

KIOHACKERS

LIFESPANNING MAGAZINE

POWER UP: THE ENERGY BLUEPRINT

THE HEALING POWER
OF TRANSFORMATIVE
ENERGY

INFORMATION
MEDICINE FOR A BUSY
WORLD

THE 4 INVISIBLE
HUMAN BATTERIES

THE QUIET
COMEBACK
OF FREQUENCY



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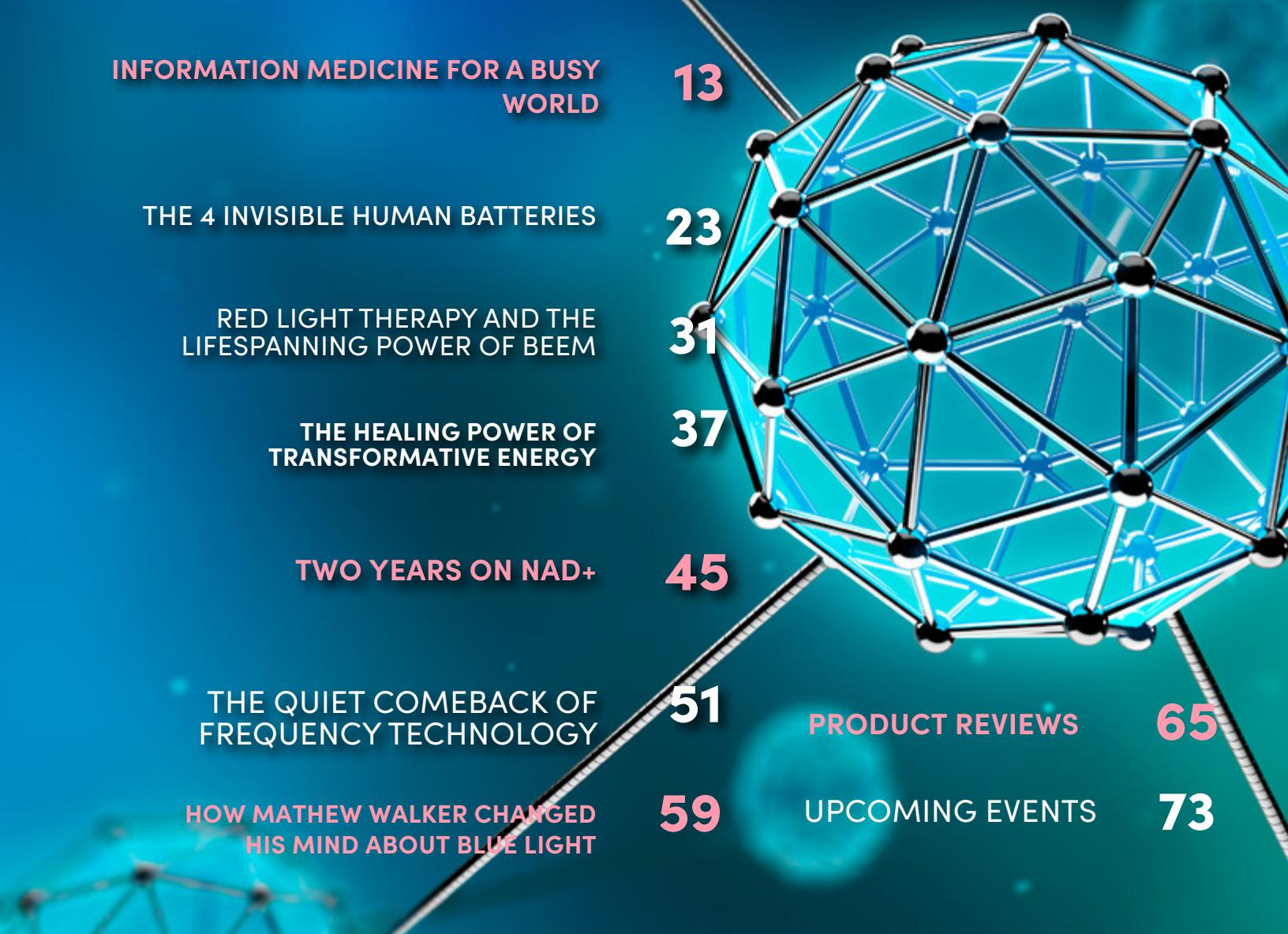
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TO FIND THE BEST ENERGY, START AT THE BEGINNING

Another email to read. Another claim to research. Another call to return. The list goes on and on, but our energy capacity can only handle so much. These days, it can be tough to know where to put our energy. There's an endless number of things to navigate around and it takes a lot of energy and focus to place our attention on things that actually matter for ourselves and for others. Distractions, in the form of entertainment, idleness, drugs, hedonistic tendencies, news, bills, advertisements – all of these are crying out for our attention and when we resist, it only seems to drain our energy.

While it's tempting to get caught in the endless cycle of to-do lists and unproductive tasks, we must recenter ourselves to really consider where we are putting most of our energy through a given day. Think about when we could best utilize our energy levels, doing healthy, proficient and joyful tasks. The most effective time to utilize this energy is when we first wake up.

Instead of digging into the endless tasks or returning answers for others' emails, let's first align ourselves with the intention of what we want to get from the day

and harness these full energy levels for doing things that bring us joy and health. Exercising, praying, journaling, volunteering.

Let's use the full gas tank to first do those things that we would call 'good-day-tasks' - things that when we look back on our day, if we did those, we know it was a good and efficient use of our energy for that day. By focusing first on those good-day-tasks, we can build off the momentum of satisfaction and fulfillment, carrying this momentum into our other tasks of the day, with greater engagement and clarity.

Our energy isn't unlimited, but it can feel less bound when we start the day centered and in the zone of personal and communal growth. Make the morning routine about you and your energy. Give this full energy to your improvement, spiritually, mentally and physically. Just an hour and a half maximum each morning will do wonders. While it sounds tiring, it only feeds the inner fire of energy just waiting to be released inside each of us. Reenergize yourself by starting at the beginning of every day and reclaiming those first precious minutes and hours to your greater vision and growth in this gift called life.

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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WE ARE ENERGY

Let's get one thing straight: we don't "run out" of energy because of age. We run out of energy because we live the wrong way. We sit too long, we stay up too late scrolling, we eat foods that clog our biology, we chase stimulation instead of restoration. Then we blame the years on the calendar. But the truth is, the problem isn't age, it's alignment.

At the cellular level, energy is chemistry. NAD is not just a molecule, it's the ignition key that switches on mitochondrial engines. MOTS-C is not just a peptide, it's a signal from your mitochondrial DNA telling your body how to adapt, how to use fuel, how to resist stress. Ignore these and your cells sputter like a car on fumes. Support them and you unlock performance, repair, and vitality most people think belongs only to youth.

But energy is also behavior. The body is designed around rhythms: sleep and wake, light and dark, effort and recovery. Yet we hack against them. We brag about burning the midnight oil, when in reality, sleep is the most powerful biohack we have. It resets the brain, recharges the cells, balances the hormones, and stitches together the repair that keeps us alive. No stack of supplements will save you if you keep stealing from the currency of sleep.

We are energy. Literally.



Every thought is an electrical storm.
Every heartbeat is an impulse.
Every breath is charge and flow.

We are not separate from the current, we are the current. The tragedy is that most people live as if energy is something outside them: a cup of coffee, a pill, a product. But energy is not something you consume, it's something you cultivate.

And the paradox? The older you get, the more you realize it's not about squeezing more hours into the day, it's about amplifying the power inside every hour. It's about living in sync with the chemistry of life: fueling NAD, awakening MOTS-C, honoring sleep, moving daily, breathing deeply. The message of this edition is simple but radical: Stop blaming age. Stop outsourcing energy. Start remembering what you are.

Because when you finally align your biology with your choices, you stop "chasing energy" and start radiating it. And that's when you realize the truth:
You don't just have energy. You are energy!

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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3 LETTERS THE WORLD IS GOING CRAZY OVER: NAD+

By Andi Lew, Wellness Expert & Author and host of Well to Do podcast



Celebrities want to be young forever and they're hooked on NAD+. Hailey Bieber said in an episode of the Kardashian's, that she wants NAD+ so that stay young forever. What's the obsession with being ageless?

I get it, people are shocked when I tell them my age. I'm Andi Lew, and at 52 - I practice what I preach, and it shows. I've relied on a drug free lifestyle, clean eating, movement and chiropractic weekly for 3 decades to enhance my cellular repair.

Now I'm also learning about supporting my NAD levels. It really is the new buzz and here's why!

It's become the ultimate "it" molecule in health and longevity circles, and for good reason. From athletes to Hollywood A-listers, everyone seems to be chasing this powerful coenzyme. The sudden obsession, has science behind the hype. Let's dive in.

As we age, metabolic and physical stress drain our NAD+ -a vital coenzyme that fuels energy and repair.



CONNECTED

A PARADIGM SHIFT IN HOW WE VIEW HEALTH



The Molecule of Life

NAD+ (short for Nicotinamide Adenine Dinucleotide) is a coenzyme found in every single cell of your body. Think of it as your cell's power switch. Without it, your body can't efficiently convert the food you eat into energy. It also plays a major role in repairing DNA, protecting cells from stress, (metabolic or physiological) and regulating aging.

Here's the catch: our NAD+ levels decline as we age. Add the stress, poor sleep, intense training, or a less-than-natural or healthy diet, and decline accelerates. By middle age, you may only have about half the NAD+ you did in your twenties. The result? Fatigue, slower recovery, foggy thinking, and accelerated signs of aging.

Why Celebrities are Jumping On Board

It's no surprise then that celebrities—who are constantly in front of cameras, under stress, and pushing their bodies to the limit—have embraced NAD+ as their secret weapon. But we are all in front of cameras now on our iPhones and in an unhealthy fashion, looking at our image way too often, so we are hungry to look our best.

Many NAD+ fans opt for IV infusions or supplements to top up their levels. We've seen A-listers like

Jennifer Aniston, athletes, and biohackers alike singing its praises for:

- More sustained energy without the crash.
- Sharper focus and mental clarity.
- Glowing skin thanks to enhanced cellular repair.
- Better recovery from workouts or jet lag.

When you're expected to look and perform your best 24/7, finding a way to recharge at the cellular level isn't just a luxury—it's essential.

The Smart Way to Boost NAD+

Here's the truth: you can't simply "take NAD+" and expect your body to absorb it effectively. The NAD+ molecule is too big & would mostly break down before your cells could use it. What your body needs is a precursor—a building block it can convert into NAD+ naturally.

That's where TruNiagen® comes in. Backed by over 300 scientific studies, it uses a unique form of vitamin B3 called nicotinamide riboside (NR). Unlike other supplements that make big promises but lack research, TruNiagen® has

been clinically proven to safely and effectively raise NAD+ levels in humans.

Think of it like planting seeds rather than trying to transplant a whole tree. NR gives your cells the raw materials to grow their own NAD+, the way nature intended.

Kathy Hilton and Brooke Burke have been using TruNiagen, which is NR (nicotinamide riboside), a special form of vitamin B3. Your body converts NR into NAD+, so taking TruNiagen helps raise your NAD+ levels naturally.

Why TruNiagen® Stands Out

- Scientifically validated: Multiple peer-reviewed studies show it works.
- Safe and trusted: Recognized by the FDA and used by wellness practitioners worldwide.
- Celebrity approved: While IV drips may be trendy, they're invasive and expensive. TruNiagen® gives you the same cellular boost daily, in a simple capsule.
- Made from B vitamins: It's a smart, bioavailable upgrade to something your body already knows and uses.
- Over 8 million bottles have been sold worldwide and TruNiagen has been backed by two Nobel prize winners.



