

BIOHACKERS

LIFESPANNING

MAGAZINE



BIOHACKING SEX

SEXUAL BIOHACKING
FOR AGELESS INTIMACY



SUSAN BRATTON

BIOHACKING
FERTILITY



DR SIMMONS

UNLOCKING
SEXUAL ENERGY



OLIVIA DYDYNA

METABOLIC HEALTH
TRENDS IN 2024



SANDY MARTIN

Just
BE @biohackerexpo
MIAMI
Feb 28 & Mar 1



MAKE AMERICA HEALTHY AGAIN

THIS MOVEMENT DEPENDS ON YOU!

Join Us in Miami Feb 28 & Mar 1, 2025

Engage with biohackers, coaches, practitioners, and innovators who share a commitment to guiding others to be healthy.

- Enhance Coaching Strategies
- Boost Visibility & Credibility
- Get Ahead of Health Trends
- Connect with Health Leaders
- Explore Personalized Wellness

SAVE 50% OFF GA: CODE "BE"



TEST, DON'T GUESS

LIFESPANNING

MAGAZINE

TABLE OF CONTENTS

37th Edition February 2025

TEAM MESSAGES **4**

UNLOCKING SEXUAL ENERGY **6**

CAN SOME BIOHACKS MAKE
YOU INFERTILE? **13**

SEXUAL BIOHACKING FOR
AGELESS INTIMACY **26**

BIOHACKING RECIPES: GREATEST
LOVE SALAD **35**

METABOLIC HEALTH TRENDS IN 2024 **41**

PRODUCT REVIEW: HIMASSAGER **49**

UPCOMING EVENTS **53**



THE SPIRITUAL ESSENCE OF THE SEXUAL ACT

When we consider all the actions of our daily lives, most appear to be bound to the experiential plane of bodily sensation. We drink to satisfy thirst. We walk from one physical place to another. We talk to express our thoughts and to be understood by those in our physical presence. But there's one act that seems to bridge the gap between the physical and the spiritual plane when experienced in the healthiest and purest of manners. That act is sex.

Healthy sex takes a physical pleasure and converts it into a spiritual ecstasy. Because of this strong feeling, many find themselves chasing sex in almost any form to find pleasure with the slim glimmering hope of ecstasy. But sex is not meant to be a hopeless vice of hedonistic pleasure; sex is meant to be a small yet joyous sample of what pure love is, experienced by all the bodily sensations channeled into the spiritual energy that cleanses the soul. Going beyond the sheer pleasure and experience from the sexual act, it is easy to forget in our now sexualized culture, that the primary effect from sex is actually procreation. To participate in sex, is to participate in an act designed to create a new life. With this in mind, the sexual approach becomes

much more venerable with regard to the act of love that we were all created from, and the act of creation that we were all called to engage in. Because the sexual act's peak in experience is found in the euphoria of the spiritual existence, it must be approached firstly from this same spiritual essence of profound respect and piety.

The best way to focus on improving sexual health is to first focus on the intention and dignity behind the other person, as well as ourselves. Letting go of the obsession-mindset and transmitting this energy into a deep regard and reverence for the other person is the best way to build and foster a truly formidable and satisfying sex life. It's the foundation that everything else rests on. The best practical way to improve our sexual health is to stop seeing others as objects to be used at the fulfillment of our selfish desires. To really tap into the almost transcendent power that the sexual act wants to offer us, each person acts from an intention of selfless love only focused on giving to the other. With this method, there's no pressure, no misunderstanding, no impertinence.



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.instagram.com/gates.of.growth)

A REVOLUTION IN SEXUAL WELLBEING

For decades, sexual health has been the guiding framework for how we address sexuality in public health. While it has played a critical role in tackling risks and adverse outcomes, the conversation has often been limited, rooted in prevention rather than expansion, in illness rather than optimization.

But sexuality is more than just the absence of disease or dysfunction. It is an evolving, dynamic force of our human experience, affecting our relationships, vitality, mental clarity, and even longevity itself. It's time we elevate the conversation from sexual health to sexual wellbeing.

At Lifespanning Magazine, we embrace a new paradigm of sexual optimization—one that acknowledges the biohacks, scientific advances, and ancient wisdom that can enhance not just function, but fulfillment. From cutting-edge longevity research on hormones, peptides, and neurochemistry to the power of meditation, breathwork, and circadian rhythm alignment, we explore how sexuality can be nurtured, expanded, and optimized across a lifespan.

Sexuality is no longer a taboo or a risk to be managed, it's a fundamental aspect of human wholeness that deserves the same level of attention as nutrition, sleep, and movement. It's a marker of health equity, a key to personal transformation, and a domain where science and self-discovery meet.

This issue of Lifespanning Magazine is a deep dive into the evolution of sexuality, exploring topics like the latest biohacks for sexual vitality or the importance of open, stigma-free conversation.

No pun intended, but Sexuality is not static, it is meant to evolve with us, not decline with age. The more we understand and embrace it, the more we reclaim our power over our own biology and emotional wellbeing.

Let's reframe the conversation, remove the taboos, and redefine what it means to thrive—inside and out. Welcome to the revolution of Sexual Wellbeing. If you are ready to take your vitality to the next level? Dive in.

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://twitter.com/cyborggainz)
Jeanfallacara.com



UNLOCKING SEXUAL ENERGY:

A BIOHACKER'S GUIDE TO HARNESSING
YOUR LIFE FORCE

By Olivia Dydyna



Do you ever feel like you're running on autopilot, stuck in the grind but missing the magic? What if the key to feeling truly alive—buzzing with energy, creativity, and inspiration—was hidden in your sexual energy? This isn't just about pleasure; it's about unlocking the limitless potential already inside you.

As a Sex and Intimacy Guide and the Creator of the SoulGasm Experience, I've helped countless individuals and couples reclaim this power. But here's the twist: real transformation isn't just about talking through issues—it's about bridging the gap between your mind and your body. To unlock your life force, you need to work with the body's consciousness and create shifts that go far beyond traditional therapy.

Today, I'm diving into how sexual energy, belief reprogramming, and the body-mind connection are the ultimate trifecta for healing and transformation.



Why the Body-Mind Connection is the Missing Piece

Many of us approach personal growth by focusing solely on the mind—analyzing our thoughts, talking about our past, and searching for answers through logic. While this is valuable, it often leaves out a crucial player: the body.

Your body isn't just a vessel; it has its own consciousness. It stores every experience you've ever had—every joy, heartbreak, and trauma. These memories live in your cells, your muscles, and your nervous system. That's why, even when your mind says, "I'm ready to move on," your body might still be

holding onto fear, shame, or grief.

For example:

- If you've experienced rejection, your body might contract or shut down in intimate situations, even if you mentally understand that you're safe now.

- If you've been conditioned to see desire as "wrong," your body might block the natural flow of sexual energy, leading to disconnection or imbalance.

This is where the body-mind connection becomes essential. True transformation happens when both the mind and body shift together.

How the Body Holds A Flow of Consciousness

Have you ever felt a knot in your stomach before a big decision or a lump in your throat when holding back tears? That's your body speaking to you. It's constantly sending signals about your emotions, experiences, and unmet needs.

When it comes to sexual energy, the body often holds onto subconscious blocks that the mind alone can't address. These blocks might manifest as:

- Physical tension in areas like the pelvis, hips, or jaw (key centers of energy flow).
- Emotional numbness, where you feel disconnected from your body or pleasure.
- Overactivation, where energy feels chaotic or overwhelming rather than balanced.

To release these patterns, you need to work with the body—not against it. Breath, sound, and Theta Healing are powerful tools for creating this shift because they engage both the body and the mind in harmony.

