



# Biohacking 101- Journal

## Introduction: Welcome to the Program

### SUMMARY

Program Focus: Exploring key biohacking areas, including:

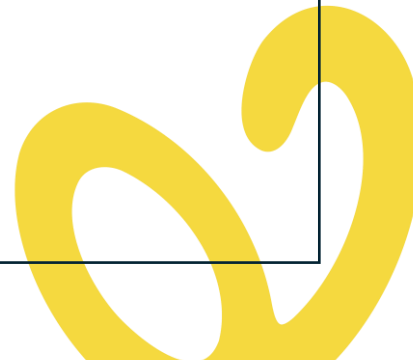
- Muscular Health
- Gut Health
- Sleep
- Stress Management
- Environmental Impacts & Social Determinants
- Oral Health

Who is this program intended for:

1. Those who pursues a life of wellness and the absence of disease
2. This program is for anyone looking to enhance health and more importantly life holistically through biohacking, focusing on mental, oral, muscle, back, feet health, and environmental/social factors.
3. Those who want to build knowledge on the science and ancient wisdom and implement it into their lives to achieve the disease-free living as they age by improving body functions, muscle building, and nutrition.
4. Those who want to understand the science of bio-hacking methodologies like Cold Therapy, red Light Therapy etc. and understand which one suits their lifestyle the best

### YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



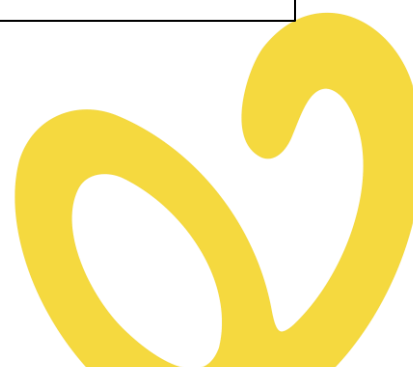


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## CALL TO ACTION:

1. Download your 90 day Roadmap to fill along with your journal: [90 Days](#)
2. **Set your Intentions** and take a moment to clarify your purpose for learning about biohacking and taking your health to the next level and write it down.

3. **Dedicate 20 minutes each day** to reflect on your goals and work through your intentions and share your thoughts.





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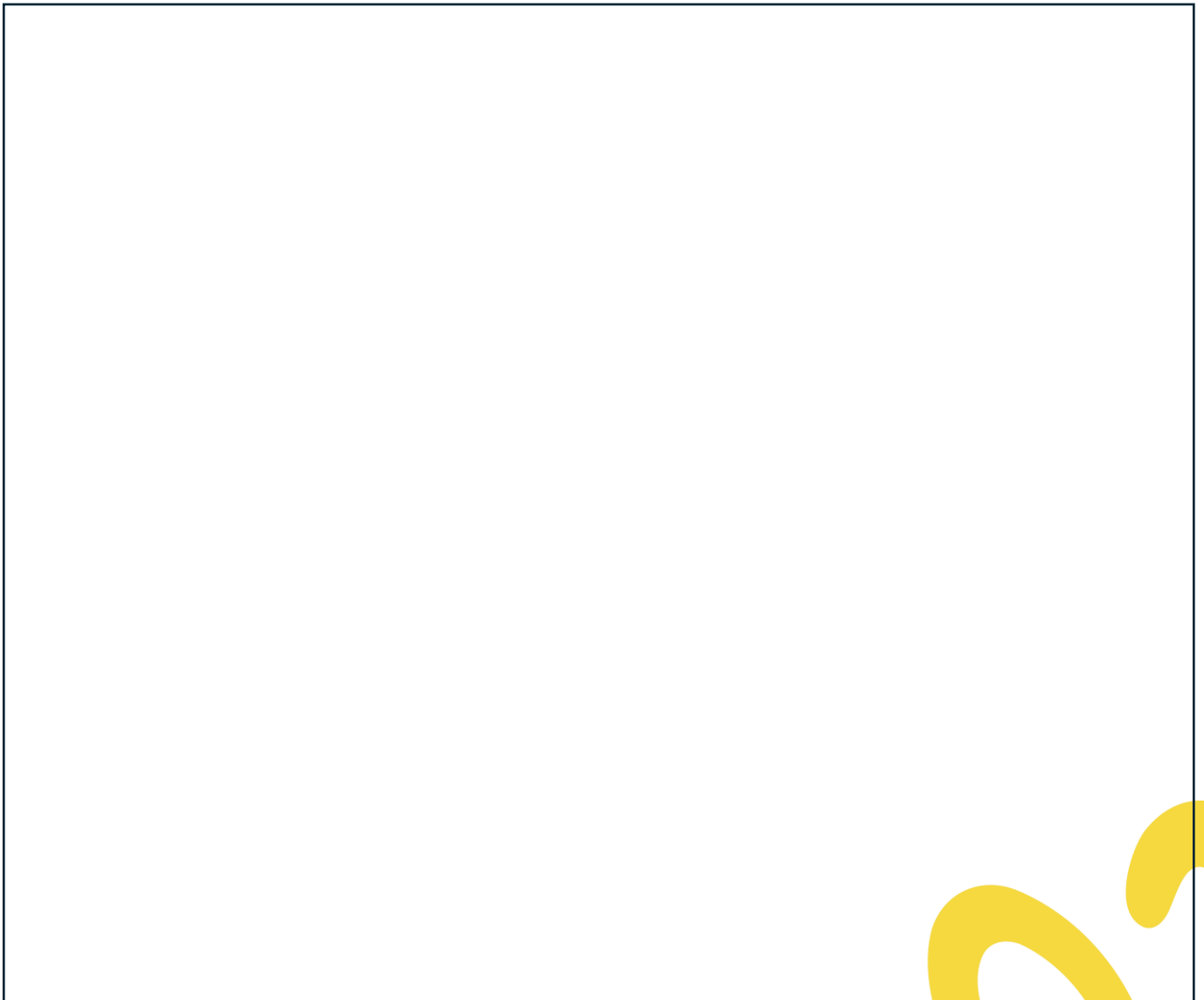
## LESSON 2: How to Navigate:

### SUMMARY

- Identify your biomarkers by starting with tests like DNA, blood work, and VO2 max to understand your health status and personalize your biohacking approach.
- Use tools like fitness trackers or smart devices to monitor key metrics such as sleep, body composition, and oxygen efficiency for ongoing health tracking.
- Build your baseline through consistent testing, experiment with biohacking modalities, and share your findings with your community for collective support and growth.

### YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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## CALL TO ACTION

- What Measuring tools and trackers can you invest in to be able to understand your baseline and track progress. Details of blood test will be shared in future lessons (Aura Ring, Whoop Band, BMI Machines, VO2, HRV Tracking Device)





# Biohacking 101- Journal

## Lesson 1: What is Biohacking?

### SUMMARY

1. **Biohacking** is optimizing your biology by understanding its interaction with your environment and society; it is highly personalized, as everyone's needs differ.
2. **Areas to focus on to enable Biohacking journey:**
  - Biomarkers & Health Determinants (Gut, Stress, Sleep, Muscular Health)
  - Understand Your Environment
  - Consider your Social Determinants
3. Unlike chronological age, biological age reflects your internal health and can be improved with lifestyle choices, potentially reducing it by 20-25 years.

### YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





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## CALL TO ACTION:

1. Reflect on your definition of biohacking and how it applies to your goals?



2. Identify one area of your life you want to optimize (e.g., sleep, stress, or diet)?
- 



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3. Write down why turning back your biological clock is important to you?

## Lesson 2: Defining Your Baseline

### SUMMARY

- In order to bio hack you need to **Identify your biomarkers**
  - They enable you to understand **what is currently happening inside your biology**, in your physical and social environment
  - Through **blood tests and the qualitative checklist you can assess internal health**, track optimal ranges, and evaluate stress, sleep, gut health, and muscle health biomarkers are a **set of tests** or just realisations about your environment or the community that you are in, in order for you to understand how these are influencing your wellness journey
- 



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- **Its critical to assess environmental health** by examining your surroundings' air quality, mould, water, soil, and heavy metals.
- **Its critical to also evaluate social determinants** such as safety, job opportunities, social interactions, and access to wellness resources.

## YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



## CALL TO ACTION:

1. Go through and schedule appointment for the blood markers attached in the resources and separately in the resources page of the program
2. Download & Complete the baseline checklist (attached in the material tab of the program):
  - Biomarkers: Blood test results, sleep patterns, body composition.
  - Qualitative Health Assessment
  - Environmental factors: Air quality, mold, toxins.





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- Social determinants: Stress levels and community support.

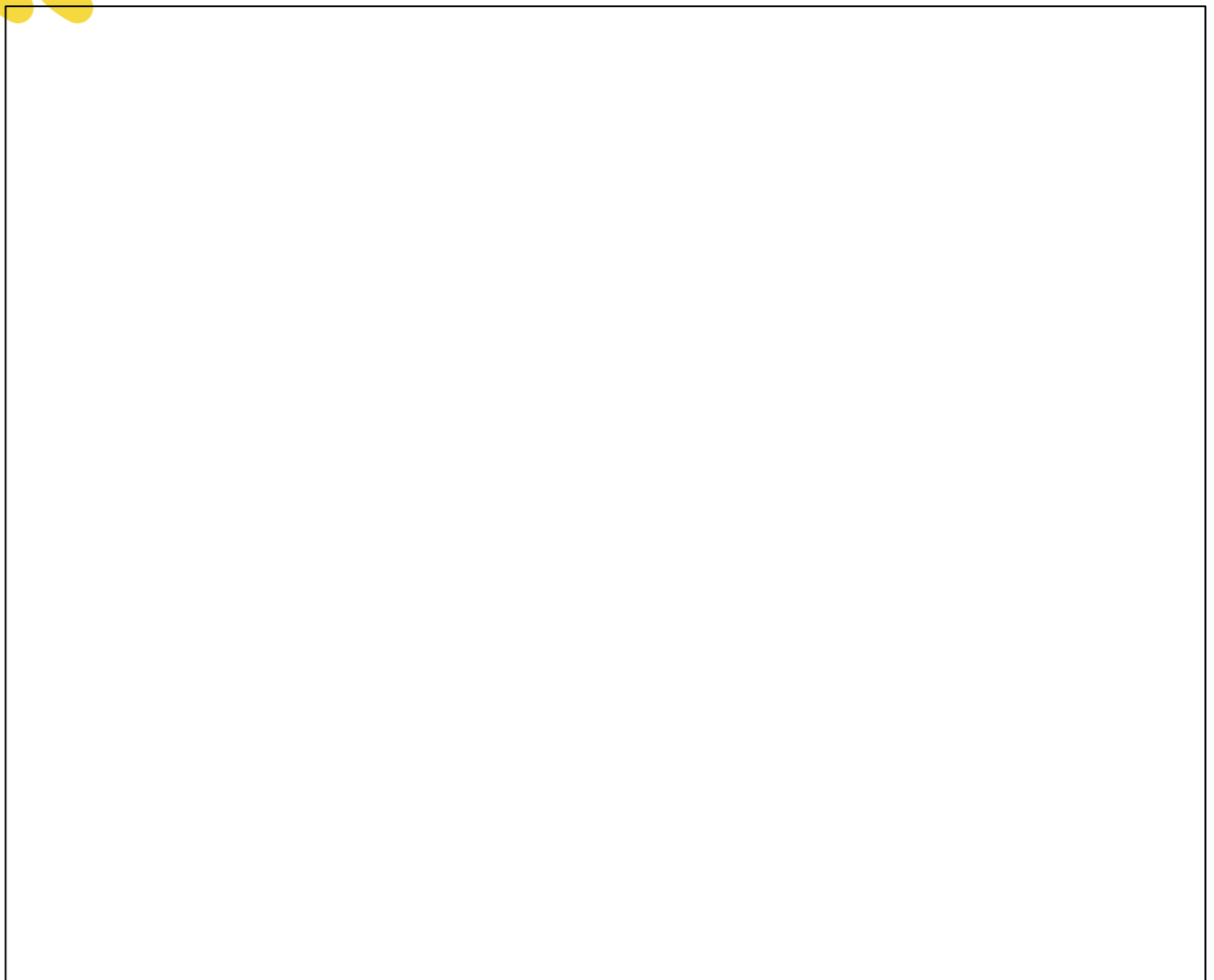
3. What are some of the key observations answering those questions in the checklists made you realize

4. Based on your observation, which area will you prioritize to start at first?

5. Assess all four areas, build your knowledge through the program and start creating a comprehensive plan using the sheet in the materials section of the program. What are some of the actions you already will start, list them below



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## Lesson 3: How to use Baseline

### SUMMARY



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1. Your baseline is the foundation of lifelong health. Revisit it regularly as your circumstances and needs evolve.
2. **Health Is Holistic.** Improvements in one area, like cholesterol, often require changes across sleep, exercise, and diet. Everything is interconnected.
3. Your baseline is unique, so seek professional guidance to create tailored strategies that work best for you.
4. **Small Steps Matter.** Even minor adjustments can lead to meaningful results. Focus on gradual, sustainable changes for lasting impact.

## YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



## CALL TO ACTION:

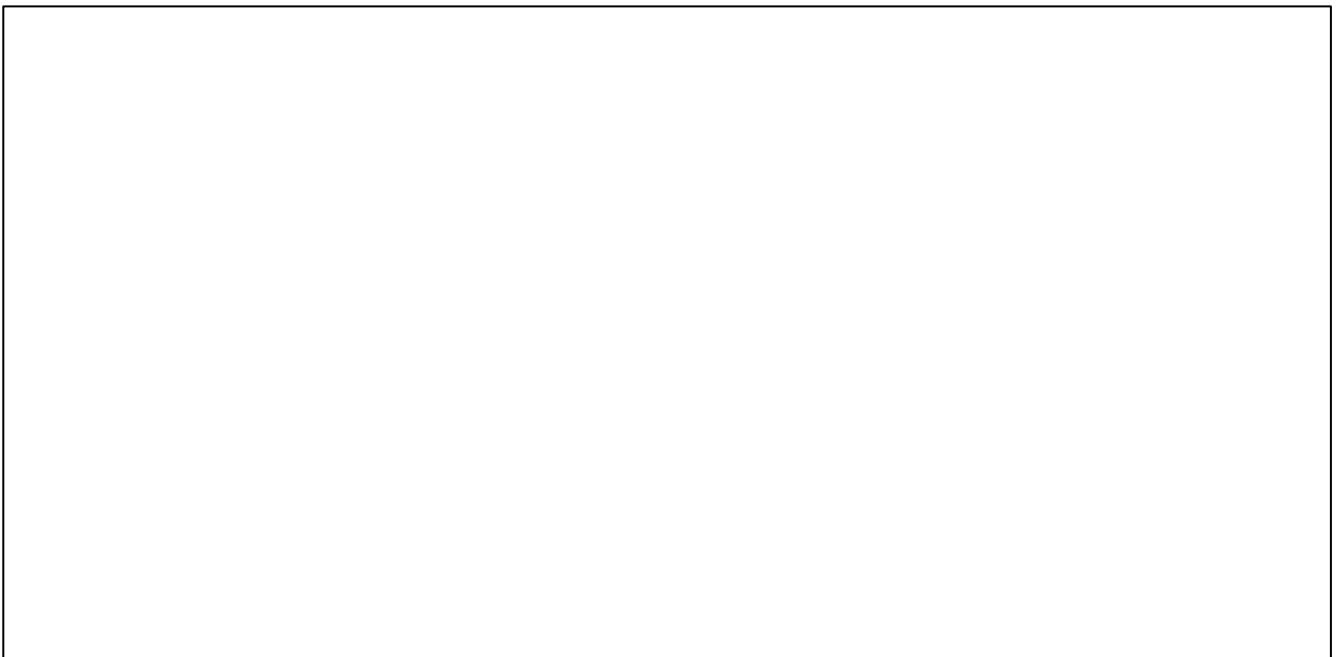
1. Based on your biomarkers and tests, define your current baseline
- 



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2. Write down parts of your action plan envisioning where you will be at the end of the program? Add modalities to your action plan as you progress with the program



## Lesson 4: Oxygen Therapy

SUMMARY:



