

BIOHACKERS

MAGAZINE

ISSUE 34

**DR.
ROBERT
LUFKIN**

UNVEILING THE SECRETS
OF METABOLIC HEALTH

PLUS: BIOHACKERS WORLD
SPOTLIGHT REVIEW

**BIO
HACKERS
WORLD**



Los Angeles, CA

March 29-30, 2025

BIOHACKERS WORLD

Conference & Expo *Los Angeles*



Hey, biohackers! Big news – We're thrilled to be Media Partners of the **Biohackers World Conference & Expo in Los Angeles!**

Use promo code **BIOHACKERSMAGAZINE** to get an exclusive 30% OFF on tickets.

Get your tickets now and let's meet at the Biohackers World Conference & Expo!

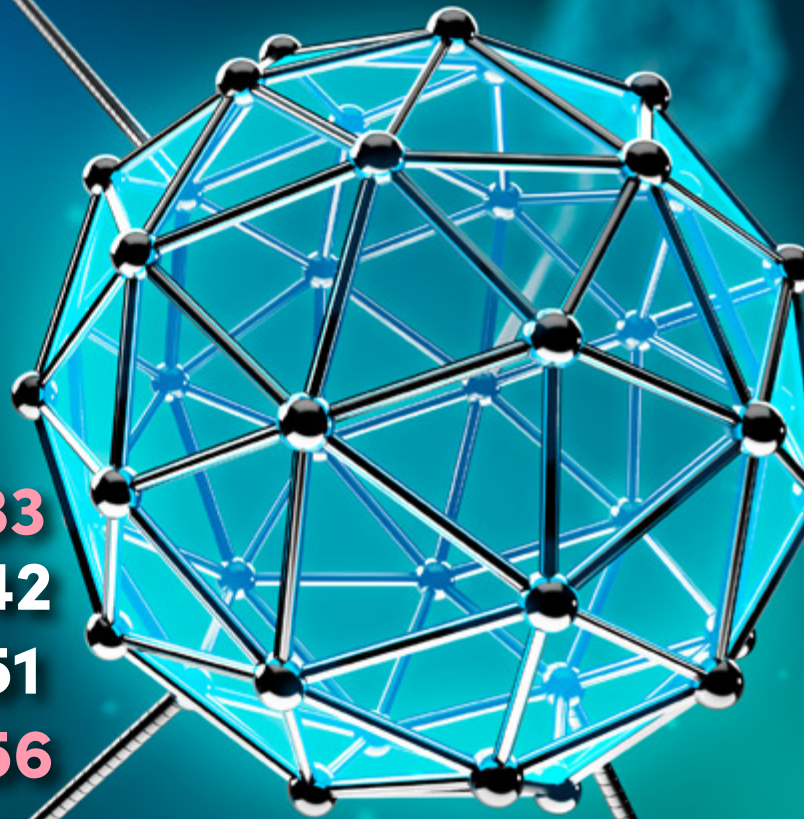
<https://lu.ma/BHW.LA2025?coupon=BIOHACKERSMAGAZINE>

BIOHACKERS

MAGAZINE TABLE OF CONTENTS

33rd EDITION OCTOBER 2024

TEAM MESSAGES	4
BIOHACKING QUIZ	7
COLD WATER IMMERSION FOR PTSD THERAPY	8
RECAP OF BIOHACKERS WORLD MIAMI 2024	13
MAXIMIZE PERFORMANCE W/O FORSAKING LONGEVITY	18
NEWS FROM THE LAB	24
REGENERATIVE THERAPY AS PART OF SCIENTIFICALLY BASED BIOHACKING	26
BIOHACKERS MAGAZINE AT RAADFEST 2024	28
BEHIND THE SCENES OF A BIOHACKING BUSINESS	33
QUEENS CORNER - MAHA: MAKE AMERICA HEALTHY AGAIN	42
AN EXPERIENCE AT 'BIOHACK YOUR BEAUTY' IN GLENDALE	51
UNVEILING THE SECRETS OF METABOLIC HEALTH WITH DR ROBERT LUFKIN	56
MEET THE MENTOR BEHIND THE LEADERS, DR. BARRY MORGUELAN, MD	62
VEGAN OR RED MEAT FOR BIOHACKERS	74
PRODUCT REVIEWS	80
UPCOMING EVENTS	87



NOW'S THE TIME TO EXPERIENCE LIFE

Does time move too fast? A lot of times it can certainly feel that way, at least for me. With 3 kids, my business, and everything else the world throws at me, it seems the free time during days is almost escaping me before it even presents itself. My case is maybe specific to certain circumstances, but I don't think I'm the only one that feels like the clock is ticking away at a pace faster than it was a second ago

. I suppose it's human to feel this way. As they say, "Time is a Thief". We cannot get back the time from the past, and we cannot jump to the future – but what we can do, and what we really ought to do and be reminded of, is that the true essence of living is in the present moment. That's where the joy is the experience. That's where we feel the most human.

We can learn from our past and cherish fond memories, while also remaining attentive to the current world and life in front of us. At the same time, we can be mindful of the future that is to be projected to arrive, but this can also be done in a restrained way so as to not distract us from what should be occupying our time in the present. It's heightened awareness to be able to be aware of the past and future while also committing to the here and now for the sake of participating the entire experience of what it means to be human.

Take the time to let your thoughts wonder a bit on what's around you. Ask yourself, what is life is trying to get me to experience with one or many of my senses. Because when we do this, it is here that we feel an upward invigoration from the world itself. On the surface, it doesn't seem like these experiences would matter much, but as we go deeper, we realize that its these same present moments that connect us into the ontic reality of what it means to live.

I believe one of the best ways to raise our awareness and consciousness to be able to lean into these opportunities for real-time and authentic moments is to practice gratitude. Starting the day with a thankful spirit pushes us closer toward the goodness of the world and its beauty, and all of those within it. Gratitude calms our fears and worries, heals our past troubles and regrets, and sets the stage for the here and now, where real growth and experience happens. Let's get to it.

To all the biohackers and optimizers out there pushing humanity forward towards better all-around health and longevity, I'm thankful for all the knowledge and good will. Let's keep the good vibes going in real time.

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.

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



EMBRACING THE NEW FRONTIER OF HEALTHCARE

As someone who initially embarked in medical school before finding my way into immunology, genetics, and later biotechnology, I've witnessed firsthand the transformative shifts within the healthcare landscape.

Over the past five or six years, these changes have accelerated, bolstered by the biohacking movement and a growing community of health-conscious individuals.

Traditional models of medicine are rapidly evolving—from focusing solely on curing diseases to emphasizing prevention. Innovative approaches now prioritize personalized care, preventative strategies, technological integration, and, above all, metabolism.

Understanding the intricate interplay of our biology to optimize wellness is becoming the new medicine. This shift is redefining patient care, empowering individuals with knowledge and tools to take charge of their health like never before.

In this issue of Biohackers Magazine, we are honored to feature Dr. Robert Lufkin, a visionary at the forefront of this healthcare revolution. Dr. Lufkin brings invaluable insights into how advancements in medical technology, genomics, and biohacking are converging to create a more proactive and personalized healthcare system.

I had a compelling conversation with Dr. Lufkin about the future of medicine, the importance of embracing innovation, and how these changes are shaping a new paradigm in healthcare.

Today, Dr. Lufkin is on a mission—and we share the same goal—to empower each of us to become active participants in our own health journeys.

Let's embrace this new frontier together.

About Jean Fallacara

Jean, a visionary entrepreneur and neuroscientist, is a pioneering biohacker and founder passionate about merging science, art, and technology. With a remarkable IQ of 167 and an MIT background in AI, VR, XR, Biochemistry, Genetics, and Biotechnology, he's earned numerous awards and distinctions. Having founded ventures like Z-Sciences, he strategically led its acquisition by inTEST Corp in 2021. As the Founder of Lifespanning Media, Jean aims to mainstream human longevity, emphasizing well-being and longevity exploration. His mission involves social connection, life-science education, and multimedia content to redefine lifespan boundaries. Beyond technology, Jean embraces a holistic lifestyle in Miami Beach, prioritizing family, self-optimization, and gratitude.

Jean@lifespanning.com

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

Jeanfallacara.com



BUILDING STRONGER BUSINESSES AND HEALTHIER BODIES



The AllCore360° empowers patients, seniors, athletes, and everyday people to train over 50 core muscles in a new, neuromuscular, more efficient way to recover faster, improve their lives, and enhance physical performance.



Turnkey AllCore360° Therapy and Performance System™

CORE BALANCE

360° DEGREE PLANK

CORE STRENGTH

ISOMETRIC CHALLENGE

DATA & ENGAGEMENT

SOFTWARE PLATFORM



IMPROVED OUTCOMES

PATENTED ALLCORE360°

COORDINATION

SEQUENTIAL FIRING

PATIENT ACQUISITION

MARKETING PLATFORM

“
I can honestly say that I have never experienced anything like the AllCore360°. The science and biomechanics behind this remarkable device offers the ultimate bio-hack, which will take sports performance to another level. It will also significantly decrease the risk of injury.

- Dr. Neil McLaughlin

”



Visit: AllCore360.com

Call Today: 833-228-9922

Challenge Yourself

Put Your Lifespanning Knowledge to the Test

How can an imbalance between omega-3 and omega-6 fatty acids turn food into a "poison"?

- a) Omega-6s dominate, promoting inflammation and reducing cellular repair
- b) Omega-3s block omega-6 absorption, impairing immune function
- c) Excess omega-3s lead to oxidative stress in cells
- d) Balanced omega-6s suppress omega-3 activity, reducing energy levels

How does urolithin A, a metabolite produced from pomegranate compounds, support healthy aging?

- a) Blocks free radical activity, boosting mitochondrial ATP production
- b) Promotes mitophagy, clearing out damaged mitochondria
- c) Enhances glucose transport, increasing cellular energy efficiency
- d) Inhibits oxidative phosphorylation to reduce energy use

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

Found in parsley and chamomile, apigenin has been studied for its role in longevity. What is its primary mechanism?

- a) Enhances DNA repair by modulating the PARP1 enzyme
- b) Blocks mitochondrial function to conserve energy
- c) Stimulates rapid cell division for tissue repair
- d) Increases insulin resistance to manage glucose levels

What makes ergothioneine, a compound found in mushrooms, unique in its potential anti-aging effects?

- a) It acts as a transporter for NAD⁺, boosting mitochondrial function
- b) It accumulates in tissues prone to oxidative damage, offering long-term protection
- c) It binds directly to telomeres, preventing their shortening
- d) It enhances DNA methylation, improving gene expression stability



DIVING INTO HOPE:

**COLD WATER IMMERSION FOR
PTSD THERAPY IN VETERANS**



Post-Traumatic Stress Disorder (PTSD)

Is a challenging mental health condition that affects many military individuals after traumatic experiences such as war or severe physical injury. In the U.S., many people experience PTSD at some point, but there is a much, much higher prevalence among military populations—up to 87.5% in some groups. First responders are also significantly impacted. Due to a mix of biological, psychological, and social factors, PTSD manifests differently among individuals, necessitating a multimodal therapeutic approach. Traditional treatments include cognitive-behavioral therapy and medications like SSRIs (e.g., Zoloft, Paxil, Lexapro).

However, many PTSD sufferers don't find sufficient relief from these methods, often due to limited accessibility or variable response to treatment. This gap has sparked interest in exploring new therapies, including the invigorating and potentially life-changing cold water immersion (CWI).

The Science of Cold Water Immersion and PTSD

Imagine immersing yourself in cold water for a few minutes. The shock to your system triggers a cascade of physiological responses—reducing inflammation, boosting immune function, and enhancing mental health. For those battling PTSD, these benefits are particularly enticing, offering a new hope for symptom management and overall well-being.

Grey Team, a nonprofit dedicated to supporting military veterans, is at the forefront of this innovative approach. They view cold water immersion as a groundbreaking therapy that aligns with their mission to provide effective, non-pharmaceutical solutions to the “invisible wounds” of war. The initiative, powered by Chillshark and their cutting-edge state of the art CWI equipment, ensures veterans receive the best equipment available to maximize therapeutic benefits.

Previous studies on CWI have often been limited or biased, highlighting the need for more rigorous

research. Grey Team is stepping up to this challenge, integrating cold water immersion into their comprehensive wellness programs. These programs blend traditional and innovative therapies to offer veterans holistic care to heal mind and body. The ultimate goal? To reduce military suicides and ease the transition to civilian life while being supported and backed by generous funding and partnerships.

For veterans dealing with PTSD, the potential benefits of CWI are particularly promising. Studies suggest that cold water immersion may boost neurotransmitters like serotonin, norepinephrine, and dopamine, helping mitigate PTSD symptoms such as negative emotions, stress, and concentration issues. Improved sleep is another significant benefit.

Conclusion

While established therapies for PTSD remain invaluable, their limitations underscore the need for complementary, accessible treatments. Cold water immersion represents a hopeful addition to PTSD care, offering a cost-effective, holistic approach that meets the unique needs of veterans and first responders. Organizations like Grey Team, leveraging state-of-the-art equipment provided by Chillshark, are pioneering methods that address the distinct challenges these heroes face. You can learn more about Chillshark and their initiatives here.

The future of PTSD therapy looks brighter with cold water immersion on the horizon, backed by continued research and public support. To learn more about Grey Team's initiatives or to support their mission, visit www.greyteam.org.



References:

1. Al Jowf GI, Ahmed ZT, Reijnders RA, de Nijs L, Eijssen LMT. To Predict, Prevent, and Manage Post-Traumatic Stress Disorder (PTSD): A Review of Pathophysiology, Treatment, and Biomarkers. *Int J Mol Sci.* 2023;24(6):5238. Published 2023 Mar 9. doi:10.3390/ijms24065238
2. Schein J, Houle C, Urganus A, et al. Prevalence of post-traumatic stress disorder in the United States: a systematic literature review. *Curr Med Res Opin.* 2021;37(12):2151-2161. doi:10.1080/03007995.2021.1978417
3. Niles B, Lang A, Olf M. Complementary and integrative interventions for PTSD. *Eur J Psychotraumatol.* 2023;14(2):2247888. doi:10.1080/20008066.2023.2247888
4. Demori I, Piccinno T, Saverino D, et al. Effects of winter sea bathing on psycho-neuroendocrinoimmunological parameters. *Explore (NY).* 2021;17(2):122-126. doi:10.1016/j.explore.2020.02.004
5. Yankouskaya A, Massey H, Totman JJ, Lai LH, Williamson R. The Effects of Whole-body Cold-water Immersion on Brain Connectivity Related to the Affective State in Adults Using fMRI: A Protocol

of a Pre-post Experimental Design. *Bio Protoc.* 2023;13(17) Published 2023 Sep 5. doi:10.21769/BioProtoc.4794

6. Kunutsor SK, Lehoczki A, Laukkanen JA. The untapped potential of cold water therapy as part of a lifestyle intervention for promoting healthy aging. *Geroscience.* Published online July 30, 2024. doi:10.1007/s11357-024-01295-w

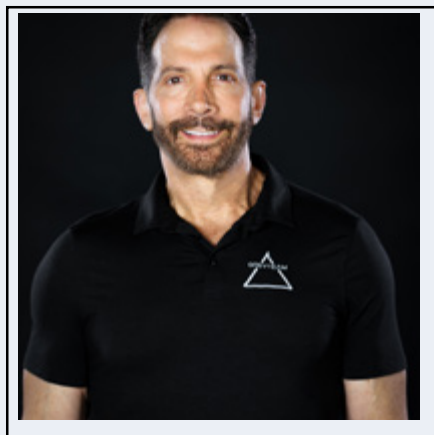
ATTENTION
Any researchers or clinicians who could help refine the research strategy are welcomed to reach out to **Chillshark** and team! Seeking new guidance for protocols and standardization.



Eric J Hegedus

Eric J Hegedus, PT, DPT, PhD, MHS is the Founding Department Chair for Rehabilitation Sciences at Tufts University in the School of Medicine. He previously was Founding Program Director for the Tufts University Doctor of Physical Therapy Program in Phoenix, AZ as well as the founding Department Chair for High Point University's Department of Physical Therapy and a Vice-Chief for Duke University's Doctor of Physical Therapy program. Dr. Hegedus has had a notable 32-year career as a leader and innovator in physical therapist education, research, and clinical practice. He is an ABPTS-certified Orthopedic Physical Therapy Specialist (OCS), with continued clinical practice working predominantly with athletes. Dr. Hegedus has won several awards and honors as a teacher including the James A Gould Excellence in Teaching Orthopaedic Physical Therapy award. He is an international speaker with over 100 published peer-reviewed manuscripts.

