

## WHAT'S IN IT

- ✔ WTF is Biohacking?
- ✔ What is a Biohacker Mindset?
- ✔ Biohacking Framework
- ✔ Biohacking on a Budget
- ✔ Biohacking Technologies
- ✔ Top 10 Biohacks

of health and well-being, the top drivers and motivators

**Concept of Bio-individuality**

Examining cultural approaches to individual characteristics, habits, gender, age, intelligence and diversity

BIOHACKME COACH

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## A MINDSET

- ↳ The pursuit of my life
  - ↳ Health and happiness
  - ↳ Living and trying new things
  - ↳ What's right for my unique body
  - ↳ What it takes for me to keep me alive
  - ↳ The good & the not-so-good
  - ↳ Living smart, empowered life
- BIOHACKME COACH

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, and more.
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## BIOHACKME GUIDE

Life // One Biohack at a Time

# Framework Biohacking

**Camilla Thompson**



## **Framework Biohacking:**

Embark on a transformative journey with Explore the World with is captivating work, **Framework Biohacking** . This enlightening ebook, available for download in a convenient PDF format , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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