A promotional image for a wellness podcast. It features a woman with long, wavy brown hair, smiling and wearing a white off-the-shoulder top. The background is white with green and black text. The text includes "well to do" in green, "with" in black, and "ANDI LEW" in large blue capital letters. There is also a small graphic of a silver microphone.



The Bottom Line

The world isn't going crazy for NAD+ without reason. It's not just another fleeting wellness fad—it's a fundamental part of how your body creates energy, repairs itself, and ages. By choosing a trusted precursor like TruNiagen®, you give your body the tools to make its own NAD+ and recharge from the inside out.

And if there's one thing I've learned in my 32 years of studying

wellness, it's this: true longevity isn't about quick fixes. It's about empowering your body to do what it was designed to do—heal and function better, longer, and with vitality. Along with my 'Becoming Ageless' wellness coaching program, using vital cellular nutrition may help.

So next time you hear someone on set or at the gym raving about NAD+, you'll now know the secret.

ANDI LEW



@andi.lew

Andi Lew is a highly sought after Wellness expert presenter, TV host and podcast host of Well to Do. She's authored 10 books about health / wellness and is an Australian transplant living in Los Angeles interviewing the best celebrities and health professionals across the country.

A certified food, lifestyle and wellness coach with 32 years experience & having owned her own wellness practice for 11 years in Australia, Andi Lew is known for her 'Becoming Ageless' Wellness Coaching.

ENERGY HACK

NAD+

-  **Better Energy**
-  **Sharper Mental Clarity**
-  **Better Metabolism**
-  **Better insulin sensitivity**



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LIFESPANNING
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INFORMATION MEDICINE FOR A BUSY WORLD

How Bioenergetic Therapeutics
Reset the Body Without Side Effects

By Dr. Lisa Piper, PhD / Co-founder of CODE Health

Introduction: Living in an Overstimulated World

Modern life moves at lightning speed. We are constantly juggling work demands, family responsibilities, social expectations, and the ever-present flood of digital information. While our devices have become smarter, our bodies are paying the price. Rates of stress, anxiety, sleep disruption, inflammation, and chronic disease continue to climb, leaving many people searching for sustainable ways to restore balance.

The challenge is clear: we need tools that reset the body's natural

state of harmony, but without toxic side effects, without dependency, and without requiring hours each day that most of us simply don't have.

This is where bioenergetic therapeutics, also known as infoceuticals, enter the conversation. Sometimes described as "information medicine," these unique remedies work not through biochemistry, but through bioenergetics; delivering pure informational signals to the body to re-establish balance and optimize health.

What Is Information Medicine?

At its core, the human body is not just a collection of organs and tissues. It is an intelligent, self-organizing system that operates through an exchange of energy and information. Every cell communicates through electrical impulses, electromagnetic fields, and subtle vibrational frequencies. This is the language of the body, the invisible signaling network that orchestrates healing, repair, and regeneration.

Information medicine taps into this signaling system. Instead of forcing biochemical change with drugs or supplements, infoceuticals send resonant signals (precisely encoded subtle energy patterns imprinted into saline solution) that remind the body of its optimal state. The body then does what it is designed to do: correct itself.

Think of it as updating the operating system of your biology. Just as a computer can glitch when its programming becomes corrupted, the body can fall into patterns of disharmony under stress. Infoceuticals "reprogram" those faulty signals, restoring clarity to the body's communication system.



The Science of Bioenergetic Therapeutics

The concept of water and biological systems storing information is not new. Research into structured water, resonance, and frequency medicine has been growing for decades. Pioneering studies by physicists like Jacques Benveniste and Nobel Laureate Luc Montagnier showed that water can retain electromagnetic signatures of molecules long after the physical molecule is gone.

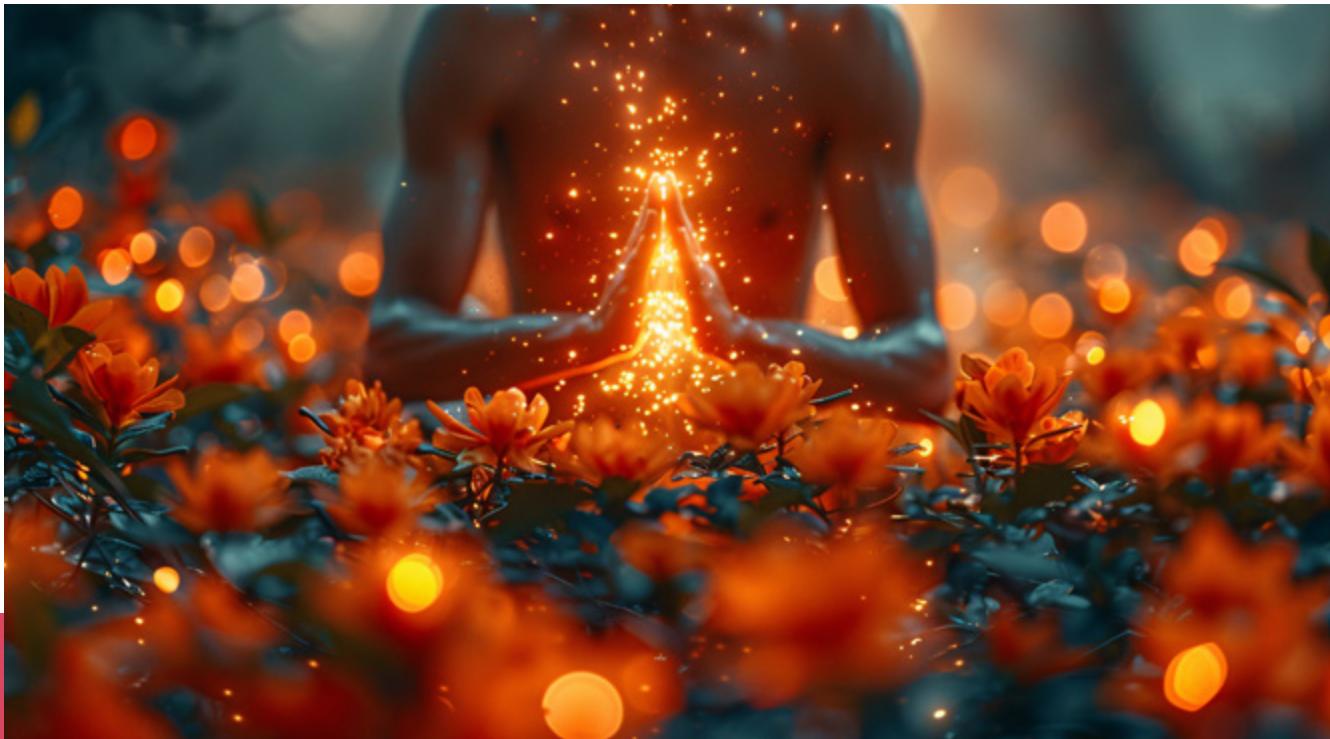
Building on this, modern bioenergetic science demonstrates that:

- Cells are liquid crystalline in nature, able to transmit and receive electromagnetic information.
- DNA acts as an antenna, picking up subtle signals that influence gene expression.
- Piezoelectric tissues like fascia conduct bioelectricity, forming a body-wide communication network.



- Resonant signaling can entrain biological systems, nudging them back toward balance.

Bioenergetic therapeutics use this foundation to deliver specific signals through safe mediums like saline. These signals target stress pathways, inflammation cascades, immune modulation, sleep regulation, and more; all without introducing foreign chemicals into the body.





Reset Without Side Effects

One of the most frustrating realities of conventional medicine is the side-effect tradeoff. Treat one symptom, but risk digestive upset, fatigue, or long-term organ burden.

Infoceuticals offer something radically different: because they do not rely on chemical action, they do not overload the liver, kidneys, or gut. Instead, they act as cues that gently nudges to remind the body of its own inherent blueprint for balance.

Here's why this matters in a busy world:

- Immediate relief without sedation. Unlike pharmaceutical options that dull the nervous system, infoceuticals help calm stress by harmonizing energy signals, leaving you alert and clear.
- No dependency. They support the body's adaptive capacity rather than creating reliance.
- Safe for daily use. Because they are imprinted in saline, they carry no toxic load—making them safe for people of all ages, even pets.

This is not suppression of symptoms. It is restoration of balance.

Practical Applications in Everyday Life

How can busy professionals, parents, and wellness seekers actually integrate infoceuticals into their daily lives? Here are some of the most impactful uses:

1. Stress Reset

The demands of modern life activate the sympathetic nervous system (the classic "fight or flight" mode) far too often. Bioenergetic therapeutics such as CODE, carry signals for clarity and focus while switching the body into parasympathetic "rest and digest," thereby reducing stress without sedation.

2. Sleep Optimization

Sleep is the ultimate longevity drug, but millions struggle with racing thoughts and disrupted circadian rhythms. Infoceuticals imprinted with sleep-supportive subtle energy patterns can help realign natural biorhythms, promoting deeper, restorative rest.

3. Immune Support

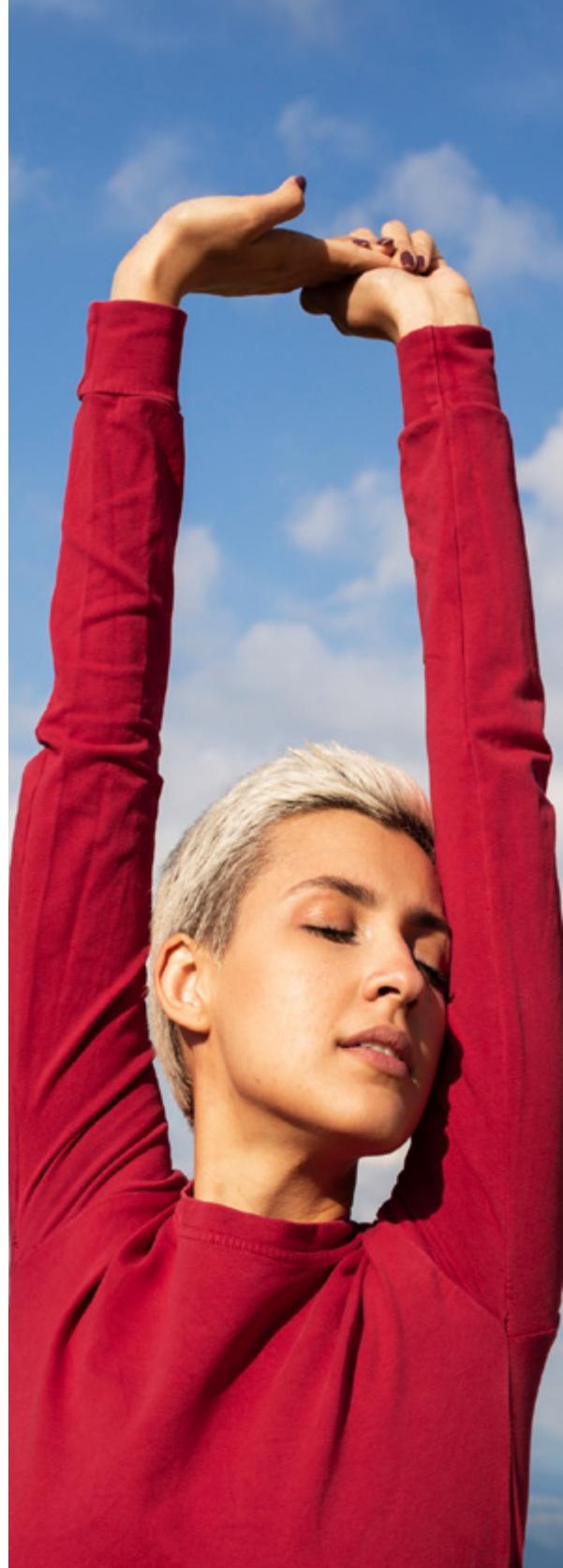
In a world of constant viral exposure and environmental stressors, immune modulation is critical. Certain signal patterns encourage immune balance; strengthening defense when needed but preventing overreactions that drive inflammation.