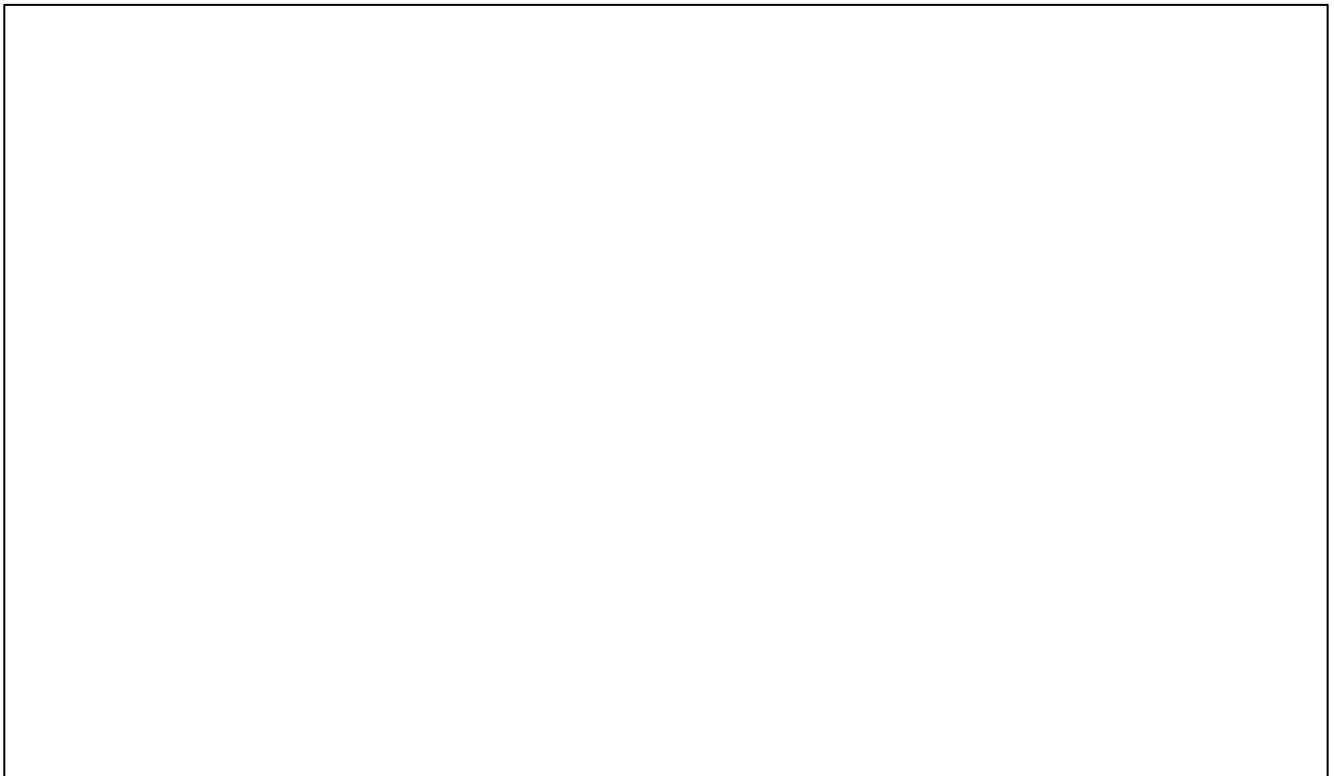


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1. Improving oxygen levels in your blood enhances brain function, reduces brain fog, and supports better sleep and overall health.
2. Breathwork is the simplest and most effective way to boost oxygen levels. Techniques like box breathing or the Wim Hof method can help balance oxygen and CO2 in your body, improving pH levels and resilience against diseases.
3. **Advanced Modalities:** Use oxygen concentrators or hyperbaric chambers for recovery, immunity, and energy boosts
  - **Oxygen Concentrators:** Devices that filter and provide oxygen-rich air to support brain and energy levels.
  - **Hyperbaric Chambers:** Use pressurized oxygen to boost immunity, recovery, and energy, frequently used by athletes and in medical settings.
4. **Precautions:** Avoid hyperbaric chambers if you have sinus issues, a cold, or have recently flown. Practice breathwork only in safe environments, not during cold plunges or in tubs.

## YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



## CALL TO ACTION:

1. List the oxygen therapies you want to try.
- 



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2. Set a specific time for daily breathwork..

3. Create a plan to explore wellness centres, gyms, or clinics offering oxygen therapy modalities like hyperbaric chambers.

## Lesson 5- Muscle Health

SUMMARY:





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1. Muscle is the most important organ for longevity, supporting metabolism, bone health, and fat burning.
2. Different workouts, including strength training, Pilates, and cardiovascular exercise, contribute to optimal muscle health.
3. Muscle health reduces stress, improves metabolism, and enhances overall aging
4. Strong muscles protect against injury, enhance mobility, and improve resilience as you age, helping maintain a high-quality lifestyle.

## YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



## CALL TO ACTION:





# Biohacking 101- Journal

1. Create a weekly workout plan that includes strength training, cardio, and flexibility exercises. Set a goal to work out at least 4-5 times a week and track your progress. Use your 90 Day Roadmap as well

2. Reflect on the impact of consistent exercise on your energy and mood if you have ever done so before



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## SUMMARY

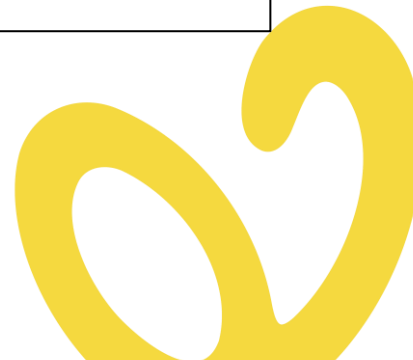
- Sleep is the foundation of recovery, regulating metabolism, mood, and immune function.
- Circadian rhythm, sleep environment, and stimulants significantly affect sleep quality.
- Deep sleep cycles are essential for brain recovery.
- A consistent sleep schedule, aiming for 7-8 hours of sleep, is crucial for quality rest. Avoiding stimulants like blue light and caffeine, as well as refraining from eating 3 hours before bed, can enhance sleep. Additionally, a dark, cool sleep environment is key to improving sleep quality.

## YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



## CALL TO ACTION:





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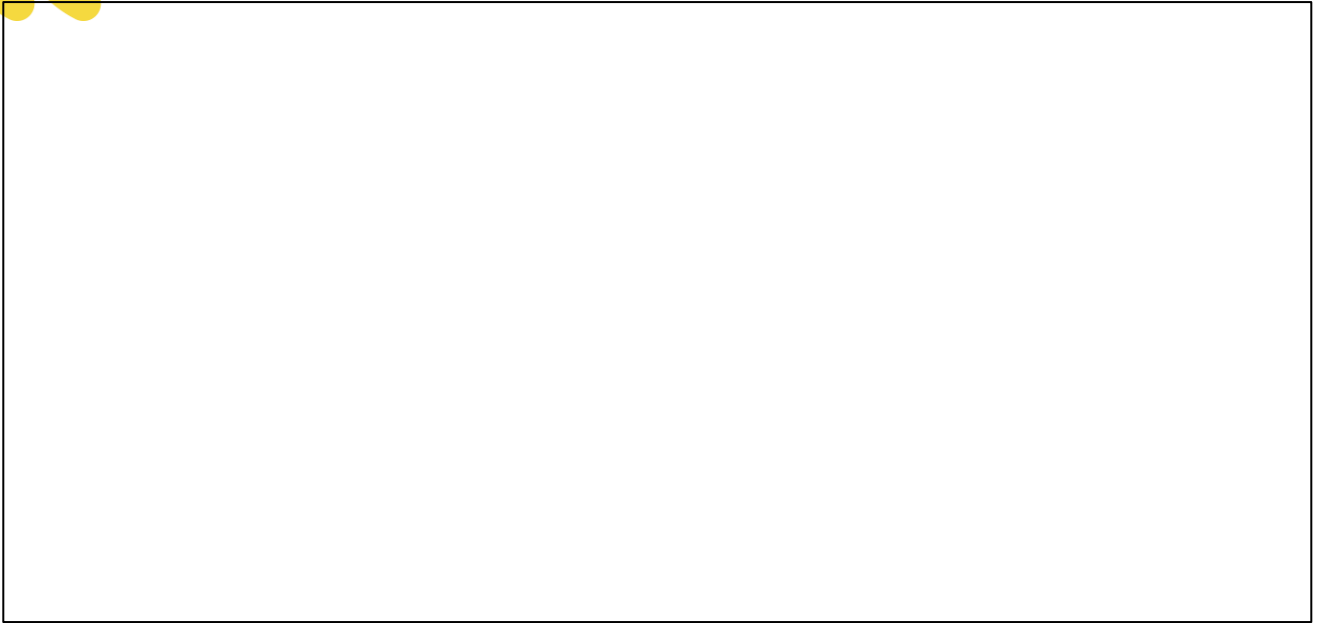
1. What kind of Sleep plan can you develop with a consistent bedtime and wake-up schedule. Write below and share with your tribe

