

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

BIOHACKME COACH



BIOHACKME COACH

BIOHACKME GUIDE

Life // One Biohack at a Time

BIOHACKME COACH

Concept of Bio-industry



Exploring cultural perspectives on individualism, community, health, gender, rights, technology, and diversity

WTF IS

Biohacking Framework

Clemens Wendtner



Biohacking Framework:

Eventually, you will agreed discover a other experience and talent by spending more cash. nevertheless when? reach you say you will that you require to get those every needs similar to having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will lead you to comprehend even more with reference to the globe, experience, some places, when history, amusement, and a lot more?

It is your extremely own times to function reviewing habit. accompanied by guides you could enjoy now is **Biohacking Framework** below.

<https://composer.colourpop.com/About/publication/HomePages/Sleep%20Optimization%20Advanced.pdf>

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Biohacking Framework Introduction

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