BIOHACKING
for Better Health

Biohacking is a term used to describe various tips and tricks for enhancing the body's ability to function at peak performance. While the market is inundated with different hacks and trends ranging in price there are a few hacks you can do daily for free.

Cold immersion! You have likely heard of cryotherapy or ice baths. Cold therapy will help to reduce systemic inflammation, alleviate anxiety (sometimes almost immediately), increase hyper-oxygenated blood into circulation for healing, promote healthy sleep, and increase mental resilience.

Hack: Take a cold shower or a cold bath. Work your way to the coldest temperature by slowly turning the shower down so you don't shock your senses.

Grounding/earthing. Direct physical contact with the Earth is a means of connecting with the natural electrical charges in the Earth. Earthing can help with better sleep, reduced pain, enhanced wound healing, improved immune response, and prevention and treatment of chronic autoimmune or inflammatory diseases.

Hack: Walk outside on bare ground, barefoot, every morning for a daily restoration in cellular charge.

Standing instead of sitting. Prolonged sitting and a lack of exercise puts a strain on your blood flow and can cause weight gain, cardiac problems, depression, and body strain such as back and hip flexors.

Hack: Look into purchasing a new or used standing desk or set a timer and do a quick walk around the block a few times a day.

Complete darkness while you sleep. Complete darkness while sleeping offers the most natural way to get effective and restorative sleep. The total darkness triggers an increase in naturally occurring hormones that promote healthy sleep and healthy daytime happiness.

Hack: Remove all electronics from your bedroom (make sure a digital clock has a lights-off option) and stay away from them 30-40 minutes before bed.

Laughter! A daily serotonin boost can help to decrease cortisol and the negative health benefits it comes with such as weight gain and depression. Daily laughter helps to prevent depression, anxiety, and other stress-related diseases such as high blood pressure and obesity.

Hack: Game night with friends or family, go to a local comedy club, watch famous comics either on social media or streaming services.

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