

BIOHACKERS

# LIFESPANNING

MAGAZINE

# BIOHACK YOUR STRESS

RECIPES FOR  
STRESS



MARABA  
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STRESS AND  
NEUROPLASTICITY



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STRESS TO  
STRENGTH



DR. PORTER:

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# LIFESPANNING

MAGAZINE

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# OBJECTIVELY EMBRACING OUR STRESS

How much time a day would you say you spend stressed? Adding up all those moments of anxiety and pressure, what would it amount to on average per day? Posing this question to myself, I thought it might be close to an hour of time spent where I felt stressed on any given day. Now, some of this stress might be good for me, like when I would engage in moderate challenging exercise or breathing techniques, or when taking a cold shower. But what about the moments of bad stress that come with unnerving phone calls, news of uncontrollable events, or unexpected and unjust occurrences. Being completely honest with myself, I think I spent too much time stressed about these sorts of things, and it almost gets me more stressed just thinking about how much time I feel stressed out on any given day.

I don't think there is a cure for this that could completely eradicate all feelings of stress, but I'm starting to continually embrace a substantial and impactful element that not only inoculates this stress but resituates me back into the real world. The element is called Gratitude. Just the mere reflection on what we are grateful for completely deflates the stress-balloon we've blown our minds into.

When we're completely honest with ourselves, we can see that we're blessed in so many ways. So many people who are not as fortunate would beg to have the problems and stress that we experience in exchange for the liberation from their very real and serious problems. In reality, there's always going to be stress - we can't change that. But we can change how we see our stress. In the moment its tough to do but if we can spend that extra amount of energy and exert just an ounce more of patience to look at our stressful moment from an outside perspective, from an objective perspective, we can give ourselves the ether of hope that's there just waiting to be absorbed by our souls, where it adds the necessary fuel to keep us going through our stressful trials and tribulations, while giving them meaning.

With gratitude, we even start to see our stressful moments not as problems per se, but as opportunities. Opportunities to forge our character. Life is an adventure, and when we're grateful for each moment of life, stressful or not, we're inspired with hope for ourselves, humanity, and the world as we know it.



## About Dallas McClain

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

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# FINDING CALM IN CHAOS

Stress. It's a universal experience, an invisible force that can shape our days, our decisions, and ultimately, our lives. For years, I believed stress was simply part of the grind, a badge of honor for ambition, resilience, and drive. But I discovered it wasn't a badge at all. It was a weight. A weight that started dragging me down, even as I thought I was climbing higher.

At the peak of juggling businesses, ambitions, and my pursuit of optimal health, I hit a wall. The signs were subtle at first: restless nights, a racing mind, a constant feeling of being "on." But like many, I ignored them. Stress, I told myself, was fuel. It wasn't until I began to see cracks in my health, my energy waning, my focus slipping, my biological age plateauing, that I realized I wasn't thriving. I was surviving.

What followed was a radical shift, not just in how I managed stress, but how I perceived it. I began to understand that stress isn't the enemy; it's our response to it that matters. I sought tools to not only combat stress but to turn it into a powerful ally. From

biohacking techniques and mindfulness practices to reconnecting with my body's natural rhythms, I found ways to realign and reclaim control.

In this issue of Lifespanning Magazine, I wanted to share a bite of that journey. I am so happy we have been able to provide you with all the insights of experts and tools that can help anyone break free from the grip of chronic stress. Whether it's through actionable tips, advanced tech, or the simplest of lifestyle changes, we're here to explore how to harness stress for what it can be: a catalyst for growth, not a roadblock to your well-being.

Because if there's one thing I've learned, it's this: thriving starts with balance. And balance begins with you.

Thank-You for your Support!

Live Long. Live Young

Jean Fallacara

## About Jean Fallacara

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

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# STRESS TO STRENGTH

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TRANSFORM STRESS INTO FUEL FOR  
PEAK PERFORMANCE

By Patrick K. Porter, PhD, Inventor and Founder of BrainTap



Imagine standing at the edge of a high-performance race, your engine primed and humming with potential. Your brain is that engine, the powerhouse driving your focus, creativity, and ability to thrive under pressure. Stress is the fuel—it can either propel you to peak performance or cause you to burn out. But here's the key: the true champions of biohacking understand that recovery is not a luxury; it's a necessity. Just as an elite athlete prioritizes rest to repair and rebuild, your brain needs time to recover from peak activity. Without this essential downtime, you risk running on empty, stalling your progress, and undermining your health. The art of biohacking lies in mastering this balance—leveraging stress as a catalyst while embracing recovery as the secret to sustained peak performance and long-term resilience.



## The First Hack - Your Brain



Perception, emotion, and physiological responses all converge in the brain. How you interpret a situation—whether as a challenge or a threat—has profound implications on what your brain does with that information. Science shows that when you perceive life as a challenge, your brain generates up to 200 times more bio-photons, or light energy, than when you view it as a threat. This light, absorbed and transmitted by your mitochondria, provides vital instructions to your cells. These instructions can either upregulate

your cellular activity, promoting growth and repair, or downregulate it, initiating protective survival mode.

This process explains why mindset matters. Shifting from negativity to positivity signals your cells to grow and thrive, improving everything from immune function to cognitive performance. Studies suggest this shift can add 6.5 years to your life. The question is, how do we make that shift? Through targeted brain training, breathwork, and lifestyle adjustments.



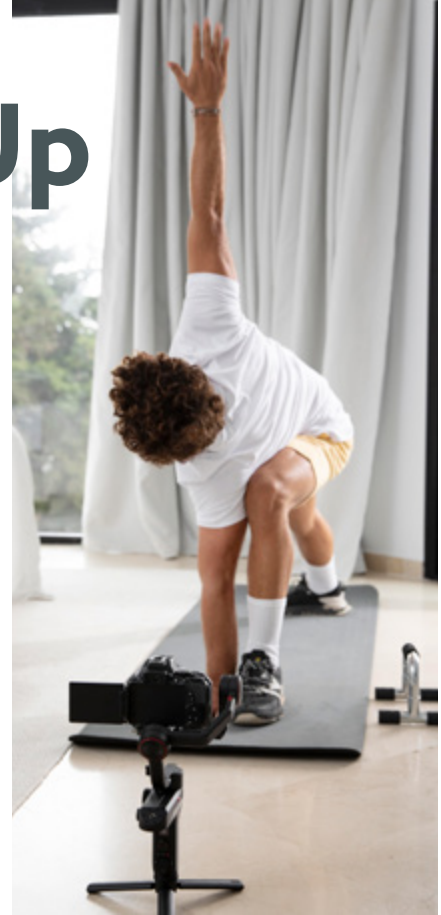
# Morning: Wake Up to SMR Training

Sensory Motor Rhythm (SMR) is a specific brainwave state that helps you stay calm, focused, and ready to take on the day. It works by training your brain to find the perfect balance between relaxation and alertness, boosting your ability to think clearly and stay on task.

For anyone into biohacking, SMR is a game-changer. It sharpens your focus, improves your productivity, and helps you manage stress more effectively. By starting your day with SMR training, you set yourself up for success, tackling challenges with clarity and precision while keeping your mind in peak condition.

- **Breathwork for SMR:** Begin your day with psychological breathing. Take a deep breath in and hold it until you feel the stress dissipate. Release it with a sigh. Repeat this for 2–5 minutes to naturally stimulate SMR brainwaves and prepare your brain for peak performance.

- **Lifestyle Tip:** Start your morning with a glass of water. Hydration is critical for brain health, and drinking half your body weight in ounces of water daily ensures optimal neural function. Eliminate sugary drinks, which can cause brain fog and disrupt your energy levels.



# Afternoon: The Power of Theta and Gamma Waves

Mid-day is a perfect time to reset your brain and boost creativity. Theta waves promote relaxation and intuitive thinking, while Gamma waves heighten perception and problem-solving abilities.

- **Breathwork for Theta/Gamma:** Practice box breathing, a technique used by Navy SEALs. Inhale to the count of four, hold for four, exhale to the count of four, and

hold again for four. Repeat for several minutes to calm your mind and recharge.

- **Lifestyle Tip:** Avoid sugary snacks at lunch, which can spike insulin levels and lead to an afternoon crash. Instead, focus on whole foods that provide steady energy, such as nuts, seeds, and vegetables.





## Evening: Preparing for Deep Sleep with Delta Training

Deep sleep is when your brain and body undergo the most significant restoration. Delta waves dominate during this stage, promoting cellular repair, memory consolidation, and detoxification.

- **Breathwork for Delta:** Engage in the 4-8 breath. Inhale to the count of four, then exhale to the count of eight. This practice activates the parasympathetic nervous system, preparing your body for rest and relaxation. Gradually increase your focus on the exhale as you become more practiced.
- **Lifestyle Tip:** Make your evening meal low in sugar to avoid disrupting sleep cycles. Sugar can cause energy spikes and crashes, interfering with the production of melatonin, your sleep hormone.

## Hydration: Fueling Your Brain

Your brain is 75 percent water, and even mild dehydration can impair its function. Drinking half your body's weight in ounces of water daily ensures that your neurons fire efficiently, your cells detoxify, and your cognitive performance remains sharp. Limit your intake of dehydrating drinks such as tea and coffee and, if you're active, add electrolytes to ensure proper absorption.

## Eliminating Sugar: A Brain Health Must

Sugar is one of the brain's worst enemies. Excess sugar consumption leads to inflammation, insulin resistance, and disruptions in brain chemistry. It can impair memory, slow cognition, and exacerbate mood swings. Replacing sugar with healthier alternatives like fruits or low-glycemic sweeteners can dramatically improve your brain's resilience and functionality.

