

# BIOHACKERS

ISSUE 32

## VITALIA CITY: THE FIRST CITY DESIGNED AROUND LIFESPAN EXTENSION



**NIKLAS ANZINGER'S**  
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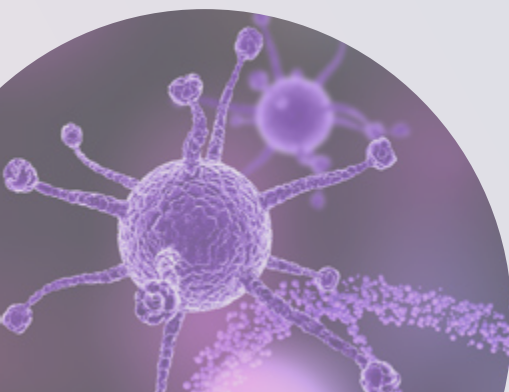
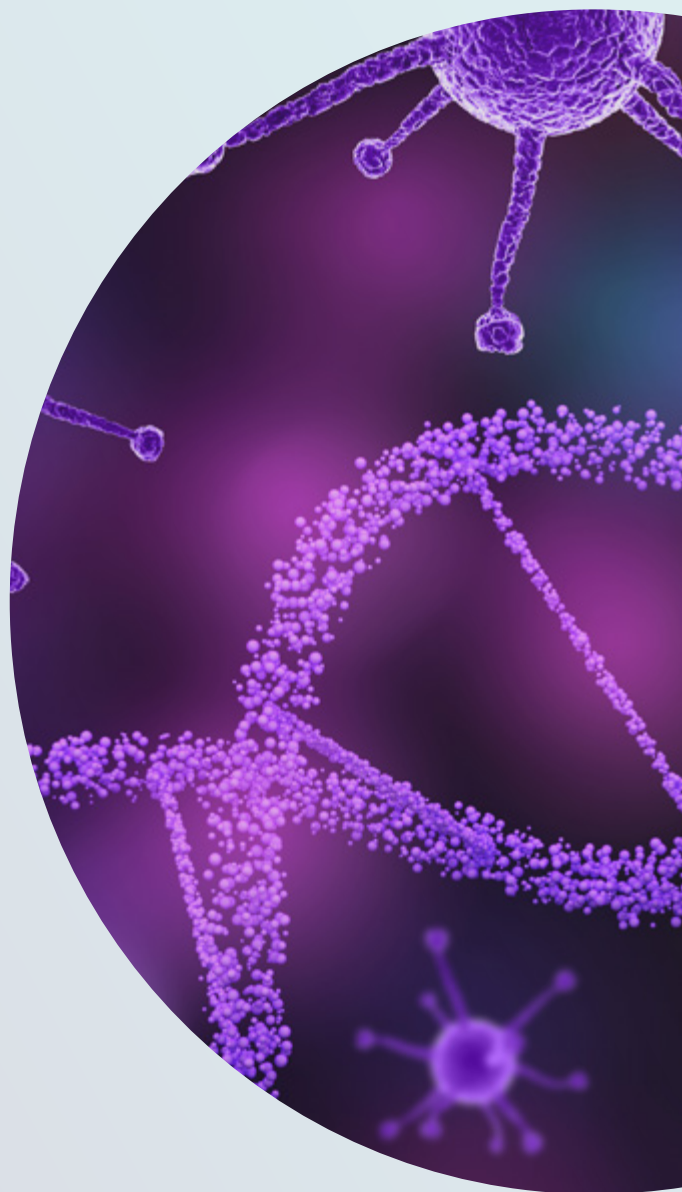
# BIOHACKERS

## MAGAZINE

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## A COMMUNITY DESIGNED FOR YOU & ME

A Society is something that definitely gives human advancement and growth a framework to prosper. A strong community builds strong individuals; there's no doubt there. But what about all the somewhat invisible by-products that come with a society? For example, while everything a society as a whole promotes to its members for improvement is a sound thought, what if its not ideal for all members?

Every individual is different and it can be easy to forget this when society is constantly pressuring members to adhere to what the common perspective is. Draped in veils of white and splendor, some ideas and norms that stem from society can actually be quite black and crude at the heart.

We as humans have a tendency to follow the herd; to look around us and do what everyone else is doing. Its a survival tactic. We see others around us in little snapshots and short reels and determine that they are successful. We then try to emulate these people, without looking at the full picture or any other side effects that come from living these types of lives and habits.

A true, sustainable society is one that of course acts for the best of its community, but also acts for the best of the individual. This is done when each individual can be

allowed and even encouraged to discuss ideas, perspectives, and questions about the norm of society.

Remember that just because something feels normal, it doesn't mean that its necessarily the best, or most natural way of doing something. Society grows at its best when the status quo is challenged constructively (and safely) by individuals interested in serving their community.

I believe this is the main purpose behind biohacking: to serve the community through our individual curiosities and interests, all while discerning what is indeed best for ourselves and each individual of the community when pressed with the decision of following the worldly views (which can be fine) or taking the narrow road and perhaps forging a path for human growth and discovery.

The design behind every faucet of a society, from its building and parks, to its roadways and gathering places, must keep the health of the individual in mind. When we ask the right questions centered around wellness and longevity for the greater good of a community while recognizing the significance of every individual human, we draft a blueprint with foundational principles to guide us forward towards inner peace, healthy minds, and resilient bodies.

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### About Dallas McClain

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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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## JOIN US IN SHAPING THE FUTURE

Dear Biohackers,

We stand at the edge of an era where science fiction is rapidly becoming reality. The concept of biohacking has evolved from a niche community to a movement with the potential to reshape humanity's future. At the heart of this transformation is Vitalia City—a biotech hub designed to accelerate breakthroughs in health and longevity by bypassing the barriers that have slowed innovation for too long.

Vitalia is a place where cutting-edge science, technology, and freedom collide to create a space where visionaries, biohackers, and innovators can push the limits of what is possible. From gene therapies to cybernetic implants, this is where the next generation of human optimization will take place. This is where we break free from the constraints of outdated regulations and build a new paradigm for health, longevity, and human potential.

Biohacking has always been about taking control of our biology to live longer, healthier, and more optimized lives. In Vitalia, this philosophy reaches its zenith. They are building a place where

the boldest ideas can be tested, where experimentation isn't bound by bureaucracy, and where the future of humanity's longevity is being written.

For those of you who have been hacking your biology in your homes and labs, Vitalia is a call to bring your experiments to a new frontier—a place where your vision can scale and where the impossible becomes the inevitable.

This month, again, I say YES to living longer, living better and Hurrah to pushing the boundaries of what we think is possible for human health, for life itself. Whether you're a biohacker, a scientist, or an entrepreneur, I invite you to join us in shaping this future.

We're not just dreamers; we are the ones building the future of human potential. Let's make it happen together.

Stay limitless,

Jean Fallacara

Founder of Lifespanning |  
Biohackers Magazine

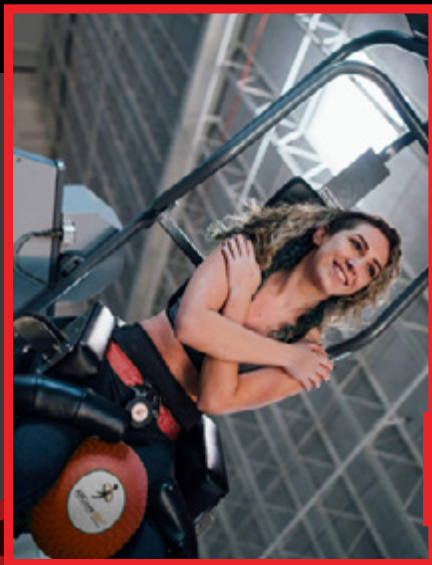
### About Jean Fallacara



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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# Challenge Yourself

Put Your Lifespanning Knowledge to the Test

**How does berberine, a compound found in several plants, influence longevity?**

- a) Activates AMPK, improving insulin sensitivity and reducing metabolic stress**
- b) Increases protein synthesis, enhancing muscle mass**
- c) Promotes fat accumulation for long-term energy storage**
- d) Inhibits liver function, reducing glucose production**

**Pterostilbene, a compound found in blueberries, is often compared to resveratrol. What is its main advantage in terms of longevity?**

- a) Greater bioavailability and stronger antioxidant effects**
- b) Higher potency increasing mTOR signaling**
- c) Faster degradation in the bloodstream, reducing toxicity**
- d) Greater ability to increase glucose absorption in cells**

**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 Rhodiola, an herb, help with stress and possibly longer life?**

- a) Lowers stress hormones that can damage the body**
- b) Helps you sleep better by increasing melatonin**
- c) Boosts motivation by increasing dopamine**
- d) Helps control blood sugar by increasing insulin**

**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**

# BIOHACKING IN THE LAND DOWN UNDER

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By Azra Alagic







In a country where space, nature, and vitamin D is abundant biohacking is starting to take off in the country I call home – Australia.

After all, we're perfectly situated to leverage off the many foundational biohacks, whether it's forest bathing in our pristine national forests listening to the call of kookaburras or pumping our vitamin D levels on our Gold Coast beaches – Australia has a lot to offer biohackers.

As one of the first female biohackers in Australia, here's the biohacks I'm seeing take off in the land down under.



## Cold therapy

Let's face it, Australia can get hot, reaching temperatures of over 40 degrees Celsius! So cold plunges are a welcome reprieve. Ice baths are popping up in many spas, recovery centers, and sporting events. Cryotherapy chambers are also becoming popular.



## Exercise

We're on the move and loving it! Gym memberships are on the rise in all age groups, with 54% of gym members in Australia being women. Exercise, in particular strength training, is now being understood as a foundational biohack that delivers a big longevity punch.

## Infrared saunas

Sweating it out to remove toxins, improve sleep and cardio-vascular health are all benefits Aussies are starting to leverage off from having an infrared sauna. We now have centres that incorporate either a float and sauna, or cold plunge and sauna. These options are seen as the next level up to attending a day spa and simply having a steam and a massage.



## IV Therapy

Busy corporate types and fitness lovers are jumping on IV infusions as a preventative measure with vitamin boosters or proactive longevity management from NAD infusions and cognition cocktails.

## Personalised testing

Many are now becoming more aware of personalised medicine and utilising deep dive testing to get baselines. Whether it's biomarkers, methylation, DNA or DEXA scans Aussies are on a mission to better understand their bodies and implement strategies that can help them lose weight, address symptoms, and optimise their health.





## Grounding/forest bathing

Aussies love being outdoors and regularly hit the beach, parks, and national forests to ground themselves, forest bathe and rebalance from the impacts of their busy lives.

## Supplementation

Australia's nutritional and supplements market is expected to rise from 4.58Bn in 2022 to 9.81Bn in 2030. Our ageing population is driving the surge through proactive management of age-related conditions. Whether it's creatine monohydrate, NMN, mushrooms, methylene blue, or good old magnesium Aussies are dosing up and stacking.

## Hyperbaric Oxygen Therapy

Traditionally used for the treatment of chronic non-healing wounds and decompression sickness, post COVID it's now being recognised as a great hack to improve immunity, reduce chronic inflammation, and boosting the supply of circulating stem cells.

## Peptides and Stem Cell Treatment

While stem cell treatment is only approved in Australia for the treatment of blood and immune disorders, Aussies with long-term injuries who have tried everything but failed to gain relieve are jetting off to Asia to get stem cells.

Peptides are gaining popularity for tissue repair, improving immunity and hormone production.

Raising awareness about biohacking has started to see more people understand its value in Australia, particularly the concept of bio-individuality.

With the ongoing trend and focus on health and wellness, and after witnessing the new tech coming through at the recent Biohacking Conference in Dallas I believe personalised medicine and nutrition is the future of biohacking and I'm excited to be on the frontline of advocating for this in Australia.



## Azra Alagic

Azra Alagic – is a Health and Wellness Journalist, host of the Biohack-her Podcast, Integrative Nutritional Health Coach, Behavioural Change Specialist and Biohacker Influencer. She has recently launched her first product - Good Gut Granola, published her eBook – Biohackher – Live Well Longer, and is currently working on another book on biohacking. You can connect with her [@biohackher\\_official](https://www.instagram.com/biohackher_official) and at [www.biohack-her.com](http://www.biohack-her.com)

# SILVER NANOPARTICLES

A BREAKTHROUGH SOLUTION  
FOR YEAST INFECTIONS

by Keith Moeller, ND





# Silver Background History

Silver has been used for at least six millennia to prevent microbial infections. It has been effective against almost all organisms tested, and has been used to treat numerous infections and noninfectious conditions, sometimes with striking success (1). Around 400 BC, the “father of modern medicine”, Hippocrates, wrote of using silver to improve wound care, and during the intervening years silver has been featured in a wide range of writings, most of which highlight its capabilities with particular regard to limiting inflammation and infection (2). There are now hundreds and hundreds of peer-review published medical studies on the medicinal use of silver for things like wound care, bio tissue engineering, antimicrobial action, antiviral action, and even use against different types of cancer. (15)

## Modern Times

In more recent times, silver has been approved or cleared by the US FDA in numerous types of products to combat a host of both pathogenic and super drug-resistant problem microbes (3). Even some of the deadliest pathogens, like MRSA, VRE, and even *Candida auris*, are easily killed by Nano silver products (4)(5). FDA-cleared products can carry direct claims on antimicrobial action for things like use on device-insertion-site problems (3). A device-insertion tool could include products like condoms or tampons, thus giving rise to the potential uses of a nano silver gel in the vaginal tract.