4. Recovery and Vitality

Athletes and active individuals find that infoceuticals accelerate muscle recovery, reduce inflammation, and improve endurance not by stimulating, but by harmonizing biological processes for faster adaptation.

5. Cognitive Clarity

With digital overload and multitasking, brain fog is rampant. Bioenergetic signaling can sharpen focus, enhance memory, and promote mental flow without the crash of stimulants.



Why This Matters for Longevity

True longevity is not just about adding years to life, it's about adding vibrant, meaningful life to years. That means more energy, clarity, resilience, and vitality across many decades.

Bioenergetic therapeutics align perfectly with this goal because they:

- Support cellular communication and coherence.
- Encourage resilience in the face of stress and toxins.
- Work with the body's intelligence rather than against it.
- Provide a safe, daily practice for maintaining balance across the lifespan.

Where pharmaceuticals may extend survival but reduce quality, infoceuticals extend quality, helping people feel vibrant well into later years.



A Busy Person's Longevity Strategy

Imagine a longevity toolkit that acts as The Modern Medicine Cabinet and fits seamlessly into your day. That is exactly what the CODE Kit offers:

- A drop of CALM before an important meeting.
- A drop of DREAM at bedtime instead of a sedative.
- A drop of PROTECT when traveling or exposed to foreign agents.

Instead of complicated regimens or risky interventions, you simply integrate information medicine as a supportive rhythm. In 30 minutes, with zero side effects, you're giving your body the CODE it needs most in the moment.

This is longevity adapted for the modern world: simple, safe, and effective.

Looking Ahead: The Future of Information Medicine

The field of bioenergetics is just beginning. As research deepens, we can expect even more precise infoceuticals targeting not just stress and sleep, but cellular repair, telomere support, neuroprotection, and beyond.

Already, collaborations between physicists, molecular biologists, and clinicians are validating what holistic traditions have long known: energy and information are the true fundamental drivers of health.

In the near future, personal devices may scan our biofield in real time, recommending the exact infoceutical signal our body needs to reset. This vision is not far away, and platforms like Lifespanning are accelerating access to it.



Conclusion: A New Path to Resilience

We cannot slow down the pace of the world around us. But we can change the way our bodies respond. Bioenergetic therapeutics provide a safe, side-effect-free way to reset, recharge, and realign, making them one of the most important longevity tools available today.

As a Board-Certified Doctor of Natural Medicine, I have witnessed firsthand how subtle energetic signals can transform lives. Clients who were trapped in cycles of

stress, sleeplessness, or chronic inflammation often report rapid shifts without the burden of side effects or dependency.

In a world overflowing with information, infoceuticals deliver the right information, the signals of balance, vitality, and resilience. They remind the body of what it already knows: how to heal itself.

This is the future of medicine. And it is here now.



DR. LISA PIPER



Dr. Lisa Piper is a pioneer in holistic health, blending science, spirituality, and natural medicine to support deep healing. A Board-Certified Doctor of Natural Medicine (DNM) with advanced training in energy medicine, life coaching, hypnosis, quantum health, and kundalini yoga, she offers a uniquely integrative approach to wellness.

Co-founder of CODE Health, she leads research, education, and development of bioenergetic therapeutics that strengthen body, mind, and energy field. With degrees in business management and health psychology, she specializes in mindful stress reduction.

As an educator, speaker, and visionary leader, Dr. Piper is dedicated to transforming healthcare and helping people reclaim vitality through safe, personalized, holistic solutions.

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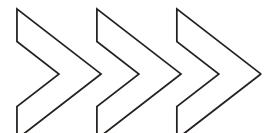
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 Kevin Franck
4 months ago

★★★★★

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 Constance Tarantino
2 weeks ago

★★★★★

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THE 4 INVISIBLE HUMAN BATTERIES

How Biohackers Recharge Differently

By Valérie Orsoni – Biohacker since 1998, Longevity Expert



INTRODUCTION: ENERGY ISN'T JUST CALORIES

Most people think of energy as something you get from food or caffeine. You're tired? Drink coffee. You're exhausted? Take a nap.

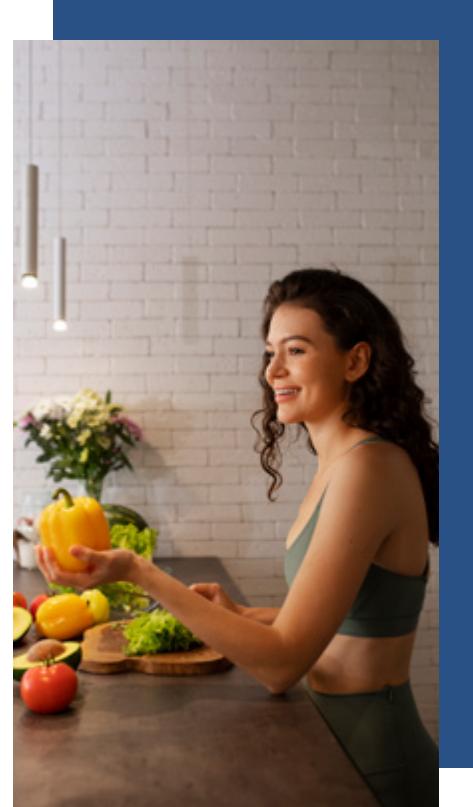
But true biohackers know better: human energy is multidimensional. Like a smartphone, we run on several "batteries" at once. Ignore one, and the others won't perform optimally.

Through decades of self-experimentation and discussions with leading scientists, I've come to

frame our human vitality in terms of four invisible batteries:

1. The cellular battery (mitochondria).
2. The hormonal battery (cortisol, testosterone, DHEA).
3. The cognitive battery (focus, dopamine).
4. The emotional/social battery (human connection, joy of living).

Let's dive into how these batteries work, why they drain, and how to recharge them like a true biohacker.



1. THE CELLULAR BATTERY: MITOCHONDRIA, OUR POWER PLANTS

When we talk about energy, we must begin at the cellular level. Mitochondria are the batteries inside our cells, producing ATP (adenosine triphosphate), the molecule that powers nearly everything: muscle contraction, neuronal firing, detoxification, even the beating of your heart.

Science check:

- Each human cell contains between 100 and 2,500 mitochondria, depending on its function. Muscle and heart cells are especially mitochondria-dense.
- With age, mitochondrial function declines — studies show ATP production drops by as much as 50% between ages 40 and 70.

How biohackers recharge this battery:

- Cold exposure and hormesis: Cold plunges stimulate mitochondrial biogenesis (new mitochondria formation) by activating PGC-1 α
- Red/near-infrared light therapy: Photobiomodulation improves mitochondrial respiration by acting on cytochrome c oxidase
- Ubiquinol and PQQ supplementation: CoQ10 (ubiquinol) is essential for the electron transport chain, while PQQ promotes mitochondrial biogenesis
- Zone 2 cardio: Low-intensity endurance (fast walking, cycling at conversational pace) is one of the best tools for building mitochondrial density

Personal note: During my expeditions in the Himalayas and on Mount Denali, I noticed my recovery improved drastically when I combined high-altitude training with red light therapy and CoQ10 supplementation — the mitochondria thrive when challenged, but only if given the right nutrients.



2. THE HORMONAL BATTERY: CORTISOL, TESTOSTERONE, DHEA

If mitochondria are our physical power plants, hormones are the regulators of energy distribution. This is your "endocrine battery."

When balanced, hormones act like an orchestra: cortisol wakes you up, testosterone and DHEA fuel strength and resilience, estrogen (for women) and progesterone stabilize mood and energy.

But in modern life, this battery is constantly drained by stress, poor sleep, and endocrine disruptors.

Science check:

- Cortisol follows a circadian rhythm: it should peak in the morning and decline at night. Chronic stress inverts this, leading to fatigue, weight gain, and sleep issues

- Testosterone drops about 1% per year after age 30 in men while DHEA levels can decline by 80% from peak youth to old age.

How biohackers recharge this battery:

- Morning sunlight exposure: Sets cortisol rhythm, improving sleep and energy
- Adaptogens: Ashwagandha, rhodiola, and ginseng reduce cortisol and support testosterone
- Sleep optimization: Deep sleep is when growth hormone (GH) peaks. Mouth taping and nasal breathing can double deep sleep percentages.
- Peptide therapy: Biohackers sometimes use peptides like Kisspeptin or Ipamorelin (where legal) to stimulate natural hormone cascades.

Personal note: During periods of extreme workload (writing, climbing prep, leading retreats), I use a strict circadian ritual: no screens after 9 pm, red light in the evening, and magnesium with tart cherry before bed. The difference on my cortisol curve is dramatic.



3. THE COGNITIVE BATTERY: FOCUS, DOPAMINE, NEUROTRANSMITTERS

Your brain is only 2% of body weight but consumes 20% of total energy. Mental fatigue is real — and it's not just "in your head."

The cognitive battery is powered by neurotransmitters (dopamine, acetylcholine, serotonin) and the efficiency of neuronal energy use. When drained, we lose focus, memory, and creativity.

Science check:

- Dopamine governs motivation and reward-seeking. Chronic over-

stimulation (social media, processed food, pornography) leads to dopamine receptor downregulation

- Glucose spikes and crashes impair cognitive performance
- Neuroinflammation is now recognized as a driver of brain fatigue

• Ketones for the brain: Exogenous ketones or ketogenic diets supply clean fuel, improving cognitive endurance

- Breathwork and HRV training: Coherent breathing improves vagal tone and focus.

How biohackers recharge this battery:

- Dopamine fasting: Reducing overstimulation resets reward sensitivity.
- Nootropics: Alpha-GPC, Lion's Mane mushroom, and microdosed nicotine gum are used to boost focus

Personal anecdote: I once tested continuous glucose monitoring (CGM) during a book-writing marathon. I discovered that my sharpest chapters were written when my blood glucose stayed flat — usually after low-carb meals and MCT oil tea.





4. THE EMOTIONAL/SOCIAL BATTERY: CONNECTION AND JOY OF LIVING

The most overlooked battery is also powerful. Humans are social mammals; our biology thrives on connection. Longevity studies consistently show that strong social ties are a bigger predictor of lifespan than diet, exercise, or even smoking cessation.

Science check:

- Social isolation increases mortality risk by 29%
- Positive emotions release oxytocin, which reduces stress and

supports immune function

- Community and purpose activate the parasympathetic nervous system, reducing inflammation markers.

How biohackers recharge this battery:

- Deliberate community building: Retreats, masterminds, in-person circles.
- Oxytocin hacks: Eye contact, hugs, laughter, and even petting a dog boost oxytocin.

- Purpose journaling: Writing "why" regularly strengthens resilience.
- Digital detox: Less scrolling, more real human connection.

Personal note: On expeditions — like trekking in Nepal or climbing Kilimanjaro — I've seen women completely transform. Sharing a struggle, pushing past limits together, and laughing at night by the fire... those are the moments that recharge this "invisible battery" far beyond any supplement.

PUTTING IT ALL TOGETHER: THE 4-BATTERY CHECK-IN

Imagine each of your batteries has a charge meter.

Every morning, ask yourself:

- Cellular battery: Did I move yesterday? Did I nourish my mitochondria?
- Hormonal battery: Did I sleep deeply and align with my circadian rhythm?
- Cognitive battery: Am I protect-

ing focus or draining it with overstimulation?

