



Welcome
Biohacking Girls!





Our story and our Platform



What is Biohacking?

- Not a regulated term
- Dave Asprey: «It is to change the environment outside of you and inside of you, so you have full control of your biology, to allow you to upgrade your body, mind and life.»
- We refer to Biohacking as Health Optimization
- Be our own N of 1
- Be our own doctor

What is biohacking?

- Be willing to test and push your Limits
- Be the best version of Yourself
- Pick your Goal
- Upgrade your Brain
- Upgrade what you put in your Mouth
- Upgrade how you Think, Sleep and Move

Key Idea



«If you can't Track it, You can't Hack it»

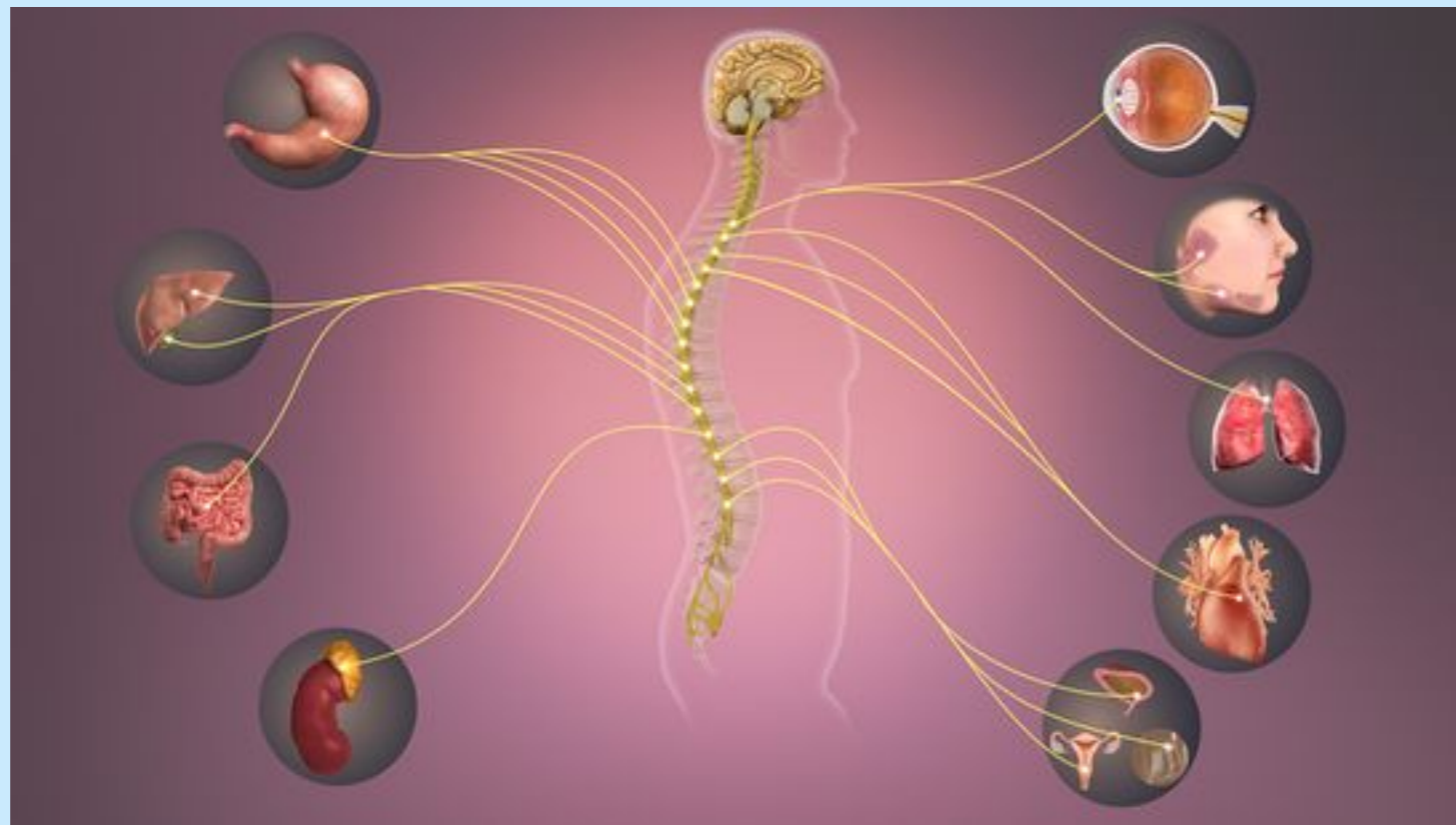
Why listen to us?