## Safety

Unlike other forms of silver, such as ionic silver, Nano silver has been proven to do no harm to any body system, as demonstrated by three different published, peer-reviewed human ingestion studies (6). In those studies, the silver was found to be eliminated partially through the urine, but mostly through the fecal tract. Importantly, it was found that the Nano silver was eliminated completely from the body within just 24 hours of ingestion.

Another important factor to consider in the discussion of using a silver gel intra-vaginally, would be the potential effect of the silver on the good, or probiotic, bacteria. Probiotic bacteria help protect many human body systems, including the skin, gut, and also the vaginal tract. Most things that could potentially kill a problem pathogen will also kill a probiotic protector-bacterium, possibly eliminating one problem in the vaginal tract just to cause another one. Older forms of silver, like chemical or ionic forms of silver, will start killing probiotic bacteria at about 2.5 ppm (7), which is not good! Several studies on Nano silver (8)(9) have shown that this form of silver causes no damage to probiotics at the low levels at which it is used, (up to about 32 - 40 ppm). This means that Nano silver is able to kill the pathogens in the vaginal tract without damaging the good or probiotic bacteria.







## The Problem

Yeast infections are a common ailment in the United States and around the world. While 75% of women will get at least one yeast infection in their lifetime, up to 8% get more than four in a year. These repeated cases are called recurrent yeast infections. (19)(20) *Candida albicans* is the most prevalent cause of fungal infections in people. Its species name, *albicans*, comes from the Latin word for "white." The yeast appears white when cultured on a plate, and in the case of certain infections, like thrush, it can create white patches. *C. albicans* can cause two major types of infections in humans: superficial infections, such as oral or vaginal candidiasis, and life-threatening systemic infections. The polymorphic fungus *Candida albicans* is a member of the normal human microbiome. In most individuals, *C. albicans* resides as a life-long, harmless commensal. Under certain circumstances, however, *C. albicans* can cause infections that range, as stated, from superficial infections of the skin to life-threatening systemic infections (10). It can be deadly. By one estimate, invasive candidiasis, contracted in hospital, causes 2,800 to 11,200 deaths yearly in the US (11). The fungus most commonly, however, manifests in forms including outbreaks beneath dental work, as diaper rash, or vaginal infections.

## What Are the Symptoms?

A vaginal yeast infection causes burning, itching, and redness in the vulva (the outside parts of the vagina). Another sign is that the itching and burning can feel worse when you urinate or have sex. A vaginal yeast infection caused by *Candida albicans* can cause a whitish or yellowish discharge. The discharge can be watery or chunky, similar to cottage cheese or curdled milk.(12)(13).

In males, a yeast infection can affect the head of the penis. Symptoms include redness, irritation, and discharge (14) [according to the United Kingdom's National Health Service (NHS)]. It can also affect the skin or the mouth. A yeast infection isn't generally considered a sexually transmitted infection, however it can be transmitted between partners.

## Factors That Increase the Risk of Getting A Yeast Infection

It is important for people to know some of the factors and medical conditions that increase the risk of getting a vaginal yeast infection (14).

This would include:

- recent use of antibiotics
- pregnancy
- use of hormonal contraceptives
- Unmanaged diabetes
- being immunocompromised
- moisture in the genital area
- the presence of an alternate *Candida* fungus, as opposed to *Candida albicans*

Any activity that can cause changes in typical vaginal flora, including douching, can also contribute to a yeast infection. Improper diet and lack of sleep may also increase the risk.



## What Can Nano Silver Do to Eliminate A Yeast Infection

Nano silver can have a number of positive effects on a yeast infection. Nano silver is well known to be a broad spectrum anti-microbial (15), eliminating not only yeast but also bacteria, viruses, mold, and a number of parasites (including *Trichomonas vaginalis* - STD) . It is also a proven anti-inflammatory agent, helping to reduce inflammation and pain (16) in the tissue as well as to help speed up the natural healing process. By eliminating the pathogen and reducing the pain and itch, the problem can be subdued quickly by using Nano silver.

Dr Sherrill Sellman, ND, (naturopathic doctor, best-selling author, women's health expert, psychotherapist, contributor to health magazines worldwide, lecturer, and host of two weekly podcasts) said of using a Nano Silver gel intra-vaginally, "The good news is that it will not cause antibiotic resistance or alteration of healthy vaginal microflora. In addition to its lubricating and anti-microbial effects, it is able to quickly reduce inflammation, itching, pain, and burning, while at the same time accelerating tissue repair and healing. It is gentle, soothing, non-irritating, and free of harmful chemicals. My patients discovered that the Nano-Silver gel quickly soothed the vaginal tissues, eliminated irritation, and calmed inflamed tissues. It quickly healed any vaginal tears. It helped to promote a healthy vaginal microbiome, eliminating fungal or bacterial infections."(17)

## How To Use Nano Silver to Help Eliminate The Problem.

To treat a vaginal yeast infection, a number of doctors (17)(18) suggest putting a dime sized dab (3-5 ml) of a 32 ppm Nano silver gel on a tampon or in a vaginal applicator and then inserting it into the vagina. They reported that the gel could help eliminate a Candida infection within about 15-90 minutes without harming the protective bacteria in the vaginal tract. Doctors have also suggested that by using the gel as a personal lubricant, the gel could help eliminate the yeast on both partners at the same time, helping to prevent reinfection.

## Conclusion

Silver has been used for thousands of years to help eliminate infections and promote natural healing of wounds. It is a broad-spectrum antimicrobial, able to kill yeast, bacteria, viruses, mold and some parasites. Published studies show that Nano silver will not hurt or kill the good or needed probiotic bacteria, including vaginal probiotics. Most women will have a yeast infection sometime in their lives and some can have many. A number of doctors have reported that Nano silver gel, used intra-vaginally, can help calm, soothe, and eliminate a yeast infection within about 15-90 minutes of intra-vaginal application, without damaging or harming protective probiotic bacteria.





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## Keith Moeller

Keith Moeller, ND, has co-authored many papers, textbooks, and other publications on silver, a number of which have been peer-reviewed and published in leading wound care, science, and health journals. After working with the US Military to help solve medical problems for soldiers in the field, he was awarded honorary position as a member of the US Special Operations Medical Association, a designation he is proud to hold. He accompanied his father, standing before the US Congress, at their request, to testify about the use of nano-silver to treat malaria and other humanitarian problems. He has authored a general guidebook on the history and medicinal uses of silver in healing mankind. The book sold more than 10,000 copies, at which time he made it available for free on the internet (Silver, Nature's Natural Healer, [www.silveruseinstitute.com](http://www.silveruseinstitute.com)). Keith has also been an inventor on a number of US and international issued patents on the use of nano silver in health care.

# IN THE LAB

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



## Scientists Destroy 99% of Cancer Cells in The Lab Using Vibrating Molecules

Scientists at Rice University, in collaboration with Texas A&M and MD Anderson Cancer Center, have developed a ground-breaking method to destroy cancer cells using “molecular jackhammers.” These are aminocyanine molecules, typically used for imaging, that vibrate intensely when stimulated by near-infrared light. The vibrations disrupt the cancer cell membranes, causing them to rupture. In lab tests, this method destroyed 99% of cancer cells, and in trials on mice with melanoma, half became cancer-free. This approach offers a novel, mechanical way to target cancer cells without traditional drugs (Rice News)

## Vinegar Has a Surprising Effect on Depression

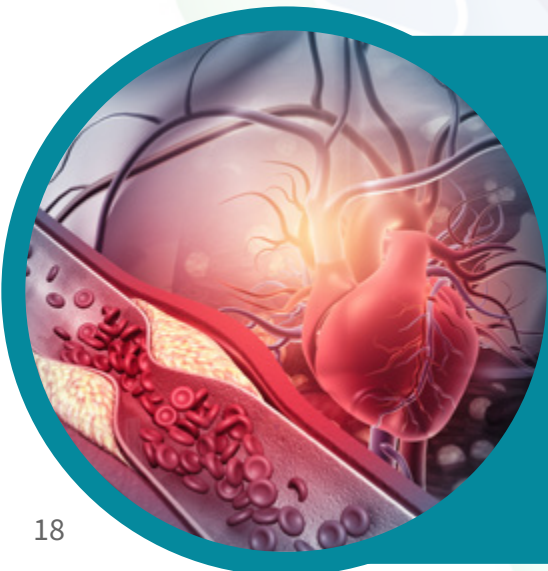
A recent study revealed that daily vinegar consumption can reduce depression symptoms. The acetic acid in vinegar may positively influence the gut-brain axis, which regulates neurotransmitters like serotonin, improving mood. Participants in the study who consumed vinegar over four weeks showed significant improvement in their depression scores compared to a control group. The research suggests that vinegar could be a simple, natural supplement to support mental health. However, further studies are needed to confirm its long-term effects and potential for clinical use (MDPI)(Nexus Newsfeed).



## Insights into the cardiovascular benefits of taurine: a systematic review and meta-analysis

A recent systematic review and meta-analysis published in the Nutrition Journal has revealed promising cardiovascular benefits associated with taurine, an amino acid found in foods like meat and seafood. The review analyzed 20 randomized controlled trials involving over 800 participants, showing that taurine supplementation can lower both systolic and diastolic blood pressure, regulate heart rate, and improve left ventricular function, which is crucial for heart health.

While these findings are encouraging, researchers recommend further long-term studies to confirm taurine’s efficacy and determine optimal dosage for heart health management (BioMed Central)(MDPI).





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# ALGAE TABLETS



# *Biohacking Recipes:*

## *Golden Soup for Skin Focus*

by Maraba DiRaddo







In the ever-evolving world of biohacking, maintaining skin health is gold!

Our skin is not just our largest organ—it's a reflection of our overall health and well-being. To treat it right, we must harness the power of nutrition and move our skin daily with healthy exercise. Start simple: let's dive into a skin-healthy recipe and explore the science behind its ingredients.

In this regular column, we'll share easy, delicious recipes for biohackers to enjoy along with science and tips to make your journey to health more powerful with every plate.

This "Solid Gold Soup" blends carrots, golden beet, sweet potato, ginger and turmeric and supports skin to look and feel aglow. Treat yourself to the proven liquid youth serum of this rich vegetable soup that is sure to leave you glowing.

### SOLID GOLDEN SOUP - Anti Inflammatory Soup Recipe

#### Ingredients:

\*4 large carrots scrubbed and loosely chopped: Rich in beta-carotene, promotes skin repair.

\*1 sweet potato scrubbed and sliced (skin on): provides Vitamin B6 bolsters brain development in children and brain function in adults. B6 also helps the body produce serotonin, a hormone that regulates mood and helps you cope with stress.

\*1 golden beet scrubbed and sliced: contains betalain, an antioxidant that may help reduce inflammation and relieve conditions like arthritis and inflammatory bowel diseases.

\*1 onion loosely chopped: Contains quercetin, an antioxidant that helps reduce inflammation.

\*3 cloves garlic - Packed with allicin, which has antibacterial properties and promotes healthy circulation.

\*1 tablespoon fresh ginger, peeled and sliced: A circulatory, anti-inflammatory powerhouse that aids in digestion and skin vitality.

\*1 tsp turmeric: the active ingredient in turmeric called Curcumin is a natural polyphenol compound with antioxidant and anti-inflammatory power and adds a bright savory flavor.

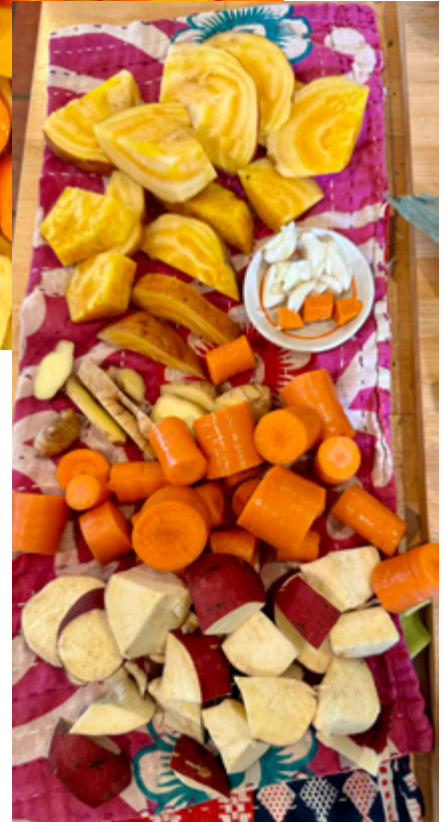
\*2 cups bone or vegetable broth: A hydrating base full of minerals and vitamins. Make ahead or in a pinch use water and double the onion. More on broth benefits here.

\*1 tbs coconut oil: Rich in healthy fats and vitamin E, promotes skin hydration.

\*1 tsp or more to garnish Sea Salt or maldon finishing salt and \*pepper to taste.

\*Fresh cilantro and or parsley for garnish: Adds freshness and additional antioxidants, assists body in processing toxins.

\*Optionally pair with yogurt or pickled veggies for extra gut (and thus skin) healing. Tune into next month's Biohacker's Magazine for this column and look for my yummy pickled vegetables recipe!





### Instructions:

Before cooking, soak all your veggies in a big bowl of water for 15 minutes with a sprinkle of sea salt or a splash of apple cider vinegar and a tsp of baking soda to get them clean and ready to cook. The root veggies will need an extra scrub, but don't peel them. Extra skin benefits are in the skin! Rinse everything well and place on a dish towel until ready to cook. Chop the garlic first and allow to rest on one side of the cutting board while you slice the other veggies.

