

## WHAT'S IN IT

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

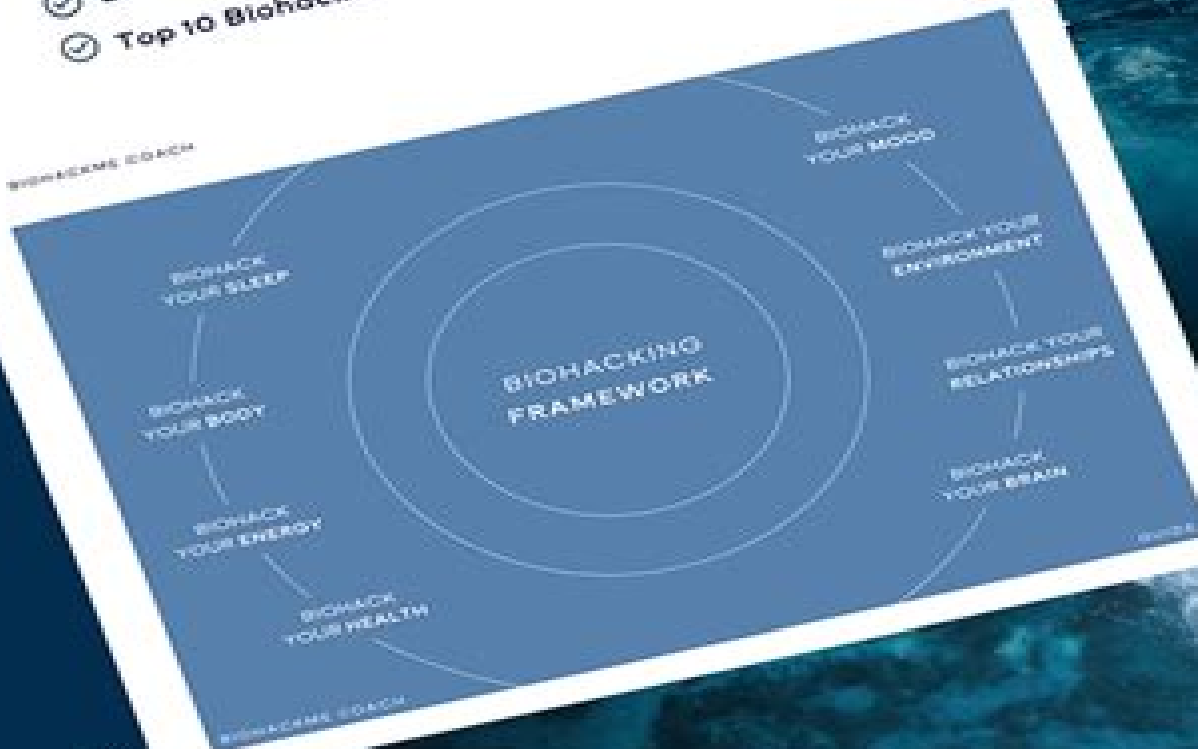
of health and well-being, the top drivers and motivators

Concept of Bio-individuality

Examining cultural perspectives on 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
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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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## BIOHACKME GUIDE

Life // One Biohack at a Time

# Biohacking Framework

**Dhananjay Singh, Jan-Willem van 't  
Klooster, Uma Shanker Tiwary**



## **Biohacking Framework:**

Delve into the emotional tapestry woven by Crafted by in **Biohacking Framework** . This ebook, available for download in a PDF format ( PDF Size: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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