the nervous system. Low levels of GABA are associated with insomnia, and this supplement replenishes those levels, helping the body to relax and maintain uninterrupted sleep throughout the night. However, it's important to note that while GABA is generally well-tolerated, some users may experience side effects such as mild headaches, drowsiness during the day, or stomach discomfort. These side effects are typically mild and often diminish with continued use, but users should start with a lower dose to assess their tolerance.

3. Theobroma Cacao (3000 mg): Derived from cacao, this ingredient is known for inducing feelings of euphoria and deep relaxation. Its vasodilatory effects help lower blood pressure and improve circulation, both of which contribute to better sleep quality.

4. Theanine (450 mg): Sourced from tea and mushrooms, theanine boosts dopamine production, enhancing focus and cognitive function during the day while promoting relaxation and sleep at night.

5. Tart Cherry (80 mg): Research suggests that tart cherry can increase the body's production of melatonin and enhance the availability of tryptophan, helping users fall asleep faster and stay asleep longer.

Each of these ingredients is included in the supplement at clinically effective doses, en-

sureing that users receive the full benefits of their sleep-enhancing properties.

WHAT WAS MY EXPERIENCE:

I incorporated this sleep supplement into my nightly routine for a period of two weeks, taking it 30 minutes to 1H before bed each night. Initially, I noticed a subtle sense of relaxation and calm shortly after taking the supplement. Within the first week, I experienced a noticeable improvement in my ability to fall asleep more quickly and stay asleep through the night.

By the second week, I was waking up feeling more refreshed and alert, with fewer instances of waking up during the night. The combination of ingredients, particularly the magnesium glycinate and GABA, seemed

to alleviate the usual stress and anxiety that often interferes with my sleep. Theobroma cacao added a pleasant sense of relaxation, making the transition from wakefulness to sleep smooth and enjoyable.

Compared to other sleep supplements I've tried, this Killswitch Nootropics Brain & Sleep Support Supplement was not only effective but also gentle, without causing any grogginess or morning hangover effects. The inclusion of tart cherry was particularly beneficial, as it seemed to enhance the overall quality of my sleep, leading to more consistent, restful nights.

Pros:

- Comprehensive formula targeting multiple aspects of sleep
- Clinically studied ingredients at effective doses

- Promotes relaxation without causing morning grogginess
- Enhances both sleep onset and sleep quality

Cons:

- Potential mild side effects from GABA, such as headaches or stomach discomfort
- May require consistent use to experience full benefits
- Higher doses of theobroma cacao may not be suitable for everyone

In conclusion, this Killswitch Nootropics Brain & Sleep Support Supplement is an excellent choice for anyone looking to improve their sleep naturally. With its blend of scientifically validated ingredients, it offers a powerful yet gentle solution to common sleep issues, making it a valuable addition to any nighttime routine.



NEUROVIZR: Reimagining Mental Clarity with Cutting-Edge Tech

WHY IT WAS MADE:

NEUROVIZR is an innovative brain training device designed to enhance cognitive function, reduce stress, and boost overall mental clarity. Developed by Shift Tech, a pioneering brand in neurotechnology, NEUROVIZR offers a futuristic approach to mental wellness. The device uses a combination of light therapy and visual patterns to stimulate the brain, making it an ideal tool for those looking to improve focus, creativity, and mental resilience.

In today's fast-paced world, where mental fatigue and stress are prevalent, NEUROVIZR stands out as a relevant and timely product. With the growing interest in mental health and wellness, this device aims to provide an accessible and non-invasive solution for those seeking to optimize their cognitive performance. NEUROVIZR is especially relevant in the health and wellness niche as it caters to individuals who prioritize mental fitness as much as physical health.



HOW IT WORKS:

NEUROVIZR leverages advanced light therapy technology to deliver specific patterns of light and color to the eyes, which in turn stimulates the brain's visual and cognitive centers. The device features customizable programs that can be tailored to different needs, whether it's enhancing focus, promoting relaxation, or boosting creativity. Users can select from various modes, including meditation, energy boost, and mental clarity, each designed to elicit a specific cognitive response.