## Unlocking Your Brain's Perfect Pharmacy

Imagine your brain as a master alchemist, capable of crafting its own elixirs to combat stress and enhance your mood. Dopamine sharpens your focus, serotonin lifts your spirits, oxytocin deepens your connections, and endorphins ease tension—all naturally produced within you.

Instead of relying on supplements or medications, picture yourself unlocking this internal pharmacy through simple actions. Movement sparks feel-good chemicals, breathwork calms stress, and brain training programs your mind for resilience and clarity. This is the essence of biohacking: harnessing your brain's natural power to manage stress and unlock your peak potential, sustainably and effectively.

# The Role of Movement in Brain Health

Imagine your brain as a dynamic, thriving city, its pathways alive with constant activity. Each time you move—whether it's a brisk walk, a stretch, or a workout—you're sending out maintenance crews to repair and expand these neural highways. Physical activity releases brain-derived neurotrophic factor (BDNF), a powerful protein that acts like the city's master planner, strengthening connections and enhancing your brain's ability to adapt and grow. Even the simplest movements can ignite this process, creating a foundation for resilience and peak performance.

Now picture every mental challenge—solving a problem, learning something new, or focusing deeply—as lighting up this city with innovation. Neurons fire, build stronger connections, and prepare for the demands ahead. Add moments of recovery, like mindful breathing or a quiet pause, and you create a balance between stress and relaxation. This balance, known as hormesis, transforms effort into growth and primes your brain and body for optimal performance. With every movement and challenge, you're actively shaping a stronger, more adaptable you.



# Not All Mindfulness is Equal

Mindfulness is often praised as a solution to stress, but achieving its full benefits takes time and discipline. Like meditation, it's a skill that requires consistent practice to master. For many, this can feel overwhelming, especially when faced with an overstimulated nervous system stuck in fight-or-flight mode. Racing thoughts, tense bodies, and scattered focus make sitting still and finding calm seem impossible. It's not that mindfulness doesn't work—it's that our modern lifestyles often leave us needing tools to bridge the gap.

That's where targeted techniques can help. BrainTap, for instance, uses auditory and visual entrainment to guide your brain into optimal states, making mindfulness more accessible and effective. These technologies work in harmony with your brain's natural rhythms, easing you into relaxation and focus. If BrainTap isn't an option, breathwork offers a simple yet powerful alternative. Techniques like those outlined above calm the nervous system and create space for clarity, allowing mindfulness to feel less like a chore and more like a natural state of balance and renewal.



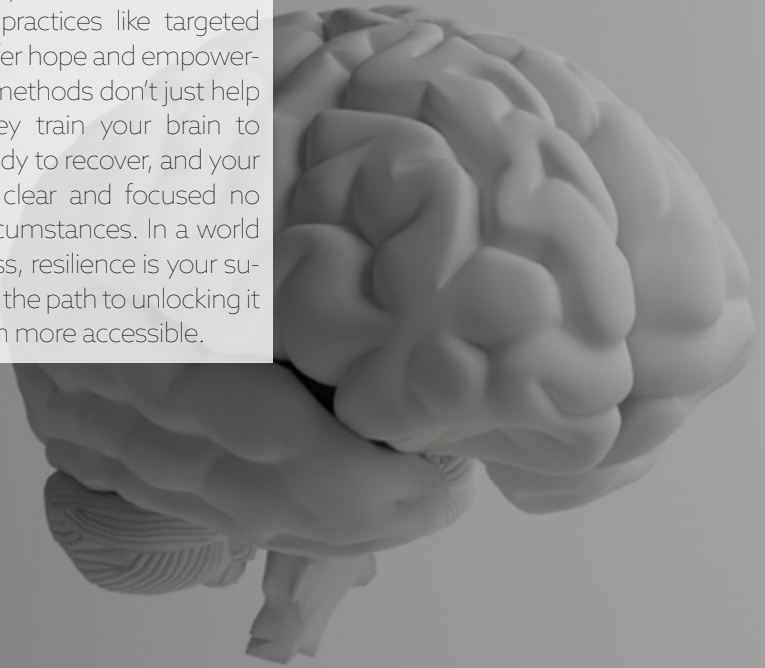
## Clinical Backing and Innovation

BrainTap remains a leader in brain fitness, with over 20 clinical studies demonstrating its ability to reduce stress, enhance cognitive performance, and improve sleep quality. But even without BrainTap technology, you can take the first steps toward biohacking stress by combining breathwork, movement, hydration, and a low-sugar diet.

# The Future of Brain Fitness

Biohacking stress isn't just about managing the pressures of today—it's about creating a foundation for lasting health, vitality, and inner strength. In our modern world, escaping stress entirely is impossible, but the good news is, you don't have to. By building a resilient brain and nervous system, you can thrive even in the face of life's challenges, transforming stress from a burden into an opportunity for growth.

As research uncovers the powerful links between mindset, brainwave activity, and physical health, tools like BrainTap and practices like targeted breathwork offer hope and empowerment. These methods don't just help you cope—they train your brain to adapt, your body to recover, and your mind to stay clear and focused no matter the circumstances. In a world filled with stress, resilience is your superpower, and the path to unlocking it has never been more accessible.



## ABOUT DR. PORTER:

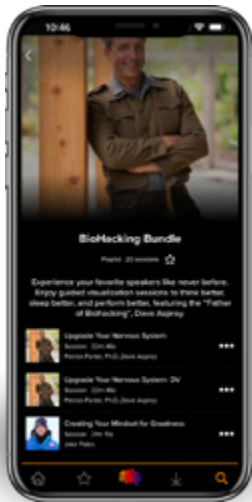
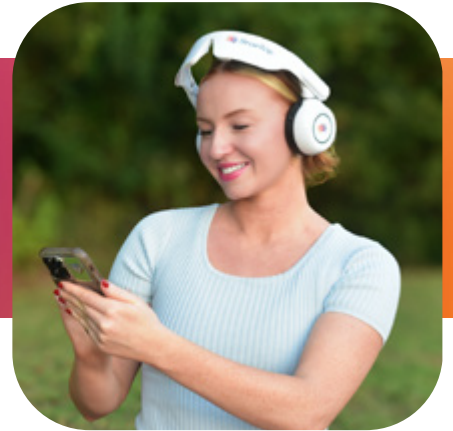


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Dr. Patrick K. Porter, PhD, is an award-winning author/speaker and the founder of BrainTap®, the leader in technology-enhanced meditation. Dr. Porter pioneered the use of brainwave entrainment to improve clarity, sleep & energy, and remains at the forefront of scientific research. He founded BrainTap with the goal of making this technology accessible to everyone. BrainTap offers over 1800 original audio sessions in 12 languages and serves a worldwide user base with its mobile app and headset. Dr. Porter has been featured in *The Wall Street Journal*, *People*, *Entrepreneur*, *INC* and on ABC, NBC, CBS as an expert in brain health & wellness, and in 2020, Dr. Porter received the IAFNR lifetime achievement award. Please visit [www.braintap.com](http://www.braintap.com).

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# Challenge Yourself

Put Your Lifespanning Knowledge to the Test

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

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

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

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

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

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

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

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

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

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





A person is relaxing on a boat, with their legs and feet visible in the foreground. The background shows a city skyline across a body of water under a sunset sky. The text is overlaid on the image.

# ALLEVIATING STRESS WITH FASCIA THERAPY:

A BIOHACKER'S GUIDE TO  
RELEASING STORED TENSION

By Edan Harari

Stress—it's the thing we're all trying to escape, yet it feels like it's everywhere. From deadlines at work to personal pressures and the constant stream of information we're bombarded with, stress has become part of our modern-day existence.

But what if I told you that stress is more than just a mental or emotional experience?

What if it's something that is deeply embedded in your body, shaping your fascia, nervous system, and ultimately, your health?

As a manual therapist and bodyworker, I've spent years exploring the intricate connections between our emotions, stress, and physical health. Stress isn't just something that happens in your head. It manifests in your body, particularly in your fascia—the connective tissue web that supports every muscle, organ, and bone in your body. The implications of this are profound because when fascia becomes restricted or tense due to chronic stress, it can lead to pain, discomfort, and even long-term health issues.

In this article, we're going to explore how stress impacts the fascia, the role emotions play in the physical tension we carry, and how emotional release work and Myofascial Release (MFR) can help you unlock the tension that's holding you back. We'll also dive into some practical biohacking strategies you can implement today to mitigate stress and promote your health.



# Stress and Fascia: A Web of Tension

Fascia is a continuous, three-dimensional web of connective tissue that surrounds and supports every structure in your body. It's like a living suit of armor, and its job is to provide stability, flexibility, and protection. But when stress creeps into your life—whether emotional, physical, or mental—it begins to affect this web. Fascia is highly sensitive to stress, and its response is a tightening or hardening of the tissue. This is often referred to as fascial restrictions in the body.

When you're in a state of constant stress, the body can't differentiate between emotional and physical tension. The autonomic nervous system doesn't discriminate; it just reacts. This is why you may feel tightness in your shoulders or neck when you're dealing with anxiety or stress at work. The brain sends signals to the body, and the fascia responds by contracting to protect itself, creating a kind of "body armor" that locks away emotional tension. Over time, these layers of tension build up, creating a feeling of heaviness, discomfort, or even chronic pain.



# Emotions Are Stored in the Body: Fascia as a Record Keeper



As a bodyworker, one of the most fascinating and revealing aspects of my work is how emotions are physically stored in the body. In my experience, emotions don't just "happen" in the mind. They are processed, stored, and sometimes repressed in the tissues of the body. Fascia is one of the primary areas where this emotional storage occurs.

