

ISSUE 39

BIOHACKERS

LIFESPANNING

MAGAZINE



BOOST YOUR BRAIN

**BRAIN SIGNAL
VARIABILITY (BSV):**



BY GARNET
DUPUIS

**BIOHACKING BRAIN
FITNESS**



PATRICK PORTER

DECODING YOUR MIND



DR. MIKE VAN
THIELEN

BRAIN MAPPING



KLAUDIA BALOGH

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Our Speakers



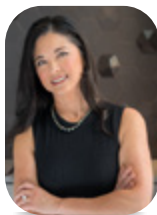
Dr. Mark Hyman

Functional Health

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Dr. Hyman is an internationally recognized leader, speaker, educator, and advocate in the field of Functional Medicine. He is the co-founder and the Chief

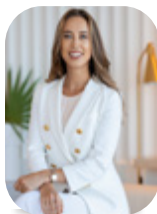
Medical Officer of Function Health, founder and Director of The UltraWellness Center, founder of Cleveland Clinic Center for Functional Medicine and Board President for Clinical Affairs for The Institute for Functional Medicine.



Dr. Vonda Wright | MD, MS, FAOA

[@drvondawright](#)

Dr. Vonda Wright is a double-boarded, fellowship-trained orthopedic surgeon and internationally recognized authority on active aging and mobility. Dr. Wright was the founding director of the Performance and Research Initiative for Masters Athletes (PRIMA) [read more on website]



Ella Davar | The Gut-Brain Method

[@ella.davar](#)

Ella Davar RD, Founder of the Gut-Brain Method, and serves as President of the Global Longevity Association, where she collaborates with leading experts to advance longevity science. She is a globally recognized leader in longevity nutrition and gut health education [read more on website]



Dr. Michael Greger

NutritionFacts.org

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A founding member and Fellow of the American College of Lifestyle Medicine, Michael Greger, M.D., is a physician and internationally recognized speaker on nutrition.

His science-based nonprofit, NutritionFacts.org, offers a free online portal hosting more than 2,000 videos and articles on myriad health topics. Dr. Greger is a sought-after lecturer and has presented at the Conference on World Affairs [read more on website]



Daniel Carcillo | NHL Hockey Player, 2x Stanley Cup Winner, Brain Injury Advocate

[@danielcarcillo13](#)

Daniel Carcillo is a retired professional ice hockey player who made his mark in the (NHL), known for his aggressive playing style as an enforcer role on the ice, amassing 164 fights over a 10-year career, which included two Stanley Cup victories. After reversing the signs and symptoms from a mild dementia diagnosis using mushroom assisted therapy, he co-founded Wesana Health, a company focused on [read more on website]

Less Than 40 Seats Left!

Our agenda is built around five key pillars of longevity, empowering you to elevate your well-being:

- **Nutrition:** Discover how to fuel your body with science-backed dietary strategies.
- **Exercise:** Unlock simple, effective ways to make movement a part of your lifestyle.
- **Sleep:** Learn how to optimize your rest for restoration, recovery, and longevity.
- **Stress Management:** Gain tools to manage stress, foster resilience, and maintain mental clarity.
- **Social Connection:** Learn how you can form and nurture relationships that increase life satisfaction, reduce stress, and improve life expectancy.

For more information, visit <https://www.livelong.events> and sign up for our newsletter at [livelongmedia.com](https://www.livelongmedia.com)



LIFESPANNING

MAGAZINE

TABLE OF CONTENTS

39th Edition March 2025

TEAM MESSAGES	4
THE BRAIN'S FULL POTENTIAL	6
BRAIN SIGNAL VARIABILITY	15
BRAIN MAPPING	25
DECODING YOUR MIND	30
BIOHACKING BRAIN FITNESS WITH THE VAGUS NERVE	39
BIOHACK YOUR BRAIN BY REMOVING NER- VOUS SYSTEM INTERFERENCE	45
BEYOND BRAIN HACKS: AI, BIO- SIGNALS, AND THE SECRET METRIC	49
INSIDE BRYAN JOHNSON'S "DON'T DIE" SUMMIT	56
PRODUCT REVIEWS	62
UPCOMING EVENTS	69

A BRAIN OF INTELLIGENCE... & WISDOM

We can think about many things that may sound impressive at first glance; The theories surrounding the generation of life. The philosophy most sound to achieve true happiness. The answer to the long physics and mathematical formulas that give measurements to the physical universe. But maybe in the midst of all of these seemingly important thoughts, are we considering the tool doing all the thinking? What about questions like, what is a thought? And What makes a thought a good or a bad thought. What action does my brain send to my body to act on a thought? And how does this process work in the most efficient sense?

In other words, are we using our brains to the best of our ability? Are we supplying our brains with the fuel they thrive on? Are we challenging our brains for adaptation in the fast-paced world of indifferent circumstances? Are we nurturing our brains for proper rest and recovery, therefore fostering sustainable growth? It can be tough for many of us to answer these questions because we live in the fast-paced society that demands our brain's

attention at every turn, taking time away from us to really consider our brain's health and the toll the world takes on our brain's vitality day after day of constant distractions.

The first step in answering these questions and reprioritizing our brain's health is to bring awareness not only to ourselves, but to our family, friends, and community, because when we're all focused on building better brains, we're all focused on building better worlds that truly cater to an individual's cerebral well-being when forging societies. As Lifespanners, we hold an important mission to remind all of the humans about the importance of a healthy brain, built to last many years. Without a fully functional brain, we lose a huge part of what pushes us towards advancement and societal achievement. Let's make brain health a priority again in the everyday life of the everyday person so we can have a society with individuals that can think of logical, intelligent ideas, but not lose their abstract, creative thoughts grounded in wisdom in the process.



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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LIFESPANNING YOUR BRAIN POWER

For too long, we've overlooked the vital role our brain plays in unlocking our full potential, physically, emotionally, and creatively. But times are changing. We're waking up to the fact that our mental hardware holds the key to optimization in every area of life.

From sharper focus and better mood regulation to that extra edge in creativity and performance, investing in our brain health is the ultimate game-changer.

I've always believed our brains need active, consistent exercises to stay sharp and resilient; just like our bodies do. In my book *Neuroscience Calisthenics*, I dived into practical ways to build and strengthen neural pathways, covering everything from micro-challenges that boost neuroplasticity to daily mindset shifts that fuel long-term success. By engaging in these mental "reps," we set the stage for high-level performance, better stress management, and sustained well-being.

In this edition, we're diving headfirst into the science, art, and cutting-edge tech fueling today's neuro-revolution. Tools like Braintap, NeuroVizr, and Neuronic are no longer sci-fi fantasies; they're real, tangible biohacks that promise to reshape our relationship with our minds. And that's just the beginning. We stand at the brink of a new era; one where lifelong cognitive health, mental agility, and vibrant creativity are well within reach.

At Lifespanning, we believe that a well-nurtured brain is the foundation for a better, more vital future.

Join us as we shine a light on the innovators, researchers, and trailblazers who are pushing boundaries, forging new frontiers, and proving that, with the right tools, our best selves may be just around the corner. Welcome to your next leap forward. Let's evolve together!

About Jean Fallacara

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

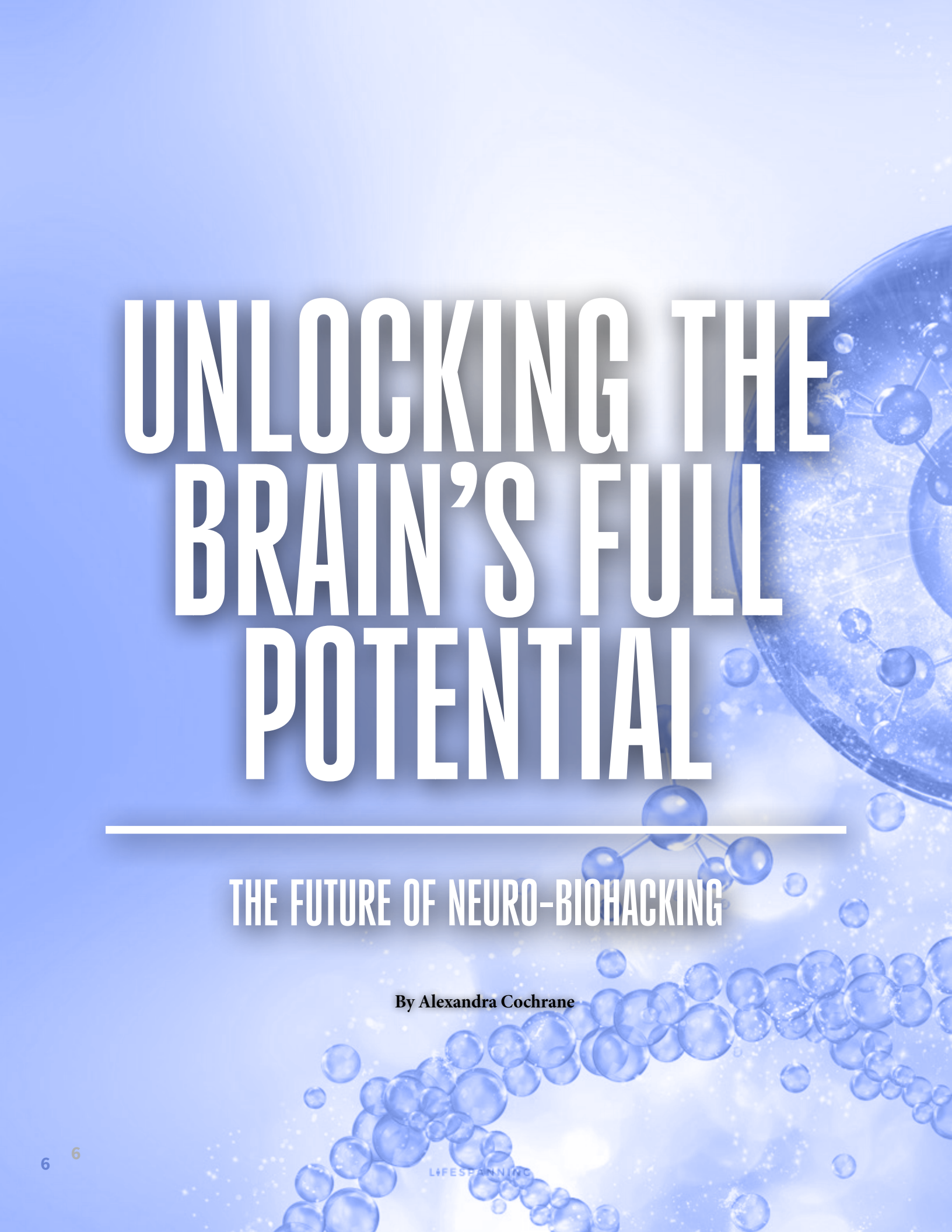
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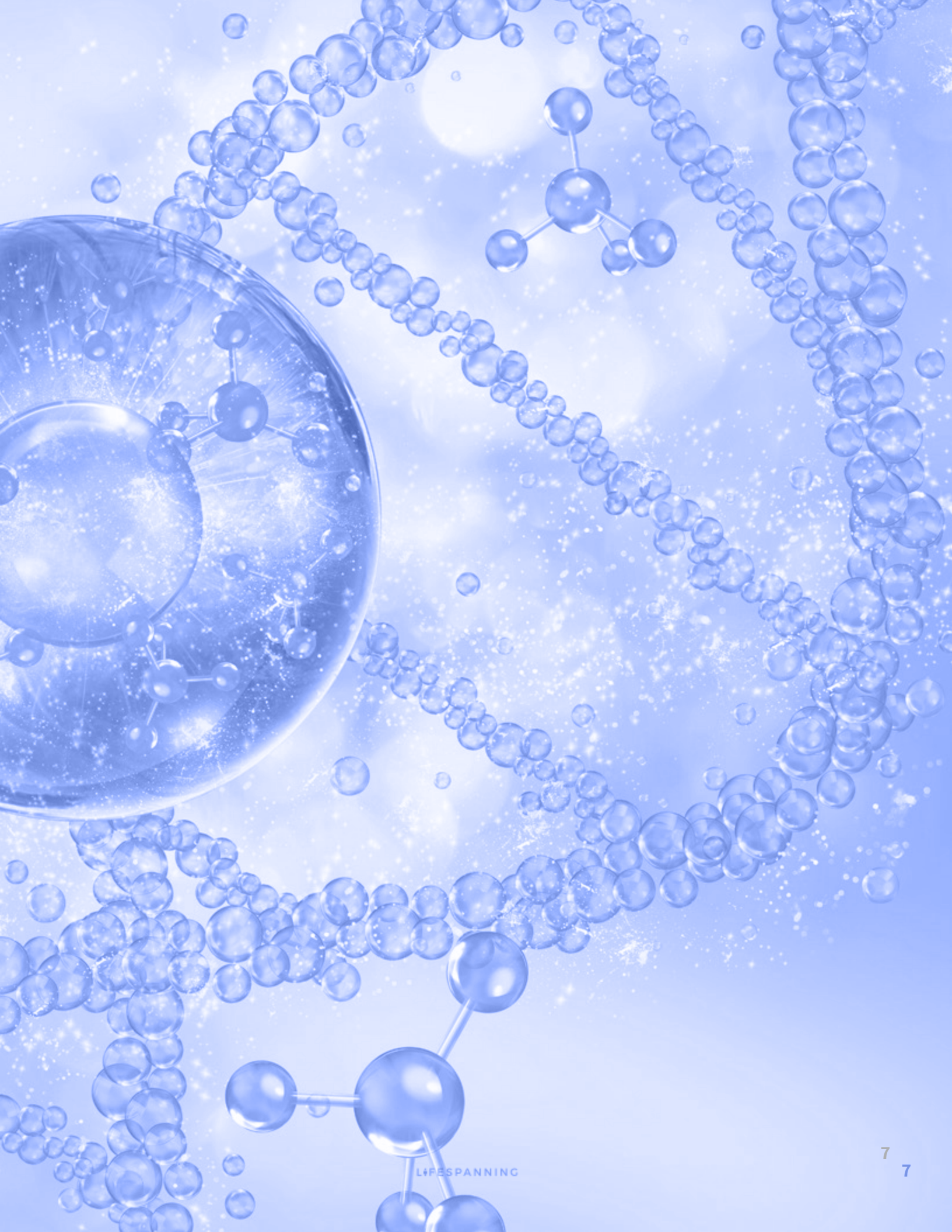


UNLOCKING THE BRAIN'S FULL POTENTIAL

The background is a vibrant blue gradient. On the right side, there is a large, semi-transparent sphere containing a complex molecular structure with blue and white spheres connected by lines. Below this, and extending across the bottom, are numerous smaller, translucent blue bubbles of varying sizes, some of which contain internal molecular structures. The overall aesthetic is scientific and futuristic.

THE FUTURE OF NEURO-BIOHACKING

By Alexandra Cochrane





The human brain is an incredibly complex system—one that science is only beginning to fully understand. But in the realm of biohacking and neurogenerative medicine, breakthroughs are proving that neuroplasticity is not just possible but limitless. Cutting-edge protocols are reshaping the way we approach neurological recovery, cognitive enhancement, and peak mental performance.



Revolutionizing Brain Health with Neurotechnology

A new era of neuroscience is emerging, where non-invasive brain stimulation, advanced imaging, and precision-based biohacking are being integrated to treat and optimize brain function. Traditional medicine has long relied on symptom management, but today's neurotechnologies focus on direct intervention at the neural level, accelerating recovery and enhancing performance in ways previously thought impossible.

Neuro Marker-Guided Neuromodulation (NM-GN)

Rather than using a one-size-fits-all approach, biometric markers are now guiding brain stimulation protocols. NM-GN technology pinpoints precise neural activity patterns associated with cognitive dysfunction and fine-tunes brain stimulation accordingly. This results in highly personalized interventions that can enhance cognitive function, regulate emotions, and improve mental clarity.