1. In a large pot, heat coconut oil over medium heat. Add chopped onion and garlic, sautéing until translucent.

2. Stir in sliced beets, sauté for 3-5 minutes. Add carrots and sweet potato and stir, then sauté for about another 5 minutes. Add ginger and turmeric and stir to combine.

3. Pour in bone or vegetable broth and stir. Lower heat and place lid on and simmer on low until all the veggies are tender; 5-10 minutes.

4. Allow to cool. Use an immersion blender to puree the soup until smooth or transfer to a blender or food processor in batches to puree.

5. Season with salt and pepper to taste, and garnish with fresh cilantro or parsley. Try a dollop of yogurt and / or a dash of pickled veggies.

\*Tip for reheating; add a tbsl or more of extra broth to make it easier to heat and boost nutrients.

6. Put into glass jars in fridge for an easy biohacker "grab and glow". Enjoy this nourishing, skin-loving soup warm or cool at any time of day. Drink your veggies and feel the inner radiance!



### More Science Behind the Ingredients for Anti Inflammatory Soup Recipes

#### Carrots:

Carrots are a treasure trove of beta-carotene, a precursor to vitamin A, which is vital for skin cell production and repair. Beta-carotene also acts as an antioxidant, protecting the skin from UV damage and promoting a healthy glow.

#### Sweet Potato:

In addition to the B6 benefits listed above, sweet potatoes are high in Vitamin C, an antioxidant that protects your cells from free radicals.

A favorite skin "go to", sweet potatoes are high in potassium, which helps regulate blood pressure and improve kidney function. Potassium also helps maintain your muscles, metabolism, and hydration levels.

#### Golden Beet:

In addition to battling inflammation, another benefit of golden beet is folate, which is important for cell division and DNA synthesis thus a great skin rejuvenator.

#### Onion:

Onions are rich in quercetin, a powerful antioxidant that helps reduce inflammation and improve overall skin health. They also contain sulfur compounds that support collagen production, essential for maintaining skin structure.

#### Garlic:

Garlic's active compound, allicin, enhances circulation, ensuring that vital nutrients reach the skin. Its antibacterial properties also help combat skin conditions, such as acne.

\*Tip: Cutting a garlic clove breaks its cells and releases stored enzymes that react with oxygen. That



triggers healthy sulfide compounds, such as allicin, to form. Letting the chopped garlic stand for 10 to 15 minutes before cooking allows the compounds to fully develop before heat inactivates the enzymes

#### **Ginger Detox:**

Ginger is well-known for its anti-inflammatory benefits. It boosts blood circulation, providing fresh nutrients to the skin while aiding digestion and detoxification, which is crucial for radiant skin.

#### **Ground Turmeric:**

Curcumin lowers the levels of enzymes that cause inflammation and may prevent platelets from clumping. Turmeric is a spice from the ginger family widely utilized for

skin health and many other uses in Ayurveda, the ancient holistic medicine system from South Asia.

#### **Broth:**

A hydrating base for the soup, vegetable broth is rich in minerals and vitamins that aid skin health. Home-made broth is particularly beneficial, packed with nutrients that support cellular regeneration. Check out Biohackers magazine issue 31 for a great how and why on broth.

#### **Coconut oil:**

Coconut oil is a fantastic source of healthy fats and vitamin E, which help maintain skin moisture and elasticity. Its anti-inflammatory properties support skin health from within and without.

#### **Herbs (Cilantro or Parsley):**

Cilantro especially is packed with natural compounds that can act as metal chelators and oxygen free radical scavengers. Parsley's flavorful, dark green leaves are a rich source of vitamin C, vitamin A and iron. Both these powerhouse herbs are a hackers' friend as they can help detoxify the skin and promote clarity, add a burst of flavor to your "Solid Gold Soup" and a boost to your daily detoxification.

Incorporating nutrient-dense foods into your diet is easier with this brilliant one-pot recipe. Cheers to hacking your skin health—one gorgeous bowl at a time!

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## 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.*



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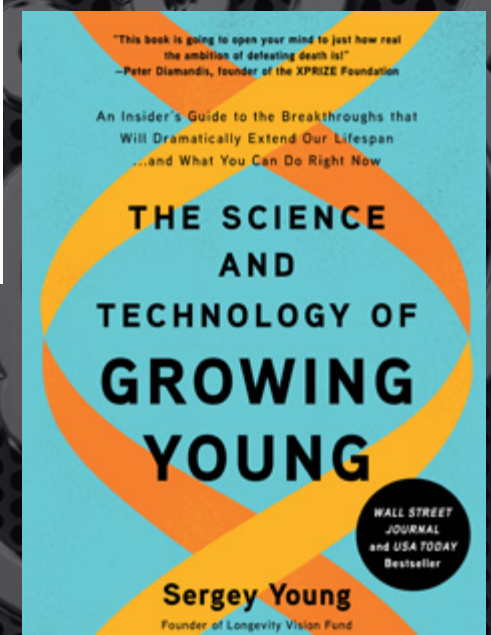
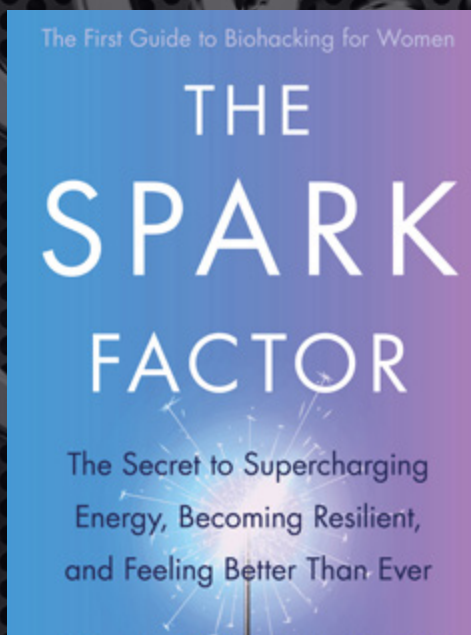
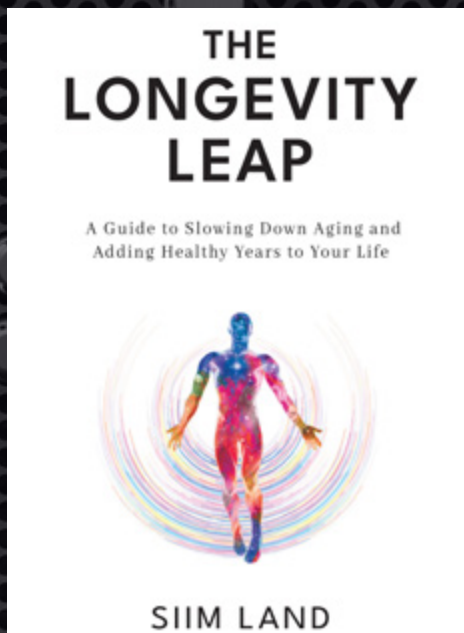


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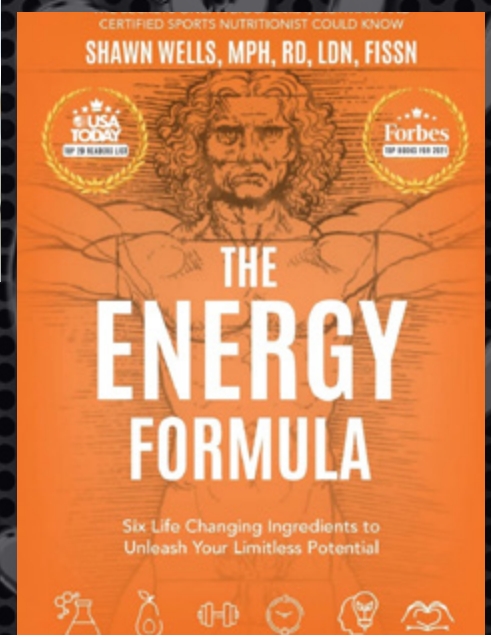
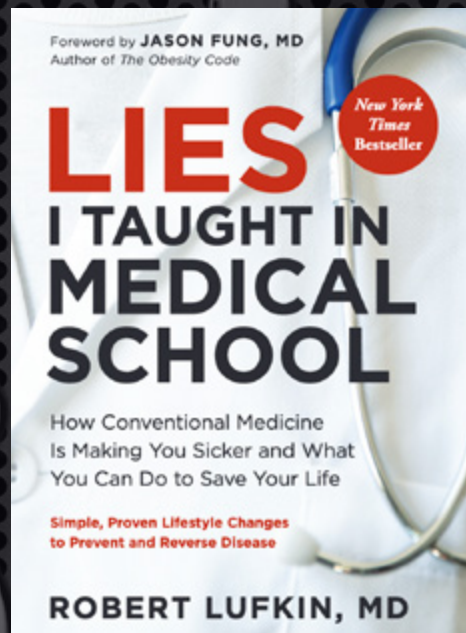
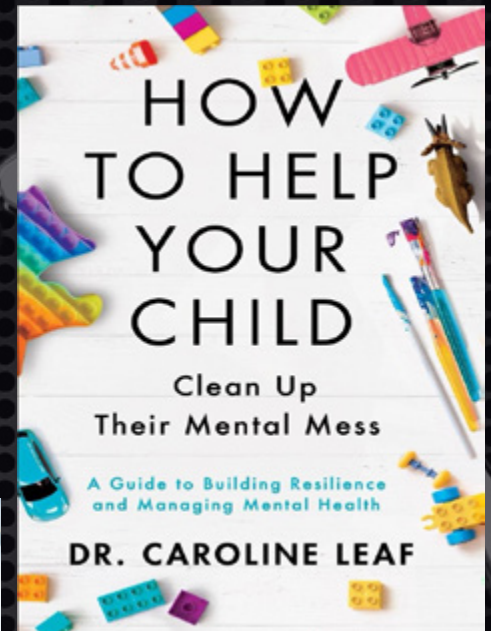
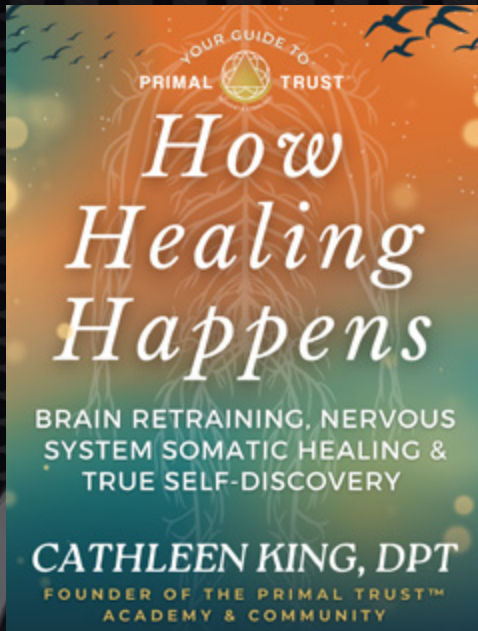
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# REVOLUTIONIZING WELLNESS: TOP 10 BREAKTHROUGH BOOKS OF 2024





# REVOLUTIONIZING WELLNESS: TOP 10 BREAKTHROUGH BOOKS OF 2024





A photograph of two women, one older and one younger, both wearing bright pink athletic tops and black shorts. They are on a stage, smiling and gesturing with their arms. Behind them is a large screen displaying the 'RAAD FESTIVAL' logo and the number '24'. The background is dark with blue stage lights.

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# BIOHACKERS AT RAADFES



A photograph of two female fitness influencers on a stage. The woman on the left has grey hair and is wearing a pink sports bra and black leggings. The woman on the right has dark hair and is wearing a pink sports bra and black leggings. Both are smiling and have their arms extended to the side. The background is dark with blue stage lights. The text 'S MAGAZINE' and 'T 2024' is overlaid in large white letters.

# S MAGAZINE T 2024

# Biohackers Magazine at RAADFEST 2024

RAADFEST 2024. As one of the world's leading gatherings for individuals passionate about radical life extension, biohacking, and longevity science, the event attracted a diverse and dynamic crowd. This year, Biohackers Magazine had the honor of being the official media sponsor, with none other than Jean Fallacara, the CEO of Lifespanning and pioneer biohacker, taking the stage as a featured speaker. The convergence of visionaries, scientists, and enthusiasts at RAADFEST 2024 provided fertile ground for the

latest in longevity innovations, and Jean's talk on biological age captured the essence of the event's mission: to push the boundaries of human potential.

## The Atmosphere at RAADFEST: A Gathering of the Like-Minded

RAADFEST, or the Revolution Against Aging and Death Festival, is more than just a conference. It's a rallying point for those who believe in the potential of extending human life—radically. The 2024 edition saw

an impressive turnout, with nearly 1,200 participants ranging from researchers, doctors, and biotechnologists to biohackers, wellness enthusiasts, and curious minds eager to explore the cutting-edge.

The energy in the room was palpable, with conversations about the latest breakthroughs in anti-aging treatments, regenerative medicine, artificial intelligence (AI), and consciousness expansion flowing freely among attendees. Jean, having made his mark in the realms of biotechnology and biohacking, was welcomed as a thought leader, with many eager to hear his insights on biological age—a subject of increasing interest in the longevity community.

## Friends, Connections, and Collaboration

Beyond the formal presentations and workshops, RAADFEST is about fostering connections. Biohackers Magazine Team had the opportunity to meet and reconnect with numerous friends, colleagues, and fellow biohackers at the event. These interactions, he noted, were as valuable as the talks themselves.