Let's break it down a bit: when you experience an emotion, such as fear, anger, or grief, your body has a physical response to that emotion. Your heart rate increases, your breath might shorten, and you may tighten up without even realizing it. If you don't have the opportunity or the tools to fully process and release these emotions, they get stored in

the fascial system. Over time, these emotional "charges" create tension patterns in the body that can contribute to a variety of health issues, from musculoskeletal pain like upper or lower back pain to digestive problems, migraines, and even autoimmune conditions.

A key principle of biohacking is understanding the mind-body connection and upgrading our ability to release stored tension. By addressing the emotions that are held in the fascia, we not only relieve physical pain but also facilitate emotional healing. This is why techniques like emotional release work and Myofascial Release can be such powerful tools in mitigating the effects of stress on our bodies.

## The Power of Emotional Release and Myofascial Release

When we talk about releasing stress from the body, we're not just talking about reducing physical tension. We're also talking about clearing emotional blockages that are stored in the fascia. This is where emotional release work and Myofascial Release come into play.

These techniques help the body process and release the emotional and physical tension that's accumulated over time.

1. Emotional Release Work: This type of work is about accessing and expressing emotions that are often suppressed or repressed in the body. Through some specif-

ic bodywork and somatic touch techniques, you can start to identify where emotions are stored and consciously release them. When you create space for these emotions to surface and be processed, the fascia responds by loosening up, releasing that stored tension, and allowing for greater freedom of movement and energetic flow.

2. Myofascial Release: Myofascial release is a hands-on therapeutic technique that targets the fascia to release tightness and restrictions. Using sustained pressure and gentle stretching, a therapist works to free up fascial restrictions, improve circulation, and re-establish proper

movement patterns. This technique is incredibly effective for chronic tension, pain, and the release of deep emotional blockages that are held in the fascial system. While it is best to have a trained therapist treat you as you are a passive recipient, there are also some self-treatment MFR techniques that you can learn how to practice on your own.

Both of these practices are highly effective at helping the body reset and return to a more relaxed, harmonious state. They not only target the physical manifestations of stress but also address the deeper emotional layers that are often the root cause of chronic tension and disease.





# Tips for Mitigating Stress and Releasing Tension in Your Body

While emotional release work and Myofascial Release are incredibly beneficial, there are also several simple and effective biohacking strategies that you can implement in your daily life to help mitigate stress and reduce its impact on your body.

1. **Breathwork:** One of the most powerful and accessible tools for reducing stress is conscious breathing. When you feel stressed, your breath tends to become shallow and rapid. By practicing deep, diaphragmatic breathing, you can activate the parasympathetic nervous system (the “rest and digest” system), which helps to reduce tension in both the fascia and the nervous system.

An uncommon yet powerful technique that was taught to me by one of my mentors is the following nasal breathing technique. Slowly and steadily inhale through the nose and then exhale through the nose without pausing or holding the breath. Repeat this for at least five breaths. You can do this several times throughout the day.

Key points about this breathwork technique is to focus on the breath and the sensation of air moving in and out of your nostrils, keep the breath slow and steady with no holds or pausing in between breaths, and try your best to engage your diaphragm by allowing your lower rib cage to expand on the inhale and contract on the exhale. This simple practice helps to reset and regulate your nervous system as well as reduce stress.

2. **Dynamic Movement and Mobility Work:** Regular movement is key to keeping fascia healthy and resilient. Dynamic movements that are rotational and incorporate spiral movements are ideal for fascial health and mobility. Rather than only linear movements such as walking, running, biking, and the like, try more dynamic and free-style movements such as improvisational dance that have more rotational movement potentials. Variability is key. Look for activities that promote full-body movement, as these will help to unwind tension patterns stored in your fascia. For inspiration, check out Ido Portal and Movement Culture.

3. **Cold Therapy:** Biohackers know the power of cold exposure to reduce inflammation, improve circulation, and stimulate the vagus nerve. Cold showers or ice baths can help release tension from the fascia, reset the nervous system, and improve your resilience to stress. Start with brief exposures and gradually increase the duration as your body adapts.

4. **Self-Myofascial Release (MFR):** You don't always need a therapist to release tension from your fascia. It's best to use softer tools and ones that are filled with air but have some sort of a give and grip to them for best results. Foam rollers, lacrosse balls, and the like are not going to release fascial restrictions as they are too hard and can cause our fascia, which is a protective system, to brace even more. Instead, work gently and allow for the

fascia to unravel and unwind on its own without using too much force. Forceful techniques and foam rolling is more of a massage and ischemic compression so it will only provide temporary relief in muscles instead of releasing fascial restrictions which can provide more lasting results. Do NOT only focus on areas where you feel tightness or discomfort, the fascial web is a full body system and it is best to look for the pain and look elsewhere for the cause. This can be a great way to supplement professional treatments and keep your body in a relaxed, balanced state.

5. **Hydration & Adequate Sleep:** Staying properly hydrated and getting adequate sleep are essential for keeping your fascia in optimal condition. Fascia is a dynamic tissue, and like every other part of your body, it requires both water and rest to maintain flexibility, health, and resilience. By optimizing these foundational aspects of your health, you support your fascia's ability to remain fluid, elastic, and capable of releasing the tensions and restrictions that often lead to pain and dysfunction. When you drink more water and get better sleep, you're not just improving your overall health—you're directly enhancing the health of your fascia, allowing your body to function at its best.



# Conclusion: The Biohacker's Path to Stress-Free Health

Stress is a natural part of life, but when it becomes chronic, it can have a serious impact on your health. By understanding how stress affects the fascia and emotions, we can take a more holistic approach to managing and releasing tension. Techniques like emotional release work, Myofascial Release (MFR), breathwork, and dynamic movement can help you mitigate the effects of stress, not only improving your physical health but also enhancing your mental and emotional well-being.

As biohackers, it's our responsibility to take control of our bodies, upgrade our health, and release the stored tension that limits our potential. The tools and techniques I've shared here are just a starting

point, but they're a powerful foundation for reducing the impact of stress and creating a more resilient, vibrant body.

In the end, it's all about tuning in, listening to your body, and giving it the space it needs to release, heal, and thrive.



[@KineticBodyTherapy](#)

## EDAN HARARI

Edan Harari is the founder of Kinetic Body Therapy in Miami Beach & NYC.

Over the last 16 years, Edan has been a manual therapist, somatic touch therapist, and biohacker dedicated to helping people optimize their health through the power of emotional release bodywork, fascial release work, osteopathic manual therapy and more.

He has experienced countless physical and mental/emotional challenges in his life and has used many of the bodywork modalities that he utilizes in his practice to heal himself.

As a therapeutic artist and gifted healing facilitator his sensitive touch, heightened awareness and intuitive abilities allow him to truly listen to the subtle messages of the body.

You can connect with Edan for more resources on biohacking your health and releasing stress from your body.

[www.KineticBodyTherapy.com](http://www.KineticBodyTherapy.com)  
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# QUEENS CORNER

by Dr. Lauren Leiva, DPT



# Reclaiming Inner Balance

## Why Stress Is Not the Way Forward in 2025

As we step into 2025, it's time to rethink how we navigate life. The crazy pace of modern living has left many of us caught in the grip of stress. But stress isn't just an emotion—it's a signal that we're moving further away from our inner wisdom.

The truth is, everything we need to thrive is already within us. It's time to pause, reconnect, and move forward with intention.

### **The First Step: Awareness of Breath**

When overwhelmed, the first thing to do is bring awareness to your breath. Notice it—don't try to control it or force it. Many people skip this step, jumping straight to manipulation of the breath, which can lead to frustration or even panic.

In my work with clients and students, I've found that most people don't know how to breathe effectively or create body awareness. But once they do, it transforms their perspective. Breath awareness becomes the most powerful diagnostic tool.

### **Pain is an Output of the Brain**

In my yoga classes, I often remind students that pain is an output of the brain. It's the body's way of signaling that something requires attention. Rather than resisting or fearing pain, I teach students to breathe into their areas of discomfort.





## Using your breath as a tool:

- Inhale gently into the area of pain, imagining the breath massaging it with calm and care.
- Exhale to soften the area, creating space without intensifying the sensation.

This practice doesn't just reduce pain—it builds incredible body awareness. By becoming attuned to how your body feels, you begin to trust it more, reducing the risk of injury and increasing your ability to safely challenge yourself.

## 10 Benefits of Body Awareness

Body awareness isn't just about understanding your physical self—it's a foundation for overall well-being. Here are 10 ways increased body awareness can change your life:

1. **Reduced Risk of Injury:** Awareness helps you move with intention, avoiding overexertion or misalignment.
2. **Improved Posture:** You'll naturally hold yourself better, reducing strain on muscles and joints.
3. **Enhanced Balance and Stability:** Knowing how your body moves improves coordination and steadiness.
4. **Increased Flexibility:** Awareness allows you to gently explore and expand your range of motion.
5. **Faster Recovery:** When you understand where tension or pain resides, you can target it with breath and movement.
6. **Better Athletic Performance:** With awareness, you can focus energy more effectively during physical activities.
7. **Emotional Regulation:** Awareness bridges the mind and body, helping to process emotions stored in physical tension.
8. **Stress Reduction:** By focusing inward, you shift from a reactive to a calm state.
9. **Deeper Yoga Practice:** Awareness lets you fully embody each pose, enhancing the physical and mental benefits.
10. **Empowerment:** Trusting your body and understanding its signals builds confidence in everything you do.