CARY REICHBACH



Cary Reichbach is a visionary leader and passionate advocate for veterans, renowned for his results-oriented leadership and unwavering commitment to those who have served. With over 25 years of diverse experience in security, entertainment, finance, health and wellness, anti-aging, and biohacking, Cary's dedication to veterans is both profound and personal.

A distinguished US Army veteran and skilled commando who served during the Cold War, Cary has spent decades conducting self-funded research to reduce PTSD among veterans. After leaving the Army in 1984, he was deeply affected by the rising number of suicides among his fellow soldiers. Recognizing the critical role of community and purpose in combating this crisis, Cary founded Grey Team, a nonprofit organization dedicated to alleviating veterans' mental, physical, emotional, and spiritual pain. Grey Team's mission is to facilitate the transition to civilian life and significantly reduce the alarming rate of veteran suicides.

Cary's visionary leadership has not only shaped Grey Team but also established him as a respected expert in health and wellness. He has provided invaluable guidance in advisory roles with the Florida Army National Guard, The Salvation Army's veteran care programs, the American Legion, USSOCOM, Congresswoman Lois Frankel's veteran advisory board, and former Florida State Representative Emily Slosberg's veteran committee.

As a contributor to ABC, NBC, CBS, CNN, Associated Press, Military Times, USA Today, and many magazines and publications, Cary Reichbach shares his extensive knowledge of veteran care, health, and wellness. In January 2021, the American Legion and Military.com honored him as one of the most influential figures in preventing military veteran suicides. Cary Reichbach's enduring impact continues to transform the lives of veterans, offering hope and healing to those who have sacrificed so much.

www.greyteam.org

facebook.com/greyteam.org/

instagram.com/greyteamhq/

twitter.com/greyteamhq

linkedin.com/company/greyteam



Keegan O' Connor

Co-Founder, CEO of **CHILLSHARK**
Entrepreneur, Philanthropist, and Former D1 lacrosse player

chillshark.com

Recap of Biohackers World Miami 2024

with Biohackers Magazine

**BIO
HACKERS
WORLD**

The buzz of innovation and the promise of cutting-edge wellness filled the air at the Hyatt Regency Miami Beach, where the Biohackers World Conference & Expo took center stage on October 26-27, 2024. As a proud media partner for this transformative event, Biohackers Magazine had the unique opportunity to engage with the leading minds in health, optimization, and longevity.

A Haven for Wellness Visionaries

This year's expo lived up to its reputation as the premier gathering for biohacking enthusiasts and experts. With over 30 thought leaders and 25+ exhibitors, attendees were immersed in groundbreaking insights, technologies, and strategies to elevate physical and mental well-being. From inspiring sessions to hands-on demonstrations, the event showcased the latest trends redefining the future of health.

The expo wasn't just about listening to the experts—it was a chance to connect. The spirit of community was palpable as attendees and industry leaders networked, discussed, and collaborated on innovations shaping the wellness landscape.



Exclusive Conversations: Insights from Industry Leaders

As part of our partnership, we conducted insightful interviews with some of the most influential speakers and exhibitors. Each conversation highlighted the unique approaches these trailblazers bring to the biohacking sphere:

- Clayton Thomas, Founder of The Root Brands, shared the philosophy behind toxin removal and cellular health as key pillars of longevity.
- David Korsunsky, Founder of Heads Up Health, discussed the power of data-driven decisions in personalizing health optimization.
- Dr. Cara Hartman, Founder of Therapeutics Health, offered insights into functional medicine's role in addressing chronic health challenges.
- Dr. Daniel Hulsey of Atlas Clinics

explored advancements in integrative health solutions.

- Dr. Evan Johnson, CEO of Utopian Medicine™, delved into redefining healthcare by blending biohacking with traditional approaches.
- Natalia Naila, Health and Life Coach, shared practical tools for sustainable life transformations.
- Dr. Patrick Porter, Founder of BrainTap, captivated us with the potential of brainwave entrainment technology to improve cognitive performance.
- Sarah Turner, Founder of Cera Thrive, revealed the science behind optimizing energy and focus.
- Kashif Khan, CEO of The DNA Company, explained how genetic insights are unlocking new levels of health personalization.
- Justin Roethlingshoefer, Found-

er of OWN IT Coaching, discussed empowering individuals through fitness and lifestyle alignment.

- Alvaro Nunez of Super Luxury Group inspired us with the merging of creativity and biohacking.
- Mark White, CEO of GAINSWave and OMNIWave, highlighted breakthroughs in non-invasive wellness solutions.
- Dr. William Pawluk, PEMF expert and Founder of DrPawluk.com, revealed how pulsed electromagnetic field therapy is transforming recovery and performance.
- Dr. Leiva, Founder of The Exercise Center, and Mick Safron, Founder of Biohackers World, shared their vision for fostering a global biohacking community.
- Lisa and Wendy from Code Health emphasized the importance of proactive health monitoring and education.
- Tam Vu, Founder of Erable, discussed revolutionary approaches to metabolic health through personalized nutrition.
- Philip Von Holtendorff Fehling, Founder of Leela Quantum Tech, showcased the transformative potential of quantum energy for health optimization.

A Platform for Discovery and Innovation

The expo hall brimmed with excitement, offering attendees a chance to explore cutting-edge technologies and products redefining biohacking. From wearables to neurofeedback tools and supplements, the offerings catered to every facet of personal health.

We were particularly inspired by the event's emphasis on actionable knowledge. Sessions ranged from optimizing sleep and nutrition to understanding the impact of genetics and emerging therapies. Each presentation was packed with strategies attendees could immediately apply to their lives.



Looking Ahead: The Future of Biohacking

As the biohacking movement continues to grow, events like Biohackers World serve as a reminder of the power of collaboration. They bring together pioneers, practitioners, and enthusiasts to explore new possibilities for human potential.

We're grateful for the opportunity to serve as a media partner and to amplify the voices of such remarkable innovators. If you missed this year's event, we encourage you to mark your calendar for the next Biohackers World in LA this March 29th -30th, 2025!

For more details about this year's event and future conferences, including the event in LA this March, visit Biohackers World and use Promo code **BIOHACKERSMAGAZINE** to get 30% OFF on the General Admission Tickets. Direct Link here: <https://lu.ma/BHW.LA2025?coupon=BIOHACKERSMAGAZINE>

Stay tuned for more coverage, exclusive interviews, and insights in the upcoming edition of **Biohackers Magazine!**





Los Angeles, CA

March 29-30, 2025

BIOHACKERS

WORLD

Conference & Expo *Los Angeles*



Hey, biohackers! Big news – We're thrilled to be Media Partners of the Biohackers World Conference & Expo in Los Angeles!

Use promo code **BIOHACKERSMAGAZINE** to get an exclusive 30% OFF on tickets.

Get your tickets now and let's meet at the Biohackers World Conference & Expo!

<https://lu.ma/BHW.LA2025?coupon=BIOHACKERSMAGAZINE>



MAXIMIZE PERFORMANCE WITHOUT FORSAKING LONGEVITY

Explore cutting-edge biomarkers to optimize both athletic performance and long-term health

By John Thomson Smith FRCS



Athletes come in many shapes and forms—from recreational ones to Olympians across all sports. Yet one principle unites them: if you can't measure performance, you can't improve it. In the age of longevity, however, measuring performance needs to extend way beyond your next workout or competition. Your focus should shift to sustaining peak performance over an entire lifetime.

Biomarkers play a crucial role in this pursuit. They offer real-time insights that help you manage both your immediate progress and long-term health goals. With the right biomarkers, you can balance maximum performance and resilience, enhancing both lifespan and healthspan for an active, fulfilling life.

The Expanding Biomarkers Universe

Once reserved for clinicians and researchers, the term “biomarker” has become widely recognized by biohackers as health-conscious individuals who strive to optimize their own health. Biomarkers function like KPIs for our bodies. Just as KPIs guide a company's direction, biomarkers provide insight into how the body responds to training, recovery, and different lifestyle factors. By monitoring these markers, you can gain a deeper understanding of your health status and adjust your routines accordingly.

Today, there are hundreds of biomarkers available to measure and analyze. For longevity, these markers fall into two main categories: physiological and molecular. Physiological markers track overall body function and vital signs, while molecular markers monitor cellular processes. Together, they reveal a fuller picture of your performance, allowing for more informed, data-driven decisions.

Key Physiological Biomarkers

Physiological biomarkers offer valuable insights into your cardiovascular health, muscular function, and overall physical resilience. VO2 max, for instance, is a key indicator of fitness that measures the maximum amount of oxygen your body can use during intense exercise. This metric is typically measured with a treadmill or cycling test, helping you understand your endurance limits and, when optimized, allowing you to sustain high-intensity activities for longer. Higher VO2 max levels are closely linked to lower mortality risk and reduced cardiovascular disease.

Resting heart rate, easily tracked with wearable devices, offers a window into cardiac efficiency. A lower resting heart rate reflects a well-trained heart that pumps blood more effectively. Lower resting heart rates are associated with improved cardiovascular health and reduced stress.

Heart rate variability (HRV) measures the variation in time between heartbeats, gauging autonomic nervous system function. HRV can be measured through specialized wearable devices, which assess your body's adaptability to stress and capacity for recovery. Higher HRV levels suggest greater resilience, lower stress, and improved inflammation control.

Muscle mass and strength, assessed through methods such as bioelectrical impedance analysis or DEXA scans, are fundamental for athletic power, speed, and endurance. Higher muscle mass supports greater force production and faster recovery. As you age, maintaining muscle mass through strength training becomes crucial to offset sarcopenia, the age-related decline in muscle. Preserving muscle mass is also linked to a reduced risk of falls and fractures and lower mortality rates.



Key Molecular Biomarkers

Molecular biomarkers offer a detailed perspective on your metabolic, inflammatory, hormonal, and cardiovascular health. Blood glucose levels and insulin sensitivity, now easily monitored with home testing kits and wearable sensors, indicate how efficiently your body uses carbohydrates for energy. Stable glucose levels and high insulin sensitivity prevent energy crashes, support recovery, and lower your risk of conditions like type 2 diabetes and cardiovascular disease. Maintaining balanced glucose reduces oxidative stress and inflammation as well.

Inflammatory markers, including CRP (C-reactive protein) and IL-6 (interleukin 6), require blood testing and provide insight into your body's inflammatory response. Elevated inflammation levels over time, detectable in markers like suPAR, can even indicate biological age. While temporary inflammation is part of normal recovery, chronic low-grade inflammation hinders your performance and increases your risk of overtraining and injuries. Reducing persistent inflammation helps extend your healthspan and resilience.

Hormone levels—measured also via blood tests—are crucial indicators of muscle growth, recovery, and stress response. Key hormones, such as testosterone, growth hormone, and cortisol, significantly impact your athletic performance. High testosterone and growth hormone levels support strength and recovery, while excessive cortisol from stress impairs performance and increases the risk of overtraining. Optimizing hormonal balance can improve endurance, strength, and overall performance.

Your blood lipid profile, which measures levels of HDL (good cholesterol), LDL (bad cholesterol), and triglycerides, is also a critical indica-

tor of cardiovascular health. For cardiovascular health, it's essential to maintain a high HDL-to-LDL ratio, rather than focusing solely on total cholesterol. A favorable lipid profile is associated with reduced risks of chronic diseases, including heart disease and stroke, which significantly impact longevity.

Finally, telomeres—protective caps on the ends of chromosomes—serve as a unique biomarker for cellular performance. Shortened telomeres are linked to decreased recovery ability, fatigue, and increased injury risk, particularly as you age. Strategies like exercise, stress management, and a balanced lifestyle can help preserve telomere length, supporting healthier aging and extending your athletic lifespan.



Endurance versus Strength Athletes

One hot topic in biohacking discourse is whether endurance and strength training impact your long-term health differently. Biomarkers show they certainly can.

Endurance athletes often have lower resting heart rates, higher VO₂ max, increased HDL (good cholesterol), and lower LDL (bad cholesterol). These cardiovascular markers support a lower risk of heart disease and indicate strong circulatory health. In contrast, strength athletes generally have robust cardiovascular markers as well, though typically less pronounced. Strength training does contribute to improved blood pressure and glucose control, but these benefits are more moderate.

Metabolically, endurance training enhances insulin sensitivity and blood glucose management, reducing the risk of type 2 diabetes and obesity. This improvement stems from better mitochondrial function and increased metabolic flexibility, which boosts fat utilization and supports longer-term health. Strength training also improves insulin sensitivity and fasting glucose levels, but to a lesser extent compared to endurance training.

While endurance training excels in cardiovascular benefits, it's not as effective in preventing sarcopenia. Prolonged aerobic efforts in endurance athletes may even increase oxidative stress, which can contribute to muscle degradation over time. On the other hand, strength training builds muscle mass and bone density, with biomarkers like higher creatine kinase levels and testosterone reflecting these gains. These advantages support better musculoskeletal health, especially in aging athletes.

Endurance training is also linked to lower testosterone and IGF-1 levels, particularly when training is intense



and sustained. While low IGF-1 may help protect against certain diseases, reduced testosterone levels can affect energy and muscle retention. Strength athletes generally show higher testosterone and IGF-1, which aid muscle growth and anabolic functions, contributing to strength and vitality.

Inflammation markers also differ. Endurance athletes often have lower systemic inflammation, though excessive endurance training can raise oxidative stress and suppress immune function. Strength training offers moderate anti-inflammatory effects, supporting recovery and resilience over time.



Putting It Together

Now is the point where we learn how to put it all together: how to maximize performance while safeguarding long-term health.

One of the most valuable tools in this balancing act is tracking biomarkers that indicate overtraining or fatigue. Key markers like cortisol, CRP, and heart rate variability can flag early signs of both physical and mental strain, allowing you to adjust your training load before it escalates to burnout or injury. By monitoring these indicators, you can keep pushing for performance gains without jeopardizing long-term health.

Personalized nutrition also plays a crucial role. By analyzing biomarkers like glucose, cholesterol, inflammatory markers, and vitamin levels, you can gain insights into how your body responds to specific diets and supplements. Tailoring your nutrition based on these markers helps maximize muscle recovery, energy levels,

and performance while minimizing future health risks.

Inflammation management is another essential factor. Low-grade inflammation may not always be immediately noticeable, but it can be an early indicator of injury risk. By adjusting your regimen in response to inflammatory markers, you can support peak performance without compromising joint or cardiovascular health over time. To reduce chronic inflammation, consider incorporating anti-inflammatory foods like omega-3-rich fish, leafy greens, and berries, along with stress management practices and adequate rest.

Hormonal balance is also key to aligning performance with recovery. Hormones like testosterone and cortisol influence whether your body is in an anabolic (muscle-building) or catabolic (muscle-degrading) state. By keeping track of these hormone levels, you can gauge when to focus on gains and when to emphasize recovery to avoid conditions like ad-

renal fatigue and maintain endocrine health.

Lastly, cardiovascular and metabolic biomarkers—such as cholesterol, triglycerides, and blood glucose—are critical for long-term health. Short-term performance goals can sometimes push these markers into unhealthy ranges, increasing the risk of issues like insulin resistance or cardiovascular problems. Routine monitoring helps you manage these risks so you can enjoy peak performance without compromising heart health or metabolic stability.

By regularly checking these markers, you can make smarter decisions about when to go hard and when to rest. For example, if you see a low HRV or elevated resting heart rate, your body may still be in recovery mode, signaling a need for low-intensity, restorative exercises.

In this way, biomarker tracking becomes the bridge between peak performance and lasting health.

Dr. John Thomson Smith



Dr. John Thomson Smith is a senior medical advisor, MedTech consultant, and orthopedic surgeon with over 20 years of experience in the global medical devices, life sciences, and healthcare industry. He has international medical affairs experience with renowned US and European MedTech corporations, including new product design and development, applied medical education and business strategy.

As the medical advisor for Rejuve.Ai, John helps the company harness cutting edge technology and a decentralized data platform to provide revolutionary insights into aging combat and longevity. He also serves as Chief Medical Officer for Evoura and partners with global AI based healthcare organizations within diagnostics, care delivery and biotechnology. John is also an MSK board advisor for NLC Amsterdam, a leading European MedTech venture building company.

