

# BIOHACKERS

MAGAZINE

ISSUE 33

**TIM GRAY**

HEALTH OPTIMISATION PIONEER

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# BIOHACKERS

MAGAZINE

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# WHEN DO YOU FEEL THE MOST ALIVE?

In today's world it can be easy to slip into the comfort of familiarity, idleness, and inaction. With everything that competes for our attention, how can we not be tempted to carve out time on our schedule to turn off our brains and let the distractions of television, music, games and other alternate realities take over. It must not be understated that while we do need time to recover and rest from the day-to-day actions, how we choose to do this is essential to our growth and perspective in the real world. Virtual Entertainment has a time and a place but when it becomes the prime source of our retreat from the world, it seems to be that its doing us more of a disservice in the long run.

When its all said and done, those worldly distractions are often holding us back from experiencing the greatest of zest life has to offer. Preparing for an adventure, planning for a future project or speech, crafting a new invention, writing a impactful letter, painting a profound canvas - all of these actions tap into our soul and make us live truly human lives designed for greatness, not comfort and idleness. We must get back to training our minds to engage in the art of habit-forming, and taking small actions each day to improve ourselves and create excellence.

Think back on your past few years - when did you feel the most alive - When you were watching Netflix or when you

were watching nature unfold before you? Instead of retreating from what's in front of us when we feel overwhelmed by the busyness of the world, why not channel this energy into something that directly engages with the beauty around us? Walk in nature to settle our thoughts. Pray under the dawn of a new sun. Journey to a new place and meet new people that can offer other perspectives. One of the best things about events is the new connections that are made. These connections remind us how we're all bound to the same original law of human excellence, and how gratitude is the best practice to begin when we're feeling lost. Interacting with others reminds us of this every day and no matter what the world is throwing at us, let us not seek comfort, but rather seek the truth of what can be learned from every adventure.

Its for these reasons, we cannot overlook the importance of health and wellness events that bring people together from all backgrounds but most with the same objective to find truth in the longevity space. A special thanks to all those who organize these bustling events that refuel our spirits and keep us going on the path to ultimate health Optimisation.

## About Dallas McClain

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

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



# DEAR BIOHACKERS COMMUNITY,

At Lifespanning, we're all about pushing the boundaries of what's possible in health, wellness, and longevity. But let's take a moment to remind ourselves that biohacking isn't about obsessing over every single detail—it's about balance, progress, and ultimately enhancing the quality of our lives.

This philosophy is something we share with Tim Gray, Europe's leading biohacker. Tim has been instrumental not just in developing new ways to optimize health, but in bringing innovative technologies and ideas in front of the public, encouraging people to try, experiment, and learn.

As he expands his influence into the U.S., Tim reminds us that biohacking is about empowerment—giving people the tools and information they need to take control of their health without overwhelming or over-complicating things.

As we continue to explore new technologies, let's also remember the mantra: Live Long, but **Live Young**.

Biohacking is not just technology and longevity; I think we shall remember that feeling vibrant and youthful at every age is our common goal.

Whether you're just starting out or deep into your biohacking journey, remember: it's the small, consistent changes that add up to something remarkable, not the constant chase for the next best hack.

Let's embrace the innovations coming our way, but also stay grounded and mindful of the bigger picture.

After all, what's the point of extending life if we're not fully living it?

Keep thriving,  
Jean Fallacara

## 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-Optimisation, and gratitude.

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# Challenge Yourself

Put Your Lifespanning Knowledge to the Test

**How do bioelectrical signals contribute to the body's ability to heal and stay healthy?**

- a) Slow down cellular repair to conserve energy
- b) Encourage cell communication and tissue repair
- c) Reduce nerve activity to prevent muscle strain
- d) Block hormone release to lower metabolism

**How does red light therapy, a popular wellness tool, improve cellular energy and potentially extend lifespan?**

- a) Speeds up the breakdown of ATP
- b) Boosts mitochondrial function and reduces inflammation
- c) Blocks UV rays to protect the skin
- d) Increases stress hormones to promote healing

**What is the proposed benefit of grounding (walking barefoot on natural surfaces) for energy regulation?**

- a) Increases muscle mass by stimulating nerve endings
- b) Balances electrical charges in the body, reducing inflammation
- c) Speeds up glucose absorption
- d) Blocks electromagnetic waves from reaching the body

**How might excessive exposure to electromagnetic fields (EMFs) impact health and energy levels?**

- a) Enhance cognitive function by stimulating brain waves
- b) Interfere with cellular communication and disrupt sleep
- c) Strengthen immune responses to infections
- d) Increase mitochondrial activity for faster healing

**Why are supplements like NAD<sup>+</sup> precursors important for energy and longevity?**

- a) Help mitochondria produce more ATP and repair DNA
- b) Lower blood sugar levels by blocking insulin
- c) Promote fat storage for energy reserves
- d) Increase cortisol to manage stress

# THE POWER OF ORGAN MEATS: WHAT IS OFFAL?

A dark, textured background, possibly a wooden cutting board, with a red tomato, a bunch of green herbs, and a knife. The text is overlaid on the left side of the image.

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THE ORIGINAL SUPERFOOD

By James Barry



## Introduction:

Organ meats, often called “offal,” are some of the most nutrient-dense foods available.<sup>1</sup> Yet, in modern times, these parts of the animal have become somewhat forgotten. While our ancestors thrived on these nutrient-rich foods, today’s diets tend to shy away from them due to cultural shifts, lack of familiarity, and a significant “ick” factor. But when we look at organ meats through the lens of both nutrition and evolutionary biology, it’s clear that these are foods our bodies need and crave.

## Organ Meat Benefits

Organ meats are nutritional powerhouses. For instance, beef liver is packed with essential vitamins and minerals like vitamin A, B vitamins (especially B12), iron, and zinc.<sup>1/2</sup> These nutrients are critical to human health, playing a key role in energy production, immune function, and maintaining skin, hair, and eye health. The liver is one of the few foods that contains every essential nutrient the body needs, making it one of nature’s most complete foods.

Despite their rich nutrition, most people are disconnected from organ meats, viewing them as unfamiliar or unappetizing. But reconnecting with these foods can offer numerous health benefits while helping us reclaim a deeper, more instinctual relationship with food. From a biological standpoint, organ meats provide us with more than sustenance—they help reactivate the body’s natural communication pathways, sharpening our understanding of what our bodies need and want.



## The History of Offal

The name offal is said to come from the parts of the animal that “fall off” during the butchering. While we think of organs as liver, heart and kidney, offal is defined as all parts of the animal except the muscle and bone. Organ meats have been consumed for millennia, long regarded as a prized and sacred food source. Early humans, hunting in small tribes, instinctively knew that eating organs like the liver, heart, and kidneys provided unparalleled nutrition. These parts of the animal were often reserved for the most honored members of the group, such as the hunters themselves, as they were believed to carry the essence and strength of the animal.<sup>3</sup>

Even as recently as World War II, organ meats were recognized for their nutritional value. During times of meat rationing, Americans were encouraged to consume “variety meats” (a more palatable term for offal) to conserve resources. Campaigns promoting organ meats as an important part of the American diet led to an increase in con-

sumption, but the trend didn’t last. Over time, as more convenient, processed foods became popular, the consumption of organ meats waned.

Interestingly, organ meats are still a significant part of many traditional diets worldwide. Dishes such as Mexico’s menudo (made from beef stomach), Scotland’s haggis (a savory pudding made from sheep’s heart, liver, and lungs), and Ireland’s blood sausage all showcase the cultural importance of these foods. These cultures have maintained an appreciation for the whole animal, ensuring that no part goes to waste and tapping into the deep nutritional benefits these parts provide.

In contrast, organ meats have largely fallen out of favor in the U.S., where muscle meats dominate the menu. However, the shift isn’t because organ meats have lost value—it’s largely due to unfamiliarity. Many Americans have lost touch with these foods, and most people today don’t know how to prepare them. Disconnecting from traditional food practices has contributed to a nutrient gap in modern diets, particularly as we rely more on processed and nutrient-poor foods.

# Eating vs. Swallowing:<sup>11</sup> Organ Meat Supplement? - Why Connection to Food Matters

There is a profound difference between eating whole, nutrient-dense foods and simply swallowing vitamins or supplements. When we eat real food, such as organ meats, we engage with the full sensory experience of taste, texture, color, and smell, which activates the body's natural communication pathways. Having a strong connection between food and the body's sensory systems helps teach us to provide our body with the nutrients it needs.

The body's Linguistic Neural Response is a system that allows the taste of food to communicate vital information to the brain about what the body needs.<sup>4</sup> For example, when we taste something salty, sweet, or umami, our body recognizes and responds to those flavors. Our innate response helps regulate how much we eat and ensures we don't over consume or miss vital nutrients.

However, our primal and socialized brain associates those colors with taste and flavor. Before we even bite into food, our eyes communicate to our brain. Sometimes, we've already made up our minds about the food before

we've ever taken a bite! Our sense of taste and smell are deeply intertwined with the neural pathways that govern decision-making and behavior. Flavor molecules stimulate the olfactory and gustatory systems, triggering neurochemical responses.

In contrast, when we rely on pills or supplements, we bypass the body's lingual Neural system. The body doesn't receive the same immediate feedback, making it harder to regulate what it needs, resulting in overconsumption or underconsumption of certain nutrients. Eating organ meats allows the body to engage with food in a way that fosters deeper nourishment and more intuitive eating habits.

Reconnecting with our biological communication system can also help restore our instincts around food. By slowing down and paying attention to the sensory experience of eating, we can listen more closely to what our bodies tell us. Whether it's the umami-rich flavor of a well-cooked liver or the satisfaction of a nutrient-packed meal, our bodies respond to real food in ways that pills and supplements simply cannot replicate.



## Reconnecting with Your Primal Instincts

The concept of eating organ meats goes beyond physical nourishment—it taps into something deeper, something primal. As humans, we evolved to rely on our senses to identify and consume the foods that would provide us with the nutrients we needed to thrive. Whether it was the sweetness of a fruit signaling its ripeness or the richness of organ meats delivering life-sustaining vitamins, our taste buds are biologically wired to respond to flavor as an indicator of nutrition.

Our primal instincts have been muted in these modern times, as our diets have become dominated by processed and artificial foods. These foods are often engineered to taste good but are nutritionally empty. Our disconnection from real food leads many people to feel unsatisfied, constantly craving more while missing out on the deeper nourishment their bodies require. We rush through our meals, barely chewing or tasting our food.



Organ meats, or offal, are often associated with bad taste by people who have never eaten them. But we can reawaken our innate primal instinct by reintroducing organ meats into our diets. Organ meats offer a deep, savory, umami flavor that triggers the body's natural reward systems. The rich flavor signals to the brain that the food is packed with nutrients, leading to a more satisfying and nourishing eating experience. When we consume foods rich in vitamins, minerals, and healthy fats, our bodies respond with a sense of fullness and contentment that is hard to achieve with processed alternatives.

## How to Get Organ Meats Into Your Diet

For many people, the idea of eating organ meats may seem daunting. The taste, texture, and preparation of these foods can be unfamiliar, leading to hesitation. However, there are many simple and delicious ways to incorporate organ meats into your meals without overwhelming your palate.

### Step 1: Start with Small Portions

If you're new to eating organ meats, start small. One of the easiest ways to introduce organ meats into your diet is by adding grated liver to ground meat dishes like burgers, meatballs, or chili. Mixing just a tablespoon or two of finely grated liver into a pound of ground beef can boost the nutritional content without drastically changing the flavor. It's such a small amount of liver that many people won't even notice the taste difference.

If you're cooking for someone

who isn't open to trying organ meats, starting with these smaller amounts can help. Then you can build from there, gradually increasing the amount of liver or other organ meats. By slowly increasing the amount, you can help slowly build familiarity and appreciation for the flavors and textures

### Step 2: Use Organ-Based Seasoning

Another great way to ease into eating organ meats is by using organ-based seasoning blends, like Pluck Superfood Seasonings. These blends, made from 5 freeze-dried organ meats - liver, heart, kidney, spleen and pancreas - can be used just like any other seasoning. Simply sprinkle them on your meals to boost nutrients and a rich, umami flavor.

These seasonings are a convenient way to get the benefits of organ meats without having to prepare them yourself. They can be added to everything from meat, fish and vegetables to popcorn, pizza and pasta, providing a subtle but effective nutritional upgrade to your meals.

### Step 3: Make Pâtés (see pate definition below) and Spreads

If you're feeling more adventurous, making organ meat pâtés or spreads is another delicious way to enjoy these nutrient-dense foods. Pâté by definition is a spread of finely chopped or pureed seasoned meat. Pâtés are a great way to incorporate multiple organs from different species. For example, it is common to find spreads that include both pork and chicken. Serve pâté with crackers or vegetable sticks, or use it as a filling for sandwiches and wraps.





The process of making pâté is relatively simple. The end result is a smooth, creamy spread that highlights the flavor of the organ meats while balancing it with other ingredients. Pâté is an excellent option for those who are more comfortable with organ meats and want to explore more traditional preparation methods.

#### **Step 4: Sourcing Organ Meats**

Where you purchase your organ meat from does matter. Look for grass-fed, pasture-raised animals which offer the most nutrient-dense and healthiest organs. Farmer's markets and local farms are excellent places to find high-quality organ meats, and many farmers are happy to sell these cuts directly to consumers.

If you are still looking for organ meats locally, many online retailers specialize in delivering grass-fed, pasture-raised meats straight to your door. In addition, ethnic markets often carry a wide variety of organ meats at affordable prices, offering a great way to try different organs and expand your culinary horizons.

#### **Step 5: Explore Different Types of Organs and Species**

As you become more comfortable with organ meats, you can begin to explore the wide variety of organs available. While beef liver is one of the most commonly consumed organs, many other options exist, including the heart, spleen, and tongue. Each organ offers a unique flavor profile and texture, making them versatile ingredients in the kitchen.

For example, chicken hearts are a fantastic option because they have a mild taste, can be cut up into a small dice similar to mushrooms and added to sauces,

stews and meatloafs without anyone realizing they're eating heart, making it a great option for those that are squeamish with new textures and foods. Tongue, when properly prepared, has a tender, rich flavor that is perfect for tacos or sandwiches. By exploring different types of organs, you can broaden your palate and introduce new flavors and textures into your meals. Cooking techniques such as slow cooking, braising, or even grilling can help make these organs more tender and delicious. The key is to approach organ meats with an open mind and experiment with different recipes until you find what works for you and your family.

#### **Step 6: Make Organ Meats a Centerpiece**

Once you're comfortable incorporating organ meats in small amounts, you can move on to making them the star of your meal. Classic dishes like liver and onions are a great place to start. When cooked properly, beef liver can be rich and flavorful, especially when paired with caramelized onions and herbs. You can also explore making stews, soups, or even curries, highlighting organ meats as the primary ingredient.

It's important to remember that cooking organ meats doesn't have to be complicated. Many traditional recipes keep it simple, allowing the natural flavors of the organ meats to shine. By embracing these foods as a central part of your meals, you'll nourish your body and connect with a long culinary tradition that spans cultures and generations.

