

## 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

BIOHACKME COACH



## 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

**Clemens Wendtner**



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