IN THE LAB

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



Ketones: Brain's Cleanup Crew Against Aging and Disease

Researchers reveal ketone bodies like B-hydroxybutyrate clear damaged proteins from the brain, reducing neurodegenerative risks. This process, linked to autophagy, enhances brain health and longevity, offering potential therapeutic applications for conditions like Alzheimer's. The findings highlight a metabolic pathway for combating aging-related cognitive decline (Buck Institute)

Machine Learning Reveals Threonine's Potential to Extend Lifespan Across Species

Researchers at the Buck Institute used machine learning to identify threonine as a key metabolite linked to lifespan extension in both fruit flies and humans. This innovative approach bridges species data, highlighting threonine's therapeutic potential for aging interventions.

(Buck Institute)



Proteolethargy: The Hidden Driver of Chronic Disease Unveiled

A groundbreaking study introduces "proteolethargy" as a novel pathogenic mechanism in chronic diseases. Researchers reveal how dysfunctional protein dynamics disrupt cellular processes, linking this phenomenon to disease progression. The findings open avenues for therapeutic interventions targeting proteostasis to combat chronic illnesses.

(<https://pubmed.ncbi.nlm.nih.gov/39610243/>)

**REAL SPEAK.
UNSCRIPTED.
ZERO FILTERS.
NO FLUFF.**



PURE BIOHACKING

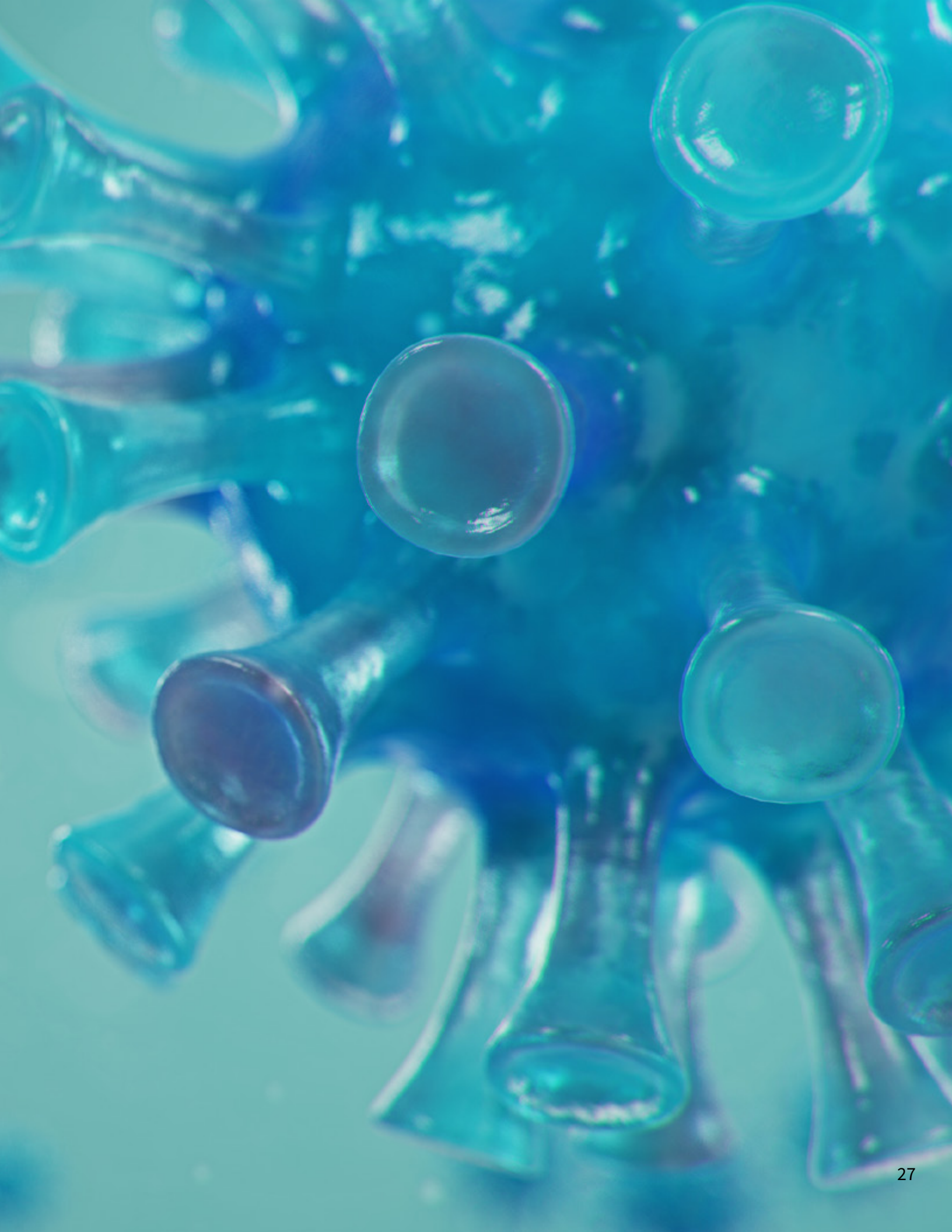
 **@lifespawning**

A PODCAST WHERE SCIENCE
& ART CONVERGE INTO
BOUNDARY-PUSHING
CONVERSATION AROUND
QUALITY LIFESPAN EXTENSION.

LIFESPANNING
CHANGE YOUR TRAJECTORY

REGENERATIVE THERAPY AS PART OF SCIENTIFICALLY BASED BIOHACKING

By Ernst R. von Schwarz, MD PhD



Biohacking for a Medical Scientist

If someone conducts a Google search on biohacking, what comes up is a quasi-definition which states that biohacking means “changing your chemistry and your physiology through science and self-experimentation to increase energy and vitality”. Some people describe it also as “do it yourself biology” or “do it yourself medicine”. As a clinical cardiologist and a basic and clinical researcher-scientist, I naturally would oppose any kind of self-prescribed do it yourself medicine approach that lacks any scientific evidence. The terms on some marketed consumer products such as “clinically tested”- even though falsely considered as authoritative by many, actually do not mean anything with regard to any clinically studied evidence. On the other hand, lack of scientific evidence from clinical studies oftentimes means lack of clinical studies but does not mean that there is harm, and some beneficial effects - though not yet tested in a systematic manner - cannot be excluded. Most physicians, however, do only recommend therapies that have convincing published data, which is basically not the case for the vast majority of supplements many now use for biohacking reasons. I am personally suspicious about the anecdotal marketing attempts to convince consumers of using of supplements, multivitamins, and certain snake oils for anti-aging purposes that lack any scientific evidence. On the other hand, however, I strongly believe that appropriate lifestyle modification, replacement and substitution of vitamins, trace elements and other substances - in combination with a healthy, balanced diet and a regular exercise regimen - is absolutely crucial to delay and combat age-related degenerative diseases.



The Paradigm Shift to Regenerative Medicine

Since more than 25 years I have been heavily involved in the development and rapid progression of the investigation of the therapeutic potential of stem cells, which has led us to a paradigm shift in modern medicine: we are moving from “reactive medicine” (the traditional kind of medicine we all were trained to implement in our healthcare efforts) to “regenerative medicine”. Regenerative medicine means to overcome especially age-related degeneration and age-related diseases, by attempting to repair early cellular damage. This approach is far beyond any kind of do-it-yourself medicine to combat the processes of aging but allows the research and usage of the bodies own regenerative powers. As I have elaborated in more details in my book, *The Secret World of Stem Cell Therapy*, published by Morgan

James in 2022, the main side effect of aging is death, and the main risk factor of death - is advanced age. Moreover, more people die every day of advanced age compared to all illnesses combined.

If we attempt to biohack age-related degeneration, we have to understand the processes associated with aging and those leading to aging of our bodies. Among others, these processes include damage of cellular DNA, reduction of telomere length, intracellular accumulation of metabolic garbage, the up-regulation of senescent cells, loss of blood vessel elasticity, mitochondrial damage, a reduction of the production of certain histones and proteins, loss of cell membrane integrity, loss and degeneration of functional vascular and tissue cells, replacement fibrosis, and a reduction of stem

cells in number and potency. All these factors in progressive combination lead to what we call SASP, which stands for senescent-associated secretory phenotype. From the research labs of anti-aging researchers we now have identified several hypothetical ways to overcome at least some of the above mentioned factors leading to accelerated aging. Among others, these are the existence of anti-senescent agents, the use of antioxidants, the use of stimulation of enzymatic cofactors such as NAD, nitric oxide, antimetabolites, hormone replacement, supplementation of documented deficiencies such as vitamin D, as well as stem cell precursors, exosomes, and/or stem cells. While most data that demonstrated anti-senescent activity stem from basic research labs on cell cultures or animals, there is still a lack of large-scale clinical data supporting efficacies of agents such as NAD or antimetabolites for anti-aging purposes in humans, but some studies are ongoing at the current time. On the

other hand, regular exercise and a healthy balanced diet ("Mediterranean style diet") doubtlessly have demonstrated to reduce frailty and immobility and to increase mobility, functional capacity, and cardiovascular and overall health in several published trials. Other agents like nitric oxide, which is produced by our blood vessels, are reduced in concentration in advanced ages, but supplementation has been shown to improve cardiovascular health in our own clinical studies. Based on the above, I strongly believe that dieting alone or taking daily anti-metabolites such as rapamycin or metformin alone will not lead to significant anti-aging.

On the other hand, however, since we know the phenomenon of cellular senescence, we know the targets and have the methodology at hand that - at least hypothetically - can lead to changes in the following age-related mechanisms: 1. cellular reprogramming; 2. apoptotic cell death; 3. Immune mediated clearance; and 4. anti-SASP senomorphics.



Dr von Schwarz Stem Cell and Anti-Aging Institute

At our own institute (Dr von Schwarz Stem Cell and Anti-Aging Institute, Beverly Hills, California, USA) we are combining basic research laboratory data with results from early clinical studies in a translational manner to apply evidence-based medicine with promising approaches not only to delay but even to reverse aging processes within the frame of large-scale clinical trials. The overall complicated cellular mechanisms and pathways leading to aging can be effectively targeted and manipulated by a combination of the use of anti-senescent agents and cell-preserving lifestyle modifications such as dietary habits, cell preservation and renewal by improved oxidation, avoidance of toxins, physical challenges through exercise, and the use of repair methodologies provided by stem cells and related products.



The job of stem cells basically is to create entire organisms and to repair damage - wherever it occurs in the body. A few simple structured organisms such as the *Turritopsis dohrnii* jellyfish as the most known example, have self-renewable mechanisms in place that even provide biologic immortality, i.e., they do live forever. Even though we do not have the means to create biologic immortality among higher-structured organisms at the current time, stem cells have the capability to regenerate damage, at least to a certain degree. The main ways of action of stem cell products that have been studied are the following four: 1. Stem cells are anti-inflammatory, meaning they reduce localized inflammation and thus, reduce pain. 2. They create angiogenesis by creating new capillaries and arterioles to improve circulation and oxygenation. 3. Stem cells have regenerative and paracrine effects to repair damage and replace damaged cells by functional viable cells. 4. There might be a stimulation of the patient's endogenous stem cell production after exogenous cells have been administered.

Stem Cell Therapy for Neurodegenerative Diseases

Especially for neurodegenerative and cardiovascular diseases, which are the most prominent and debilitating conditions with advanced age, there has been overwhelming evidence for the beneficial effects of stem cell products with documented clinical improvements in a significant number of published studies, but no cure of any diseases, so far. Especially neurodegenerative diseases such as Alzheimer's dementia, Multiple Sclerosis, or Parkinson's disease all lead to sickness, morbidity and death among the elderly. All these conditions have in common a progressive loss of the structure and function of neurons. As a result, there is a loss of cognition, memory, mobility, and the inability of independent living without any available curative therapies.

As demonstrated in several studies, stem cells have the capability to repair injured neuronal tissue by replacing lost cells with differentiated cells by protecting healthy neurons and glial cells from further damage, and by providing a conducive envi-



ronment in brain or spinal tissue in favor of further regeneration. In Multiple Sclerosis patients, studies have shown a significant increase in regulatory T cells and decreased proliferate responses of lymphocytes, as well as a significant reduction in the number and size of gadolinium-enhancing lesions on MR imaging. Others have shown a reduction of inflammation and demyelination in the spinal cord.

In Parkinson's patients, stem cell therapy has resulted in the progression of neurotrophic factors that protect dopaminergic neurons and promote their survival, which might be a relatively long effect. Clinically, this resulted in a significant decrease in the severity of motor and non-motor neurons, an improvement in bladder capacity, and enhanced spontaneous activity. Our own studies on patients with neurodegenerative diseases have confirmed those published results with improved speech capabilities, mobility, functionality, and augmented mental clarity.

Other studies by our group have demonstrated beneficial effects of stem cells on the vascular system with improved erectability in patients with erectile dysfunction, reduction of ischemia in patients with coronary heart disease, and improvement of cardiac function in patients with cardiac failure. These data are derived from smaller studies, case studies, and case series, while larger-scale studies are still lacking and require significant more (philanthropic) financial support to be conducted.



Aging Effects and Regeneration for Longevity

In summary, advanced age is the main reason for weakness, frailty, loss of functionality, loss of productivity, loneliness, depression, degenerative changes such as osteoarthritis, dementia, disabilities, immobility, cardiovascular diseases, cancer, pain syndromes, being bed-ridden, multi-morbidity, and death.

Regenerative medicine, on the other hand, using stem cell products, though not FDA-approved and still considered experimental in nature, has the capability to increase strength, immunocompetence, mobility, functional capacity,

quality of life, reduce pain, and prolong life.

Especially the combination of supplementation of age-associated deficiencies of certain vitamins and trace elements with a healthy, balanced, less-processed diet, a regular exercise program with healthy resting phases, the implementation of techniques that support a positive and relaxed soul and mind (*mens sana in corpore sano*), the application of newly developed anti-senescent directed cellular mechanisms, with the use of stem cells will likely extend life up to 120-150 years within a decade, and this is the ultimate BIOHACKING.

For more information on our stud-

ies, individual treatment anti-aging treatment plans and programs, research opportunities, and financial support opportunities please contact us directly

(www.drsvonwarz.com).



Dr. Ernst von Schwarz



info@drsvonwarz.com

Professor Dr. Ernst von Schwarz MD, PHD, FESC, FACC, FSCAI is a US based world renowned, triple board certified clinical and academic cardiologist, and clinical professor of medicine at UCLA and UC Riverside.

Dr. von Schwarz is considered a worldwide pioneer in the field of stem cell research. He has published over 150 scientific papers in international peer reviewed medical journals, as well as several books and book chapters in cardiovascular medicine.

He is a prolific speaker, lecturing worldwide at international scientific conferences including the American Heart Association, American College of Cardiology, and the European Society of Cardiology.

Dr. von Schwarz is the author of numerous books including "The Secret World Of Stem Cell Therapy" and "The Secrets of Immortality".

He joined Cedars Sinai Medical Center and UCLA as Director of the Cardiac Device Program in 2006, he was appointed director of cardiology at the Heart Institute of Southern California Hospital Culver City in 2015 and chairman of Pacific Heart Medical Group and medical director of Heart Stem Inc. in 2016. He is a sought after expert witness in high profile court cases, and a regular medical news contributor to TV and radio.



BEHIND THE SCENES OF A BIOHACKING BUSINESS

Featuring entrepreneurs working to
change the future of health

By Ellen White

Behind the scenes of a biohacking business is an entrepreneur striving to change the paradigm of health. These entrepreneurs embody a unique passion to challenge the status quo, and create a business infused with purpose that can greatly change and affect human potential.

The biohacking industry, also known as self health optimization, is booming with growth and innovation, potentially emerging into a 44.9 billion dollar industry by 2031. The basic business model is to increase awareness, education, accessibility and application of biohacking technologies and practices to the masses. The hope is that this new approach to self-health (and self-empowerment) will help leverage out and bring balance to the disease driven and disproportionate healthcare system currently in place.

The task is not easy, but these entrepreneurs are prepared for the challenge, equipped with their own practices to support them, while persevering to reach their business goals and make an impact in this world.

WHAT IS BIOHACKING

Biohacking in sum, emphasizes a pro-active, self reliant data driven approach to greater health. Its' technologies are designed to help stimulate the body's own innate capacity to heal and restore balance. While many of the practices are new and potentially misunderstood to a mainstream or traditional healthcare audience; biohacking modalities have existed for years in niche sectors including high performing athletes and ambitious wealthy individuals looking to extend life and health span. Over recent years, it has evolved into a global movement, and trend-setting lifestyle, now hoping to find more practical

application in mainstream venues, especially in the health, fitness and wellness space.