# Conclusion: Embrace the Original Superfood

Incorporating organ meats into your diet is one of the most effective ways to boost your overall nutrition and reconnect with your body's intuitive wisdom. By making organ meats a regular part of your meals, you are nourishing your body with vital nutrients that many modern diets are missing. Organ meats are a true superfood, packed with vitamins, minerals, and amino acids essential for health.

Beyond their nutritional value, eating organ meats allows us to reconnect with a more natural and instinctual way of eating. We allow our bodies to communicate their needs and wants as we slow down and savor these nutrient-rich foods. Reconnecting with our food and our senses can lead to a stronger connection between satisfaction and health.

Whether you're just starting to explore organ meats or ready to

make them a centerpiece of your diet, there are countless ways to enjoy these powerful foods. From simple recipes to more adventurous dishes, organ meats offer endless culinary possibilities. By embracing the full animal and making the most of these nutrient-dense cuts, you'll improve your health and honor the tradition of whole-animal consumption.

Incorporating organ meats into your diet may initially feel unfamiliar, but with the right approach, these foods can become a regular and delicious part of your meals. Start small, experiment with different flavors, textures, species, and allow yourself to reconnect with the foods that have nourished our ancestors for centuries. Organ meats are the original superfood and nourish your body as nature intended.

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# Chef James Barry

Chef James Barry's 20 years in the culinary field started as a private chef cooking for celebrities such as Tom Cruise, George Clooney, Gerard Butler, Barbra Streisand, and John Cusack. James launched his first functional food product, Pluck, an organ-based, superfood seasoning. It's an amazingly easy and delicious way for people to get organ meats into their diet. James is also a published cookbook author having co-authored the recipes in Margaret Floyd's book *Eat Naked* and Dr. Alejandro Junger's book, *Clean 7*. James is the author of *The Naked Foods Cookbook* and is currently working on a new cookbook.

Links:

Find Pluck on Amazon or on their website below:

Website: [eatpluck.com](https://eatpluck.com)

IG: <https://www.instagram.com/eatpluck>

IG: <https://www.instagram.com/chefjamesbarry/>

X: [https://x.com/Eat\\_Pluck](https://x.com/Eat_Pluck)

TT: <https://www.tiktok.com/@eatpluck>



The background is a dark teal color. On the left side, there is a vertical strip of light blue and white. Within this strip, there is a stylized DNA double helix icon and a microscope icon. The main title is written in large, bold, purple capital letters.

# QUEENS CORNER

**Affiliates and Biohacking**

by Dr. Lauren Leiva, DPT

# Choosing the Right Brands for Yourself, your family and Businesses

As the biohacking market explodes, it's easy to get swept up in the latest technologies, supplements, and devices that promise to optimize your health. However, when choosing brands to affiliate with, whether for personal use or to recommend to your clients, several key factors should guide your decision.

Here's some tips when tailoring Biohacking for Yourself, Children, the Elderly, Pets, and Businesses

When it comes to biohacking, there's no one-size-fits-all approach. The needs of an individual, child, elderly person, or even a pet differ significantly from those of a commercial business. Let's break down the key considerations for each:

## 1. For Yourself: Personalized Optimization

When selecting supplements or devices for personal use, it's essential to consider your unique biology and lifestyle. This is where blood testing, genetic markers, and regular biofeedback come into play. Whether it's nootropics, gut health supplements, or wearable tech for tracking sleep and recovery, personal biohacking should focus on individualized data. For example, you might respond better to a specific vitamin D supplement or sleep aid than others, depending on your specific deficiencies or goals. I recently got involved with MeScreen, a mitochondrial function test backed by Sean Fetch and Dr. Hemal Patel. The results look promising and come with a clinical follow up for action items based on your results. Knowledge is not power unless applied



## 2. For Children: Safety and Dosage

Children's bodies are still developing, so biohacking for them requires careful attention to safety and age-appropriate dosages. first and foremost- happy birthday to both my boys, Alexander Joseph turned 8 in September and my eldest is turning 17 this month! Oh how the time flies. Supplements like omega-3s or probiotics are generally safe but should always be tailored to their growing systems. Devices like fitness trackers can be used for monitoring activity but should emphasize balance, avoiding overstimulation or reliance on tech too early. Always consult a pediatrician before introducing any new supplement or device into a child's regimen. A new supplement I absolutely love for my son is Scandilabs, backed by Alexandra Cochrane. This product has eliminated the need for 8 different vitamins all in one suspension- my son has stayed symptom free since school started and throughout many bouts of illness going through the community and classrooms.

I use it at the first line of defense AND auto ship. Love it for the whole family. And the bioavailability is amazing!





### 3. For the Elderly: Supporting Longevity and Mobility

Biohacking for the elderly focuses on longevity, cognitive health, and maintaining mobility. Supplements that promote brain health, such as lion's mane or curcumin, and joint-supporting options like glucosamine can be incredibly beneficial. Devices that track fall risks, heart rate variability, or offer mobility support are also essential. Simplicity and ease of use are critical for tech aimed at the elderly, ensuring they can use it without feeling overwhelmed.



### 4. For Pets: Wellness and Natural Solutions

Yes, biohacking extends to our pets, too! Supplements like CBD, omega-3s, or glucosamine are popular for supporting animal health, especially for older pets dealing with arthritis or anxiety. When choosing devices, consider monitoring tools like activity trackers that help gauge their exercise levels. The focus here is on natural solutions that enhance wellness without causing unnecessary stress to the animal. An amazing company that goes by the saying- just one drop, CODE drops by Wendy Cohn and Dr. Lisa Piper. Not just for my pets- but my youngest, 8 years old was having difficulties sleeping so I gave him the mixture of dream

And calm. It was late and he squirted what seemed to be half the tiny bottle in his mouth. I got worried for a split second but it's coded saline! It can't get safer than that and whether a horse or a child, all you need is one drop, and if the child accident takes more- it's not an issue.

### 5. For Commercial Businesses: Scalability and Broad Appeal

When selecting supplements or devices for a commercial business, such as a gym, wellness center, or clinic, the focus shifts to scalability and broad appeal. Products must be easy to understand and applicable to a wide range of people. For example, offering supplements like multivitamins or probiotics that most people can benefit from is a safer bet than niche products. Devices such as wearable trackers, body composition analyzers, or recovery tools like infrared saunas should offer clear, tangible benefits to attract a diverse clientele. Additionally, choosing brands that provide business-friendly pricing structures or wholesale options is crucial for maintaining profitability. I started selling an amazing sauna and the profit margin is totally worth it! For my Clients and self. Scan QR code for more info on my specifics. Other things to consider when it comes to buying in bulk is:

### 1. Shelf Life of Products

When considering supplements, tech, or other biohacking products, shelf life is a major factor. You don't want to invest in stock that's going to expire quickly, and you certainly don't want to recommend products that won't last. Look for companies with clear guidelines on the longevity of their products. Many high-quality biohacking supplements, for instance, now offer innovative packaging and preservation techniques to extend the shelf life without sacrificing potency.

### 2. Commissions: Is 5% Worth It?

Not all affiliate programs are created equal. Some brands offer as little as 5% commission, while others go up to 50%. The question you need to ask yourself is: Is the lower commission worth the brand alignment? Sometimes, a lower commission is acceptable if the brand is a market leader, offers high credibility, or delivers unique value to your audience. However, if you're just starting or want to maximize revenue, aligning with brands offering higher commission rates without sacrificing quality can be a game-changer.

### 3. Sustainable Practices

Consumers, especially in the health and wellness sectors, are increasingly eco-conscious. Is the company you're affiliating with implementing sustainable practices? This is not just about being eco-friendly—it's about aligning your brand with the values of your customers. Sustainability isn't just a trend; it's becoming a business imperative. Brands that focus on ethical sourcing, carbon-neutral operations, and minimal waste packaging are going to attract a more conscious consumer base and drive long-term loyalty.

### 4. Constant Evolution

The biohacking space is rapidly evolving, with new discoveries emerging almost weekly. You want to affiliate with companies that are at the cutting edge of research, innovation, and product development. Does the company regularly update its products based on the latest science? Are they transparent with their research? Make sure the brand is not just riding the wave of biohacking trends but actively contributing to the progression of the industry.

## Brands to Trust and Consider

Several brands in the biohacking space are making waves for their commitment to innovation and sustainability. Companies like Qualia, Thorne, and Mercola have built trust in the community for their research-backed products and sustainable practices. Meanwhile, Braintap and Cerathrive are pushing the boundaries of biofeedback and recovery technology. These are the types of companies worth incorporating into your business.

## Who Represents the Company Matters

In the biohacking industry, representation speaks volumes. When evaluating which brands to align with, it's crucial to look beyond the product itself and consider the people who stand behind it. A salesperson who switches from one company to another every year, claiming that a new product "changed their life," raises red flags. The biohacking community is tight-knit, and credibility can be easily lost when people appear more like puppets than true advocates.



## Loyalty and Longevity: Signs of a Strong Company

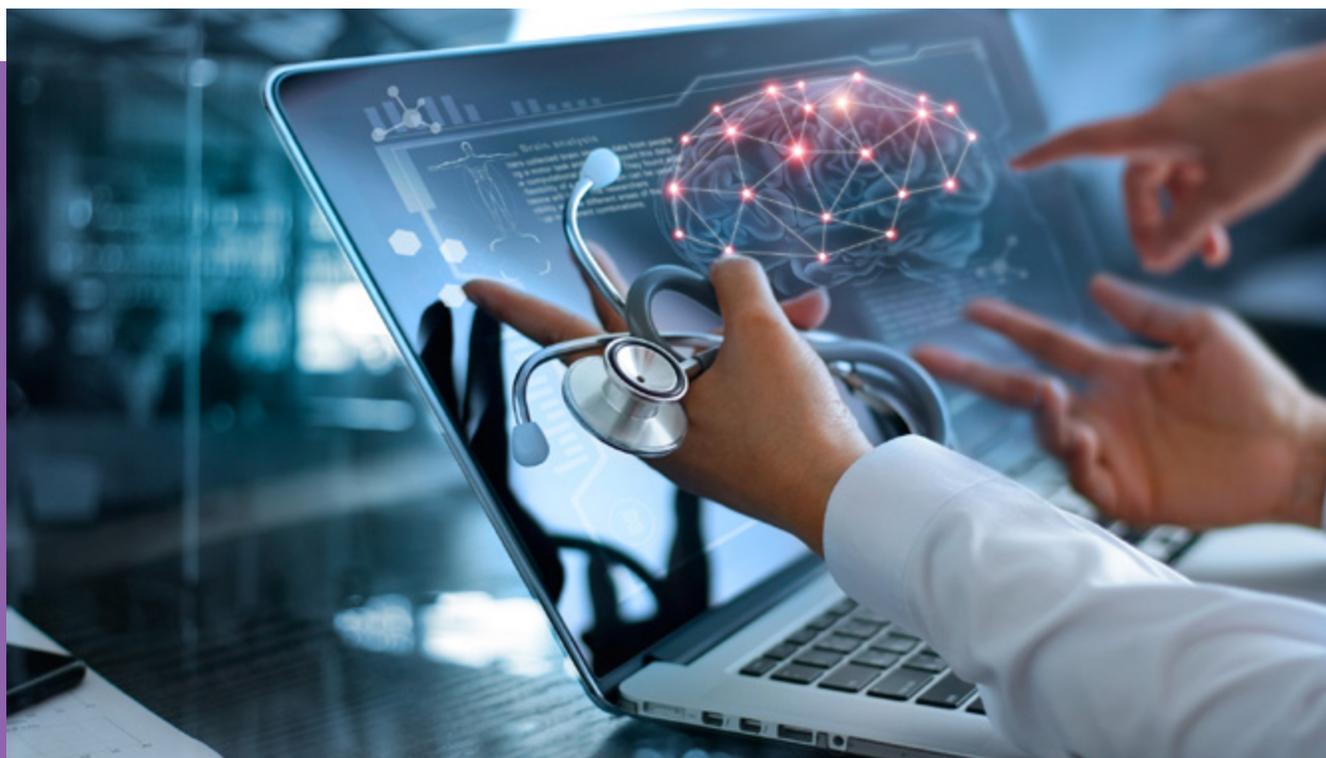
Loyalty and longevity are key indicators of a trustworthy brand. How long has the company been in business? Do they retain the same employees over time, or is there constant turnover? If the people at a conference booth seem unhappy or unknowledgeable, it reflects poorly on the company as a whole. Employee treatment is a mirror of company culture—how they treat their team tells you a lot about how they handle customers and partners.

I once witnessed a chef at an event berating everyone around him. No matter how talented or innovative you are, if you're not kind, it's a major deal-breaker. Businesses thrive on authenticity and compassion, not just results. We don't need more brands led by ego and aggression; we need leaders who build up their teams and partners.

## Build Your Brand, Don't Tear Others Down

One major turnoff in this industry is seeing brands that promote their products by tearing down others. It's not only unprofessional but also short-sighted. Rather than insulting competitors, companies should focus on building their brand from their own merits. Be the change you want to see in the market.

For example, I recently looked into a line of electric body suits, only to find that one company had stolen the patent from another. This kind of behavior creates negative energy and damages the trust that's so critical in biohacking. In the end, the most successful businesses are those that innovate, uplift their communities, and stay true to their values.





# 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 groundbreaking 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

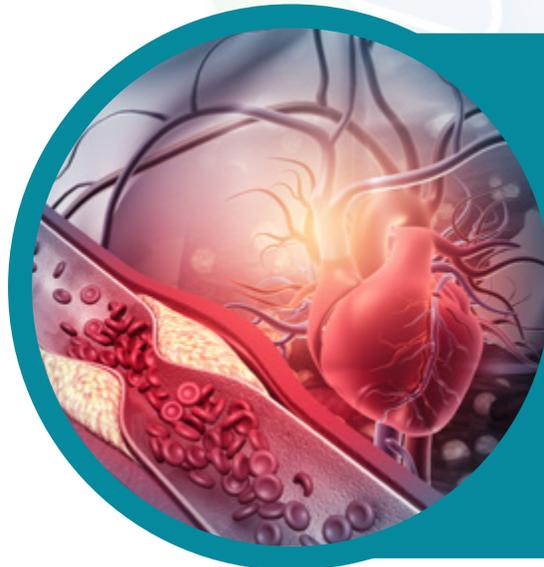
A recent study revealed that daily vinegar consumption can reduce depression symptoms. The acetic acid in vinegar may positively influence the gut-brain axis, which regulates neurotransmitters like serotonin, improving mood. Participants in the study who consumed vinegar over four weeks showed significant 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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# *Biohacking Recipes*

**Cabbage and Egg Cakes with A  
Savory Dipping Sauce To Support  
Liver Health**

**by Maraba DiRaddo**



As October arrives, many of us begin to think about holidays, health, and food (not necessarily in that order). As the days cool off and the calendar grows celebratory, the most crucial organ in our body that requires attention is the liver. Responsible for detoxification and overall metabolic processes, our liver is on the right side of our torso. Stop for a moment and take a breath to relax and expand both sides of your torso. To hack your liver health, incorporate relaxation exercises like side body breathing and cruciferous vegetables on the daily. This healthy cabbage cake recipe is simple and tasty. Not only are these cakes a delightful treat at any time of day, they are easy to batch cook ahead, and provide essential nutrients to help boost glutathione levels, known for its powerful antioxidant and liver-supporting properties.



