

WHAT'S IN IT

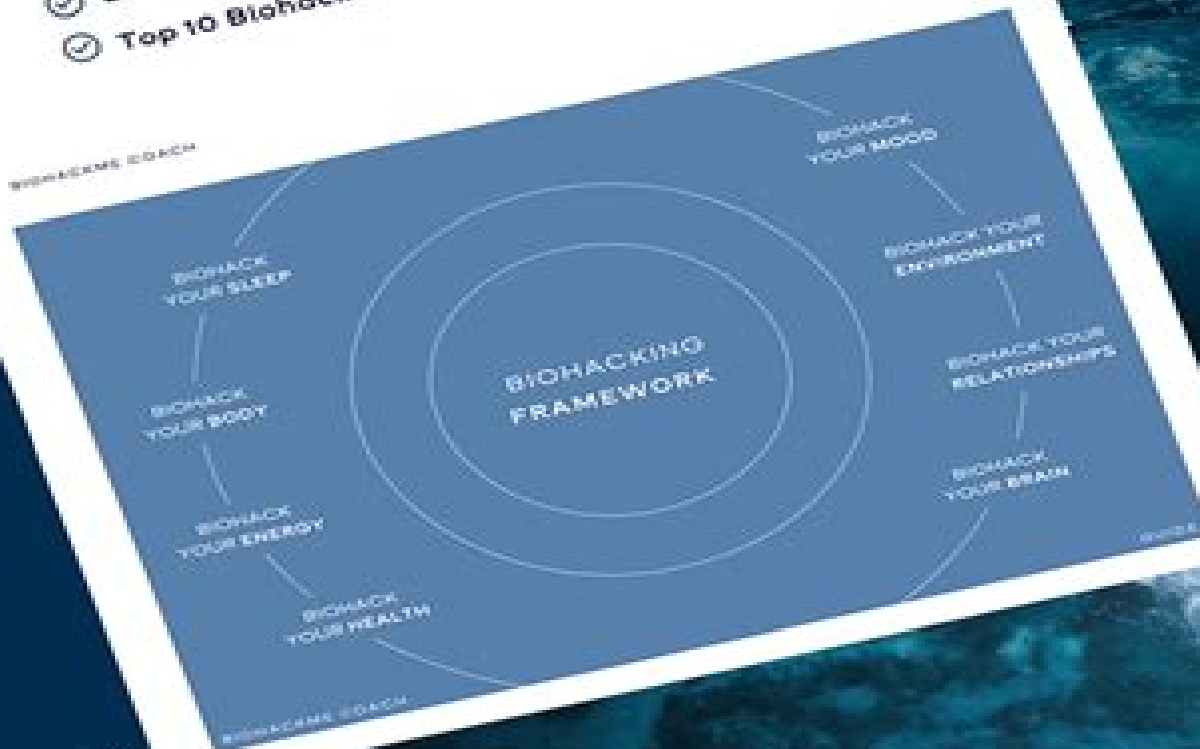
- ✔ WTF is Biohacking?
- ✔ What is a Biohacker Mindset?
- ✔ Biohacking Framework
- ✔ Biohacking on a Budget
- ✔ Biohacking Technologies
- ✔ Top 10 Biohacks

ot a Time

A MINDSET

- ✔ Biohacking is a mindset
- ✔ Biohacking is a lifestyle
- ✔ Biohacking is a journey
- ✔ Biohacking is a process
- ✔ Biohacking is a goal
- ✔ Biohacking is a habit
- ✔ Biohacking is a way of life
- ✔ Biohacking is a state of mind
- ✔ Biohacking is a way of thinking
- ✔ Biohacking is a way of feeling
- ✔ Biohacking is a way of being

BIOHACKME COACH



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BIOHACKME GUIDE

Here are some budget-friendly Biohacking tips:

- **Preventive Basic Health Maintenance:** Start with the basics such as getting enough sleep, staying hydrated, 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 numerous health benefits such as improved metabolism, weight management, and more.

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Life // One Biohack at a Time

Framework Biohacking

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