- Emotional battery: Did I connect, love, and laugh yesterday?

Biohacker's secret: When one battery is low, the others will compensate — but only temporarily. True longevity comes from charging all four consistently.



CONCLUSION: ENERGY IS A SYMPHONY, NOT A SINGLE NOTE

Food and supplements are important. But without addressing our invisible batteries, we'll always feel depleted.

Biohacking is not about chasing one magic pill — it's about orchestrating these four energy systems so they work in harmony.

If you want more energy, better performance, and a longer, more

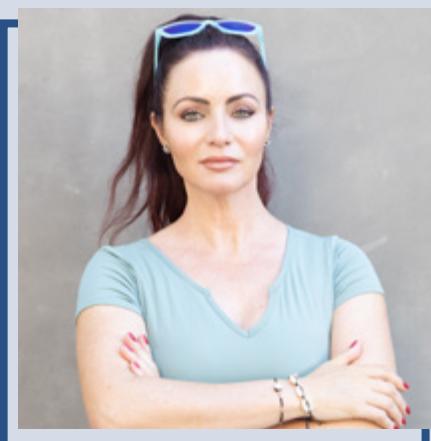
joyful life — stop thinking only in terms of calories or workouts. Start thinking in terms of batteries.

The best way to recharge is often the most ancestral: move, sleep with the sun, breathe deeply, and connect with others. The future of longevity lies in rediscovering what our biology has always known.

Valerie Orsoni



VALÉRIE ORSONI



Valérie Orsoni has been a biohacker since 1998, living the talk and walking the walk long before the term existed (peptides, red light therapy, cold plunges and more? She has been doing it for over 25 years).

An avid explorer and mountain climber, she has conquered 43 peaks above 15,000 ft in the past seven years and skied to the South Pole.

As a successful entrepreneur, she founded LiliWarrior, a 100% inclusive and sustainable athleisure brand, celebrated in Vogue as a favorite green sports brand among celebrities. Valérie is the prolific author of 55 books, translated into five languages, and a best-seller in the USA, UK, Italy, France, Portugal, and Serbia.

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

You can follow her on Instagram @valerieorsoni and @liliwarrioroff and on her biohacking platform: ValBiohacker.com

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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%

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25%

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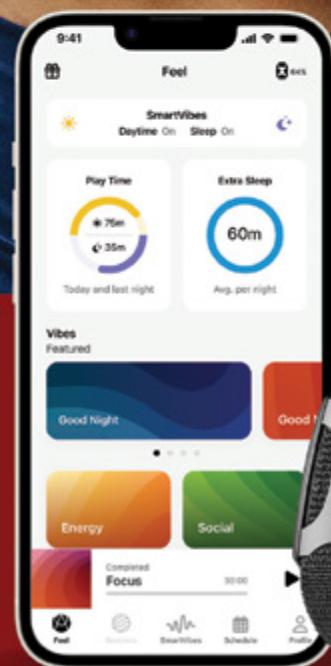
30

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

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Learn more at apolloneuro.com

Scan the QR code
to try Apollo for free
on your iPhone!



RADIANT ENERGY

Red Light Therapy and the Lifespanning
Power of beem College Park

beem[®] LIGHT SAUNA



INTRODUCTION: ENERGY AS THE CURRENCY OF LIFE

Energy is more than just the calories we consume or the hours of sleep we log. It is the essence of vitality, the current that runs through every cell, organ, and movement of our lives. For those on the Lifespanning path, energy is both a daily necessity and a long-term investment in health and longevity. Without sustainable energy, the pursuit of longevity is reduced to mere survival.

In today's world, stress, environmental toxins, and sedentary routines drain this vital resource. People are searching not just for more time in their years, but for years with more vibrant energy. One of the most promising tools for revitalization is red light therapy—a modality that is ancient in principle (sunlight as healing) yet modern in its targeted precision.

In College Park, Florida, Beem has become a shining example of how light can be harnessed to restore energy, accelerate recovery, and transform communities. With their infrared saunas and full-body red light therapy rooms, Beem embodies the Lifespanning philosophy: blending science, accessibility, and joy to give people tools for longer, more energized lives.

THE SCIENCE OF LIGHT: WHY RED LIGHT MATTERS

Red and near-infrared light penetrate the skin and stimulate mitochondria, the energy powerhouses of our cells. This process, known as photobiomodulation, enhances ATP (adenosine triphosphate) production—the cellular currency of energy. More ATP means more energy for cellular repair, regeneration, and performance.

Benefits backed by early research and user experience include:

- Improved circulation – increased blood flow delivers oxygen and nutrients more efficiently.

- Faster recovery – athletes use red light for muscle repair after intense training.
- Pain reduction – light helps decrease inflammation in joints and connective tissue.
- Collagen stimulation – enhancing skin elasticity and repair.
- Neurological support – emerging evidence suggests red light can benefit mood and cognitive function.

The result is a safe, natural way to recharge at the cellular level.

As Marines Hoppes, Beem's general manager, explained, the experience itself is energizing and grounding: "Your metabolism is going up, your heart rate's going up, and you're burning calories as you sit in the sauna. But it leaves you with a very deep detoxification and energizing feeling when you leave"



Unlike sunlight, the specific red and near-infrared spectrums used in therapy are free of UV, eliminating the risks of burns or DNA damage.

BEEM COLLEGE PARK: A COMMUNITY HUB FOR WELLNESS

Beem is more than a therapy center—it is a neighborhood wellness hub. Situated in a walkable area of College Park, Orlando, the studio has become a magnet for diverse groups: moms coming after school drop-offs, retirees eager to stay active, fitness enthusiasts stacking recovery with workouts, and even teachers seeking stress relief.

This diversity reflects a core Lifespanning principle: longevity belongs to everyone. No matter your age, background, or health status, investing in your energy reserves pays dividends in vitality and quality of life.

What makes Beem unique is its integration with the local community:

- Partnerships with schools – providing stress relief to teachers at Edgewater High School.
- Synergy with fitness studios – members come before or after Pilates, personal training, or Orange Theory sessions.
- Support for healthcare providers – collaborations with chiropractors, massage therapists, and estheticians who recognize the benefits of full-body light therapy.

The result is a network of wellness professionals creating a culture of collaboration rather than competition.





STACKING ENERGY: HOW CLIENTS USE RED LIGHT THERAPY

In biohacking, a stack refers to combining habits or interventions for amplified results. At Beem, members are creating their own wellness stacks:

- Castor oil and red light – One client in her late seventies applies

castor oil before her session, reporting glowing skin and compliments from friends

- Sauna after Pilates – Groups of women finish their intense classes, then head to Beem to recover,

lower inflammation, and mentally reset before work.

- Detox for liver health – A doctor recommended a client with liver issues to combine sauna sessions with lifestyle changes to enhance detoxification.

- Biohacking skincare – Estheticians encourage clients to use Beem's full-body therapy in addition to targeted facial treatments for scarring and collagen renewal.

These stories demonstrate that energy isn't one-dimensional—it flows into how we look, how we move, and how we feel. Beem offers the spark, and clients build the fire.

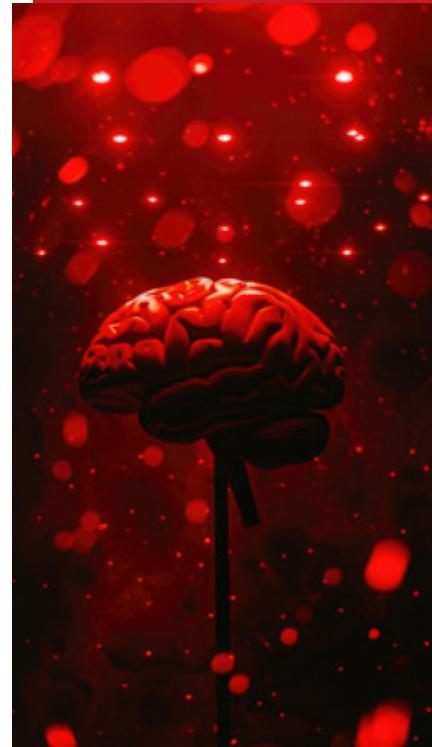
ENERGY BEYOND THE PHYSICAL: THE MENTAL HEALTH CONNECTION

Energy isn't only about muscles and mitochondria. Mental and emotional energy determine our ability to engage with life. Stress, burnout, and anxiety are some of the greatest energy thieves in modern society.

Beem provides more than physical detox. As Marines Hoppes describes it: "It's great for your mental health.

It's just a really calming, grounding experience to be in the sauna for 40 minutes"

This reinforces Lifespanning's holistic view: true longevity requires balance between mind and body. Energy revitalization is as much about calming the nervous system as it is about fueling the muscles.



A CULTURE OF PLAY AND LONGEVITY IN COLLEGE PARK

College Park's charm lies in its vibrancy. It is multi-generational, walkable, and buzzing with activity. Beem has tapped into this culture, becoming a gathering place where wellness meets play.

Residents can grab a coffee, head to Pilates, and then slide into the

sauna—all within a few blocks. For locals, Beem fills a vital gap: a dedicated space for light, energy, and recovery.

As Marines puts it: "People here want to play. They work hard, they want to play hard, and now they can walk to wellness just like they

walk to a coffee shop".

One of the most inspiring aspects of Beem is its inclusivity across age groups. Younger clients use red light to optimize performance and recovery. Older clients seek pain relief, improved mobility, and anti-aging benefits.



CONCLUSION: BEEM AS A BEACON OF ENERGY

Energy is the essence of longevity. It is what allows us not just to live long, but to live fully. Red light therapy offers a safe, powerful, and holistic way to recharge energy at the cellular, emotional, and community level.

Beem College Park embodies this vision. By integrating ancient wisdom (the healing power of light) with modern science and community

partnerships, it has become more than a wellness studio—it's a beacon for what true Lifespanning and Longevity can look like in practice.

As the Lifespanning movement continues to grow, places like Beem serve as proof that revitalizing energy is not just a personal pursuit but a collective one. Together, we can build communities that are vibrant, resilient, and radiant with light.

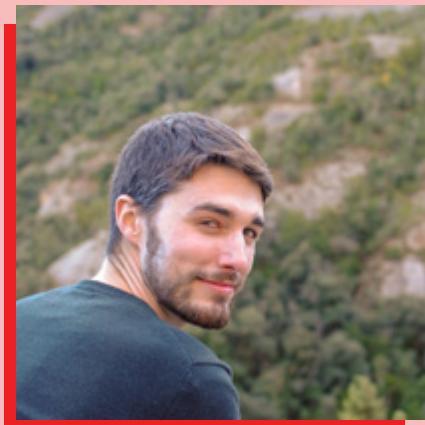


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<https://www.beemlightsauna.com/location/college-park>

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.

THE POWER OF ENERGY

Science, Healing, and
Transformation



PART 1: ENERGY THROUGH A CHILD'S EYES

Energy has always been more than just a scientific concept to me—it's been a story, a curiosity, a way of living. When my two boys, Alexander (9) and Elijah (18), were younger, they would often ask questions that reminded me why I fell in love with science in the first place. Their wonder about the world—the “why does the ball bounce higher on concrete than grass?” or “how do clouds stay in the sky?” moments—reminded me of my own journey into biomedical science and physics at the University of South Florida.

From childhood, I saw energy everywhere. The way gravity held us, the way the wind pushed against our bikes as we rode, the way sunlight could both warm and energize. Energy was never just abstract—it was experiential, playful, alive. And through my children's eyes, I am reminded daily that curiosity itself is energy. Their questions keep me sharp, but more than that, they keep me connected to the wonder that launched me into a lifelong exploration of science, healing, and transformation.