## Looking Forward: The Future of Biohacking and Longevity

As RAADFEST 2024 drew to a close, it was clear that the future of human longevity is bright—and rapidly evolving. For Biohackers Magazine, the event solidified its role as a leading voice in the longevity movement. As the official media sponsor, the magazine played a crucial role in amplifying the groundbreaking ideas and innovations shared at RAADFEST.







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The background of the entire page is a light purple color, densely populated with numerous small, dark purple dots and larger, translucent purple bubbles of varying sizes. Some bubbles have a darker purple outline, giving them a three-dimensional appearance. The overall effect is a soft, textured, and bubbly aesthetic.

# ELEVATE YOUR GAME WITH HYDROGEN THERAPY

By Sri Devi Jennie

In the relentless pursuit to optimize, Biohackers and Olympians alike continually seek out innovative ways to enhance performance, accelerate recovery, and maintain peak physical condition. Among the latest advancements in health science is molecular hydrogen, a new therapy that is exploding in popularity for its ability to help everything from chronic illness to achieving peak athletic performance. This article delves into the science behind hydrogen therapy, its benefits, and how it can be integrated into a daily routine to achieve optimal results.

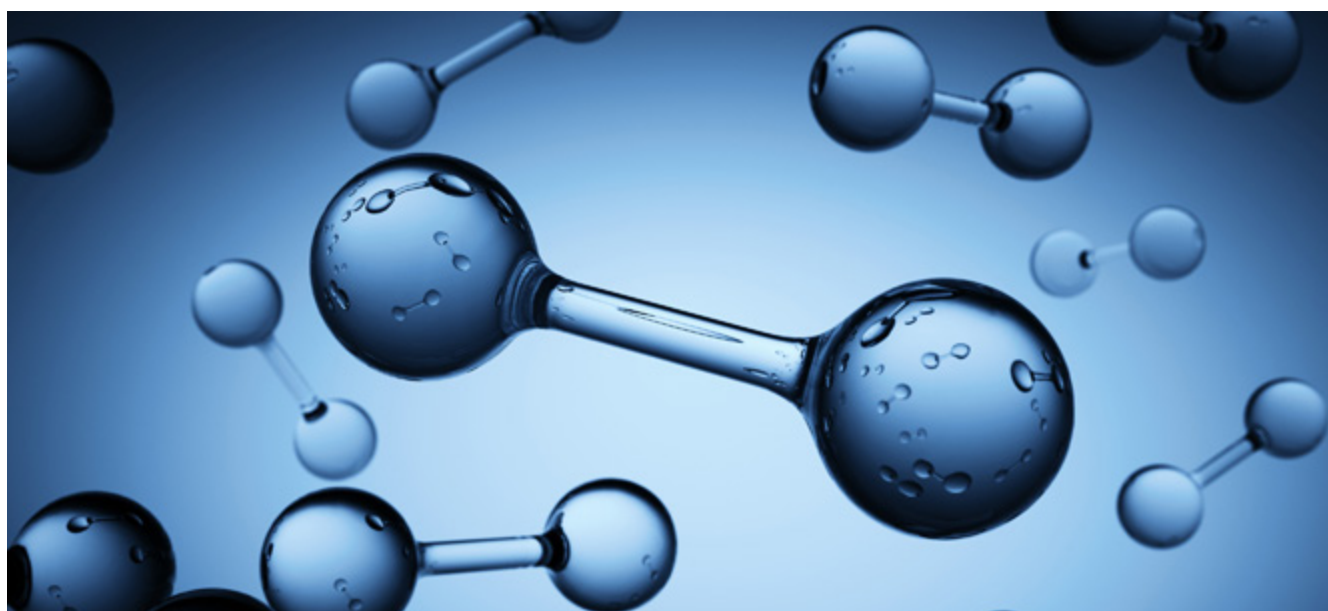


## Understanding Molecular Hydrogen Therapy

Molecular hydrogen ( $H_2$ ) is a colorless, odorless gas that can be administered in many ways including by breathing the gas through a cannula, drinking hydrogen-infused water, and diffusing it topically on the skin, over a joint, or other body part. Molecular hydrogen is composed of two hydrogen atoms bonded together and is the

simplest known molecule. It easily crosses the skin, the blood-brain barrier, and into subcellular compartments. When administered,  $H_2$  acts as a potent antioxidant, selectively neutralizing harmful free radicals and reducing oxidative stress—a key factor in many chronic diseases and the aging process. The unique properties of molec-

ular hydrogen make it particularly appealing for athletes. Oxidative stress, inflammation, and muscle fatigue are common challenges that athletes face during intense training and competition. By mitigating these factors, hydrogen therapy can play a crucial role in enhancing performance and accelerating recovery.





# The Science Behind Hydrogen Therapy

The therapeutic effects of molecular hydrogen were first discovered in 2007 by Dr. Shigeo Ohta and his team from Nippon Medical School in Japan. They demonstrated that hydrogen gas could selectively reduce cytotoxic oxygen radicals and prevent oxidative damage. Since then, thousands of studies have explored its potential applications which are numerous because H<sub>2</sub> positively affects the entire body, and all organ systems, by working at the cellular level.

One of the key mechanisms through which hydrogen therapy works is by modulating the body's antioxidant defenses [1]. Hydrogen molecules can easily diffuse into cells and tissues, where they exert their effects by scavenging reactive oxygen species (ROS) and upregulating the body's natural antioxidant enzymes, such as superoxide dismutase (SOD) and catalase. This dual action not only

reduces oxidative stress but also enhances the body's resilience to subsequent oxidative challenges.

Molecular hydrogen (H<sub>2</sub>) benefits mitochondria by enhancing their function and protecting them from oxidative damage [2]. Mitochondria, the powerhouses of cells, are crucial for energy production through oxidative phosphorylation. Reactive oxygen species (ROS) can accumulate and lead to mitochondrial dysfunction and fatigue. Molecular hydrogen selectively scavenges these harmful ROS, reducing oxidative stress within mitochondria. Additionally, H<sub>2</sub> has been shown to upregulate mitochondrial biogenesis and improve the efficiency of the electron transport chain, ultimately enhancing ATP production and cellular energy metabolism. This dual action not only supports optimal mitochondrial function but also promotes overall cellular health and performance.



## Key Benefits of Hydrogen

**Anti-Oxidant:** Hydrogen acts as a selective anti-oxidant neutralizing the most harmful reactive oxygen species like hydroxyl radical and peroxynitrite while allowing beneficial ROS like superoxide and hydrogen peroxide relatively unaffected. This selectivity is crucial because some ROS play important roles in cell signaling and defense mechanisms.

**Anti-Inflammatory:** The anti-inflammatory properties of hydrogen are a result of its ability to neutralize harmful ROS, modulate immune responses, and inhibit key

inflammatory pathways, making it a promising therapeutic tool for managing inflammation in various contexts, including athletic recovery and chronic inflammatory conditions.

**Anti-Apoptotic:** Molecular hydrogen has anti-apoptotic properties, meaning it helps prevent programmed cell death (apoptosis) in various tissues. This is particularly valuable in conditions where excessive apoptosis contributes to disease progression or tissue damage. Hydrogen's anti-apoptotic effects are primarily due to reduction



of oxidative stress, inhibition of mitochondrial dysfunction, modulation of proteins, and inhibition of caspase activation.

**Anti-Allergy:** Molecular hydrogen offers a promising approach to managing allergies, particularly in cases where traditional anti-allergic medications may not be fully effective or have undesirable side effects. It does this through reduction of oxidative stress, inhibition of pro-inflammatory cytokines, modulation of mast cell activity, and balancing Th1/Th2 responses [3].

**Radio-Protective:** Molecular hydrogen is radioprotective, meaning it helps protect cells and tissues from the harmful effects of ionizing radiation. It does this by protecting from oxidative stress, reducing inflammation, preventing untimely cell death (apoptosis), and protecting both DNA and mitochondrial function.



## *Integrating Hydrogen Therapy into Daily Life*

You can incorporate hydrogen therapy into your routine in various ways:

1. **Inhalation:** Hydrogen gas can be inhaled through specialized devices allowing for rapid absorption into the bloodstream. Inhalation is particularly effective for delivering high concentrations of hydrogen directly to tissues.

2. **Hydrogen-Rich Water:** Drinking hydrogen-rich water is another popular method. This can be achieved by dissolving hydrogen gas into water using tablets or specialized generators. Hydrogen water is convenient and can be consumed throughout the day to maintain consistent levels of hydrogen in the body.

3. **Topical Applications:** Hydrogen gas can be directed to a joint or other body part using a bag or sleeve, targeting specific areas prone to inflammation and soreness. This method is particularly useful for localized treatment of injuries and muscle fatigue.





# Case Studies and Real-World Applications

People all over the world have already begun to integrate hydrogen therapy into their daily lives with impressive results.

1. **Beth's Knee:** Beth is an athlete, dancer, yoga teacher, and hiker. When her knee became inflamed and painful she was forced to cut back on all her activities. At first she was hesitant about trying hydrogen therapy, but she found that by bagging her inflamed knee and keeping the gas on it overnight her knee pain receded and was able to resume her usual activities.

2. **Mike's Blood:** After the pandemic Mike's health deteriorated and through lab work he learned that his blood was severely hypercoagulated with a D-dimer value that was

off the charts. This put him in danger of a heart attack or stroke. Mike was referred to hydrogen inhalation therapy by a friend and started using it. After about six weeks of hydrogen his doctor couldn't believe how effective the hydrogen was at modulating his blood viscosity and he is now in a healthy range.

3. **Joy's Breathing:** Joy had asthma since childhood but it was after becoming sick with covid that she found hydrogen inhalation therapy. After her first breathing session she felt an improvement in her breathing and the resolution of her long covid illness. She continues to use hydrogen to relieve constriction in her breathing and improve her overall health.

4. **Olympic Athletes:** In the 2021 Tokyo Olympics Japanese athletes used hydrogen-rich water as their water of choice. Other Olympic athletes, including Russian figure skater Alexandra Trusova are known to use hydrogen inhalation therapy for its circulatory benefits. There are numerous studies that show the benefits of hydrogen therapy to athletes including lower heart rates during exercise and reduced post-exercise inflammation. Hydrogen supplementation has been shown to help mitigate exercise-induced acidosis and reduce lactate levels during recovery, making it easier for athletes to maintain performance.



# Conclusion

As the quest for peak performance and increased healthspan continues, molecular hydrogen therapy stands out as a promising and versatile tool. By harnessing the unique properties of molecular hydrogen, anyone can enhance recovery, improve endurance, reduce inflammation, and protect themselves from oxidative stress and radiation. As research continues to uncover the full potential of hydrogen therapy, it is poised to become a staple in the lives of people worldwide.

Elevating your game requires a multifaceted approach, and hydrogen therapy offers a safe, natural, and effective means of achieving that goal. Whether through inhalation, hydrogen-rich water, or topical applications, you now have a powerful ally in your pursuit of optimization. As the world embraces this innovative therapy, the future of health looks brighter than ever, fueled by the simple yet profound power of hydrogen.

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## Sri Devi Jennie



*Sri Devi Jennie BA, MT, YT, AP is a Certified Molecular Hydrogen Advisor and the Customer Experience Manager for H2Biohacker. With her partner Ben, she advises health practitioners, their patients, and the general public on protocols for optimizing hydrogen therapy in their lives.*

*Sri began breathing and drinking hydrogen during her pregnancy and has enjoyed many health benefits including better sleep and hydration, improved digestion and elimination, and alleviation of depression and anxiety. She finds that hydrogen therapy fits well into her busy life and complements other self care practices like meditation, red light therapy, and more.*

[@sridevijennie](#)

*If you would like to learn more about how hydrogen therapy could help your specific condition and/or benefit your clients, book a free consultation to learn more:*

<https://h2biohacker.com/book/>



# THE 7 PILLARS OF HEALTHY OCTOGENARIAN BIOHACKERS

By Valérie Orsoni

Biohacking is often associated with millennials, but the truth is, biohacking can and should begin earlier in life. It's not just a trend for the young and tech-savvy; it's a lifestyle that, when embraced, can extend your life in a healthy and sustainable way.

In the sunny hills of Provence, octogenarians are living proof that biohacking doesn't have an age limit—and their secrets could revolutionize your approach to aging.

**Interview with Valérie Orsoni: A Biohacking Pioneer since 1998**

In the quiet countryside of Provence, a group of elderly yet sprightly individuals have become the subject of intrigue for those in the biohacking community. These octogenarians defy the typical signs of aging. Their cognitive functions are sharp, their energy is high, and their bodies, though older, remain resilient.

What's their secret? We sat down with Valérie Orsoni, biohacker ([val-biohacker.com](http://val-biohacker.com)), entrepreneur, and wellness expert, to uncover the untold story behind the longevity and



vitality of these Provençal seniors.

She spent two weeks last June to uncover their secrets to longevity and established 7 Pillars of BioHacking that can be found in all long longevity areas in the world.

**Q:** What exactly is biohacking, and why do you believe it's so important for longevity?

Valérie Orsoni: Biohacking is essentially optimizing your body and mind through small, intentional lifestyle choices that improve your health and wellness over time.

While many associate it with cutting-edge technology—such

as wearable devices or high-tech supplements—biohacking is much more holistic. It's about nutrition, mental resilience, movement, and even the quality of your sleep. What I've seen in Provence, especially with these octogenarians, is that they have been biohacking their entire lives, even if they don't call it that.