2. Which stimulants (e.g., screens, caffeine) will you avoid and from what time in the day, and how will you adjust your habits to support better sleep?

3. How will you create a sleep-conducive environment? Think about your room's darkness, temperature, and overall setup.

4. What is your plan for managing caffeine intake, especially in the afternoon
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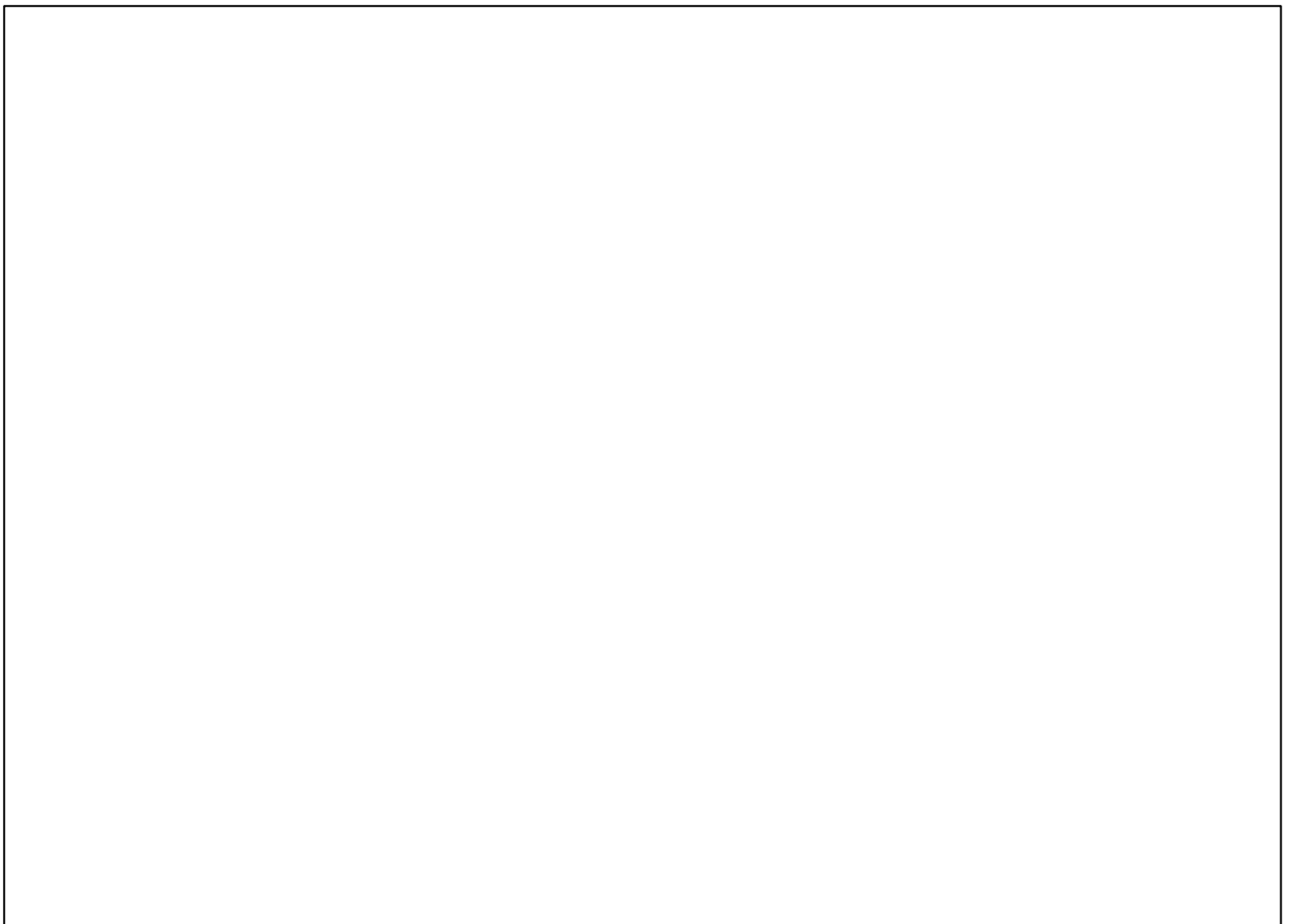
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## SUMMARY

- **Not all stress is bad**—some stress boosts alertness and protection, but chronic stress from modern life (e.g., noise, work, pollution) needs management.
- **Fitness trackers and body awareness**, such as heart rate and muscle tension, **help monitor stress levels** and increase awareness of how the body feels.
- **Techniques like regular exercise, quality sleep, and breathwork help lower stress levels** and allow your body to recover naturally.
- **Staying present in the moment**, like focusing on your breathing or physical sensations, to calm yourself and reduce stress quickly.
- **Awareness of your stressors is the first step** to managing them effectively.

## YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



## CALL TO ACTION:





# Biohacking 101- Journal

1. What are the main sources of stress in your life right now? Reflect and write them down in your journal.

2. Create a plan to manage your stress and how will you incorporate it into your routine using the following techniques?

- Breathwork
- Sound Healing
- Meditation

3. Whats one new additional stress management techniques like sound healing or meditation you would like to Explore and when



# Biohacking 101- Journal

## SUMMARY

- Poor oral health can affect gut health, skin, and even heart health. Metal fillings in teeth may contribute to heavy metal poisoning, impacting your body.
- Make a habit of visiting the dentist twice a year for cleanings, as bacteria in your mouth can affect general health. Pay attention to the type of food and timing when eating to protect your teeth.
- For individuals having metal fillings, consult a dentist for their removal. Also, monitor the body's heavy metal levels, especially if you consume seafood like tuna.
- Chewing properly and eating non-acidic foods can positively influence your digestive health.

## YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

## CALL TO ACTION:





# Biohacking 101- Journal

1. Scheduled your dentist appointment and ensure cleaning, and ask to check for metal fillings and consult your dentist about safe removal or replacement . Note down any learnings you had

2. What changes will you make to your oral hygiene. Commit to a twice-daily oral hygiene routine, including brushing, flossing, and using a mouthwash.?

3. Reflect on your eating habits:
  - Are you chewing thoroughly?





# Biohacking 101- Journal

- Are you avoiding overly acidic foods that may harm your teeth and gut?

4. What foods will you plan to add foods that support oral health, such as fiber-rich fruits and vegetables.



# Biohacking 101- Journal

## SUMMARY

- Gut health is critical for immunity, digestion, nutrient absorption, and overall bodily function.
- Focusing on a diet with diverse, wholesome foods, including prebiotics and probiotics (e.g., kimchi, kombucha) to support the microbiome.
- Regular exercise, quality sleep, and stress management all contribute to better gut health and digestion.
- Pay attention to signs like bloating, food intolerances, and stool health; use biomarkers to assess and optimize gut health by adjusting diet accordingly.

## YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



## CALL TO ACTION





# Biohacking 101- Journal

1. What symptoms, like bloating or sleep issues, do you notice related to your eating habits?

2. How would you assess the health of your stool? Schedule a stool test?

3. What steps will you take to intentionally incorporate **probiotics** and **prebiotics** into your diet? Create a plan

4. Review your biomarkers or test results for food intolerances or deficiencies. What adjustments can you make based on this information?

# Biohacking 101- Journal



## SUMMARY

- The skin is the body's largest organ and plays a vital role in detoxification and protection.
- Hydration is key for healthy skin, both internally (through water and minerals) and externally (using moisturizers and oils).
- Hydration for the skin involves drinking 2-3 liters of water daily, with electrolytes if needed, and using oils after showers to lock in moisture.
- Collagen supports skin elasticity and health, and it can be enhanced through diet or supplements.
- Protecting skin from UV rays with clean sunscreens is essential to avoid damage.
- Activities like exercise, saunas, and infrared therapy help the skin detox and maintain health.
- Skin health is linked to sleep, exercise, and a balanced lifestyle—good sleep, stress reduction, and holistic care contribute to better skin.

## CALL TO ACTION

1. Assess what is the current condition of your skin? What specific aspects would you like to improve? (e.g., hydration, elasticity, cracks)

2. Create a plan how would you incorporate **saunas**, **steam**, and other detox therapies into your routine for better skin health?

3. Create a hydration plan, aiming for 2-3 liters of water daily, and include minerals or electrolytes if needed.
- 



# Biohacking 101- Journal

4. What changes can you make to your diet for collagen-rich foods (e.g., fish, berries, bone broth) and consider supplementation if necessary.

5. Do you use a sunscreen. What frequency will you apply it everyday? What habits and purchases will you have to make for it (for example invest in a sunscreen spray or stick to apply on make up through the day?)



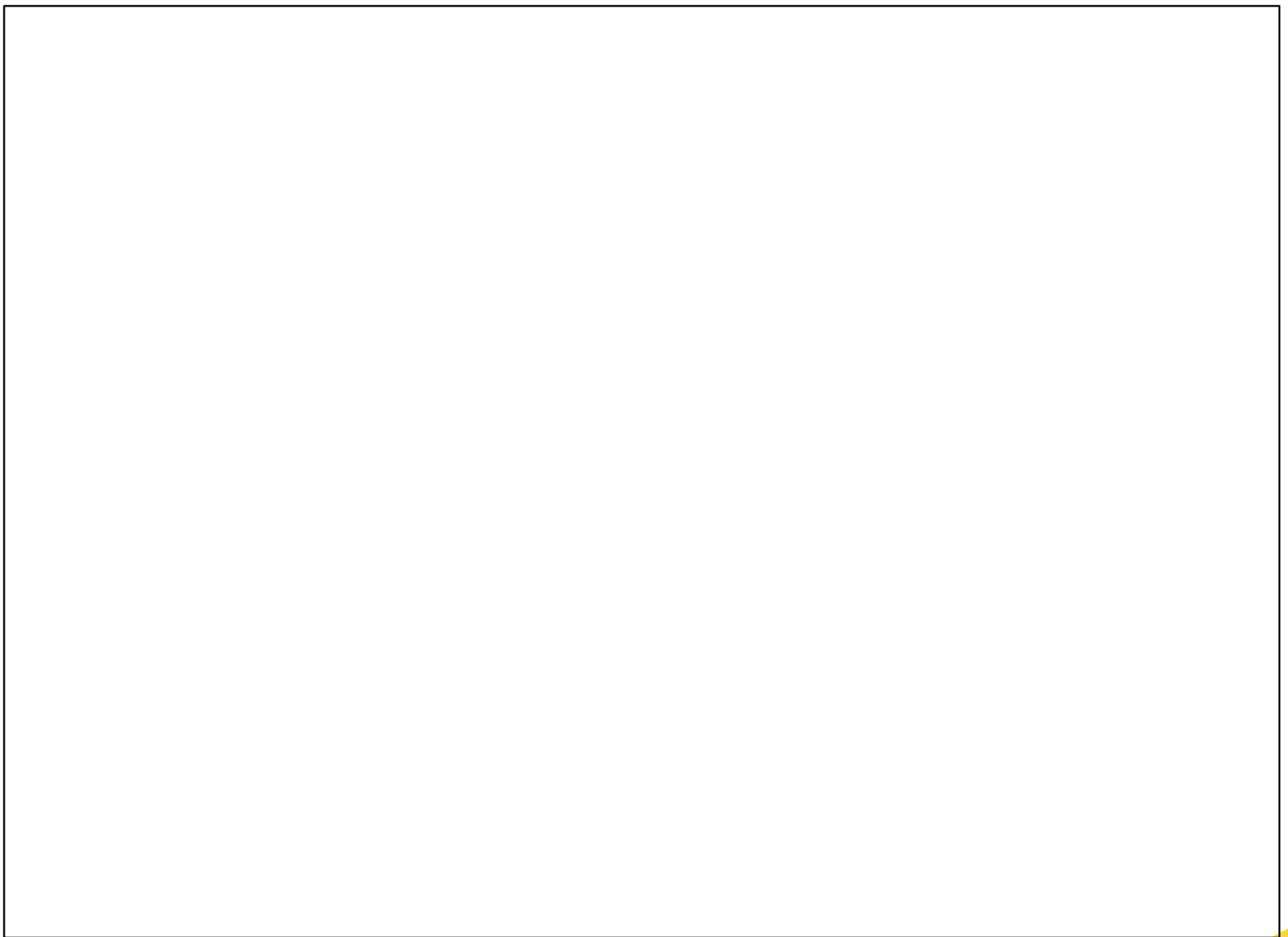
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## SUMMARY