How Beliefs and Subconscious Blocks Impact the Body

Your subconscious mind is the driver behind most of your thoughts, feelings, and behaviors—and it's intricately connected to your body. For example:

- A belief like "I'm not good enough" might manifest as tightness in your chest or difficulty breathing deeply.
- A belief like "I have to be in control to feel safe" might create tension in your shoulders or an inability to fully surrender in intimacy.

Theta Healing works by guiding you into a meditative state where we can uncover these beliefs, understand where they originated, and replace them with empowering ones.

For instance:

- Shifting from "I can't trust others" to "I am worthy of love and connection" creates an opening in both the mind and body, allowing you to feel safer and more relaxed in relationships.
- Releasing beliefs like "Desire is selfish" invites your body to experience pleasure without guilt, unlocking your creative potential.

Why This is Different Than Traditional Therapy

While therapy is incredible for helping you understand your thoughts and emotions, it often stops at the level of the mind. It's like reading a map without ever stepping onto the path.

In my work, we go deeper. Instead of just talking about your experiences, we:

- Engage the body's wisdom: Using breath and sound to release stored tension and activate energy.
- Access the subconscious mind: Through Theta Healing, we identify and reprogram the beliefs that are holding you back.
- Facilitate a full-body shift: By aligning your body and mind, we create lasting change that you can feel in every cell of your being.

This isn't about bypassing emotions or rushing the process. It's about creating a space where your mind, body, and soul can work together to heal and thrive.



Breath, Sound, and Belief Reprogramming: The Path to Transformation

Let's talk about the tools that help create this body-mind shift.

1. Breathwork to awaken and align energy:

Your breath is your body's natural reset button. By practicing intentional breathwork, you can release tension, move stuck energy, and bring your mind into a state of calm. Breath connects you to your body's consciousness, helping you feel where energy is blocked and where it's ready to flow.

2. Sound to release and express:

Sound is a direct pathway to the body's emotions. When you use your voice—through sighs, hums, or primal sounds—you activate the throat chakra, clear stagnant energy, and create space for authentic expression.

3. Theta Healing to reprogram the subconscious:

While breath and sound activate the body, Theta Healing works on the root cause of the block: the belief itself. By addressing what's stored in your subconscious mind, we clear the patterns that keep your energy stuck and create new, empowering beliefs that support your growth.

A Personal Invitation

The one thing I wish I learned sooner in my journey of healing and expansion is that you don't have to do it all alone. I created the Soulgasm Experience for people to feel empowered and supported in their journey of love and intimacy.

In the Soulgasm Experience, I guide you into a state of deep surrender where transformation happens naturally. It's a journey beyond words, where your body and mind come into alignment, and you feel the full force of your creative, sexual energy flowing freely.

This isn't just about unlocking more pleasure (though that's a beautiful bonus). It's about awakening the part of you that's been waiting to feel fully alive—energized, creative, and deeply connected to yourself and others.

So love, are you ready to listen to your body's wisdom, rewrite the stories holding you back, and step into the fullness of your life force? Let's take that first breath together.

With love and magic.

Olivia



OLIVIA DYDYNA




Olivia Dydyna is your guide for integrating sex and spirit. Drawing from her extensive background in sex and relationship coaching, rooted in the transformative VITA method and Theta Healing, Olivia gently guides men and women to embrace their sexual energy from a heart-centered space, allowing them to experience profound soul-to-soul connection.

<https://www.besexessful.com/>

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



Microscopic sperm cells are shown on the left side of the page, swimming towards the right. They have a long, thin tail and a larger, oval head. The background is a light blue color.

CAN SOME BIOHACKS MAKE YOU INFERTILE?

- An interview with Dr. Aumatma Simmons, ND

Could your current lifestyle and biohacking routines prevent you from being able to have children later? This is FAR more important for men than most people realize.

We'll explore this - and strategies for conception - in our interview with Dr. Aumatma Simmons. Dr. Simmons is a leading expert in the United States for both natural and medical solutions for increasing fertility. (1)

You'll discover how what you're currently doing may have a positive, or very negative impact on your future ability to conceive children.

You'll also learn that some of the widely believed 'medical facts' about fertility aren't actually based on science. (2)

Finally you'll learn about 'Madre' a free fertility guidance app developed by Dr. Aumatma Simmons. This confidential program takes the guesswork and confusion out of getting pregnant. (18)



Are You Even Thinking About Fertility? Most Don't Until It's Too Late.

Most people rarely think about fertility - until they want to have children. Sadly, more and more couples are having trouble conceiving. (3) Then it becomes a painful topic they don't know how to deal with.

In the United States, about 1 in 6 (17%) of men and 1 in 5 (20%) of women of reproductive age experience fertility problems. Infertility increases with age, particularly for women, with fertility declining after in their later 30's. (4)

In the western world, this currently results in more than (20%) of couples having trouble conceiving. (5) However, fertility rates in the western world are dropping each year at an alarming rate. (2)

Traditional medical solutions are expensive, and many times aren't covered by insurance. Often it begins with hormone therapy for women, which causes an emotional rollercoaster for both partners. Your intimate life is changed into a stressful science experiment.

If hormonal therapy doesn't work, many are told that in vitro fertilization (IVF) is the only option remaining. (6)

But the results of IVF aren't as good as many think. For women under 35, IVF resulting in healthy live births varies from 32-55%. This drops to ~25% for women 35-37 years old. For women over 44 it falls to 4%. (6)

The standard medical routes can be very expensive, stressful and have potential risks. As a result, more and more couples are looking for natural solutions for having children.

Fortunately there are experts like Dr. Aumatma Simmons to help guide couples through this process in a way that is more natural.



Why Did Dr. Simmons Focus on Fertility?

"I originally focused all my attention on medicine and my career. But after getting married in my 30's I was having challenges getting pregnant myself."

The general medical norm was that if you don't have children before 35, your odds of conceiving drop tremendously.

Many times women in their mid 20's are told by their gynecologist that they need to think about getting pregnant before their mid 30's.

This only adds to the stress for women and their partners.

In fact, as Wendy and I know personally, if you become pregnant after 35 you're medically considered a 'geriatric pregnancy.'

Concerned about 'running out of time,' Dr. Simmons shifted her focus to explore what could be preventing her from getting pregnant.



Medical Policy - Based on French Wives Tales?

"The first thing that shocked me was that the widely held 'deadline' of 35, didn't come from large medical studies.

It actually can be traced to stories from France in the 1700's - 1800's where it was recorded that women took fewer children in to be Baptized when they were over 35. (2)

Unfortunately there aren't any large scale studies of natural fertility rates. But most do agree it becomes less likely women will get pregnant as they get older. Smaller studies have found fertility tends to drop about 3% per year after the later 20's.

But his widely held 'deadline' of 35 isn't set - and there are many other important factors.

"Realizing this "fact" wasn't based on science, I began to wonder what else might not be totally correct."

This began Dr. Simmons journey to become a fertility expert.

Eventually she understood that while age plays a role - each person is unique. Both women, and men's overall health, stress level and environment plays a much larger role than previously thought.



The Amount of Time You Had an Unhealthy Diet, Lifestyle and Exposure to Toxins is a Huge Factor.

The good news is many times the damage of lifestyle and environmental toxins can be reduced. (7)

Our bodies are much more resilient than we often realize. At least up to a point, but in most cases there is hope.

This article mostly addresses male fertility. Women are equally important though. (8)

We wanted to mention these areas because it's something most men aren't aware of and is becoming a significant reason for couples infertility. (9)



What Is Happening To Men?

Declining male health, lower testosterone levels and decreasing sperm count is rapidly becoming a serious concern.

On average in men, testosterone levels have been declining by approximately 1% per year since the 1980s. (10)

Even more concerning, this decline seems to be accelerating. From 1999 to 2016, average testosterone levels in young men (ages 15-40) decreased by about 25%. (10)

So young men today, on average, have only 50% of the testosterone that was 'normal' in the 1980's.