I will start with my dad, 84, who recently declared "I will swim 6K per day every single day of next week". That's 42k of swimming in a week. How incredible is that?!

He is not alone. He is surrounded by super active octogenarians





as well: A 80-year old widow who mows her huge lawn by hand, cultivates a massive garden and orchard and is 75% self sufficient when it comes to food, another one, 91 years old who trains every day and can show a move or two to the younger crowd.

Their diets are rich in fresh, local produce—things like olive oil, herbs, and fish caught fresh from the Mediterranean Sea. They move naturally throughout the day, gardening, walking, and engaging with their communities.

This consistent, active lifestyle, combined with the nutritional choices they make, mirrors modern biohacking principles. What we're realizing is that biohacking isn't new—it's simply what humans should be doing to thrive.

Q: What specific biohacks are these seniors using that we can all learn from?

Valérie Orsoni: Interestingly, they follow a lifestyle that's relaxed yet purposeful. They aren't stressing over their routines; they've mastered balance.

For example, they fast intermittently without even realizing it. Many don't eat breakfast until later in the day, a practice now known to promote autophagy, the body's natural way of cleaning out damaged cells and regenerating new ones.

They also practice hormesis—mild stress that's actually beneficial for the body. From cold-water swims in the Mediterranean or local rivers to long walks in the Provençal hills, they expose themselves to the elements regularly, which increases their resilience to environmental stress. No intense cold plunge at 40F, but regular hormesis without too much stress has been proven to reduce the amount of cortisol our body produces.

This isn't about doing extreme workouts or fad diets; it's about consistency in small, beneficial practices over decades.

Another key biohack is their approach to mental health. They live in strong, supportive communities where connection and purpose are integral to daily life. Many have close family ties, and their social networks are still very much alive.

They engage in stimulating conversations, games, crossword puzzles, sudoku, and storytelling, which keeps their minds active.

These simple mental practices are a form of biohacking that promotes longevity.

Q: The Mediterranean diet seems to play a big role in their health. Can you elaborate on how it aligns with modern biohacking principles?

Valérie Orsoni: Absolutely. The Mediterranean diet is one of the best examples of how traditional eating can serve as a powerful biohack.

These seniors consume a high amount of anti-inflammatory foods—olive oil, nuts, seeds, leafy greens, and fatty fish, all of which support cardiovascular health and cognitive function. Their diet is low in processed foods and sugars, which is aligned with what we now







understand about metabolic health and the role of insulin in aging.

They don't go for shots of olive oil like some biohackers suggest we should do. As a matter of fact they are shocked when I tell them that famous biohackers take shots of olive oil. They answer "why don't they put it on their tomato salad, it's way tastier and it does not change how healthy olive oil is".

They also know that a good olive oil is simple a cold pressed virgin oil and that it should not cost a leg and an arm.

They eat intuitively, which means they listen to their bodies.

There's no obsession with calories or macronutrient breakdowns; they eat when they're hungry, stop when they're full, and savor their food.

This kind of mindful eating reduces stress, enhances digestion, and ensures that their meals nourish both their bodies and their minds.

Q: Stress reduction is a hot topic in biohacking. How do these octogenarians manage stress?

Valérie Orsoni: Stress management is one of the most critical aspects of biohacking.

The seniors in Provence have an approach that modern biohackers can really learn from. Their relationship with time and productivity is

different from what we often see in the modern world. They embrace slow living, where they prioritize rest, connection, and meaningful activities over constant busyness.

This reduces cortisol levels, the hormone associated with chronic stress.

Many of them practice simple yet powerful rituals that contribute to relaxation—taking afternoon siestas, spending hours outdoors, or enjoying leisurely meals with family and friends.

They've mastered the art of living in the moment, which we now understand plays a significant role in keeping stress at bay and promoting longevity.

Q: Can you summarize the 7 Pillars of Healthy Octogenarian Biohackers

### **Pillar 1: Functional Fitness: Cardio and Strength in Every Step**

In Provence, they don't hit the gym—they go shopping on foot, carrying their baskets.

This daily activity not only provides them with cardio but also acts as upper body strength training. Walking to the market and lugging fresh produce home adds an element of functional fitness that many overlook. It's an effortless yet powerful way to keep the heart healthy and the body strong, proving that exercise doesn't always have to be structured.

When I visit Dad, we go to the local farmers market on foot with our two baskets. That's about 10,000 steps while carrying 7 lbs worth of food.

### **Pillar 2: The Power of Connection: Social Life as a Key to Longevity**

One of the strongest elements of their lifestyle is the value they place on social interactions. They



meet with people daily, whether it's a casual chat over coffee, a fun dinner, or a lively party. Dad has at least bi-weekly dinner parties at his house with about 6/8 guests.

These events always involve cooking meals from scratch, which brings everyone together.

The social aspect of their lives is as important to their well-being as their physical activity, with studies showing that meaningful connections can boost mental and emotional health, reducing the stress that comes with isolation.

### **Pillar 3: Real Food, Real Health: A Life Without Processed Foods**

In their kitchens, processed foods are practically non-existent.

Everything they eat is home-made, from their meals to their bread. They know how to make mayonnaise from scratch, or yummy cakes using whole ingredients.

They avoid the convenience of processed foods, instead opting for real, whole ingredients. This ded-

ication to natural eating ensures they get the best nutrients, free from additives, preservatives, and sugars that can negatively impact their health.

Their diet is a biohacker's dream, packed with anti-inflammatory and nutrient-rich foods that support long-term vitality.

They shun powders and ready-made mixes of any kind.

Dad's fridge is packed with fresh vegetables and natural ingredients like farm eggs, fresh fish, and goat cheese. You won't find any store-bought salad dressings, not even the paleo, healthy, or keto varieties—everything is made from scratch.

### **Pillar 4: Daily Movement: Walking Your Way to Vitality**

Walking isn't just a means of transportation here—it's a way of life.

On average, they walk at least 12,000 to 15,000 steps a day, whether it's exploring the hilly terrain, walking to visit friends, or sim-

ply enjoying the beautiful outdoors. This constant movement keeps their metabolism active, strengthens their cardiovascular system, and helps maintain flexibility and muscle mass well into their later years.

Walking is their primary exercise, and it's one that has stood the test of time.

### **Pillar 5: Age with Joy: A Positive Outlook on Life**

Their attitude toward aging is one of optimism and joy. Rather than fearing the inevitable, they embrace each year with a happy outlook. This positivity plays a huge role in their longevity, as stress and anxiety can negatively affect health.

By focusing on the good, maintaining a sense of humor, and staying engaged with life, they're able to navigate the aging process with grace and happiness, which is a form of mental biohacking that everyone can adopt.

### **Pillar 6: Pushing Limits: Em-**





## bracing Challenges for a Stronger Body and Mind

They love a good challenge. Take my father, for instance—at 84 years old, he set himself the goal of swimming 42 kilometers in a week. These challenges, no matter how big or small, keep their minds sharp and their bodies resilient. It's not just about physical endurance; it's about constantly proving to themselves that they can achieve more. This mentality of pushing limits is what helps them stay active and mentally engaged, preventing the cognitive and physical decline that often accompanies aging.

As they kept on telling me: "If you stop moving, you rust".

### **Pillar 7: Balance Over Rigidity: The Fun Factor for Longevity**

Perhaps most importantly, they refuse to live by rigid rules. They understand the importance of balance and fun in life. Sometimes they go to bed at midnight after a late-night dinner or party, and they don't worry about it. Subconsciously, they know that the joy, laughter, and social interaction they gain from these moments significantly boosts their endorphins, reducing stress and promoting overall well-being.

Fun and flexibility are vital elements of their long and healthy lives.

Dad sometimes calls me to tell me he went out last night and danced until 1 am so he will take a longer nap today. And that's fine. As a matter of fact we now know that the absence of rigidity in our lifestyle is one of the pillars of youth.

**Q:** For someone just starting their biohacking journey, especially with a focus on longevity, what would be your top advice?

Valérie Orsoni: Start small and be consistent.

Biohacking isn't about quick fixes and magical pills; it's about creating



sustainable habits that will pay off over time.

Begin with the basics: improve your diet by incorporating more whole foods, start a daily movement routine that includes walking or stretching, and focus on your sleep.

Sleep is a massively underestimated biohack.

If you're not sleeping well, it's almost impossible to optimize anything else.

Then, take a page from the Provençal seniors—prioritize your community and mental well-being.

Make time for connection, whether it's with family, friends, or through activities that bring you joy.

Social engagement is just as im-

portant as diet and exercise when it comes to longevity.

And most importantly, don't stress about getting everything perfect.

The true art of biohacking, as the seniors of Provence show us, is to live with intention but also with ease.

### **Conclusion: The Provence Approach to Aging Gracefully**

What we learn from the octogenarians of Provence is that biohacking isn't about cutting-edge gadgets or extreme diets; it's about consistency, simplicity, and balance. Their secrets to longevity lie in the small, everyday choices that support physical, mental, and emotional well-being over time. By adopting their approach, you, too,



can begin to biohack your way to a longer, healthier, and more fulfilling life—no matter your age.

Questions from this article :

What's an octogenarian : An octogenarian is a person who is in their eighties, typically between the ages of 80 and 89. This term is often used to describe individuals in this age group, especially when highlighting their longevity, vitality, or the unique challenges and experiences that come with aging during this stage of life. Octogenarians can serve as inspiring examples of healthy aging, especially when they maintain active, engaged lifestyles.

At what age do you start feeling

tired and old: The age at which people start feeling tired or "old" can vary greatly depending on lifestyle, genetics, health, and mindset. Some individuals may begin to notice physical or mental fatigue in their 40s or 50s, often due to factors like stress, poor sleep, lack of exercise, or underlying health conditions. However, others who prioritize a healthy lifestyle—through regular exercise, balanced nutrition, stress management, and social engagement—may not experience these feelings until much later in life.

Feeling "old" is also subjective; some may feel it when they encoun-

ter physical limitations, while others may never feel old due to a positive outlook and proactive health measures. Staying active, both mentally and physically, taking the right supplements, being a biohacker days in and days out can help delay or reduce these feelings of aging.

### **What Age Is Considered Old for a Woman?**

The perception of when a woman is considered "old" has shifted over the years. Traditionally, women were often seen as old once they reached menopause, typically around the age of 50. However, with increased focus on health, wellness, and anti-aging practices, many women continue to lead vibrant, active lives well into their 60s and beyond. Today, societal attitudes have evolved, and a woman in her 60s or even 70s may still be considered youthful depending on her lifestyle, appearance, and health. Age is increasingly seen as just a number, with many women redefining what it means to grow older.

I remember reading a 1865 book from Zola where an old woman is described in a very long text mentioning her sagging skin, her paleness, and age ... she was 25! That goes to show how our perspective on age has shifted.

### **What Age Is Considered Old for a Man?**

Similarly, for men, the age at which they are considered "old" has also evolved. Traditionally, men were often thought of as old once they retired, usually in their 60s. However, with advances in healthcare and lifestyle choices, many men remain physically and mentally active well into their 70s and 80s. While physical changes like reduced muscle mass and lower testosterone levels may begin in their 50s or 60s, many men continue to work, exercise, and



pursue hobbies that keep them feeling youthful for decades. The concept of aging is becoming less rigid, with men continuing to challenge the traditional timeline of growing old.

### Signs You Will Live a Long Life

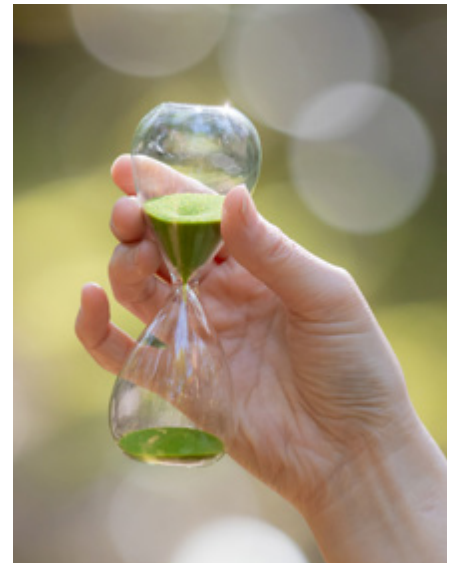
There are several indicators that suggest a person may live a long life.

A healthy lifestyle is key—regular exercise, a balanced diet rich in fruits, vegetables, and whole foods, and avoiding harmful habits like smoking can significantly increase longevity.

Maintaining a positive outlook, staying socially engaged, and managing stress levels are also critical factors. Genetics play a role as well; if your parents or grandparents lived long lives, there's a good chance you might too.

Additionally, staying mentally active, getting enough sleep, and having a strong support network are signs that you are on track for a long, healthy life.

In a nutshell...living like our octogenarian from Provence...like my dad!