PART 2: THE UNIVERSAL LANGUAGE OF ENERGY

When I look back at my time at the University of South Florida, where I majored in biomedical science and physics, I can see exactly when my fascination with energy moved from curiosity into passion. Physics wasn't just my favorite subject; it became my language. It gave me

a way to see the invisible—the way forces shape life at every scale—and it taught me that if you can understand energy, you can understand the world.

I still remember my physics professor. The tests were legendary.

They weren't about memorizing formulas—they were about thinking, applying, synthesizing. You could walk into an exam with an open book, unlimited note pages, and still feel like you were entering a different universe. “Good luck,” he would say with a grin, as if to hint that the

answers weren't written down anywhere—they were inside your ability to understand.

One question that sticks with me even now was about an imaginary bat flying over the ocean. It wasn't hunting by sight but by sonar. The test asked: How small or fast would the fish have to be to escape detection? And if the bat's signal was transmitted at a particular frequency, how would it travel through salt water—factoring in density, refraction, and all the properties of the ocean? There was no simple plug-and-chug answer. It was about weaving physics, biology, and imagination into one solution.

Another time, as my husband was watching a football game, I found myself thinking about the equations we used to calculate how many people in a stadium could see a jumbotron under different lighting conditions, noise levels, and pixel resolutions. Physics had opened my eyes to the hidden structures behind everyday experiences. It showed me that energy isn't just a chapter in a textbook; it's the thread of reality.

That's why the law of conservation of energy always resonated with me: energy cannot be created or destroyed, only transformed. Once you really feel that—not just as a law but as a truth—you start to realize the same is true for your life. You can transform your energy, your environment, your outcomes. You can apply this not only to a problem on a test, but to a patient in your clinic, a team on the field, or a doctor navigating a new business.

Now, as a clinician, biohacker, and consultant for doctors, I find myself drawing on that training constantly. Understanding energy and systems allows me to look at machines, settings, and parameters and instantly see how they work. It's beautiful to move from simply feeling energy to truly studying it—and to encourage others, including my own children, to do the same. Energy science, combined with AI and other emerg-

ing fields, is one of the most exciting frontiers for the future.

When I work with physicians now, I often tell them: "We're not climbing a ladder anymore. We're teleporting to the top." Those who know, know. Those who don't—I teach them. We already are everything we want to be. We must not only call in the energy and frequency but feel it, live it, exhibit it.



PART 3: MANIFEST, HEAL & RECLAIM ENERGY

For most of my life, I have been attuned to energy. Not just as a scientist, but as a daughter, a mother, a healer. Energy work always felt natural to me. But when my mom passed away, everything changed. Loss has a way of rearranging your inner landscape. I knew the science. I knew the physics. I knew the theories. And yet, none of that could bypass the deep truth: my energy had shifted.

It was in that season that I realized something profound: no matter how much we study, no matter how advanced our knowledge, there comes a time when energy is not something to be "figured out." It must be lived. It must be healed. It

must be felt in the deepest part of the brain and the heart.

That's when I turned to tools that could bridge both the science I loved and the healing I desperately needed. One of the most powerful has been BrainTap. For those who haven't experienced it, BrainTap is a neurotechnology that helps rewire your brain frequencies through guided audio, light, and sound. It creates a space where your brain can reset—where you can release stress patterns, reestablish balance, and start to embody the energy you want to carry forward.

For me, BrainTap wasn't about "fixing" anything. It was about re-

membering. Remembering the energy worker I had always been. Remembering the way my mom's presence had shaped me—and choosing not to lose that, but to transform it. With BrainTap as a daily practice, I could feel the fog lift. I could sense coherence returning between my thoughts, my body, and my energy field. It became not only part of my personal healing but also something I began recommending to patients and clients who felt stuck.

Because here's the truth: manifestation is not about wishing. It's about alignment. You cannot manifest from chaos. You cannot manifest from burnout. You cannot manifest if your brain is locked in fight-or-flight. Manifestation happens when your inner frequency and your outer vision are coherent—when you think, feel, and act as if your desired outcome is already here.



DAILY MANIFESTATION EXERCISE: ENERGY RESET WITH BRAINTAP+JOURNALING

1. Morning BrainTap (10-20 minutes): Choose a BrainTap session that resonates with your current need—whether it's clarity, calm, or creativity. Allow the light, sound, and voice guidance to drop your brain into a restorative frequency. Think of it as calibrating your energy for the day.

2. Intention Setting (5 minutes): Immediately after, grab your journal. Write down: one thought you want to carry today, one emotion you want to embody, and one action you will take to align with that energy.

3. Visualization (3-5 minutes): Close your eyes and see yourself living the day you just designed. Picture the thought, the feeling, and the action unfolding with ease. Feel it in your body.

4. Evening Reflection (5 minutes): Before bed, write down what aligned today. Celebrate even the smallest wins. If something didn't match, don't judge—just notice. Ask: "What energy will I choose tomorrow?"

When you do this daily, you're not just "trying to manifest." You're re-wiring your brain. You're teaching your nervous system to recognize success, alignment, and abun-

dance as your default state. You're living the conservation of energy law in real time: you cannot destroy what has been, but you can transform it into something new.

This is what I've had to learn first-hand. Losing my mom changed me, but it also invited me to transform that grief into fuel. To honor her by bringing my energy forward

again—stronger, clearer, and more intentional. And it's the same invitation I extend to you: no matter what has happened, no matter where you feel stuck, you can reclaim your energy. You can transform it.

Because energy doesn't disappear. It becomes the next chapter. And you get to write it.



PART 4: THE COLLECTIVE ENERGY

If there's one place where I feel energy magnified, it's at conferences and gatherings. The air is electric, conversations are alive, and you can almost feel the vibration of people coming together with purpose. I call them "vibe tribes"—those groups where you just know you're in the right room, with the right people, at the right time.

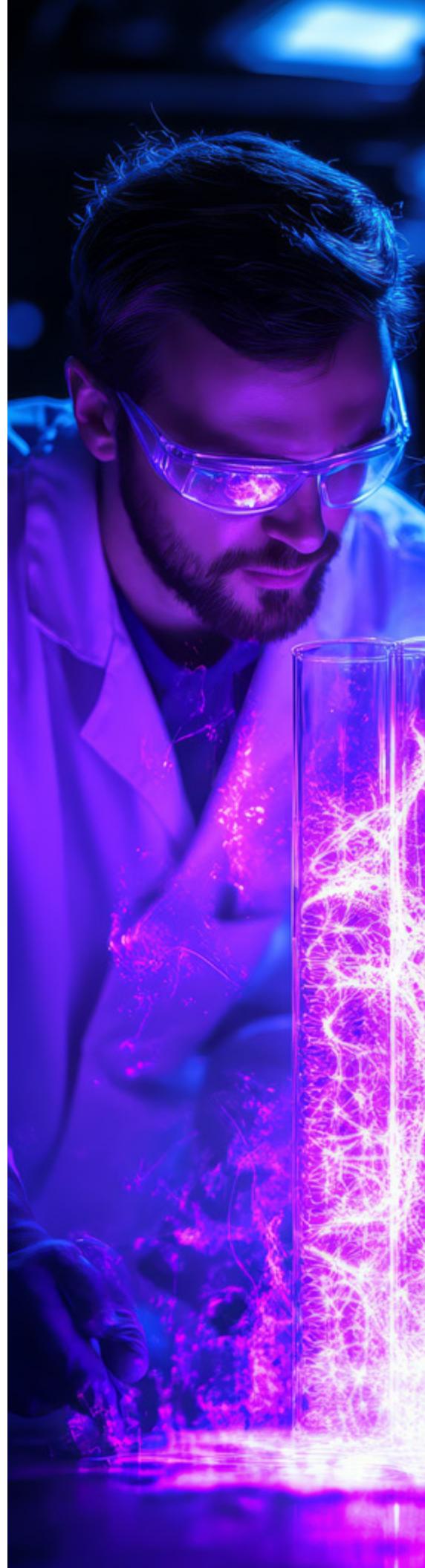
Energy is amplified in community. We learn more, grow faster, and expand further when we are connected. That's why I encourage my interns and mentees to think carefully about the circles they step into. I often tell them: don't always strive to be the peak of the mountain in every circle you enter. If you are always the one giving, teaching, or pouring into others, your energy can deplete.

Yes, givers and lovers love to elevate others—that's who we are. But part of mastering energy is learning to also receive. To

surround yourself with mentors, colleagues, and leaders who will pour back into you. To find spaces where you are not just the source of energy, but also the one being lifted, challenged, and inspired. That balance keeps the flow alive.

I've seen this in my own life as a consultant, a clinician, and a mother. When I'm surrounded by powerful thinkers, healers, and visionaries, I don't just give—I grow. Their energy sparks mine. Their insights fuel new pathways. And that's the beautiful reciprocity of energy: when it flows both ways, it multiplies.

This is why I love being part of communities that value alignment, vision, and growth. When we gather around shared values and big dreams, the collective energy becomes almost palpable. Healing accelerates. Innovation ignites. Transformation feels inevitable.





At the end of the day, this is what energy is all about—it doesn't stay stagnant. It moves. It connects. It transforms. And whether it's in a lecture hall with my physics professor years ago, in a yoga room with a football team, in the quiet space of journaling after a Brain-Tap session, or in the buzz of a conference ballroom, the principle remains: energy is always shaping what comes next.

So here's my call to you: don't just think about energy. Live it. Feel it in your own body. Notice the people, places, and practices that lift you. Step into circles that challenge and

stretch you. And remember that when you heal, others around you heal too—because energy is never yours alone. It's shared.

Until next time, I invite you to keep this journey going with me. At the end of this article, you'll find a QR code—scan it. If you're looking for consultation, mentorship, or guidance, know this: your energy matters. Your alignment matters. And the moment you begin to shift, the world around you shifts too.

Because when you heal, all heals. It's energy.

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.

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TWO YEARS ON NAD⁺

My Case for a Molecule That's
Not Going Anywhere

By Jean Fallacara



In the realm of longevity and biological optimization, very few compounds have stood the test of both hype and time. NAD+ is one of them. After two full years of using it consistently; across various delivery forms, protocols, and phases of personal experimentation; I can say without hesitation: it's earned its place in my protocol.

This isn't a trend piece. It's not another empty headline promising biohacked immortality. It's a personal field report from someone who has lived, tracked, and observed the long game with NAD+.



THE BIOLOGY THAT MATTERS

NAD+: nicotinamide adenine dinucleotide. NOT a "booster." But a core metabolic coenzyme, essential to nearly every cellular function that keeps you alive:

- Mitochondrial energy production
- DNA repair
- Sirtuin activation
- Inflammatory regulation
- Cognitive performance
- Neuroprotection

The catch? NAD+ declines with age, and fast. By the time you're in your 40s, your levels have dropped by up to 50%.

By your 60s, they're nearly depleted.

That decline isn't cosmetic; it's functional. And it shows up in your stamina, recovery, cognition, and resilience.

Replenishing NAD+ is not about feeling "better" in a vague, biohacker-buzzword kind of way. It's about restoring what your biology was built to do, before entropy set in.



WHAT I'VE NOTICED AFTER 24+ MONTHS

I didn't start NAD+ because something was broken. I started because I was looking to go further; more output, more clarity, more recovery, more adaptability.

What followed wasn't some dramatic, movie-scene transformation. Instead, it was a sustained shift in my operating baseline:

- Energy became stable; clean, deep, and unforced.
- Sleep quality improved; more REM, more restoration.
- Cognitive fatigue became a rarity, even under high-output days.
- Recovery from both physical exertion and transatlantic travel shortened.
- My body felt younger, not because I told it to; but because it responded like it once did.