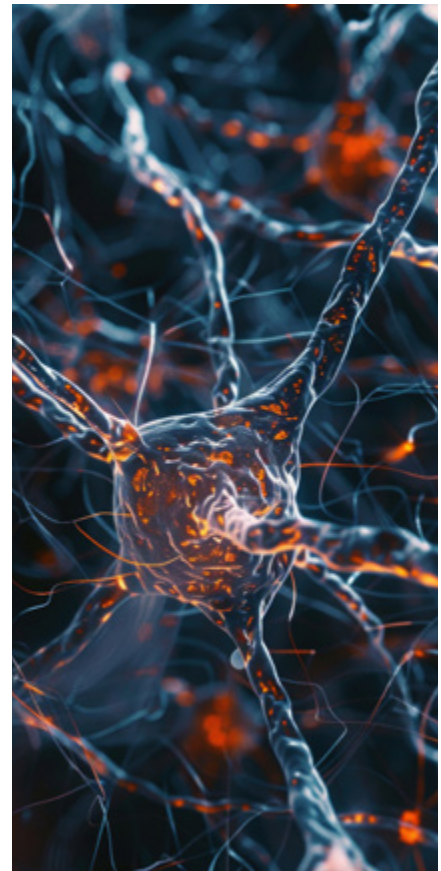
QEEG-Directed Neurofeedback: Training the Brain in Real Time

With quantitative electroencephalography (QEEG), clinicians can now map brainwave activity in real time, identifying dysfunctional neural patterns associated with anxiety, ADHD, PTSD, and cognitive decline. By integrating neurofeedback training, individuals can retrain their brains to optimize focus, emotional regulation, and cognitive efficiency—a game-changer for both those with neurological disorders and high-performance biohackers.

Transcranial Stimulation (TDCS/TACS):

Powering the Brain with Electrical Currents

Transcranial Direct Current Stimulation (TDCS) and Transcranial Alternating Current Stimulation (TACS) are non-invasive electrical stimulation techniques that modulate neural excitability, improving learning capacity, working memory, and overall executive function. These methods are gaining traction as a cognitive enhancement tool, allowing users to accelerate skill acquisition and optimize mental performance.



Low-Intensity Focused Ultrasound Pulsation (LIFUP):

Breaking New Ground in Deep Brain Stimulation

LIFUP is revolutionizing neurosurgical alternatives by using ultrasonic waves to stimulate deep brain structures without the need for invasive procedures. This innovative approach has shown remarkable promise in treating depression, mood disorders, and cognitive impairment, offering high precision with minimal side effects.

Repetitive Transcranial Magnetic Stimulation (rTMS):

Rewiring the Brain Naturally

FDA-approved for treating depression, rTMS utilizes magnetic fields to activate dormant brain regions, promoting neuroplasticity. Beyond mental health applications, rTMS is being explored for stroke recovery, neurodegenerative conditions, to treat depression and motor function rehabilitation, proving that the brain can be reprogrammed for restoration and peak performance.

Oxygen, Light, and Frequency:

Biohacking the Brain at a Cellular Level

Beyond electrical stimulation, oxygen therapy, red light, and pulsed electromagnetic fields are now being leveraged to regenerate neurons, repair damaged tissue, and enhance mitochondrial function.

Hyperbaric Oxygen Therapy (HBOT):

Oxygen as a Healing Catalyst

HBOT increases oxygen delivery to the brain, fueling mitochondrial ATP production, reducing neuroinflammation, and accelerating neural repair. Research has shown its effectiveness in treating TBI, stroke recovery, and cognitive decline, making it a cornerstone in modern neurorehabilitation.





Red-Light Therapy (Photobiomodulation):

The Brain's Energy Boost

Red-light therapy has gained attention for its ability to stimulate mitochondrial function, enhance ATP production, and reduce oxidative stress. When applied to the brain, it has been found to improve neuroplasticity, memory retention, and cognitive longevity—a powerful tool for anyone looking to optimize brain performance.

Pulsed Electromagnetic Field Therapy (PEMF):

Cellular Repair at the Neurological Level

PEMF therapy delivers electromagnetic pulses to stimulate neuronal repair, enhance synaptic communication, and reduce inflammation. Studies indicate that PEMF may be key in reversing age-related cognitive decline, improving neurogenesis, and boosting brain metabolism.

Advanced Brain Mapping:

The Key to Precision Medicine

Modern neuro-imaging is providing an unprecedented look into brain function, allowing practitioners to tailor interventions with precision. Before initiating any treatment, advanced clinical assessments—including neuropsychological, neurological, and psychiatric evaluations—help determine the best therapeutic approach. Imaging technologies such as fMRI, MRI Spectroscopy, full-body CT, and PETT scans now allow real-time tracking of brain function and recovery, with future applications integrating Magnetoencephalography (MEG Scans) to fine-tune brain optimization protocols.

Beyond Recovery:

Engineering Cognitive Superiority

While many of these protocols are being developed for neurological rehabilitation, they also hold vast potential for cognitive enhancement and longevity. The rise of bio-stacking methodologies, where multiple biohacking modalities are combined for synergistic effects, is helping push human potential beyond natural limitations.

For biohackers, elite performers, and longevity seekers, these innovations mark the beginning of a future where cognitive decline is optional and optimization is a choice. With advancements in neuroplasticity, regenerative medicine, and non-invasive brain stimulation, we are entering an era where enhancing intelligence, memory, and emotional resilience is within reach.

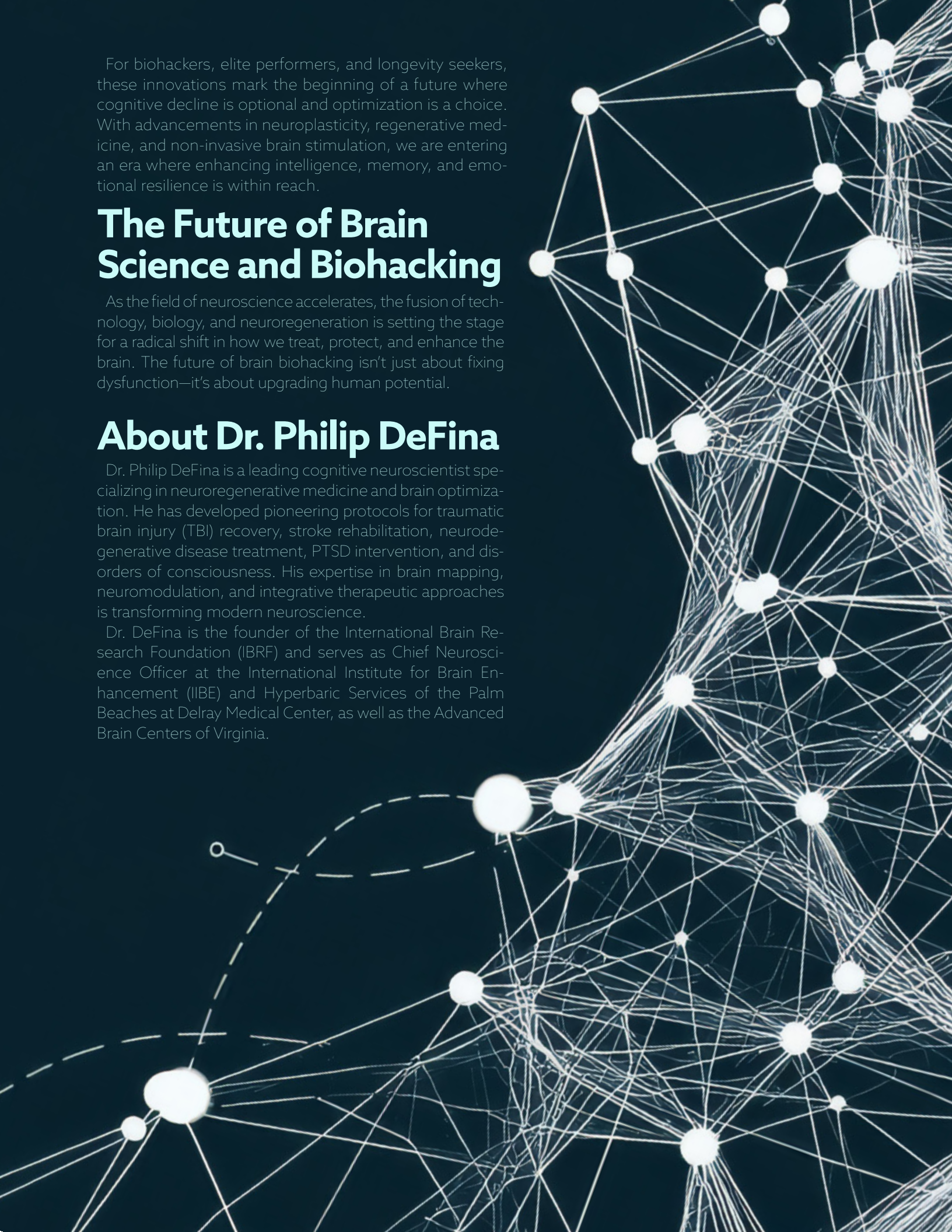
The Future of Brain Science and Biohacking

As the field of neuroscience accelerates, the fusion of technology, biology, and neuroregeneration is setting the stage for a radical shift in how we treat, protect, and enhance the brain. The future of brain biohacking isn't just about fixing dysfunction—it's about upgrading human potential.

About Dr. Philip DeFina

Dr. Philip DeFina is a leading cognitive neuroscientist specializing in neuroregenerative medicine and brain optimization. He has developed pioneering protocols for traumatic brain injury (TBI) recovery, stroke rehabilitation, neurodegenerative disease treatment, PTSD intervention, and disorders of consciousness. His expertise in brain mapping, neuromodulation, and integrative therapeutic approaches is transforming modern neuroscience.

Dr. DeFina is the founder of the International Brain Research Foundation (IBRF) and serves as Chief Neuroscience Officer at the International Institute for Brain Enhancement (IIBE) and Hyperbaric Services of the Palm Beaches at Delray Medical Center, as well as the Advanced Brain Centers of Virginia.



The Save a Soldier Project

A strong advocate for veterans, Dr. DeFina created the Save a Soldier/Sailor Project, a program under the Veterans Advanced Care Program (V-ACP) that provides state-of-the-art neurological rehabilitation at no cost to veterans suffering from PTSD, traumatic brain injuries, and neurotoxicity. Using advanced therapies like hyperbaric oxygen therapy (HBOT), QEEG brain mapping, neurofeedback, and transcranial stimulation, the program has achieved remarkable success in preventing suicide and restoring cognitive function in military personnel.



ALEXANDRA COCHRANE



Founder of Scandilabs | Biohacking Concierge | Stem Cell Project Lead

Originally from Sweden, Alexandra Cochrane is the founder of Scandilabs and a leading biohacking concierge, specializing in curating top-tier biohacking equipment and designing cutting-edge protocols for clinics and private homes. She is also deeply involved in a major stem cell project, advancing regenerative medicine.

Her journey into biohacking began as a personal quest to heal from chronic illness and autoimmune issues. After losing both parents to cancer, she turned to functional medicine and biohacking, achieving full recovery and dedicating herself to helping others optimize their health.

With over a decade of experience, Alexandra is a Certified Health Coach, consultant, and board member for the Demarest Stem Cell Clinic. She integrates advanced biohacking modalities like PEMF therapy, hyperdissolved oxygen and ozone, and red light therapy into comprehensive wellness solutions.

Her company, Scandilabs, developed Immune Formula+, a high-absorption liposomal supplement, reflecting her commitment to science-backed, natural health solutions.

Passionate about longevity and peak performance, Alexandra continues to drive innovation in biohacking and regenerative medicine through her work with elite clients, clinics, and wellness centers worldwide.

@scandilabs

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BRAIN SIGNAL VARIABILITY (BSV)

THE NEW WELLNESS &
LONGEVITY METRIC

By Garnet Dupuis

A Brain that can Change when Change is Required is a Healthy Brain

Science is a journey often filled with twists and turns, and the story of Brain Signal Variability (BSV) is no different. What we once thought was useless “noise” in the brain has turned out to be a goldmine of valuable information. This shift in understanding has revolutionized neuroscience, providing deeper insights into how our brains process information and adapt to the world around us.



What's All That Noise?

Initially, BSV was dismissed as mere noise due to various reasons. Early recording techniques lacked precision, capturing background electrical activity without distinguishing meaningful signals from random noise. The low signal-to-noise ratio made it tough to separate genuine neural signals from artifacts and electrical interference. Scientists favored linear and deterministic systems where the brain was understood through straightforward input-output relationships. Any deviation or variability was seen as an error rather than a feature. Models focused on average firing rates instead of dynamic firing patterns, viewing variability as a nuisance.

The statistical and mathematical tools of the time were inadequate

for analyzing complex neural patterns. Researchers misinterpreted stochastic processes as noise, failing to recognize them as intrinsic and functional aspects of neural processing. The emphasis on consistency and reproducibility in scientific research meant that variability was often seen as an obstacle to clear and replicable results.

Concepts from engineering and telecommunications, where noise is an unwanted disturbance, heavily influenced early neuroscience. This framework overlooked the potential utility of variability. Additionally, early neuroscience faced a major limitation in computational power. Analyzing large datasets of brain activity required sophisticated techniques that weren't available at that time.



Brain as Organism and Not Machine

A paradigm shift began with advances in technology and methods. More precise recording techniques, like high-resolution EEG and advanced imaging methods, alongside better computational tools, allowed scientists to recognize the structured nature of variability. The emergence of systems neuroscience, which views the brain as a complex dynamic system, helped shift perspectives. Researchers began to understand

that variability could reflect meaningful neural processes related to learning, adaptation, and flexibility. Theoretical advancements such as chaos theory and complex systems theory offered new ways of understanding variability as a fundamental feature of dynamic systems, including the brain.

The journey of the "Brain Engagement" concept has been a fascinating one. The term "Brain Engagement" was chosen as a

marketing name for what is technically "Variable Stroboscopic Stimulation". Early on, it was clear that conventional Brain Entrainment, based on the 80+ year-old principle of the Frequency Following Response, wasn't enough to tap into the revolutionary possibilities of neuroplasticity. A new approach was needed to trigger, develop, and support dynamic adaptive functions in the adult human brain.



Information – What's New?

Inspired by the deep insights of Gregory Bateson, who defined information as “news of change” and “a difference that makes a difference”, Lucid Studios (Thailand) started exploring new and exciting developments in neural science. This journey led us through concepts like neuroplasticity, predictive brain coding, top-down and bottom-up signaling, criticality, entropic brain theory, and brain signal variability—all of which share common themes related to the brain’s dynamic and adaptive nature.

Neuroplasticity, the brain’s ability to reorganize itself by forming new neural connections, underlies its capacity to adapt to new experiences, learning, and recovery from injury. This plasticity allows the brain to remain flexible and capable of adapt-

ing to new challenges throughout life. Predictive brain coding, where the brain anticipates incoming sensory information based on past experiences, involves continuously updating predictions and adapting to new information. This reflects the brain’s dynamic processing, allowing for efficient responses to a constantly changing environment.

Top-down and bottom-up signaling illustrate how the brain integrates new sensory data with existing knowledge. Bottom-up signaling refers to sensory input traveling from sensory organs to the brain, while top-down signaling involves the brain’s influence on sensory processing based on expectations and prior knowledge. Both processes work together to enable efficient and flexible information processing.



The Brain Dance between Stability & Flexibility

Brain signal variability is a normal feature of neural activity that reflects the brain's ability to process and adapt to different stimuli. High signal variability is crucial for flexible and adaptive information processing, ensuring that the brain can respond to new and changing environments. Criticality, the idea that the brain operates near a critical point between order and chaos, supports the brain's ability to switch between different states efficiently. This harmony maintains flexibility and robustness in its functions, allowing for optimal performance in a dynamic environment.

The entropic brain theory posits that the level of entropy (or disorder) in brain activity measures the brain's capacity for consciousness and cognitive flexibility. High entropy in-

dicates a diverse range of possible brain states, correlating with greater flexibility and adaptability.

Understanding the concept of neural criticality, where the brain operates at the sweet spot of criticality, adds another layer to our understanding of BSV. The brain at criticality is poised between order and chaos, a state that allows for optimal processing and adaptability. This critical state is neither too rigid (subcritical) nor too chaotic (supercritical), ensuring the brain's robustness and flexibility. When the brain is subcritical, it lacks the flexibility to adapt to new information effectively, whereas a supercritical brain is overly sensitive and may react excessively to stimuli. Achieving and maintaining this critical state is crucial for optimal brain function and health.

All these concepts emphasize the brain's remarkable ability to adapt, predict, process, and maintain optimal functioning in a dynamic and ever-changing environment. They underscore the importance of variability, flexibility, and adaptability as fundamental characteristics of a healthy and efficient brain. Understanding neuroplasticity highlights the brain's incredible capacity to rewire and reorganize itself. This adaptability is crucial for learning new skills, recovering from injuries, and adjusting to new environments. The dynamic nature of neuroplasticity ensures that the brain remains resilient and capable of growth throughout life.



