

WHAT'S IN IT

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

ot a Time

A MINDSET

- ↳ I'm in control of my life
- ↳ I have health and happiness
- ↳ I'm trying new things
- ↳ I know what's right for my unique body
- ↳ I don't look for me to keep me alive
- ↳ I'm the good & the not-so-good
- ↳ I'm living, vibrant, supercharged life

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,

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Life // One Biohack at a Time

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Concept of Bio-individuality



Examining cultural perspectives on individuality, community, health, gender, rights, technology, and diversity

"Your
it's
the
you"

WTF IS

Biohacking Framework

JG Myers



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