- We want better Control of our Health
- Manage Stress
- Have more Energy
- More mental Clarity
- We test, we share, we are honest, we have a community, we support each other, we do the research, we use tech to measure, we try to see the bigger picture, motivate and connect.

We need to understand the Central Nervous System

The Autonomic Nervous System consist of:

- The Sympathetic - «Fight or flight»
- The Parasympathetic - «Rest and digest»



The Sympathetic Nervous System

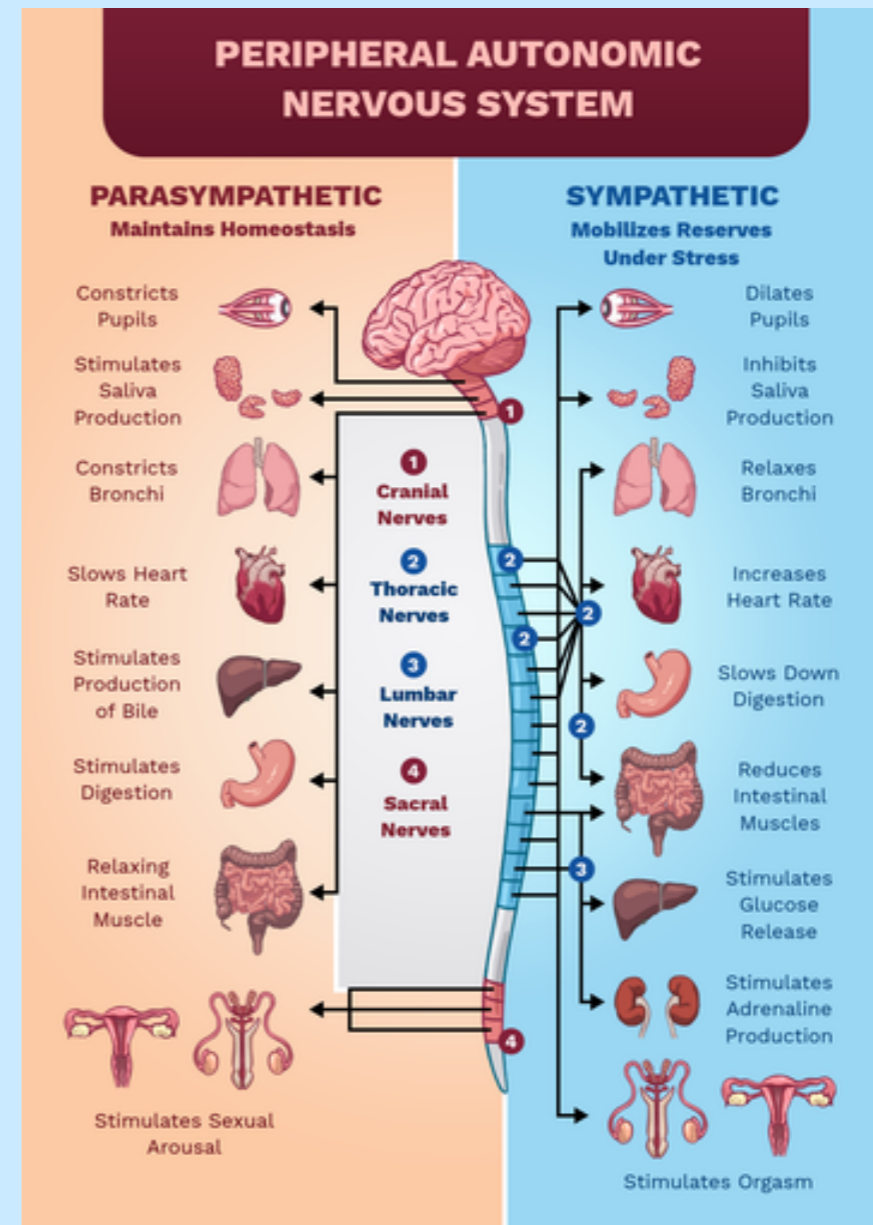
- Modern world keeps us in the sympathetic nervous system
- Helps us take action