## INGREDIENTS:

**2 Cups Finely Shredded Cabbage:** a cruciferous vegetable packed with vitamins C, K, and B6, and fiber, phytonutrients and glucosinolates that enhance the liver's detoxification process, cleanse the liver, expel toxins and support enzyme function.

Abundant antioxidants present in cabbage fight inflammation, help alleviate liver stress.

Cabbage is rich in sulfur-containing amino acids that contribute to the synthesis of glutathione.

**2 Large Eggs:** a nutrient powerhouse, eggs provide high-quality protein, essential fatty acids, and important vitamins and minerals, particularly B vitamins like B12, which is critical for liver health. Choline in eggs supports liver function and helps with fat metabolism.

Eggs are a great source of cysteine,

an amino acid that plays a crucial role in glutathione synthesis. This combination is also vital for liver detoxification and maintaining optimal liver function.

Salt and pepper, to taste

Ghee, EV Olive oil, or coconut oil, for sautéing.

## INSTRUCTIONS:

**1. Prepare the Cabbage:** Shred the cabbage with a large peeler or grater or slice thinly. In a large mixing bowl, combine the shredded cabbage with a pinch of salt. Let it sit for about 5 minutes to soften and release some water.

**2. Mix Ingredients:** Add the beaten eggs and pepper to the bowl. Mix until everything is well combined.

**3. Cook the Cakes:** Heat a tablespoon of oil or ghee in a skillet over medium heat. Spoon about 1/4 cup of the mixture into the pan, gently flattening it with a spatula. Cook for about 3-4 minutes on each side or until golden brown. You can also bake these for 10 - 12 minutes at 375 degrees.

**4. Mix the Savory Dipping Sauce:** 2 TBLS EVOO, 1 tsp apple cider vinegar, 1 tsp lemon juice, 1 tsp whole grain mustard, 1/2 tsp salt, 1/4 tsp ground pepper, 1/4 tsp turmeric, 1/4 tsp paprika, 1/4 tsp cumin seeds. Whisk all together and add extra lemon if desired.

**To Serve:** Once cooked, remove the cakes from the skillet or oven and place them on a towel to rest and stay warm. Serve as is or topped with a dollop of Savory Dipping Sauce.

\*Add avocado slices for added creaminess and extra liver-friendly healthy fats.

As the leaves change color and Autumn settles in, it's the perfect time to focus on nourishing your body with foods that support liver health. As this study notes: current research shows glutathione is a liver powerhouse. Cabbage recipes that boost glutathione levels are a biohacking meal plan favorite. Savor the benefits while you take steps toward a healthier liver and overall well-being. Don't forget to breathe into your hard working Liver this month. Happy Fall and happy cooking!



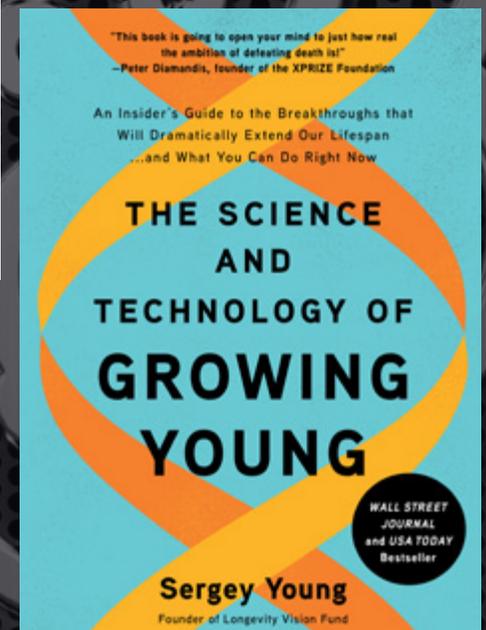
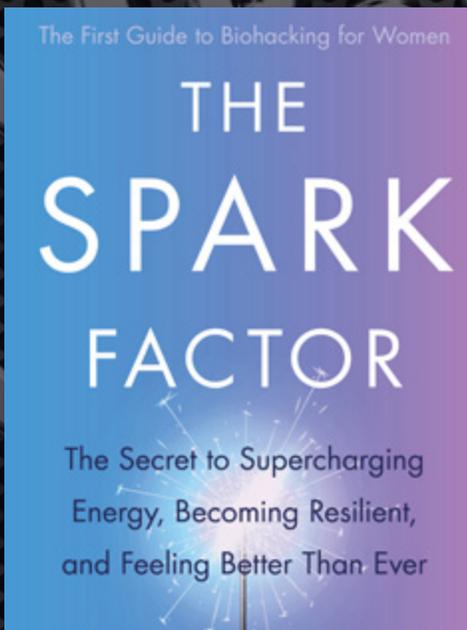
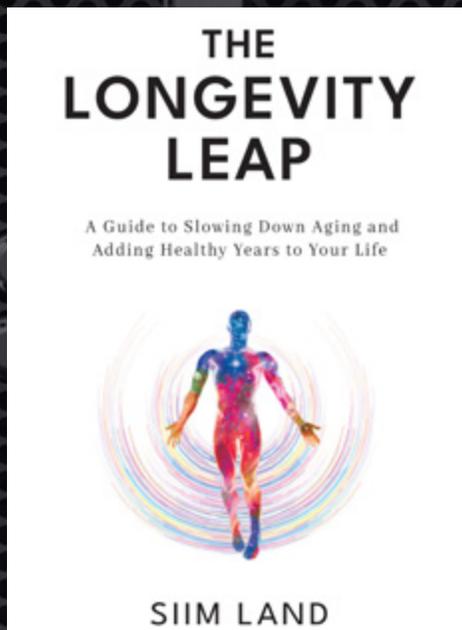
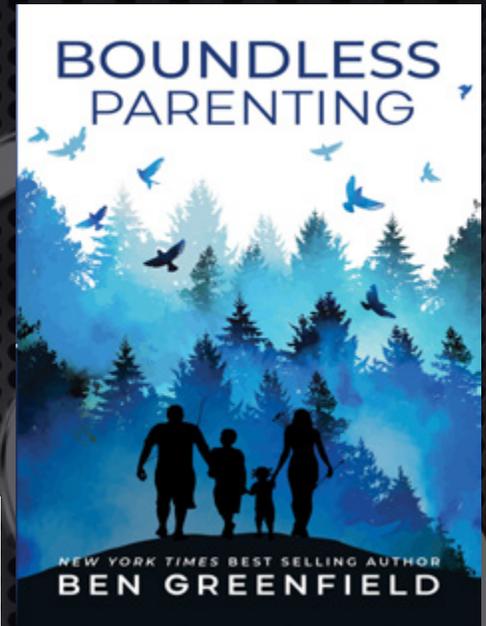
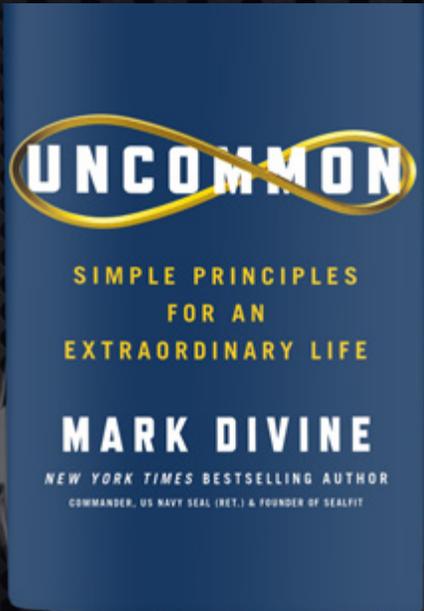
## Maraba DiRaddo



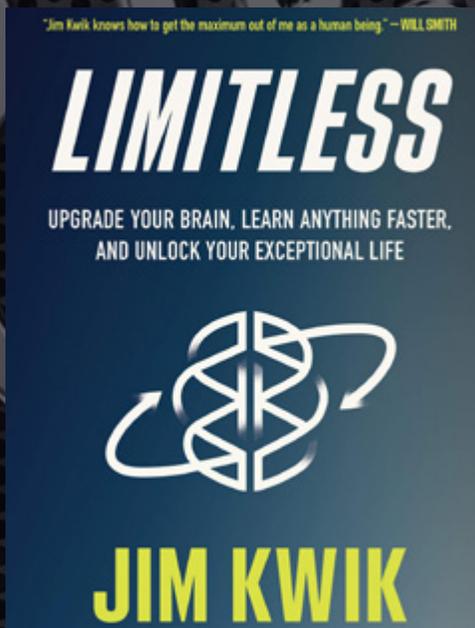
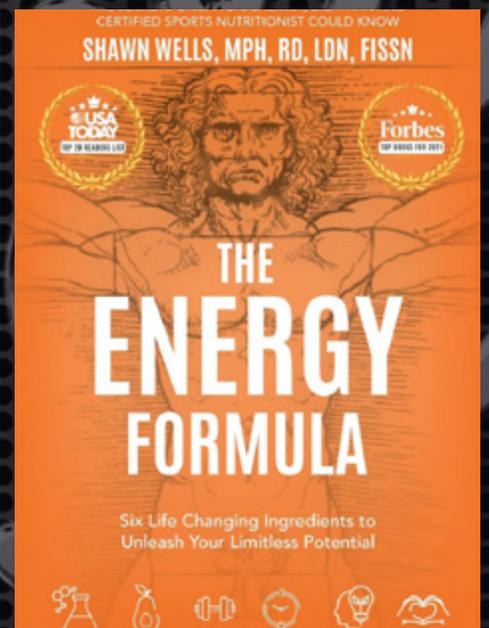
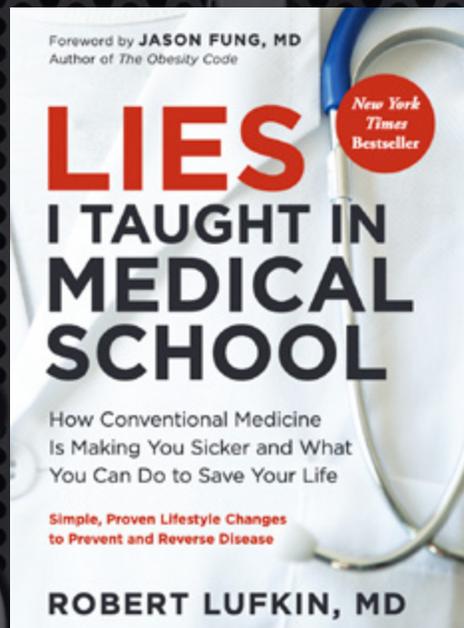
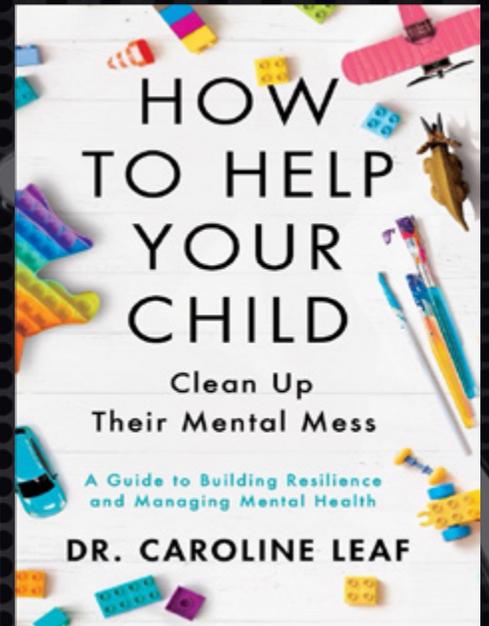
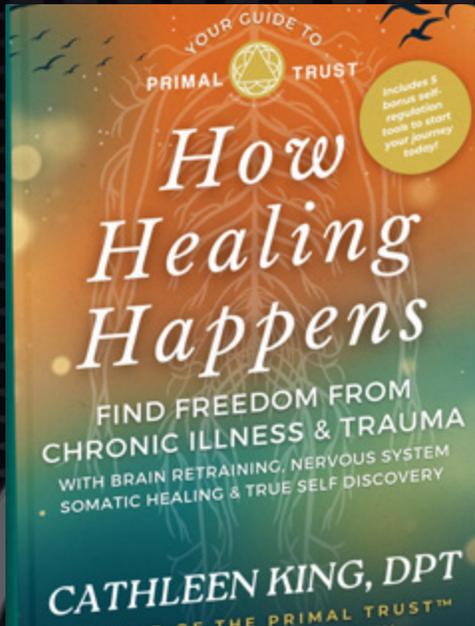
[@healingmamaraba](https://www.instagram.com/healingmamaraba)

*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 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 unique and effective holistic protocols. Maraba's experience guiding clients for over 30 years to make health changes has proven that individualized movement and nutrition strengthens the core inside and out. 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 daily hacks to make systemic change. Maraba is developing a Brain Health Reset App based on her integrative holistic protocols, emerging neuroscience and traditional healing methodologies.*

# REVOLUTIONIZING WELLNESS: TOP 10 BREAKTHROUGH BOOKS OF 2024



# REVOLUTIONIZING WELLNESS: TOP 10 BREAKTHROUGH BOOKS OF 2024



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# The Power of Hydrogen Water:

Exploring Its Unique Antioxidant Benefits

by Dr. Paul Barattiero



In recent years, health and wellness trends have highlighted the role of antioxidants in promoting overall health, preventing disease, and extending longevity. As consumers become more informed about the importance of antioxidants, a new solution is gaining traction – hydrogen water. Hydrogen-infused water is making waves as an evidence-based solution for those looking to enhance their health and well-being. But what exactly makes hydrogen water so powerful, and how does it compare to other antioxidant-rich products on the market?

## UNDERSTANDING ANTIOXIDANTS AND OXIDATIVE STRESS

My own discovery of the health benefits of hydrogen water was unplanned. My wife had been suffering from several chronic illnesses that were becoming more and more debilitating, with no traditional medication able to help. During her monthly cycle, we would lose her for a week every month. In 2005, we went on a cruise with some friends, and they brought water with them for us to drink. The first day of the cruise was the first day of her menstrual cycle. She drank the water, and felt like her body was craving it. She continued drinking the water and within the 2 days she was able to fully participate on the cruise. This was shocking to us both. The improvement



in her health was nothing short of miraculous. Over a six-month period, I watched her improve to the point that she functioned normally during her menstrual cycle, I began researching the properties of this water. I was told that it was the water's alkaline pH was providing the healing benefits. However, what I discovered was that the healing mechanism with the water was a result of hydrogen gas.

Before diving into the specifics of hydrogen water, it's crucial to understand the role of antioxidants in maintaining health. Antioxidants are compounds that protect the body from oxidative stress, which occurs when unstable molecules known as free radicals cause damage to cells, proteins, and DNA. These free radicals are naturally produced

during normal metabolic processes, but can also be introduced through external sources such as pollution, cigarette smoke, UV exposure, and an unhealthy diet.