One of the unique selling points of NEUROVIZR is its integration of scientifically-backed protocols for brainwave entrainment. This process involves synchronizing brainwaves to a desired frequency, thereby enhancing cognitive performance. Studies have shown that brainwave entrainment can improve concentration, reduce anxiety, and even aid in sleep. NEUROVIZR takes this concept and combines it with visually stimulating patterns, offering a multisensory experience that is both innovative and effective.

WHAT WAS MY EXPERIENCE:

I was one of the early Tester for the prototypes I & II, but just got the opportunity to test the New NEUROVIZR over the course of three weeks, using it daily for 20-minute sessions. My goal was to assess its impact on my focus and mental clarity, particularly during peak work hours and also before heading to my Cold Plunge.

From the very first session at work, I noticed a heightened sense of alertness and a subtle

yet noticeable improvement in my ability to concentrate. The light patterns were engaging without being overwhelming, and I found the experience both relaxing and invigorating.

For the Relax and centered experience, required to stay above 30min in cold water, my brain was in the deepest state of relaxation, making my whole body ready for the challenge of cold exposure.

As the weeks progressed, I observed a consistent improvement in my cognitive performance. Tasks that usually required significant mental effort became easier, and I experienced less mental fatigue throughout the day. The device's different modes allowed me to tailor my sessions to my needs—using the relaxation mode before bed and the focus mode during work hours, for example.

Compared to other brain training devices I've tried, NEUROVIZR stands out for its ease of use and the immediacy of its effects. While some devices require weeks of consistent use to see results, NEUROVIZR delivered noticeable benefits within days. However, it's important to note that individual results may vary, and the device works best when integrated into a daily routine.



Pros:

- Immediate impact on focus and mental clarity
- Customizable modes for different cognitive needs
- Easy to use and non-invasive
- Backed by scientific research

Cons:

- Light patterns may not be suitable for individuals with photosensitivity

In conclusion, NEUROVIZR is a powerful tool for anyone looking to enhance their mental wellness. It offers a unique blend of science and technology, delivering tangible benefits in a user-friendly format. While it may not be for everyone, those committed to improving their cognitive function will find NEUROVIZR to be a valuable addition to their mental fitness toolkit.



NEUROVIZR®



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Product Review: Swanwick Swannies Blue Light Blocking Glasses

Overview

Swanwick Swannies Blue Light Blocking Glasses are designed to block 99-100% of blue light in the evening, helping users fall asleep easily, get quality sleep without tossing and turning, and wake up feeling rested and energized. By allowing the use of electronic devices before bed without affecting sleep, these glasses also protect against eye strain. Swanwick's commitment to research and scientific validation is evident through several independent studies demonstrating the efficacy of their product.

Benefits and Mechanisms

1. Improved Sleep Quality:

- Benefit: Swannies block 99-100% of blue light, which can interfere with melatonin production and disrupt sleep patterns. By wearing these glasses in the evening, users can fall asleep more easily and enjoy deeper, more restful sleep.

2. Enhanced Daytime Performance:

- Benefit: A study published in the Journal of Applied Psychology found that workers who wore Night Swannies in the evening experienced improved sleep quality and quantity, leading to enhanced effectiveness at work the next day. Better sleep translates to increased productivity and overall well-being.

3. Protection Against Eye Strain:

- Benefit: Prolonged exposure to blue light from screens can cause eye strain and discomfort. Swannies provide protection against this strain, making it easier to use electronic devices

for extended periods without experiencing discomfort.

4. Use of Electronic Devices Before Bed:

- Benefit: By blocking blue light, Swannies allow users to engage with their electronic devices before bed without the usual negative impact on sleep. This is particularly beneficial for those who need to use screens in the evening for work or leisure.