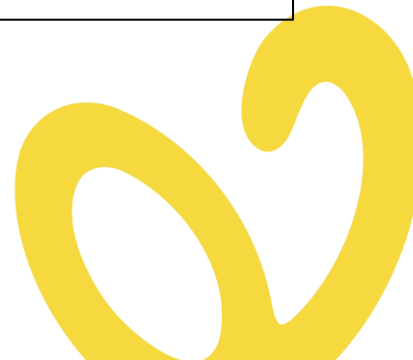
- Cold Therapy enhances recovery, improves heart health, supports the nervous system, burns calories, and boosts metabolism.
- Cryotherapy, ice plunging, and cold showers are effective techniques for cold therapy, recommended for 7-8 minutes at 10°C, 2-3 times weekly, while gradually adapting and avoiding breathwork during exposure.
- Cold therapy should be avoided if there are heart problems or high blood pressure. Women may need caution during certain phases of their cycle. Professional consultation is recommended if unsure.
- Cold therapy, such as cold showers, ice plunges, or dunking the face in ice water, can be combined with heat therapy (e.g., saunas) for complementary benefits.

## YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



## CALL TO ACTION:





# Biohacking 101- Journal

1. Write down the cold therapy techniques you'd like to start with.

2. Try one technique and reflect on how it made you feel afterward.



# Biohacking 101- Journal

## SUMMARY

- Compression Therapy enhances blood circulation, drains the lymphatic system, reduces water retention in limbs, and alleviates muscle pain (especially DOMS) by removing lactic acid.
- Ideal after exercise, in the evening, or during recovery for improved sleep and relief from swelling or water retention, with options for targeted or full-body suits (e.g., preso therapy).
- It uses pneumatic compression to squeeze and release muscles, aiding fluid movement, oxygen delivery, and nutrient flow.

## YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:

## CALL TO ACTION





# Biohacking 101- Journal

1. Schedule your Compression Therapy session. Choose a time, date, and clinic that works best for you.

2. Share a plan for how you will incorporate Compression Therapy into your routine for optimal recovery?

3. After your session, how did your body feel? Reflect on the changes and benefits you noticed.



# Biohacking 101- Journal

## SUMMARY

- Exposure to natural morning light helps reset the circadian rhythm, kick-start metabolism, and prepare the body for the day.
- Red and near-infrared light therapy penetrates tissues to boost recovery, reduce inflammation, stimulate collagen production, and enhance cell nutrient absorption.
- Red light therapy aids in eye health, muscle pain relief, cramp reduction, and improved immunity, with ideal sessions lasting 20-30 minutes daily.
- Early morning light provides a natural alternative by offering a full light spectrum, reducing inflammation, improving mood, and promoting overall health benefits.

## YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



## CALL TO ACTION:

1. Create a plan to incorporate morning sunlight exposure into your routine
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# Biohacking 101- Journal

2. Research red light therapy devices or visit a clinic offering infrared therapy, come back, and share your experience below.