This drop in testosterone is accompanied with lower sperm count, viability, and as a result fertility. A 2017 meta-analysis found that sperm counts in Western countries declined by 52.4% between 1973 and 2011. (11)

A 2022 study reported that the decline in worldwide sperm concentration has almost doubled again in the past few years, suggesting that these declines may be intensifying. (11)

Our high stress lifestyles are already hard enough on women for normal ovulation. The additional drop in male fertility is resulting in even lower chances of getting pregnant.

Are Certain Widely Promoted 'Biohacks' Reducing Male Fertility?

Today it is popular for men to monitor their testosterone levels. If low they're frequently advised to begin testosterone hormone therapy.

Some of the leading Biohacking experts have had interviews promoting how they began testosterone therapy when they were younger - and the benefits it had for them. You can see examples of this on youtube and in many blogs. (12)

Testosterone Therapy Dramatically Reduces Male Fertility

Clinical studies have found that testosterone therapy can significantly reduce sperm count. (13) This effect is known as testosterone-induced hypogonadism or functional azoospermia (ie. there being no viable sperm in the ejaculate).

When exogenous testosterone is administered, it suppresses the body's natural production of testosterone and sperm through negative feedback on the hypothalamic-pituitary-gonadal axis. (13)

Testosterone has even been tested as a contraceptive. One study found that within 4 months of use, it suppressed spermatogenesis and led to azoospermia (having no sperm in ejaculate) in 65% of normally healthy men (14).

Fortunately, most of the men in studies (64% to 84%) recovered after stopping taking testosterone therapy after approximately 110 days (14) (15)

The irony is the same leading Biohackers who recommended testosterone therapy have later written books on their challenges with conception. (16)

So for men this is important - if you are wanting to have children in the future. It's important to consider the implications of testosterone therapy on your future sperm production.

The good news is the methods offered by Dr. Simmons for general fertility also helps men increase testosterone levels - naturally.



The Bigger Picture For Fertility

One distinction with Dr. Simmons' approach is that she works to understand the whole picture for what is going on with your health and lifestyle.

Instead of the traditional approach of directly going to fertility hormones, she looks at the numerous lifestyle and related factors that impact your fertility.

Hormones and more invasive treatments are always an option, the goal first is to try to resolve the cause of infertility naturally.



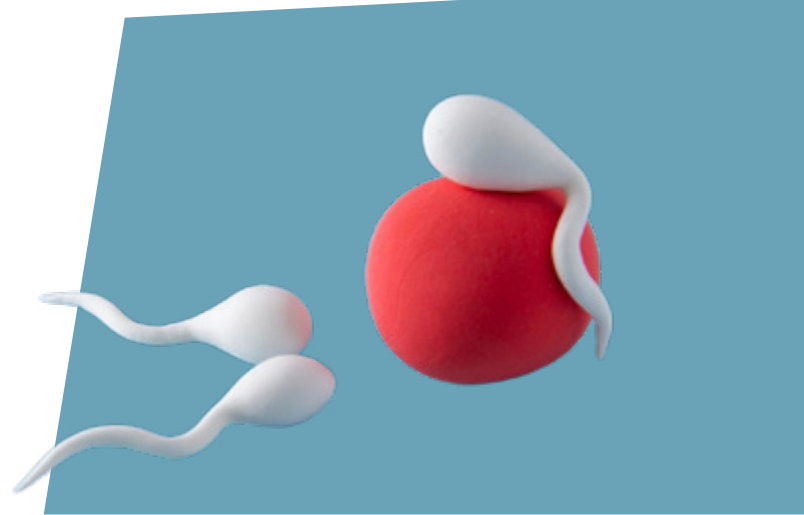
If You Aren't Able To Conceive, How Long Should You Try Before Seeing A Doctor?

She said the general medical consensus was that if you are under 35, if you haven't gotten pregnant after 12 months. Or after 6 months of trying if you're over 35.

However - if you can - she suggested seeking help in half the suggested time.

This is because while age isn't the hard set point it had previously been thought of - the process of getting your lifestyle and health back sometimes takes 6 months or longer.

It takes time getting your body back in balance and ready to conceive. So the sooner you begin the healing process to prepare for getting pregnant, the better.



When Should You See a Fertility Expert

When we asked Dr. Simmons, when you should see a fertility expert, she said there are two scenarios. First the ideal scenario - and then what most people do in reality.

"Ideally, you should see a fertility expert a year before you want to get pregnant" This gives both partners time to change their lifestyle to optimize conceiving a healthy child.

But in reality, most people don't think about seeing a fertility doctor until after they haven't been able to conceive.



Infertility Is A "Symptom"

The key point to understand is that infertility is a symptom of some other health challenge. The underlying physical conditions need to be addressed so you can conceive.

Many times couples feel overwhelmed because there are so many options and things to consider. From diet, to sleep, to supplements and tests there are many, many options. Plus each person is unique, so no single solution or process works for everyone.

The good news is Dr. Simmons has created a simple process couples can follow that guides them through this process.

The Restorative Fertility™ System

When people work with Dr. Simmons, she takes them through a 4 step process called the Restorative Fertility™ System. This helps you get a better understanding of what is going on: (17)

Step One: Reveal - Here you and your partner take specific tests to get a profile of what is going on in your body.

Step Two: Road Map - Based on your results, a custom plan is made to help both partners address the underlying causes of infertility.

Step Three: Rebalance - You learn how to work your plan into your daily schedule. It also helps each partner get more in tune with each other's natural rhythm, so they can enjoy the process again.

Rebalance: Receive - Now you have physically prepared to become pregnant the focus shifts to mentally 'letting go' and being willing to accept the outcome. So you can relax and let things happen naturally.





Are You Having Challenges Getting Pregnant?

If you are having challenges getting pregnant - or plan to have children in the future, the following steps can help in the journey.

First - Realize that infertility is a symptom of other physical issues that need to be addressed. So the first step is focusing on improving your, and your partners overall health.

If you are male and haven't had children yet, realize that testosterone therapy may cause significant challenges in conceiving later.

Try to look at all the implications when you consider adding new Biohacking Routines. When researching them, also search how they may impact fertility.

Do Saunas Reduce Sperm Viability?

For instance, I'm a huge fan of using the sauna several times a week. But if I was concerned about my sperm count, saunas may be a concern.

Overall saunas are wonderful for health for most people. But this is another case where it can have an impact on sperm count and mobility because the testicals need a cooler environment to work well.

Other areas you should learn more about - and consider avoiding - are diets with excessive meat intake, high soy intake, as well as anything that causes extreme loss of body fat.

A more recent concern is that high levels of lead and other 'heavy metal toxins' have been found in many protein drinks, as well as chocolate.

The key here is finding balance between actually living, and optimizing your health for fertility.



Don't Get Overwhelmed

There are so many options to explore beyond this and it can be overwhelming. Before ordering general fertility hormone tests yourself, you might want to consider getting guidance.

Fortunately Dr. Simmons has created Madre.

'Madre' A Free, Confidential Fertility Guide

Madre is a free app that guides you and your partner - confidentially - through the process of getting pregnant. (18)

It explains the next steps to take, things to consider, and when you may need to get additional help.

To learn more about Madre go to:

<https://analysis.madrefertility.com>

You can also contact Dr. Aumatma Simmons by visiting her site at:

holisticfertilityinstitute.com



On A Personal Note, Wendy and I Have Lived this Journey.

I truly wish we had known Dr. Simmons many years ago. We tried to get pregnant unsuccessfully for several years. Finally we saw a fertility specialist. After a year of treatments with Clomid, and other hormones the miracle finally happened for us.

Sadly, we experienced a nightmare I wouldn't wish on anyone.