# Moving Forward in 2025

Stress doesn't belong in the year ahead. It's a barrier to growth, creativity, and health. Instead, let's embrace what we already know deep down: peace, balance, and clarity come from within.

Start with your breath. Observe it. Honor it. Allow it to guide you through moments of pain, discomfort, or tension. With body awareness as your foundation, you'll move into 2025 stronger, more grounded, and ready to trust yourself like never before.

## Top 10 Biohacking Recommendations to Reduce Stress in 2025

Stress is one of the biggest barriers to living a fulfilling, optimized life. Thankfully, with the right tools and techniques, you can take control of your mental, physical, and emotional well-being. Here are my top 10 biohacking recommendations to help you reduce stress and step into 2025 with clarity, balance, and vitality:

### 1. BrainTap – The Ultimate Relaxation Tool

This is hands-down my favorite biohacking tool for stress reduction. BrainTap uses guided meditations, light, and sound therapy to calm your mind and reset your nervous system. Whether you need a quick midday recharge or a full night's rest, BrainTap is the solution.

Scan my QR code to learn more and try it for yourself!

### 2. Mitolux Lamp – The Power of Red Light Therapy

There's something truly magical about this red light device. The moment I turn it on, I feel as though I've harnessed the sun's energy in my home. The Mitolux Lamp helps me pause, reset, and enter a zen-like state. And yes, you can even "sun your booty hole" for added health benefits—but not for too long! This tool is essential for reducing stress and improving overall well-being.

### 3. Movement – The Foundation of Stress Reduction

Movement is medicine. As a physical therapist, I work with people of all mobility levels, and there's always a way to incorporate movement—whether you're lying down, sitting, or standing. A game-changing tool I recommend is the Vi-

sionBody Suit, which promotes circulation, mobility, and muscle activation. Pairing movement with meditation is transformative for the mind and body.

#### **4. Holistic Supplements – CBD for Stress Relief**

CBD is one of my go-to tools for managing stress and reducing inflammation. Recently, I had an incredible experience with a PICO IV CBD treatment—the first of its kind! It was magical and took away all my pain and inflammation during a particularly tough time. Adding CBD, whether orally or intravenously, can do wonders for your stress and overall health.

#### **5. InsideTracker – Knowledge is Power**

Diagnostic tools like InsideTracker are essential for understanding your body's needs. These tools provide a clear picture of your health, from hormones to vitamins to stress markers. But here's the key: don't just pay for the tests—apply the recommendations. Use the insights to optimize your health in 2025 and beyond.

#### **6. Infrared Sauna – Sweat Out Stress**

An infrared sauna session is a powerful way to detox, relax, and boost your immune system. It stimulates endorphins, lowers cortisol levels, and leaves you feeling rejuvenated.

#### **7. Cold Plunges or Contrast Therapy – Activate Your Resilience**

Cold plunges are a great way to reset your nervous system. By exposing your body to controlled stress (cold), you train it to handle real-life stressors better. Combining hot and cold therapy can elevate your mood and reduce inflammation.

#### **8. Meditation and Breathwork – The Original Biohack**

Stress often causes shallow breathing, but with intentional breathwork, you can reset your body and mind. Just a few minutes of deep, conscious breathing can lower your heart rate, calm your nervous system, and create a sense of control.

#### **9. Quality Sleep Tools – Optimize Rest to Reduce Stress**

Tools like weighted blankets, white noise machines, or sleep apps (like BrainTap!) can drastically improve your sleep quality. When you sleep better, your body repairs itself and handles stress more effectively.

#### **10. Gratitude Practice – Train Your Brain for Positivity**

Daily gratitude practices train your mind to focus on the good rather than dwelling on stressors. Write down three things you're grateful for each morning or evening—it's a simple but profound way to lower stress and build resilience.



# Final Thoughts

Stress doesn't have to define your 2025. With these tools, techniques, and a proactive mindset, you can reclaim your inner calm, reduce inflammation, and live with more energy and clarity. Whether you're diving into BrainTap sessions, experimenting with red light therapy, or exploring the power of CBD, there's a path to less stress that fits your lifestyle.

Start small, stay consistent, and watch the magic happen! Let's make this year your healthiest and happiest yet.



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## 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.



# BIOHACKING RECIPES

STRESS-FREE BLISS BALLS

This Biohackers Magazine Issue is packed with cutting edge tools to help you mitigate the undeniable effects of stress on your health. Everyone reading this column deals with stress. What sets a Biohacker apart is a daily commitment to practices that lessen the toll stress takes on one's body. Out of all the strategies we use to keep our stress response in check, what we eat regularly is the most powerful tool.

Foods can help tame stress in various ways. Every Biohacker learns to tailor their diet to unique bio-individual needs. Depending on life experience, season, lifestyle and current health markers, your "Stress-Busting Food List" will be unique to you.

This is a great time of year to rotate out processed sugar (which makes our experience of stress less resilient). It is also a perfect time to increase serotonin (aka the "happy hormone") with complex carbs, balance cortisol with healthy fats, and boost immunity and gut health with nutrient dense antioxidant rich berries.

As you experiment with which foods your body responds to for your best results, super foods are some of the best Stress Busters. This recipe for our tried and true "Bliss Balls" packs a powerful combination of super foods to help you tame stress.

Are you ready to take your January plans to thrive to the next level? To support your metabolism and well

being, start with nutrient-dense food. Clean fuel for your body and mind, "Bliss Balls" have enough biological benefits in every bite to make them our top pick for a recipe for resilience.

Fun to make ahead and an ideal addition when you want to "eat to treat". Yes, they are a delicious "not too sweet" treat. Even more importantly, eating this kind of medicinal food allows you to systematically change your blood chemistry intentionally.

While we don't seek to diagnose or cure, this special Biohackers magazine feature highlights foods that are proven to aid in elevating your body's natural healing capabilities. Starting the





new year with a plan, intention or resolution is exciting. To ensure your long term success, please follow along with Biohacker Magazine all year long as we share recipes here that support your health hacking plans.

Health related stress is best defined as any perceived or experienced challenge that causes chemical changes in the body. Balancing blood pressure, navigating hormone changes, keeping blood sugar in check; these health complexities are part of a Biohacker's puzzle to solve. The simple solu-

tion is improving the first meal of the day; for example you might make a small change (like broth or a few protein rich "Bliss Balls" before coffee).

Starting now we encourage you to plan your diet to be: Sustainable, Simple, Satisfying and Super-Food-based. Any great endeavor starts with one step in a new direction and a good effort is best undertaken with a good team. We hope you will find helpful resources here in these pages and remember, as you heal, you don't have to do it alone.



Make ahead and freeze a batch. Thaw in the fridge as an easy protein-packed hormone balancing mini meal. Many new biohackers are surprised to learn how healthy fats actually contribute to weight balance and a strong metabolism.

We call these "Bliss balls" due to the brain benefits. Please enjoy and let us know if they become your favorite January food for less stress hack!

## BLISS BALLS INGREDIENTS:

- 1 cup non-GMO sprouted oats (or can substitute coconut flakes)
- 1/4 cup flaxseed (fiber-rich, support gut-brain health, assist hormone balance)
- 1/4 cup chia seeds (high in omega-3s which reduce inflammatory stress response)
- 1/4 cup cacao nibs (antioxidant-laden, can enhance mood, boosts "happy" brain chemicals)
- 1/2 cup dried unsweetened cherries (anti-inflammatory, rich in vitamin C)
- 1/2 cup dried unsweetened cranberries (supports urinary health, loaded with antioxidants)
- 1/4 cup coconut oil (provides medium-chain fats, boosts metabolism). Can combine or substitute avocado oil.
- 1/4 cup MCT oil (quick energy source, supports cognitive resilience and function, can balance fluctuating hormones)
- 1/2 cup protein powder)
- 1/4 cup fresh ground almond butter (healthy fat source, energy sustaining)
- 1/4 cup cacao butter (satiates appetite, can benefit cognitive function)
- 1 tsp cinnamon (regulates blood sugar levels, can help offset inflammatory response to stress)
- 1/4 tsp sea salt (can help balance electrolytes)
- optional to add: adaptogenic mushroom powder, collagen peptides, pumpkin seeds, walnuts, chopped pecans, chopped goji berries.

This recipe is easy to double or triple.

# BLISS BALLS RECIPE:

1. Warm the nut butter and cacao butter in a stainless steel or glass bowl over hot water.
2. Combine all ingredients in a large bowl until well-combined.
3. Roll tablespoons of the mixture into 1" to 2" balls.
3. Refrigerate for up to a week or freeze for up to a month.

Bliss Balls are a perfect low-glycemic option to stay satiated, stabilize blood sugar, and increase fiber intake as you embark on a healthy new year. Whether you're new to Biohacking or have already begun your journey toward taking control of your health, enjoy the process one "bite" at a time.



## Maraba Diraddo



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

Maraba DiRaddo is a seasoned Holistic Health Coach, Movement Therapist and founder of <https://blissbroth.com> in Austin, Texas. Her BA in pre-med and holistic health and her training in Medical Massage modalities led to her work in hospitals, clinics and private practice specializing in chronic pain. Iyengar Yoga and Pilates method have also been central to her practice but she realized early in her career that nervous system and digestive health were the missing pieces in deeper injury prevention and healing. This realization led her to study Traditional Chinese Medicine, Ayurveda, and Auto-immune nutrition and to develop her unique and effective holistic protocols. Maraba's experience guiding clients for over 30 years to make health changes has proven that individualized movement and nutrition strengthens the core inside and out. She believes that aging positively requires all the good tools - and a great soup! Maraba loves to practice yoga, cook, teach, write and spend time in nature with her active family. She is very inspired by health thought leaders who encourage accessible daily hacks to make systemic change. Maraba is developing a Brain Health Reset App based on her integrative holistic protocols, emerging neuroscience and traditional healing methodologies.