Oxidative stress is associated with various chronic diseases, including cancer, cardiovascular conditions, diabetes, and neurodegenerative disorders like Alzheimer's and Parkinson's disease—all of which are major global health concerns. By neutralizing free radicals, antioxidants help prevent cellular damage, lowering the risk of these diseases and slowing the aging process. Common antioxidants include vitamins C and E, beta-carotene, and polyphenols, which are abundant in fruits, vegetables, and other plant-based foods.

However, as the understand-

ing of oxidative stress has deepened, the need for more effective antioxidant solutions has emerged. While dietary antioxidants from whole foods cannot be replaced, hydrogen water is quickly gaining recognition for its remarkable ability to combat oxidative stress at the molecular level.

## **WHAT IS HYDROGEN WATER?**

Hydrogen water is simply water that has been infused with molecular hydrogen (H<sub>2</sub>). Molecular hydrogen is a colorless, odorless, and tasteless gas that, when dissolved in water, creates a therapeutic solution with significant health benefits. Unlike regular water, which contains H<sub>2</sub>O molecules, hydrogen water is made up of H<sub>2</sub>O with free-floating H<sub>2</sub> gas molecules that can be absorbed directly into the bloodstream and tissues.

The key to hydrogen water's effectiveness lies in its bioavail-

ability. Molecular hydrogen is the smallest and lightest element in the universe, allowing it to easily penetrate cell membranes and even cross the blood-brain barrier. This means that hydrogen water can reach areas of the body that many other antioxidants cannot, providing targeted protection against oxidative stress.

## **HYDROGEN WATER AS A POWERFUL ANTIOXIDANT**

One of the primary reasons hydrogen water is grabbing attention is its powerful antioxidant properties. Unlike conventional antioxidants, which can sometimes interfere with the body's natural oxidative processes, hydrogen acts selectively. It targets only the most harmful free radicals—specifically, hydroxyl radicals (OH)—while leaving beneficial radicals, such as those involved in cell signaling, untouched. This selective action is crucial, as excessive elimination

of all free radicals can disrupt essential physiological processes.

Studies have shown that molecular hydrogen can significantly reduce oxidative damage by neutralizing hydroxyl radicals. This helps protect cells from damage, reduces inflammation, and lowers the risk of chronic diseases associated with oxidative stress.

## **EVIDENCE-BASED HEALTH BENEFITS OF HYDROGEN WATER**

The antioxidant properties of hydrogen water have been studied extensively in recent years, with evidence suggesting that it offers a range of health benefits. Below are some of the key findings from clinical and preclinical studies:

### **1. Hydrogen Water and Cardiovascular Health**

Cardiovascular disease remains one of the leading causes of death worldwide, and oxidative stress is a major contributing factor. Free radicals can dam-



age the lining of blood vessels, leading to inflammation and the buildup of plaque, which increases the risk of heart attack and stroke. Research indicates that hydrogen water may help protect against cardiovascular damage by reducing oxidative stress and improving endothelial function, which is critical for maintaining healthy blood vessels.

In a study published in *Nature Medicine*, researchers found that drinking hydrogen-rich water reduced markers of oxidative stress in patients with metabolic syndrome—a cluster of conditions that increase the risk of heart disease, stroke, and type 2 diabetes. The study concluded that hydrogen water has a therapeutic role in preventing cardiovascular disease and improving overall heart health.

## 2. Anti-Inflammatory and Anti-Aging Properties

Inflammation is a natural immune response to injury or infection. However, chronic inflammation is linked to a variety of age-related diseases, including arthritis, Alzheimer's disease, and cancer. Hydrogen water's antioxidant action helps reduce inflammation by neutralizing reactive oxygen species (ROS) that trigger the inflammatory response.

And while hydrogen-rich water isn't the fountain of youth, it has certainly been shown to slow down the aging process. Preliminary research suggests that it could help protect the skin from

UV-induced damage, reducing wrinkles and improving skin elasticity. In addition, studies show that bathing in hydrogen water can dramatically increase these benefits.

## 3. Neuroprotection and Cognitive Health

Neurodegenerative diseases such as Alzheimer's, Parkinson's, and amyotrophic lateral sclerosis (ALS) have been associated with oxidative stress and inflammation in the brain. The brain is particularly vulnerable to oxidative damage due to its

high metabolic rate and oxygen consumption, making effective antioxidant protection crucial for cognitive health.

Several studies have explored the potential of hydrogen water and the inhalation of hydrogen gas to protect the brain and nervous system from oxidative damage. In a study published in *Scientific Reports*, researchers found that hydrogen water improved cognitive function in a mouse model of Alzheimer's disease by reducing oxidative stress and inflammation in the brain. Similar findings have been



reported in studies involving Parkinson's disease, where hydrogen water appeared to slow the progression of neurodegeneration.

#### 4. Hydrogen Water for Athletic Performance and Recovery

For athletes and fitness enthusiasts, oxidative stress is a common issue due to the increased production of free radicals during intense physical activity. This can lead to muscle fatigue, inflammation, and delayed recovery times. Hydrogen water has gained popularity among athletes as a recovery tool because of its ability to reduce oxidative damage and inflammation following exercise.

In a study published in Medical Gas Research, athletes who drank hydrogen-rich water before and after exercise showed reduced markers of oxidative stress and improved muscle recovery. The study also noted a decrease in muscle fatigue, suggesting that hydrogen water could enhance endurance and performance in athletes.



Numerous famous athletes have become vocal advocates of hydrogen water, including world record holder and trail runner Tyler Andrews, boxer Laila Ali, and football Hall of Famers Tom Brady and Tim Tebow.

#### 5. Hydrogen Water and Cancer Prevention

While more research is needed in this area, there is growing interest in the potential of hydrogen water to prevent cancer. Oxidative stress plays a significant role in the development of cancer by causing DNA mutations that can lead to the uncontrolled growth of cells. By reducing oxidative damage, hydrogen water may help protect against the initiation of cancerous growths.

Some preclinical studies have shown that hydrogen water can inhibit the proliferation of cancer

cells because apoptosis was benefitted and therefore enhanced the effectiveness of chemotherapy. However, it is important to note that hydrogen water should not be considered a cure for cancer as research is still emerging on this potential use.

### HYDROGEN WATER IN EVERYDAY WELLNESS

As research into hydrogen water continues to grow, it is becoming increasingly clear that this simple, yet powerful solution offers a wide range of health benefits. Its ability to selectively neutralize harmful free radicals, protect against oxidative stress, and reduce inflammation makes it an attractive option for those looking to improve their overall health and prevent disease.

Hydrogen water is also easy to incorporate into daily life. It can





be consumed just like regular water, with the added benefit of delivering potent antioxidant protection. There are several ways to access hydrogen water, from purchasing pre-bottled hydrogen-rich water to using hydrogen-generating tablets or machines that infuse regular water with molecular hydrogen.

## THE FUTURE OF HYDROGEN WATER

As consumers become more discerning in their wellness

choices, hydrogen water is emerging as a promising option due to its powerful antioxidant properties. Whether enhancing athletic recovery, protecting cognitive health, or boosting antioxidant intake, it offers a compelling addition to natural therapies. While not a miracle cure, growing research shows its healing potential, and is gaining broader acceptance in both medical and wellness circles as a staple for promoting health and longevity.

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# Dr. Paul Barattiero



[@drpaulbarattiero](#)

*Dr. Paul Barattiero is a pioneering advocate for the health benefits of molecular hydrogen, with a career spanning over two decades. His journey into this field was deeply personal, driven by his desire to alleviate the severe gynecological issues and debilitating anemia his wife suffered from during the first ten years of their marriage. In his research, Dr. Barattiero discovered the potential of hydrogen water to address health issues similar to those his wife was facing. After she began consuming hydrogen water, her health improved dramatically, including a full resolution of her anemia condition.*

*Inspired by these results, Dr. Barattiero created the Echo Water Hydrogen System in 2010 designed to harness the power of hydrogen gas by dissolving it into water to reduce oxidative stress and inflammation—key contributors to many chronic diseases. Echo Water now offers a full range of products dedicated to support detoxification, cognitive function, immune health, and gut recovery. A passionate educator, Dr. Barattiero lectures globally and has been featured on prominent television and radio programs in the USA, Germany, and Switzerland. His mission is to spread awareness of how hydrogen water can help prevent disease by neutralizing harmful free radicals and mitigating oxidative stress and inflammation.*

<https://echowater.com/>

A grayscale microscopic image of several large, roughly spherical cells with a granular internal structure, possibly representing a microbial community or a specific cell type. The cells are scattered across the frame, with some in sharp focus and others blurred in the background.

# THE MICROBIOME AND LONGEVITY:

How Postbiotic Metabolites  
Regulate Your Health

By Ross Pelton

The Microbiome Theory of Aging (MTA) developed by Dr. Ross Pelton emphasizes the intricate connection between our gut health and the aging process. Emerging research suggests that dysbiosis—an imbalance in the gut’s microbial ecosystem—accelerates biological aging by increasing inflammation, disrupting gut integrity, and leading to systemic health issues. Understanding how this process unfolds offers a revolutionary approach to improving health and extending lifespan.

## THE GUT MICROBIOME: MORE THAN DIGESTION

The human gut is home to trillions of microorganisms, including bacteria, fungi, viruses, and archaea. This microbial ecosystem, known as the microbiome, plays a vital role not only in digestion but also in immune regulation, metabolism, and even brain function. A balanced microbiome is essential for maintaining a healthy immune system, and about 70-80% of immune cells reside within the gut. When this balance is disturbed, a cascade of events can lead to systemic inflammation, increased susceptibility to chronic diseases, and accelerated aging.

## DYSBIOSIS AND “INFLAMMAGING”

Dysbiosis refers to the imbalance between beneficial and harmful bacteria in the gut. This



imbalance can lead to chronic inflammation—a condition known as “inflammaging.” The gut barrier, which normally protects the bloodstream from harmful substances, becomes compromised due to increased levels of zonulin, a protein that regulates intestinal permeability. As zonulin levels rise, the tight junctions between gut cells break down, causing “leaky gut,” where toxins like lipopolysaccharides (LPS) enter systemic circulation.

LPS, a powerful endotoxin, triggers widespread inflammation, which has been linked to age-related diseases such as cardiovascular disease, diabetes, and neurodegenerative disorders. Over time, this chronic inflammation accelerates the decline in immune function, increases tissue damage, and speeds up biological aging.

## POSTBIOTIC METABOLITES: THE NEW FRONTIER

A groundbreaking aspect of microbiome science is the discov-

ery of postbiotic metabolites. These compounds are produced by probiotic bacteria in the colon and have far-reaching effects on human health. Unlike probiotics, which introduce beneficial bacteria to the gut, postbiotics directly influence the gut environment by modulating inflammation, promoting healthy gut barriers, and regulating immune responses.

Postbiotic metabolites, such as short-chain fatty acids (SCFAs), have been shown to reduce inflammation and protect gut integrity. Acetic acid, propionic acid, and butyric acid—three SCFAs produced by gut bacteria—are key players in maintaining gut



health. Butyric acid, in particular, strengthens the gut lining, helping to prevent intestinal permeability and systemic inflammation. These compounds are now seen as the “new frontier” in gut health, providing a more direct and effective way to support the microbiome and, by extension, slow the aging process.

## **THE CONSEQUENCES OF MICROBIOME DISRUPTION**

When the gut microbiome is disrupted by poor diet, chronic stress, or overuse of antibiotics, the consequences are profound. Dysbiosis leads to increased levels of harmful bacteria, which produce toxins and promote inflammation. This imbalance weakens the immune system, making the body more susceptible to infections and chronic diseases. Research has linked dysbiosis to conditions like inflammatory bowel disease, obesity, type 2 diabetes, and even cancer.

Moreover, gut health is deeply connected to brain health through the gut-brain axis, a bidirectional communication pathway between the gut and the central nervous system. Dysbiosis can lead to mental health issues such as anxiety, depression, and cognitive decline, further highlighting the microbiome’s role in overall health and aging.



## **MICROBIOME SCIENCE: A GAME CHANGER IN HEALTHCARE**

The importance of the microbiome in health and disease is becoming increasingly recognized in medical science. In fact, in 2016, the Cleveland Clinic identified the microbiome as the #1 "game changer" expected to transform healthcare by preventing, diagnosing, and treating diseases. Revolutionary advancements in gene sequencing technology have provided deeper insights into the structure and function of the microbiome, allowing scientists to better understand its impact on aging.

Since the first study on the microbiome was published in 2006, over 48,000 research articles have explored its relationship with health and disease. This explosion of knowledge has led to the development of new therapies, including fecal microbiota transplants (FMT) and personalized nutrition plans based on individual microbiome profiles. These interventions are designed to restore microbial balance, reduce inflammation, and enhance overall health.

## **STRATEGIES TO SUP- PORT A HEALTHY MI- CROBIOME**

Given the critical role of the microbiome in health and aging, what can individuals do to support their gut health? Here are key strategies:

1. Diet: A fiber-rich, plant-based

diet is essential for feeding beneficial bacteria in the gut. Foods high in prebiotics (such as garlic, onions, and leeks) nourish these bacteria, while fermented foods (such as yogurt, kefir, and sauerkraut) provide probiotics to help maintain microbial diversity.

2. Exercise: Regular physical activity has been shown to positively influence the composition of the microbiome, increasing microbial diversity and promoting the growth of beneficial bacteria.

3. Manage Stress: Chronic stress negatively impacts the gut-brain axis, leading to dysbiosis. Practices such as mindfulness, yoga, and deep breathing can help reduce stress and improve gut health.

4. Limit Antibiotic Use: While antibiotics can be life-saving, they also kill beneficial bacteria in the gut. It's important to use antibiotics only when necessary to avoid disrupting the microbial balance.

5. Probiotic and Postbiotic Supplements: While diet is the best way to support the microbiome, targeted probiotic and postbiotic supplements can be helpful for individuals with specific gut health issues.

## **FUTURE DIRECTIONS IN MICROBIOME RESEARCH**

The future of microbiome research is promising, with scientists exploring innovative therapies that could revolutionize aging and healthcare. Personalized medicine, where treatments



are tailored to an individual's microbiome profile, is one area of intense interest. This approach could lead to more effective interventions for age-related diseases, improving both lifespan and healthspan.

Moreover, researchers are investigating the potential of postbiotic metabolites as therapeutic agents. These compounds could be used to treat a variety of conditions, from inflammatory bowel disease to neurodegenerative disorders, offering a more direct and stable alternative to traditional probiotics.

## CONCLUSION: GUT HEALTH IS THE KEY TO LONGEVITY

The Microbiome Theory of Aging provides a compelling framework for understanding the connection between gut health and aging. By maintaining a balanced and diverse microbiome, we can reduce inflammation, protect against chronic diseases, and promote healthy aging. As science continues to unravel the mysteries of the microbiome, it's clear that gut health is a key factor in achieving a longer, healthier life.

