

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

- ↳ 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

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 has numerous health benefits such as improved metabolism, weight management,

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BIOHACKME GUIDE

Life // One Biohack at a Time

your
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WTF IS

Biohacking Framework

Rosina Ehmman



Biohacking Framework:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, Tender Moments: **Biohacking Framework** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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