

# 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 priority and focus

**Concept of Bio-industry**

Examining cultural approaches to individual  
health, fitness, mental, genetic, cognitive, longevity  
and technology

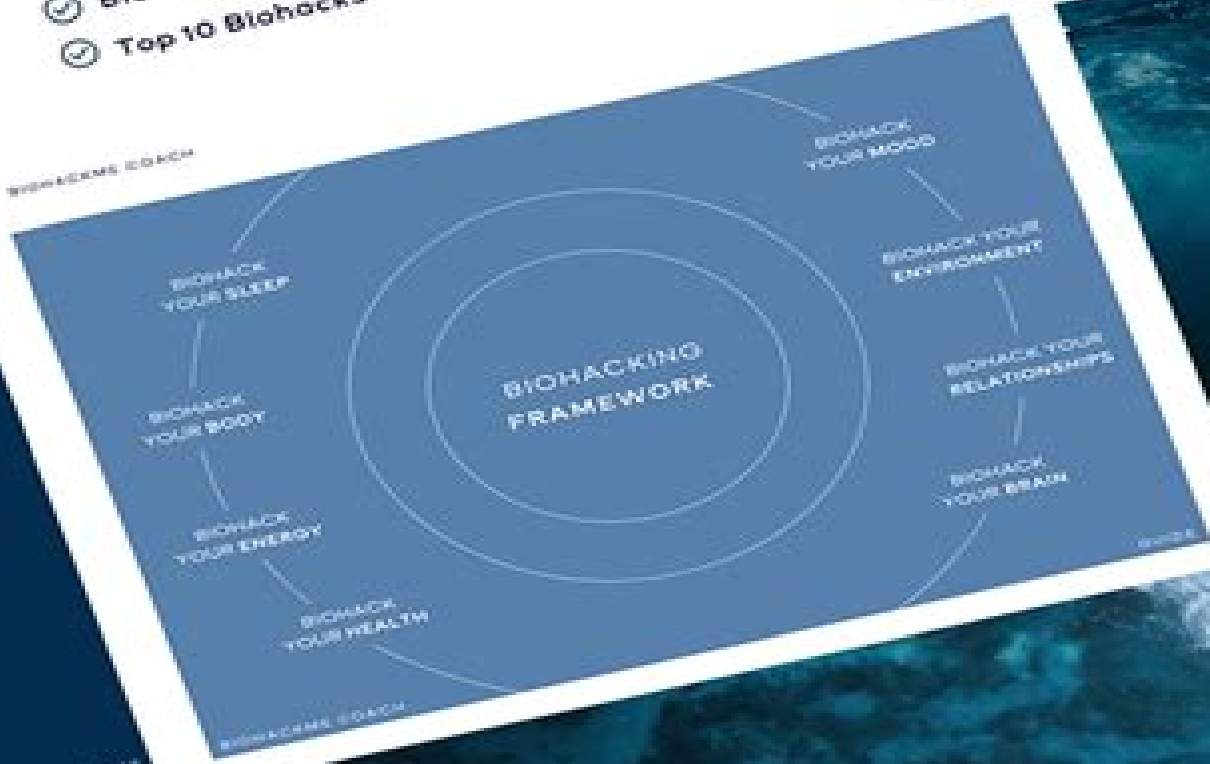
BIOHACKME COACH

of a Time

## A MINDSET

- It's not a matter of *if* you
- It's about *when* you
- It's about *how* you
- It's about *what* you
- It's about *why* you
- It's about *where* you
- It's about *who* you
- It's about *what* you
- It's about *when* you
- It's about *how* you
- It's about *what* you
- It's about *why* you
- It's about *where* you
- It's about *who* you

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GUIDE 1

### 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 various health benefits such as improved insulin sensitivity, weight management, and cognitive function.

# BIOHACKME GUIDE

Life // One Biohack at a Time

## WTF IS



GUIDE 2

# Biohacking Framework

**David Kirk**



## **Biohacking Framework:**

Delve into the emotional tapestry woven by in Experience **Biohacking Framework** . This ebook, available for download in a PDF format ( \*), is more than just words on a page; itis 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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