I've also written a short 2-page article titled **The Oral Probiotic Dilemma**, which provides the scientific explanation for why orally ingested probiotics don't work. Get a free copy of this article from the following link: [naturalpharmacist.net/dilemma](http://naturalpharmacist.net/dilemma)



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# Ross Pelton



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

*Ross Pelton received his BS degree in pharmacy from the University of Wisconsin, has a Ph.D. in psychology and is a Certified Clinical Nutritionist (CCN). In October 1999, Ross was named one to the Top 50 Most Influential Pharmacists in America by American Druggist magazine for his work in natural medicine.*

*Ross "brands" himself as The Natural Pharmacist and his website, bio and blog are at: [ross@naturalpharmacist.net](mailto:ross@naturalpharmacist.net). Ross is the author of numerous books on a variety of health topics. His most recent book is titled *Rapamycin, mTOR, Autophagy & Treating mTOR Syndrome*.*

*Ross has been a member of Life Extension's Medical Advisory Board for over 20 years. He is currently the Scientific Director for Essential Formulas, which is a company that specializes in premium probiotic products.*

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# Biohacking Doesn't Have to Be Expensive

10 AFFORDABLE WAYS TO HACK YOUR LIFE

VALÉRIE ORSONI





**B**iohacking has often been associated with expensive treatments, gadgets, and therapies.

From cryotherapy to infrared saunas, to peptides or hyperbaric chambers, many cutting-edge biohacks can come with a hefty price tag, making them seem inaccessible to the average person. However, biohacking doesn't have to break the bank.

In fact, many effective biohacks are either free or very affordable.

Here, we'll explore 10 cost-effective ways to biohack your life without emptying your wallet.



## **1. COLD SHOWERS: THE AFFORDABLE ALTERNATIVE TO CRYOTHERAPY**

Cold plunges and cryotherapy are hailed as two of the best biohacks for reducing inflammation, improving circulation, boosting immunity, and enhancing mental resilience. However, if you don't have access to a cryotherapy chamber or a fancy ice bath, cold showers are an excellent alternative.

### **BENEFITS OF COLD SHOWERS:**

Cold showers offer many of the same benefits as cryotherapy but in a more accessible and budget-friendly format. Cold exposure activates the body's brown fat, which helps regulate body temperature, increases metabolism, and promotes fat burning. Additionally, cold exposure

releases norepinephrine, which boosts mood, improves focus, and sharpens mental clarity.

### **DIFFERENCE BETWEEN COLD SHOWERS AND CRYOTHERAPY:**

While cryotherapy sessions expose your body to temperatures as low as -200°F for a brief 2-3 minutes, cold showers (typically around 50-60°F) offer a more gradual and longer-lasting cold exposure. Although cryotherapy may provide a more intense shock to the system, cold showers, when done regularly, can yield similar benefits over time.

### **BONUS HACK:**

If you have access to a natural body of water, like a lake or river, swimming in cold water amplifies the benefits. The full immersion in nature can be both a physical and mental reset, grounding you while offering the benefits of cold exposure.

## **2. SUNLIGHT AND GROUNDING: THE ULTIMATE FREE BIOHACKS**

Sunlight is one of the most potent and free biohacks available. It helps regulate circadian rhythms, enhances mood, and is vital for producing vitamin D, which supports immunity, mood regulation, and bone health.

### **BENEFITS OF SUNLIGHT EXPOSURE:**

Getting 10-15 minutes of sunlight in the morning helps set your body's natural clock, signaling it to wake up and be alert. Natural sunlight is superior to artificial light as it balances hormones like serotonin and melatonin, which are crucial for sleep and mood regulation.

### **GROUNDING OR EARTHING:**

Grounding (or earthing) refers

to direct physical contact with the Earth's surface by walking barefoot on grass, sand, or soil. This practice reduces inflammation, improves sleep, and may even neutralize free radicals in the body. Research suggests that grounding improves heart rate variability, a marker of nervous system health, and helps reduce stress levels. And the best part? It's completely free.

### 3. INTERMITTENT FASTING: A SIMPLE, FREE, AND EFFECTIVE BIOHACK

Intermittent fasting (IF) is a powerful biohacking tool that optimizes fat burning, enhances autophagy (the body's natural detox and repair process), and improves insulin sensitivity—all without the need for any special equipment or supplements.

#### HOW INTERMITTENT FASTING WORKS:

By restricting the window in which you eat, your body shifts from burning glucose to burning



fat as its primary fuel source. A typical fasting schedule, such as 16:8 (fasting for 16 hours and eating within an 8-hour window), can help regulate blood sugar levels, reduce inflammation, and improve mental clarity.

#### BONUS HACK:

Combine intermittent fasting with a ketogenic diet (low in carbs, high in healthy fats) for even greater results, particularly when it comes to brain function and energy regulation.

### 4. DEEP BREATHING EXERCISES: HACK YOUR NERVOUS SYSTEM FOR FREE

One of the most powerful biohacks for reducing stress and optimizing your parasympathetic nervous system is also the simplest: breathing. Deep, intentional breathing can lower cortisol levels, improve heart rate variability, and increase oxygen flow to the brain, promoting a calm yet focused mental state.

#### BENEFITS OF DEEP BREATHING:

Practices like diaphragmatic breathing, box breathing, or the Wim Hof Method can all be done for free and provide significant benefits. Deep breathing activates the vagus nerve, which helps calm the body and mind. Regular practice has been shown to reduce anxiety, improve focus, and even boost immune function.

### 5. SLEEP OPTIMIZATION: THE FOUNDATIONAL BIOHACK

You don't need an expensive sleep tracker to optimize your sleep. Simple habits can make a huge difference in your sleep quality, which in turn enhances cognitive function, immune response, and emotional well-being.

#### AFFORDABLE SLEEP HACKS:

- Keep your room cool, dark, and quiet to enhance deep sleep.





- Follow a consistent sleep schedule, waking up and going to bed at the same time each day.
- Reduce blue light exposure at least an hour before bed to boost melatonin production.
- Use blackout curtains or a sleep mask to block out light, which can disrupt your circadian rhythm.

#### **BONUS HACK:**

If you struggle with sleep, try supplementing with magnesium or drinking a calming herbal tea (such as chamomile or valerian) before bed. These natural remedies help relax the nervous system and improve sleep quality.

## **6. NO GYM? NO PROBLEM: BODYWEIGHT EXERCISES**

You don't need an expensive gym membership to stay fit and healthy. Bodyweight exercises like push-ups, squats, planks, and lunges are highly effective for building strength, increasing endurance, and improving cardiovascular health.

## **THE POWER OF BODYWEIGHT TRAINING:**

Bodyweight exercises can be done anywhere and can be tailored to your fitness level. High-Intensity Interval Training (HIIT), for example, can be done using just your body and provides significant metabolic and fat-burning benefits in a short amount of time.

#### **BONUS HACK:**

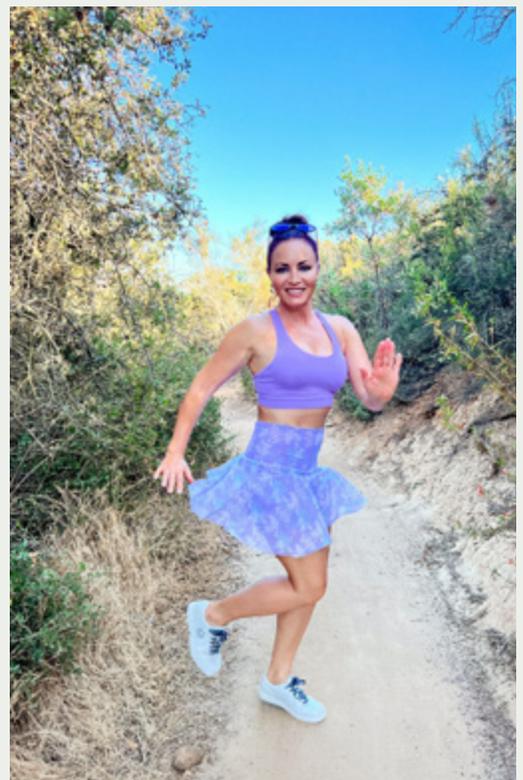
Incorporate a Tabata routine (20 seconds of intense exercise followed by 10 seconds of rest, repeated for 4 minutes) for a time-efficient workout that boosts both aerobic and anaerobic capacity.

## **7. HYDRATION HACKS: ADD MINERALS TO YOUR WATER**

Proper hydration is crucial for cognitive performance, metabolism, and overall health. But instead of expensive electrolyte drinks, you can make your own hydrating solution by simply adding a pinch of sea salt or Himalayan salt to your water.

#### **WHY ADD MINERALS?**

Minerals like sodium, potassium, and magnesium help balance your body's fluid levels and improve hydration at the cellular level. Adding minerals to your water can boost energy, enhance cognitive function, and improve physical performance.





## 8. DIY RED LIGHT THERAPY: NATURAL SUNLIGHT FOR MITOCHONDRIAL HEALTH

Red light therapy is a popular biohack for improving skin health, reducing inflammation, and boosting mitochondrial function. While red light therapy devices can be expensive, you can harness the power of natural sunlight for a similar effect.

### HOW SUNLIGHT ACTS AS RED LIGHT THERAPY:

Natural sunlight contains red and near-infrared light, particularly during sunrise and sunset. This light penetrates the skin and stimulates mitochondrial function, helping to boost energy production, improve skin tone, and reduce inflammation—all for free.

## 9. MEDITATION: A FREE WAY TO OPTIMIZE YOUR MIND

Meditation is a powerful tool for biohacking your mental health. It improves focus, reduces stress, enhances emotional regulation, and has even been shown to increase the size of the hippocampus, the brain's memory center.

### BENEFITS OF MEDITATION:

Regular meditation practice, even for just 10 minutes a day, can help reduce cortisol levels, increase grey matter in the brain, and improve overall mental clarity. And while guided meditation apps

can be useful, they're not necessary. All you need is a quiet space and a commitment to stillness.

### BONUS HACK:

If you're new to meditation, start with simple breathing techniques or try body scanning, where you mentally focus on relaxing each part of your body, working from head to toe.

## 10. COGNITIVE ENHANCEMENT: HACK YOUR BRAIN WITH NOOTROPICS

While some nootropic supplements can be expensive, there are affordable and even free ways to hack your brain for better focus, memory, and mental agility.

### AFFORDABLE NOOTROPIC HACKS:

- Caffeine + L-Theanine: A cup of coffee combined with L-Theanine (an amino acid found in green tea) provides a clean, focused energy boost without the jittery side effects of caffeine alone.

- Herbal Nootropics: Adaptogenic herbs like Rhodiola Rosea and Ashwagandha are relatively inexpensive and provide cognitive benefits by reducing stress and enhancing mental endurance.

- Cold Showers: As mentioned earlier, cold exposure stimulates the release of norepinephrine, which can improve focus and attention.



## CONCLUSION: BIOHACKING FOR EVERYONE

Biohacking doesn't need to involve expensive gadgets or luxury treatments. Many of the most effective biohacks are simple, natural, and free. By incorporating cold exposure, natural sunlight, deep breathing, intermittent fasting, and meditation into your daily routine, you can optimize your body and mind without breaking the bank. Whether you're a seasoned biohacker or just getting started, these affordable hacks prove that enhancing your life doesn't have to come at a high cost—just a commitment to consistency and awareness.



# Valérie Orsoni



[@valerieorsoni](#) and  
[@liliwarrioroff](#)

*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? She has been doing it for over 25 years). An avid explorer and mountain climber, she has conquered over 40 peaks above 15,000 ft in the past seven years and skied to the South Pole.*

*As a successful entrepreneur, she founded LiliWarrior, a 100% inclusive and sustainable athleisure brand, celebrated in Vogue as a favorite green sports brand among celebrities.*

*Valérie is the prolific author of 55 books, translated into five languages, and a best-seller in the USA, UK, Italy, France, Portugal, and Serbia.*

*In 2023, she was inducted into the Hall of Fame at her alma mater, the University of Hartford.*

*You can follow her on instagram*

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# Biohacking Your Libido

Part - 3 Your Mind

DRS STEVE & WENDY MCGOUGH



## Have things gotten boring in your bedroom?

Within a few years most couples aren't satisfied with their sex life, but often are uncomfortable talking about it. (1)

What if you and your partner could transform your bedroom routine - into something you've only fantasized about?

In this article you'll explore an often overlooked aspect that's a foundational part of your sex life - your mind.

Your beliefs, experiences and identity, have a profound impact on you, and your partner's experience in the bedroom.

You'll first learn about areas that prevent us from enjoying their sex lives. Without dealing with these challenges, it's very difficult to really enjoy intimacy.

Next we'll cover body image, confidence, and accepting each other for who you truly are.

We'll also discuss how to openly accept each other's need for pleasure - and how to justify it.

This is a topic that often impacts women far more than men realize. But once they get past their limiting beliefs and experience what their bodies are truly capable of, it opens up a new world for them. (2)

Finally we'll begin talking about fantasies.

## Could Past Trauma Be Ruining Your Sex Life?

Painful past experiences may be affecting your partner - and they may not even realize what is going on.

Sadly, far more women are sexually abused than most realize.

Studies vary, but the reality is between 11% and 45% of ALL women have been sexually abused in some way before they are 18. (3) (4)

Women between 16-19 are 4 times more likely than the general population to be victims of rape, attempted rape, or sexual assault. (4) This results in women being 4 times more likely

to experience PTSD and drug abuse, and 3 times more likely to have major depressive episodes. (5)

Sexually abused women often have anxiety towards and avoid sex. (5) To compound this, many times those memories are repressed and women don't remember what happened. (6) Now they just have anxiety about intimacy. This can range from avoiding sexual activity, to not enjoying the experience, to having physical pain such as vaginismus or vulvodynia. (7) (8)

Even for women who have not dealt with abuse, their first experience of vaginal penetration was likely uncomfortable. Often either a tampon or gynecological exam. So their core memory of that experience wasn't pleasant. This subconscious association sometimes prevents them from fully experiencing the physical sensations later - because in their initial experiences they have learned to ignore and



tolerate the feeling, instead of experiencing it.

Men as well deal with sexual abuse. However the statistics vary, and it doesn't appear to be as frequent as women. Studies indicate this can vary from 1% to 17% depending on the region. (9) The heightened stigma around this often causes it to be under-reported. (9)

For example, Tim Farris the best selling author of "The Four Hour Work Week" had a major depressive episode for several years after going to a psychedelic retreat. For a while he couldn't understand what was happening to him and why he was so distraught.

Eventually he realized that process had caused him to start remembering that he was sexually abused between the ages of 2 and 4 by the son of his babysitter. It took him a long time to process and accept what happened to him. He was very courageous though and shared his process dealing with this in his blog. (10)

## **What Can You Do If You Are Dealing With Trauma?**

Each person's situation is unique, but if it's impacting your quality of life, you may need to get professional help. If you are dealing with serious distress we strongly suggest going to a counselor.

Trained counselors can use techniques such as:

**Eye movement desensitization and reprocessing (EMDR)** is a physical eye movement process you do when recalling painful memories. This helps people better accept what has happened. Many times this can reduce distress associated with trauma. (11) Techniques from PolyVagal theory can be profoundly helpful as well. (11-A)

**Trauma-focused cognitive behavioral therapy (TF-CBT)** can help process traumatic memories related to the abuse. (11) This can reduce PTSD symptoms and improve overall functioning.