Just a few months before the due date Wendy was exposed to an antibiotic resistant infection that caused her to have to be hospitalized and have emergency C-section surgery. Our son Luke lived that day for Wendy to hold him, but then passed away.

She then spent over 2 years in and out of the hospital fighting for her life. Her doctors finally found an antibiotic that cleared the infection. But the c-section and followup surgeries caused extensive scarring and internal tissue adhesions.

Due to the extensive scarring and damage to her uterus, we were told there was no chance at all of becoming pregnant again.

The tissue adhesions weren't just painful, periodically they'd shift, causing her intestine to twist. The only thing that seemed to help resolve this was a physical therapy technique called the "Wurn Technique". That was a very vigorous massage that shook her abdomen.

I created hi® specifically to try to help her relax these painful adhesions herself.

Wendy used the early version of the hi® unit daily on her abdomen for several years. Then after 5 years of use we had a totally unexpected miracle.

Even though the MD's said it wasn't possible, Wendy became pregnant! We have a wonderful daughter named Daniela.

We can't say for sure if the daily use of hi® was the cause, but it clearly was part of the process.

This is one of the reasons we work with fertility specialists. We know how stressful the process can be. Especially when we were told there is no hope.

After working with several thousand couples for pelvic and general health, we created the hi® 3-Step method.

With the hi® 3-Step method, couples agree to a ritual where they give each other a massage with hi® once a week. Each week they both know that they will have a time where they get a massage focusing just on their needs.

This helps women and men improve their pelvic health, while helping couples relax and get back in sync with each other's natural rhythms. It also keeps the relationship exciting.

Almost all couples who try the hi® 3-Step method for 30 days keep doing it. Who wouldn't look forward to getting a massage once a week?

This of course isn't a solution by itself for infertility. It's just one way couples can relax, and care for each other.

The hi® 3-Step method also becomes a powerful, long term ritual for keeping your relationship strong - years after you have children.

Footnotes:

(1) <https://holisticfertilityinstitute.com/about>

(2) <https://www.demographic-research.org/volumes/vol32/13/32-13.pdf>

(3) <https://www.oecd.org/en/about/news/press-releases/2024/06/declining-fertility-rates-put-prosperity-of-future-generations-at-risk.html>

(4) <https://www.nichd.nih.gov/health/topics/infertility/conditioninfo/common>

(5) <https://www.who.int/news/item/04-04-2023-1-in-6-people-globally-affected-by-infertility>

(6) <https://www.nhs.uk/conditions/ivf/>

(7) <https://pmc.ncbi.nlm.nih.gov/articles/PMC5424364/>

(8) <https://www.ncbi.nlm.nih.gov/books/NBK556033/>

(9) <https://www.ccrmivf.com/news-events/fertility-decline/>

(10) <https://www.urologytimes.com/view/testosterone-levels-show-steady-decrease-among-young-us-men>

(11) https://en.wikipedia.org/wiki/Male_infertility_crisis

(12) Dave Asperty Interview on Testosterone Therapy <https://www.youtube.com/watch?v=ZHRrTH4L4tQ>

(13) <https://pubmed.ncbi.nlm.nih.gov/1977002/>

(14) <https://pmc.ncbi.nlm.nih.gov/articles/PMC6305868/#B14>

(15) <https://pmc.ncbi.nlm.nih.gov/articles/PMC6305868/#B13>

(16) <https://www.amazon.com/Better-Baby-Book-Healthier-Smarter-ebook/dp/B00DNL317K>

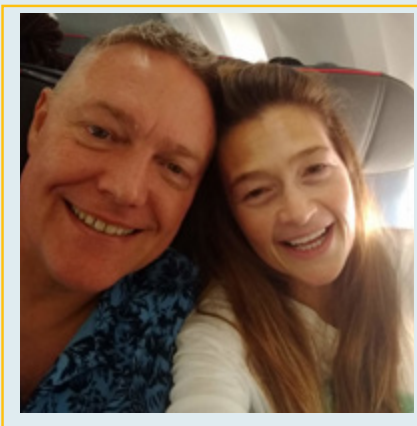
(17) holisticfertilityinstitute.com

(18) Madre - Fertility Program - <https://analysis.madrefertility.com/>





ABOUT DRS WENDY & STEVE MCGOUGH, DHS



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

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

<https://www.himassager.com>
<https://www.firststepforfertility.com>
<https://corehealth.today/>



ABOUT DR. AUMATMA SIMMONS



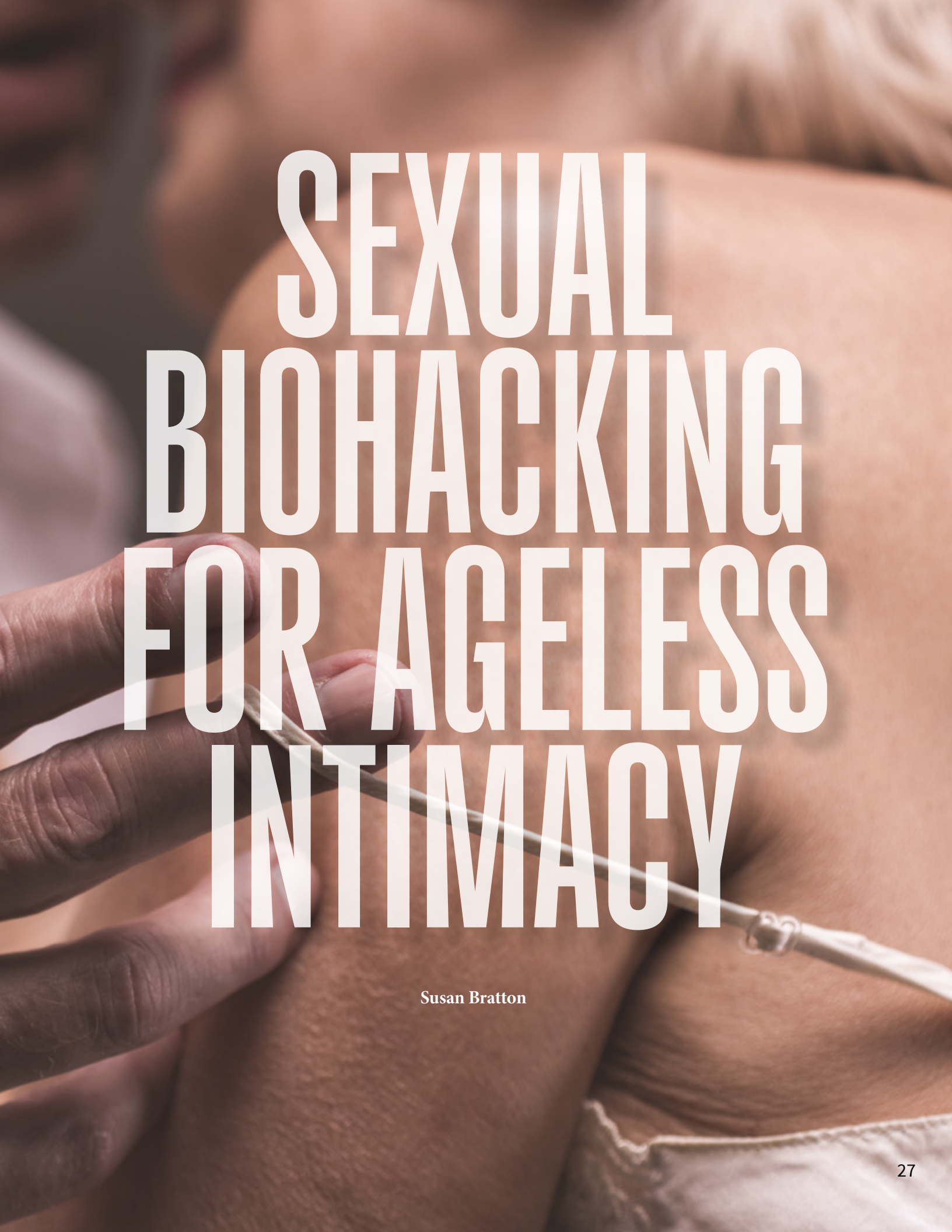
Dr. Aumatma is a Naturopathic Doctor and board-certified Fellow of Naturopathic Endocrinology, an award-winning speaker on women's health and fertility, and the creator of the Restorative Fertility™ System - the 4-step process to improving fertility and empowering couples to have a healthy baby.