THE BIOHACK CEO VS TRADITIONAL

The biohacking entrepreneur has a unique approach and mindset, differing from the more traditional work ethic which is to achieve success at all cost, including health. The biohacking entrepreneur prefers to be in flow with their success, practicing what they preach, and embodying the product they sell. Many have left the corporate structure to work in a field they now love, while also protecting their own well-being. Their work day is creative and focused, infused with biohacking practices as well as basic work functions aimed to achieve bottom line revenue goals.

BIOHACKING AND THE MODERN DAY LIFESTYLE

The biohacking business is a path that flips the switch away from the unhealthy lifestyle of modern day living that keeps people indoors and

exposed to constant stressors; affecting the ability to heal and age healthfully. Biohacking offers the opposite message, which is to protect and enhance health using technologies designed to help restore inner balance and mitigate these modern day stressors. By mimicing the healing forces of nature, which have been practiced in ancestral tradition for centuries, biohacking technologies radiate forces that permeate through to a cellular level, including forces such as light, oxygen, detoxification, and hot/cold contrast therapy; all of which assist to repair damaged cells. Additionally, other bio-energetic modalities emit electro-magnetic frequencies and harmonics that help stimulate the biofield, which also enables greater healing on an emotional, physical and spiritual level.

BIOHACKING INTEGRATION WITH HEALTHCARE

The goal for these entrepreneurs is not to replace traditional medical practice, but rather to educate and potentially integrate with it for the greater good.



MAARTEN BOUTE, CEO, THE BIOHACK LAB AND BH-LABS

Goal:

To successfully form collaborative partnerships and provide a one-stop-shop concept, full service biohacking infrastructure to medical practitioners and health centers; with a goal to reach 500 collaborator locations within three years.

Philosophy:

To work from a sense of purpose and pursue ethically earned revenue known as "The Energy of Making Money through no Harm."

Maarten grew up in Europe and was raised in a healthy environment with biodynamic, organic food, lots of time outdoors, no anti-biotics and no screens. He briefly studied medicine in Belgium, dropped out, and went on to pursue a career in telecommunications. When he moved to the US twelve years ago, he was surprised to see the high prevalence of people with health, obesity and skin conditions around him. As a CEO for a large global telecommunication company, he was tasked with scaling the operation and travelling the world for business. The typical work day was taking a toll on his physical and overall well being.

Earlier this year he left his corporate job and joined The Biohack Lab as Partner and co-CEO with a focus on their BH-Labs, Collaborator division. He is tasked with expanding the Biohack Lab's services into existing health, wellness and fitness venues, including gyms, med spas and like-minded practitioners who are open to integrating new technology into their practices.

Traditionally, these partners have not integrated biohacking solutions

due to lack of knowledge and high costs. As such, Maarten and the BH-Labs team have designed a full service supported structure, including equipment, training and ongoing education, in order to better facilitate the integration of these technologies to traditional centers helping to accelerate the ongoing revolution of health-care. The core message is that these technologies activate the body's natural mechanisms to help restore what is most needed to heal and thrive. To overcome the high upfront investment for customers, Maarten and BH-Labs designed a model where they take on the full cost investment of the equipment, and the practitioner pays a monthly service fee.

The current BH-Labs service offering includes five proven biohacking technologies featuring a very wide

range of benefits including:

- Hyperbaric Oxygen Chamber
- Lymphatic Drainage System
- PEMF System
- Red Light Therapy
- Infrared Sauna

Personal Practice: On a personal level, Maarten practices his own biohacking favorites and feels the greatest benefit with energy-related bio-technologies such as PEMF therapy. He finds this helps him to reduce stress and anxiety, feel more aligned, improve digestion and release subconscious blockages. He also places great importance on getting eight hours of sleep, taking a cold morning shower, going in the sauna, doing his daily mindfulness practice, and bouncing on his trampoline in his Florida home.





JAMES GU, SENIOR DIRECTOR, EQUINOX SPA & BH-LABS PARTNER

Goal:

To successfully develop, launch and manage biohacking divisions within the Spas available for membership and a-la-carte usage.

Philosophy:

To be comfortable in the uncomfortable

James is a prominent figure in the fitness and wellness industry and is used to taking physical fitness to the next level. As the Senior Director of Spa at the prestigious Equinox Fitness chain for the past eighteen years, he understands the importance of physical and mental strength and says taking time to optimize well being pays high dividends. This is why, for him, adding biohacking technologies and education to his membership base is a natural extension to what Equinox is already known to do. Equinox has always been in the business of movement, nutrition and regeneration; with his area of specialty in recovery.

They service thousands of committed members throughout 107 global upscale locations and adding new trend-setting biohacking practices will further their mission of health optimization, a direction Equinox welcomes and is embracing.

James, personally, is no stranger to pushing the edge. He is a licensed massage therapist and professional martial artist. He sees biohacking as a way to extend the conversation with his members into areas such as longevity, mental clarity and resilience, collagen production, faster injury recovery and ultimate cellular optimization, known as autophagy; a process

of inner cellular clean up. To him these benefits aid in disease prevention, which will help keep his members fully serviced under one roof, so they don't have to go through the traditional healthcare system as often.

Depending on location, Equinox is adding modalities such as:

- Hyperbaric Oxygen Chamber
- Cold Plunge
- Infrared Sauna
- PEMF
- Red Light Panels
- IV Drip Therapy
- Halo Therapy/Salt

Personal Practice: On a personal level, James is big on contrast therapy, as in cold/heat exposure, which athletes have been doing for years to help with injury recovery. Not only does this popular biohacking practice assist with physical and mental resilience, and mitochondrial function, it also triggers cold shock proteins, all of which he feels represents a good spectrum of what a biohacking health approach can do.

He does a non-negotiable cold plunge daily, regardless of the temperature outside his NY apartment. He also supplements with turmeric and creatine and intermittent fasts. Once a week he does a 48 hour water fast. When he does eat, it is mostly keto style!

Two Florida locations are launching biohacking and longevity focused divisions, with another in Brooklyn, NY later this year.





PHILIPP VON HOLTZENDORFF-FEHLING, CEO, LEELA QUANTUM TECH

Goal:

Designing product that helps people & animals thrive in their energetic biofield to optimize health and well-being

Philosophy:

Reminding people that we are more than what we see.

Philipp dedicates his life to the power of the quantum field; an area in biohacking more specific to bio-energy hacking. He has discovered that this field plays a big role in how we function and respond to life, beyond the physical realm. The mission behind his products is to stimulate and also protect the bio-field (a.k.a aura) to ultimately help people heal so they can in turn, better thrive. It is a two-step process towards the expression of a true potential beyond what can be seen; but exists in quantum space.

His products boost 'biofield' energy, an area surrounding the physical body that extends out up to eight feet. They also neutralize harmful stressors potentially blocking optimal health, such as EMF frequencies and other toxic pollutants. Through various medi-

um including necklaces, frequency cards, and fixtures called Blocs, the materials used are infused with a special proprietary technology and capability that provides an intangible, yet noticeable effect.

While explaining the process is challenging, Philipp has proven the efficacy of his products through numerous studies with labs and institutions from around the world. His products are not only proven to promote well-being and reduce EMF frequencies, they also mitigate harmful effects from food allergies, boost the structure of water, and help kids with autism speak better.

But, what he has experienced for himself is also quite profound.

Philipp left his high paying corporate job as Vice President of T-Mobile in 2016. His wife at the time was battling Lyme disease and they both began studying biohacking and bio-energy hacking to help find a cure. He credits her for helping him believe in the power of the quantum field as she saw things beyond the physical realm. He then went deeper into understanding this phenomenon and spent time training with Shamanic healers who helped him remove subconscious blockages and transform deep trauma. This ultimately led him to leave his high-paying corporate job and embark on a career in the



bio-energy hacking space in 2019.

Philipp has always felt like an entrepreneur, born with the gene inherited from his family. Today, he is grateful for his years in the corporate world as it trained him to run a successful business.

Additionally, he is competitive in sports, currently ranked number one in Mens' Tennis in the over 50 category.

Personal practice:

On a personal level, Philipp is a biohacker and bio-energy hacker at heart, starting each morning with one hour of personal practice. This puts him in the right vibe to succeed and create new product. He always takes time away from the basic responding of emails and work tasks for spiritual and creative gaps. It is in these gaps where he finds time for true innovation. He practices Kundalini Yoga (which he also teaches) goes in the Red Light Sauna and steps on vibration plates. He also takes supplements and enjoys trace minerals and electrolytes to help strengthen his body.



Ellen White



Ellen.max.white@gmail.com

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

The *Secret* to Longevity



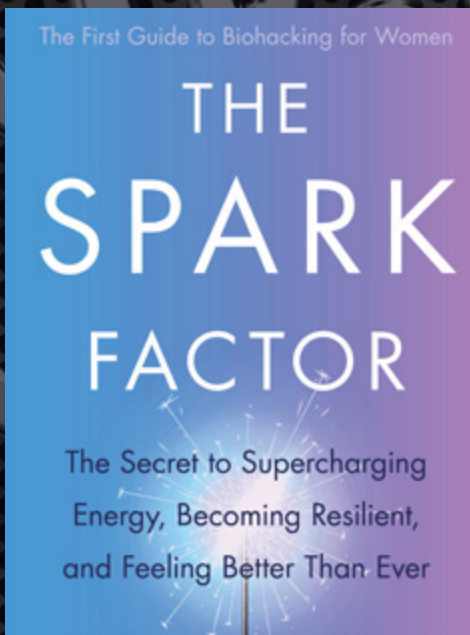
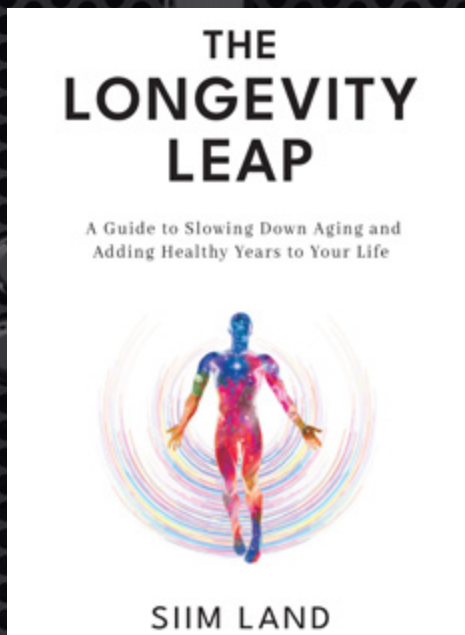
ALGAE TABLETS

To open an ENERGYbits®
wholesale account, email
wholesale@energybits.com.

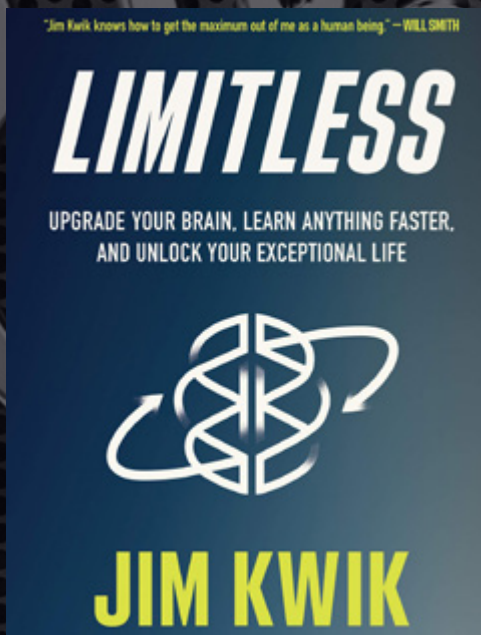
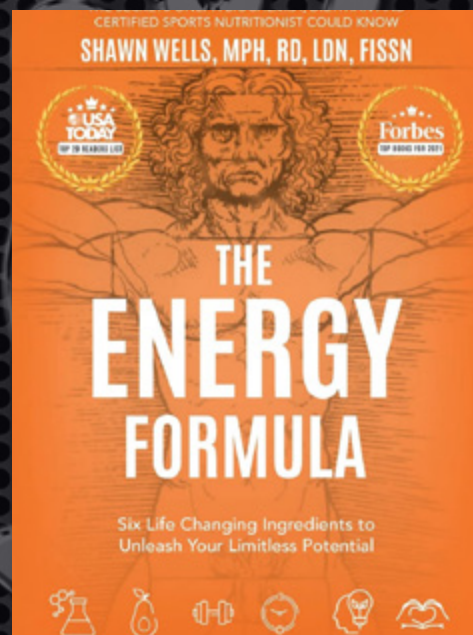
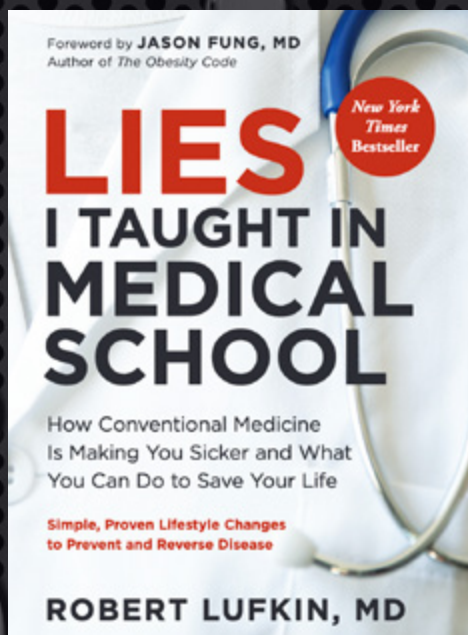
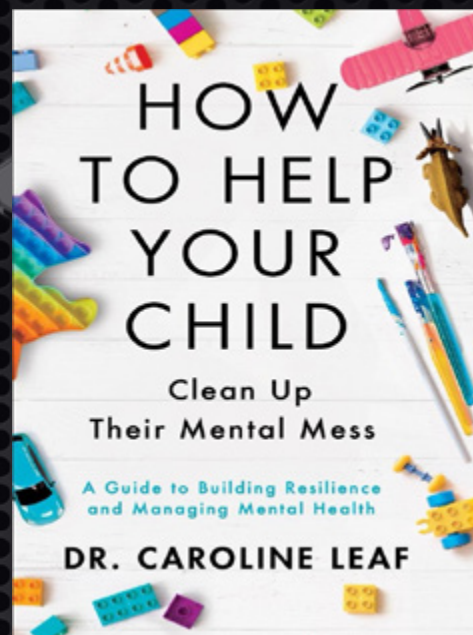
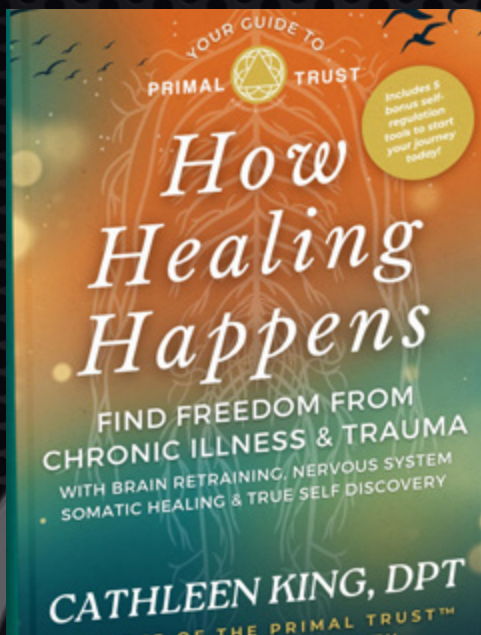


bits® | algae
tablets
energybits.com

REVOLUTIONIZING WELLNESS: TOP 10 BREAKTHROUGH BOOKS OF 2024



REVOLUTIONIZING WELLNESS: TOP 10 BREAKTHROUGH BOOKS OF 2024



QUEENS CORNER

MAHA: Make America Healthy Again

A Biohacker's Vision for
Independent Health Choices

by Dr. Lauren Leiva



With the recent election results, there's a renewed energy around what it means to "Make America Healthy Again." As a biohacker, I'm thrilled to see leaders like Donald Trump in office and RFK Jr. continuing to advocate for a health revolution. Their vision aligns with our community's core values: freedom of choice, transparency in health, and autonomy over personal wellness. At the recent Eudaimonia Conference, I listened to Kali Means passionately speak about expanding independent health choices. His words echoed RFK's own calls for empowering individuals with knowledge and access to alternative health paths.