Key Features

- Scientifically Tested and Validated: Swannies are the only blue light blocking glasses independently and scientifically validated by several studies, including research published in the Journal of Applied Psychology.
- Comprehensive Blue Light Blocking: Blocks 99-100% of blue light, ensuring maximum protection and effectiveness.
- Enhanced Sleep and Productivity: Proven to improve sleep quality and quantity, leading to better daytime performance and productivity.
- Eye Strain Protection: Reduces eye strain caused by prolonged screen time, enhancing comfort and visual health.
- High-Quality Design: Carefully designed and tested to ensure both effectiveness and comfort for the wearer.

Conclusion

Swanwick Swannies Blue Light Blocking Glasses stand out as a highly effective tool for improving sleep quality, reducing eye strain, and enhancing overall well-being. With strong scientific validation and a design that blocks almost all blue light, these glasses provide substantial benefits for those who use electronic devices in the evening. Whether you're a professional looking to improve productivity or someone seeking better sleep, Swannies offer a reliable and scientifically-backed solution.

Pro & Con of Swanwick Swannies Blue Light Blocking Glasses

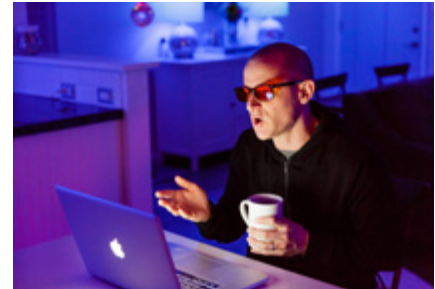
Pro

- Scientifically Proven Effectiveness:
- Pro: Swannies are backed by independent scientific studies, including research published in the Journal of Applied Psychology, which demonstrate their

effectiveness in improving sleep quality and daytime performance. This strong scientific validation ensures that users can trust in the product's ability to deliver on its promises.

Con

- Style and Comfort:
- Con: While designed to be effective, some users might find the style or fit of the glasses not to their personal taste or comfort. Individual preferences for eyewear can vary greatly, and the specific design of Swannies may not suit everyone, potentially limiting their appeal to a broader audience.



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



THE ALLIANCE FOR LONGEVITY INITIATIVES

Request to Support Geroscience Research and Join the Longevity Science Caucus

In our journey to advance the longevity industry, grassroots efforts like ours hold immense potential to create change. To truly impact the future longevity science and human health, we need a committed community advocating constantly for the industry. To that end, we must ensure that our voices are heard by the people who can most effect change - our policymakers.

Policymakers are the key to this longevity science effort. They set the rules, drive the legislation, and provide the regulatory environment in which the longevity industry operates. If we can engage them, inspire them, and show them the extraordinary potential of geroscience and the study of longevity, we can cultivate allies in the highest offices of our nation. And it's not

just about the longevity industry - it's about our mission of enhancing health and extending lives.

The Alliance for Longevity Initiatives (A4LI) urges you to reach out to your local representative in Congress and make a case for them to join the Longevity Science Caucus. Our elected representatives are there to serve us, to protect our interests, and to help us live healthier, longer lives. Let's remind them of that!

To make this task as straightforward as possible, we've prepared a letter template below. Feel free to customize it, add your personal touches, and make it your own. Your words can be a powerful tool for change. When you're ready to send your message, reach out to us at info@a4li.org. We're here to support you, provide the contact information for

your congressional office, and help you make a difference.

Together, we can transform the future of health and longevity. Let's make our voices heard, let's advocate for change, and let's inform our policymakers about the incredible promise of the longevity industry.



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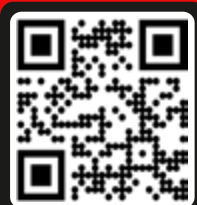


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- Attendees are at the heart of the RAADfest experience, interacting with experts both during and after presentations. In RAADcity, the product expo, attendees get to sample products and services first hand, as well as learn new ways to support their longevity.

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

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Remember, the ideas and products you read about here are part of a journey of discovery. Don't take everything at face value; challenge it, test it, but always weigh the risks. The world of biohacking moves at warp speed, and what's true today might be old news tomorrow. Always double-check with a health pro before taking the plunge.

Lastly, our content is ours - a blend of science, art, and rebellion. It's not meant for copying or repurposing without our say-so. Dive in, challenge norms, but respect our creative space.

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