She is on a mission to help bring healthier babies into this world and currently trains doctors to take a more holistic approach to fertility in their practices.

Her expertise is featured in local & national media such as ABC, FOX, CBS, KTLA, MindBodyGreen, and The Bump. Support for fertility can be found at holisticfertilityinstitute.com or @holisticfertilitydoctor on Instagram.

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





SEXUAL BIOHACKING FOR AGELESS INTIMACY

Susan Bratton

What if satisfying sex isn't just about pleasure and connection? Intimacy, like sleep, exercise and nutrition is a superhighway to living a longer, healthier, and downright happier life!

By extending your "sex span"—the years of your life when you keep your intimate pleasures thrumming—you're boosting your health span. Refuse to let outdated ageist tropes limit your longevity. There is no expiration date on great sex. Studies from around the world show that those who prioritize intimate pleasure a few times a week live up to a decade longer, appear younger than their peers, and radiate happiness well into their golden years. Having great sex until the day you die reaps incremental benefits that go far beyond typical biohacking strategies.

Why stop at living longer when you can thrive? Intimacy isn't just an act; it's a fountain of youth, and orgasmic pleasure takes it to the next level. However, lengthening your sex span doesn't mean you're obligated to have intercourse (though that's a delightful bonus that can get better with age and learning skills). Even cuddling and holding each other "counts" toward ageless intimacy. It's about embracing physical intimacy—be it through closeness, touch, or generating mutual pleasure. Nonetheless, those who enjoy orgasmic experiences supercharge the benefits of extending their sex span. So, what stands in the way of keeping that spark alive?

Loss of intimate connection often comes down to lack of access to communication and pleasuring skills. It's exacerbated by ageist attitudes about sex and the commensurate sidecar of hormonal

depletion, reduced blood flow, nerve desensitization, and the tissue atrophy from aging. In men, this can look like reduced erectile firmness, penile volume loss, prostate issues, low testosterone and difficulty climaxing. Women often face thinning vaginal tissue, loss of lubrication, "vanishing labia and clitoris," diminished sensation, struggles to climax, and four types of urinary incontinence. "Low libido" comes from a combination of lifestyle insults and poor quality intimate experiences due to lack of

a pleasure-based education. But here's the good news: access to information, combined with the sexual regenerative therapies available to today's modern couples can turn back the clock on these challenges.

Think of sexual regenerative therapies as your anti-aging secret weapon, and sexual biohacking as performance enhancers. First, repair what's broken; then, take your sexual vitality to the next level. The superstars of regenerative therapy include hormone optimization, boosting Nitric Oxide



levels for better blood flow, and combating tissue atrophy with well-established tools such as red light therapy, vacuum erection devices (penis and vulva pumps), acoustic wave treatments, and PRP or stem cell injections into erectile tissues. Cellular biogenesis is at the heart of these therapies. For women, intravaginal lasers and RF treatments exist, but combining acoustic wave therapy and topical estrogen stands out for rejuvenating all genital tissues, not just the vaginal mucosal lining.

Keeping your body free from infections is an underappreciated cornerstone of longevity. Frequent STI screenings along with detox strategies keep you sexually healthy and your hormones and neurotransmitters optimized. Regular gut, vaginal, and prostate lab testing can help eradicate viruses, bacteria, fungus, and parasites that can often have long-term deleterious effects on your health span. And now there are a new generation of at-home STI collection kits that do not require clinic appointments nor dreaded blood draws with needles. Keep kits at home and test every six months and before you're sexually active with new partners.

Ready to go beyond regeneration and into full-blown sexual biohacking? Let's talk about enhancement! Libido-boosting botanicals can elevate desire and arousal. The big five aphrodisiacs most well-studied in humans by scientists, cross-tabbed with the long history of indigenous wisdom to back them up are:

- Maca
- Cacao
- Tribulus terrestris
- Tongkat Ali
- Fenugreek

Other natural libido botanicals also have great effect on blood flow, hor-



more support, the nervous system and sexual stamina including:

- Ginseng
- Damiana
- Cordyceps
- Epimedium
- Muira Puama
- Rehmanniae Radix
- Ginkgo Biloba
- Cordyceps
- Barrenwort
- Pine Pollen and others.

In the trend away from alcohol as a disinhibitant, THC and CBD play a dual role. They both heal and enhance pleasure through the body's CB1 and CB2 endocannabinoid receptors. One by one, states are beginning to officially approve medical cannabis to treat FOD, Female Orgasmic Disorder. CBD-based intimacy oils, "love gummies" and "vaporkiss" are gaining ground in the realm of heart-connected lovemaking. Peri- and menopausal women garner the most benefit from the pain relief, healing, relaxation and

ability to get out of one's head and into one's body that cannabis and its terpenes offer. Many doctors recommend hemp for its calming cannabinoids, which help lovers across the gender spectrum ease sexual anxiety and enjoy more connection.

Peptides, especially PT-141, but also bioregulators for prostate care, thyroid as the master gland and other geroprotectors allow for repair and regeneration to extend one's sex span. They act as cellular "mediators," modulating gene expression and protein synthesis in an epigenetic fashion.

With vacuum erection devices (pumps), acoustic wave treatments and biologics like PRP and exogenous or endogenous exosomes and stem cells, you can "grow" more sensitive, performance-oriented genital tissue. MRI imaging shows that each area of the genitals triggers blood flow to slightly different areas of the brain. The more blood flow to

the genitals, helped with Nitric Oxide supplementation, the more the genitals can achieve full engorgement. More plumped genitals have a larger surface area, sending even more signals to the brain. The brain is the biggest sex organ, not just because of sensual communication and leading the mind, but because it processes the physical signals of pleasure

Penis and vulva pumps increase overall genital tissue volume. Men can easily gain 20-25% overall penile volume in less than a year by consistently and properly using the right kind of vacuum erection device. Clitoral and labial structures can also be expanded or regenerated using vacuum pumps. Combined with acoustic wave treatments, the new tissue grows new blood supply, which in turn becomes innervated to enhance sensation.

This leads to the cherry on top of your sexual biohacking stack: expanding your orgasmic abilities.





Imagine more intense, longer-lasting, and varied climaxes. With orgasmic activation techniques, you can unlock the more than 20 kinds of orgasms available to all bodies, regardless of whether they're an "innie" or an "outie." Most people are experiencing fairly low-levels of their orgasmic potential, unaware that all the kinds of orgasms are simply learned skills.

Sex tools are a massively burgeoning category of objects that activate orgasmic cross training. They wake up tissue that is numb or feels painful or shameful to be pleased and transform it into pleasurable sensations. Whether it's air stimulators or G-Spot activators, penis rings, sleeves or P-Spot massage tools that support prostate health, more pleasure can be had by incorporating sex tech into solo and partnered adventures. Well beyond vibration, the technology is leveraging inflatables, warmth, photobiomodulation, haptics, teledildonics, synchronization, app-driven experiences, immersive, virtual and augmented reality, wearables, data tracking, and even measurement of orgasmic response, etc. Now you can track your orgasmic achievements, patterns, intensity and more.

The human operating system can easily be given the inputs to achieve orgasmic bliss-states of consciousness. These theta brain wave states of orgasm trigger a laundry list of health benefits that extend longevity, healthspan, and happiness. It's worth working on your orgasmic potential to extend your sex span.