For biohackers, this message is not only exciting but empowering. We've always believed in taking health into our own hands, and now, with leadership that supports individual health choices, we have a greater opportunity to influence the nation's approach to wellness. This article explores actionable



steps that biohackers—and anyone passionate about personal health—can take to contribute to this movement and make the most of this new era in health independence.

1. Stay Informed and Educate Yourself on Policy Changes

With RFK's vision and recent policy shifts, there is an opening for more transparency and choice in health care. Biohackers can help shape this era by staying informed about policies that affect our health options. Understanding our leaders' stance on insurance reform, functional medicine, and the freedom to pursue alternative therapies allows us to make choices that align with our mission of self-empowered health.

2. Cultivate a Community of Informed Biohackers

Building a community around these values can create waves of change. By sharing resources, research, and experiences, biohackers can support each other in making informed choices and experimenting responsibly. Together, we can amplify the push for autonomy, inspire new practices, and support one another in striving for a healthier America. This is exactly why I started the BioCrown Society, to provide a reliable network where members can exchange insights, ask questions, and find dependable recommendations.

To deepen your connections and knowledge, consider attending top biohacking and wellness



conferences like the Eudaimonia Conference, Biohackers World, Biohackers Expo, DAVE ASPREYS Biohackers conference. . These events gather leaders, researchers, and enthusiasts who are paving the way for innovation in health and personal well-being.

Reading industry publications is another great way to stay informed. Subscribing to magazines like Biohackers Magazine (yes, this very one!) provides access to emerging trends, product reviews, and expert opinions. Staying current on biohacking news and advancements will help you stay at the forefront of this evolving field.

Additionally, joining like-minded communities, including WhatsApp groups such as the one I created, offers an accessible way to connect, learn,

and grow together in real-time. These groups create a space to share personal experiences, provide accountability, and discuss the latest in biohacking with people who share a similar passion.

With access to trusted resources and supportive communities, we're better equipped to make empowered, informed decisions about our health and push for greater transparency and innovation in the biohacking industry.

3. Advocate for Transparency in Health and Food Information

We know that what goes into our bodies shapes our health, yet without clear labeling and honest information, it's almost impossible to make genuinely informed decisions. Advocating for transparency in food and health

information isn't just a nice idea; it's essential to creating a healthier future. This aligns closely with RFK's mission to empower individuals to make choices based on accurate information, especially when so many companies seem to value profit over people.

As a mother, this need for transparency feels incredibly personal. I work hard to keep my son's diet clean, carefully packing his lunch every day and sending notes to his school to ensure he only receives the food I've provided. Yet, he still tells me about the occasional juice box or Goldfish crackers offered at school, despite my best efforts. These small, seemingly "harmless" snacks are often loaded with artificial dyes, preservatives, and processed ingredients that are far from harmless in my eyes—





and my son's. It's disheartening to see these choices imposed on him when I know the long-term effects of these foods.

For me, the solution has been educating my son. I've taught him to recognize what's healthy and to make his own choices, even when I'm not there to guide him. I'm proud that he's learning to say "no" to certain foods and understands the importance of what he puts into his body. But this responsibility shouldn't rest solely on our children or require us to defend our family's healthy habits. Sometimes, people health-shame others, even kids, for choosing what's best for them, and it's disheartening to witness.

Now more than ever, it's time for global awareness and education. Biohackers can play a key role in this movement by setting an example, supporting brands and companies that prioritize transparency, and openly sharing the research and resources we trust. When we choose brands with integrity, we show that we demand higher standards—and help create them. Let's encourage each other to push for clarity and honesty, so parents like me can feel assured

that our kids are not only safe but thriving. This kind of transparency can empower everyone to make choices that genuinely support well-being.

Conclusion: Knowledge as True Freedom in Health

While freedom of choice is essential, it's only as powerful as the knowledge behind it. Biohackers understand that the ingredients and products on shelves today differ vastly from what they once were. Foods and even supplements are not the same as they were decades ago.

Without a clear understanding of what's actually going into our bodies, can we truly call it a free choice?

As biohackers, we're dedicated to creating a culture where knowledge drives action, empowering each of us to make choices grounded in transparency, integrity, and personal responsibility. We want our communities and our families to thrive with the benefit of clear, accessible health information. As we head into this season of gratitude and celebration, let's remember that our collective vision of a healthier,



more informed America starts with each empowered choice we make—whether at the dinner table, in the grocery store, or in our advocacy for change.

So as Thanksgiving approaches, may we share our values, educate those around us, and find new ways to support each other in the pursuit of health and well-being. Here's to a season of warmth, gratitude, and empowerment. Wishing everyone a Happy Thanksgiving and a future filled with informed, healthy choices



Dr. Lauren Leiva



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

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

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

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



Biohack Your Relationship - and Health with



Professional Grade Full-Body Massage For Sports Recovery, And Your Relationship

The hi® 3-Step Method is a guaranteed way to relax, recover, and bring excitement back to your relationship.



himassager.com

Relax – Reconnect – Guaranteed



AN EXPERIENCE AT 'BIOHACK YOUR BEAUTY', IN GLENDALE

By Natalia Naila

Attending the Biohack Your Beauty Conference at the Americana at Brand in Glendale, representing Biohackers Magazine, was hands down the highlight of my birthday this year. Honestly, I can't think of a better way to spend the day! Being surrounded by like-minded people, exploring new ideas in health and beauty, and reconnecting with friends both old and new was a lot of fun. Birthdays can sometimes come with that pressure to plan something big, but this conference gave me exactly what I needed. A whole day focused on beauty, biohacking, and wellness? Yes, please! There's no better birthday gift than the chance to be on stage and to learn from experts and innovators who are reshaping beauty and wellness from the inside out. Honestly, it couldn't have been more perfect.



A Perfect Setting at the Americana Lawn

The Americana at Brand in Glendale is a stunning shopping, dining, and entertainment center, surrounded by lush greenery, elegant statues, and thoughtfully arranged spaces. It was the perfect backdrop for the Biohack Your Beauty Conference, adding just the right amount of sophistication and charm to the experience. What made it even more special was that the event took place in a private area of the Americana, a space rarely open to the public, making it feel exclusive and unique.

One of the standout moments was the heartfelt speech by the mayor of Glendale. He talked about how much the community appreciates events like this and emphasized how the blend of wellness, beauty, and technology is something the city proudly supports.

The event's layout felt bright and welcoming, with flowers and soft, feminine touches adding to the atmosphere. Even though it was held outdoors, every detail was thoughtfully planned—from the beautifully arranged vendor booths to the main stage, where panels and keynotes kept the energy high throughout the day.



How I met Dr. Kayte

I first met Dr. Kayte earlier this year at the Biohacking Summit in Helsinki, and from the moment we met, it just clicked.

Dr. Kayte's personal journey is truly remarkable. After struggling with the toxic effects of breast implants, she transitioned from the world of fashion and arts into holistic wellness. Those health challenges eventually led her to become a doctor and develop the Silicone Implant Support Formula to help women manage the effects of implant-related toxicity.

This supplement was born from her own experience with implant-related health issues and is designed to support women with implants by promoting immune health, collagen production, detoxification, and inflammation reduction.

What's inspiring about her mission is that she's not telling women to remove their implants, she's instead focused on empowering them with solutions to stay healthy while embracing their choices.

This entire event was Dr. Kayte's vision, designed to unite experts from all areas—allopathic medicine, functional wellness, and beauty—under one roof to explore longevity from a holistic perspective. The level of detail and care she put into it was incredible, everything, from the flower decor to the layout, was pure perfection!

Hosting a Panel with Inspiring Experts

One of the most exciting moments for me was moderating a panel with an incredible lineup of experts, each bringing their own unique expertise to the discussion. I'll admit, I felt a bit nervous at first, there's always that flutter of anticipation when you're leading a discussion in front of an audience. But once we got started, everything flowed so naturally. It felt less like a formal panel and more like a lively conversation among friends, which made the experience enjoyable for both the panelists and the audience.

First up was Natalie Golba, a model, actress, and health expert who runs the "Healthiest Chef" course. Natalie focuses on anti-aging and plant-based cooking, teaching people how to meal prep efficiently while promoting gut health and longevity.

Next, we had Lauren Blake

Boultier, a model and the founder of Hydra Powders. With a background in biochemistry and a passion for longevity, Lauren developed the first-ever NAD+ electrolyte powder designed to boost hydration and cellular energy, something we could all use!

Dr. Samantha Harte is a physical therapist, best-selling author, podcast host, and devoted mom whose expertise lies in mental health and holistic medicine. Dr. Harte shared insights from her memoir, "Breaking the Circuit," which empowers individuals to transform pain into resilience through mind-body healing. She also opened up about her sobriety journey, explaining how it shaped her outlook on life and mental health.

Dr. Jeffrey Benton is a licensed acupuncturist, doctor of chiropractic, and the founder of the Light Touch Healing Center, with over 30 years of experience

in integrative healing. Dr. Benton explained how unresolved trauma can create energetic blockages in the body, leading to physical ailments over time. His belief that releasing these blockages allows the body to heal from the inside out was eye-opening.

Last but not least, we had Josephine Musco, the talented entrepreneur behind Olyxir, a wellness brand known for its eco-conscious, antioxidant-rich tea strips. Her teas, made from olive leaf extract, are free from toxins, microplastics, and other harmful chemicals. I've been a fan of her products for a while, so it was especially exciting to chat with her and hear more about her journey. Josephine's passion for creating clean, sustainable wellness solutions was inspiring, and I loved hearing her talk about the thought and care that goes into each product.





Speaker Highlights

One of the things that made the Biohack Your Beauty Conference so special was the sheer amount of knowledge packed into every corner of the event. Each speaker brought their own unique expertise to the table, and it was incredible to hear these experts discuss topics that I care so deeply about. Dr. Pompa was a standout speaker for me, delivering a powerful talk on the importance of detoxification, a topic that's often overlooked but is essential for health and longevity.

Dr. Pompa didn't sugarcoat it: toxins are everywhere, and managing exposure is the first critical step for anyone looking to improve their health. He made it clear that even the healthiest routines won't be enough if you're not actively working to detox your system. His practical advice on how to approach detoxification was both a bit sobering. It's easy for toxins to build up without us even realizing it and even the healthiest habits can be undermined if you're not actively clearing toxins from your system.

Chervin Jafarieh, the founder of Cymbiotika, delivered one of the most moving talks of the day. He spoke passionately about finding balance in our modern world, where we're often disconnected from nature and the simple practices that keep us grounded. His speech was truly inspiring and served as a powerful reminder of the importance of reconnecting with the natural world for a healthier, more harmonious life.

The Vendors

Exploring the vendor stalls was easily one of my favorite parts of the day. There's something so satisfying about wandering through a space filled with new products and passionate entrepreneurs, each one eager to share what they've created. It felt like a playground for wellness enthusiasts, with every booth offering something exciting to discover.

One product that really caught my attention was the Blue Scorpion Venom product. Yes, you read that right—scorpion venom! I've heard about the potential benefits of venom therapy before, but this was the first time I encountered a product that made it feel so accessible. The company extracts venom from blue scorpions and formulates it into a product intended to relieve pain and reduce inflammation.

Although I don't personally struggle with chronic pain, I know many people who do, and I left their booth excited about the potential of this product to make a real difference for some of my clients. That said, while homeopathic products like Blue Scorpion Venom show promise, they may require further scientific validation to be universally endorsed by the broader medical community. Even so, it was inspiring to see how passionate the team was about their mission, and I'm curious to follow the product's journey in the wellness space.

AURO Wellness and Dr. Nayan Patel was also there. Dr. Patel is a pharmacist, author, and leader in the field of glutathione research. His work at AURO Wellness focuses on developing advanced delivery systems to make supplements, particularly glutathione, more bioavailable. Known as the “master antioxidant,” glutathione plays an essential role in detoxification, immune support, and overall cellular health. Dr. Patel is dedicated to making these health solutions more accessible and effective, helping people optimize their well-being in ways that are practical and attainable. He recently released his skincare line, which I’ve been using, and I’ve seen significant improvements in my skin.

Another standout at the event was Integrative Peptides, represented by its founder, Dr. Kent Holtorf. This company is known for pioneering safe, effective peptide supplements in pill form, eliminating the need for injections. Dr. Holtorf isn’t just a leader in this field, he’s also my



personal functional medicine doctor at the Holtorf Medical Group in El Segundo, California.

I also had the chance to try out the OxyHealth hyperbaric chamber, and let me tell you, what an experience! If you’re not familiar, hyperbaric chambers use pressurized oxygen to help the body heal and regenerate. It’s something I’ve heard a lot about in

the wellness space, but this was my first time actually lying inside one. The feeling is hard to describe, it’s like this deep sense of relaxation combined with an energizing effect. After just a short session, I felt completely refreshed, almost like I’d hit the reset button on my entire body. It’s easy to see why these chambers are becoming so popular in the wellness world, and I’m definitely planning to incorporate more sessions into my routine.

And of course, I couldn’t leave without trying the Kaluga Caviar! Known for its smooth texture and rich flavor, Kaluga Caviar truly stands out among other varieties. The taste was indulgent, and as someone from Russia who appreciates good caviar, it added a touch of culinary decadence to an already amazing day.



The Power of Community

What really stood out to me at Biohack Your Beauty was the sense of community. From the moment I walked in, I could feel the positive energy in the air. Everyone, whether speakers, vendors, or attendees, shared the same excitement for learning, growing, and improving their well-being. The atmosphere was friendly, open, and encouraging, making it easy to strike up conversations with strangers who quickly felt like friends. It was so great reconnecting with familiar faces from the biohacking world. These are people I've met at other events over the

years, and seeing them here felt like a mini-reunion. It's always inspiring to hear about new projects they're working on and how they continue to push the boundaries of health and longevity. I also loved meeting new brands I hadn't come across before, some of which I'm already excited to incorporate into my wellness routine.

I want to give a huge thank you to Dr Kayte, the organizers, speakers, vendors, and attendees for making the day so special. It takes a lot of hard work and passion to put together an event like this, and I feel grateful to have been part of it!



Natalia Naila



[@natalianaila](#)

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

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

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



Interview with Dr. Robert Lufkin

UNVEILING THE SECRETS OF METABOLIC HEALTH

By Jean Fallacara
Biohackers Magazine

Robert is a Physician/medical school professor (UCLA and USC) and New York Times bestselling author empowering people to take back their health with lifestyle and live life to the fullest. After reversing chronic disease and transforming his own life he is making it his mission to help others do the same.

Helping to re-imagine the conventional healthcare model with evidence-based lifestyle modifications and other tools.

His new book, 'Lies I Taught In Medical School' is a New York Times bestseller and has re-framed how we think about metabolic health and longevity. In addition to being a practicing physician, he is author of over 200 peer reviewed scientific papers and 14 books that are available in ten languages.

Jean Fallacara: Dr. Robert Lufkin, medical doctor and author, thank you for joining me today for this interview. I'm so thrilled to have you here.

Dr. Robert Lufkin: Thank you, Jean. It's a huge pleasure to be here. I'm a big fan of the magazine and all the work you do. It's truly an honor to join you today. We're going to have a great conversation.

Jean: Let's dive into the topic we want to explore today. Your new book is causing quite a stir. What drove you to write it? As a doctor coming from the medical field—which is often conservative—you've taken a countercurrent approach. You're still a practicing physician, a professor, an author with over 200 peer-reviewed publications. So, why this book?

Dr. Lufkin: Great question. First, I want to clarify that I'm not a conspiracy theorist. I've spent my entire career in medical schools, teaching and practicing medicine. So, in many ways, I'm part of the system you're referring to. This book is critical of certain aspects of Western medicine, but I deeply believe in its value—that's why I still hold my position.

In the 20th century, Western medicine transformed our lives with public health measures, effective medications, and surgeries. It made the world a better place. Even today, if I were to get hit by a car, I'd want immediate medical interventions like a blood transfusion or surgery.



Jean: I agree.

Dr. Lufkin: However, in the 21st century, we're facing an unprecedented tsunami of chronic diseases—obesity, diabetes, heart disease, cancer, hypertension, Alzheimer's, and even mental illness. These conditions now consume about 80% of our healthcare resources. The problem is that Western medicine often applies the same solutions—pills and surgeries—that were effective for acute conditions in the past. But these approaches don't address the root causes of chronic diseases; they may alleviate symptoms temporarily but allow the underlying issues to worsen.

