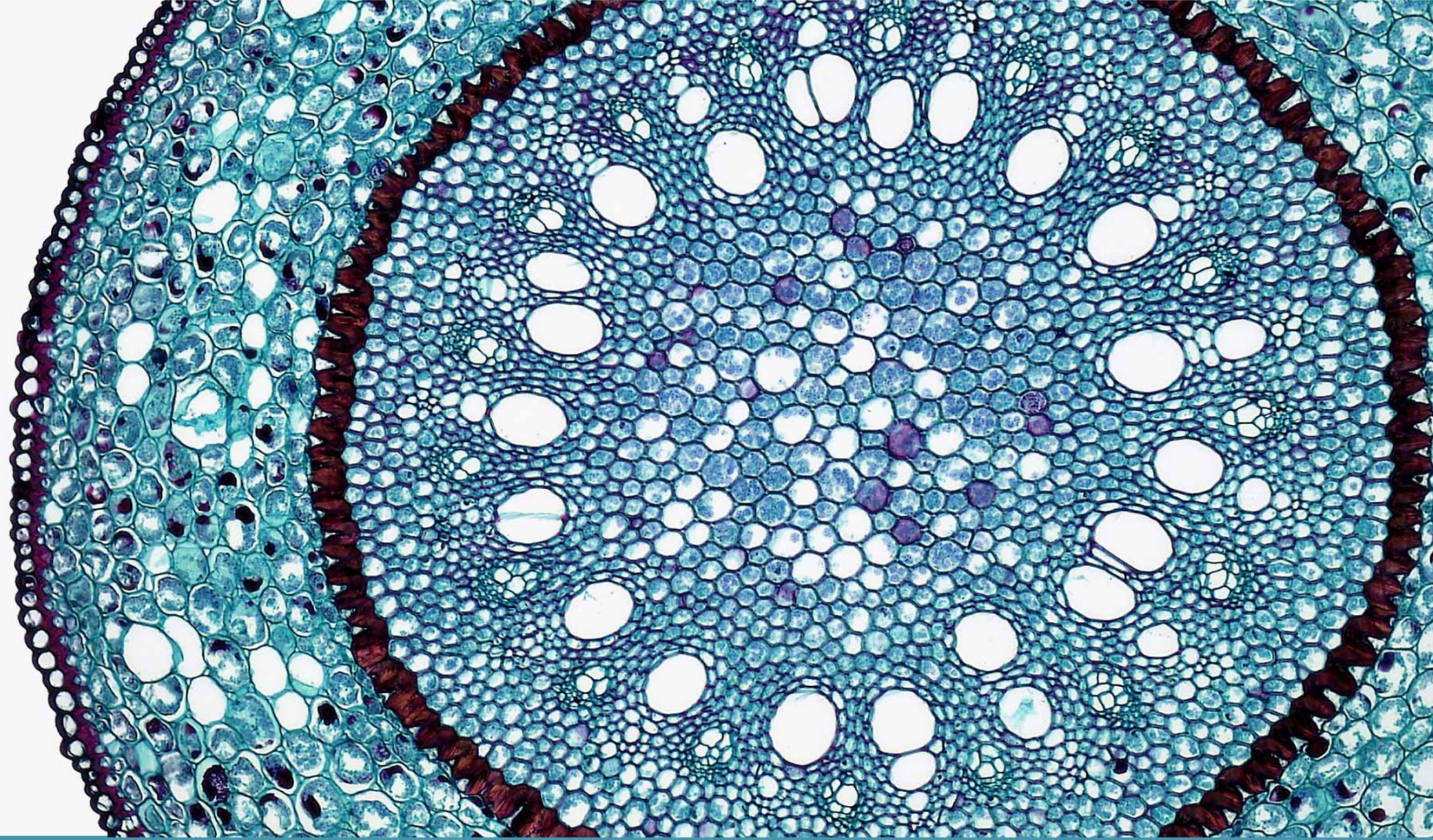




**EVOLVE**  
Human Optimization Labs



# WHAT IS BIOHACKING AND HOW CAN IT HELP ME?

Biohacking is, broadly, mankind's attempt to upgrade or optimize our bodies, our minds, our capabilities, our lifespan...it's humanity 2.0. Biohacking espouses the notion that we need not simply accept our bodies' limitations but that we can "tech" our way past those shortcomings using various methodologies and bio feedback. Don't let the term "hack" dissuade you from exploring biohacking. This is the land of the curious, the hopeful, the clever, the progressive thinkers, the adventurous, the modern-day explorers who turn their expeditions inward.

Biohacking can involve any number of protocols, technologies, supplements, self-monitoring and even self-experimentation with the goal of using modern science to augment our physical and mental abilities. In fact, an argument can be made that all modern medicine started out as biohacking. What if we try this medicine for that disease? What if we use this machine to alleviate these symptoms? Modern medicine can be seen as simply biohacks that worked. Think IVF, heart-lung machines, X-Rays, antibiotics, etc.

But what does the science say? Some biohacks are tried and true, backed by both science and tradition, such as meditation. Other biohacks are newer but the research behind them is quite promising. So what are some reasonable biohacking techniques that are easily accessible as well as effective? Here are several biohacking options we offer at Evolve.



## Saunas

Backed by research the world over, both infrared and Norwegian saunas are a biohacker's delight. You sweat out toxins, you increase circulation, you boost skin and immune function. What's not to love?

## Cognitive Training

From vision training to guided meditation, working out the mind is a powerful way to retrain thought patterns to better serve our current goals; these practices can also increase athletic performance.

## Cold Therapy / Contrast Therapy

This one may sound a bit painful, but the science is absolutely solid: cold water immersion or, even better, contrast therapy (cold, then hot, then cold...repeat) is a biohacking rockstar. From improved circulation to muscle recovery to weight loss to reduced inflammation, cold therapy is proven to do it all.

## Electro Muscle Stimulation

You pop electrodes onto muscles; those muscles are then electrically triggered (which feels as though you're flexing). This is beneficial for beginners struggling with the important mind-muscle connection; EMS is also a great post-workout recovery aid.

## Compression Sleeves

These massage-type boots use compressed air to massage stagnant lymphatic fluid throughout the legs which, in turn, aids in recovery times. These compression sleeves are also great for rehab as well as for conditioning.

## Red Light Therapy

The ultimate goal, here: ATP production. RLT likely has a warm spot in any biohacker's heart; this is where many start their self-propelled wellness and longevity journeys. And with good reason – RLT is another science-backed technique proven to aid in cellular regeneration at many levels.

## Guided Yoga / Interactive Stretching

With an eye toward recovery, flexibility and boosting the mind-muscle connection, yoga and stretching are a biohacking staple. The science is there to back up the positive claims; the ease of use and the accessibility are there. This is a tried and true biohack that is great for beginners and experts alike.



There are many levels of biohacking; some people are content to do weekly floats and take some ashwaganda in hopes of gaining an elevated level of wellness; others get microchips implanted in their bodies, meditate for hours each day and practice extended fasting hoping to add decades to their life.

There is no right or wrong way. Stop by Evolve today and see what resonates with you in your own biohacking journey.



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