The Amazing Benefits of Satisfying Intimacy:

- A cascade of feel-good hormones and neurotransmitters
 - Deepened sense of connection and elevated mood
 - Oxytocin production to balance cortisol
 - Nervous system grounding and rebooting
 - Vascular stimulation and brain oxygenation
 - Immune support from new NK cells, T-cells, and improved IgA
 - Endorphin-powered pain relief
 - 20+ semen benefits, including spermidine
 - Boosted strength, stamina, and flexibility
- Ageless intimacy isn't just a dream—it's a choice. Sexual regen-

erative therapies and biohacking reverse aging and take you to new heights of pleasure and connection. Orgasmic cross-training teaches your body to expand your pleasure potential. That in turn improves your overall health across a variety of benefits. Great sex consists of a series of communication techniques, learned pleasuring skills and willingness to disrupt societally-generated limiting beliefs and censorship. And if we know anything about biohackers, they love to blow up limits. So why not choose the learning and expansion path to pleasure, vitality, and connection for the rest of your life? The benefits are waiting for you with open arms.



SUSAN BRATTON



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

Susan Bratton, Intimacy Expert To Millions is the world's leading "sexual biohacker." She's the CEO of two companies, Personal Life Media and The 20, and the creator of the [Better Lover](#)®, [Steamy Sex Ed](#)® and the [DESIRE Bar](#)™ brands. She is the author and publisher of 44 books and programs on passionate love-making and writes the wildly popular [Better Lover](#) and [Longevity Wins](#) newsletters. She is the official Spokesperson for [GAINSWave](#)® and The Dr. Joel Kaplan Company, and Chief Advocacy Officer of [BasisDx.org](#)

[BetterLover.com](https://www.BetterLover.com)

\$69 Online Class- P Power: Pelvic Floor Strengthening Class

You'll learn:

- **Pelvic floor anatomy & function** – Understand how to activate and relax your muscles properly.
- **Strength & mobility techniques** – Improve bladder control, posture, and overall core strength.
- **Biohacking tools** – Incorporate cutting-edge tech like stimulators for faster, deeper muscle activation.
- **Twerking & playful movement** – Yes, twerking! Because movement should be fun and freeing.
- **Modifications for wheelchair users** – Everyone deserves access to stronger pelvic health!

Get ready to move, squeeze, twerk, and play in this dynamic 30-day course!

Designed for all levels, this class blends movement, breathwork, bioelectric stimulation, and laughter to help you reconnect with your core, enhance stability, and build confidence.

Must be 18+ due to the nature of the content. Whether you're looking to enhance your fitness, recover postpartum, improve intimacy, or simply explore your body's power, this class is for YOU!



Only \$69 - [Click](#) or [Scan](#)
To Pre Register Now!

- Hosted by the Queen of
Biohacking" Dr. Lauren Leiva, DPT







GREATEST LOVE SALAD

A Biohacker Recipe to Boost Sexual Health

Maraba Diraddo

Discover food-based secrets of sexual vitality while you enjoy this delicious sweet and spicy aphrodisiac-rich salad. Elevate your February palate with an extra special recipe that is sure to please. Slow down and savor every ingredient blended in our Greatest Love Salad. Each layer is specifically chosen to support your sexual function, health, libido and stamina.



GREATEST LOVE SALAD

Ingredients:

- 3 cups Romaine loosely chopped (romaine has high levels of folate (folic acid). Folate is a natural form of vitamin B9 often low in men with ED. Romaine is also high in potassium which is a powerhouse for lowering blood pressure for both men and women.

- 1 cup Arugula sliced in ribbons (Similar to the mechanism of Viagra, arugula increases nitrates, a component of nitric oxide. Nitric oxide increases blood flow to mucous membranes)

- 4-6 steamed Shrimp or scallops (providing approx. 1.64 mg of Zinc which improves blood flow to the genital area and enhances sexual function, hormone balance and satisfaction in men and women)

Or substitute a cup of chopped spinach for a zinc rich vegan option

- 1/2 cup mixed berries such as strawberries, blueberries, raspberries (Vitamin C in berries is a potent libido booster, with phytochemicals that can increase sexual enjoyment and endurance.

- 1/2 cup diced organic fuji or gala apples (regular daily apple consumption has been linked to enhanced sexuality in both women and men)

- 1/2 cup diced cucumber (loaded with vitamin C and manganese which both play a role in supporting sexual health, elevating energy and increasing libido)

- 2 tbsp chopped pistachios (arginine, a precursor of [NO], a powerful compound that increases vasodilatation)

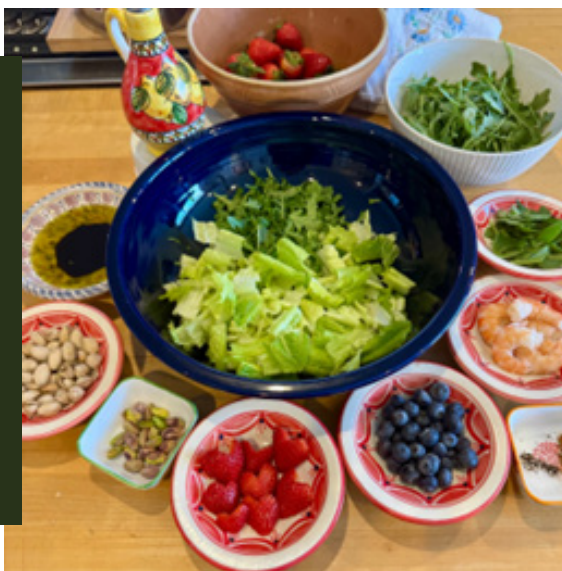
- 1/2 tsp mucuna pruriens powder (<https://amzn.to/40GyplJ>) (Mucuna pruriens is used to promote muscle growth, increase strength

and has been proven to raise levels of testosterone. It can help reduce menstrual discomfort in women and increase sperm motility in men. It can also help decrease psychological stress and increase sex drive)

- 1 tbsp Saratoga Olive Oil Company Dark Chocolate Dark Balsamic vinegar (for heart healthy antioxidants)

- 3 tbsp extra virgin olive oil (not all EVOO polyphenols are equally beneficial - look for lighter varieties from vetted sources like Atlas <https://amzn.to/4hdR3i3>)

- 1/8 tsp cayenne pepper (even this small amount of capsaicin releases chemicals that increase heart rate, mirror signs of arousal and can release feel-good endorphins) Jacobsen pure Italian fine Sea salt and cracked black pepper to taste.



Greatest Love Salad Recipe:

1. In a large bowl, combine mixed romaine and arugula greens, cooked seafood or spinach, berries, diced apple and pistachios.
2. In a small bowl, whisk together dark chocolate balsamic vinegar, extra virgin olive oil, mucuna, cayenne, sea salt, and pepper.
3. Drizzle the dressing over the salad and toss to combine.
4. Top with optional cucumbers after dressing right before serving.
5. Serve and immediately enjoy the vibrant flavors that support your loving heart and body!

Diving into this nutritious Biohacking Magazine dish which makes your meal a medicinal remedy for sexual healing. This recipe was influenced by centuries of food's documented role in sexual pleasure and reproduction. We now understand the science of how B vitamins, flavonoids (antioxidants and anti-inflammatories), zinc, and healthy fats promote heart health, which in turn benefit clitoris and erectile function.

Sexual function depends on blood flow through genital arteries - the stronger your heart, the better the blood flow to these tissues.

Just as important as the healthy layers on your plate is the quality of your company. Eating well with someone that warms your heart has a way of strengthening the lasting beneficial effects of every bite.



MAY YOU ENJOY THIS GREATEST LOVE SALAD WITH WILD ABANDON!