Personally, what drove me to write this book was my own health journey. Despite being a medical professional, I developed four chronic diseases. When I sought help, I was prescribed medications but

was told that lifestyle changes wouldn't make a difference. That didn't sit well with me.

Jean: So you became your own experiment?

Dr. Lufkin: Exactly. Out of self-preservation, I dived into medical literature and discovered a vast body of evidence on how lifestyle interventions can reverse chronic diseases. I applied these findings to myself, reversed my conditions, and got off all medications. The book aims to share this information so others don't have to go through what I did.

Jean: That's powerful. Do you think part of the solution is training doctors to be more open to these approaches? The things you learned during your health journey weren't taught in medical school, right?

Dr. Lufkin: Correct. Medical education still often teaches outdated or incomplete infor-

mation about managing chronic diseases. This book aims to bridge that gap and update the narrative.

Jean: The diseases we're talking about—are they mainly related to food?

Dr. Lufkin: Nutrition is a significant factor. Our daily food choices profoundly impact our health. But it's not just food; environmental toxins, sleep, exercise, and stress also play critical roles. All these elements interact, and neglecting any one of them can derail your health, even if your nutrition is perfect. The book also explores supplements and biohacking as additional tools.

Jean: Speaking of biohacking, many people ask, "What is biohacking?" How would you define it?

Dr. Lufkin: Biohacking involves individuals taking control of their



own biology through self-experimentation and lifestyle adjustments. For example, if someone has migraines or irritable bowel syndrome, they might try an elimination diet—removing dairy or grains to see how it affects them. It's an experiment

with an "n of one," meaning the sample size is just you. This personalized approach empowers people to optimize their health.

Jean: I agree. We're all unique, and understanding that is crucial. Many forget that 90% of our health is influenced by natural elements like sunlight, sleep, and physical activity. In America, we often look for a pill to fix everything, but it's not that simple. What's your take on supplements? Some doctors advise against them due to lack of regulation and studies, yet you use them.

Dr. Lufkin: Supplements can be important, especially to correct deficiencies like vitamin D. Beyond that, supplements like NAD precursors, spermidine, or even resveratrol may offer additional benefits. I discuss rapamycin in my book—a drug that can influence longevity pathways. However, supplements



should complement, not replace, a healthy lifestyle. They're less regulated than prescription drugs, so it's essential to choose high-quality products.

Jean: That's sensible. You mentioned lifestyle as foundational. This resonates with what I call "lifesparring," which encompasses all aspects of extending our healthspan.

Is the issue of declining health more pronounced in America than elsewhere?

Dr. Lufkin: The problem is indeed more severe in the U.S., largely due to higher consumption of processed foods and ingredients like high-fructose corn syrup and harmful additives. Toxic substances like glyphosate, a weed killer, are prevalent in our food supply but banned in many other countries. However, any population adopting a Western lifestyle and diet experiences a rise in these chronic diseases.

Jean: Some say obesity and diabetes are linked; others disagree. What's your take?

Dr. Lufkin: Diabetes is often a



gateway to other chronic diseases, but you don't have to be obese to be metabolically unhealthy. Thin people can have metabolic issues that lead to conditions like heart disease or Alzheimer's. The root cause is often metabolic dysfunction, driven by poor lifestyle choices rather than genetics alone.

Jean: That's insightful. Early detection is key, right? These diseases don't start when diagnosed; they develop over years or decades.

Dr. Lufkin: Exactly. Waiting for a diagnosis means missing a significant window for prevention. Lifestyle interventions can slow down or even reverse the progression of chronic diseases.

Jean: I believe in regular check-ups like full-body MRIs to catch issues early. Prevention is crucial because treatments like chemotherapy have high failure rates.

Dr. Lufkin: I completely agree. Preventive screenings like colonoscopies can save lives. Avoiding them is akin to engaging in high-risk behaviors like not

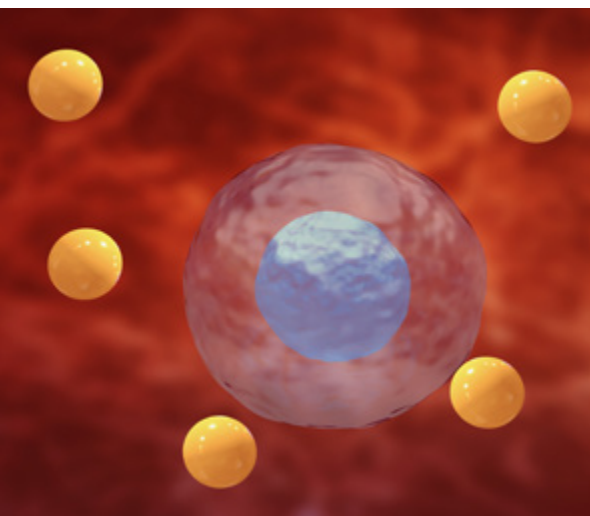
wearing a seatbelt.

Jean: Speaking of longevity, how long do you think you'll live?

Dr. Lufkin: With current technology and optimized lifestyle choices, I believe we can live to 100, possibly up to 120. Beyond that, we'll need scientific breakthroughs like advanced stem cell therapies or epigenetic reprogramming. The field is evolving rapidly, and if we can achieve "longevity escape velocity," who knows what's possible?

Jean: Fascinating. Let's circle back to diet. Not all fats are equal, and people can be thin yet have fatty liver disease, right?

Dr. Lufkin: Correct. Non-alcoholic fatty liver disease didn't exist before the 1980s and is now the leading cause of liver failure worldwide. It's often caused by excessive fructose consumption, particularly from high-fructose corn syrup, which is metabolized similarly to alcohol and leads to fat deposition in the liver. This is another manifestation



of metabolic dysfunction.

Jean: It's alarming how additives like fructose have infiltrated our diets. Even products like maple syrup can be adulterated with fructose syrup.

Dr. Lufkin: Absolutely. The rise of high-fructose corn syrup and the shift from saturated fats to unstable seed oils like canola oil in the 1980s and '90s have contributed significantly to our health problems. These oils degrade into toxins at high temperatures, yet they're widespread in fast food due to their low cost.

Jean: It's disheartening when trusted institutions endorse these unhealthy options.

Dr. Lufkin: Indeed. Misinformation and industry influence have led to misguided dietary recommendations. For example, seed oils are often labeled as "heart-healthy," but they can

increase insulin resistance and inflammation.

Jean: You advocate for reducing carbohydrates and increasing healthy fats. Can you elaborate?

Dr. Lufkin: Sure. Of the three macronutrients—fat, protein, and carbohydrates—only fat and protein are essential for survival. Carbohydrates are not required and can drive insulin resistance, inflammation, and oxidative stress. Reducing carbohydrate intake, particularly refined sugars and starches, can have profound health benefits. Instead, focusing on healthy fats like those from avocados, nuts, and saturated fats from grass-fed animals can support metabolic health.

Jean: Some argue that carbohydrates are necessary for energy, especially in athletic performance.

Dr. Lufkin: The thinking on that is changing. Many elite athletes are now thriving on low-carbohydrate or ketogenic diets. They report sustained energy levels and improved performance without the need for carb-loading. Fasting and exercising in a fasted state can also be beneficial, as it promotes metabolic flexibility and fat burning.

Jean: I agree. I've started working out in a fasted state and noticed significant improvements. Fasting seems to be a powerful tool.

Dr. Lufkin: It is. Fasting can enhance mental clarity, reduce inflammation, and improve metabolic markers. It's not as difficult as people think; hunger often diminishes over time, making it a sustainable practice.

Jean: So, what's next after this book? When we last met in Los Angeles, you mentioned plans



to get this information into medical schools.

Dr. Lufkin: Yes, we're launching a nonprofit foundation with the goal of distributing the book to medical students, dietitians, nurses, and other healthcare professionals worldwide at no cost. The publisher has agreed to make the books available at cost, and I'm dedicating all my royalties to this effort. Our aim is to influence the next generation of healthcare providers and start a global conversation about metabolic health and chronic disease prevention.

Jean: That's incredible. We'd love to support you in this mission. Your work aligns perfectly with what we advocate for at

Biohackers Magazine—educating people to live longer and healthier lives.

Dr. Lufkin: Thank you, Jean. Your support means a lot. Together, we can make a significant impact.

Jean: Before we wrap up, I have to ask: with everything you're juggling—professor, speaker, author—when do you sleep?

Dr. Lufkin: Sleep is crucial, and I prioritize it now more than ever. I aim for eight hours each night and pay close attention to sleep quality. I used to sacrifice sleep, but I've learned that it's foundational to overall health.

Jean: Do you use trackers to monitor your sleep?

Dr. Lufkin: I use exercise trackers and am currently exploring new sleep tracking options. I'd love to dive into that topic more, perhaps when you're a guest on my podcast. Then I can pick your brain!

Jean: Looking forward to it! This has been a wonderful conversation. Thank you so much, Robert. For our readers, make sure to get his book and watch the full interview on Youtube. It'll be online alongside this publication. We appreciate you. Thank you.

Dr. Lufkin: Thanks so much, Jean. It's been a pleasure. Love the work you're doing.

Books  **Booklist** **Bookstore Map** **About the List** **Booklist FAQs** **Subscribe**

USA TODAY's Best-selling Booklist

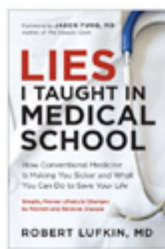


USA TODAY collects sales data from booksellers representing a variety of outlets: bookstore chains, independent bookstores, mass merchandisers, and online retailers. Using that data, we determine the [150 top-selling titles](#) of the week. The top 150 are published online Wednesdays at 6 a.m.

USA TODAY's [Best-selling Booklist](#) reflects combined sales of titles in print and electronic format, if available. The rankings reflect sales from the previous Monday through Sunday.

For more detailed information about our Booklist and our [methodology](#), check out [About the List](#) and our [FAQs](#).

If you are a retailer and want your book data included in this list, please email us at booklist@usatoday.com.



Lies I Taught in Medical School: How Conventional Medicine Is Making You Sicker and What You Can Do to Save Your Own Life

by Fung, Jason, Lufkin, Robert

Modern medicine is lying to you. Discover the true science behind chronic diseases—and implement an actionable plan to restore your health and longevity on...

Genre: Longevity, Healthy Living, Nutrition, Health Risk Assessment
Published: June 04, 2024



Foreword by **JASON FUNG, MD**
Author of *The Obesity Code*

*New York
Times
Bestseller*

LIES

I TAUGHT IN MEDICAL SCHOOL

How Conventional Medicine
Is Making You Sicker and What
You Can Do to Save Your Life

**Simple, Proven Lifestyle Changes
to Prevent and Reverse Disease**

ROBERT LUFKIN, MD

**Where do the
Biohackers, and
Leaders go**

he Leading and Business for Advice?

Meet the Mentor Behind the Leaders,
Dr. Barry Morguelan, MD.

by Steve McGough, DHS



What do Tony Robbins, Dave Asprey, Vishen Lakhiani, Ben Greenfield, ALL have in common?

They learn from the same mentor - **Dr. Barry Morguelan, MD.**

Dr. Morguelan teaches a unique practice - that is one of the oldest 'energy' modalities in China. It's lineage comes from Lao Tzu Oral tradition . It's considered the 'Root' of all other practices, including Tai Chi, QiGong, Herbal Medicine and all others.

Dr. Morguelan is one of only 12 living 'Grandmasters' in the world for this secret, unique, oral tradition taught through challenges of attainments over years. He is the only non-Chinese English speaking medical doctor ever to achieve this level.

In a moment, I'll share Wendy and my personal experiences with this amazing practice. Plus how it has already had a profound impact on our business, health, and quality of life.

But first we'll explore how it will help you.

How Do Business Leaders Benefit From this Ancient Chinese Energy Practice?

What if there was a way of perceiving what's behind each of your daily problems - for the real opportunities that are there for you to quickly learn, grow and manifest?

So instead of being worn down, you are energized and excited?

What if you could sleep deeper, while feeling more connected to life, your partner, and everyone around you?

What if this didn't require any special supplement, equipment or 'guru'?

That's what you're about to discover. It's a powerful method that - if you apply it - will transform all aspects of your life, and business success.

For thousands of years, this practice was only passed on by oral tradition - and requiring one to pass multiple difficult challenges . It was closely guarded, and only allowed to be taught to the Emperor and those very close to him.

It's a complete system for living, and growing more successfully in all areas of individual attainment.

Entrepreneurs use it as a way to make better decisions, while being able to continually adapt

to changes without getting burned out.

Frequently they'll comment how much more free time they have, because they're more efficient and effective in decision-making.

Skeptical?

You may feel somewhat skeptical. When I first learned about it, I was as well.

Consider this though - why would some of the world's top executives, athletes and political leaders all hold the practices and techniques from Energy For Success in such high regard?

Tony Robbins and many professionals from around the globe have consulted with Dr. Morguelan for many years.

If you go to the Energy for Success website you'll see video testimonials from Tony Robbins, Dave Asprey, Vishen Lakhiani, and many others.

Pioneering Medicine

Dr. Barry Morguelan is affectionately known as 'Dr. B' by his clients and patients. He graduated



from University of Louisville Medical School in 1973 and is double board certified in Gastroenterology and Internal Medicine.

During his career he pioneered numerous innovations in endoscopic surgical techniques, which allowed people to have surgical procedures more safely and quickly.

Was There A Better Solution?

However he became more and more frustrated because the number of sick patients seemed to increase every year. Even in the 1970's it was at a point that medicine couldn't keep up.

So he began wondering if there was a way to empower people to take better care for their own health - in a way that people could realistically do for themselves, and by themselves, and get wonderful extraordinary results at minimal cost.

One Saturday afternoon Dr. B was getting ready to release a patient. He'd been looking forward to wishing her well, because she was a very good natured grandmother.

However when he got to her room, she seemed serious and asked him to sit down beside her. She said she needed to ask him something. She was so relieved he had been able to take care of her problem. But she had to go through a great deal of suffering before they finally diagnosed her condition and referred her to Dr. B.

She asked him if he knew of





any way her painful ordeal could have been avoided. Something that could keep people from getting so sick in the first place?

He said he wasn't sure - but truly wanted to know if there was.

She then pointed her finger directly at him and firmly declared that "If anyone could discover this way for human beings to help themselves. Then she had complete faith that Dr. Morguelan was the one person who would persist until he found it."

That moment changed the trajectory of his life.

10 years and 160K Miles - Searching

Beginning in 1980, Dr. Morguelan began a worldwide search for ways people could heal themselves. His goal was that it would both work with Western medicine, and could realistically be done at home - by anyone.

The endoscopic surgical techniques he had developed were highly sought after by doctors in other countries. So they would invite him to collaborate methods. Every few months he would visit different countries.

Each place he visited, he'd ask if the local MD's could share what alternative methods were practiced. From this he was exposed to hundreds of different modalities. These ranged from plant medicine in Central and South America, to traditional health methods in Europe as well as India, Japan, Russia, the Philippines, and many other places.

While many of the modalities

had powerful effects, none of them were effective enough that they could be brought back.

He spent almost 10 years traveling over 160,000 miles around the world to learn various alternative health practices.

A Unique Discovery In China

Then, in 1990, he was invited to teach surgical techniques in China. During that time he learned Herbology, Tai Chi and Traditional Chinese Medicine.

One day he saw a book with a photo of a 'Grandmaster' healing people in front of him just by pointing his hand at them. He asked one of the Chinese doctors if that was actually real. The doctor said it was, and that 'Grandmaster' was considered their national treasure.

After a lot of challenges - which is a profound understatement - Dr. B was able to eventually get to the monastery where the Grandmaster was. There he saw things that initially defied his understanding of science, because he had done basic research in Western medicine. People were literally being healed from just some type of 'energy'.

At that point he realized that if this could be taught to others, it would enable people to maintain their own health.

The story frankly should be a movie, because it's amazing. Unfortunately there isn't space to give all the details. But Dr. B was - eventually - able to convince the Grandmaster to allow him to study under him.

For several decades, Dr. B would return to China every 3 to 6 months to train.

Surgeon by day - 'Energy Healer' by night

Dr. B continued doing endoscopic surgery full time. He provided the alternative healing modality he had learned in private, after work. People heard about him only by word of mouth.

