

WHAT'S IN IT

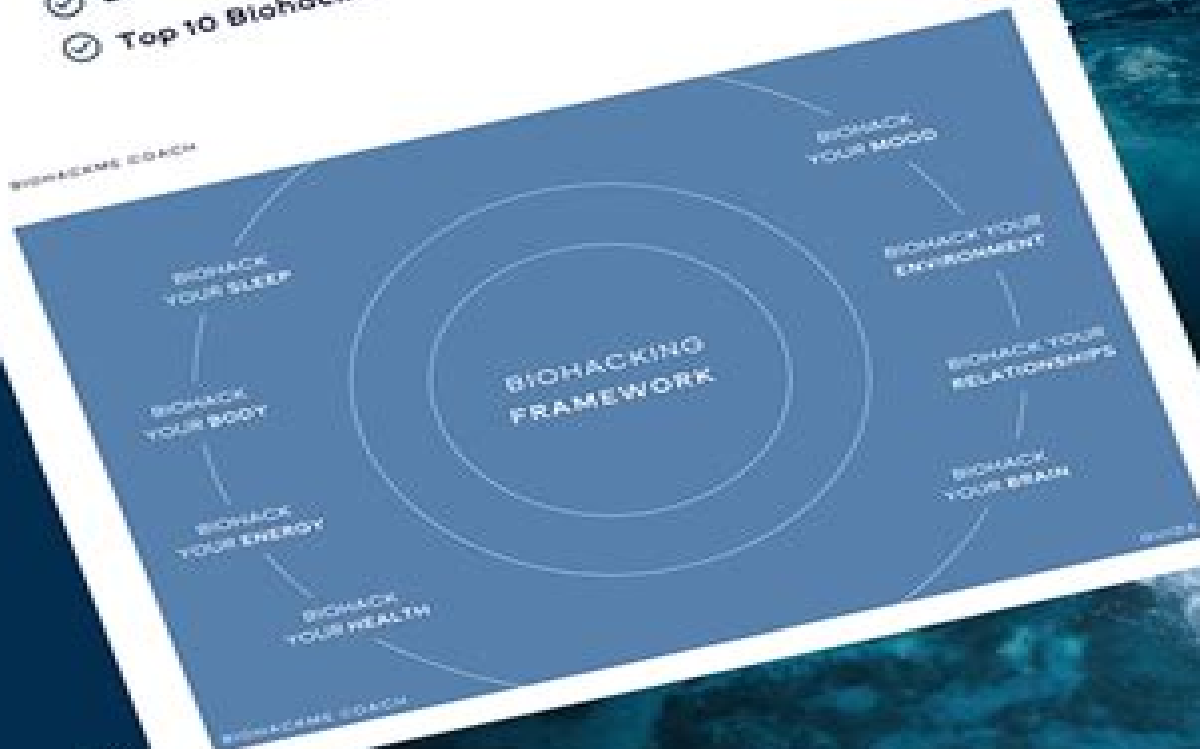
- ✔ WTF is Biohacking?
- ✔ What is a Biohacker Mindset?
- ✔ Biohacking Framework
- ✔ Biohacking on a Budget
- ✔ Biohacking Technologies
- ✔ Top 10 Biohacks

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

BIOHACKME COACH



BIOHACKME COACH

BIOHACKME GUIDE

Here are some budget-friendly Biohacking tips:

- **Practise Basic Health Habits:** Start with the basics such as getting enough sleep, staying hydrated, 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 insulin sensitivity, weight management,

insulin sensitivity

QUEST

BIOHACKME COACH

QUEST 2

Life // One Biohack at a Time

Framework Biohacking

ML Yell



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