MARABA DIRADDI



[@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.

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





METABOLIC HEALTH TRENDS IN 2024

by Sandy Martin, Founder & CEO @BiohackerExpo

Over the past few years, interest in “metabolic health” has expanded beyond medical journals and nutrition circles, spreading from biohacking into the mainstream. People are no longer just counting calories or avoiding sugar—they’re diving deeper into how their bodies produce and use energy at a cellular level. By looking at what terms people searched for more (or less) in 2024 compared to 2023, we can get a glimpse of where these conversations are headed.



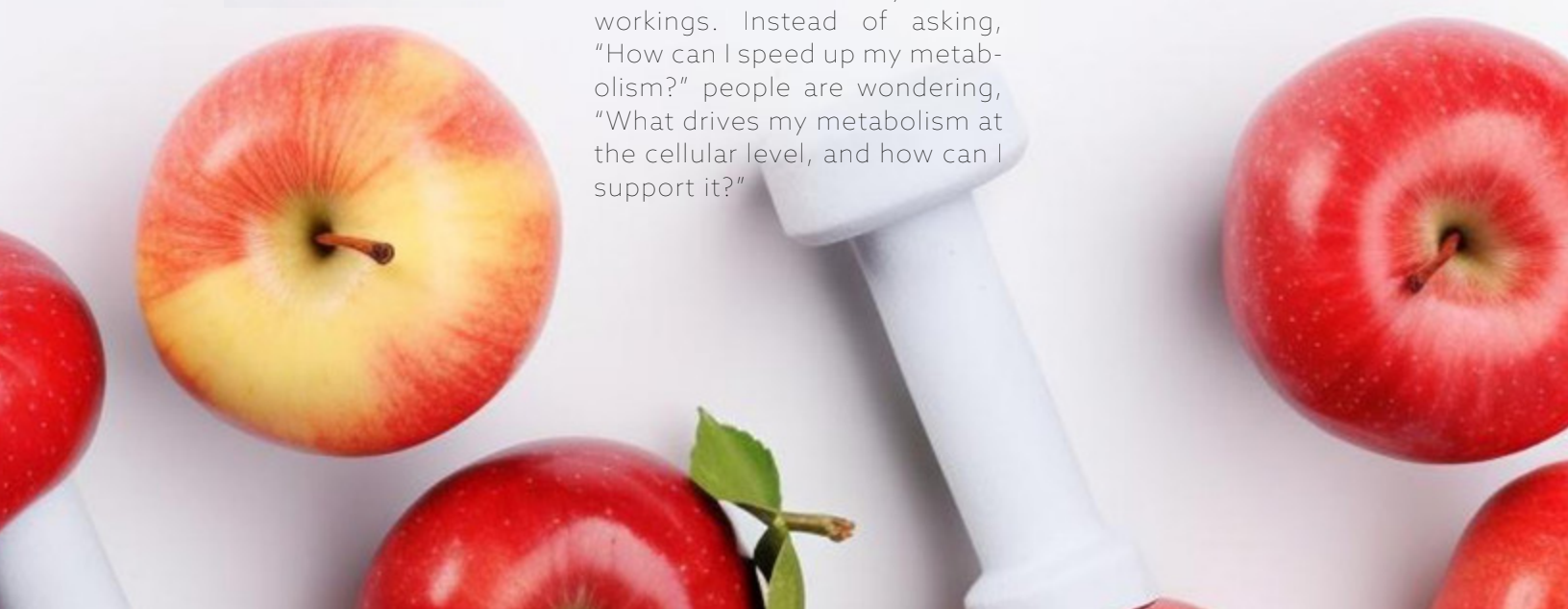
From Basic to Advanced: A Shift in Understanding

A few years ago, topics like “weight loss” and “fasting” dominated the metabolic health conversation. Those terms still matter, but many people have now heard of them and tried at least some of the advice. In 2024, we’re seeing more interest in terms that reflect a deeper understanding of metabolism.

For example, searches for “NAD”—a crucial molecule that helps our cells create energy—shot up by 233%. That means more people are going beyond broad strategies and are getting curious about the body’s inner workings. Instead of asking, “How can I speed up my metabolism?” people are wondering, “What drives my metabolism at the cellular level, and how can I support it?”

Fasting and Autophagy: Still Important but Familiar

Fasting and “autophagy” (the body’s way of cleaning out old or damaged cells) were once cutting-edge topics. Now, they’ve become well-known strategies in the biohacking toolkit. As a result, searches for these terms have flattened or decreased. Many people who needed that initial information have it now and may be moving on to more specific questions.



Looking at What We Eat—Seed Oils and Raw Milk

In 2024, certain dietary components have caught the public eye. For instance, searches for “seed oils” soared by 233%. Many health enthusiasts are recognizing these oils as damaging to metabolic health. Likewise, “raw milk” saw a jump of 173%. While raw milk isn’t a “metabolic” topic on the surface, some believe it can support better digestion and nutrient absorption, which in turn may influence metabolism.

This shift shows that people aren’t just interested in eating less sugar or fewer calories—they’re interested in the quality and source of their foods. They want to know how certain fats, proteins, and even dairy products affect their body’s ability to produce energy efficiently.

Hormones and Life Stages: From Menopause to Metabolism

Interest in “perimenopause” increased by nearly 50%. Hormonal changes during this life phase can influence how the body manages weight, energy, and blood sugar. By learning about these links, more people recognize that metabolic health isn’t static—it evolves as we age.

As women approach perimenopause and menopause, they often experience shifts in metabolism. The surge in related searches suggests that more people are connecting the dots between hormones and metabolic health.

Personalization: Genetics, Testing, and Tailored Strategies

The jump in searches for “genetic testing” (up 173%) shows a growing interest in personalizing metabolic health strategies. Instead of following generic advice, people want insights into their unique genetic makeup. This could mean discovering how well they process certain nutrients or whether they’re predisposed to insulin resistance. Such personalized information helps them choose the best diet, supplements, or exercise plans to improve their metabolic health.





Why Does This Matter?

Why Does This Matter?

For biohackers, these trends are meaningful because they show that the general public is getting more curious and specific. As a biohacker discussing these trends with friends or family, it's helpful to highlight a few points:

1. People want to know "why" not just "how": They're done with one-size-fits-all advice. They care about the science behind the strategies—like how NAD supports energy production or how certain fats affect metabolism.

2. Quality over quantity: Instead of just telling someone to cut calories, more people are interested in which foods best support metabolic balance. The focus is shifting from calorie counting to understanding the impact of nutrient types.

3. Life stages matter: Hormonal changes and age-related shifts mean metabolic health is not just about young athletes anymore. Everyone, at every stage of life, might have different metabolic needs.

4. Data and personalization: Wearable devices, genetic tests, and continuous glucose monitors are making it easier for people to see how their own bodies respond to diet and lifestyle changes. This personal data is driving more targeted (and often more effective) metabolic strategies.

Where Are We Headed Next?

As we look beyond 2024, expect even more interest in topics like mitochondrial health (the tiny “power plants” in our cells) and the role of gut health, stress, and sleep in metabolism. Biohackers can lead the way by sharing clear, understandable explanations and guiding people toward actionable steps—like trying a specific type of dietary fat, incorporating a short fast, or using new testing tools to see how their metabolism changes over time.

For those eager to learn more about Metabolic Health, Ben Azadi will be sharing his insights in person at Biohacker Expo taking place in Miami from February 28 to March 1. Don't miss this chance to deepen your understanding of Metabolic Freedom and other cutting-edge health strategies. Save 50% off your admission with code “BE” at biohackerexpo.com.



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 Galaxy-Con, 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.