During this time, he stayed in the background and didn't publicly promote what he did. He worked with some of the most influential people in the world. His hope had been that they

would want to teach it to others. But with their profound results, they maintained their privacy with these methods.

To make it easier to understand, he named it 'Energy For Success'.

How is "Energy for Success" different from other forms of Meditation, "QiGong", and related practices?

I've practiced Tai Chi, QiGong, and various martial arts for almost 50 years. However, Energy for Success is different from any-



thing I've encountered before.

At least based on my experiences, most practices seem to be something 'separate' from your daily living.

For instance, when I practiced Tai Chi, I would meditate in the morning, then do various exercises.

However, later when something stressful happened, I would just 'push my way through it'.

It seemed like these practices were like a therapy or 'escape' to help me cope with the unavoidable stresses of life - but not deal with them.

Energy For Success is unique in that it is meant to cover all aspects of life, and have you continue to expand more efficiently and effectively.

Learning the practices has been reported to provide more joy and proficiency in all activities of your everyday life.

It literally gives you Energy - So you can achieve success.

This includes meditation and energy practices - ideally in the morning - to help you prepare and be ready for the day.





You continue to use it throughout your day. Every moment you have the option to choose growth and expansion - or contraction and fear.

Are life's "Challenges" there to hurt us? - Or are they here for us to grow?

With Energy for Success, the idea is that 'life' is a training process to help you learn and grow towards your purpose.

Daily challenges are actually lessons to help you grow.

When a challenge happens, instead of freezing from stress - you focus on the opportunity for growth and expansion.

You immediately do one of the many techniques to center yourself. This can be breathwork, or possibly some of the many mental, emotional, or physical practices.

Then ask yourself questions such as, how can I see this more clearly? How can I understand what's going on at a deeper level? How can this become an advantage?

I'm fairly new at this and regrettably often forget to do a practice. But I'm still already beginning to see definite results. It's a continual learning process.

But using the Energy For Success techniques - and its unique way of viewing things has profoundly reduced my stress levels.

In this short time, it's also allowed me to make far better business decisions.

Is this 'Energy' Real?

Dr. B teaches what the sensation of 'energy' actually is in a very practical, 'real world' way.

Many practices refer to 'energy' in metaphysical terms that I never really understood.

This begins with breathing and exploring ways to enhance your current senses.

I'm still discovering this process, but that's what I've experienced so far.

The best analogy I can give is that it's like learning to 'wiggle' your ears or raise your eyebrows repeatedly. You have to first become aware of the feeling of moving the specific muscle

in your face - when your ear or eyebrow moves. Once you are aware of it, you can do more with it and strengthen it.

It's a sensation that you become more aware of each day.

Focusing on the "Great 8" Each Day

The program focuses on goals in a way that rapidly delivers surprising results, including personal growth and eight specific areas each day. The concept is that if you focus each day on 8 different categories, you will lead a more balanced and successful life.

Goals include daily improving relationships, financial successes, all round physical health and learning, plus benefits in five other areas.

Each morning you do exercises to enhance your creativity. Then while feeling inspired you write out goals using the Energy For Success techniques for each area you want results in that day. By doing this, your life will continue in a way that is both successful and sustainable.

Focusing on “Win - Win - Win”

One key distinction is that the program attracts people who believe in “Win, Win, Win”. With this the goal is for you to benefit, the person you’re working with to benefit, and the environment (result) to be a benefit.

Routinely with these Energy For Success techniques other people in your community will want to help you and celebrate your wins along with theirs.

This is just the surface of what the program covers. Plus I’m learning more myself each day.

How is Energy For Success Taught?

As far as the layout of the on-line programs, there are several different components, including:

RTVT’s

Special meditations completely done for you for any specific goal, called “Rapid Transformational Vibrational Techniques” (or RTVT’s).

Audio & Video Lectures

These recordings and videos are Dr B teaching you how to utilize these techniques and apply them right away. I’ve actually listened to each new recording many, many times and continue to learn new things each time.

Breathing Exercises

These are unique breathing exercises to both relax and ener-



gize you. You’ll notice you really enjoy taking a deep breath after doing this for a little while.

Active (Physical) Exercises

Special movements combined with certain ways of breathing, plus sometimes saying a statement repeatedly while you do the practice.

Keeping a “Wins” Journal

Here you keep an ongoing list of good things that have happened, plus what you’ve

learned. Logging all your ‘wins’ becomes powerful when you look back at it every few days. It makes you realize just how well your life is actually going.

Keeping a “Goals” Journal
Because these techniques support you to become rapidly successful in many areas, you learn how to efficiently write new special daily goals as you continue gaining every day. Here each day you write 8 very special goals. Each goal is to enhance your development with a different type of ‘energy’ and aspect of life.

Daily “Energy Calls” - Every Day - 365 Days A Year

This is an AMAZING aspect of the training. Senior practitioners, some who have studied more than 20 years under Dr. B head up zoom calls. Monday through Friday they have 2 calls per day. As well they have a call on Saturday and Sunday.

Plus many other opportunities for more advanced training.

How has this benefited Wendy and myself personally?

One reason that I was really excited to write this article is because in just 4 months it has profoundly helped both my wife Wendy, and myself.

After doing the methods for a few days, we both were waking up earlier in the morning - and feeling refreshed.

Within a month, my sense of smell dramatically improved. I previously had a very limited sense of smell since an illness several years ago.

We both realized that the colors and sensations of the sky and trees seem more vibrant.

Plus, I’m not nearly as sore as I usually am. As mentioned, I’ve done martial arts most of my life - but I’m really not that good at it. That has resulted in decades of injuries - that I normally feel

very clearly on cold mornings.

The most memorable benefit so far though was how I reacted when something happened in our business that could have been a disaster. I’ve been through and survived several ‘disasters’ over the years. In the past, those situations would result in many sleepless nights.

When I first learned about the situation, I thought, OK, I guess I’ll try this stuff from Lao Tzu. I started doing the first physical practice I had learned. I then tried to focus on the idea that I will find an even better way to deal with that challenge.

To be honest, I was still stressed - but only a fraction of what I normally would be - and I was able to sleep at night. I was able to keep my head clear and ask better questions. As a result, everything worked out fine.

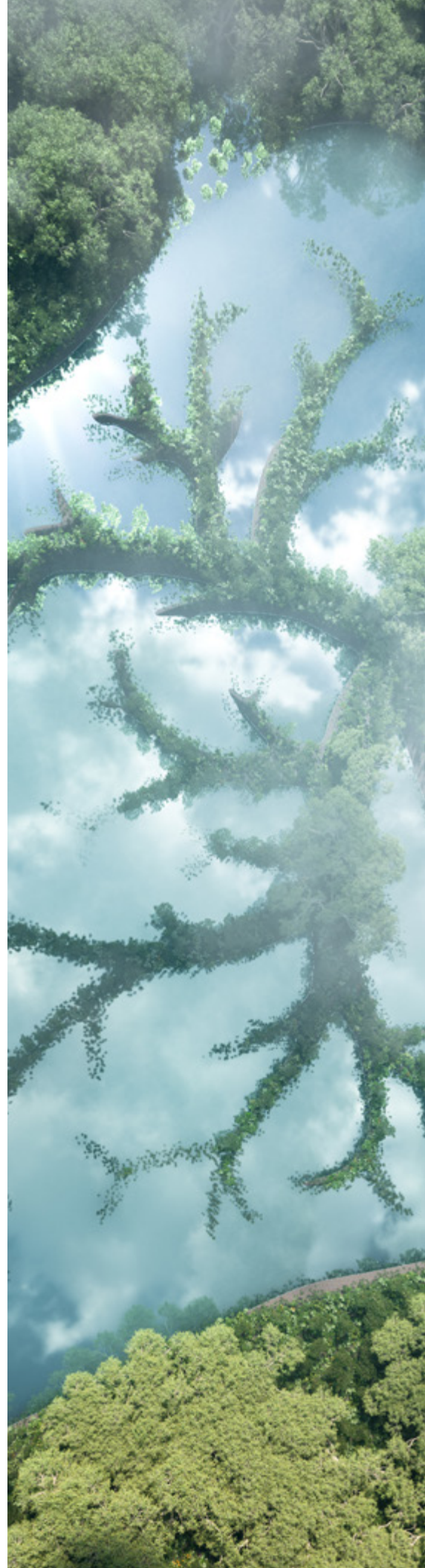
This time afterwards I felt elated, and energized.

I love the idea that no matter what it is - if you find the right view point you can turn a problem into an opportunity.

Is Energy For Success for you?

It’s amazing that an ancient Chinese method was created that integrates health, relationships, goal setting, mental focus, breathwork and ‘energy work’ all into one seamless system.

We are so thankful that Dr. B has been able to make this available to the world.



Wendy and I know how much it can help. We want you to experience these benefits.

Today more than ever, people need this for relationships, business success, reducing stress, health and just enjoying life.

The World Needs This.

Are you ready to learn what the biohacking 'gurus' know - and take your life to a new level?

If so, you need to check out

EnergyForSuccess.com



About Drs Wendy & Steve McGough, DHS



Wendy & Steve are the founders of Women & Couples Wellness & creators of the 'Core Health' System. 'Core Health' optimizes your recovery between workouts by helping you relax, sleep deeper and feel young again. This is done with a unique massage approach that targets key parasympathetic nerve groups, inducing rapid deep relaxation. Over the past 15 years, they've worked with several thousand women & couples facing challenges ranging from chronic stress, to pelvic health & 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 includes a BS in nutritional biochemistry at UNC-Chapel Hill & neuroscience research at Wake Forest School of Medicine. They've published multiple books & research publications, & are the creators of the hi® massage system. From that they hold 6 US/Int Patents for women's pelvic health solutions. They work closely with urologists, pelvic floor physical therapists & fertility specialists. As well, their "First Step For Fertility" program provides a natural "first step" for couples trying to conceive.

www.himassager.com

www.corehealth.today

www.firststepforfertility.com

ARE YOU FOR REAL?

IT'S TIME TO ESTABLISH THE CREDIBILITY OF YOUR BRAND.

YOU ARE INVITED TO PARTICIPATE IN THE LIFESPAN CERTIFIED PROGRAM.

The Lifespan Certified program sets a high standard for biohacking innovations. To be approved as a Lifespan Certified Partner, you must adhere to strict ethical guidelines and demonstrate groundbreaking potential in your work.

CREDIBILITY & RECOGNITION:

The Lifespan Certified badge will be displayed alongside your brand, indicating to our audiences that your work meets stringent ethical standards and demonstrates groundbreaking potential.

COLLABORATIVE OPPORTUNITIES:

The Lifespan Certified Program fosters a collaborative environment, connecting you with other approved Certified partners to share knowledge, insights, data, and resources.



EXPOSURE:

Your biohacking innovations will be featured prominently in each issue of Biohackers Magazine, reaching a global audience of passionate biohackers, acclaimed scientists, and longevity enthusiasts.

MEDIA:

Your Lifespan Certified product will be featured prominently on the advertising platforms and social media channels of Lifespanning Media platforms, including Biohackers Magazine, and promoted through our social network reaching a global audience over 350,000.

As a Lifespan Certified Partner, you will gain access to a prestigious community of like-minded individuals and entities who are at the forefront of lifespan exploration, extension and innovation.

VIVOBASE 

STEMREGEN®

YG
YOUNG GOOSE

CERA 

BAUMAN
ALLIANCE MEMBER

neuroVIZR
THE CHANGE MAKER

REPUTABLE 

AllCore360™
REHABILITATION • STABILITY • PERFORMANCE

QUANTIFIED
COLLECTIVE

fatty¹⁵

HOP
HUMAN OPTIMIZATION PROJECT

LEELA QUANTUM TECH 

JOIN US IN EXTENDING THE FUTURE.

LIFESPANCERTIFIED.ORG

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
leelaq.com/research



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

A woman with long dark hair, wearing a teal sleeveless top and black leggings with a white polka-dot pattern, is sitting on a wooden kitchen counter. She is smiling and looking down at a bowl she is holding, with a spoon in her hand. The background shows a modern kitchen with a grey wall and a black range hood.

VEGAN OR RED MEAT FOR BIOHACKERS

: WHICH PATH LEADS TO LONGEVITY?

In the world of biohacking, few debates are as polarizing as the one surrounding diet. Two prominent figures in the biohacking community, Bryan Johnson and Dave Asprey, represent two radically different perspectives. Johnson advocates for a strict vegan diet, claiming it's the optimal path to longevity, while Asprey, known for his Bulletproof Diet, emphasizes the virtues of grass-fed red meat as a cornerstone of health.

The question for biohackers is: Which approach is best for longevity and peak performance? Should you follow Johnson's plant-based blueprint, or align with Asprey's meat-inclusive philosophy? To answer this, we'll explore both perspectives, looking at the scientific research, potential health benefits, and challenges each diet presents.

The Vegan Biohacker: Bryan Johnson's Plant-Based Philosophy

Why Johnson Champions Veganism for Longevity

Bryan Johnson believes that a strict vegan diet is the key to not only optimal health but also longevity. His diet is designed to reduce inflammation, protect against chronic diseases, and enhance cellular health. Studies like one published in the Journal of the American Heart Association show that individuals who follow a plant-based diet can have up to a 25% lower risk of dying from any cause and a 16% reduction in cardiovascular disease risk compared to

those who consume more animal-based foods.

The antioxidants, fiber, and phytonutrients found in plants are often cited as factors that contribute to longevity. These compounds help reduce oxidative stress and inflammation, two major contributors to aging and disease.

Nutritional Gaps to Consider

However, a strict vegan diet can come with nutritional gaps that need to be addressed. Vitamin B12, iron, zinc, and omega-3 fatty acids (especially EPA and DHA) are more difficult to obtain from plant sources. Deficiencies in these nutrients can lead to a range of issues, including fatigue, impaired cognitive function, and weakened immunity.

Biohackers following a vegan lifestyle need to ensure they are consuming fortified foods or supplements for these essential nutrients. For example, algae oil is a vegan-friendly source of EPA and DHA, while fortified nutritional yeast can provide B12.

The Red Meat Biohacker: Dave Asprey's Grass-Fed Philosophy

Why Asprey Advocates for Grass-Fed Red Meat

On the opposite side of the spectrum, Dave Asprey argues that grass-fed red meat is not only safe but essential for biohackers looking to optimize performance and longevity. He





emphasizes that red meat is rich in bioavailable protein, iron, vitamin B12, creatine, and omega-3 fatty acids (in grass-fed animals). These nutrients are crucial for muscle growth, cognitive function, and energy metabolism.

A study published in the *American Journal of Clinical Nutrition* found that grass-fed meat contains higher levels of omega-3 fatty acids and CLA (conjugated linoleic acid), which have been linked to a reduced risk of heart disease and cancer. Moreover, iron and zinc from animal sources are more bioavailable than from plant sources, making red meat a valuable part of a balanced diet.

Potential Risks of Red Meat

That said, overconsumption of red meat—particularly processed meat—has been associated with health risks such as

increased inflammation, heart disease, and colon cancer. A meta-analysis published in *BMJ* highlighted a correlation between high intake of processed meats and increased all-cause mortality.

Asprey counters these concerns by advocating for grass-fed, organic meat, which contains fewer inflammatory omega-6 fats and is free from the hormones and antibiotics found in conventionally raised meat. Additionally, he emphasizes moderation and quality over quantity when incorporating red meat into a biohacking diet.

Joy: The Missing Ingredient in Both Diets

One element often overlooked in discussions about diet is the role of joy. Whether you choose to follow a vegan or a red meat-based diet, finding joy in what you eat is a critical component of longevity. Research has shown

that happiness hormones—such as serotonin, dopamine, and oxytocin—are linked to both mental well-being and physical health. These hormones, which are boosted when we enjoy our food and the act of eating, have been found to positively impact longevity.

A study published in the *Journal of Psychosomatic Research* found that individuals who report higher levels of joy and satisfaction with their meals tend to have lower levels of stress and inflammation, both of which



contribute to a longer, healthier life. Therefore, regardless of the diet you choose, it's important to select foods that bring you joy and satisfaction, as this can enhance not only your mental health but also your biological resilience.

The Common Ground Between Veganism and Meat-Based Diets

Though Bryan Johnson and Dave Asprey take very different approaches to diet, they do agree on several key principles that are essential for any biohacker:

1. Quality is Non-Negotiable: Whether you're eating plants or meat, quality is paramount. Whole, unprocessed, and nutrient-dense foods are central to both approaches. Avoiding processed vegan

foods or factory-farmed meats is essential for maintaining optimal health.