Adapt or Die

High brain signal variability is essential for adaptive information processing. This variability reflects the brain's ability to explore a wide range of responses and adapt to new challenges. By maintaining high variability, the brain can remain flexible and responsive, ensuring optimal functioning in diverse situations. Operating near a critical point between order and chaos allows the brain to switch efficiently between different states.

Interestingly, this "sweet spot of criticality" is not at the midpoint between order and chaos but instead closer to chaos. This posture insures quick adaptive responses in an unpredictable environment. This harmony ensures that the brain can maintain stability while also being flexible enough to adapt to new situations. Criticality supports the brain's ability to perform optimally in a dynamic and unpredictable environment.

Brain Signal Variability & Meditation

Integrating meditation practices into the discussion of brain signal variability opens new avenues for understanding how various types of meditation can influence the brain's dynamic processes. Meditation, a practice long known for its mental and physical health benefits, aligns closely with the principles of brain signal variability.

Different types of meditation, such as mindfulness, focused attention, and loving-kindness meditation, each uniquely impact brain activity. Mindfulness meditation, which involves non-judgmental awareness of the present moment, can enhance brain signal variability by promoting a state of relaxed alertness. This practice allows the brain to process information more flexibly and adaptively, reflecting a high level of variability and dynamic engagement.

Focused attention meditation, which directs the practitioner's focus on a single object, thought, or sensation, can sharpen neural connections and promote neuroplasticity. By concentrating on a specific task, the brain reinforces particular neural pathways while maintaining the ability to shift focus when needed, exemplifying adaptive processing and reduced variability.

Loving-kindness meditation, which involves generating feelings of compassion and love towards oneself and others, can increase emotional regulation and empathy. This type of meditation promotes high entropy in brain activity, indicating a diverse range of emotional and cognitive states. The increased variability in neural signals enhances the brain's capacity for flexibility and adaptability.

Meditation also influences top-



down and bottom-up signaling. By practicing mindfulness, individuals become more aware of their sensory experiences (bottom-up signaling) while also developing the ability to modulate these experiences with higher-order cognitive processes (top-down signaling). This integration enhances the brain's ability to process information efficiently and adapt to new stimuli.

BSV & Variable Stroboscopic Stimulation

The journey from dismissing brain signal variability as mere noise to recognizing it as a vital component of neural processing represents a significant shift in neuroscience. This evolving understanding underscores the brain's dynamic and adaptive nature, paving the way for new approaches to studying and enhancing brain function. Techniques such as Variable Stroboscopic Stimulation (aka Brain Engagement found in the NeuroVIZR experience) are staged

to promote the ability to induce and train our brain to optimize brain signal variability throughout our adulthood.

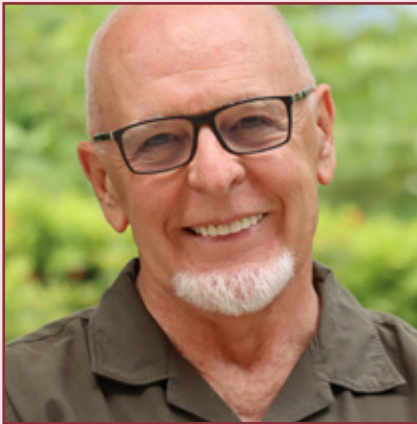
In the quest to unlock the brain's full potential, embracing the complexity and variability of neural signals will continue to be a key focus. As we delve deeper into the brain's intricate workings, we gain greater appreciation for its remarkable capabilities and the dynamic processes that underpin our thoughts, behaviors, and experiences.



Executive Summary

Garnet Dupuis has dedicated his life to teaching, healing and developing methods and devices for Integrative and Complementary Wellness. He began his early work with light, sound and consciousness in 1970 at the “dawn” of the early explorations in the Human Potential Movement while still in university in Canada.

For additional background, please explore Garnet’s expertise at <https://neurovizr.com/articlesscience/>



GARNET DUPUIS

[@neurovizr](#)

Garnet Dupuis is an Integrative and Complementary Wellness professional with a career that has quietly spanned several decades. Since the 1970s, he has been on a journey of exploration, delving into the fields of light, sound, and consciousness. His work was initially inspired by the Human Potential Movement during his academic years in Canada, and that inspiration has continued to guide his path.

In 1984, Garnet had the unique opportunity to bring sports massage to the United States during the LA Olympics, introducing innovative techniques that supported athletes’ performance and recovery. This experience was a significant moment in his career, blending his passion for wellness with his commitment to enhancing human potential.

Today, Garnet serves as the Chief Creative Officer and Co-Founder of Lucid Studios in Thailand, where he focuses on developing neuroVIZR instruments designed to foster positive neuroplastic changes in the brain. He views life as a spiritual journey, placing a deep emphasis on compassion and personal awakening. Outside his professional work, Garnet is dedicated to wildlife rescue and conservation in eastern Chiang Mai, Thailand, where he manages a Gibbon Sanctuary.

His academic background is diverse, including studies in Classical and Clinical Homeopathy, Oriental Medicine, Psychology, and other fields. Garnet has had the opportunity to share his knowledge globally through lectures and appearances on various podcasts. His contributions to Biohackers Magazine as an associated writer reflect his commitment to broadening the conversation around wellness and consciousness.

Garnet has also spoken on numerous stages around the world, offering thoughtful presentations on topics close to his heart, always with the hope of inspiring others on their own paths of discovery.

Biohack Your Relationship - and Health with



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

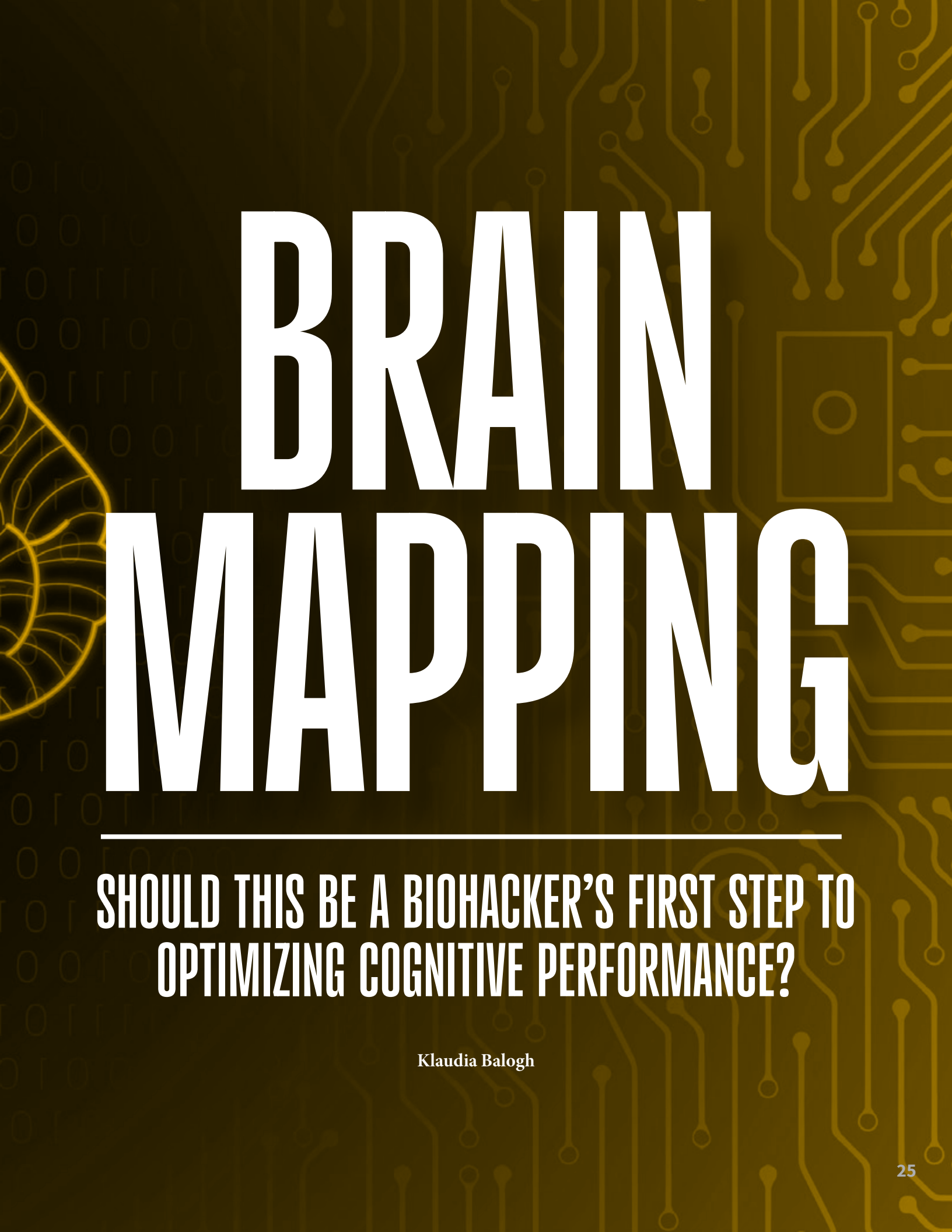
The hi® 3-Step Method is a guaranteed way to relax, recover, and bring excitement back to your relationship.



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Relax – Reconnect – Guaranteed



The background is a dark olive green with a pattern of yellow circuit lines and binary code (0s and 1s) scattered throughout. On the left side, there is a faint, glowing yellow DNA double helix structure.

BRAIN MAPPING

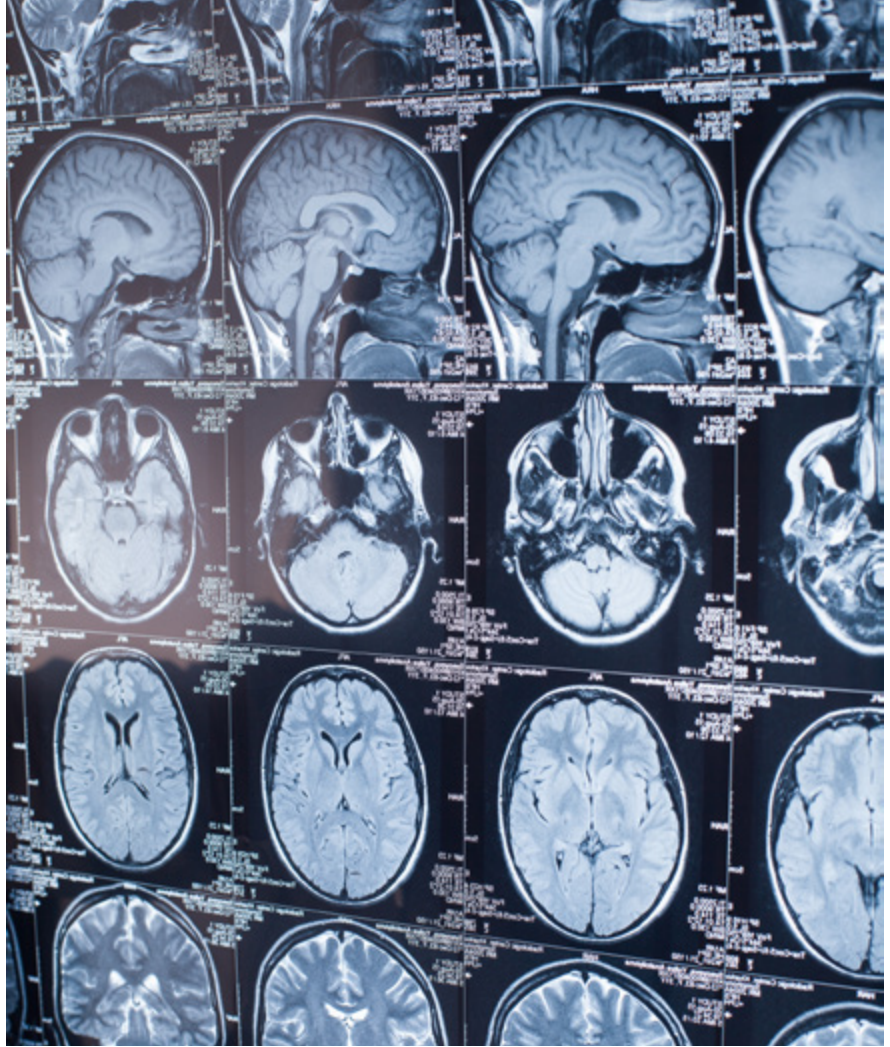
**SHOULD THIS BE A BIOHACKER'S FIRST STEP TO
OPTIMIZING COGNITIVE PERFORMANCE?**

Klaudia Balogh

Test. Optimize. Test. Whether you're new to biohacking or have been optimizing your life for years, you know what you don't measure, you can't improve. However, some things are easier to track than others. Your resting heart rate, sleep stages, glucose levels—these all give you data you can interpret easily. But when it comes to your brain, it's not that simple.

As a supercomputer with 86 billion neurons, it's constantly adapting, firing, rewiring, and shifting in response to your experiences. And yet, despite decades of neuroscience, we still haven't fully mapped its inner workings. But we do know that if we don't take care of it, it atrophies. It rots.

In fact, "brain rot" was chosen the word of the year in 2024 by the Oxford University Press, a term that started as a joke but quickly became a sobering reality check. Originally, it described the mind-numbing effects of binge-scrolling, endless doom loops, and the TikTokification of our attention spans. But the more we looked into it, the less funny it got.



How digital overload reshapes your brain

The constant flood of digital stimulation is rewiring our neural pathways in ways that affect focus, memory, and overall cognitive resilience. Studies suggest that excessive screen use weakens the brain's ability to sustain deep thinking, favoring quick dopamine hits over sustained concentration. Neuroscientists have found that this shift is structural. Over time, high dopamine stimulation can shrink gray matter in key areas of the brain related to focus, mood, and impulse control, such as the prefrontal cortex, anterior cingulate cortex, and amygdala.

Luckily, neuroplasticity works both ways. If the brain can be trained

into distraction, it can be trained out of it. That's where brain imaging comes in as objective evidence. Doing a baseline brain scan can give you an objective peek inside your head to see where you're at.

Cognitive neuroscientist Therese Huston, Ph.D. explains that "the initial baseline brain mapping with qEEG can identify any unusual patterns of electrical activity in your brain. For instance, you can learn whether your levels of focus and alertness are typical or atypical. If they're atypical, you might be having trouble paying attention or concentrating, which can be incredibly frustrating."



QEEG vs. fMRI: What's the difference?

Two of the most common brain imaging tools are quantitative electroencephalography (qEEG) and functional MRI. Quantitative EEG measures electrical activity in the brain in real time using a cap with securely placed electrodes. It captures brainwaves (alpha, beta, theta, delta, gamma) and identifies patterns of overactivity or underactivity in different regions. However, it's more of a surface level scan and according to Dr. Huston, its biggest limitation is poor spatial resolution. Plus its cost can reach upward \$900 per scan. Functional MRI, on the other hand, requires a much larger machine that measures blood flow in the brain to detect which areas are more active. Increased neural activity demands more energy, requiring more blood flow to those regions. An fMRI scan might highlight which brain areas are engaged during cognitive tasks, helping map cognitive function and emotional processing. The price tag on fMRI is even heftier ranging from \$1,000 to \$4,000.

While neither of these two will give you an easy-to-read "performance score" like a sleep tracker, it can reveal patterns of

activity that might explain cognitive strengths and weaknesses.

Your brain communicates through electrical signals and chemical messengers (neurotransmitters). When a neuron fires, it sends an electrical impulse, triggering the release of neurotransmitters, which then influence the next neuron's activity. It's a loop.

Stanford-trained neuroscientist Ben Rein, PhD adds that "if there's a change in chemical activity, you'll probably

see a change in electrical activity. If there's a change in electrical activity, there has to be a change in chemical activity as well. And indirectly that also triggers an increase in blood flow because cells will need more energy and oxygen." This constant loop of electrical and chemical signaling drives everything from focus to mood regulation.





Why context matters

And there's more. Your scan will reveal patterns of brain activity, but what those patterns actually mean depends on context, according to Dr. Rein. "Your lifestyle, emotions, and even what you were doing before the scan matters," he points out. "There's no single blueprint for 'normal' brain function because the brain is such a complicated organ. It doesn't operate like a heart, where you can track a simple rhythm. Every brain is different, shaped by genetics, environment, and experience."

Dr. Rein warns against assuming that a brain scan alone can explain what's happening in your life. Yes, a scan can show low activity in a particular region of your brain, but he poses the question: "Does that mean the area isn't functioning properly? Not necessarily. No brain region works in isolation, Dr. Rein underscores. "If you have three brain areas that interact, one of them might start being less active while another one overcompensates to fill the gap." It's what neuroscientists call a compensatory mechanism.