Problems:

- Body doesn't know the difference between real danger ex. Running from a bear, and all the stressors of modern life
- Inflammation
- Poor sleep
- Wifi
- Lack of sunlight
- Heightened sympathetic state makes us sick over time

The Parasympathetic Nervous System

- Parasympathetic is there to balance this out - acts like a break
- Restore
- Digestion
- Sleep
- Safety and relaxation
- Strengthen immunity
- Clear brain from toxins



The Parasympathetic Nervous System

- Vagus nerve - vagal nerve is the main nerve of the parasympathetic nervous system
- Inhale - pulse will beat faster - lungs need more energy to fill up with oxygen
- Exhale - pulse will slow down and save energy

HRV - Heart Rate Variability

- Biomarker to measure both physical and psychological illness
- Definition: the time in between the beats of your heart.
- Balanced nervous system - your heart is constantly being told to beat slower by your parasympathetic system, and faster by your sympathetic system
- We want HRV as high as Possible

The Modern World - A Stress War

- Comparing us to others - social media, not even real! New law in Norway to mark pictures on Social media as manipulated - sports - school
- Lots of negative news - 24/7 news input - disasters all around
- Our extreme ability to adapt - always wanting more - never content
- 24/7 feedback

Today's Challenges

- Inflamed body
- 10-20 meds a day is not unusual - blood pressure, blood thinners, cholesterol, diabetes, stomach acid...



Huge relationship between HRV and these diseases:

- Heart disease
- Cancer
- Brain-stroke
- Depression
- Anxiety
- Digestive issues
- Diabetes
- Alzheimer
- Sleep
- High blood pressure
- Prostate issues
- Infertility
- Erectile dysfunction
- Autoimmune diseases



A Biohackers Inspiration is Ancestral Living

- Modern society = Big Pharma
- Medicate to manage symptoms
- How about prevention??
- Inflexible Metabolically
- Takes years for these modern illnesses to show up
- We have to look back to make a new future.

Ancestral life

Enough sleep

Natural Circadian Rhythm

Living outdoors

Natural movement

Enough downtime

Community

Play

Fasting

Few carbs

Normal weight

Varied gut flora

Lots of natural sunlight

Rituals, faith

Fear

Modern life

Not enough sleep

Messed up CR

Living indoors

Sitting still

No downtime

Loneliness

Work

Eating all day long

Lots of carbs

Overweight

No variation in gut flora

Lots of artificial light

No rituals or faith

Anxiety

How does a Biohacker live? How does this work?



Morning routines

- Drink water
- Blue-blockers before sunrise
- Check tech like Oura
- Red light therapy
- Yoga
- Sauna
- Sunlight
- Meditation
- Coffee is the last



During the Day

- No snacking
- Eat meals that contain whole foods
- Avoid ultra-processed foods
- Move and be outside
- Take light breaks

Evening Routines

- 3 hours fast before sleep
- 1,5 h before sleep, turn down the lights
- Blue-blockers after sunset
- Wifi off
- Reading
- Warming the extremities, or a hot bath
- Breathing
- Light stretching

What do we test? We love testing!

- Blood and blood analysis
- Hormones
- Urine
- Gut microbiome
- Strength Dexa scan
- DNA
- Inflammation
- Fatty Acids
- Ultrasound

Techs we use

- CGM
- Ketones
- Oura / Whoop / Garmin
- Weight scale

How do we choose supplements and for how long

- B vitamin
- Iron
- Omega 3
- Adaptogenes
- Mushrooms
- Nootropics



- Whole foods is the bigger supplement + organ meat

Important to test **One thing at the Time**

Rotate your supplements. Take breaks, body adapts and gets lazy

Different supplements during different seasons

Eat foods in season

Break patterns: eat - fast, meal frequency = metabolic flexibility

Listen to your body

Thank you for Listening
to us!

Let's Connect Our
Worlds and Heal

You can find us Here

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