## Lesson 13: Environmental Factors

### SUMMARY



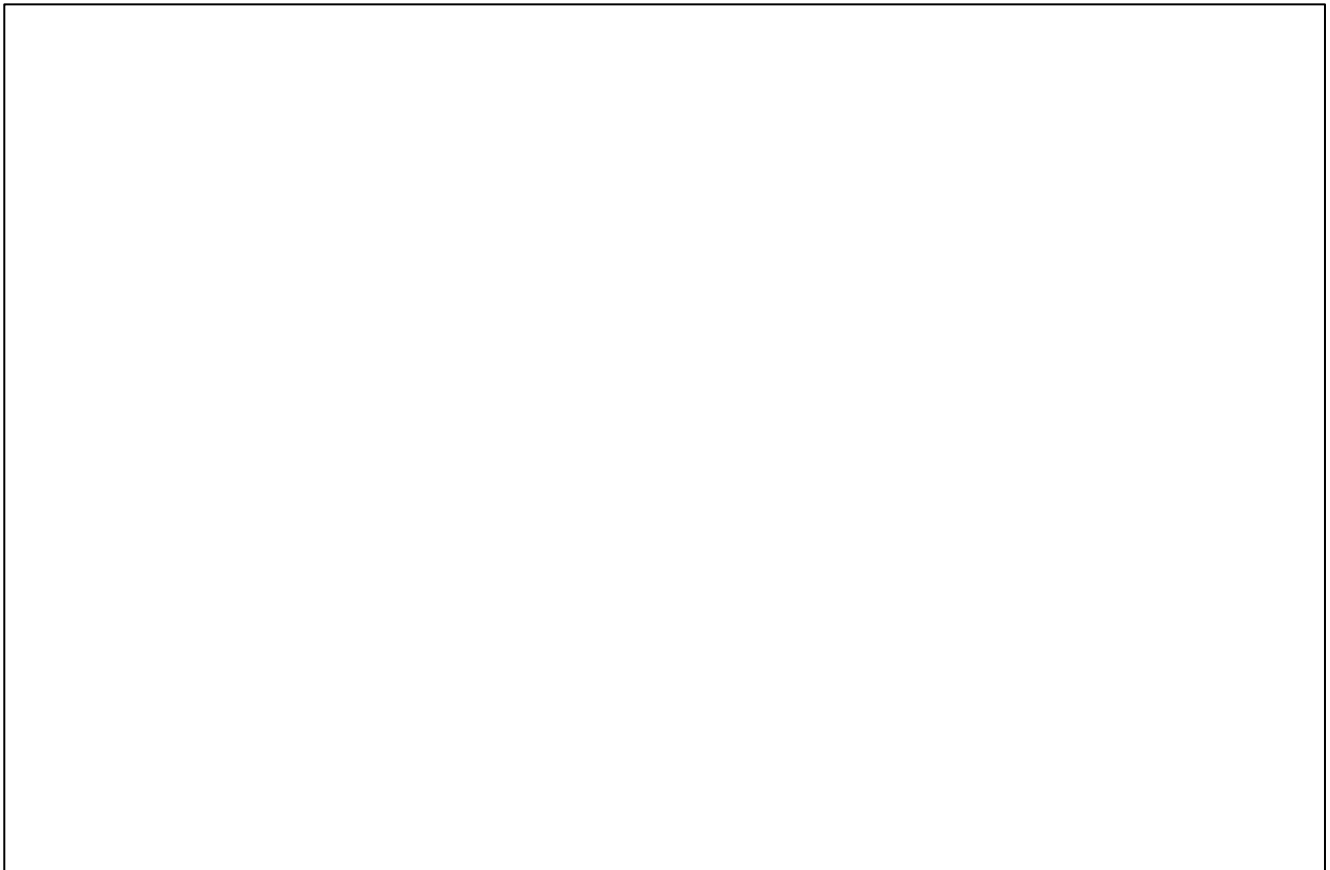


# Biohacking 101- Journal

- Environmental factors, such as water quality, air quality, mold exposure, and heavy metals, directly impact health and well-being.
- Water should be clean and mineral-rich; reverse osmosis systems with remineralization are a good option.
- Air quality can be improved using air purifiers or dehumidifiers, especially in air-conditioned or closed spaces prone to mold.
- Heavy metals can enter the body through dental fillings or large fish; switching to smaller fish and addressing dental issues can reduce exposure.
- Proactively managing your immediate environment is a critical biohacking step for optimizing overall health.

## YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:



## CALL TO ACTION





# Biohacking 101- Journal

1. Check what are your water source for quality and consider investing in a reverse osmosis system with remineralization. Ask your tribe for recommendations and take note below

2. Evaluate and check your home for mold or humidity issues and purchase an air purifier or dehumidifier if necessary.
3. Review your diet, and replace large fish (e.g., tuna) with smaller, less contaminated options (e.g., sardines, anchovies).

4. Create a habit to revisit the checklists provided in the program every 6 months to regularly monitor environmental factors, such as air, water, and mold, in your home and workspace. When will your next evaluation be?



# Biohacking 101- Journal

## SUMMARY

- Social determinants, such as environment, community, and access to resources, significantly influence health and well-being.
- Community building is essential for happiness, longevity, and stress reduction, as evidenced by long-term studies.
- Connection with a tribe and participation in group activities like breathwork, sound healing, or hikes contribute to stronger relationships and improved health.

## YOUR REFLECTION

Take time to reflect on what you have gained from this lesson:





# Biohacking 101- Journal

## CALL TO ACTION:

1. Step out of your comfort zone and connect with your tribe on the platform. Come back and share your experience



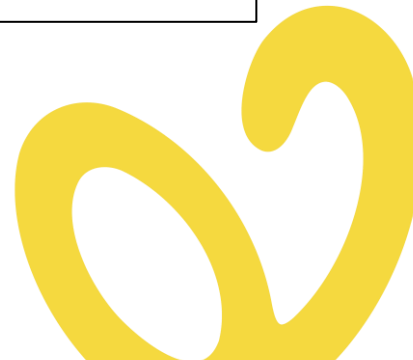
2. Schedule to go to group activities, find like-minded people, and share your what have you planned with you tribe and when.



3. Create a plan to address one key environmental factor impacting your health



[Lesson: Summary](#)





# Biohacking 101- Journal

## Summary: Your Biohacking Journey

Congratulations on completing the Biohacking 101 program! You've taken an incredible step towards optimizing your health and unlocking your full potential. Through this journey, you've explored the key pillars of biohacking and learned how small, consistent changes can create a significant impact on your life.

## Key Takeaways:

1. **Biomarkers:** Understanding your body's unique biology through tests and metrics is the foundation of effective biohacking.
2. **Modalities:** From oxygen therapy and cold exposure to light and compression therapy, these tools are here to enhance recovery, energy, and overall vitality.
3. **Gut Health & Oral Health:** The connection between your digestive system, oral hygiene, and overall well-being is profound. Prioritize prebiotics, probiotics, and regular checkups.
4. **Environmental Factors:** Your surroundings—water quality, air purity, and exposure to toxins—play a critical role in your health. Take control of your environment to reduce stressors.
5. **Stress & Sleep Management:** These are the core of longevity and daily productivity. Biohacking techniques like breathwork, mindfulness, and proper sleep hygiene are essential tools.
6. **Muscle & Movement:** Building and maintaining muscle is a key marker of longevity. Incorporate strength training, cardiovascular exercise, and flexibility into your routine.
7. **Skin & Recovery:** Take care of your body's largest organ with hydration, detox practices like saunas, and red light therapy.
8. **Social Determinants:** Your community and social bonds are as vital as any health metric. Build strong connections and nurture relationships for a happier, healthier life.

## Your Journey Ahead:

Remember, biohacking is not a one-time activity—it's a lifestyle. This program has equipped you with the tools, strategies, and mindset to take control of your health. Whether you're tracking your biomarkers, exploring new modalities, or building a supportive community, you are on a path to longevity and vitality.

Your call to action is to ensure you create your 90-day road map as well as a daily action plan to ensure you exactly narrow down each activity you will be adopting





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Stay curious, keep experimenting, and embrace the journey. The effort you put into biohacking not only impacts your health but also the health and well-being of those around you. **Happy Biohacking!**