This is why brain mapping results should never be interpreted in isolation. They need to be considered alongside symptoms, behavior, and personal history.

Only certain chronic conditions may have specific blueprints in terms of deficit in activity, for example dementia, depression, drug use, and a growing evidence showing specific patterns for post-traumatic stress disorder. "Depressed individuals often show increased alpha and theta activity," Dr. Huston shares.

Using brain scans to optimize cognitive function requires a bit more digging. That's why brain scans rely on population data and studies with larger sample sizes to begin to establish how certain changes may help identify specific cognitive outcomes.

To get a more accurate reading of how your brain behaves, Dr. Huston recommends finding a clinic that takes multiple behavioral measures during a qEEG scan. That might mean completing some surveys or questionnaires, doing some tasks on a computer, perhaps even some balance and coordination tests if you've had a concussion and want to see how it's affecting your brain. "A qEEG reading is much more useful if you have this data, because it confirms that your brain activity aligns with initial real-world behaviors and subsequent changes in behavior," she explains.

Here's my personal example. When I got a qEEG brain scan years ago, it showed that my left auditory cortex remained highly active at rest even with my eyes closed. It wouldn't mean much unless we connected to my personal experience. The neuroscientist asked me if I had a hard time falling asleep in a noisy environment. I was shocked. "How did you know?" That brain scan was proof for me that my brain is wired to listen, so I took the time to go back and figure out why. Turned out it was a safety mechanism for my developing brain rooted in childhood memories — I would often listen closely when my parents fought waiting for it to be over, I wouldn't sleep until it was quiet.

Fine-tuning cognitive performance

Another aspect worth considering with brain mapping is looking at how your brain activity changes under the influence of a stimulant like coffee. In my case, I did methylene blue in combination with nicotine. The changes observed could help you fine tune how much or how frequently you should rely on them for increased focus.

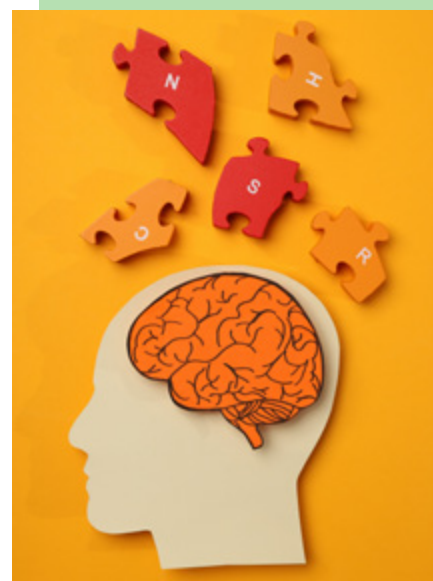
"If the clinic is willing to let you meditate while they're recording, you can see how your brain responds to different meditation practices," Dr. Huston says, noting that it could help you create your own personalized meditation or neurofeedback program. She adds "there's also growing evidence that qEEG can be helpful in the treatment of

depression as one way to determine if a medication is working."

Whether you want to think more clearly, increase focus or regulate emotional reactivity, understanding how your brain behaves can be step one to creating personalized protocols, adopting or getting rid of habits, and understanding what behaviors lead to optimal cognitive performance.

But how long does it take to actually change your brain? Dr. Rein says, there's no universal timeline. Every intervention, whether it's neurofeedback, meditation, or cognitive training, affects people differently. However, consistent effort over several weeks to months is key.

"Most studies tracking brain chang-



es look at six to eight weeks or longer, since neuroplasticity, the brain's ability to rewire itself, happens gradually," he explains. "Small-scale changes in synaptic strength may occur early, but larger, measurable shifts take time and repeated reinforcement—just like building muscle through exercise."

KLAUDIA BALOGH



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Klaudia Balogh is an avid health and longevity writer on a mission to help people understand and optimize their lifespan and healthspan, one story at a time. She's been a biohacker since her teens as supplements, sauna bathing, and PEMF therapy were a staple of her world growing up. Klaudia's philosophy and approach to health is rooted in balance. She believes that you don't have to be a scientist, nutritionist, or personal trainer to know what it takes to lead a healthy lifestyle in the long run. Amidst an abundance of misinformation and confusion in the health industry, she helps you untangle the truth. That's why she advocates for curiosity and awareness, encouraging progress over perfection. Because no one should settle for feeling just "OK" or "fine" when they can feel "Damn Good." She has over 12 years of health journalism experience working in print, digital, and broadcast media in the U.S. and Europe.

www.biohackingboutique.com



DECODING YOUR MIND

A BIOHACKER'S TOOLKIT FOR COGNITIVE POWER

Dr Mike Van Thielen



Your brain is the ultimate command center, running everything from your daily routines to your deepest fears, often without you even realizing it. It's a high-powered supercomputer that's been shaped by millions of years of evolution—yet most of us are still using it like a dial-up modem.

What if you could upgrade your mental operating system, rewrite outdated mental scripts, and optimize your cognitive function to be sharper, faster, and more resilient? Enter the world of biohacking—the art and science of enhancing your brain's performance using neuroscience-backed tools and strategies.

This article will take you on a deep dive into how to rewire your brain, control your subconscious programming, leverage brainwaves, and silence that annoying voice in your head (yes, the ego). It's time to hack your mind and unlock your peak cognitive power.



1. Conscious vs. Subconscious Mind: Who's Really in Control?

Think of your mind as an iceberg. The tip above water is your conscious mind—logical, analytical, and responsible for making decisions. Below the surface, however, is the massive subconscious mind, controlling 95% of your thoughts, habits, and behaviors.

Your subconscious runs the show like an overzealous stage manager, operating on autopilot based on past programming. Ever driven home and not remembered the entire trip? That's your subconscious at work.

How to Rewire Your Subconscious Mind:

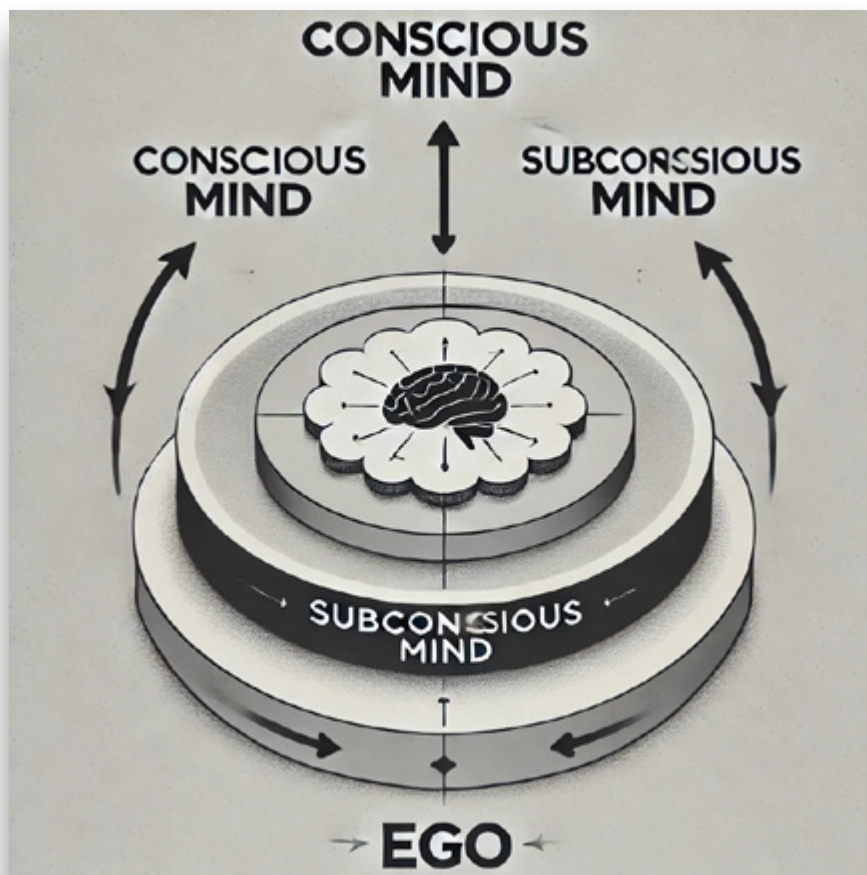
- Joe Dispenza's Meditation for Reprogramming the Mind:

Dr. Joe Dispenza has revolutionized the way we approach rewiring the subconscious. His guided meditations focus on:

- Shifting from Beta to Theta Brainwaves (the gateway to the subconscious).
- Creating new neural connections through visualization and elevated emotion.
- Releasing old trauma and limiting beliefs.

Dispenza's method involves breathwork to activate the pineal gland, deep visualization of the desired future, and emotional reinforcement to make the subconscious accept this new reality as truth. Over time, these new thought patterns override





past conditioning, creating real-life transformation.

- Affirmations (but do it right!): Instead of just repeating "I am confident," add visualization. Example: Picture yourself walking into a meeting like a boss, making eye contact, and commanding the room.

- Neuroplasticity Training: Your brain is constantly rewiring itself. Challenge it with new experiences—learn a language, juggle, take a different route to work. The more you shake up your routines, the more flexible and adaptable your mind becomes.

- Hypnotherapy & Self-Hypnosis: Hypnotherapy helps bypass the conscious mind and implant new, positive beliefs. Try guided self-hypnosis before bed to reprogram old thought patterns.

- Repetition & Emotional Charge: Your subconscious learns through repetition and emotion. Attach strong positive emotions to your affirmations and habits for lasting change.

2. The Ego: Your Mental Frenemy

Your ego isn't the villain—it's just a little high-maintenance. The ego is the voice in your head narrating your life, judging others, overanalyzing, and freaking out over things that don't really matter. It thrives on fear and comparison, always seeking validation.

How to Tame Your Ego and Gain Mental Clarity:

- Practice Mindfulness: The ego feeds on the past and future. Stay present by focusing on breathwork, body sensations, or even just observing your surroundings in detail.

- Detach from Thoughts: You are not your thoughts. When self-

doubt creeps in, label it: "Oh, that's my ego talking." Distancing yourself from these thoughts helps you stay in control.

- The 5-Second Rule: If your ego is stopping you from taking action (talking to that person, starting that project), count down from five and do it anyway before self-doubt kicks in.

- Gratitude & Perspective Shift: Instead of "Why is this happening to me?" try "What is this teaching me?" Shifting perspectives weakens the ego's grip and rewires the brain toward resilience.



3. Brainwaves: The Secret Frequency of Cognitive Mastery

Your brain is a symphony of electrical activity, with different frequencies controlling various mental states. If you've ever felt "in the zone" or struggled with brain fog, you've experienced shifts in brainwave activity.

Here's a breakdown of the five major brainwaves and how to hack them:

- Delta (0.5–4 Hz) - Deep Sleep & Healing
 - Boost: Use binaural beats (e.g., 2 Hz) before bed, meditation, or NuCalm therapy for deep restoration.
 - Avoid: Overstimulation before sleep—ditch the screens!
- Theta (4–8 Hz) - Creativity & Subconscious Rewiring
 - Boost: Listen to theta-wave music during meditation or hypnosis to reprogram limiting beliefs.
 - Use: Right before sleep (hypnagogic state) or during deep relaxation.

- Alpha (8–14 Hz) - Focused Relaxation & Flow State
 - Boost: Take nature walks, practice breathwork, or use alpha binaural beats for problem-solving.
 - Best For: Learning new information and creativity bursts.
- Beta (14–30 Hz) - Alertness & Logical Thinking
 - Boost: Cold showers, caffeine, nootropics (e.g., L-theanine + caffeine).
 - Caution: Too much beta = stress & overthinking! Balance it with meditation or deep breathing.
- Gamma (30–100 Hz) - Peak Performance & Genius Mode
 - Boost: Fast-paced meditation, deep learning, gratitude journaling.
 - Why It Matters: High gamma activity is linked to high intelligence, intuition, and problem-solving.

4. Tools & Strategies to Rewire Your Brain for Peak Performance

Brain-Boosting Biohacks

- Nootropics: Natural brain enhancers like Lion's Mane, Rhodiola, and Bacopa Monnieri improve memory, focus, and mental clarity.
- Cold Exposure: Take cold showers or ice baths to boost dopamine and increase mental resilience.
- Intermittent Fasting: Fasting increases BDNF (brain-derived neurotrophic factor), which helps create new neural connections.

- Photo-biomodulation (Red Light Therapy): Red and near-infrared light penetrate the skull to boost mitochondrial function, reduce inflammation, and enhance mental clarity and neuroprotection.
- Molecular Hydrogen: Hydrogen-rich water or even better, hydrogen inhalation, has been shown to reduce oxidative stress, improve mitochondrial function, and protect against neurodegenerative diseases.



- Analog PEMF (Pulsed Electromagnetic Field Therapy): Unlike digital PEMF devices that produce artificial frequencies, analog PEMF works in harmony with the body's natural energy to reduce brain fog, enhance focus, and promote deep cellular healing.

5. MDMA and Ketamine: Unlocking the Pineal Gland and Tapping into Your Inner Universe

Imagine if there were keys to unlock the hidden chambers of your mind—places where your deepest fears, unhealed wounds, and untapped potential reside. Enter MDMA and ketamine, two compounds that have surged to the forefront of psychedelic research for their powerful ability to crack open the vault of the subconscious, illuminate emotional traumas, and even connect us to something greater than ourselves. But how do they do it? And is there any science to back up these mind-bending claims? Let's dive in, with both curiosity and a dash of fun.

The Pineal Gland: Your Third Eye Awaits

First stop: the pineal gland. This tiny, pinecone-shaped structure deep in the brain has been mystified for centuries, often referred to as the "third eye." Philosophers like Descartes called it the seat of the soul, and many spiritual traditions believe it's our gateway to higher consciousness. Scientifically, the pineal gland regulates melatonin, the hormone responsible for sleep-wake cycles. But could it be doing more?

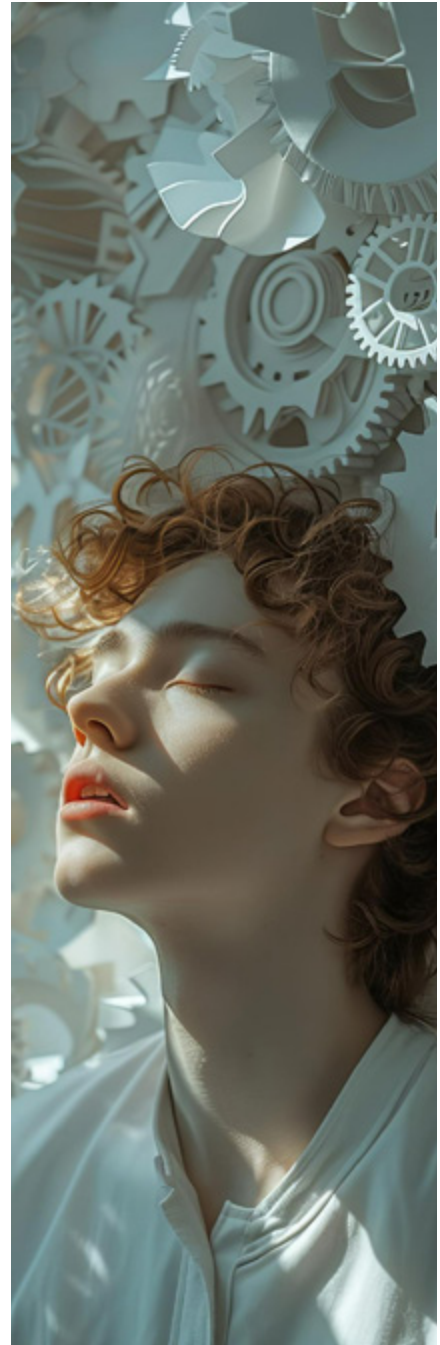
Psychedelics like MDMA and ketamine might indirectly influence the pineal gland by altering neurotransmitter activity—think serotonin, dopamine, and glutamate. These chemicals flood your brain, creating heightened states of aware-

ness, emotional openness, and, yes, sometimes a sense of spiritual connection or oneness with the universe. Some even report experiences akin to a cosmic download—insights into their life's purpose, clarity on long-standing issues, or feeling plugged into a universal source of

MDMA: The Heart-Opener

MDMA, often dubbed "Ecstasy" or "Molly," is famous for its euphoric and empathetic effects. But beyond the party lights and festival vibes, MDMA is showing immense promise in the world of psychotherapy. Studies from institutions like MAPS (Multidisciplinary Association for Psychedelic Studies) have demonstrated MDMA's power in treating PTSD and emotional trauma. How? By reducing activity in the amygdala—the brain's fear center—and increasing connectivity in the prefrontal cortex, where rational thought and emotional regulation happen.