Finally, **Psychodynamic psychotherapy** can help you discover how past experiences, including trauma, affect your current behaviors and relationships. (11)

## **Being able to openly talk with your partner (or someone you trust) about what is going on is the critical first step.**

One of the challenges we have in society is people generally shy away from openly talking about sexuality.

So beyond it being one of the most traumatic and invasive insults you can have, people are often embarrassed to talk about it. Many times they blame themselves and don't understand how it could have happened to them.

Agreeing together that you both promise not to judge the other is the first step. This is both for dealing with trauma, and sharing what you truly want.



## Why Is Sexuality So Hard To Talk About?

To begin with, there's usually confusion around what 'sex' actually means. We explained this in detail on page 82 of the 26th edition of Biohackers Magazine (12)

### For most, we are taught to be embarrassed of our sexuality from a very early age.

Betty Dodson, a pioneer in women's sexual health and rights, (12-B) had an interesting theory about embarrassment.

She was a fellow IASHS grad and mentor for Wendy and myself. Betty's theory was that many times early sexual shame is unknowingly taught by the parents.

Frequently babies will touch different parts of their bodies as they explore their new world. When a baby happens to touch its genital area, many times the parent tells them 'no' and moves their hand away. This communicates to the child that whatever they did was 'bad'.

At this point in their lives they haven't yet learned to talk. But it was clearly communicated that

the parent - which was the center of the baby's world - did not approve. This causes a foundational feeling that this is wrong, before they can even think about it from the construct of language.

Later as they grew, this idea that sexuality was shameful continued. In many cultures, boys were given the excuse as teenagers that 'they can't help themselves' - or 'boys will be boys'. However girls were held to a different standard. This leads to men still being embarrassed, but having an excuse. Women often carry this shame about sexuality their whole life. (13)

Different religious and cultural beliefs also play a huge role in views on sexuality.

### Massage?

One way Wendy and I have found helpful working with people who have sexual challenges is to view 'sex' as a type of massage.

The difference between a massage for health and relaxation, and an erotic massage - is the intention of both the person giving the massage, and the person receiving it. That's why clear communication between both partners is essential.

When viewing it as a physical technique, people can focus on the experience separately from the emotional implications. We'll explain more of that in a moment.





## **Learning How to Feel Again - As Well as How To Touch**

Sexology Pioneers William Masters and Virginia Johnson made numerous major advances in helping people dealing with sexual challenges, including anorgasmia (the inability to have orgasm).

One technique they developed is called "Sensate Focus". (14) It's an effective way to help women who are dealing with anorgasmia, or the inability to achieve orgasm. Inability to achieve orgasm isn't limited to past sexual trauma, it's very common in general. Again though, due to the stigma, women often don't tell their partner.

Sensate Focus is a special process where the man gives the woman a special type of unclothed non-sexual massage. Through this process, the woman learns to relax and focus her attention on the sensations of touch she is experiencing. She doesn't have to think, or worry, about sexual activity because that specifically isn't done in the session.

## **Intimacy Massage**

My graduate research focused on female anorgasmia, and better understanding what was going on with Sensate Focus. I 'mapped' the techniques to a more modern understanding of our nervous system.

From that I created what we now call 'Intimacy Massage' - which applies the concept of Sensate Focus in a specific routine. (15)

You begin by gently stroking the areas where the vagus, trigeminal, and other parasympathetic nerves are close to the surface of the skin. These areas also interestingly correspond to the areas historically called the 'erogenous' zones on the neck, etc.

## **Follow the 'Goosebump'**

This expands to a process we call 'follow the goosebump'. With that you stroke one area on the neck or back, and carefully notice where goosebumps form on the arms, chest, hip or rear. Then you stroke those areas.

Many times you'll get goosebumps forming either where you

originally stroked, or somewhere close by. You then stroke there.

In the in-house testing at the school, we found that with just a few sessions, this experience can help women (and men) more than double their sensitivity to touch. (14) When this process includes the nipples of both women (16) and men (17), the stimulation results in significant oxytocin release. (16) (17) (18)

What is very interesting is when men receive this massage, it frequently triggers memories from their early childhood they haven't ever recalled before. It brings back memories and feelings of a time when they were being cared for.

For both partners it profoundly increases their intimacy and connection.

## **Next Steps...**

There are also massage techniques specifically for the genitals that can help a great deal. For example, Tantric arts include 'Yoni' massage where the vulva and vaginal areas are

massaged in a specific way. The goal of these processes are first to enhance awareness of the experience. Instead of it being a 'race to the goal of pleasure', it's a ritual where the receiver just feels the sensation for the sake of it. (19)

### **hi<sup>(r)</sup> Massage**

One of the reasons we created the hi<sup>(r)</sup> Massage system was to help women with these challenges. The goal is using it for pelvic health, but orgasm typically results as a side effect. (20)

While these are physical techniques - the positive changes are in many ways psychological, because it's helping them become aware of experiences they may have previously not noticed. Plus, once someone is aware of the sensation, the neurological pathways can be strengthened - just like building a muscle. (21)

### **Body Image, Confidence, and Accepting Each Other**

Negative body image is often a major challenge for women, and some men. This concern about their appearance can significantly reduce women's libido and make them want to avoid intimacy. (22) Even when you are together, concern about their appearance makes it more difficult for them to achieve orgasm. (23)

We covered these ideas in more detail in issues 26 and 27, then in more detail in issues 29 and 30 of Biohackers Magazine. (24)



### **Growing Confidence - Feeling Acceptance**

The first step is for both of you to agree that you really care about and accept each other. Actually tell each other, don't assume your partner knows. Trust that your partner cares for you is the foundation to feeling confident.

### **Get Naked**

One of the best ways to get more comfortable is to set a time where you both will be unclothed

together. Each partner can take turns looking at the other slowly from head to toe. As you look, make it a point to complement each part of their body. Always be positive and complement though because your partner is extremely vulnerable during this process.

If you want to take a walk on the wilder side, commit to going to a nudist resort for a few days. After the first day, you will find you are completely comfortable being unclothed.

## **Clothed Massage**

If your partner isn't comfortable with the above two methods, here's another option. We've found women respond extremely well if they first receive a massage while they are clothed. This helps them feel safe while they become more relaxed.

The hi Massage system and 'hi(r) Couples 3-Step Method' is a powerful way to do this. This allows full body massage, and intimate stimulation while women remain clothed.

Being clothed changes the paradigm for women in ways men often don't understand because their perspective is different.

The key here is helping your partner be able to relax during the massage, while not worrying about body image - because they are clothed.

## **Do You Deserve To Feel Pleasure?**

Many people are embarrassed to tell their partner what they want sexually, and what feels good. One of the best ways we've found to help with this is taking turns giving each other a massage.

During the process the person giving the massage frequently asks how it feels, and what their partner wants. The receiver is continually encouraged to tell their partner what they want. Many times people will feel OK telling their partner what feels good as far as a back, shoulder, or hand massage. Then

when the massage progresses to more intimate areas, that process helps the receiver say what they enjoy there.

The hi(r) Massage system also helps in this situation because it provides both sports massage, and intimate stimulation over clothing. This way the process of asking what feels good on shoulders, etc. naturally progresses to intimate communication. (20)

Another way is to almost jokingly write out a script together on what you would say during intimate stimulation if you were 'totally wild'. Really go all out with your language and descriptions. Then read it while you are intimate together.

While this seems silly, going through the motions of telling your partner what you want, even reading a script, will help most people feel more comfortable sharing what they want. With practice, you'll quickly begin feeling comfortable.

## **The Importance of Pleasure in Relationships**

It's important to realize that both giving, and receiving pleasure is one of the foundational experiences you share as a couple.

## **Mundita**

In Tantric practices there is a word for a particular emotion of love called 'Mundita'. (25) That is the happiness you get when you see your partner is happy. This type of giving for the sake of enjoying your partner being



happy is a powerful feeling. If you foster this together, your relationship continues to grow deeper and more exciting as time goes by.

Openly receiving, and experiencing, the pleasure your partner gives you is one of the most vulnerable and intimate things you can do. This physically demonstrates the level of trust you have for each other.

So if you are embarrassed to express yourself in this way, you are actually denying your partner the experience of you experiencing pleasure. So this process isn't just about you, it is part of the health and growth of your relationship.

## Sharing Fantasies

Unfortunately we don't have room to explain this in the detail needed, plus some topics are extremely graphic. But you can read the full article at:

[himassager.com/  
biohackfantasies](http://himassager.com/biohackfantasies)

There we'll break down how to talk with your partner, plus explore new fantasies together. Our goal is to help you in having a lifetime of adventure, excitement, and romance, with your partner.

Following the advice in these articles will help you on your journey together.



**Steve and family with  
Betty Dodson**



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## About Drs Wendy & Steve McGough, DHS



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

[www.himassager.com](http://www.himassager.com)  
[www.firststepforfertility.com](http://www.firststepforfertility.com)  
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- ✓ Increase ATP Production
- ✓ Acceleration In Recovery and Wound-Healing
- ✓ Improved Water Structure
- ✓ Enhancing the Quality of Sleep
- ✓ Optimized Energy Level

# BIOHACKERS

MAGAZINE

*SPOTLIGHT ON:*  
**LEELA QUANTUM TECH**

**THE FUTURE  
OF ATHLETIC  
OPTIMIZATION:  
A QUANTUM LEAP IN PERFORMANCE**

In this cutting-edge conversation, we explore the intersection of quantum technology and athletic performance. I sat down with Phillip Von Holtendorff Fehling, founder of Leela Quantum Tech, Dr. Jyun Shimizu, a pioneer in integrated medicine and quantum science, and Coach Mike, a world-renowned performance coach, to uncover how quantum energy is transforming the way athletes train, recover, and compete.

### INTRODUCTION TO QUANTUM TECHNOLOGY IN ATHLETIC PERFORMANCE

**Dallas:** Phillip, could you start by telling us a bit about your background and how quantum energy fits into your work?

**Phillip:** Sure, Dallas. I'm the founder of Leela Quantum Tech and Leela Quantum Upgrade, and my focus is on applying quantum energy to enhance human performance, particularly in athletes. I've also been deeply involved in energy

healing for over two decades, studying everything from shamanic healing to past life regression. On top of that, I'm a Kundalini yoga teacher and a national-level tennis player. I'm currently ranked third in the U.S. in my age group, and that competitive spirit really drives my passion for biohacking and optimizing health.

Quantum energy fits perfectly into that mindset. For athletes, we're always looking for that additional 5%—when you're at the top of your game, even the smallest edge matters. What quantum technology allows us to do is optimize not just the physical body but also the energy body. It harmonizes and balances the body's cells, making recovery faster and performance sharper. Athletes push their bodies to the limit, and quantum energy helps them recover, recharge, and go even further. I've seen it in my own game, and that's why I'm so passionate about sharing this with others.





## DR. JYUN'S JOURNEY: FROM TRADITIONAL TO QUANTUM MEDICINE

**Dallas:** Dr. Jyun, you've had an incredible journey in both traditional and quantum medicine. How did you get started with quantum technology, and how do you use it in your practice?

**Dr. Jyun:** Absolutely, Dallas. My journey began in traditional Chinese medicine. I was trained as an acupuncturist and herbalist, but over the years, I realized that healing isn't a one-size-fits-all process. I felt there were limits to what traditional medicine could offer, especially for complex conditions. That's what led me to pursue a PhD in quantum science. What I learned is that quantum energy allows us to look at the body at the subatomic level, which completely changes the way we approach healing. The body is more than just its physi-



cal parts; it's a complex energetic system, and when we align those energies, the healing process becomes faster and more effective.

In my clinic, I integrate quantum technology alongside other healing modalities—everything from Chinese medicine to homeopathy and chiropractic care. But quantum energy is the real game-changer. I've treated elite athletes and Olympians who have used this energy to help them stay at the top of their game.



## COACH MIKE'S PERSPECTIVE: QUANTUM TECHNOLOGY IN TRAINING

**Dallas:** Coach Mike, you've been working with top-tier athletes for years. How are you incorporating quantum technology into your training methods?

**Coach Mike:** You know, Dallas, I've been in high-performance coaching for over 20 years. I've coached athletes at the Olympic Games, World Championships, and in the NBA and NFL. The athletes I work with are always looking for that extra edge, and we're constantly exploring new ways to optimize perfor-

mance and recovery. Quantum technology is the most exciting breakthrough I've seen in decades because it allows us to enhance performance at a cellular level without any negative side effects.

One of the key things we focus on is recovery. Athletes push their bodies to the absolute limit, and recovery is where they often struggle. Quantum energy gives us the ability to speed up that recovery process by reducing inflammation, improving cellular function, and even balancing the body's energy field. For example, I had an athlete who had

a severe knee sprain. Normally, this would have sidelined him for weeks, but after using Dr. Jyun's Leela quantum box for a couple of hours, the athlete was walking again—pain-free. He was back on the track days later, performing at his usual high level. It's mind-blowing.

What quantum technology does is essentially reset the body's blueprint at a cellular level. It's like taking your computer and reinstalling the operating system. The body returns to its optimal state, which means recovery is faster, and performance is elevated. We're seeing

improvements not just in recovery time, but also in things like focus, mental clarity, and overall energy levels. For elite athletes, these small improvements can make the difference between winning and losing.

---

### THE SCIENCE BEHIND LEELA QUANTUM TECHNOLOGY

**Dallas:** Phillip, could you expand on how Leela Quantum technology works and how it's being used by athletes?

**Phillip:** Absolutely. Leela Quantum technology works by creating a quantum field around the



body, enhancing energy flow and optimizing cellular activity. Our technology taps into the body's natural frequencies and amplifies them, allowing the cells to operate at peak efficiency. This isn't just about physical performance; it's also about mental clarity, emotional balance, and overall wellbeing.

We have a variety of products. Some athletes use wearable items, like our quantum capsules, which they can keep on them at all times. Others use our Quantum Upgrade service, which works remotely by creating a customized quantum field around the athlete, no matter where they are. This is incredibly useful for athletes who travel frequently or compete in high-stress environments like stadiums with a lot of EMF exposure.

For example, when I play competitive tennis, I never step onto the court without activating the full booster of our Quantum Upgrade system. We developed a specific frequency for athletes called the Olympic Performance Frequency. It boosts ATP production, enhances recovery, and keeps the body in peak condition. I've had moments during matches where I wasn't playing well, but after activating the quantum boost, my performance dramatically improved. In one match, I lost the first set but went on to win the next two sets 6-0 and 6-1. That's the kind of difference quantum energy can make.



### DR. JYUN'S EXPERIENCE WITH ELITE ATHLETES

**Dallas:** Dr. Jyun, you mentioned earlier that you've worked with Olympians and top athletes. Can you tell us more about how quantum technology has impacted their performance?

**Dr. Jyun:** Definitely, Dallas. Working with elite athletes is incredibly rewarding because they are so in tune with their bodies. They can sense even the smallest changes in their performance. At the Diamond League event in Switzerland, I worked with athletes like Jasmine Camacho-Quinn, the 100-meter hurdles gold medalist. She had been suffering from severe allergies that were affecting her performance on race day. I suggested she try the quantum block by placing her hands inside it for just a few minutes. To her surprise, her allergy symptoms disappeared almost immediately. She went on to win her event that same day.