Every time I cycle off, those gains fade. That's all the evidence I need.

FROM THEORY TO ACCESSIBILITY

For years, NAD+ was locked up behind IV clinics, inconsistent quality, or outrageous markups. That's changing.

At Lifespanning, we've made prescription-grade NAD+ available through licensed telehealth providers at a price point that actually makes sense. Because a molecule this essential shouldn't only be accessible to those with time to burn and \$1,000 per drip.

It's delivered subcutaneously; no clinic needed, no guesswork. Just consistency, guidance, and results.



MY TAKE OVER

There's a lot of noise in the world of longevity. Molecules rise and fall. Papers get published, then debunked. Fads burn bright and disappear. As I often say: " 1 Publication, 3 scientists, 5 different opinions"

But some things endure; not because they're trendy, but because they work. NAD+ is one of those things. It's not the only tool I use. But it's one I won't stop using.

And if you're serious about your trajectory; not just lifespan, but the quality of time you have left, you'd be wise to look at NAD+ not as a supplement, but as a strategic resource.

Because energy, clarity, and cellular resilience aren't optional when you're building a life beyond 100.

If I were forced to choose just one molecule to support my longevity and performance: it would be NAD+. Nothing else comes close!



1% ENERGY

Because NAD⁺

- Boosts energy
- Repairs DNA
- Sharpens focus
- Slows aging



The Peptide Therapy

Effect



Look Young Feel Young



Rejuvenate Your
Skin & Hair with
ReCELLebrate®
Aesthetics

RF microneedling
with exosomes for
facial skin
rejuvenation,
and scalp
injections
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restoration



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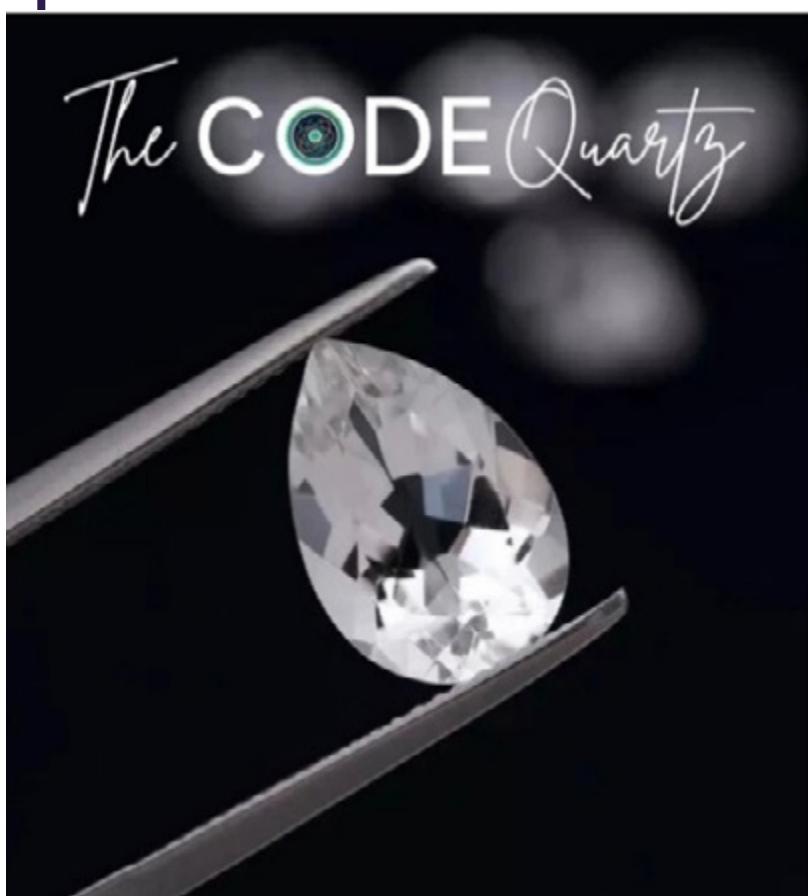
LIFESPANNING

THE QUIET COMEBACK OF FREQUENCY TECHNOLOGY

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

Once dismissed as fringe, frequency-based therapies are gaining serious traction among performance coaches, wellness entrepreneurs, and longevity scientists. The latest generation of devices and modalities claim to improve sleep, stress resilience, recovery, circulation, mood, and even cellular regeneration. Backed by new engineering, clinical studies, and a wave of consumer products, frequency technology is moving from alternative wellness circles into mainstream health optimization.

What unites these approaches is a focus on resonance, the idea that the body functions best when reminded of its natural rhythms. Leading innovators in the field are translating this principle into wearables, skincare, sound, and music-based therapies, each exploring how subtle vibrations can optimize physical and mental health.



SCIENTIFIC VALIDATION MEETS DAILY WEARABLES

At NexQuest Life Sciences, frequency is far from an abstract buzzword. Isaac Mishan, CEO and Partner, and Dr. Erik Carlin, CTO and Partner, describe Natural Frequency Technology as a way to harness the electromagnetic signatures, or unique biofrequency patterns, that every living organism emits. "These signals fluctuate depending on physiological and emotional states," Mishan explains. NexQuest encodes these signatures into informational discs

embedded in jewelry and watches, which then interact with the body's biomagnetic field.

Clinical research supports their claims. In randomized, double-blind, placebo-controlled studies, NexQuest technology significantly improved sleep quality and stress regulation, with participants reporting more REM and deep sleep, calmer moods, and reduced jet lag. "Longevity is not just about extending lifespan but maximizing health

span," Carlin notes. "By improving sleep, balancing the immune system, and enhancing cognitive clarity, frequency technology helps people live with vitality and resilience."

NexQuest's approach is notable for combining peer-reviewed science with consumer-friendly design. Integrating the technology into Philip Stein watches and luxury jewelry from Seventh Chariot makes frequency optimization a subtle, continuous part of daily life.

TRAINING THE NERVOUS SYSTEM FOR RESILIENCE

While wearables optimize the body's electromagnetic field, other devices focus on training the nervous system itself. Dr. Dave Rabin, neuroscientist, psychiatrist, and co-founder of Apollo Neuro, defines frequency broadly: "Everything that vibrates—sound, light, radio waves, even touch—is frequency. The question is how to use it in ways that support health rather than harm."

Apollo Neuro delivers silent, gentle vibrations to the skin, akin to the resonance of a tuning fork. These vibrations "train the nervous system to be more resilient to stress by helping it move from a sympathetic state (fight-or-flight) to a parasympathetic state (rest and digest)." Originating from research at the University of Pittsburgh Medical Center, Apollo Neuro has been shown to improve heart rate vari-

ability, sleep quality, and emotional regulation. Users often describe the effect as a "wearable hug for the nervous system."

Rabin emphasizes the role of stress regulation in longevity: "When the nervous system can handle stress better, the body spends less time in fight-or-flight and more time in repair and recovery. That's how we age well."



CRYSTAL SKINCARE & WELLNESS: A HIGH-FREQUENCY RITUAL

CODE Health is redefining frequency-based wellness by merging crystal energy, bioenergetics, and modern science into everyday self-care. Co-founder Wendy Cohn-Osborne explains that they define frequency technology as "an advanced system designed to capture, store, and transmit energetic 'codes' the body naturally responds to. Every cell communicates through subtle energy pathways, and by imprinting these codes into a structured medium, we help the body remember its innate ability to repair, reset, and restore balance."

Building on this philosophy, CODE's energized product line, including ingestible drops and the new Quartz Drops, offers a tangible, science-backed way to support clarity, balance, and resilience. Using scalar technology, quartz crystals are imprinted with intentional information designed to achieve specific outcomes; this energetic information is stored in the crystals, which are then used to reprogram and enhance the products themselves. In a wellness landscape increasingly focused on biohacking, longevity, and holistic

solutions, CODE provides highly impactful, accessible tools that help the body restore balance naturally, making its crystal-infused offerings a must-have in every modern wellness routine.

"Longevity isn't just about living longer; it's about living with vitality, clarity, and resilience," says Cohn-Osborne. "Instead of suppressing symptoms, frequency technology works with information at the vibrational level to optimize energy, reduce stress loads, and support the systems that keep us thriving as we age." CODE's approach is rooted in decades of research in biology, biophysics, water memory, and resonant molecular signaling, while also using tools like HRV testing and live blood microscopy to make results tangible. Consumers often describe the benefits in simple, human terms—feeling calmer, sleeping better, recovering faster, or "like their body is remembering how to heal."

"We were inspired by the realization that optimizing health doesn't need to rely on toxic chemicals, and that by shifting vibrational information, you can transform outcomes. The purity and simplicity of our formulas, our foundation in validated science, and our dedication to accessibility truly distinguish us," said Cohn-Osborne.

Other brands, including QARTZ, have explored the use of crystal energy in skincare, reflecting a shared vision of integrating frequency into daily rituals—an approach that CODE continues to innovate and expand with its own distinct, science-driven methods.



BIOELECTRIC BEAUTY AND CELLULAR REGENERATION

Frequency is also emerging in the realm of skincare. Violet Mileva, founder of Champiōne by Mileva, explains that "every cell communicates through tiny electrical signals, and when stress or toxins disrupt those signals, the body loses coherence." Champiōne's high-frequency wands and biocharged skincare act as "tuning

forks for the skin," restoring communication and activating repair from within.

Frequency penetrates beyond the surface, stimulating ATP production, collagen synthesis, and circulation—mechanisms that keep skin biologically younger. Mileva integrates ancient tree resins

and high-frequency plant signals into her products and charges each batch on the Schumann resonance (7.83 Hz), aligning formulations with the Earth's natural frequency. "Users don't just see cosmetic improvements," she says. "They feel grounded, radiant, and biologically younger. That's the difference."

TUNING THE BODY'S NATURAL HARMONY

Dmitri Leonov, wellness futurist and serial entrepreneur, describes frequency technology as "using vibration such as sound, light, and electromagnetic fields to communicate directly with the body's operating system." Every cell and organ has a natural vibrational frequency, and when stress, toxins, or interference knock the body out of tune, dysfunction can arise. Frequency technology restores coherence, "like tuning a musical instrument back into harmony," helping the body return to its healthy "song."

"It's about adding quality to those years," Leonov says. By

supporting cellular coherence, reducing inflammation, and accelerating healing, frequency medicine can improve sleep, energy, recovery, and nervous system balance. His approach integrates multiple modalities into adaptive, wearable systems and translates complex science into practical, everyday wellness. "We've been living in a quantum world for over a century, yet our healthcare system remains largely Newtonian. This inspired me to explore frequency medicine and unlock human potential in ways conventional medicine cannot."



ANCIENT INSTRUMENTS, MODERN SCIENCE

Frequency is not just technological—it can be deeply tactile. Jana Hess, CEO of Hess Sound, relies on hand-crafted sound bowls to create vibrations that the body feels as well as hears. "Every object, every organ, every cell resonates at certain frequencies," she explains. The Peter Hess® Sound

Method, studied for more than 40 years, has demonstrated measurable benefits, including reduced stress, improved heart-rate variability, relief from chronic pain, and better sleep. Clients often describe profound relaxation, emotional release, and a grounded sense of clarity.

PERSONALIZED HEALING THROUGH MUSIC

Music and vibration offer yet another pathway. Swiss duo Dust of Soul channels personalized "Soul Songs" for clients, using frequencies such as 432 Hz and 528 Hz to induce relaxation and alignment. "Specific frequencies have distinct effects on our bodies, inducing therapeutic responses such as calming the nervous system or balancing energies in our chakras," they explain. Clients often report feeling lighter, centered, and in alignment with themselves.