When the fear response is dampened, people can revisit traumatic memories without being overwhelmed. Think of it as emotional surgery with anesthesia: you're able to go deep, process old wounds, and come out feeling lighter, clearer, and more connected to your authentic self. Many users report a profound sense of clarity and purpose after MDMA-assisted therapy, describing it as peeling back layers to reveal who they truly are underneath the pain.



Ketamine: The Dissociative Dreamer

Now, let's talk about ketamine—the quirky cousin in the psychedelic family. Originally developed as an anesthetic, ketamine has now been repurposed as a groundbreaking treatment for depression, anxiety, and PTSD. Unlike MDMA's warm, fuzzy embrace, ketamine works by creating a dissociative state—essentially, it gives you a temporary break from your usual sense of self.

Ketamine targets the NMDA receptors in the brain, promoting the release of glutamate, which helps form new neural connections. This is neuroplasticity in action—your brain literally rewiring itself. During this altered state, people often describe feeling detached from their ego, accessing deep subconscious material, or even encountering what they describe as higher consciousness or “source.” This can lead to transformative insights, emotional breakthroughs, and a refreshed perspective on life.

Abundance, Purpose, and the Afterglow

So, how do MDMA and ketamine lead to abundance and clarity? By clearing out the emotional cobwebs and subconscious baggage, these substances create mental space for new possibilities. When you're no longer weighed down by unresolved trauma or negative thought loops, you become more open to the flow of life. It's like decluttering your mind's attic—you suddenly have room to invite in abundance, whether that's in the form of love, creativity, or personal growth.

In the end, MDMA and ketamine aren't magic bullets. They're powerful tools—that, when used responsibly and under proper guidance, can help unlock the doors to healing, self-discovery, and even a sense of connection to something greater. Whether that's the universe, the divine, or just your truest self, the journey inward might just be the most abundant trip of all.



Final Thoughts: Become the Architect of Your Mind

Your brain is not static, it's constantly evolving. The thoughts you think, the habits you cultivate, and the biohacks you implement all shape the neural pathways that determine your cognitive power.

By mastering brainwaves, subconscious programming, ego awareness, neuroplasticity, elim-

ination of emotional trauma, and connection to source, you can re-wire your brain for success, clarity, and limitless potential.

The question isn't "Can I upgrade my mind?"—it's "How soon can I start?"

Now go hack your brain and start thinking at a whole new level!



DR. MIKE VAN THIELEN



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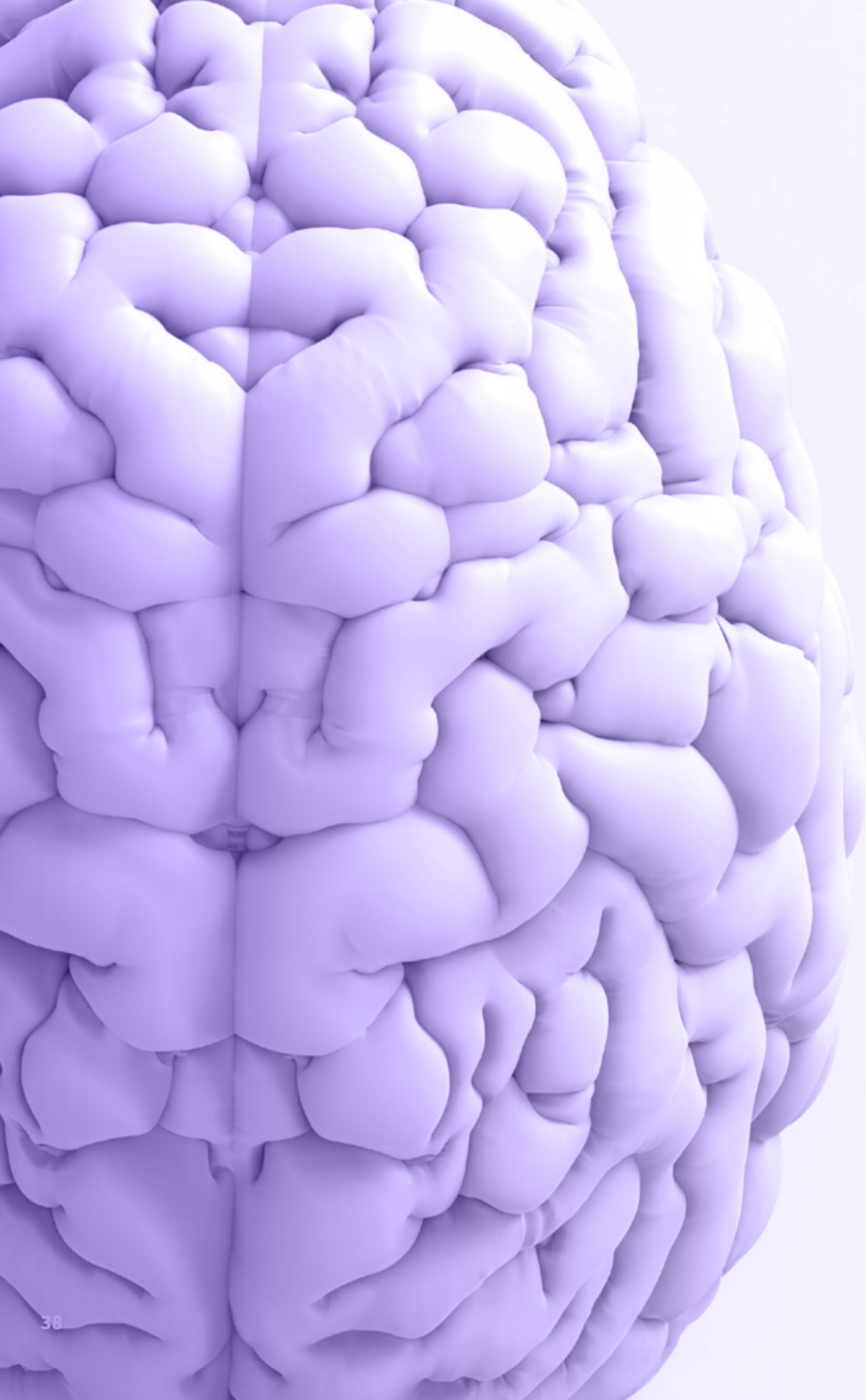


Dr. Mike Van Thielen, PH.D. HOLISTIC NUTRITION, PHYSICIAN, MENTOR and BIOHACKING EXPERT, BESTSELLING AUTHOR, TEDx SPEAKER, INTERNATIONAL KEYNOTE SPEAKER, AND WORLD RECORD HOLDER in SWIMMING, has been involved in optimal health practices, anti-aging and regenerative medicine, sports performance, nutrition, supplementation, and biohacking for over three decades.

Dr. Mike is a Faculty Member at A4M (American Academy of Anti-Aging Medicine) and is featured on the cover of Biohackers Magazine, issue 22. He is an Executive Contributor for Brainz Magazine. He was presented with the CREA GLOBAL AWARDS 2023 honoree in recognition of his creative and innovative ideas, adaptability in business, and for his contributions to sustainability and mental health projects. Dr. Mike's IZOD Method™ has been featured on Fox, ABC, NBC, google news, and over 300 other channels.

For his credentials, mentorship programs, virtual online training, books, and speaking page, visit MVTonline.com

Check out Dr. Mike's
Limitless Lab Online
Course and Mastermind
Community.



BIOHACKING BRAIN FITNESS

TAPPING INTO THE VAGUS NERVE FOR
PEAK COGNITIVE PERFORMANCE

By Patrick K. Porter, Ph.D.

The Biohacker's Secret to Unlocking Cognitive Optimization

For biohackers and high-performance seekers, hacking the brain is the ultimate frontier. It's not just about boosting focus, memory, and resilience—it's about creating a high-performance nervous system that adapts to challenges, enhances cognitive efficiency, and accelerates recovery.

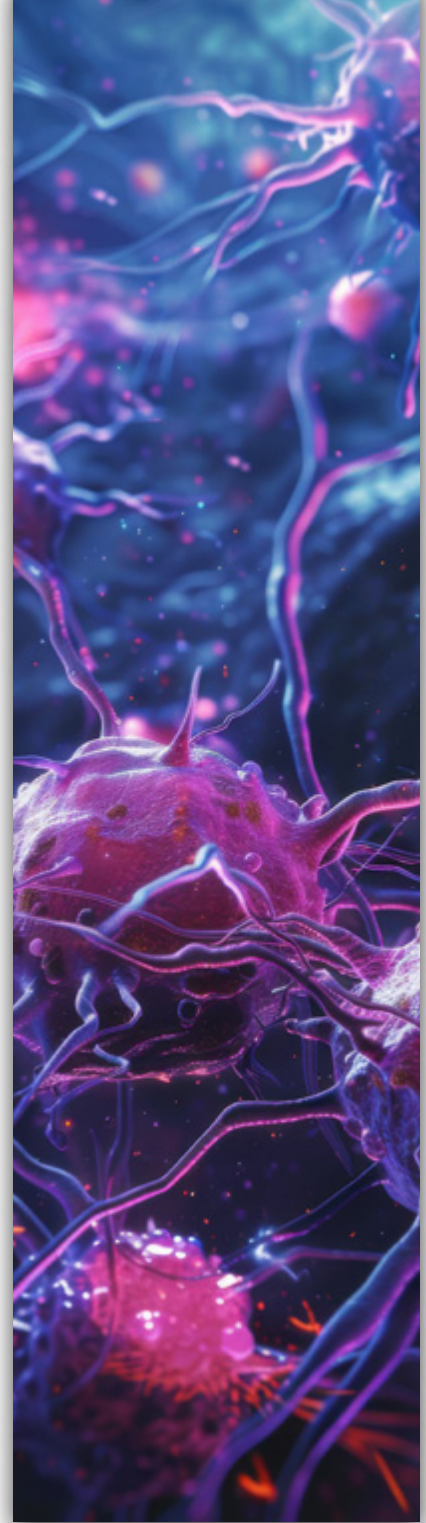
Traditional biohacking methods have long focused on nootropics, intermittent fasting, ketogenic diets, and sleep optimization, but one of the most overlooked yet powerful tools for brain optimization is the vagus nerve. This biological command center acts as the primary interface between the brain and body, regulating stress resilience, cognitive clarity, and inflammation levels. When it's functioning at peak efficiency, mental performance skyrockets.

The vagus nerve, the longest cranial nerve in the body, extends from the brainstem down to the heart, lungs, and gut, forming a neural superhighway responsible for modulating heart rate variability (HRV), neurotransmitter release, digestion, and emotional regulation. Essentially, it's the master switch for the parasymp-

athetic nervous system, dictating how well you recover from stress, focus under pressure, and perform at your peak.

When the vagus nerve is underactive, cognitive performance can suffer in several ways:

- **Sluggish Mental Processing:** A weak vagal tone reduces the brain's ability to clear neural waste, leading to brain fog and slower thinking.
- **Reduced Emotional Resilience:** The vagus nerve is crucial for emotional self-regulation—if it's compromised, stress and anxiety increase, leading to mental fatigue and burnout.
- **Inflammation & Gut-Brain Disruption:** The vagus nerve regulates the gut microbiome, and an imbalanced vagal tone has been linked to systemic inflammation, poor digestion, and neurotransmitter imbalances that impact focus and mood.
- **Poor Sleep & Recovery:** Since vagal activation influences deep sleep and melatonin production, an underactive vagus nerve reduces sleep quality, limits recovery, and weakens neuroplasticity—all critical factors for peak brain performance.



The Science of Biohacking the Vagus Nerve

For centuries, ancient traditions like breathwork, meditation, and cold exposure have activated the vagus nerve to enhance mental states. Wim Hof breathing, pranayama techniques, and Buddhist chanting all work by stimulating the vagus nerve, allowing the nervous system to shift into a state of deep focus, calm, and neuroplasticity.

But while these methods are effective, they require conscious effort and practice. Enter BrainTap, a next-generation neurohacking tool that supercharges vagus nerve activation through audio-visual brainwave entrainment.

BrainTap's patented technology combines:

- Binaural Beats & Isochronic Tones – Modulate brainwave activity to sync the brain into high-performance cognitive states.
- Guided Visualizations – Stimulate neuroplasticity by reinforcing optimal thought patterns and mental clarity.
- Light Therapy – Uses flickering photic stimulation to enhance vagal activity, increasing HRV and cognitive endurance.

By integrating BrainTap into your daily biohacking routine, you can train your brain faster, recover quicker, and optimize cognitive performance on demand.



Why Biohackers Need to Optimize the Vagus Nerve

A well-functioning vagus nerve is like an operating system upgrade for your brain. It controls:

- Heart Rate Variability (HRV): The higher your HRV, the better your resilience to stress and recovery from mental exertion.
 - Neuroplasticity & Cognitive Speed: A strong vagal tone enhances memory, focus, and adaptability, key to peak performance.
 - Inflammation Control: The vagus nerve regulates the anti-inflammatory response, preventing brain fog and burnout.
 - Deep Sleep & Recovery: High-performing minds need quality delta-wave sleep for cellular repair and cognitive function.
- When the vagus nerve is underactive, you may experience:
- Increased stress & anxiety
 - Sluggish cognition & mental fatigue
 - Weakened immune function & chronic inflammation
 - Poor sleep & reduced neuroplasticity

For biohackers, stimulating the vagus nerve isn't just about relaxation—it's about creating a high-performance nervous system that adapts to challenges and recovers faster.


How BrainTap Biohacks Vagus Nerve Activation

BrainTap is an advanced biohacking tool that uses audio-visual brainwave entrainment to prime the vagus nerve and optimize mental performance. Using a combination of light therapy, binaural beats, and guided visualization, BrainTap induces deep neuroplastic shifts that promote peak cognitive states.

Biohacker-Approved BrainTap Sessions for Vagus Nerve Optimization

1. Cognitive Boost Sessions: Elevate focus and creativity with gamma and alpha wave entrainment—ideal for deep work and problem-solving. Try "Supercharged Focus" or "Neurohacker's Edge."
2. HRV & Stress Resilience Training: Sessions like "Mastering Mindful Breathing" use controlled breath entrainment and theta waves to strengthen vagal tone and HRV.
3. Deep Recovery & Sleep Optimization: "Delta Sleep Reset" enhances restorative brainwave activity, crucial for memory consolidation and cellular repair.
4. Brain Detox & Neuroplasticity Sessions: Combining light stimulation and frequency tuning, these sessions help clear mental fatigue and enhance long-term cognition.





Ancient Wisdom Meets Modern Neurohacking

Biohackers have long explored breath control, fasting, red light therapy, and meditation to optimize brain states. BrainTap enhances these time-tested methods with neuroscience-backed brainwave entrainment, delivering a precision-tuned cognitive upgrade with zero effort required.

Research confirms that binaural beats, photobiomodulation, and audio-visual entrainment stimulate the vagus nerve and improve cognitive performance, HRV, and emotional resilience.

How Biohackers Can Integrate BrainTap for Peak Performance

a) Morning: Cognitive Priming – Start the day with an alpha-wave focus session to activate creativity and mental clarity.

b) Midday: Stress Reset & HRV Training – Use vagus nerve stimulation to combat mental fatigue and boost recovery.

c) Evening: Deep Sleep Optimization – Engage delta wave entrainment for faster sleep onset, deeper rest, and enhanced brain detox.

By integrating BrainTap into your biohacking protocol, you train your nervous system for peak adaptability, mental endurance, and recovery—unlocking limitless cognitive potential.

Are You Ready to Biohack Your Brain?

Start your BrainTap journey today with a free trial at [BrainTap.com](https://www.braintap.com) and tap into the full power of your vagus nerve for peak performance, clarity, and resilience.