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# Valérie Orsoni



*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!).*

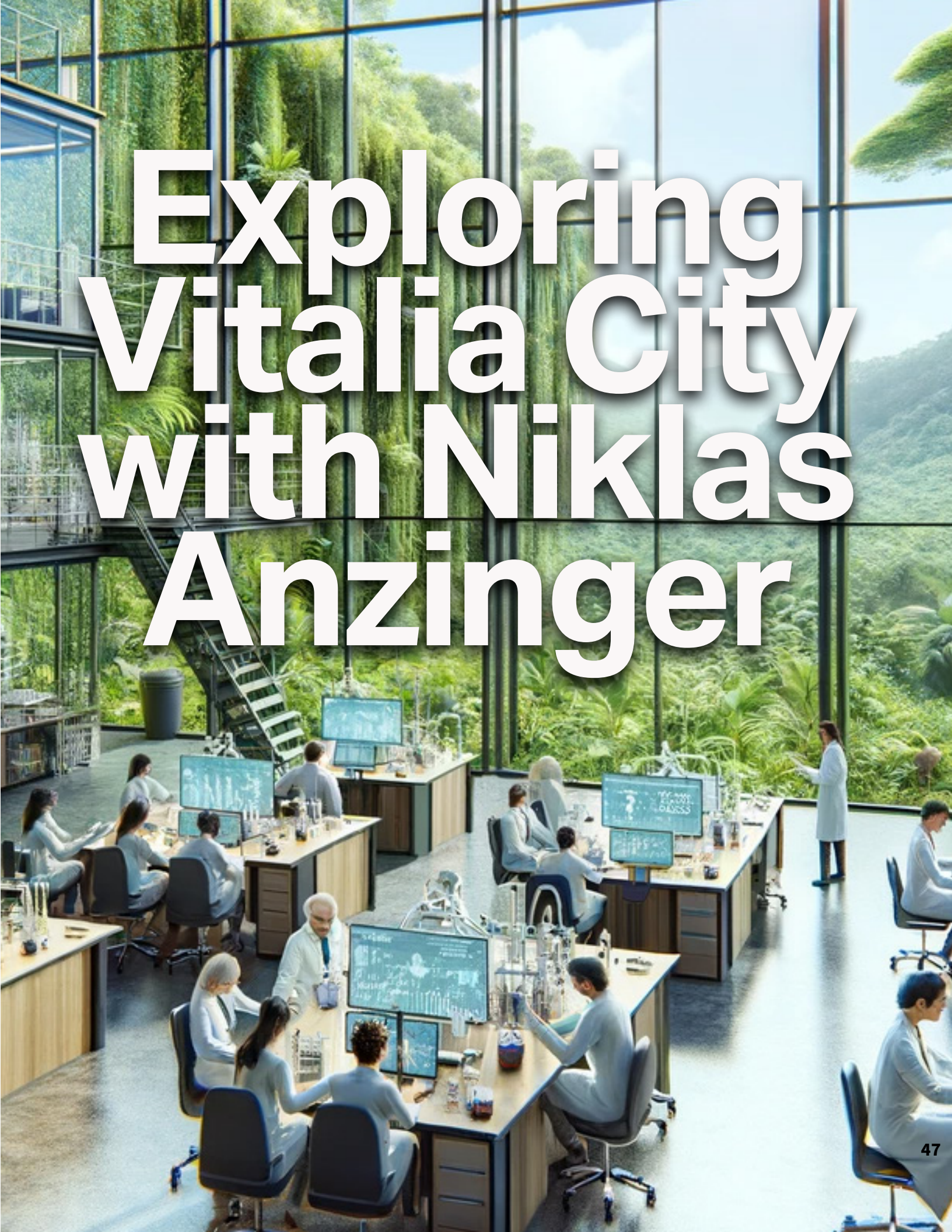
*An avid explorer and mountain climber, she has conquered over 40 peaks above 15,000 ft in the past seven years and skied to the South Pole. As a successful entrepreneur, she founded LiliWarrior, a 100% inclusive and sustainable athleisure brand, celebrated in Vogue as a favorite green sports brand among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

[@valerieorsoni](#)

*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](#) and [@liliwarrioroff](#) and on [valbiohacker.com](#) where she shares cutting edge content in her Ultimate Guide to Biohacking and Longevity.*





# Exploring Vitalia City with Niklas Anzinger



**Jean Fallacara:**

Niklas, welcome to the interview. I truly appreciate you joining, especially since it's late where you are. Thanks for taking the time. Today, we're diving into something revolutionary—Vitalia City. It feels like a concept straight out of science fiction.

**Niklas Anzinger:**

Fantastic to be here, Jean. I'm excited to talk about this project.

**Jean Fallacara:**

So, tell us about Vitalia City. It's like something you'd only see in movies. What's the purpose of this project, and where exactly is it located?

**Niklas Anzinger:**

Absolutely. In short, we're building a biotech city on the Caribbean island of Roatán, within a special economic zone. It's designed to accelerate the development and approval of life-saving drugs, therapies, and biotechnologies by bypassing traditional regulations that slow innovation.

**Jean Fallacara:**

So is Vitalia City like its own independent entity? Are you saying this place exists to avoid the regulatory hurdles that slow innovation everywhere else?

**Niklas Anzinger:**

Exactly. Roatán is part of Honduras but operates under a special economic zone called Prospera ZEDE. It's like places like Dubai or Hong Kong. Within this zone, we have more autonomy to create a legal framework for health and biotech industries, allowing them to thrive without the usual bureaucratic red tape.

**Jean Fallacara:**

Let's dive into the legal side. What does it mean to operate within Prospera? Are you still subject to Honduran laws?

**Niklas Anzinger:**

Yes, but with a twist. We follow certain Honduran laws like criminal law and immigration, but we have the flexibility to create our own legal frameworks for business, commercial, and tax-related matters. This allows us to innovate faster and more efficiently while staying compliant with basic legal standards.

**Jean Fallacara:**

And speaking of taxes, how does that work in a place like this? Are you offering tax incentives for companies to set up shop there?

**Niklas Anzinger:**

We have very low taxes—5% income tax, 1% business tax, and no capital gains tax. It's all designed to encourage investment and innovation.

**Jean Fallacara:**

Interesting. Let's talk about the biotech aspect. You've got clinics offering advanced therapies, gene therapies, and even cybernetic implants. What's the ultimate goal here?

**Niklas Anzinger:**

Our goal is to create a biotech hub where cutting-edge research and treatments can be developed and tested faster than anywhere else. Right now, we have companies like MiniCircle working on gene therapies, and we're planning to build more biotech labs for research. We're early in this process, but the vision is clear.

**Jean Fallacara:**

There's been talk that Vitalia was built as a playground for billionaires. What's your take on that?





**Niklas Anzinger:**

That's a narrative that sells, but it's not the reality. While some high-profile investors are involved, this is far from a billionaire's playground. We've raised around \$120-150 million, which is modest by startup standards. Our focus is on creating real-world impact, not catering to an exclusive few.

**Jean Fallacara:**

So, how did Brian Johnson get involved? He's one of the biggest names in biohacking right now.

**Niklas Anzinger:**

Brian got involved through Mini-Circle, a biotech company already conducting clinical trials here. His interest was piqued by their work on gene therapies, and he eventually flew over to experience it for himself. He's been back multiple times now, including bringing his father for treatment.

**Jean Fallacara:**

Brian's done a lot to legitimize biohacking. Do you see Vitalia as a biohacking city?

**Niklas Anzinger:**

While we're deeply influenced by biohacking, we're more focused on scaling biotech innovations through companies. That said, biohacking plays a crucial role in our ethos of self-experimentation and pushing the boundaries of what's possible in healthcare.



**Jean Fallacara:**

How do you manage clinical trials in a location like Roatán? Isn't it challenging to recruit participants?

**Niklas Anzinger:**

Not really. We can conduct safety trials similarly to the FDA or WHO but with fewer bureaucratic delays. The real challenge in biotech isn't safety; it's the slow and costly administrative processes. By being more nimble, we're able to innovate faster while maintaining safety standards.

**Jean Fallacara:**

How do you see the future of healthcare—especially when the pharmaceutical industry and the

supplement industry are often at odds? How will Vitalia navigate that?

**Niklas Anzinger:**

I think the key is speed and precision. We need to move faster while ensuring safety and effectiveness. The healthcare system, as it exists now, is too slow and often incentivizes keeping people sick. We're focused on creating a system that rewards keeping people healthy.

**Jean Fallacara:**

I like that. Do you consider yourself a biohacker?

**Niklas Anzinger:**

Not really, no. I've never had any serious health issues, so I haven't

had the need to push myself in that direction. But I see the value in it, and Vitalia is a space for both biohackers and biotech innovators to come together.

**Jean Fallacara:**

How long do you think you'll live?

**Niklas Anzinger:**

I believe in the concept of longevity escape velocity—where advancements in science and technology allow us to extend life indefinitely. Even if there's only a small chance of that happening, it's worth pursuing.

**Jean Fallacara:**

So what's next for Vitalia City?

**Niklas Anzinger:**

We have some exciting events coming up. We're hosting a Crypto Cities Builders Month from October 19 to November 19 and another major event in January. If you're in



biotech or crypto, now is the time to get involved. We're building something groundbreaking, and we want people to join us.

**Jean Fallacara:**

That sounds incredible. Niklas, it's been a pleasure. You're creating something that could truly change the world, and we're here to support you every step of the way. Thanks for your time and insights.



**Niklas Anzinger:**

Thank you, Jean. It's been a great conversation. Looking forward to what's next.

# Niklas Anzinger



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

*Niklas Anzinger is the Founder & CEO of Vitalia City, building a longevity biotech /acceleration zone within the Prospera jurisdiction., and the Founder & GP of Infinita VC, a firm focusing on frontier technologies navigating regulatory hurdles like crypto, hardtech & biotech.*

*His work centers on creating decentralized cities and advancing biotech innovation by overcoming regulatory hurdles. Niklas also hosts the Stranded Technologies podcast, where he discusses how to accelerate progress in stalled industries with major thinkers like Balaji Srinivasan, Naval Ravikant, Tyler Cowen, Vitalik Buterin, and Alex Tabarrok.*



# QUEEN'S CORNER



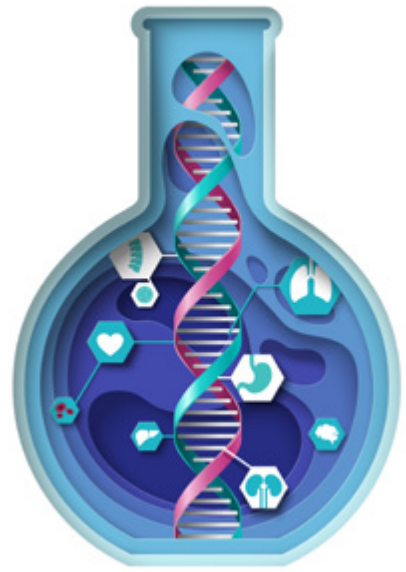
BIOHACKING:  
MORE  
REGULATION  
OR  
EDUCATION?

By Dr. Lauren Leiva

# Biohacking- should it have a bit of regulation or more education?

Biohacking, by its very nature, challenges traditional boundaries in health and wellness, leading to significant regulatory uncertainty. Currently, the regulatory landscape for biohacking is inconsistent and often fragmented across different regions. There is no global standard, and the lack of formal oversight in many areas creates both opportunities for innovation as well as risks

for participants. I've always looked up to biohackers like Dave Asprey, Ben Greenfield, Dr. Patrick Porter. Through their events I discovered brain tap and other amazing technologies that I can truly say are life saving. But.... as the movement grows anyone can call them self a biohacker and if they can talk the fanciest in the room , there is a lot of unregulated BS going on.



## Unregulated Innovation

In many countries, biohacking falls into a legal grey zone, especially in personal experimentation. Unlike traditional medicine, which undergoes strict regulatory approvals and oversight from bodies like the FDA (Food and Drug Administration) in the United States or the EMA (European Medicines Agency) in Europe, biohackers often operate outside these frameworks. Self-experimentation—such as using nootropics, DIY gene-editing kits, or neurostimulation devices—is largely unregulated, allowing for rapid innovation. However, the absence of oversight raises serious concerns about safety and efficacy.







## Disparities Between Countries

The regulatory landscape also varies widely between countries. For example, the U.S. has some controls over certain biohacking practices, particularly around human gene editing, where the FDA and NIH (National Institutes of Health) have set boundaries. However, the use of supplements, wearable tech, and some unproven treatments remains loosely regulated. In contrast, countries like China or Russia may have more lenient views on experimental technologies, creating hubs for riskier or cutting-edge biohacks. This regulatory patchwork complicates the establishment of global norms and can lead to biohackers “shopping” for countries with more relaxed regulations.

Many athletes and clients seeking advanced regenerative medicine treatments are turning to South America as a destination for cutting-edge therapies. Countries like Colombia, Mexico, and Panama have become popular hubs for regenerative medicine, offering treatments such as stem cell therapy, platelet-rich plasma (PRP) injections, and other innovative

approaches. The appeal lies in the accessibility of these treatments, which are often less regulated and more affordable than in the United States or Europe, allowing athletes to bypass lengthy approval processes and high costs.

One reason athletes flock to South America is the availability of stem cell therapies that may not yet be approved by the FDA in the U.S. These treatments are thought to promote healing, reduce inflammation, and accelerate recovery from injuries, making them highly attractive for professional athletes who rely on their bodies to perform at their peak. Clients from various fields, not just sports, also seek regenerative therapies for joint pain, chronic conditions, and overall wellness.

Clinics in South America often collaborate with top researchers and practitioners in the field, offering state-of-the-art facilities that are becoming increasingly reputable. While the regulatory landscape in these countries is less stringent, allowing for quicker implementation of new therapies, it's important for patients to do

their research and ensure they are working with accredited and trusted providers. “Regenerative therapies like stem cell treatments offer tremendous potential for healing, but they require a deep understanding of the risks and benefits. In countries with fewer regulations, patients need to ensure they are working with reputable, skilled practitioners to avoid unintended consequences.” Patrick Porter, Ph.D. Inventor of BrainTap

This trend highlights a growing interest in regenerative medicine globally and raises important questions about access, ethics, and regulation. Many hope that the success seen in South America could pave the way for more widespread availability of these treatments around the world.