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⁺ 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

ULTIMATE WELLNESS CONFERENCE

FAENA FORUM, MIAMI BEACH
SEPTEMBER 26, 27 & 28, 2025

- 1,500+ PARTICIPANTS: BIOHACKERS, HEALTH SEEKERS, WELLNESS ENTHUSIASTS
- 30+ TOP SPEAKERS: INTEGRATIVE MEDICINE DOCTORS & LONGEVITY LEADERS
- 30+ COMPANIES: ADVANCED LONGEVITY BIO & HEALTH TECHNOLOGIES
- 10+ IMMERSIVE EXPERIENCES: ANCIENT & SPIRITUAL PRACTICES

TITLE SPONSORS:



CENTNER
Wellness



LEELA QUANTUM TECH®



BrainTap

JOIN THE MOST SPIRITUAL & EXPERIENTIAL LONGEVITY CONFERENCE OF 2025
AS WE ELEVATE HEALTH AND WELLNESS - TOGETHER!

GET YOUR TICKET NOW AT A SPECIAL RATE WITH CODE
'LIFESPANNING' AT [ULTIMATEWELLNESS.MIAMI/FORUM](https://ultimatewellness.miami/forum)

LIFESPANNING

THE FIRST-EVER "LIFESPANNING AWARDS" WILL BE PRESENTED AT
THE ULTIMATE WELLNESS FORUM ON SEPTEMBER 26, 2025!

JOIN US TO CELEBRATE VISIONARY INNOVATORS IN BIOTECH,
HEALTHTECH, HUMAN OPTIMIZATION & WELLNESS.

VIP GALA DINNER WILL FOLLOW THE AWARDS CEREMONY,
AN INSPIRING EVENING OF CONNECTIONS.

MAKE SURE TO PURCHASE YOUR VIP TICKET FOR
THE ULTIMATE NETWORKING OPPORTUNITY!

*VIP TICKET INCLUDES ACCESS TO THE ENTIRE CONFERENCE
PLUS: THE AWARDS CEREMONY & VIP GALA DINNER

ENJOY A SPECIAL RATE WITH THE CODE 'LIFESPANNING' AT
[ULTIMATEWELLNESS.MIAMI/FORUM](https://ultimatewellness.miami/forum)



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.

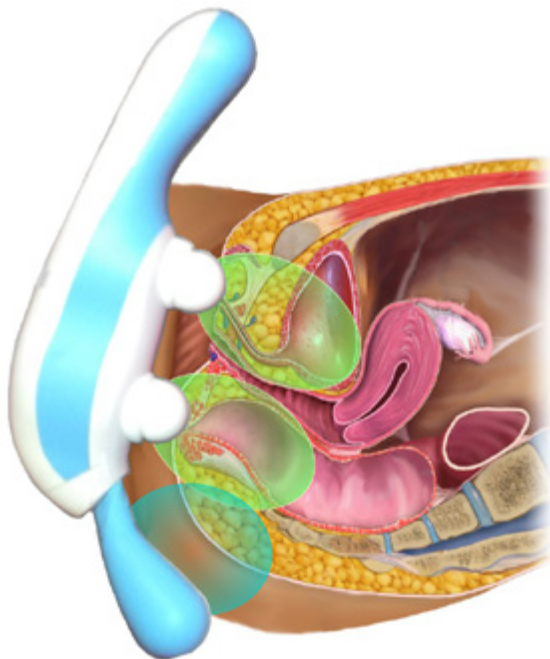


hi® Massage System: Elevating Women's Health & Pelvic Wellness

WHY IT WAS MADE:

Women's health is often neglected or misunderstood in mainstream wellness, particularly when it comes to pelvic floor health, menstrual pain, and muscle recovery. The hi® Massage System was designed to address these critical issues, offering a professional-grade massage device that blends percussive therapy and vibration technology to enhance blood flow, muscle relaxation, and recovery. hi® comes from over 15 years of research with thousands of women and couples.

As someone deeply invested in longevity and human optimization, I see pelvic health as an essential yet overlooked pillar of overall well-being. Whether for postpartum recovery, menstrual relief, or reducing muscular tension from daily stress, this system provides a scientifically backed, at-home solution to support women's health.



HOW IT WORKS:

The hi® Massage System utilizes a unique patented dual-action therapy:

- Percussive massage to break down muscle adhesions, improve circulation, and reduce deep-seated tension
- Vibrational therapy to stimulate nerve endings and promote relaxation

With seven intensity levels per mode, this device can be fine-tuned for gentle relaxation or intense muscle relief. It comes with:

- A one-year online training program, featuring pelvic and abdominal massage techniques, relaxation strategies, and even intimacy-enhancing exercises. Plus a private online community where you can ask questions anonymously.

Scientific studies have shown that percussive therapy enhances muscle recovery and blood circulation, while vibration therapy is widely used in physical rehabilitation and sports science. As well, it works over clothing. This makes the hi® Massage System a powerful alternative to traditional pelvic therapy sessions—bringing clinical-level treatment into the home.

WHAT WAS MY EXPERIENCE:

I didn't test this product on myself, but it's been used by thousands of women and offers a 100% money back guarantee that you'll be delighted with the results. As a biohacker and longevity specialist, I evaluated its design, effectiveness, and had the practical benefits evaluated by my partner:

- First Impressions: The build quality is impressive—this isn't a generic, battery-operated massager, but a clinic-grade therapeutic tool. The weight and power confirm it's designed for serious users who want real results.

- Effectiveness: In discussions with about pelvic wellness, women noted that pelvic tension, menstrual cramps, and even postpartum recovery could benefit from this device. The combination of percussive and vibrational therapy provides a deeper impact than standard massagers.

- Ease of Use: While not as compact as consumer models, the ergonomic design and customizable settings allow for precise targeting of tension areas.

- Educational Content: One of the standout features is the included training program—providing guidance on proper massage techniques, full-body relaxation, and pelvic wellness strategies. Unlike other massag-

ers that come with zero education, this system helps users understand and optimize their health beyond just using the device. So you don't just get a new wellness tool, you learn powerful skills you can use the rest of your life.

- Private Online Community: The training system has a private online community where you can ask questions anonymously, and get answers from trained therapists.

The only drawback? It's a serious tool, meaning it's larger, more powerful, and not as silent as compact consumer alternatives. But for those who truly care about long-term pelvic health and recovery, this is an investment that pays off.

PROS & CONS

PROS:

- Highly effective for deep muscle relief
- Customizable intensity settings
- Professional-grade build quality
- Educational content included
- Versatile use for muscle recovery and relaxation

CONS:

- Not too compact travel device

FINAL VERDICT:

The hi® Massage System isn't just a massager, it's a legitimate health tool that brings physical therapy-level relief into everyday life. For women who take their health seriously and want to optimize their recovery, pelvic wellness, and relaxation, this is a powerful investment.

Rating: (5/5)

Recommended for women looking for serious, science-backed muscle and pelvic floor support.





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

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



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



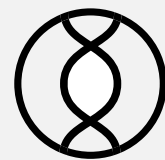
THERE'S NEVER BEEN A BETTER TIME TO ADVERTISE



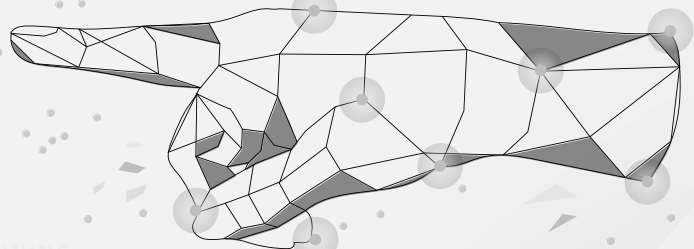
5 MILLION BIOHACKERS

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

Olivia Dydyna
Drs Wendy & Steve McGough

Dr. Aumatma Simmons

Susan Bratton
Sandy Martin
Maraba DiRaddo

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 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.

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