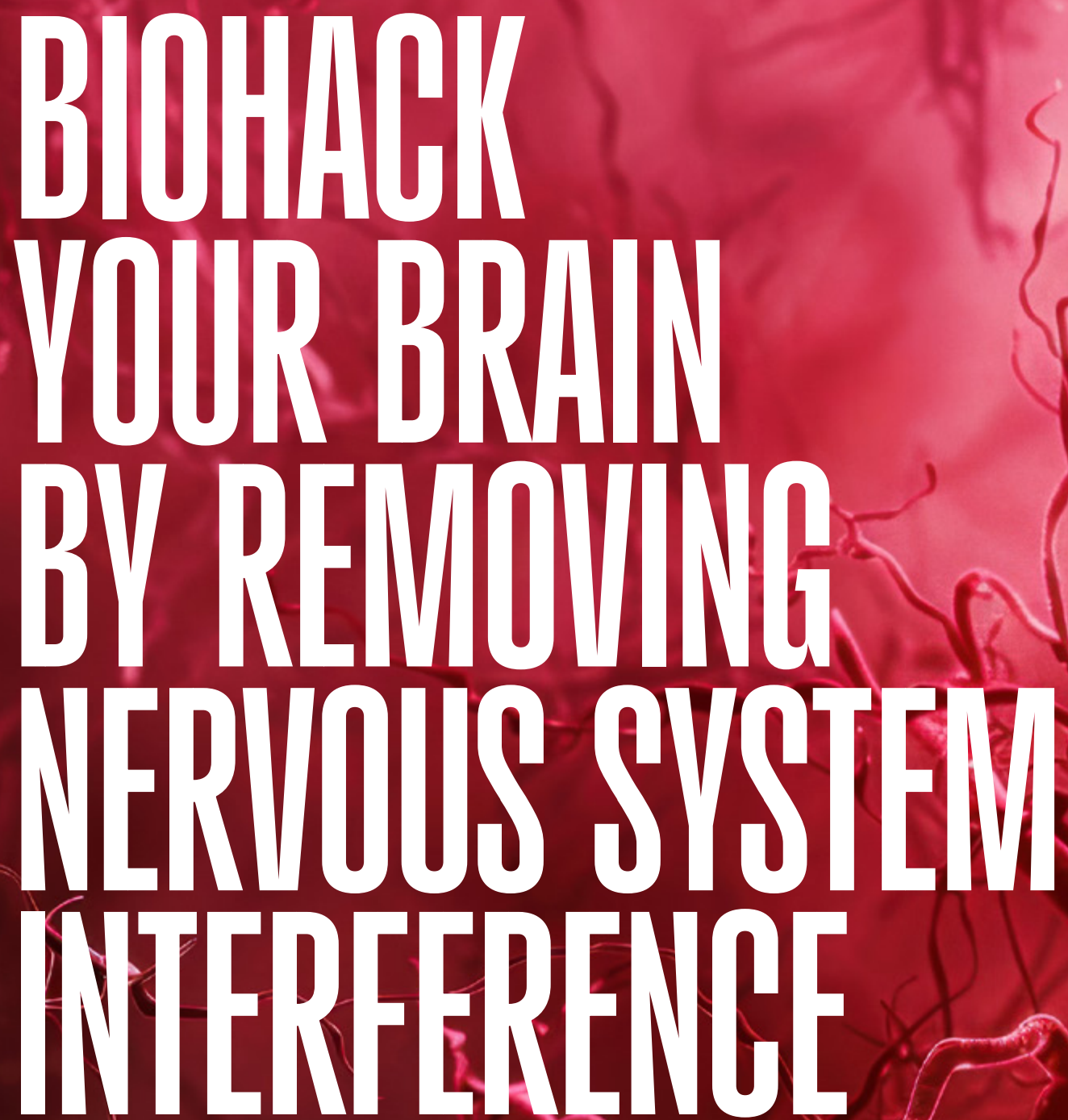
DR. PORTER



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

Please visit
www.braintap.com.



BIOHACK YOUR BRAIN BY REMOVING NERVOUS SYSTEM INTERFERENCE

By Andi Lew



Wellness Expert & Best-Selling Author

Aging gracefully and staying sharp isn't just about luck—it's about understanding how to support your body's natural processes. At 52, I've spent years exploring ways to optimize brain function and overall health. One of the most powerful strategies I've discovered is biohacking your nervous system to remove interference and unlock your body's full potential.



Your Nervous System: The Master Controller

It's not just about your brain—your entire nervous system plays a role in how you perceive the world, respond to stress, and maintain balance. The brain connects to the spinal cord, which branches out into nerves that communicate with every part of your body.

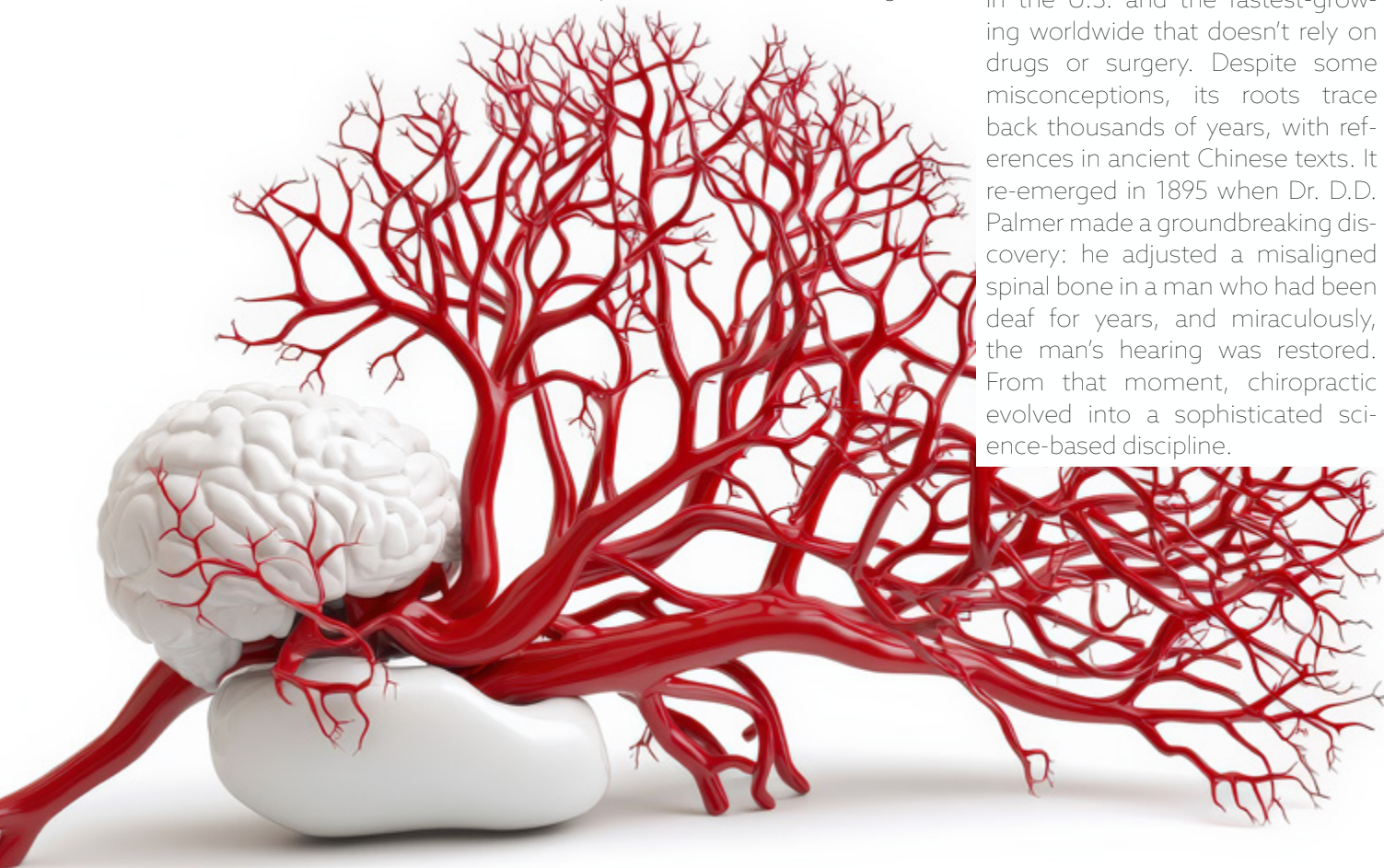
This system is so crucial that it's the only one entirely encased in protective bone—your skull and spine. Our grand organized designer (G.O.D., as I like to call it) knew the importance of keeping this system safeguarded, as it governs everything from movement to immunity, metabolism, and healing.

Chiropractic: The Missing Link in Your Wellness Routine

One of the most powerful biohacks for reversing aging and enhancing brain function is caring for your nervous system. For me, that means chiropractic care.

I discovered chiropractic decades ago and have made it an essential part of my wellness routine. No matter where I travel, I make sure to visit a chiropractor right after landing. It's been a game-changer for my immunity, energy levels, and overall well-being.

Chiropractic is the second-largest primary healthcare profession in the U.S. and the fastest-growing worldwide that doesn't rely on drugs or surgery. Despite some misconceptions, its roots trace back thousands of years, with references in ancient Chinese texts. It re-emerged in 1895 when Dr. D.D. Palmer made a groundbreaking discovery: he adjusted a misaligned spinal bone in a man who had been deaf for years, and miraculously, the man's hearing was restored. From that moment, chiropractic evolved into a sophisticated science-based discipline.





7 Steps you can take to enhance your nervous system function. Your spine is the window to your health!

1. Schedule Regular Chiropractic Checkups – Visit a chiropractor to ensure your spine is free from interference. Make sure they use an objective measure of health to show you're improving like a re-X-ray, posture tests or EMG (electromyography) scan.

2. Practice Good Posture – Maintaining proper ergonomics while sitting, standing, and sleeping is crucial. Screens should be eye level or above and don't sleep on your stomach.

3. Engage in Spinal Mobility Exercises – gentle stretching and neurological exercises can help keep your spine well.

4. Reduce Stress Through Mindfulness – Practices like meditation, prayer, deep breathing, and yoga can help regulate your nervous system and improve brain function.

5. Stay Hydrated and Eat Brain-Boosting Foods – Quality hydration and consuming healthy fats, antioxidants, and essential nutrients support nerve health.

6. Prioritize Quality Sleep – Your brain and nervous system recover during deep sleep. Try to synchronize sleep with the lunar cycle.

7. Limit Toxins and EMF Exposure – Reduce exposure to environmental toxins, processed foods, and excessive screen time to protect your nervous system & posture.

Function Over Feeling: Why Chiropractic Works

Chiropractic isn't about treating symptoms—it's about restoring function. Your muscles don't act on their own; they respond to nerve signals. When spinal misalignments (subluxations) interfere with brain to body communication, it sends distorted signals to every cell, tissue and organ, compromising cellular repair, regeneration and optimal function. Chiropractors use specific, scientific and gentle, yet effective adjustments—different to manipulations—which is a random movement of joints. An adjustment's intention is toward correction to remove nerve interference and allow the body to heal itself. Optimizing self healing capacity with over 100 different techniques, support optimal neurological and physiological function.

The True Purpose of Chiropractic

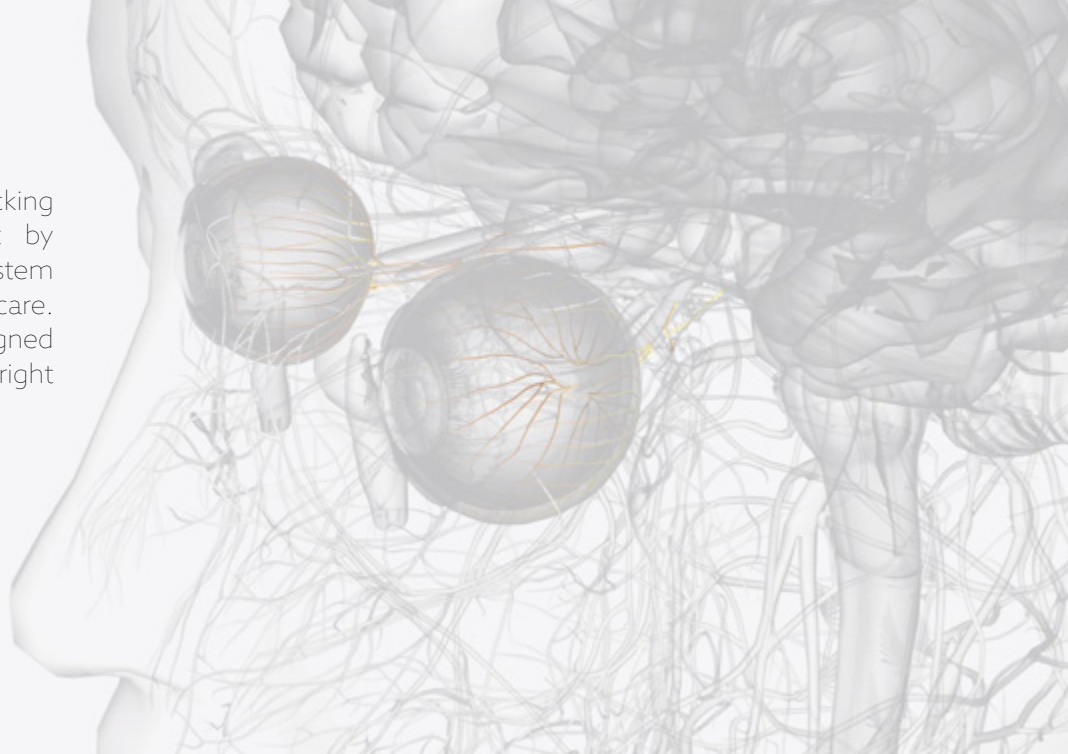
The goal of chiropractic care isn't to treat diseases but to remove barriers to healing. It enhances brain function, resets neurological patterns, and restores the body's natural state of wellness. Unlike conventional treatments that focus on symptoms, chiropractic helps you tap into your body's innate ability to regenerate and repair.

Your body is designed to produce all the chemicals and hormones it needs to heal. By supporting your nervous system, you're not just preventing degeneration—you're actively promoting regeneration.

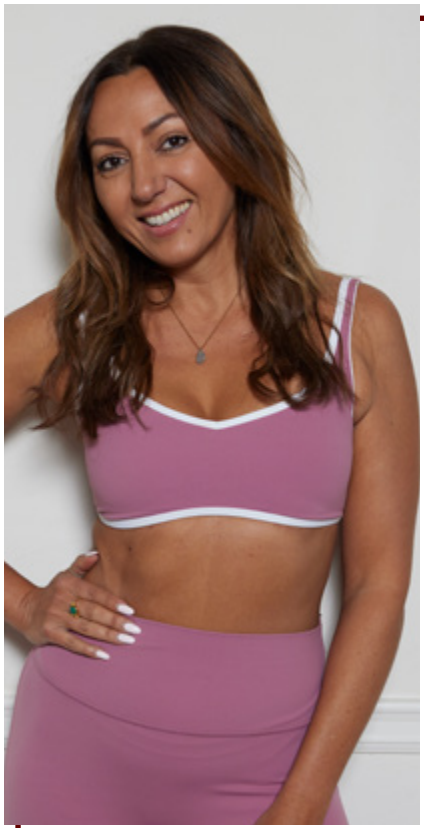


Take Control of Your Regeneration

If you're serious about biohacking your brain and body, start by prioritizing your nervous system with natural chiropractic care. Remember, your body is designed to heal—it just needs the right environment to do so.