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# HAS BIOHACKING REACHED ITS TIPPING POINT?

Nancy Trent, Trent & Company, Inc., Marketing Communications



**B**iohacking has become a movement shaping modern health and wellness. For many, the journey into biohacking begins with a desire to improve two key areas of life: sleep and stress. These are often the culprits behind diminished well-being, driving people to seek solutions that optimize their physical and mental health. What was once a niche pursuit embraced by Silicon Valley innovators and tech-savvy enthusiasts has steadily made its way into the mainstream. More celebrities are investing in biohacking—from Victoria Beckham using red light therapy for her beauty routine to Brooke Burke and Tom Brady utilizing various biohacking techniques to stay in shape. LeBron James reportedly drops \$1.5 million annually to keep his body in tip-top shape, spending hours each day on his biohacking routine, which includes cryotherapy, red light therapy, hyperbaric chamber time, a mid-day nap, and a high-carb, low-sugar diet. Consumers are enticed by the promise of enhanced cognitive abilities, better physical performance, and increased longevity.

Dan Bienenfeld's insights reflect a visionary approach to integrating technology with health and wellness. He emphasizes that in today's fast-paced, high-stress world, leveraging cutting-edge tools and AI is essential to not only survive but thrive. As the creator of the largest integrative health center in the U.S., a renowned expert in structural integration (Rolfing), and the author of *Align for Life* and the *Body Mastery System* series, he understands the immense potential technology offers. "The key is to use it wisely: track, train, and improve," Bienenfeld explains. "Technology, including a wide array of cutting-edge equipment and gadgets, is the best way





to do that." His approach blends personalized care with scalable solutions, ensuring that high-quality treatment isn't limited by time or physical constraints.

"For instance," he adds, "I can treat up to 15 patients in a day if I spend an hour with each. But with my Aligned Life Studio APP, I can reach millions of people every day." His app aims to democratize access to his expertise, empowering users to track their progress, learn actionable techniques, and ultimately enhance their physical and mental well-being. This innovative fusion of integrative health and technology sets a new benchmark for personalized, accessible wellness in the modern era.

Dr. Bradley Jabour, founder of ZeroRad Whole Body MRI and a distinguished neuroradiologist, is advancing the field of state-of-the-art imaging technology. "You may not like the term biohacking, but my goal is to use advanced technology to make life healthy and livable for as long as possible," says Dr. Jabour. "Today, the great triumvirate is advanced imaging, laboratory studies, and genetic testing." At his facilities currently in Southern California, patients undergo a cutting-edge, radiation-free MRI scan designed to detect critical health issues like aneurysms, pancreat-

ic cancers, and degenerative disc disease, among others. These scans include features like brain volumetrics to assess Alzheimer's risks or depression and tools for evaluating liver health as well as so much more. Patients also receive personalized consultations with Dr. Jabour, gaining unique insights into their health and customized recommendations for longevity and wellness. By perfecting these techniques over the course of performing more than 4,000 procedures since 2008, Dr. Jabour has set a new standard for integrating high-tech diagnostic tools into preventative care. His vision aligns with the ethos of biohacking: harnessing technology to optimize health and extend vitality.

Biohacking makes trying to be healthy so much more effective and easier with access to so much more information, experts and tracking than we had in the past. New advancements have captured the imagination of the wellness community, and the great news is that the ability to biohack is growing exponentially. I would still be a teenager if biohacking was available when I was a kid. However, you have to be discerning as it continues to build momentum and evolve. More products and devices are becoming accessible to a wider audience, so it's vital to use good judgment and quality research to seamlessly fit this into our lifestyles, ultimately transforming the way people think about health optimization.

The interest in this category is also fueled by the rise of biohacking social media influencers and educators like Dave Asprey sharing their wisdom with the world. However, there are misconceptions about biohacking that still need to be addressed in mainstream dis-



cussions. One common misconception is that biohacking requires expensive tech or extreme interventions, but it can be as simple as adjusting what you eat or how you hydrate. It seems that it's not about being extreme, it's about being intentional with what you put into and around your body and mind. It goes to show education on the matter is critical as well as showing people how small changes can have big impacts.

There are more than just misconceptions about biohacking, there are real dangers of false information rooted in inaccurate data and so-called experts advertising on platforms who don't know how to safely and effectively execute their ideas. One of my biggest concerns is with sleep biohacking or as Dr. Michael Breus, PhD & Founder of SleepDoctor.com, calls it, DIY Sleep. "Sleep is a complicated process, and I would say no one in the field knows everything there is to know, so when someone says I've got a supplement or gadget that helps with your sleep, I ask for data. If there has not been a clinical trial, then I ask for one to be done," says Dr. Breus. Biohackers should be listening, reading, and watching every expert they can, to try and learn how to hack your biology.

The issue that arises for Dr. Breus is that there are several "experts" in the field of sleep who have popular podcasts, Youtube channels or radio shows, but not a single one of them is either actively practicing or ever have. Dr. Breus adds, "None of them have seen any patients nor are they licensed to do so. They also tend to speak with tremendous authority and confidence, which makes people believe them, and then follow bad advice." This is how consumers and biohackers can be

harmful, when there are those who know the research well, but have no idea how to put it all into practice. Exploring this growing phenomenon requires patience, caution and consistent research to ensure that new concepts are turned into concrete outcomes.

The SmartMat™ by Podometrics, originally designed for patients with complex diabetes, has expanded its appeal beyond its initial purpose. This easy-to-use device, which requires users to simply place their feet on the mat for 20 seconds a day, seamlessly transmits data to a care management team to detect potential health issues early. While it continues to deliver life-changing outcomes for vulnerable patients by saving limbs, lives, and costs, its simplicity and efficiency have also attracted health-conscious individuals and biohackers eager to track wellness metrics. As perceptions of biohacking evolve, tools like the SmartMat™ exemplify how innovative health solutions can benefit a broader audience.

The engagement in biohacking techniques is growing as people increasingly seek ways to combat the effects of stress on the body, enhance their energy levels, and maintain productivity. Chronic stress can take a significant toll on physical health, contributing to inflammation, fatigue, and decreased recovery rates. Plus, some biohacking methods are simpler than you think and the ease of this implementation into our daily life is enticing. One brand that demonstrates this is Energy Lounger, an FDA-approved ergonomic lounger that was designed with the latest triple-frequency technology, deepening and enhancing the immediate and long-term benefits proven to improve well-being via red light therapy. "The simplicity of the Energy Lounger makes it accessible to anyone," says CEO Barry Warrington. He continues, "For biohackers, the Energy Lounger offers advanced benefits like reducing inflammation, accelerating recovery, and optimizing cellular health—all key factors in improving perfor-





mance and longevity." This brand has created a product that caters to both hardcore biohackers and people who are just starting to explore the wellness space. One can just lie down, relax, and let the technology do its work. It's easy and the results are powerful, no matter your level of experience.

Similarly, stress doesn't just affect the body; it also leaves its mark on the skin. Modern lifestyles often expose skin to environmental stressors like pollution, UV rays, and free radicals, leading to premature aging and dullness. The other aspect of biohacking is consumers are on the hunt for alternative solutions. It may be that the current roster of products is not satisfactory, and they are looking for something beyond. A company that meets their demands and is a beacon of hope is Skin Moderne, a highly impactful, bio-compatible skincare alternative to some of the most popular anti-aging products. Skin Moderne is revolutionizing skincare with gentle, bio-compatible serums that



promote renewal without damage or pain. Their bioactive products are clinically tested and use plant-based ingredients, offering a kinder approach to rejuvenation. "We push beyond commonly accepted boundaries to exceed the limits of what is normally done to not only do it better, but to deliver what was previously thought of as undeliverable. Our unwavering goal has been to deliver significant advancements in preventative aging, aging reversal, and overall skin wellness by removing harm and harmful side

effects from the equation," says Skin Moderne CEO, Richard Purvis.

Simplicity and power drive the appeal of a biohacking product and that is exactly the kind of solution N1o1 has also designed. They are the first to use nitric oxide in skincare and supplements.

Companies are working toward more alternative options by attempting to change medicine and medical practices to a more natural approach. "We are trying to shift the mindset of even the doctors from going from allopathic medicine and the way that they even present their own treatment to their patients to a more holistic approach. Our product is an alternative to over the counter and prescription medication," explains Wendy Cohn, Owner of CODE Health, an innovative, therapeutic company dedicated to advancing human health and well-being through cutting-edge, energized drops that help the body detect and repair cellular damage. Co-owner Dr. Lisa Piper explains the Chief Scientist Dr. Michael's formulas, "Our technology can map information in the substance and digitize it into what we call the code, and then the code is then infused into the saline solution, which only acts as a car-



rier to deliver that healthy code to unhealthy cells.” Their research is all about restoring balance in the body on a cellular level. Their modern medicine cabinet offers a simple, safe and effective treatment option for people and pets.

