

WHAT'S IN IT

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- ✔ What is a Biohacker Mindset?
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- ✔ Biohacking on a Budget
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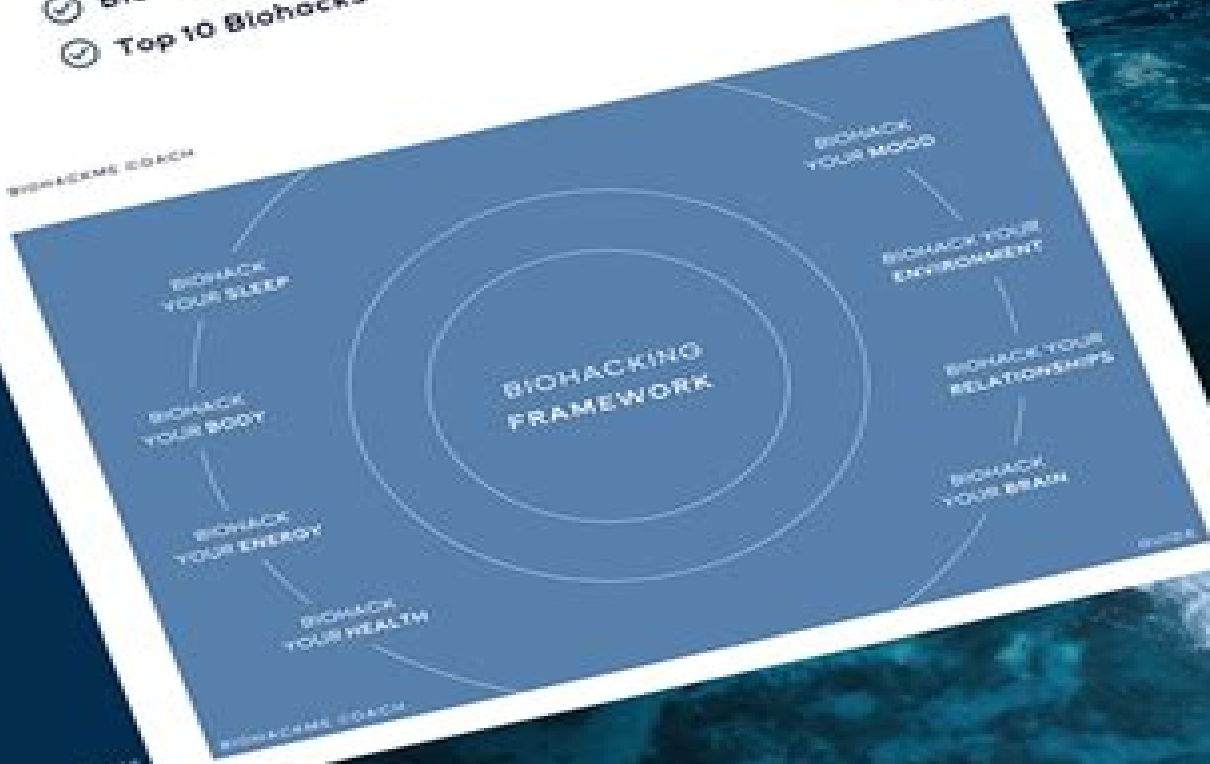
of health and well-being
the top priority and most
important

✔ Concept of Bio-industry

Examining cultural perspectives on individual
responsibility, health, gender, rights, technology
and democracy

BIOHACKME COACH

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

BIOHACKME COACH

BIOHACKME GUIDE

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 more.

WTF IS

Life // One Biohack at a Time

Biohacking Framework

Christian G. Meyer



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