Andi Lew



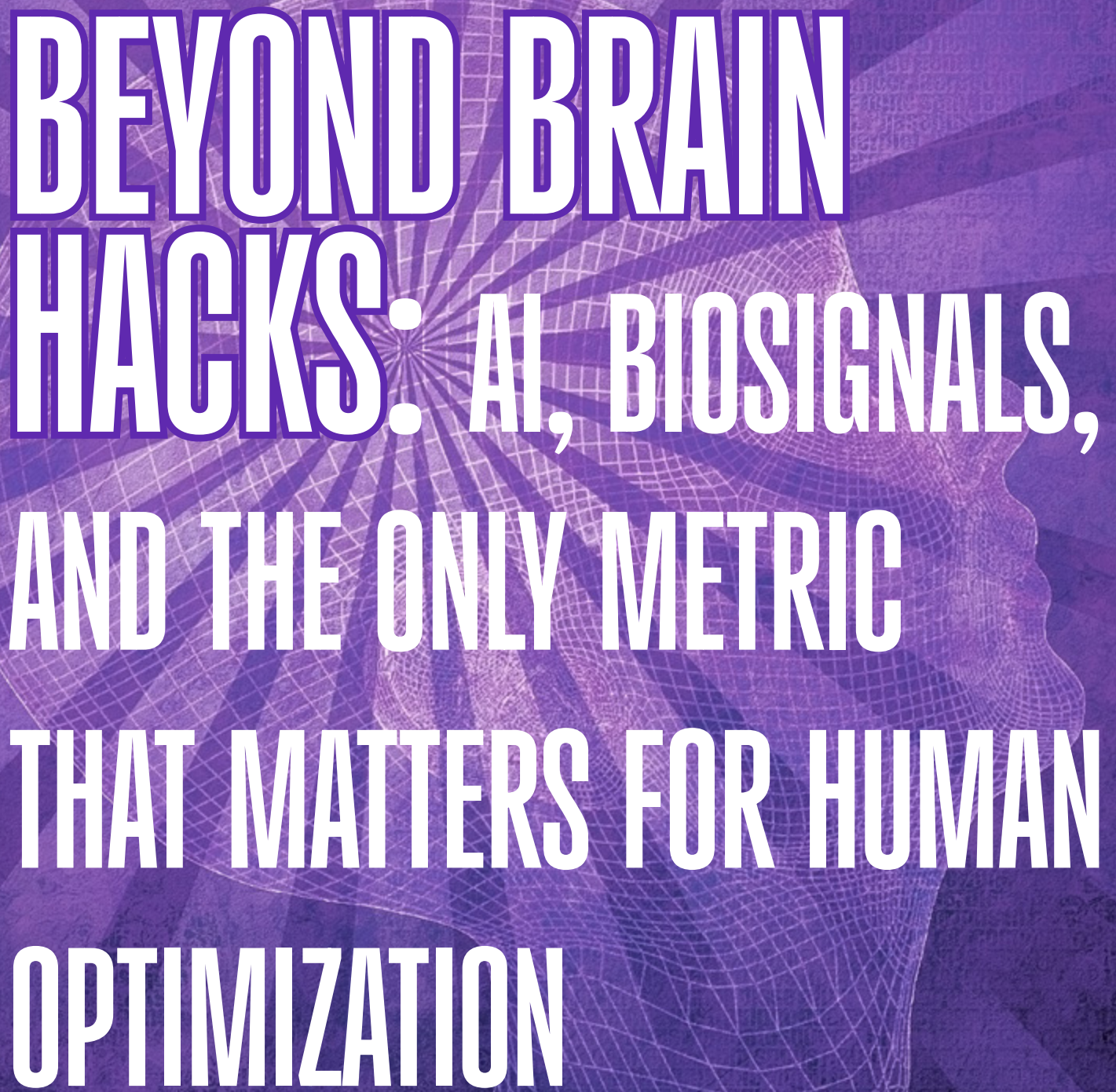
Andi Lew is a qualified chiropractor's assistant and in 2009 won an award from the Chiropractor's Association of Australia for her dedication to the profession in public education.

The author is a certified food, lifestyle and wellness coach, TV, presenter and Australian transplant living in America on an extraordinary talent Visa. She has appeared on American and Australian live television show shows as an expert with the content of her books.

This article is an excerpt from her eighth health book, *Connected*, a paradigm shift in how we view health.

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BEYOND BRAIN HACKS: AI, BIOSIGNALS, AND THE ONLY METRIC THAT MATTERS FOR HUMAN OPTIMIZATION

By Devon White

The secret to brain optimization isn't another hack, it's learning how you were designed to feel.

Let's be real. Most "cutting-edge neuroscience" articles are just old aphorisms dressed up in lab coats. "Exercise is good for your brain!" No sh**. "Too much sugar is bad for you!" Groundbreaking.

Neuroscience is booming, but most of what passes as brain optimization is just recycled common sense. Meanwhile, the real breakthroughs, the ones that actually matter, are just now coming into reach.

We are on the verge of a fundamental shift, where advances in neuroscience, AI, and biosignal processing will allow you to hear your mind in real-time.

That means the way you experience yourself is about to change forever.

The Moment Everything Clicks

Imagine this:

You pop in a simple earbud - one that reads your brainwaves. Suddenly, you hear your own state of mind as sound.

You sip some green tea, and the sound shifts slightly.

You take an edible, and the tone deepens.

You start feeling anxious, and the harmony distorts.

For the first time, you have real-time feedback on your state of mind.

This mirror for your consciousness will make self-awareness immediate, intuitive, and second nature.

You'll no longer guess whether a decision, supplement, product, or experience is helping or hurting you. You'll know.

This shift will radically alter medicine, mental health, and human performance.

And here's the best part: it's almost here. I know, because I'm building it. I run a neurotech company driving the innovations I just described. I live for this stuff.

But until this technology's ready for rollout, there's something far more important you need to understand:

Most people are optimizing the wrong thing.

The Wrong Way to Optimize Your Brain

The modern world trains us to look for isolated fixes instead of mastering the whole system.

We get bombarded with studies telling us: "Almonds boost acetylcholine!" "Cold plunges increase dopamine by 250%!" "Sleep enhances serotonin production!"

Cool. But what's the unifying principle?

Even if you memorized every neurochemical pathway, you'd still be missing the bigger picture. Because the brain doesn't operate in pieces. It operates as a system.

And if you don't understand that system, if you don't know how to bring it into balance, all the isolated hacks in the world are like spokes in a bicycle wheel with no hub.

The Right Way to Optimize Your Brain

Every high-functioning system has a guiding principle.

Businesses call it a North Star Metric (NSM)—a single key focus that organizes everything they do.

- Facebook's NSM? Monthly Active Users
- Airbnb's NSM? Nights Booked
- Spotify's NSM? Time spent listening

This metric creates clarity. Instead of optimizing for everything, you optimize for one thing that matters most.

Nature does the same. Birds are built for flight, cheetahs for speed, elephants for strength. Precision, efficiency, alignment.

Each of these systems is tuned to its core function.

But humans?

We've been taught to live out of sync with how we're built.

Instead of using ourselves well, we've been conditioned to:





- Seek external validation instead of understanding our own experience.
- Chase peak states instead of learning to stabilize our innate, high-performing baseline.
- Obsess over productivity instead of mastering the quality of our presence.

We're like a car with no alignment—constantly pulling in the wrong direction.

So the question is: What's the human NSM?

What's the one metric that, if optimized, improves everything else?

The North Star Metric for Being Human

Your true operating state isn't peak performance, hustle, or grinding through stress. It's equilibrium.

Nobody taught you that you have this natural baseline, where you feel present, at ease, and ready for

anything. But you do. Real optimization isn't about forcing your brain to perform better, it's about removing noise and optimizing everything so you can function as designed.

Equilibrium is this natural operating state where your function at your best.

- Your muscles are tonically relaxed yet structurally engaged, a balance of readiness without unnecessary tension.
- Your mind is spacious, present, and effortlessly aware, a balance of clarity without effort, readiness without strain.
- Your breath is deep, natural, and adaptive, a rhythm that supports both relaxation and readiness without conscious effort.
- Your attention is relaxed, fluid, and responsive, able to shift effortlessly between focus and openness without tension/rigidity.

In this state, you don't feel rushed, pressured, or off-center. You feel composed, present, limitless.

But here's the problem:

Most people have been living out of equilibrium for so long that they assume stress, wear-and-tear, and mental fatigue are just 'normal aging.' But they're not. And learning to stabilize your equilibrium is less about peak performance, and more about presence, vitality and long-term wellbeing.

I've worked with thousands of people. No matter their stress level or history, every single one of them has accessed this state in a single session. No tech needed. It's there, waiting. You've just never been taught how to find it on command.

How to Make Equilibrium Your Default State

Equilibrium isn't something you achieve, it's something you return to. It's your default state. That's why, when you're off balance, you feel it. The discomfort isn't random, it's your system signaling that something is wrong.

But here's the catch: if thousands of small habits are keeping you off balance, getting back to equilibrium requires intention. And while equilibrium is uniquely yours, it follows universal principles. Just like body temperature, it operates within parameters shared across all humans. We'll explore those shared structures, but first, start where all real insight begins: direct experience.

The hardware and software you use to recall a memory are the same ones you use to process the present moment. That means the simplest, most reliable way to access your equilibrium is to remember a time when you were fully in it. From there, you're already on your way back.

1. Learn the Parameters of Your Equilibrium

Think back to a moment when you felt at your best.

Maybe it was walking in nature, a deep conversation, or creating something you love.

As you continue to remember, fill in the details that matter. Most importantly, notice what was happening in your body.

Do your eyes soften and dilate... or focus and constrict?

Are your lower core muscles relaxed yet structurally engaged?

Does your breath slow? What about how you're hearing the world? Is sound fuller, richer?

How about your internal voice? Is it slower? Silent?

Maybe the images you usually use to think have slowed or disappeared, allowing you to see the world around you more fully - the muscles around your eyes softening as your peripheral awareness expands.

What you're noticing are the parameters of your equilibrium.

Breaking the state down into sim-

ple, manageable pieces allows you to work on specifics to help you experience the whole-form state.

The more you recognize these parameters, the more you can reinforce them. Practice tuning into them throughout your day. Notice your breath, your posture, the way you're hearing the world. When you catch yourself out of sync, adjust. Relax the tension, breathe, expand your awareness, slow your inner voice.

This isn't about chasing a fleeting state; it's about training your system to return more easily, and eventually, to live from this place. Make equilibrium your operating position. Not something you visit occasionally, the way you move through the world. The more you practice, the more it becomes second nature. Until eventually, it's just who you are.

2. Identify the Signals of Being Off-Balance

When you're out of equilibrium, your system lets you know. The signals are always there, you just need to recognize them. Almost as im-

portant as knowing the parameters of equilibrium is knowing the details of when you're not in equilibrium. Maybe your internal dialogue speeds up. Your muscles tense: jaw, shoulders, abs. Your breathing turns rapid and shallow. The images in your mind race.

Once you've identified signals, you can use them to wake up and reset.

3. Use State Switching

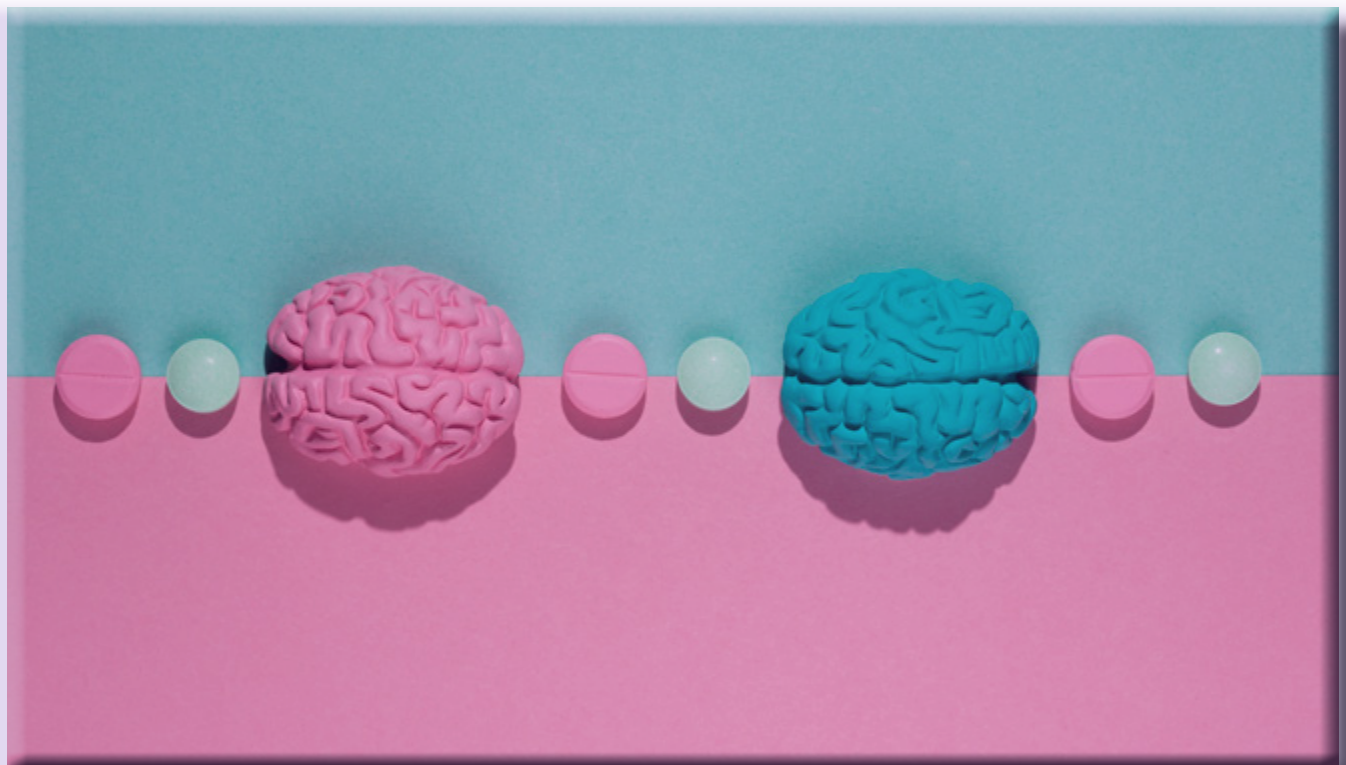
The sooner you notice you're moving from equilibrium to off balance, the faster you can course-correct. And here's the key: don't try to "solve" anything from this state, and don't try to solve the state. There's nothing to solve. When you're off-balance, your first and only job is to return to equilibrium. Everything else can wait.

Map it out for yourself so you don't have to think about it. You want to know the critical elements of each operating position, so you can just shift the relevant aspects.

For example:

From tense shoulders to toned abdominal muscles.

From focus to soft gaze.



From fast internal dialogue to slow.

From shallow breathing to natural deeper breaths.

The goal isn't to "fix" anything. The goal is to shift your operating position.

Pro tip: if you're particularly off balance don't try to make the shift directly, do something that puts you in neutral first. Go for a run. Workout. Take a drive. Breathe. Have a conversation. Then, shift state.

4. Never Make Decisions When Out of Equilibrium

Every decision you make either pulls you deeper into equilibrium or drags you further from it.

If you're anxious, stressed, or reactive, don't make big decisions! Decisions while angry or anxious are the ones that lead to actions that take you further from a life lived in equilibrium. Decisions from equilibrium create a life lived more deeply from the same state.

5. Bring Equilibrium Into One Area at a Time

The best way forward is step by step. Whenever I elicit someone's equilibrium I ask, "where would you like to have this way of being?" Almost always, the response is, "everywhere!"

But that's not how our minds work. Start small. Pick one context where you want to bring this state:

- A specific relationship (partner, family, colleagues).
- A routine (teeth brushing, driving, workouts).
- A space (office, kitchen, car).

As you establish one equilibrium point, your brain makes more connections that support this way of being and not another, and it becomes easier to expand.

6. Design Your Ideal Future Life

Equilibrium is something you build your life around. The best way to do that? Create a future where you already live in this state.

Get into equilibrium now. Feel it fully. From this place, imagine a future where this is your baseline. Where you move through the world with ease, presence, and energy. Fill in the details. Who are you connected with? How do you interact? What are you doing that lights you up? How do your habits support and sustain this way of being?

Let the details deepen your state, but don't get rigid about them. What matters most aren't the specifics. It's the feeling.

Bring in everything that energizes you. Remove anything that pulls you out of alignment. Make it the highest and best for everyone involved. True equilibrium uplifts everything it touches. The more fully you embody it, the more your presence becomes



a source of wellness and inspiration for those around you.

Now, commune with it. Treat it as if it already exists. From this moment forward, make every decision based on one question: Does this move me closer to my ideal future or not? This is your north star - one that delivers a life of flourishing in every way that matters.



@devon.a.white

Devon White

Devon White is the architect of the Human Operating System and the co-founder of FIELD, a pioneering neurotech company unlocking real-time insights into the mind. FIELD's North Star metric is human flourishing at scale. Devon speaks and trains at the intersection of neuroscience, consciousness, and AI, helping leaders harness the power of awareness to drive transformation.

His work focuses on the next frontier of human potential, where technology meets deep self-mastery.

www.DevonWhite.org

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INSIDE BRYAN JOHNSON'S “DON'T DIE” SUMMIT



By Natalia Naila

Walking into the first-ever Don't Die Summit in San Francisco, I had no idea what to expect. I knew Bryan Johnson was doing something big, but I didn't realize I was about to witness the birth of a movement.

Everywhere I turned, I met people who weren't just curious about extending their lifespan, they were determined to reverse aging, optimize their bodies, and push the limits of human potential through cutting-edge science. And at the center of it all was Bryan Johnson, the man living the most measured and optimized life on the planet.

That first summit in San Francisco was the spark. By the time Don't Die reached Los Angeles and then New York, the event had evolved. Each city brought a sharper focus, fewer outside speakers, more direct engagement with Bryan, and a growing sense that this was more than a conference.

After attending these three summits, it's clear to me that the purpose behind Don't Die is to redefine the way we think about longevity. To make optimizing every aspect of our bodies the new standard, functioning at peak performance for as long as possible while continuously pushing the limits of human potential. But more than anything, it's about building a community of like-minded individuals who are just as committed to this vision as Bryan himself.