Singing Psychic Medium and CEO/Founder Saskia Stauble's personal journey underscores the potential of frequency: after a stroke left her unable to speak, she recovered her voice in three days using the vibration of her own singing. Today, Dust of Soul combines sound healing, mediumship, and intuitive composition to help others reconnect with their unique frequency and overall well-being.

WHERE FREQUENCY MEETS LONGEVITY

From clinically validated wearables to bioelectric skincare, hand-forged sound instruments to personalized music, frequency technology is undergoing a renaissance. While approaches vary—scientific, spiritual, or aesthetic—the unifying thread is resonance: the body functions best when reminded of its natural rhythms.

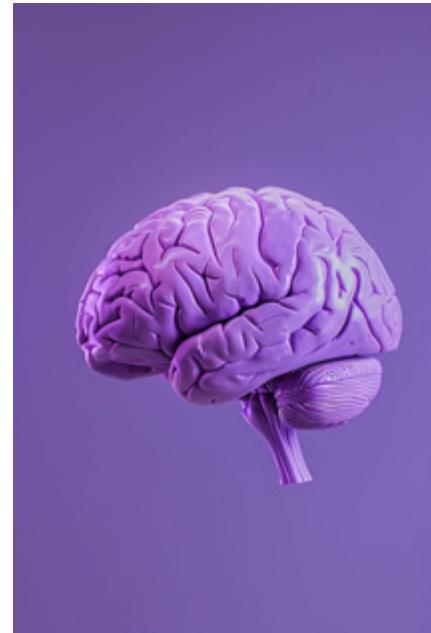
As Mishan of NexQuest puts it: "Our mission is to create solutions people can feel in their daily lives, without drugs or stimulants, simply by working with the body's natural resonance." And perhaps that is the future of longevity: not forcing the body to do more, but reminding it how to return to balance.

FINDING BALANCE IN A RESONANT FUTURE

Frequency technology is rapidly moving from the fringes into mainstream wellness, from innovative wearables and advanced bioelectric skincare to healing sound instruments and personalized therapeutic music experiences. What unites these modern approaches is resonance, the powerful idea that the body

functions best when aligned with its natural inner rhythms.

In this quiet comeback, the future of health may lie not in doing more, but in tuning in—working with the body's natural frequencies to optimize longevity, recovery, and everyday well-being.



NANCY TRENT



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Nancy Trent ([WWW.TRENTANDCOMPANY.COM](https://www.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.

HOW MATTHEW WALKER CHANGED HIS MIND ABOUT BLUE LIGHT

Lina Gladutytė, Researcher and writer at Intero

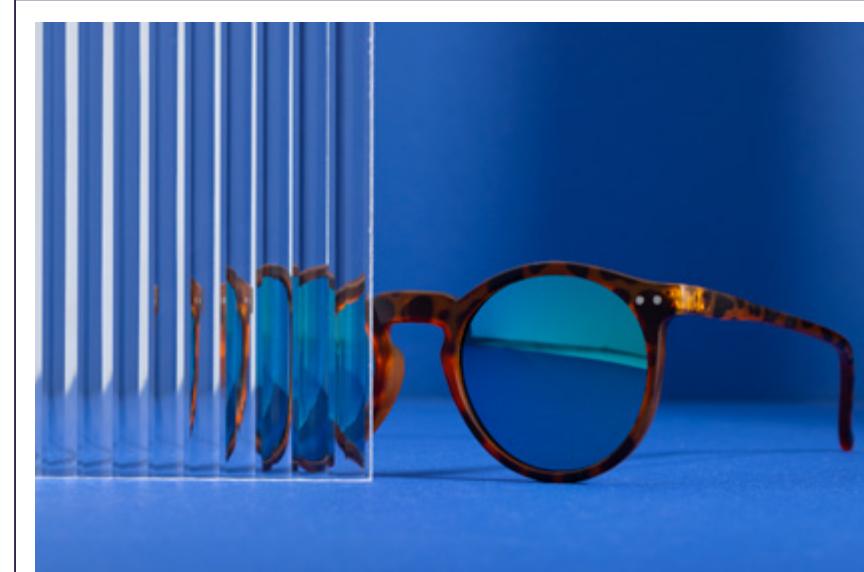
In 2022, Matthew Walker, a world-famous sleep scientist, professor of neuroscience, and author of 'Why We Sleep', changed his mind.

When his book came out in 2017, Walker, like most of the sleep research community, treated evening blue light as one of the main reasons screens were wrecking our sleep. The logic was tidy and persuasive: blue wavelengths suppress melatonin; melatonin is tied to sleep; therefore, blue light must disrupt sleep. It made intuitive sense, and it fit the times – screens were everywhere. Avoid screens before bed, block the blue light. That was the common advice.

Years later, when we interviewed Walker for Interro's documentary on blue light blocking glasses, his position had evolved. "The replication of melatonin suppression has been consistent," he told us, "but what's been inconsistent is: does it really change your sleep? The evidence

now, I think, is in favor of... probably not very much."

What changed was the evidence, much of it coming from the work of sleep scientist and clinical psychologist Professor Michael Gradisar. To Walker's credit, when the data shifted, he did too.



WHEN THE STORY STARTED TO CRACK

In the early 2000s, studies showed that short-wavelength light was especially effective at suppressing melatonin. Around the same time, screens were invading every corner of modern life, and blue light quickly took the blame. By the mid-2010s, headlines were everywhere warning that evening light from devices was wrecking our sleep.

Soon, glasses with amber, orange, or red tints were flooding the market. A neat, simple sleep

solution: wear the glasses, protect your melatonin, and sleep better. The story clicked with common sense.

But what sounds intuitive doesn't always hold up in real life. For years, the link between blue light and poor sleep was assumed, not proven.

In 2014, Gradisar's team ran one of the first studies directly testing whether screen light meaningfully affected the time it took people to fall asleep. It didn't. That study

gained little notice at the time, but it was the beginning. Over the following years, more experiments appeared, comparing screen use before bed with and without the blues.

Gradisar and his colleagues gathered all available data, and in 2024 they published a review. Across eleven studies, the pattern was hard to ignore: the measurable differences in how long it took people to fall asleep were tiny – a matter of just a few minutes.

As Gradisar told us: "We can't see that there's really compelling evidence whatsoever that if you give someone a bright screen emitting blue light in the hour or hours before bed, we don't see a meaningful, you could even say a significant, extension to the time taken to fall asleep that you would expect."

When Walker came across that

work, it became a turning point. "The more I read Michael Gradisar's epic work on this, I really started to change my mind... after about another five years of research [it was] very clear to me... this hypothesis of sleep disruption does not hold up."

The data forced a rethink of what had long been treated as settled science. "We need to disambig-

uate and separate sleep disruption from melatonin suppression," Walker said. "I don't necessarily think that [change in melatonin levels] means you get sleep disruption."

In other words, melatonin suppression doesn't automatically mean worse sleep. Many assumed it did, but the data said otherwise.



THE TAKEAWAY

If you want the distilled version of Walker's update, it's this: "If there is an effect, the effect on your sleep... is very, very small."

Both Professor Walker and Professor Gradisar are now communicating a different model for understanding how our devices influence sleep – one we explore from many angles in the documentary. Rather than blaming blue light, this model shifts the focus from light to behavior and individual differences. Some people are simply more prone to pushing past bedtime - getting lost in a flow state, or caring less about the consequences of staying up late – while others can regulate more easily. These differences come down to what Gradisar calls sleep displacement, shaped by each person's unique "sleep phenotype": the

mix of factors like biology, psychology, and habits that determines how vulnerable we are to bedtime disruption.

Both professors emphasize that better sleep doesn't come from special glasses or expensive gadgets. It comes from structure and environment. They recommend dimming the lights in the evening, keeping a consistent bedtime and wake time, and creating a personal wind down routine that signals to your brain it's time to rest.

Prof. Walker adds that the bigger culprit behind modern sleeplessness probably isn't light at all, but stress and anxiety. He suggests putting more effort into managing those factors. Prof. Gradisar complements this with advice for the other half of the day: spend time

outdoors and get plenty of bright natural light, especially in the first part of the day. Daylight helps keep our circadian timing on track and makes us more resilient to evening light exposure.

WHY THE SHIFT MATTERS

Walker's update isn't just a correction. It's a reminder of what good science communication looks like. Changing your mind on a popular topic can be risky. He could have quietly ignored the new evidence, or accepted one of the sponsorship deals for blue light blockers he told us he'd been offered. But instead, he changed his mind in public.

And while science is turning against the blue light hypothesis, the blue blocker industry continues to grow. And it's built not only on sleep claims.

THE STORY WE TELL IN THE DOCUMENTARY

Our team at Intero, a health-tech company that chose to do investigative journalism instead of product marketing, interviewed both Matthew Walker and Michael Gradisar for our documentary on blue light blocking glasses.

This article only scratches the surface. The documentary tells the bigger story: a months-long

investigation into the history, science, and marketing of blue light blockers. It explores how these glasses came to be sold not only for sleep, but also for eye protection and, more recently, for keeping evening cortisol low. Along the way, it uncovers the misinformation, overpromises, and profits that followed, including the recent

release of blue light blockers from Andrew Huberman in partnership with ROKA, which we found is also built on questionable science.

If you're curious to see the full story, the documentary is free to watch. Your viewership helps us keep creating evidence-first investigative pieces.

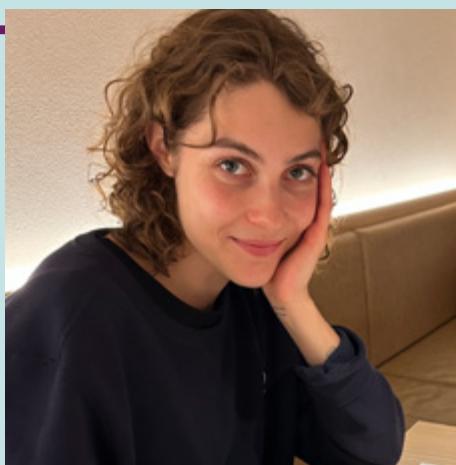
ACKNOWLEDGMENT

The documentary was a collaborative effort by our entire media team – Intero's founder Sebastian Barbera (co-director, writer, and narrator), TJ Moore (co-director and video editor), and Uğur Üzel (researcher). I'm deeply grateful to all of them for making this such an inspiring and rewarding project to be part of.





LINA GLADUTYTE



After spending five years in a neuroscience lab studying how sex hormones influence brain function and gaining expertise in neurobiology and biophysics, Lina left academia to pursue a career that keeps her close to science – as a researcher and writer. She's currently part of the media team at Intero, a health-tech company, and also helps manage a startup founder community in her home country, Lithuania.

[@intero ai](https://www.youtube.com/@interoai)

Documentary link:
<https://www.youtube.com/@interoai>

PRODUCT *Reviews*

by [@Cyborggains](https://www.instagram.com/cyborggains)

****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.



CELLER 

Qitone Review: The Ketone Powder That Finally Doesn't Taste Like Jet Fuel

I found Qitone via Tim Ferriss; then connected with the team at Qitone on LinkedIn. I've never been keto-pilled, never chased ketosis, and most exogenous ketone products I've tried tasted like a mouthful of gasoline. This one? Different. I take it before workouts and get a clean surge of energy with noticeably better endurance. The taste even leans café crème in coffee.

Below is the complete breakdown: what it is, how it works, the science, dosing, safety, cost, and how I use it to get real performance without the weird crash.