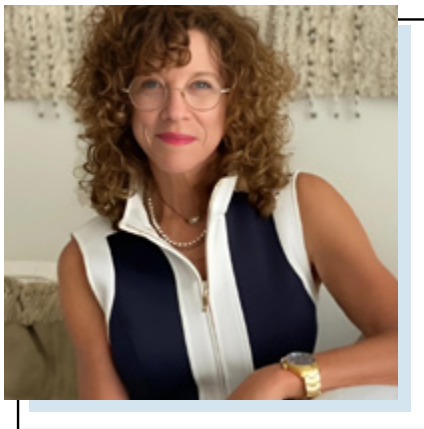
A major factor driving interest in biohacking is the fusion of technology and rising health consciousness. Companies like Leal Health exemplify this, offering an AI-powered platform that connects patients and physicians to advanced cancer treatments worldwide. Leal provides instant access to precise care, supports patient-centric clinical trials, and delivers real-time analytics, bridging gaps in research and healthcare access.

Biohacking takes many forms, blending ancient practices with modern science. Sound therapy, used for millennia, is reimaged by Crystal Tones with their Alchemy Crystal Singing Bowls. These innovative instruments combine natural

elements and science to stimulate the nervous system, balance energy, and promote cellular healing, enhancing relaxation, meditation, and overall well-being.

As biohacking continues to bridge the gap from a niche subculture to mainstream wellness, the trend will evolve by incorporating more advanced technologies like artificial intelligence, genetic testing, and even bioengineered foods designed for optimal health. The idea of personalized medicine and customized health protocols will become increasingly normalized, driven by advancements in biotechnology.

For now, biohacking is accessible to anyone looking to optimize their physical and mental performance, whether through wearable devices, nutritional hacks, or advanced recovery techniques. As more people discover the benefits, it’s clear that biohacking will lead to a shift in how society views health and performance optimization.



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## Nancy Trent

Nancy Trent (<http://www.trentandcompany.com>; [nancy@trentandcompany.com](mailto:nancy@trentandcompany.com)) is a writer and speaker, a lifelong wellness activist, a globe-trotting trend watcher, and the founder and president of Trent & Company, the leading wellness PR firm. Trent & Company, which launched many health and beauty brands, grew out of Nancy’s personal and passionate commitment to helping people live longer and healthier lives. A former journalist for New York magazine, Nancy has written seven books on healthy lifestyles, serves on the editorial boards of several magazines and travels around the world speaking at conferences and trade shows on trends in the marketplace. She is a recognized expert in PR with more than 30 years of experience creating and managing highly successful campaigns.

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# Googling Our Way to Longevity

Drilling Down to Level Up

The term “biohacking” is falling out of the zeitgeist for people who seek to improve their health. In the last year, searches for “biohacking” are down by 33%. Once niche, the term biohacking is broad in comparison to what’s capturing the minds of people searching for specifics of living longer and feeling better.



## A Surge in Niche and Longevity-Related Terms

## New Tools for a Healthier, Longer Life

Interest in “longevity” itself rose by 22%, but that’s only the start. The biggest spikes are in topics that sound more like medical research than casual wellness advice. For instance, “gut test” searches exploded by 260%, while “GLP-1” (the class of drugs behind Ozempic and Wegovy) jumped by 235%. We also see steep increases in “light therapy” (+233%) and “NAD” (+173%), both linked to slowing aging and improving cellular health.

This shows a shift from one-size-fits-all wellness solutions toward targeted interventions aimed at energy production, gut balance, and even brain health. “Type 3 diabetes,” a term linking Alzheimer’s to insulin resistance in the brain, climbed by 123%, signaling that people are now worried about how their metabolism affects their minds.

Other growing terms reflect a willingness to experiment. “Senolytics” (+84%) are compounds intended to clear out aging cells. “BPC-157” (+82%) is a peptide gaining interest for tissue repair. “Methylene blue” (+82%)—once a niche research chemical—is now on wellness wish-lists. Even “hydrogen water” (+83%) and “lymphatic drainage” (+83%) are trending upward, suggesting people are exploring every angle of health, from detoxing to improving circulation.

Meanwhile, interest in “perimenopause” is up 82%, surpassing “menopause” (which declined 22%). More women are looking into what’s happening before menopause, not just during or after. This indicates a move toward understanding subtle life stages, not just the end results.



## General Wellness, Reimagined

While many of these terms seem specialized, more familiar concepts also grew. “Red light therapy” (+49%), “digestive enzymes” (+50%), and “endocrine disruptor” (+50%) suggest a public that’s digging into everyday factors that influence health, from how we break down food to the chemicals in our environment.

It’s not just about advanced molecules and tests. Terms like “health wearable” (+23%) and “sleep wearable” (+24%) show that people want data-driven insights into their daily habits. They’re measuring progress rather than relying on guesswork. Everyone, it seems, is looking for a more personalized blueprint to live better and longer.



## What’s Falling Out of Favor

As some topics boom, others are fading. “Biohacking” dropped by 33%, “age reversal” by 38%, and “plant medicine” by 47%. Even “castor oil”—once popular for home remedies—fell by 45%. It appears people are turning away from vague promises and simple fixes. Interest in “ice bath” and “methylation” also dipped by 33%, and searches for “reverse disease” dropped by 44%. This pattern suggests fewer people are seeking miracle cures or trendy hacks without evidence.

Likewise, interest in “stress” is declining, down 18% in the last year, while searches for “sleep wearables” are up by 50%. This suggests people are seeking tangible methods to measure and improve how they feel, rather than just naming their worries. By gathering real data, they can better understand their habits and make more informed choices, feeling more in control of their day-to-day well-being.

People are still curious, but now they’re looking for solid science and proven methods. These declines may mean that we’re moving past buzzwords and narrowing in on what works and what can be measured.

## A Clear Trend: From Vague to Specific

What ties these changes together? It’s a shift from broad, sometimes vague health terms to precise, actionable strategies. Instead of searching for “biohacking,” people want to know which exact supplement, test, or therapy can improve their “biological age” (+50%) or fix their “gut health” (+22%). Rather than guessing at possible cures, they’re pinpointing solutions backed by data, be it “genetic testing” (+22%) or “functional medicine” (+22%).



# The Future of Health Searches

Our search behavior tells a story. It says we're less interested in quick fixes and catchy buzzwords. Instead, we're focusing on understanding our bodies at a deeper level. We want to know how to reduce inflammation, improve cellular energy, and measure our progress. We're exploring everything from "senolytics" to "peptide therapy," and we're more willing to invest in tests, wearables, and therapies that give us tangible results.

In short, we're becoming more informed and more curious. We might still be "Googling our way to longevity," but we're getting smarter about it. Instead of following

broad health trends, we're honing in on specific strategies that could help us live longer—and live better.

You can explore these trends and tools firsthand at Biohacker Expo in Miami, taking place February 28 – March 1, 2025. This event brings together experts, innovators, biohackers, and people looking to Make America Healthy Again to explore novel techniques for elevating health and longevity. It's an opportunity to meet the minds behind the research, ask questions, and find your own path to feeling and performing better — well beyond what today's searches can tell you.



## Sandy Martin



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

Sandy Martin doesn't just talk about health—she fought for hers. After spending \$97,000 in the first year recovering from a brain injury caused by mold, she learned the hard way that most biohacks cost next to nothing. That's why she launched Biohacker Expo: to connect people with experts who know how to heal without breaking the bank.

For 15 years, Sandy ran massive comic cons like Supercon and GalaxyCon, drawing up to 60,000 people. But when mold took her down, she hung up her cape and entered her fortress of solitude to discover what it means to BE the hero in her own life. Recharged, Sandy's on a mission to help you discover what your kryptonite is so you can recover your energy too.

Beyond Biohacker Expo, Sandy consults with companies to stay ahead of biohacking trends and expand the alternative health market. She's a featured expert on biohacking for NBC News, a sought-after speaker, and a leading podcast guest.



A bright yellow background featuring a yellow suitcase with a black handle and telescopic tubes. A pair of dark sunglasses is resting on the suitcase, and a portion of a straw hat is visible on the right side.

# Stress-Proofing Your Journey

The Biohacker's Guide to  
Mindful Air Travel

Flying isn't just about getting from A to B—it's a full-body stress test that accelerates aging! From cosmic radiation to dehydration and circadian disruption, air travel can wreak havoc on your biological systems. No wonder flight crews often look older than their chronological age. But what if you could turn your next flight into a biohacking performance optimization? Let's dive into how you can make flying work for you instead of against you.



# The Hidden Stressors of Air Travel

Air travel is more than just sitting in a pressurized tube. It's a biological assault on your body:

## 1. Cosmic Radiation

- The Threat: High-altitude flights expose you to radiation that penetrates cellular defenses.
- The Evidence: A 2019 study in *Scientific Reports* found airline crew members suffer significant radiation-induced DNA damage.

## 2. Circadian Rhythm Disruption

- The Threat: Rapid time zone changes wreak havoc on your internal clock.
- The Evidence: Research in *Nature* shows this can impair metabolism for up to two weeks.

## 3. Reduced Oxygen Saturation

- The Threat: Cabin pressure equivalent to 6,000-8,000 feet stresses your cells.
- The Evidence: *Journal of Applied Physiology* links altitude pressures to oxidative stress and fatigue.

## 4. Dehydration

- The Threat: A typical long-haul flight can cause you to lose 1.5-2 liters of fluid.
- The Evidence: A study in *Environmental Health Perspectives* confirmed significant dehydration risks.

## 5. Immune Suppression

- The Threat: Recycled cabin air and stress weaken immunity.
- The Evidence: Findings in *Aerospace Medicine and Human Performance* highlight increased infection risks.

# Your In-Flight Stress Mitigation Toolkit

## 1. Radiation Defense Strategy

- Vitamin C Ester: Take 1 gram before takeoff and 500 mg every 4 hours during the flight. A Free Radical Biology and Medicine study shows it reduces radiation-induced DNA damage by 80%.
- Seating Tip: Opt for a seat near the aircraft's center to slightly reduce radiation exposure.