# Regulation vs. Innovation

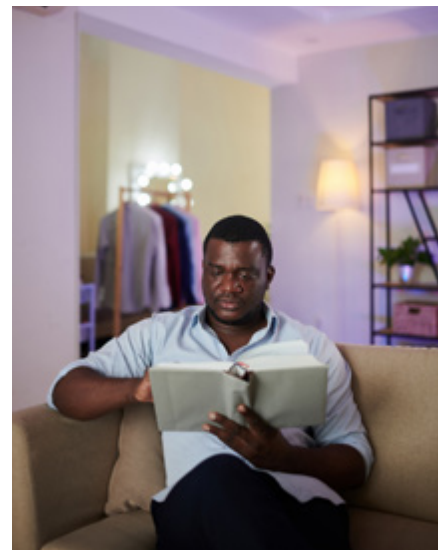
One of the core debates surrounding biohacking regulation is how to strike the right balance between encouraging innovation and ensuring safety. Over-regulation can stifle creativity, potentially preventing breakthrough health technologies from emerging. On the other hand, a lack of regulation can lead to unsafe practices or widespread misinformation. Regulatory bodies are increasingly facing pressure to address biohacking in a way that both protects individuals and fosters innovation. However, many remain unsure how to regulate this rapidly evolving space without slowing progress. I'm for one, a rebel, so I go both ways on this because I also care about safety—my mother was killed in the hospital with monitors—due to Medical error. So even under strict regulation—tragic outcomes occur. Everything in life is a risk. “Live dangerously”, as Dave Asprey says, and he recently tweeted, “I only trust the science when I can ask questions about it and sue

liars.” So I guess litigation is a form of regulation.

The question remains: Should biohacking be regulated the same way as traditional medical interventions, or is a new, flexible regulatory framework needed to reflect its DIY nature?

At biohacking conferences, these risks become more evident. I've attended many such events and have seen firsthand the variability in education and safety protocols. Conferences are filled with booths offering cutting-edge products and generous samples—some of the best I've ever encountered (Young Goose, myVital C, Root Brands). However, without proper guidance, attendees can end up in dangerous situations. I've seen people take far too many supplements in a short period, including way too much methylene blue, which led to shortness of breath and difficulty standing in one conference-goer.

In my own experience, after receiving an IV treatment at a booth, I felt



a strange sensation I call a “bunny in my chest.” I asked the staff if this was normal, only to realize no one had even taken my blood pressure beforehand. I didn't think about it, probably because of the excitement of the conference. When I checked it myself, it was 20 points higher than usual. The person at the booth, who was only hired for the weekend, had no idea if my reaction was typical. Shockingly, I was then offered compression boots and an ice bath—treatments that could be dangerous with elevated blood pressure. These lapses in care are far too common.

One of the core debates surrounding biohacking regulation is how to strike the right balance between encouraging innovation and ensuring safety. Sean Fetcho, co-founder of MeScreen and Versea Health, highlights this issue: ““Nobody is doing the research enough.”

Adding to this conversation, Sandy Martin, founder of Biohacker Expo, underscores the importance of personalized approaches to biohacking: “Forget cost-effective, biohacking techniques may not be effective at all until we know the root cause of someone's concern. Consider universally supportive therapies like red light, oxygen, PEMF, sauna, cold exposure, and so on... we could be





throwing money down the drain unless we ask the why behind the why behind the why. I tried all of these 'hacks' and got sicker every day because my 'why' was MOLD hidden behind my walls. After 6 months of detoxing, I re-introduced these therapies to feel progressively better."

Her story is a powerful reminder that biohacking without a deeper understanding of underlying health issues can do more harm than good. This highlights the core challenge of biohacking: without research and regulations, consumers are left to navigate a confusing landscape with little to no support from the companies pushing these products.

My mother's death in 2019 from an overdose of blood thinners has made the principle of "do no harm" deeply personal for me. The health-care system's failure to prevent such tragedies underscores the importance of safety in any health intervention, biohacking included. This is why I founded the Biohacker Mastermind group. The group serves as a platform for people to ask questions, learn from experts, and share knowledge. Whether you're a speaker or an attendee, or just someone curious about biohacking, it's essential to have a community to rely on.



## Cost and Ethics

Biohacking's potential to change the world of medicine is undeniable, but the cost can make it seem like an elitist practice, out of reach for the general population. Personally, I've seen how this can be a barrier. People are accustomed to quick fixes or treatments covered by insurance, and when biohacking solutions cost more than traditional surgeries or medical interventions, it's less appealing for most. This is where my passion lies—making biohacking accessible to everyone.

That's why I started the Exercise Center and the Queen of Biohacking, to mentor businesses entrenched in mainstream medicine and reliant on old insurance models. I help them break free and discover new ways of delivering care, because once you do that, the outcomes for patients are limitless.

For example, I use a device where I charge \$275 for a scan. I've seen

others charging \$5,000 and up for the same service. Yes, you can find someone in any region who offers it at varying costs, but it comes down to ethics. The biohackers I know are driven by a desire to change the world, not just for personal gain. They do that not only through the innovative products they create but also by fostering a community built on shared knowledge and genuine care. I know the Anti-Aging Bed has a warehouse in Orlando, FL, where they provide FREE scans and experiences in their hyperbaric medbed, etc., because they are here to get this equipment out there and change the frequency of the planet.

This mission is why I believe biohacking should be accessible to everyone, not just those who can afford it. It's possible to democratize these practices and bring them to the forefront of healthcare, changing the game for both practitioners and patients. The movement is expanding!



## Lauren Leiva



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



*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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# PRODUCT *Reviews*

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by @Cyborggainz

**\*\*Disclaimer:\*\***

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# CODE



# CODE Health Therapeutic Formulas Review:

# Rewriting Cellular

# Healing with Bio-Energy

## WHY IT WAS MADE:

In the constantly evolving world of health and wellness, there's always something that pushes the boundaries of what's possible. CODE Health Therapeutic Formulas is exactly that—an innovation that taps into bio-energy to heal the body at a cellular level. With just one key ingredient—normal saline solution—it promises to do much more than its humble components suggest.

## The Promise:

CODE Health claims to deliver therapeutic effects using saline solution programmed with bio-energy patterns, or frequencies, designed to communicate directly with your cells. These frequencies act like a "code," telling malfunctioning cells how to repair themselves and function optimally. It's a bold concept, but for those familiar with the potential of frequency-based medicine, it feels like the future of healing.

## The Technology:

At its core, CODE Therapeutic Formulas leverage the idea that our cells respond to specific frequencies. What makes CODE unique is that CODE formulas are derived from specific molecular formulations created by Dr. John McMichael, Ph.D, immunologist and virologist. These molecular formulas work on a cellular level through what he coined the term: Resonant Molecular Signaling (RMS). These formulas have 40 years of research and clinical studies. The information from his formulas are mapped and then put into a digitized code. This "code" is infused into the saline solution with subtle energy patterns and the saline is the carrier. By encoding the saline solution with bio-energy patterns that mimic the body's natural healing codes, the formula essentially rewires the signals within our cellular structure. The concept is that by providing the correct "code," cells can reset, repair, and restore their optimal function. It's a subtle, non-invasive approach, bypassing the need for complex pharmaceuticals or chemicals, and working in harmony with the body's natural processes. Another quality specific to CODE is that the same one drop is safe for people and pets of all ages, regardless of weight, because they use the same suggested dosage as Dr. McMichael's molec-

ular formulas. There is nothing like their ANTIVIRUS product. It is the only one that has a specific protocol and actually stops the replication of the virus.

## The Experience:

Using CODE Therapeutic Formulas is incredibly straightforward and as simple as one drop taken sublingually—it's just saline solution, but with a twist. After incorporating it into my routine, I noticed gradual improvements in areas where I had been seeking relief. There's no immediate, dramatic sensation with the ones I tried but over time, the shifts in physical and mental balance became noticeable. It's the kind of product that works quietly in the background, like an invisible force guiding your cells back to their natural state of health. There are some that work immediately, such as the REACT (Allergy Formula) and BREATHE (Pulmonary Formula), and even SLIM (Weight Loss Formula).

## Health Impact:

The beauty of CODE Formulas lies in their holistic approach. Whether you're dealing with chronic issues, inflammation, or just want to optimize your overall wellness, the idea is that your cells are equipped with the right instructions to function as they should. The long-term potential here is significant—supporting everything from pain relief to better energy levels, quicker recovery times, and even enhanced mental clarity. It's a gentle nudge toward self-healing without the side effects or invasiveness of conventional therapies. Each formula has a specific function based on the molecular formulas they were derived from. Together, as a collection, they are **The Modern Medicine Cabinet**. These formulas are an alternative for over the counter and prescription medications that a family would have in their home in their "medicine cabinet". It is intended for the entire family to share, including pets.

## PROS:

- Non-Invasive Healing: Uses bio-energy patterns to gently guide cells to repair themselves, bypassing harsh chemicals or medications.
- Simple Yet Powerful: Just one ingredient—saline solution—programmed with complex bio-energy codes, making it easy to incorporate into any well-



ness routine.

- Easy and Safe to Use:

It's just one drop and can be taken on-the-go! It is also safe at any temperature except boiling, meaning, it does not lose its efficacy at any temperature except boiling.

- Subtle Long-Term Benefits:

Over time, noticeable improvements in overall wellness, energy levels, and mental clarity emerge.

- Compatible with Other Therapies: Works alongside other treatments or supplements without interference, enhancing your overall healing regimen.

- Holistic Approach: Focuses on addressing the root of cellular malfunction, promoting long-term, sustainable health rather than just masking symptoms.

### CONS:

- Gradual Effects: The benefits are not instant; patience is required to see the long-term effects of cellular restoration.

- Skepticism Around Bio-Energy: The science of bio-frequency healing is still in its early stages, and some users may find it difficult to grasp or believe without tangible, immediate results.

- Cost Consideration: At a glance, \$111 might seem like a lot for a bottle of saline, but when you consider that there are more than 300 drops per bottle and each bottle could

last for five months based on the suggested dosage of 2x/day, it is economical at \$22/month.

- Limited Research: While frequency-based healing is gaining traction, there is still a need for more large-scale studies to convince the broader scientific community.

### The Verdict:

CODE Health Therapeutic Formulas offers a unique, futuristic approach to healing that feels both sophisticated and simple at the same time. By tapping into the power of bio-energy patterns, it provides a non-invasive solution for guiding your cells back to

health, working in harmony with the body's own healing mechanisms.

If you're someone who believes in the future of bio-energy and frequency-based therapies—or if you're simply looking for a gentle, long-term solution to cellular dysfunction—CODE Therapeutic Formulas could be a game-changing addition to your wellness toolkit. While it may not be for everyone, those who are patient and open to new frontiers in healing may find that it offers a subtle yet powerful path to cellular restoration and overall vitality.



@codehealthshop



Dr. Lisa Piper and Wendy Cohn-Osborne, Founders of CODE Health

# Nuchido TIME+ Review: A New Era in Cellular Rejuvenation

If you've ever wondered what it feels like to put your body in the driver's seat of cellular rejuvenation, then Nuchido TIME+ might just be your next essential. I've tested thousands of supplements that make big promises, but this formula genuinely seems to take anti-aging science to the next level.

## **The Promise:**

Nuchido TIME+ claims to recharge the very essence of cellular health by boosting NAD+ levels—a critical coenzyme linked to energy production, DNA repair, and overall longevity. For anyone who's into biohacking, anti-aging, or simply staying at peak performance, this is big news.

## **The Ingredients:**

While NAD is the trendy molecule right now, Nuchido takes it a step further by blending a cocktail of natural NAD+ precursors with key cofactors that supercharge the body's ability to both produce and recycle NAD+. It's like giving your cells an internal power-up. Here's the specifics:

- Nicotinamide (NAM) - NAD+ precursor
- Sophora Japonica which contains quercetin

and rutin, and Alpha Lipoic Acid are ingredients that restore NAD+ production and recycling and activate AMPK

- Parsley leaf extract which contains apigenin, and Green tea extract which contains EGCG, help inhibit inflammation and excretion of NAD+

Many of the ingredients are included as plant extracts as this increases the bioavailability.

## **The Experience:**

After four weeks of trying TIME+, the energy shift is unmistakable. There's a subtle yet undeniable uptick in vitality—a more youthful endurance that translates into everything from sharper focus to quicker recovery post-workout. It feels like your body operates on a more efficient system, with greater stamina and mental clarity to show for it. Sleep quality also seemed to improve, enhancing the overall sense of rejuvenation and well-being.

## **Longevity Impact:**

What sets TIME+ apart is its focus on long-term cellular health rather than just short-term energy boosts. By naturally increasing NAD+ levels, it plays a crucial role in the broader narrative of longevity and healthspan extension. It's more than just energy; it's about promoting cellular resilience, reducing inflammation, and slowing the aging process from within.

## **PROS:**

- Scientifically Backed Formula: The precise blend of NAD+ precursors and cofactors is grounded in robust science, offering more than just trendy ingredients.
- Noticeable Energy Boost: Within weeks, the increase in vitality is clear—better stamina, sharper focus, and faster recovery after physical exertion.

NUCHIDO  
TIME





- Improved Sleep Quality: Enhanced sleep patterns complement the energy boost, leading to more holistic well-being.
- Longevity Benefits: The long-term focus on cellular health makes this supplement a powerful tool in the longevity and anti-aging arsenal.