TL;DR

- What it is: a flavorless "pro-ketone" powder designed to raise blood ketones within ~30 minutes and sustain them for hours; without the bitter ester taste. As a pro-ketone it is absorbed efficiently and converted into ketones within your body.
- What I feel: clean pre-workout energy, better session stamina, and smooth focus; no jitters or crash.
- Why it's different: no bitterness, highly mixable, and meant for coffee/shakes.
- Price: as of Apr-Aug 2025, \$44.99 (12 servings) or \$99.99 (30 servings); about \$3.75 or \$3.33 per serving. Qitone also offers a 15% subscription discount which on the 30-serving bag makes it \$2.83/svg, the best price point for the dosage in the category.
- Who it's for: anyone who wants the benefits of elevated ketones (steady fuel, cognitive clarity, potential cardio support) without doing strict keto.

What Qitone Actually Is (and Isn't)

Most ketone products are either salts (miner-

al-heavy, GI issues, poor taste) or esters (powerful but bitter). Qitone is a hybrid: c8 mcfat (R)-1,3-butanediol, designed for faster onset and smoother, longer ketone elevation. It includes sodium caseinate and soluble corn fiber; so it's not dairy-free.

Taste & Mixability

Unlike traditional esters that trigger bitter receptors, Qitone avoids bitterness. It mixes cleanly into coffee, producing a creamy café crème taste. Tim Ferriss even mentions using it as a coffee creamer.

The Science; What Ketones Do (and Don't) Do

(R)-1,3-butanediol is converted in the liver to BHB; Octanoic acid is converted into BHB in the liver or used as a direct energy source in extra hepatic tissues (eg: muscle and heart.) .Ketones can supply a majority of the brain's energy under low-glucose states, reduce oxidative stress, and alter fuel selection in endurance contexts. The heart also oxidizes ketones readily, with promising data in cardiac support



What I Felt (Performance Notes)

My use-case: pre-workout. Within 30 minutes, I feel elevated drive, higher endurance, and smooth focus. No jitter, no crash. Taste is pleasant and enhances coffee.

How Qitone Compares (Taste, GI, Price)

Compared to esters (bitter, GI issues) and other butanediol liquids (functional taste), Qitone's powder is neutral/creamy with no GI issues for me. Pricing: ~\$3.33-3.75/serving, competitive with Ketone-IQ and deltaG. Even cheaper with subscription options.

Dosing, Timing, Stacking (My Protocol)

I use 1 scoop in espresso 30-40 minutes before workouts. Also works by easily mixing into coffee, shakes or smoothies. Site advises not exceeding 25g/day. Start at 1 scoop to assess tolerance. To get the best out of Qitone you should consume every day consistently.

Safety & Tolerability (Plain Talk)

(R)-1,3-butanediol is distinct from ethanol but uses similar liver enzymes; high doses may cause nausea or mild dizziness. Contains sodium caseinate (not dairy-free). Self-affirmed GRAS status. Reminder: not medical advice; consult if you have conditions or medications.

How It Fits the Bigger Picture

Ketones provide stable brain fuel, may enhance endurance by shifting fuel use, and serve as a cardiac-friendly energy substrate. They are not a panacea, but they expand metabolic flexibility in training and work contexts.

Verdict

Qitone is the first ketone powder I actually enjoy using. It tastes good, mixes cleanly, and delivers reliable performance without jet-fuel bitterness. I know the Qitone team are working hard on product development, having released a Qitone Coffee Creamer in September and plan on releasing new ketone powered products soon.



Qitone™

[@qitone](https://www.qitone.com)

**Score: 9/10 for flavor + function.
Absolutely a MUST HAVE.**

CELLER8: From Skepticism to Daily Integration

CELLER8: From Skepticism to Daily Integration

When CELLER8 first sent me their mat, I rolled my eyes. Another wellness gadget? Another promise of "limitless energy"? In my world of biohacking and longevity, I've seen enough hype to last a lifetime.

But curiosity is a muscle I've trained. So I gave it a chance.

What happened next reshaped my recovery, my meditation, and my relationship with energy itself.

"We don't just have energy. We are energy."

Meditation on Another Level

I first tested CELLER8 during meditation. I paired it with Endel's adaptive soundscapes, expecting nothing special.

Instead, I slipped into one of the deepest sessions of my life. My body felt heavy, my mind was calm, and time disappeared. The subtle electromagnetic pulses of the mat seemed to sync perfectly with the music, guiding me into stillness.

Now, it's part of my daily practice, 20 minutes every morning. The nervous system reset is profound.

Recovery Like Never Before

Mondays are brutal: explosive HIIT training sessions that shred my muscles, followed by advanced calisthenics, think Iron Cross holds that punish every fiber. Normally, soreness lingers for days.

With CELLER8, recovery felt... faster. Muscles less stiff, joints more fluid, energy bouncing back quicker. Week after week, the pattern repeated. This wasn't placebo. It was cellular.

The Theory of CELLER8

- Cells are batteries. Each cell runs on an electrical potential across its membrane.
- PEMF recharges the batteries. Pulsed electromagnetic fields restore that potential, fueling ion exchange and ATP production.

- Whole-body benefits. From mitochondria to circulation, PEMF optimizes cellular function across tissues.

What Science Says

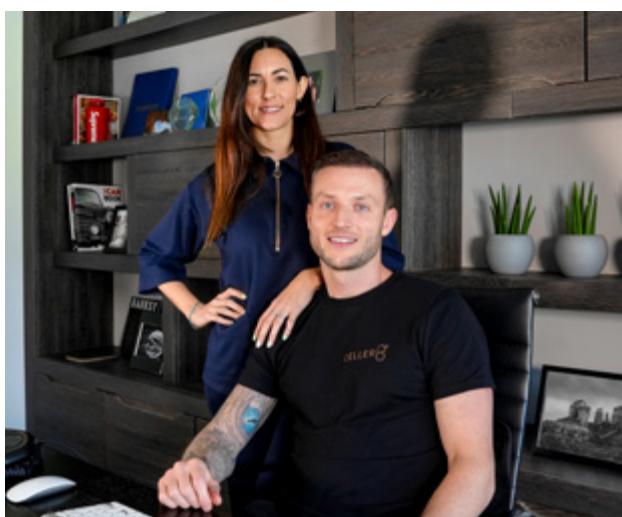
PEMF isn't new: it's been studied for decades. The FDA has even approved devices for stubborn bone fractures and post-surgical swelling.

Key findings from research:

- ATP Production: PEMF boosts mitochondrial output. More ATP = more repair.
- Circulation: Improves microvascular blood flow, enhancing oxygen delivery.
- Inflammation: Reduces pro-inflammatory markers like TNF- α and IL-1 β .
- Sleep & Nervous System: Can entrain brainwaves, promoting parasympathetic dominance.
- Bone Healing: Long-standing clinical use in orthopedics.

The science is clear: PEMF helps cells do their job better.

"PEMF doesn't replace sleep, nutrition, or training; it amplifies your biology."



From Doubt to Daily Ritual

Here's how CELLER8 now lives in my routine:

- Morning: Meditation + Endel with CELLER8 (20 min).
- Post-Training: Recovery sessions after HIIT or calisthenics (30 min).
- Evening (sometimes): Gentle session to unwind before sleep.

Its portability makes it frictionless. No setup, no clinic; just roll it out, use, and move on with life.

Why It Works for Me

Refusing to age, I push hard: violent HIIT, calisthenics, nonstop movement. Recovery is non-negotiable. CELLER8 doesn't "fix" me; it amplifies my biology.

Combined with sleep, movement, and rhythm, it feels like a multiplier.

And the meditation synergy? That's where the magic happens.

Energy Is a Practice

- Energy is not a gift of youth; it's the result of alignment.
- PEMF is not a magic wand; it's an amplifier.
- Combine tech with behavior: sleep, nutrition, training, and breath.
- Energy isn't consumed: it's cultivated.

The Insight

The wellness market is full of over-promises. My skepticism was justified. But CELLER8 earned its place in my life not because of hype, but because of experience.

It reminded me of a truth we often forget:

Our cells are electrical.

Our bodies are rhythmic.

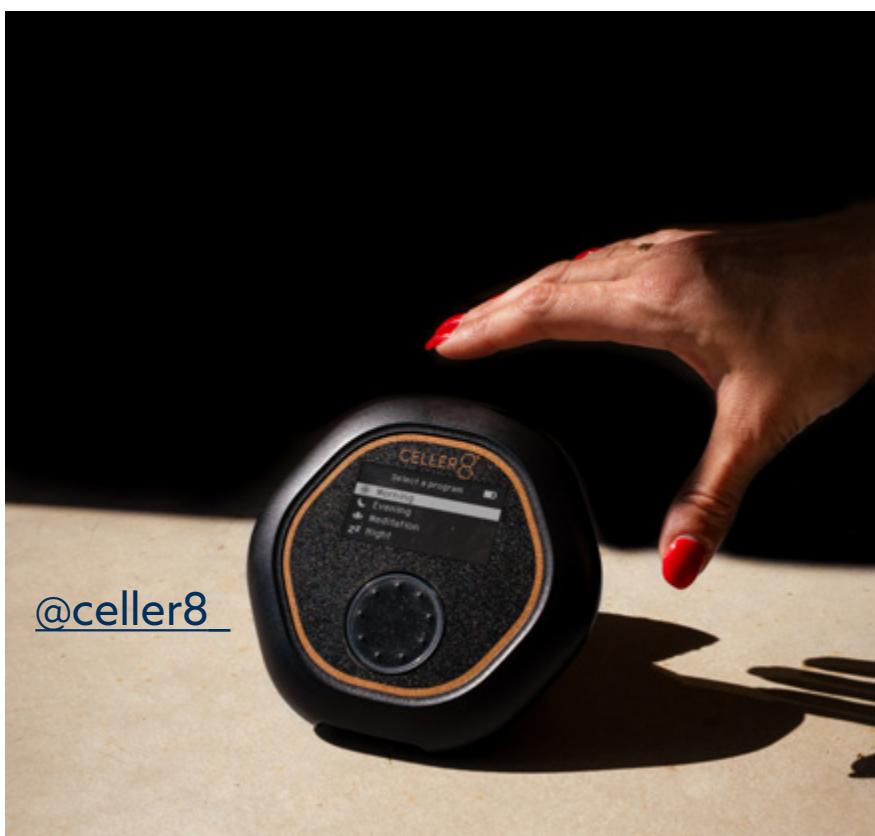
Our energy is cultivated.

When you live from that alignment, you stop chasing energy. You start radiating it.

"The older you get, the more you realize, it's not about squeezing more hours into the day. It's about amplifying the power inside every hour."

Jean Fallacara

CELLER8®





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

THE ALLIANCE FOR LONGEVITY INITIATIVES

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.



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SEE AND BE SEEN



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Nov. 11-12 2025, San Salvador, El Salvador

- At a time when centralized systems increasingly shape our access to health, information, and wealth, we are reclaiming our agency. This symposium is more than an event, it's a call to action. We bring together the world's most forward-thinking minds in regenerative medicine, biohacking, homesteading, and decentralized finance. All united by one goal: to create sovereign, thriving communities.

<https://reclaiminghealth.life/>



Eudēmonia Summit

Palm Beach, November 13–16, 2025

-

Where science meets soul. Eudēmonia is a next-gen wellness festival with neuroscience, HIIT, cryo, yoga, and silent discos—plus a massive expo floor and hundreds of transformative experiences.

<https://eudemonia.net/>



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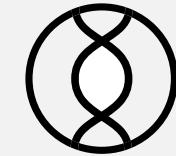
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ACKNOWLEDGMENTS

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

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

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

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

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My top 3 peptides

for this month

1 Energy

2 Fat Burning

3 Muscle Gain



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