## 2. Circadian Rhythm Rescue

- Pre-Flight: Gradually shift your sleep schedule. A Northwestern University study found this reduces jet lag by 65%.
- In-Flight: Use an eye mask and silicon earplugs for better rest. Consider melatonin (10 mg) to reset your sleep cycles—Journal of Clinical Endocrinology highlights its dual role as an antioxidant.

## 3. Hydration Optimization

- The Plan: Drink 1 cup of water every 2 hours.
- Pro Tips:
  - Bring hydrogen-rich water; Medical Gas Research shows it neutralizes free radicals. My fave is the MitoHydro bottle from MitoRedLight
  - Sip warm lemon water to combat dehydration and green tea for antioxidants. Bring your own to avoid the microplastics from commercial airline tea bags
  - Warm water is preferable over cold (which can increase appetite) or hot (which may affect body temperature regulation during travel).

## 4. Nutrition as Armor

- Avoid airline meals—they're sodium-laden, pesticide-heavy, and often reheated in plastic containers, hello microplastics!
- Pack your own snacks: raw fruits, veggies, and antioxidant-rich foods.

## 5. Skin Defense Protocol

- Remove makeup, apply moisturizer, and layer sunscreen to protect against higher UV exposure at altitude.
- Try a Korean layering routine: cleanse, spritz floral water, apply oil, and finish with a rich moisturizer. I have mine custom made and add coQ10, Vit E, and Rapamycin to it (yes, the immunosuppressant drug, as it has shown promising results when applied topically).

## 6. Supplement Essentials

- Zinc Chelate (50 mg): Bolsters immunity. Annals of Nutrition & Metabolism highlights its protective role during stress.
- B Vitamins: Support energy levels; Nutrients found they reduce fatigue.
- Vitamin D (5,000 IU): Enhances cellular repair.
- Thymosin-Alpha-1 Peptide: Activate immune cells; inject 1 mg every three days starting one week before travel.

## Post-Flight Recovery Protocol

- Spend time outdoors in natural light to reset your internal clock.
- Continue hydrating with hydrogen-rich water for cellular recovery.
- Fast for 18 hours post-flight to reduce inflammation and restore metabolic balance.







# Stress and Neuroplasticity

Movement-Based Tools to  
Build a Resilient Brain

by Dr. Yana Nakhimova

In our fast-paced world, chronic stress has become a near-constant companion. Deadlines, demands, and distractions overwhelm our brains. But what if we could rewire our brains to become more resilient, flexible, and capable of thriving in modern stressful conditions? This is where the power of neuroplasticity and movement comes in.

Neuroplasticity - the brain's ability to rewire and adapt - does not stop in childhood. Research shows that the brain can evolve at any age, and specific movements can activate this remarkable capacity for growth. By combining movement practices with an understanding of our evolutionary stress responses, we can "reprogram" both the brain and body to respond to stress safely and effectively. In this article, I will explore how stress impacts the brain, how evolutionary mechanisms backfire in modern environments, and why neuroplastic movement tools are the key to building a resilient brain.



# The Modern Stress Paradox:

## Why Our Evolutionary Responses Backfire

Our stress response, often summarized as "fight or flight," evolved to help us survive immediate physical threats. Imagine our ancestors encountering a predator: adrenaline would surge, muscles would tense, and energy would mobilize to help them fight or flee. Once the threat was gone, the body would return to a calm state.

In today's world, we rarely face predators, yet our stress response is constantly activated by emails, deadlines, traffic jams, and financial pressures. The body doesn't differentiate between real danger and imagined threats—it responds the same way. Unlike our ancestors, we rarely complete the "stress cycle" through physical movement, so cortisol (the stress hormone) lingers in our systems. This leads to:

- **Brain Fog:** Chronic stress impairs the prefrontal cortex, the part of the brain responsible for focus, decision-making, and emotional regulation.
  - **Premature Aging:** Stress accelerates cellular aging by shortening telomeres, the protective caps on our DNA.
  - **Cognitive Decline:** Prolonged stress shrinks the hippocampus, the brain's center for memory and learning.
  - **Physical Tension:** Stress manifests as tight muscles, poor posture, and shallow breathing, creating a feedback loop of discomfort.
- To break this cycle, we need movement - a biological reset that allows the brain and body to recover. And not just any movement; specific neuroplasticity-focused practices can stimulate brain health and resilience.



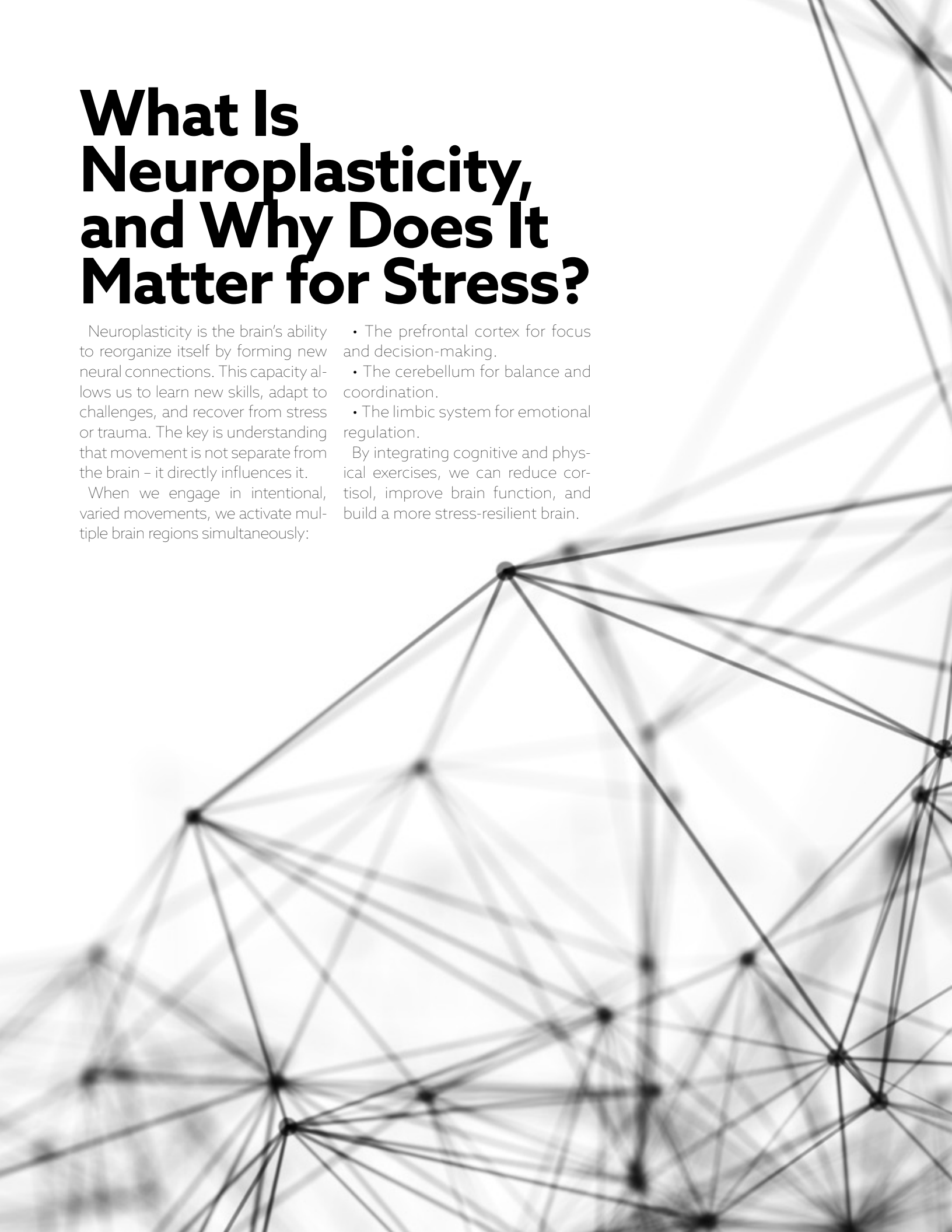
# What Is Neuroplasticity, and Why Does It Matter for Stress?

Neuroplasticity is the brain's ability to reorganize itself by forming new neural connections. This capacity allows us to learn new skills, adapt to challenges, and recover from stress or trauma. The key is understanding that movement is not separate from the brain – it directly influences it.

When we engage in intentional, varied movements, we activate multiple brain regions simultaneously:

- The prefrontal cortex for focus and decision-making.
- The cerebellum for balance and coordination.
- The limbic system for emotional regulation.

By integrating cognitive and physical exercises, we can reduce cortisol, improve brain function, and build a more stress-resilient brain.





# 4 Movement-Based Tools to Build Stress Resilience

Here are five accessible, neuroplasticity-focused movement practices you can incorporate into your daily routine to combat stress and enhance brain health.

## 1. Cross-Lateral Movements

Cross-lateral movements involve crossing the body's midline, stimulating communication between the brain's left and right hemispheres. Examples include crawling, opposite elbow-to-knee touches, or even dancing with intentional cross-body gestures.

### Why It Works:

- Enhances focus and cognitive flexibility.
- Improves coordination and body awareness.

### Try This:

- Stand and bring your right elbow to your left knee. Switch sides and repeat, focusing on deep breathing and smooth movements.

## 2. Somatic Grounding Exercises

Grounding exercises focus on reconnecting the body and brain

through mindful, slow movements. These movements calm the nervous system and release physical tension.