#### CONS:

- Requires Consistency: Like most longevity products, the best results come with continued use. If you're expecting instant, dramatic results, this might not be the supplement for you.
- Taste: While it's not a dealbreaker, the flavor of the capsules may not be to everyone's liking.

#### The Verdict:

Nuchido TIME+ isn't just a supplement; it's a statement that you're serious about optimizing your health and lifespan. Whether you're a seasoned biohacker, wellness enthusiast, or simply someone aiming to age better and live sharper, TIME+ represents a power move towards enhancing your future. With cutting-edge science driving its formulation, it stands at the forefront of the longevity revolution, targeting both immediate vitality and long-term cellular resilience.

In a market full of hollow promises, Nuchido TIME+ feels like a real game-changer, one that could genuinely shift the way we think about aging and performance.



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# WaveBlock EMF Radiation Protection Sticker Review

## Cutting-Edge Defense in a Connected World

In a world where we're surrounded by devices that keep us connected 24/7, it's easy to forget the invisible forces they emit—EMF radiation. Enter the WaveBlock EMF Radiation Protection Sticker, a sleek little shield that claims to protect your body from the constant exposure to electromagnetic fields, without disrupting your device's functionality.

### The Promise:

WaveBlock promises a simple solution to a modern problem—reducing the harmful effects of EMF radiation from your everyday devices like smartphones, tablets, and laptops. It's designed to deflect or absorb EMF waves, offering an extra layer of protection for your brain, body, and overall health.

### The Technology:

At first glance, it might look like a sticker, but WaveBlock is far from basic. Using a specialized blend of materials designed to neutralize and reduce the intensity of EMF radiation, this is high-tech protection packed into a tiny form factor. The sticker adheres effortlessly to your device, whether it's your phone, earbuds, or tablet, and doesn't interfere with the way your tech functions. No drop in signal, no lag—just added peace of mind.

It is the only company with multiple FCC lab reports, third-party testing, and US Army engineer certification. Their testing was done in the same labs used by Samsung and Apple, which are the largest and most reputable in the world. Many competitors test irrelevant low frequencies, like those used by walkie-talkies (300-800 Hz), while smartphones operate up to 5 GHz (5000 Hz). WaveBlock tests the latest devices with proper methods to ensure real protection.

### The Experience:

Applying the WaveBlock sticker to my phone was as easy as it gets—peel, stick, and go. Over the weeks, the sticker stayed firmly in place, handling wear and tear like a champ. While EMF exposure isn't something you can "feel" on a daily basis, what sets this apart is the peace of mind that comes with it. Whether you're making calls, streaming content, or working all day on your laptop, knowing you've got an added layer of EMF defense gives a subtle but important sense of reassurance.

### Health Impact:

The truth is, we live in a world where complete avoidance of EMF exposure is nearly impossible. However, using tools like the WaveBlock sticker helps mitigate the potential health risks of long-term exposure, like headaches, fatigue, or worse—especially for those glued to their devices (which, let's be honest, is most of us). While it's not a magic bullet, every bit of protection counts when it





comes to reducing your overall EMF load.

### PROS:

- Easy to Apply: Effortless peel-and-stick application—no tech skills required.
- Doesn't Interfere with Devices: No impact on connectivity or performance, keeping your devices working as usual.
- Durable: The sticker stays in place without peeling or fading, even after extensive use.
- Subtle and Stylish: Slim design that blends with your device's look—minimalist, with no compromise on aesthetics.
- Peace of Mind: Adds a layer of protection against a modern, invisible threat that most people overlook.

### CONS:

- No Immediate Effects: EMF radiation isn't something you can tangibly feel or measure easily without specialized equipment, so the benefits aren't instantly noticeable.
- Price for a Sticker: For what's essentially a small piece of material, the cost might seem steep, especially if you're equipping multiple devices.
- Need for More Studies: While there's ongoing research about EMF and health, the definitive impact of products like this is still a developing field. Some users might remain skeptical.

### The Verdict:

The WaveBlock EMF Radiation Protection Sticker is a product for the modern age, designed to address the invisible risks of our highly connected lives. It's simple, stylish, and doesn't get in the way of your device's performance. While it's not a magic fix for all EMF concerns, it's a practical step in reducing your exposure, especially for

those who spend a lot of time on their devices.

For the biohackers, health-conscious individuals, and those who just want to minimize the potential risks of tech overload, WaveBlock delivers a subtle but important defense. In an era where our digital tools are an extension of ourselves, investing in EMF protection is a no-brainer. While it might not be flashy, the WaveBlock sticker is a small yet powerful addition to anyone's tech arsenal.



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## 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](mailto: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.



# SEE AND BE SEEN

## Upcoming Events

### 2024 Longevity Platinum Trip :

Join Peter Diamandis for a Platinum Behind-the-Scenes Tour with the Companies, Founders and Scientists on the Cutting-Edge of Human Longevity - October 9-13, 2024

Don't Miss Your Chance to Witness the Revolution in Personalized Medicine First Hand.

- Learn about cutting-edge gene therapies and epigenetic treatments
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[www.biohackers.world](http://www.biohackers.world)

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### A 3-DAY SUMMIT FOR YOUR GOOD HEALTH, WELLBEING & LONGEVITY - EUDĒMONIA is a transformational health summit set in West Palm Beach

Eudemonia has what you need to optimize your health: exclusive talks from top experts on the frontiers of health science, daily movement classes from world-famous instructors, cutting-edge treatments and healing modalities, and interactive exhibits from groundbreaking wellness tech brands.

Eudemonia will offer a range of science-based talks including Andrew Huberman, Ph.D., Mark Hyman, M.D., Siddhartha Mukherjee, M.D., Sara Gottfried, M.D., Uma Naidoo, M.D., Gabrielle Lyon, D.O., Jeffrey Bland, Ph.D., Jillian Michaels, Dave Asprey, and Michael Breus, Ph.D., with more to be announced soon.

Eudemonia will be the first wellness summit to measure its attendees' baseline health through Basecamp, an on-site biometric testing center produced in partnership with Function Health.

<https://eudemonia.net/>

NOV. 1-3

WEST PALM BEACH, FL

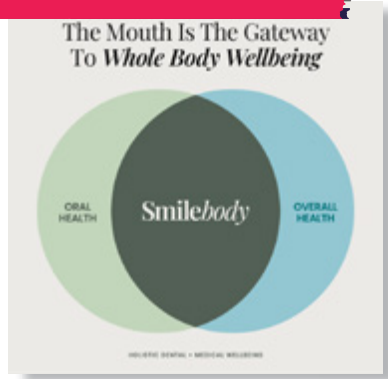




# SEE AND BE SEEN

## Upcoming Events

**NOV 2 · Valencia, CA**

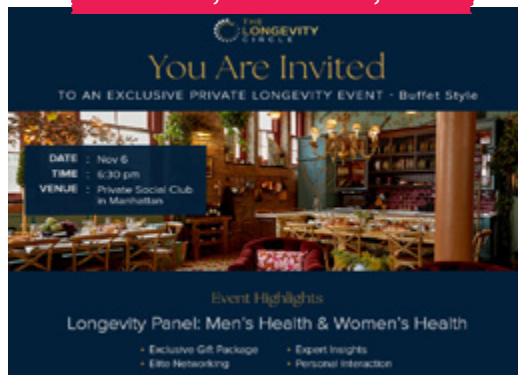


### Smilebody's Grand Opening Wellness Event

- Join us for an enlightening day dedicated to holistic wellness and biohacking as we officially open Smilebody Holistic Dental + Medical Wellbeing. Hear from leading experts like Dr. Ben Javid, Dr. Shawn Javid, Dr. Daniel Pompa, and Ben Azadi, among others. Dive into energy activations, discover cutting-edge biohacking tips, and explore our new state-of-the-art Wellbeing Center created for your overall wellness.
- Enjoy exciting raffles, informative booths, influential speakers, state officials, and don't miss our Ribbon Cutting ceremony followed by a celebratory champagne toast. We look forward to seeing you there!
- Nov. 2nd - 11am-6pm @ The Smilebody Building - 27335 Tourney Rd. Valencia, CA 91355

<https://mysmilebody.com/>

**NOV. 6, New York, NY**



### Exclusive Evening of Longevity in NYC

An Experience of Longevity at a Private Club in New York City

- Join us for an invite-only gathering of doctors, clinic owners, entrepreneurs, investors, and passionate life extension advocates. Connect with leading experts, including Cole Kirschner, co-founder of AgeRate, who is offering a complimentary \$599 test exclusively for attendees. Plus, enjoy gifts from top brands like OneSkin (\$120 value), Baja Gold, Pluck, Uberlube, The Yes Bar, Simply Gum, Fatty 15, Saint Jane Beauty, PaleoValley, NOVOS, and more.
- Don't miss our dynamic speed networking session at 7:30 PM, where you'll have the opportunity to connect, share, and expand your network with some of the brightest minds in longevity and health.
- Exclusive Offer: Get \$70 off your ticket \$70 off with code **\*\*NOV6TLC\*\***
- Space is limited, so don't forget to RSVP. More details at link.

<https://lu.ma/o7ax9qnd>

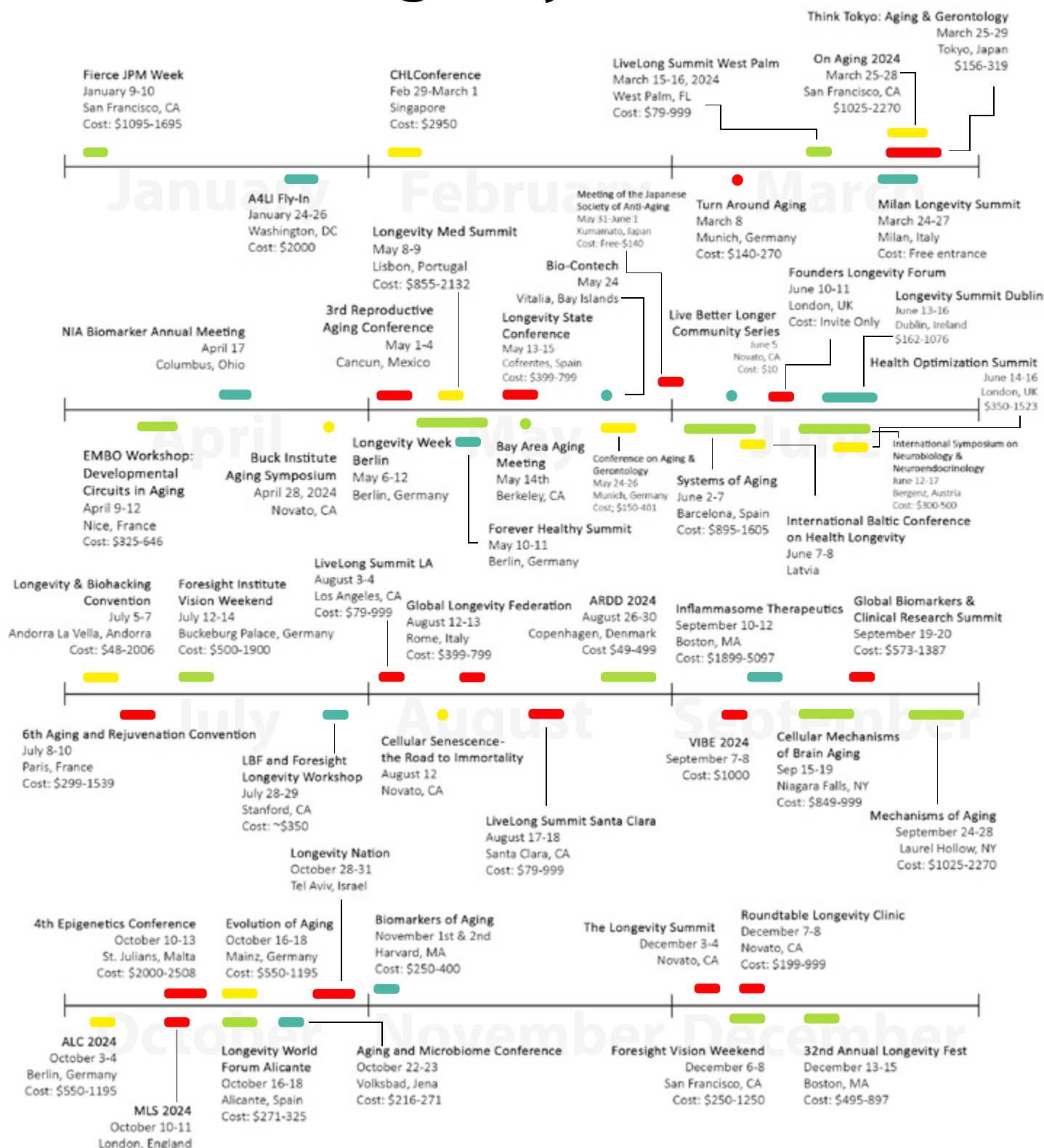


The Alliance for Longevity Initiatives (A4LI) is a 501(c)(4) nonprofit organization whose mission is to transform aging by advancing strategic and impactful initiatives that extend healthspan and increase the number of healthy, disease-free years.



**Get 10% off on your A4LI annual membership using promo code BIOHACKERS10.**

# 2024 Longevity Conferences





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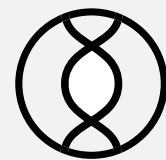
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# ACKNOWLEDGMENTS

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

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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.

Stay curious, stay bold, but above all, LIVE FIT LIVE WELL LIVE LONG!

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and new friends from around the  
world.