San Francisco – Sept 2024

The energy in the room was unlike any other health conference. There was urgency, a hunger for real change, and a collective excitement, not just about extending life, but reversing aging altogether. The crowd wasn't just sitting back and listening, they were asking questions, taking notes, running their



own tests, and sharing insights. There was a genuine sense of participation, as if everyone there wasn't merely attending a conference but becoming part of something bigger.

It felt less like a conference and more like a movement forming in real time. Scientists, tech visionaries, biohackers, and longevity enthusiasts had flown in from around the world, united by the belief that human life could be radically extended through science and precision-driven health optimization. Booths showcased cutting-edge innovations, from biological age testing and DNA analysis to real-time metabolic tracking and regenerative therapies, offering a glimpse into the future of human health.

And the attendees weren't the

usual mix of doctors and wellness enthusiasts. The room was filled with young founders, investors, researchers, and biohackers, people at the forefront of health technology, ready to push the limits of what's possible.

By the end of that first summit, it was clear Bryan was building something special, and I knew this was something I would follow closely. When you witness a shift this significant in how we think about health and aging, it's impossible to ignore.

My Experience Speaking at the First Summit

One of the most memorable parts of the event was having the honor of speaking on stage alongside Alina Rui Su from Generation Lab. We presented on biological age testing, a topic that's becoming increasing-

ly critical in the longevity space.

Most people think aging is something that just happens, an unavoidable part of life. But in reality, aging is a disease process, and inflammation is its fuel. By tracking biological age across all 19 organs, we can identify problem areas before they manifest as disease. I could see how engaged the audience was, not because we were talking about possibilities, but because this was real science, real testing, and real data.

The Food at the Event

If you've ever been to a wellness event, you know the routine, some "healthy" snacks, maybe gluten-free options, but often nothing that truly meets biohacker standards. But here, the meals were both delicious and meticulously tested for purity.

Everything served was:

1. Vegetarian (Bryan doesn't eat meat, though he acknowledges bio-individuality).
2. Lab-tested for heavy metals, microplastics, and toxins.
3. Portioned precisely to align with longevity research.

I remember thinking, this is what food should be, not just labeled organic or marketed as healthy, but measured, optimized, and intentionally crafted to fuel the body with scientifically validated ingredients.

Los Angeles - Jan 2025

By the time the Don't Die Summit made its way to Los Angeles, it was clear that this event was evolving. San Francisco had set the stage, but in LA, the entire experience felt tighter, more focused, and more immersive. Bryan Johnson had refined the formula, fewer speakers, more direct interaction with him,

and an even stronger emphasis on the science behind longevity.

The LA summit revolved entirely around Bryan. He was the main attraction, the teacher, and the subject of study. On stage for hours, he broke down his Blueprint Protocol, answered questions, and took the audience deep into the numbers, his biomarkers, latest health optimizations, and continuous refinements. The crowd wanted to learn directly from him. And he delivered, walking everyone through his latest adjustments, what was working, what he had changed, and why data, not opinions, was the only thing that mattered.

That same energy carried over into the VIP dinner, an intimate 50-person gathering at Remedy Place, a high-end biohacking lounge in West Hollywood. Instead of leading the conversation, Bryan flipped the script and asked us the questions. He was genuinely curious about how people were experiencing health optimization, what they thought about the future of longevity science, and what barriers were holding them back.

New York - Feb 2025

Held at the Javits Center, the New York Don't Die Summit was the biggest one yet, with over 1,500 attendees, 25+ cutting-edge longevity companies, and a level of energy and engagement that felt like a movement in full force.

Unlike San Francisco and LA, which both kicked off with a morning rave, New York flipped the script and ended with one. Bryan, his parents, and his massive fanbase (yes, mostly guys shouting, "Bryan, we love you!") danced together, laughing and celebrating this mission to redefine what it means to be hu-

man.

This summit had only two people leading the event, Bryan and Dr. Mike Mallin, his personal longevity physician. The entire focus was on Bryan's protocol, the science behind it, and deep audience engagement.

While at the event, I also ran into Dr. Jonathan Kuo from Extension Health, whom I first met in San Francisco when we both spoke on stage. He was also a featured speaker at the Los Angeles event, sharing his expertise on regenerative medicine. His booth was incredible, showcasing the latest ad-



vancements in longevity science, including peptides in the form of nasal sprays. Since many people are hesitant about injections, his clinic offers a needle-free option, making these powerful therapies more accessible. I also had the chance to sit down with him for my Wellness is Life podcast. His clinic is at the forefront of regenerative medicine, specializing in advanced therapies like peptides, plasma treatments, and highly personalized longevity protocols.

The Companies That Stood Out

One of the most exciting aspects of the Don't Die Summit was discovering the companies that Bryan Johnson personally vets and invites. Unlike traditional health

conferences where brands pay for exposure, every company at Don't Die was there because Bryan himself uses and trusts.

From ACORN, which offers a non-invasive way to bank your stem cells for future regenerative treatments, to Roots by Genetic Arts, a company that personalizes hair restoration through DNA testing (a protocol Bryan swears by to regrow his own hair), the innovation was on another level.

8Sleep showcased its AI-powered cooling mattress topper, proving just how much of a game-changer sleep optimization can be. Flex-Beam made red light therapy wearable and portable, giving a new level of convenience for recovery and inflammation control.

For skincare, Young Goose stood out with its NAD+, peptide, and

growth-factor formulations designed to rejuvenate the skin at a cellular level. Parasym introduced a non-invasive way to stimulate the vagus nerve daily, helping regulate stress and inflammation.

Other standout brands included Filterbaby, Everyday Dose, PNOË, and Carol Bike.

Key Lessons from the Summits

Bryan has taken decades of research, millions of dollars in testing, and thousands of data points and refined it into a system anyone can follow.

Here are the core longevity principles that he teaches, the backbone of his Blueprint.



Sleep is King

Sleep is the #1 factor in longevity. It's more important than diet. More important than exercise. Without deep, restorative sleep, nothing else works.

Bryan calls himself a "professional sleeper" and meticulously tracks every variable, temperature, heart rate, food intake, circadian rhythms, optimizing every detail.

His main goal is to lower his resting heart rate to 49 BPM before bed because a low nighttime heart rate means higher recovery.

To achieve this, Bryan follows a strict sleep optimization strategy:

No food for 8–9 hours before bed to allow full digestion and prevent metabolic disruption.

Red and amber light only at night while eliminating all blue light exposure to protect his circadian rhythm.

The Eight Sleep mattress topper, which dynamically adjusts temperature throughout the night for optimal sleep cycles.

Hyper-controlled oxygen and air quality in his bedroom, to ensure an environment that supports



deep, uninterrupted rest.

He doesn't leave sleep to chance. He engineers it. And according to his data, it works.

Exercise Daily

Bryan's workouts are strategically designed to preserve muscle, maintain mobility, and slow biological aging. Every movement has a purpose.

His exercise breakdown:

- Mobility (60 minutes per week): Yoga, stretching, dynamic movement.

- Cardio (150 minutes per week): Walking, swimming, cycling, etc.

- Resistance Training (2–4x per week): Functional, unilateral, compound movements.

- HIIT (30–45 minutes per week): Short, intense bursts for metabolic health.

-

Food as Precision Science

Bryan eats with surgical precision. His daily intake is strictly controlled, ranging between 2,000 to 2,250 calories, never exceeding or falling below that limit. He follows a strictly vegetarian diet, ensuring that every single food he consumes is tested for heavy metals, toxins, and microplastics. And his eating window is just as calculated, he only eats breakfast and lunch, stopping all food intake by 11 AM to align with his metabolic optimization strategy.

Community is Health

Longevity isn't just about what you eat, how you sleep, or how much you exercise.

It's also about who you surround yourself with.

Bryan believes that community is a fundamental part of human health, and that being part of a group focused on longevity and optimization makes a real difference. That's why he's so passionate about building Don't Die Sum-

mit into something bigger.

Measure Everything

Bryan undergoes constant testing, blood tests, genetic tests, microbiome sequencing, metabolic tracking, and sleep analysis. Nothing is left unmonitored. Even the food entering his house is tested for toxins, heavy metals, and microplastics before he consumes it. His biological age is another key metric, he tracks it relentlessly, always working to push it lower through data-backed interventions.

Final Thoughts

Attending all three Don't Die Summits, from San Francisco to Los Angeles to New York, made it abundantly clear that this isn't just about Bryan Johnson. It's about us. It's about a movement of people who refuse to accept aging as an inevitable decline, who believe that technology, science, and data-driven choices can fundamentally change the human lifespan.

But this isn't just about extending life, it's about redefining what it means to live. Bryan's goal isn't to find some quick-fix cure for aging overnight. That will take time. What matters now is the mindset



shift, the willingness to question the status quo and embrace a new way of thinking.

And let's get one last thing out of the way, Bryan Johnson isn't doing this for money. He openly said that these conferences don't make money. He's already financially set for life. So why does he do it?

Because he genuinely wants to build a community around longevity. He wants to see people live healthier, longer lives. He wants to push the boundaries of human potential and prove that aging, as we know it, can be redefined.

And honestly? It's working. From everything I've seen, this is just the beginning.



Natalia Naila



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

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

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www.natalianaila.com

Wellness Is Life Retreat: www.wellnessislifetretreat.com

PRODUCT

Reviews

by @Cyborggainz

****Disclaimer:****

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



NeuroPro Plus



Overview

NeuroPro Plus is a patent-pending combination of Pharmaceutical Grade Methylene Blue and Vitamin C, developed to provide robust nutritional support for those experiencing brain fog, as well as individuals seeking enhanced focus, concentration, and memory recall. Leveraging clinical data and extensive research, NeuroPro Plus promises to deliver heightened mental clarity, focus, and overall cognitive vitality.

Benefits and Mechanisms

Methylene Blue

- ATP Production: Methylene Blue effortlessly crosses the blood-brain barrier to initiate ATP production, which is crucial for mitochondrial energy, providing the brain with the necessary fuel for optimal function.
- Neuroprotection: It reroutes mitochondrial electron transfers, offering protection against both chronic and acute neurological diseases.
- Antioxidant Properties: Acting as a potent antioxidant, Methylene Blue combats free radicals (superoxide), safeguarding neural health.
- Oxygen and ATP Supply: The brain's high

demand for oxygen and sugar is met through Methylene Blue's mechanisms, ensuring sustained cognitive performance.

Vitamin C

- Antioxidant Support: With the brain containing 100 times more Vitamin C than other tissues, any injury can lead to an immediate deficit. Vitamin C in NeuroPro Plus replenishes these levels, protecting against oxidative stress by neutralizing free radicals and supporting overall brain health.

Key Features

- Enhanced Mental Clarity: NeuroPro Plus is designed to support mitochondrial function, aiding in efficient energy production within brain cells, leading to unparalleled mental clarity and alertness.
- Laser Focus: The precise blend of ingredients enhances concentration and focus, empowering users to tackle tasks with exceptional precision.
- Amplified Cognitive Function: The synergy between Methylene Blue and Vitamin C not only reduces oxidative stress but also promotes long-term cognitive health, ensuring sustained

mental performance.

- Pharmaceutical Grade Quality: NeuroPro Plus uses only the highest quality Pharmaceutical Grade Methylene Blue, sourced from reputable suppliers and third-party tested for purity and potency.

- Scientifically Backed: The formulation is based on rigorous scientific studies, ensuring a safe and effective nootropic.

- Elevated Performance: Suitable for students, professionals, athletes, and anyone striving for cognitive excellence, NeuroPro Plus is designed to help users operate at their peak potential.

Conclusion

NeuroPro Plus stands out as a premier cognitive enhancer, combining the proven benefits of Pharmaceutical Grade Methylene Blue and Vitamin C. This powerful blend supports mitochondrial health, enhances mental clarity, and provides robust antioxidant protection. With its commitment to quality and scientific backing, NeuroPro Plus is an excellent choice for those looking to improve focus, concentration, and overall cognitive function. Say goodbye to brain fog and embrace heightened mental clarity and vitality with NeuroPro Plus.

- Pro: The synergistic effects of Methylene Blue and Vitamin C promote long-term cognitive health by reducing oxidative stress and supporting overall brain function.

- Con: Long-term benefits may require consistent use, which could be a drawback for those looking for immediate results or a short-term solution.



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NEUROVIZR: Reimagining Mental Clarity with Cutting-Edge Tech

WHY IT WAS MADE:

NEUROVIZR is an innovative brain training device designed to enhance cognitive function, reduce stress, and boost overall mental clarity. Developed by Shift Tech, a pioneering brand in neurotechnology, NEUROVIZR offers a futuristic approach to mental wellness. The device uses a combination of light therapy and visual patterns to stimulate the brain, making it an ideal tool for those looking to improve focus, creativity, and mental resilience.

In today's fast-paced world, where mental fatigue and stress are prevalent, NEUROVIZR stands out as a relevant and timely product. With the growing interest in mental health and wellness, this device aims to provide an accessible and non-invasive solution for those seeking to optimize their cognitive performance. NEUROVIZR is especially relevant in the health and wellness niche as it caters to individuals who prioritize mental fitness as much as physical health.



HOW IT WORKS:

NEUROVIZR leverages advanced light therapy technology to deliver specific patterns of light and color to the eyes, which in turn stimulates the brain's visual and cognitive centers. The device features customizable programs that can be tailored to different needs, whether it's enhancing focus, promoting relaxation, or boosting creativity. Users can select from various modes, including meditation, energy boost, and mental clarity, each designed to elicit a specific cognitive response.

One of the unique selling points of NEUROVIZR is its integration of scientifically-backed protocols for brainwave entrainment. This process involves synchronizing brainwaves to a desired frequency, thereby enhancing cognitive performance. Studies have shown that brainwave entrainment can improve concentration, reduce anxiety, and even aid in sleep. NEUROVIZR takes this concept and combines it with visually stimulating patterns, offering a multisensory experience that is both innovative and effective.

WHAT WAS MY EXPERIENCE:

I was one of the early Tester for the prototypes I & II, but just got the opportunity to test the New NEUROVIZR over the course of three weeks, using it daily for 20-minute sessions. My goal was to assess its impact on my focus and mental clarity, particularly during peak work hours and also before heading to my Cold Plunge.

From the very first session at work, I noticed a heightened sense of alertness and a subtle

yet noticeable improvement in my ability to concentrate. The light patterns were engaging without being overwhelming, and I found the experience both relaxing and invigorating.

For the Relax and centered experience, required to stay above 30min in cold water, my brain was in the deepest state of relaxation, making my whole body ready for the challenge of cold exposure.

As the weeks progressed, I observed a consistent improvement in my cognitive performance. Tasks that usually required significant mental effort became easier, and I experienced less mental fatigue throughout the day. The device's different modes allowed me to tailor my sessions to my needs—using the relaxation mode before bed and the focus mode during work hours, for example.

Compared to other brain training devices I've tried, NEUROVIZR stands out for its ease of use and the immediacy of its effects. While some devices require weeks of consistent use to see results, NEUROVIZR delivered noticeable benefits within days. However, it's important to note that individual results may vary, and the device works best when integrated into a daily routine.



Pros:

- Immediate impact on focus and mental clarity
- Customizable modes for different cognitive needs
- Easy to use and non-invasive
- Backed by scientific research

Cons:

- Light patterns may not be suitable for individuals with photosensitivity

In conclusion, NEUROVIZR is a powerful tool for anyone looking to enhance their mental wellness. It offers a unique blend of science and technology, delivering tangible benefits in a user-friendly format. While it may not be for everyone, those committed to improving their cognitive function will find NEUROVIZR to be a valuable addition to their mental fitness toolkit.



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THE ALLIANCE FOR LONGEVITY INITIATIVES

Request to Support Geroscience Research and Join the Longevity Science Caucus

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

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

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

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

To make this task as straightforward as possible, we've prepared a letter template below. Feel free to customize it, add your personal touches, and make it your own. Your words can be a powerful tool for change. When you're ready to send your message, reach out to us at info@a4li.org. 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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- Exercise: Unlock simple, effective ways to create a moving Lifestyle
- Sleep: Optimize your rest for restoration, recovery, and longevity.
- Stress Management: Foster resilience and maintain mental clarity.
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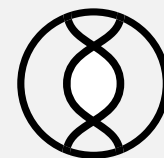
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Everyone involved in the production of this magazine is humbled by the opportunity to have a publication that makes a real difference. Our magazine is woven into the fabric of our community and we recognize the importance of being culturally relevant, 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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BIOHACKERS

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BOOST YOUR BRAIN