### Why It Works:

- Resets the fight-or-flight response.
- Reduces muscle tension and stress-induced pain.
- Improves body awareness and emotional regulation.

### Try This:

- Lie on the floor with your knees bent. Very slowly move your head up and down while exhaling deeply. Notice the connection between your head and lower back.

## 3. Balance and Coordination Challenges

Balance exercises stimulate the cerebellum, which plays a critical role in your stress response and posture. These exercises are particularly beneficial during work breaks, before tackling a new learning challenge, or prior to an important presentation.

### Why It Works:

- Strengthens neural connections related to coordination.

• Engages the brain and body, improving your focus and ability to learn.

### Try This:

- Stand on one leg with your eyes closed for 30 seconds. Switch sides. To increase the challenge, try gentle movements with your arms or torso while balancing.

## 4. Playful Movements

Playfulness introduces novelty and creativity, stimulating neuroplasticity and reducing stress hormones. Activities like dancing or throwing a ball involve both cognitive and physical skills.

### Why It Works:

- Activates the reward system, releasing dopamine (feel-good chemical).
- Encourages joy, reducing mental strain.
- Enhances learning and memory through novelty.

### Try This:

- Grab a tennis ball and gently toss it between your hands or bounce it off the wall. Add playful challenges, like catching it with your non-dominant hand.



# The Science Behind Movement and Brain Health

Movement does more than reduce stress; it actively improves brain health. Scientific studies show that regular physical activity:

- Boosts BDNF: Brain-Derived Neurotrophic Factor, known as “miracle-gro for the brain,” supports neural growth and repair.
- Reduces inflammation, which is

linked to cognitive decline and depression.

- Enhances Memory and Focus: Movement increases blood flow to the hippocampus, improving memory and learning.

Even small, intentional movements can create lasting changes in the brain



## Conclusion: Movement as a Brain Reset Tool

Stress is inevitable, but chronic stress does not have to dictate your brain's health or longevity. By understanding neuroplasticity and using movement as a tool, we can rewire our brains to become more resilient, adaptable, and stress-proof.

The practices outlined here – cross-lateral movements, somatic exercises, balance challenges, and playful activities – are simple yet profound tools. They offer a safe, accessible way to reduce stress, improve cognitive function, and

build a brain capable of thriving in the modern world.

As Charles Darwin's insights suggest, survival depends not on strength or intelligence alone, but on adaptability to change. Movement is not just exercise; it is a celebration of life and an opportunity to reprogram your brain. Start today, with even a few minutes of intentional movement, and watch as your brain evolves with you. Through movement, you hold the power to unlock its infinite potential.



## Dr. Yana Nakhimova

Yana Nakhimova is a health and wellness expert specializing in neuroplasticity and movement-based stress reduction techniques. With over 10 years of experience, Yana designs programs that improve brain health, resilience, and overall well-being. Learn more at [bodymindmethod.com](http://bodymindmethod.com)

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# 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.



# Apollo Neuro:

## Harnessing Science to Enhance Wellbeing

- *The Quantified Cyborg Monthly Review*



Apollo Neuro stands out as a pioneering wellness wearable designed to improve various aspects of health through scientifically validated technology. This device promises to aid in quicker recovery, boost immunity, enhance reproductive health, increase heart rate variability (HRV), sharpen focus, and improve sleep.

### **Why It Was Made:**

Apollo Neuro is developed with the aim to harness the power of touch therapy translated into a wearable device, utilizing gentle vibrations to help the body recover and thrive throughout the day.

### - Brand and Variations:

Apollo Neuroscience, the company behind Apollo Neuro, emphasizes transparency and scientific rigor, partnering with top-tier scientists and physicians to develop their technology.

### - Relevance to Health and Wellness:

In today's high-stress world, a device like Apollo Neuro is extremely relevant, appealing to individuals looking to manage stress, improve sleep, and enhance overall wellbeing.

### **How It Works:**

#### - Key Features:

Apollo Neuro uses vibrations to deliver touch therapy that helps the body regulate stress and recover. It is designed to be worn on the wrist or ankle, providing easy and continuous access to its benefits.

#### - Unique Selling Points:

Unlike many wellness wearables, Apollo Neuro's effectiveness is backed by independent clinical trials, including double-blind, randomized placebo-controlled crossover trials.

#### - Scientific Backing:

The device's methodology and results are held to high scientific standards, with significant results validated by independent research funded by reputable sources outside of Apollo Neuroscience.

**What Was My Experience:**

- Testing the Product:

I have been familiar with Apollo since its inception, having been among the initial testers during its product launch. Initially, I was quite impressed with the device, although it eventually broke. Recently, I got a new unit and used Apollo Neuro consistently over a six-week period, testing its impact on various health aspects by wearing it both during the day to enhance focus and at night to improve sleep quality.

The device is discreet and comfortable, and I soon began to notice subtle improvements in my stress levels and



sleep patterns. Throughout the testing period, I observed measurable enhancements in my heart rate variability (HRV) and overall sleep quality, which were confirmed by data from other health tracking devices I use.

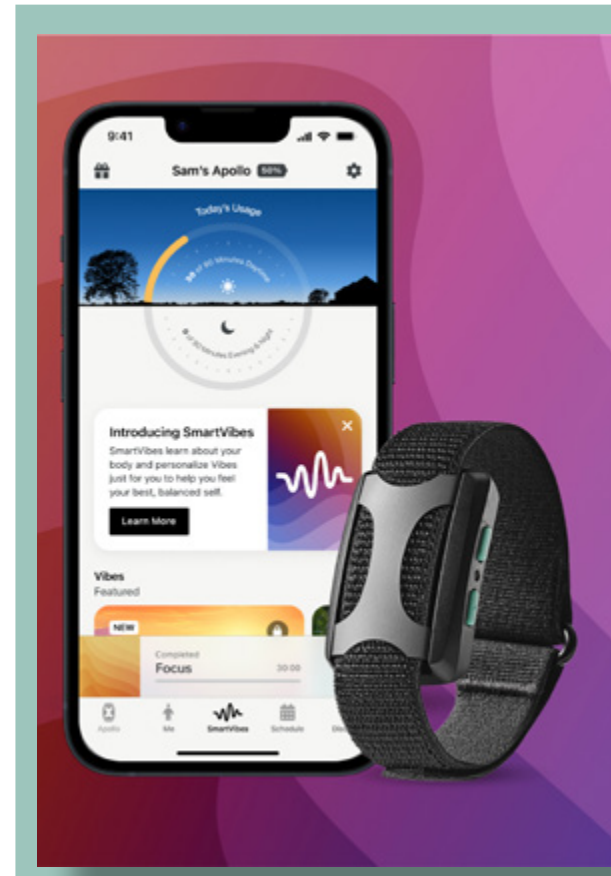
Particularly during workouts, I found that using Apollo Neuro helped me maintain focus and stay calm, significantly enhancing my performance. Apollo Neuro marks a substantial pro-

gression in the field of wellness wearables, providing a scientifically supported, effective means of improving mental and physical health. With its strong scientific foundation and proven real-world benefits, it stands out as an excellent choice for those committed to improving their wellbeing. For anyone seeking a non-invasive way to manage stress, enhance sleep, and support general health, Apollo Neuro is an exceptional option.

- Pros and Cons:

Pros include the scientifically validated approach, effectiveness in improving several health markers, and ease of use.

Cons might be the app use but still not bad at all.



**APOLLO**

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



## THE ALLIANCE FOR LONGEVITY INITIATIVES

### Request to Support Geroscience Research and Join the Longevity Science Caucus

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

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

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

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

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

your congressional office, and help you make a difference.

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



# SEE AND BE SEEN

## 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



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



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

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

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

April 12-13, Austin, TX



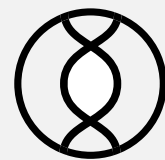
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# ACKNOWLEDGMENTS

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

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

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

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

**LIFESPANNING**

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.

# Effortless Recovery, Day and Night

Backed by science, Apollo Neuro delivers measurable results for better sleep, focus, and recovery—helping you feel your best around the clock.

Benefits of Apollo include:



11%

increased heart rate variability (HRV)



10%

faster physical recovery



25%

more focus and concentration



30

more minutes of sleep each night

“

The Apollo wearable revolutionizes how we approach our health, actively improving sleep, cardiovascular metrics, focus, and more — and it's completely effortless for the user. It's a fascinating mix of cutting edge technology and ancient health knowledge.”

- Dr. Mark Hyman, MD  
Leader in health revolution,  
physician and author

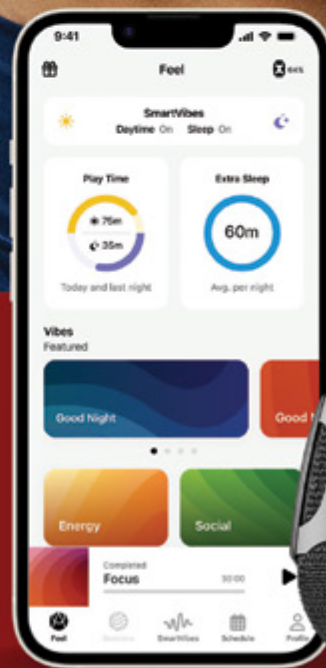


## The Rhythm of Relaxation

Designed by leading scientists and physicians, the Apollo wearable delivers soothing silent sound wave vibrations to your body that remind your body how good it feels to feel good. Like your favorite song composed for your body instead of your ears, Apollo melts away stress and keeps you in a calm flow state, day and night.

 APOLLO

Learn more at [apolloneuro.com](https://apolloneuro.com)



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