I've also worked with Nate Robinson, a former NBA star, who was experiencing some physical limitations despite being in great shape. After just one session using Leela Quantum technology, he told me he felt stronger, more agile, and ready to perform at a higher level. These are athletes who have already reached the pinnacle of their sports, yet they are still seeing improvements when they use quantum energy. It's truly amazing.



## THE FUTURE OF QUANTUM TECHNOLOGY IN SPORTS AND BEYOND

**Dallas:** Where do you all see quantum technology going in the next few years? Will it become mainstream?

**Phillip:** I think we're on the cusp of a major breakthrough. Right now, we're still in the early stages, but within the next few years, I see quantum energy becoming a core part of athletic performance and recovery. We're already planning studies to gather more data, so we can move beyond anecdotal evidence to something more concrete. I believe that within five to 10 years, quantum energy will be a tool that's used not just by

elite athletes, but by people from all walks of life to optimize their health and wellbeing.

**Coach Mike:** I agree. We're already talking about using quantum fields in more than just sports. Imagine living in a quantum-optimized environment—your home, your car, even your office. The applications are endless. This technology has the potential to revolutionize how we live and work, not just how we perform in sports. In the next decade or two, I see quantum technology becoming a multi-billion-dollar industry that touches every aspect of our lives.

**Dr. Jyun:** Absolutely. We're already seeing governments and major organizations, like the

Swiss government, show interest in quantum technology for healthcare. The possibilities are limitless, and we're just scratching the surface. I believe we're at the forefront of a movement that's going to change the way we approach health and performance on a global scale.

---

**Dallas:** It's Clear that this is just the beginning. Thank you all for sharing your insights. Quantum technology seems poised to revolutionize not only athletic performance but also how we approach health and wellness in general.

[\*\*@leelaquantum\*\*](#)





## Philipp von Holtzendorff-Fehling

*Philipp von Holtzendorff-Fehling is a coach, conscious entrepreneur, kundalini yoga teacher and a passionate tennis player - currently ranked #1 in the USA in the Men's 50+. In parallel to a successful international business career he constantly worked through blockages and barriers that prevented him to fully connect with his true self. During his business career he worked as an executive for several well known companies, including T-Mobile International and T-Mobile US where he served as Vice President. Philipp is the founder of Leela Quantum Tech and Quantum Upgrade.*

## Dr. Jyun (Jun) Shimizu

*Dr. Jyun (Jun) Shimizu, IMD, Ph.D is an integrative medicine doctor, conscious entrepreneur, researcher, and co-author of best-selling books. He promotes human optimization based on the synergy of ancient wisdom and modern science, using Quantum Science technologies.*

*With a successful medical practice for over 30 years, he has reformulated the traditional medical and wellness model from fear-based to empowerment-based. Using decoding technology, he identifies physical, energetic, and mental blockages that inhibit human potential for health, well-being, and optimal performance. He combines multiple cutting-edge modalities to create a unique treatment plan to promote healing and advancement towards the ideal self each client is striving for.*

*Dr. Jyun specializes in optimizing health and performance for professional and Olympic athletes, helping them perform to their highest potential. Prioritizing strong mind/body/spirit cohesion enhances their ability to compete at the highest levels in their sport.*



## Coach Mike Cunliffe

*Coach Mike Cunliffe is the CEO/CPO of Doyle Sports Performance Switzerland; doors open January 2025. Mike has trained athletes in multiple Olympic Games, World Championships, World Junior Championships and World Youth Championships across 10 different federations. preparing athletes from multiple federations—USA, Italy, Turkey, and Panama for the 2025 World Athletics Championships in Tokyo. He's trained athletes across multiple sports: USA Track & Field + 9 other Federations, plus USA and Canadian Bobsled, The NBA and The NFL. He's spent over a decade integrating quantum applications and multiple bio-hacking modalities into world elite training protocols for top track and field athletes. His partner Paul Doyle runs Doyle Management Group which handles the contract side of the business representing athletes from 15 different nations. Their group had 32 athletes in the Paris 2024 Olympics and achieved 12 medals. They are the most successful T&F agency in the world by revenue stream and Olympic medal count for over a decade.*

*Prior to coaching Coach Mike was a global project manager in Seattle at Microsoft.*

*Coach Mike holds a World Athletics Level 5 High Performance Coaching degree (Masters) with specification in Sprints. Coach Mike is a USATF Level 3 High Performance Coach in Sprints equivalent.*

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

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# Discover the Science Behind:

**59 +**

TOTAL STUDIES  
CONDUCTED

**48 +**

PLACEBO-  
CONTROLLED

**6 +**

STUDIES IN  
PROGRESS

**20 +**

Areas of  
Research

EMF

Wound Healing

Hypoglycemia

Quantum-Entanglement

Sleep

ATP Production

Immunology

Age

Stress Factors

Andrology

Bioenergetic Analysis

Pet's Well-Being

Trauma

Blood Health

HRV

Water Analysis

Toxins

Autism

Allergies

Pain Management

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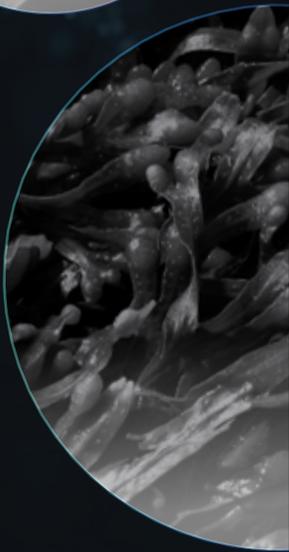


## Significant Findings:

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

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# INTERVIEW WITH TIM GRAY: PIONEERING HEALTH OPTIMISATION

In the world of biohacking, Tim Gray stands as one of the most recognized figures. Known as the UK's leading biohacker, Tim's journey from business entrepreneur to health Optimisation expert is one of transformation, filled with personal trials and breakthroughs. In this exclusive interview, Tim shares how his experiences with health challenges led him to become a biohacker and to launch the Health Optimisation Summit.

**Jean:** Tim, it's a pleasure to have you here for Biohacker Magazine. You're known as the UK's leading biohacker, but what brought you into this field? What led you to become a biohacker?

**Tim Gray:** Thanks, Jean. Honestly, I never set out to be a biohacker. I was all about business in my 20s—work hard, play hard. I was running companies, and like many people, I didn't think too much about my health. I'd go out, get drunk, smoke, and recover on Sundays. But around 30, my body started breaking down. I had gut issues, kidney stones, urinary tract infections, and was urinating 30 to 50 times a day. I reached a point where I couldn't leave the house.

It wasn't like now where you have biohackers on Instagram sharing all this information. Back then, all I had were Dr. Mercola and some functional medicine sites. I started testing supplements and lifestyle changes. At some point, I



mapped out all my symptoms on Post-It notes, trying to figure out what was causing what. Eventually, I traced it back to mercury poisoning—seven metal fillings and a sushi-heavy diet.

**Jean:** Wow, mercury poisoning! That must have been quite the discovery.

**Tim:** Yeah, it was a shock. I was basically poisoning myself without even knowing it. After some research, I learned I had a gene mutation, the MTHFR, which means I don't detoxify properly. That was a huge piece of the puzzle. But the real turning point was discovering Bulletproof Coffee and Dave Asprey's work. I realized I'd been biohacking without knowing it—tracking sleep, bowel movements, and various metrics to figure out how to op-

imize my health. That's when it hit me: I was a biohacker.

**Jean:** So that's when the biohacker in you really emerged. But how did you go from being a biohacker to launching the Health Optimisation Summit?

**Tim:** After fixing my chronic health issues, I started experimenting with hyperbaric oxygen therapy. There was no place in London to try it, so I opened my own clinic, which became the first private hyperbaric oxygen clinic in the city. It filled up quickly, and that led me to create the Health Optimisation Summit. I literally built the conference while sitting in a hyperbaric chamber! Now it's one of the biggest events of its kind, with thousands attending in London, and we're expanding to Austin, Texas.



**Jean:** That's amazing! You've been biohacking for over a decade now. Have there been any downsides or challenges from pushing the limits with biohacking?

**Tim:** Definitely. In the early days, I was gung-ho about trying everything, from peptides to extreme therapies. There was a point when I had a procedure in Florida with ultrasound-guided methylene blue and ozone injections directly into my prostate. I was on ketamine during the procedure and had an out-of-body experience where I thought something had gone horribly wrong. It was intense. But in the end, the treatment worked, and I've learned to balance risk and reward with biohacking.

**Jean:** That sounds intense! Do you think biohacking has become too extreme for some people, or is there a balance that can be achieved?

**Tim:** Early on, it's easy to get obsessed. You want to optimize every little thing, but that stress can be more harmful than eating

an occasional bit of junk food. I've seen biohackers—and even vegans and carnivores—get so fixated on what they're doing that the stress itself becomes a health issue. The key is to be aware but not obsessed. It's about navigating the world with better choices, but you don't have to be perfect all the time.

**Jean:** That's a great perspective. You've mentioned stress a lot. How do you manage it, especially with all the pressure from running a big summit and being such a public figure?

**Tim:** I've learned to step back and not take everything too seriously. Stress management is probably the most important biohack I've found. It's easy to get caught up in being perfect, especially with the public expectations. But I'm not perfect, and I'm okay with that. I make choices like everyone else—sometimes I'll have to drink from a plastic bottle if there's no other option. It's about minimizing damage, not living in a bubble.

**Jean:** You're also expanding into the U.S. with the Health Optimisation Summit. Can you tell us more about that?

**Tim:** Yes! The U.S. event is happening in April 2025 in Austin, Texas. The interest has been incredible. People in the U.S. kept asking me when we were coming over, and now it's happening. We've got some amazing speakers lined up—Dr. Josh Axe, Ben



Greenfield, Gary Brecka, to name a few. It's going to be huge.

**Jean:** It sounds like it's going to be a must-attend event. One last question—where do you see the future of biohacking heading?

**Tim:** I think biohacking is moving toward a more holistic approach. It's no longer just about tech gadgets or supplements. It's about integrating nature, ancient wisdom, and science. People are waking up to the fact that we need a balance between modern life and natural living. That's what I'm focusing on with the Health Optimisation

Summit—bringing together the best of both worlds to help people live healthier, longer lives.

**Jean:** Tim, this has been incredibly insightful. Thank you for sharing your journey and wisdom with us. We're excited to see what's next for you and the Health Optimisation Summit.

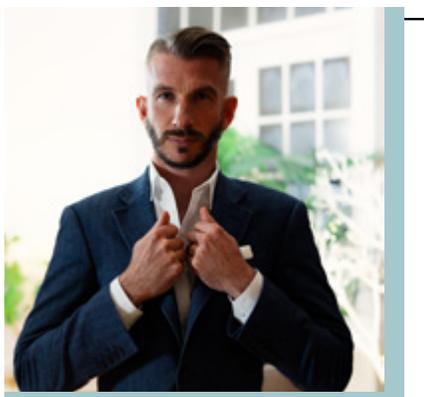
**Tim:** Thanks, Jean. It's been a pleasure.

You can follow Tim Gray on Instagram @TimBiohacker and check out the Health Optimis-



ation Summit at [usa.healthoptimisation.com](https://usa.healthoptimisation.com). The next event will take place in Austin, Texas, in April 2025. Don't miss it!

## Tim Gray



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

*Tim Gray, or as many know him, '@timbiohacker', is a renowned figure and speaker in the health optimisation community. While he boasts an impressive entrepreneurial track record, having established multiple 7-figure businesses, it's his personal health journey that truly resonates.*

*Facing a major health decline that left medical professionals stumped, Tim pivoted his CEO mindset towards self-healing. Ten years later, having collaborated with luminary health figures like Jim Kwik, Dr. Jolene Brighten, Gary Brecka and Ben Greenfield, he's turned adversity into advocacy. His Health Optimisation Summit, a global nexus for health enthusiasts and experts, stands as a testament to this.*

*With over 475k followers on Instagram and 85k on TikTok, his online influence is undeniable. Tim educates masses about common health pitfalls, modern conveniences that harm us, and their optimised alternatives. And now, with the launch of the Health Optimisation Podcast, he's poised to amplify his message even further.*

*Yet, for all the advanced methods Tim employs (yes, he even filters his blood!), his central belief is clear: true health, at its essence, is everyone's right. With expertise spanning sleep, hydration, detoxification, and more, Tim is on a mission to 'spread the health'.*

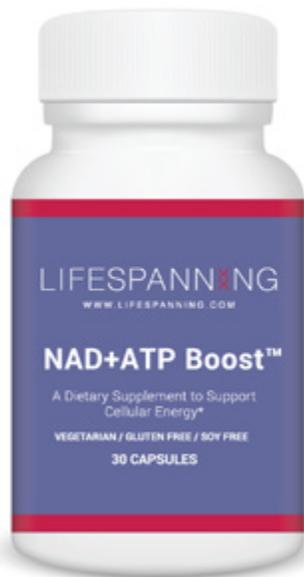
# PRODUCT *Reviews*

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by @Cyborggainz

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

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



# Product Review: NAD+ Booster by Lifespanning

The NAD+ Booster by Lifespanning is an exceptional supplement designed to enhance cellular health, boost energy levels, and support longevity. NAD+ (nicotinamide adenine dinucleotide) is a vital molecule that plays a crucial role in maintaining the health of our cells, particularly in the aging process and overall energy production. Based on my testing and personal experience, this supplement is a valuable addition to any health and longevity protocol.

## Energy and Vitality

NAD+ levels decline naturally with age, which can contribute to decreased energy and vitality. After incorporating Lifespanning's NAD+ Booster into my routine for a month, I noticed a remarkable improvement in my energy levels, especially during workouts and periods of high mental focus. This is a major benefit for anyone aiming to maintain high performance, both physically and cognitively, as they age.

## Cellular Repair and Longevity

One of the standout features of this product is its ability to support cellular repair and regeneration. NAD+ plays a key role in DNA repair and cellular health, which is vital for longevity. I've noticed a general improvement in recovery after intense physical activities, with less fatigue and quicker recovery times. It's an important tool for those looking to maximize their lifespan while maintaining a high quality of life.

## Cognitive Function

The mental clarity and focus I've experienced since using the NAD+ Booster have been noteworthy. NAD+ is heavily involved in brain health and cognitive function, and during the 30-day test period, I experienced enhanced mental performance and sharper focus, particularly during complex tasks and creative projects.

## 30 Days Testing

During the testing phase, I experienced consistent and gradual improvements in overall vitality. The effects are not immediate but are more cumulative,

becoming more apparent with regular, continued use. I felt more resilient, less fatigued, and mentally sharper by the end of the 30 days.

## Quality and Efficacy

Lifespanning's focus on purity and quality is evident in this product. The formula is clean, with no unnecessary fillers, ensuring that the active ingredients are bioavailable and effective. The dosage per serving is potent enough to provide noticeable benefits without any harsh side effects.

