

WHAT'S IN IT

- ✔ WTF is Biohacking?
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- ✔ Biohacking on a Budget
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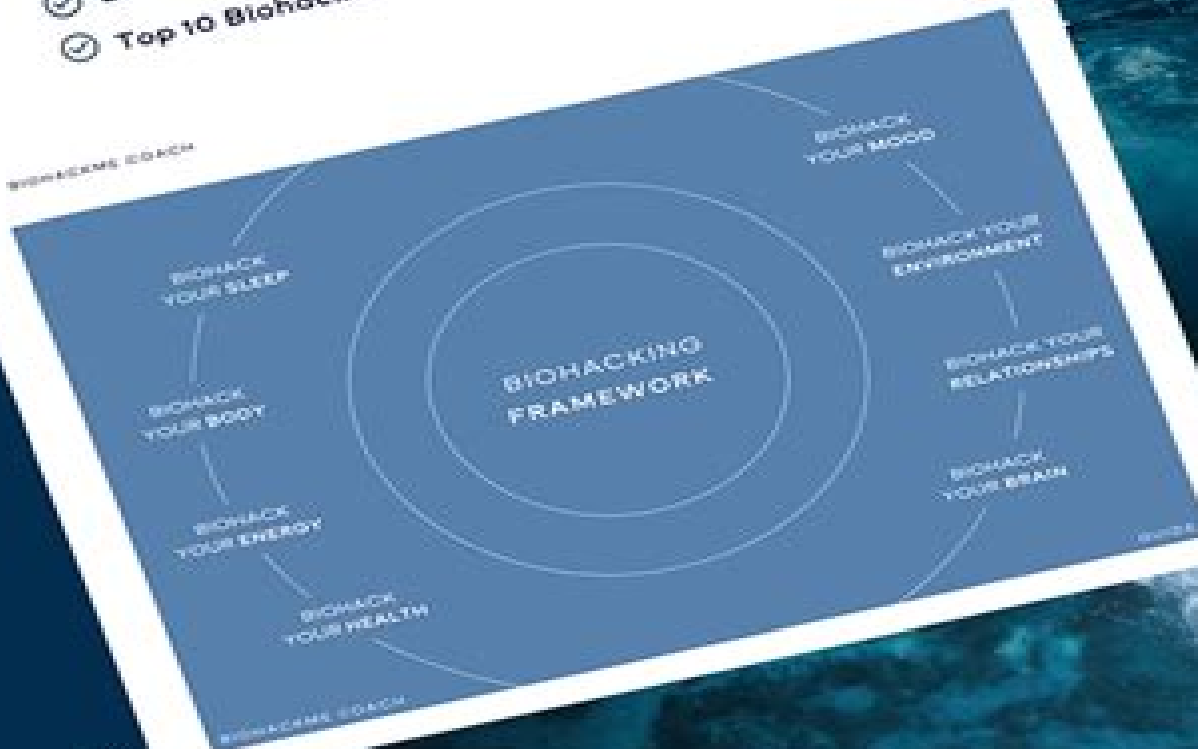
of health and well-being, the top drivers and motivators

Concept of Bio-individuality

Examining cultural perspectives on individual characteristics, habits, gender, age, intelligence and diversity

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BIOHACKME GUIDE

Life // One Biohack at a Time

Here are some budget-friendly Biohacking tips:

- **Prioritize Sleep Health Matters:** Start with the basics such as getting enough sleep, staying hydrated, and eating a balanced diet rich in whole foods, and exercising regularly. These habits are the foundation of good health, and can significantly impact your well-being without costing much.
- **Intermittent Fasting:** Consider intermittent fasting, which involves cycling between periods of eating and not eating. It's not only cost-effective but also offers numerous health benefits such as improved metabolism, weight management,

Biohacking Framework

Xiaolong Qi



Biohacking Framework:

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