2. Processed Foods Are Harmful: Both Johnson and Asprey advocate for minimizing or eliminating processed foods, which are laden with chemicals, unhealthy fats, and added sugars that contribute to chronic inflammation and disease.

3. Moderation Matters: Overeating—whether it's plant-based or meat-based—can lead to metabolic disorders, weight gain, and other health issues. Both agree that portion control and mindful eating are key.

4. Nutrient Deficiencies Must Be Addressed: Both diets can leave room for nutritional gaps. Vegans need to ensure they get enough B12, iron, and omega-3s, while meat-eaters

must be mindful of balancing their fat intake and avoiding nutrient-poor, factory-farmed meats.

Common Pitfalls in Both Diets

Regardless of which diet you choose, there are common pitfalls to avoid:

1. Eating Fried Food: Whether it's fried tofu or fried chicken, fried foods introduce unhealthy trans fats and free radicals into your body, contributing to inflammation and oxidative stress.

2. Consuming Processed Foods: Even if a product is labeled "vegan" or "grass-fed," if it's highly processed, it likely contains preservatives, additives, and unhealthy fats that harm your health.

3. Overeating: Eating too





much—whether plant-based or meat-based—leads to weight gain, insulin resistance, and chronic diseases.

4. Nutritional Deficiencies: Whether vegan or meat-eater, biohackers must ensure they are getting all the essential nutrients, from B12 and omega-3s to protein and iron.

5. Consuming Too Much Sugar: Sugar, whether it comes from processed vegan snacks or sugary meats, can fuel inflammation, weight gain, and metabolic disorders.

Some Common Processed Foods to Watch Out For

When it comes to processed foods, many additives, preservatives, and artificial ingredients are known to contribute to inflammation and other health issues. Here are a few key culprits to watch out for, based on research:

1. Sodium Nitrite/Nitrate: Commonly found in processed meats (like bacon, sausages, and deli meats), these preservatives help extend shelf life and enhance color. However, studies have linked nitrites and nitrates to increased inflammation and even a higher risk of certain cancers when consumed in large amounts.

2. Trans Fats (Partially Hydrogenated Oils): Often found in packaged snacks, baked goods, and margarine, trans fats have been shown to trigger inflammation and increase the risk of heart disease. They are slowly being phased out in many countries, but they still appear in some products.

3. Artificial Sweeteners (Aspartame, Sucralose): These sugar substitutes, found in diet sodas, sugar-free snacks, and gums, can disrupt the gut microbiome, leading to inflammation and metabolic issues in certain individuals.

4. High Fructose Corn Syrup (HFCS): This sweetener is common in sodas, sweets, and processed snacks. Excessive consumption of HFCS has been linked to inflammation, obesity, and metabolic syndrome.

5. Monosodium Glutamate (MSG): Often added to processed foods like frozen meals, snacks, and soups, MSG is used as a flavor enhancer. Some studies suggest that MSG can cause inflammation and trigger reactions in sensitive individuals, including headaches and digestive issues.

6. Artificial Food Dyes (Red 40, Yellow 5, Blue 1): Found in candies, cereals, and sodas, these synthetic dyes have been shown to potentially increase inflammation and hyperactivity in children. There are also concerns about their long-term effects on health.

7. Carrageenan: This thickener and stabilizer is often added to dairy products and plant-based milks. Research suggests it may cause inflammation in the gut and contribute to digestive dis-



orders like irritable bowel syndrome (IBS).

By avoiding these common additives and preservatives, you can significantly reduce the intake of pro-inflammatory substances. When shopping, look for whole, minimally processed foods and read ingredient labels carefully to avoid these harmful compounds.

Conclusion: Focus on Balance, Quality, and Joy

Ultimately, the choice between a vegan or meat-based diet comes down to personal preference and bio-individuality. Both diets can be optimized for

health and longevity, as long as they are approached mindfully, with attention to nutrient density and balance.

However, the real danger in any diet lies not in whether you're eating plants or animals, but in the quality of the food, the balance of nutrients, and the amount of joy you derive from your meals. Avoiding common pitfalls like processed foods, excess sugar, and fried items is key to longevity, no matter your dietary choices. And remember, finding joy in your food is not just a luxury—it's a necessity for optimal health and happiness.



[@valerieorsoni and @liliwarrioroff](#)

Valérie Orsoni

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

PRODUCT *Reviews*

by @Cyborggainz

****Disclaimer:****

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



Swish30 Extra Strength: Unveiling the Nano Frontier of Glutathione Supplementation

In the ever-evolving landscape of nutritional supplements, Swish30 Extra Strength emerges with a bold claim: utilizing proprietary nanotechnology to deliver glutathione and other active ingredients more efficiently through oral absorption. As biohackers constantly seek the cutting edge of performance enhancement and health optimization, products like Swish30 warrant a deep dive into their efficacy and innovation.

The Promise of Nano Nutrients

Swish30 employs a unique delivery system where active ingredients are micronized into nanoparticle sizes. The method involves “swishing” the supplement in the mouth for at least 30 seconds before swallowing, aiming for rapid absorption through the oral mucosa. The idea is to bypass the traditional digestive process, which can degrade delicate compounds like

glutathione, thereby increasing bioavailability.

Glutathione: The Master Antioxidant At the heart of Swish30 is glutathione—a tripeptide composed of cysteine, glutamine, and glycine. Often dubbed the “master antioxidant,” glutathione plays a crucial role in combating oxidative stress, supporting immune function, and detoxifying the body at a cellular level. Enhanced glutathione levels have been associated with improved energy, delayed onset of fatigue, and overall better health outcomes.

Key Ingredients and Their Roles

- **L-Cystine & N-Acetyl-Cysteine (NAC):** Precursors to glutathione synthesis, aiding in replenishing intracellular glutathione levels.
- **Calcium Ascorbate (Vitamin C):** An antioxidant that supports immune function and enhances glutathione activity.
- **Alpha Lipoic Acid:** A versatile antioxidant that regenerates other antioxidants, including glutathione.

- **Curcumin:** Known for its anti-inflammatory properties, potentially enhancing overall antioxidant capacity.

Pros

1. Innovative Delivery System: The nanoparticle approach and oral swishing technique may enhance the absorption of glutathione and other active ingredients, addressing the common issue of poor oral bioavailability.

2. Comprehensive Antioxidant Support: The inclusion of multiple antioxidants and glutathione precursors provides a multifaceted approach to combating oxidative stress.

3. Convenient Administration: The liquid form and quick administration make it user-friendly, especially for those who have difficulty swallowing pills.

4. Rapid Effects: Users may experience quicker onset of benefits due to the potential for faster absorption compared to traditional oral supplements.



Cons

1. Scientific Validation: While the concept is promising, there is limited peer-reviewed research specifically on the efficacy of nano-sized glutathione administered via oral swishing.

2. Cost Factor: Proprietary nanotechnology supplements often come at a premium price point, which may not be accessible for all consumers.

3. Taste and Sensation: Swishing a supplement for 30 seconds might be inconvenient or uncomfortable for some users, and the taste—even with peppermint flavoring—may not be appealing to everyone.

4. Stability of Nanoparticles: Questions remain about the stability of nano-sized particles in liquid form and their behavior during storage and ingestion.

Feedback on the Molecule and Delivery Method

The concept of enhancing glutathione levels is well-founded, given its critical role in health and performance. However, glutathione's large molecular size traditionally hampers its absorption when taken orally. Swish30's approach to micronize glutathione and utilize sublingual absorption is innovative, aiming to overcome this challenge.

The inclusion of precursors like L-Cystine and NAC is strategically sound, as they support the body's natural glutathione synthesis. Additionally, supporting antioxidants like vitamin C and alpha-lipoic acid may synergistically enhance the overall efficacy of the supplement.

However, the transition from theoretical benefit to practical application requires robust clinical evidence. Studies specifically examining the bioavailability of nano-glutathione via oral swishing are needed to substantiate the claims fully. Consumers and healthcare professionals alike would benefit from transparent sharing of research findings related to the product's absorption rates and physiological impacts.

Conclusion

Swish30 Extra Strength presents an intriguing advancement in the realm of antioxidant supplementation. Its innovative delivery system aligns with the biohacker ethos of pushing boundaries to achieve optimal health and performance. While the theoretical foundations are compelling, empirical evidence is essential to validate its effectiveness fully.



[www.doctorsnano.com/
home](http://www.doctorsnano.com/home)

PRO-PUMP by LIFESPANNING: Amplifying Nitric Oxide for Enhanced Blood Flow and Vascularity

In the relentless pursuit of peak physical performance and optimal health, nitric oxide (NO) has gained considerable attention for its role in cardiovascular function and exercise enhancement. LIFESPANNING introduces PRO-PUMP, a supplement designed to elevate NO levels, promising benefits ranging from improved heart health to accelerated exercise recovery. This review delves into the science behind PRO-PUMP, evaluates its ingredient profile, and assesses its potential advantages and drawbacks.

The Significance of Nitric Oxide in Wellness

Nitric oxide is a critical molecule that facilitates vasodilation—the relaxation of the inner muscles of blood vessels—leading to increased blood flow. Adequate NO levels contribute to:

- Cardiovascular Health: Supporting a strong heart and healthy blood vessels.
- Enhanced Vascularity: Improving blood flow for better nutrient and oxygen delivery.
- Energy Boost: Combating fatigue by optimizing oxygen and nutrient transport.
- Exercise Recovery: Aiding in muscle recovery by facilitating efficient nutrient delivery post-workout.
- Vision Support: Maintaining healthy intraocular pressure and promoting ocular health.

However, factors such as aging and stress can diminish NO production, potentially impacting these physiological processes.

Product Claims and Features

PRO-PUMP is marketed as a comprehensive NO-boosting supplement with the following claimed benefits:

- Supports the heart and blood vessels*
- Sharpens vision*

- Boosts energy*
- Enhances exercise recovery*
- Tasty stevia-sweetened, tropical fruit-punch-flavored drink mix

Ingredient Analysis

Per Serving (1 Scoop - 10.3 g):

- L-Citrulline (3,000 mg): An amino acid that serves as a precursor to L-arginine, ultimately increasing NO synthesis. Studies suggest it may enhance exercise performance and support cardiovascular health.
- L-Arginine (3,000 mg): Directly involved in NO production. While beneficial, its efficacy can be limited due to rapid metabolism in the gut and liver.
- L-Proline (1,000 mg): Supports collagen synthesis, contributing to the structural integrity of blood vessels.
- L-Lysine (150 mg): Essential for protein synthesis and may work synergistically with proline to support vascular health.
- Stevia Leaf Extract (180 mg): A natural, zero-calorie sweetener that enhances flavor without adding sugar.

Pros

1. Dual NO Precursors: Combining L-citrulline and L-arginine may enhance NO production more effectively than using either alone.
2. Cardiovascular Support: The formula targets heart health and blood vessel function, potentially aiding in maintaining healthy blood pressure already in the normal range.
3. Exercise Enhancement: By improving blood flow, PRO-PUMP may enhance muscle performance and expedite recovery.
4. Energy Boost: Improved circulation can lead to increased energy levels and reduced

fatigue, helping you avoid the afternoon slump.

5. Palatable and Convenient: The tropical fruit-punch flavor and easy-to-mix powder make it user-friendly, especially for those who prefer not to swallow pills.

Cons

1. Varied Scientific Support: While there is evidence supporting the benefits of NO precursors, results can vary, and more research is needed to confirm consistent efficacy across different populations.

2. Potential Side Effects: High doses of amino acids may cause gastrointestinal discomfort in some individuals.

3. Medical Precautions: Individuals with kidney or liver disorders, or those taking medications for blood pressure, blood thinning, or erectile dysfunction, should consult a healthcare provider before use.

Feedback on the Molecules and Delivery Method

The strategic inclusion of L-citrulline and L-arginine aims to maximize NO production. L-citrulline's conversion to L-arginine can result in sustained NO synthesis, potentially overcoming the limitations of L-arginine's rapid breakdown when ingested alone.

The addition of L-proline and L-lysine supports collagen formation, vital for maintaining strong and flexible blood vessels, which is crucial for optimal vascular function.

The powdered drink mix facilitates quick absorption and is convenient for pre-workout consumption. The use of stevia as a sweetener is advantageous for those monitoring sugar intake, offering a pleasant taste without added sugars.

Conclusion

PRO-PUMP by LIFESPANNING presents a thoughtfully formulated supplement targeting nitric oxide enhancement for improved blood flow and vascularity. Its blend of amino acids is designed to support cardiovascular health, boost energy, sharpen vision, and enhance exercise recovery.



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



THE ALLIANCE FOR LONGEVITY INITIATIVES

Request to Support Geroscience Research and Join the Longevity Science Caucus

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

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

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

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

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

your congressional office, and help you make a difference.

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



SEE AND BE SEEN

Upcoming Events

Experience the act of BE-ing a true biohacker among the best of them at the Biohacker Expo!

- Dive into the world of health optimization and longevity at the Biohacker Expo, happening February 28–March 1, 2025, at the Miami Airport Convention Center. Featuring visionary speakers like JP Sears, Andrew Bustamante, and Dr. Christina Rahm, this event will showcase groundbreaking insights and tools for mastering your biology.
- Explore cutting-edge innovations, interactive workshops, and top-tier exhibitors focused on biohacking, wellness, and peak performance. Don't miss this opportunity to transform your well-being. Secure your ticket today!

<https://biohackerexpo.com/>

Feb. 28 - Mar. 1, Miami, FL



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

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 and use code **BIOHACKERSMAGAZINE** for 10% off!

usa.healthoptimisation.com

April 12-13, Austin, TX



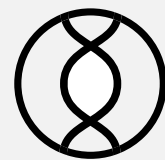
THERE'S NEVER BEEN A BETTER TIME TO ADVERTISE



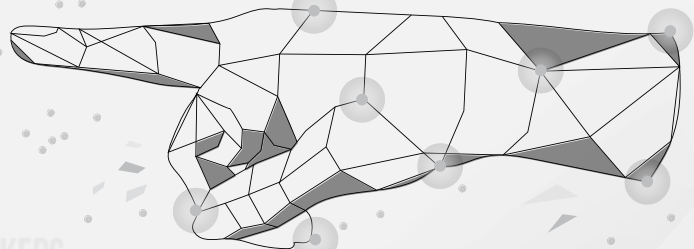
5 MILLION BIOHACKERS

IN 1 GLOBAL NETWORK

**SECURE
YOUR
AD SPACE!**



hello@lifespanning.com



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*.

EXECUTIVE LIFESPANNERS

DALLAS MCCLAIN
Cofounder & Chief Editorial Carpenter

JEAN FALLACARA
Founder & Longevity Exploration Maestro

YANNICK NAMIA
Cofounder & Chief Lifespan Extension Technologist

EDITORIAL CONTRIBUTORS

Eric J Hegedus
Cary Reichbach
Keegan O' Connor
John Thomson Smith
Dr. Ernst von Schwarz
Valérie Orsoni
Lauren Leiva
Ellen White
Robert Lufkin
Steve McGough
Dr. Barry Morguelan

DESIGNER

Andres Nuñez

DISCLAIMER

Heads Up, Biohackers!

In the realm of Biohacker Magazine, a Lifespanning Company, the views and musings are strictly those of the individual authors. They don't mirror the collective vibe of Biohacker Magazine or our editorial team, nor do they represent the stance of Lifespanning Media Corp. Our publications are crafted from sources we believe to be legit, but hey, we're all about exploring the unknown and pushing boundaries. So, while we strive for accuracy, we can't promise that every piece of info is spot on. If there are any slip-ups or if something doesn't pan out, we're not on the hook for any harm, be it a simple "oops" or something more serious.

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

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

Stay curious, stay bold, but above all, LIVE LONG. LIVE YOUNG.

If you are reading this, you may be the first person ever and deserve a free one year subscription, so email us to claim it.

Foreword by **JASON FUNG, MD**
Author of *The Obesity Code*

*New York
Times
Bestseller*

LIES **I TAUGHT IN MEDICAL SCHOOL**

How Conventional Medicine
Is Making You Sicker and What
You Can Do to Save Your Life

**Simple, Proven Lifestyle Changes
to Prevent and Reverse Disease**

ROBERT LUFKIN, MD