## Conclusion

The NAD+ Booster by Lifespanning is a high-quality supplement that delivers on its promises of enhancing energy, cellular repair, and cognitive function. It's an essential supplement for anyone interested in longevity and maximizing their healthspan. By supporting NAD+ levels, this product provides a foundation for aging more gracefully, with increased vitality and mental clarity. Highly recommended for those seeking an effective and reliable NAD+ booster.



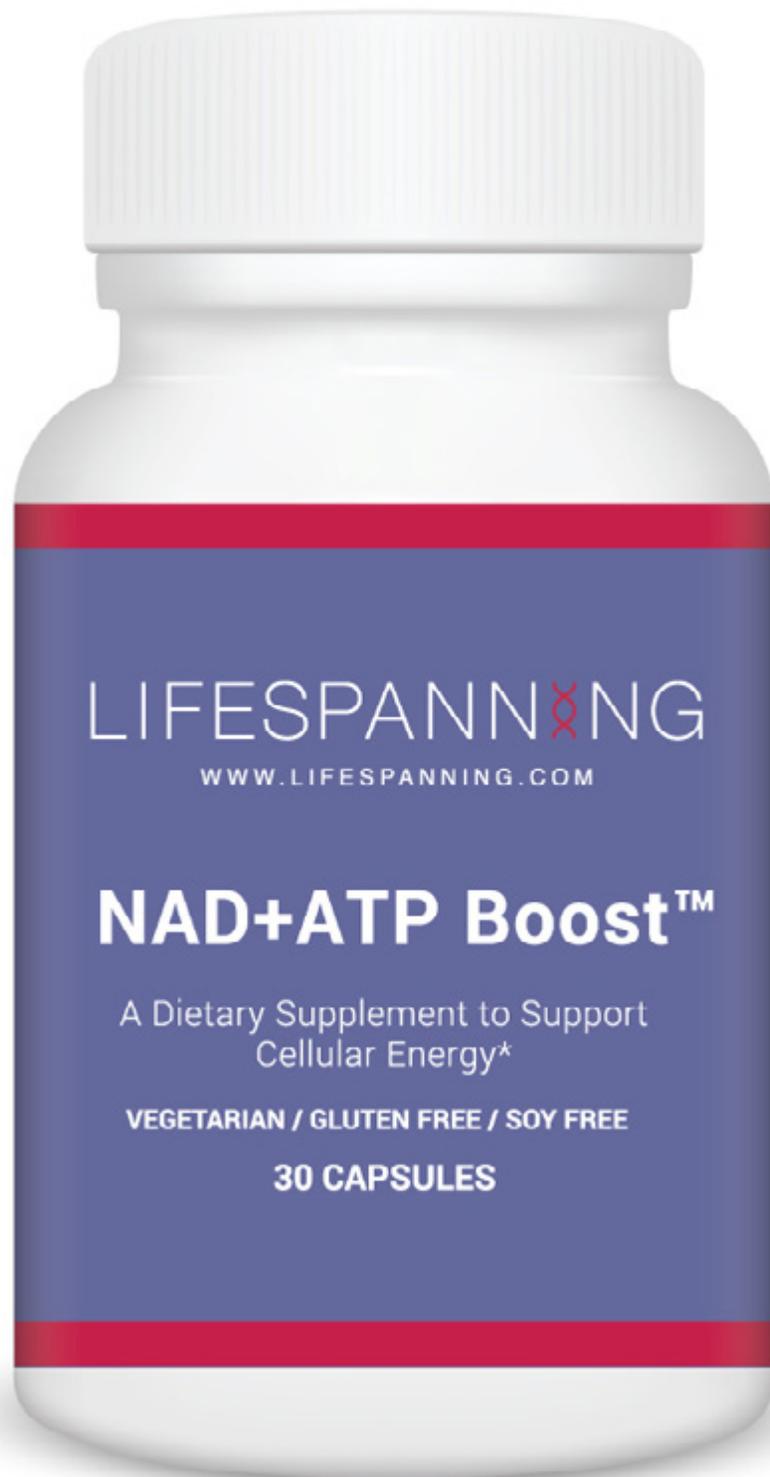
**Pros and Cons of NAD+ Booster by Lifespanning**

**Pros:**

- 1. Boosts Energy and Vitality
  - o Noticeable improvements in both physical energy and mental clarity, especially useful for those leading active lifestyles or high cognitive demands.
- 2. High-Quality, Clean Formula
  - o No unnecessary fillers or additives, ensuring optimal bioavailability and effectiveness.
- 3. Gradual and Sustainable Effects
  - o The benefits are cumulative, becoming more noticeable with consistent use, offering sustained energy and recovery improvements.

**Cons:**

- 1. Cumulative Effects
  - o While the effects are significant, they build over time and are not immediate. Users need to be patient and consistent to experience full benefits.
- 2. Potential for Mild Side Effects
  - o Some individuals might experience mild digestive discomfort or nausea when first starting NAD+ supplementation, though I personally did not encounter any side effects during my test period.



[@life\\_spanning](#)

# Product Review: Zinc by Goldman Laboratories

Zinc is an essential mineral that plays a critical role in various biological functions, from supporting immune health to promoting cellular repair and metabolism. After testing Zinc by Goldman Laboratories, I've found this product to be an excellent option for anyone looking to incorporate a reliable zinc supplement into their routine.

## Immune Support

Zinc is well-known for its immune-boosting properties. After a consistent 30-day period of taking Zinc by Goldman Laboratories, I noticed an improvement in my body's response to stress and seasonal colds. While supplements are not a replacement for a balanced diet, this product serves as an effective means of enhancing the body's natural defense mechanisms, especially during periods of increased physical or mental exertion.

## Cellular Health and Recovery

As someone who engages in high-intensity training, cellular repair is vital to my performance and recovery. Zinc plays a significant role in protein synthesis and cell regeneration, helping to speed up recovery after workouts and improve muscle repair. I found Goldman Laboratories' Zinc to be particularly effective in aiding recovery, contributing to reduced soreness and faster healing of minor injuries.

## Cognitive and Hormonal Balance

Zinc also supports cognitive function and hormonal balance, particularly testosterone production in men. During the testing period, I experienced improved focus, mental clarity, and a subtle yet noticeable enhancement in overall vitality and mood. This aligns with the known benefits of zinc in regulating hormonal levels and contributing to mental performance.

## 30-Day Testing

Over the course of 30 days, Zinc by Goldman Laboratories delivered consistent results. I felt more resilient, both in terms of immune health and physical recovery. The capsules are easy to take, and I experienced no digestive discomfort, which can sometimes be a concern with mineral supplements.

## Quality and Efficacy

Goldman Laboratories offers a high-quality zinc supplement that ensures optimal absorption and effectiveness. Each capsule provides a precise dose of zinc in a bioavailable form, which is crucial for getting the most out of a supplement. The formulation is clean, without unnecessary fillers, making it a reliable choice for daily supplementation.

## Conclusion

Zinc by Goldman Laboratories is a well-formulated, high-quality supplement that delivers on its promises. Whether you are seeking immune support, improved recovery, or enhanced cognitive function, this product is an excellent addition to any health regimen. It's particularly beneficial for those leading an active lifestyle or under high levels of stress. Highly recommended for anyone looking to boost their overall well-being with a trustworthy zinc supplement.

## Pros and Cons of Zinc by Goldman Laboratories

### Pros:

1. High-Quality Production
  - o Goldman Laboratories ensures each capsule contains bioavailable zinc, promoting optimal absorption and effectiveness.
2. Immune-Boosting Properties
  - o Zinc is essential for immune health, and

this supplement provides strong support, especially during periods of stress or seasonal changes.

3. Supports Recovery and Cellular Health

- o Aids in muscle repair, cellular regeneration, and protein synthesis, contributing to faster recovery after physical exertion.

4. Cognitive and Hormonal Benefits

- o Helps with cognitive function, focus, and hormonal balance, particularly in supporting testosterone production in men.

5. Easy to Digest

- o Capsules are easy to take with no noticeable digestive discomfort.

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**Cons:**

1. Price

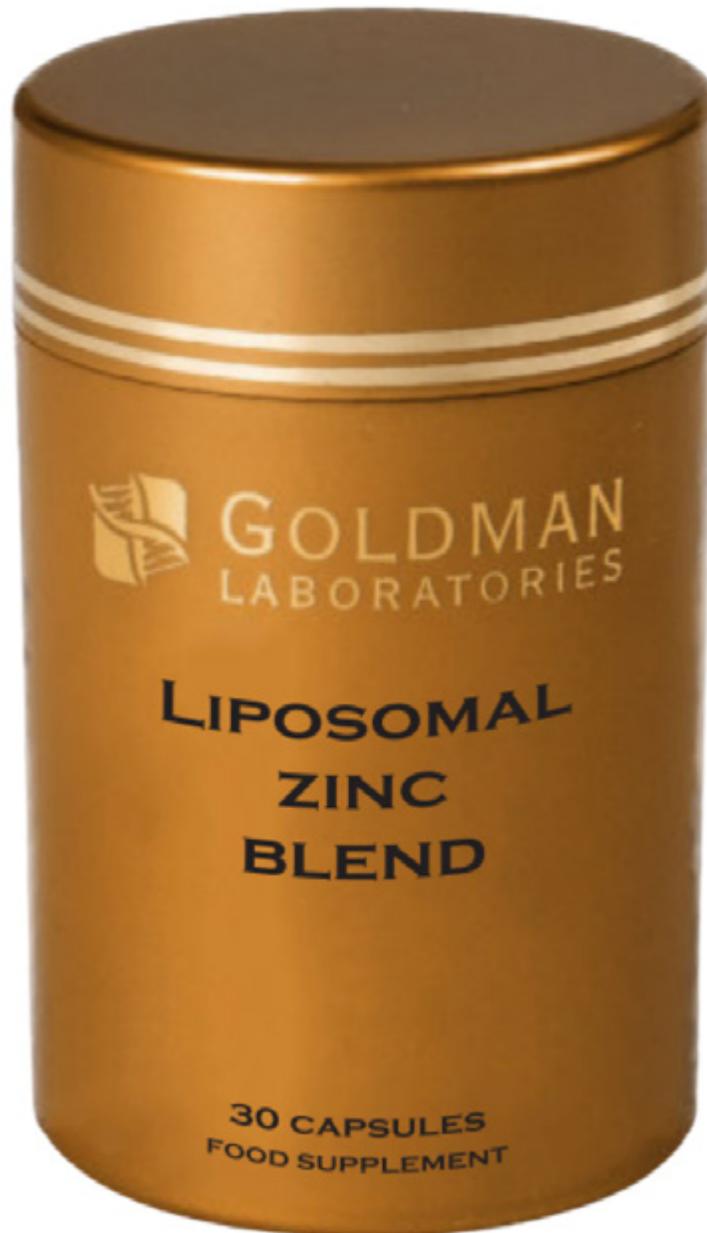
- o As with most premium supplements, Zinc by Goldman Laboratories can be more expensive than other zinc options on the market, though its quality justifies the cost.

2. Dosage Sensitivity

- o Zinc supplementation requires careful dosage. Excessive intake can lead to side effects like nausea or headaches, so it's important to follow dosage recommendations.

3. Not a Substitute for Food Sources

- o While effective, supplements should not be relied upon solely for zinc intake. A balanced diet with natural zinc sources is still important for overall health.



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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

### A 3-DAY SUMMIT FOR YOUR GOOD HEALTH, WELLBEING & LONGEVITY - EUD MONIA 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.

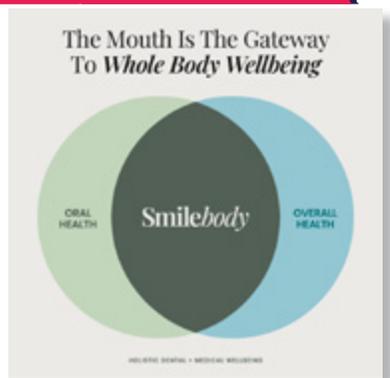
<https://eudemonia.net/>

NOV. 1-3

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### 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/>

### 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 **\*\*NOV67LC\*\***
- Space is limited, so don't forget to RSVP. More details at link.

<https://lu.ma/o7ax9qnd>

NOV. 6, New York, NY



# SEE AND BE SEEN

## Upcoming Events

MAR. 22-23 · Los Angeles, CA



### PREPARE FOR A TRANSFORMATIVE EXPERIENCE AT THE BIOHACKERS WORLD | CONFERENCE AND EXPO.

- Network with 30+ Biohacking and Health Visionaries
- Enjoy 20+ Inspiring Keynotes and Mind-Refreshing Performances
- Explore 25+ Biohacking and Wellness Innovators at the Expo Zone

[www.biohackers.world](http://www.biohackers.world)

*Get ready for a life-changing experience that will propel you toward a healthier, happier you.*

### Discover Your Health Optimisation Potential at the HEALTH OPTIMIZATION SUMMIT in Austin!

- For the first time ever, Europe's leading health event, The Health Optimisation Summit, is coming to Austin, Texas! Join us on April 12th-13th, 2025, for a weekend that will redefine your approach to wellness.
- Featuring 35 of the world's best speakers diving deep into all aspects of health optimisation—from nutrition and fitness to longevity and mental health—this is the event of the year for anyone passionate about living a healthier life.
- Explore 100+ cutting-edge health brands, immerse yourself in the latest biohacking tech, and connect with 2,000 like-minded attendees who are just as committed to optimising their health as you are.
- Get your tickets now at [usa.healthoptimisation.com](http://usa.healthoptimisation.com) and use code **BIOHACKERSMAGAZINE** for 10% off!

[usa.healthoptimisation.com](http://usa.healthoptimisation.com)

April 12-13, Austin, TX



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.



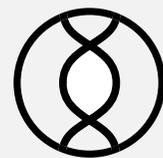
Get 10% off on your A4LI annual membership using promo code **BIOHACKERS10**.

# THERE'S NEVER BEEN A BETTER TIME TO ADVERTISE

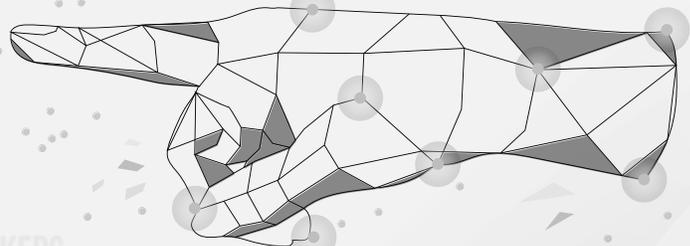


**5 MILLION BIOHACKERS IN 1 GLOBAL NETWORK**

**SECURE  
YOUR  
AD SPACE!**



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

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BIOHACKERS

# Discover the Science Behind:

**59 +**

TOTAL STUDIES  
CONDUCTED

**48 +**

PLACEBO-  
CONTROLLED

**6 +**

STUDIES IN  
PROGRESS

**20 +**

Areas of  
Research

EMF

Wound Healing

Hypoglycemia

Quantum-Entanglement

Sleep

ATP Production

Immunology

Age

Stress Factors

Andrology

Bioenergetic Analysis

Pet's Well-Being

Trauma

Blood Health

HRV

Water Analysis

Toxins

Autism

Allergies

Pain Management

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

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