

BIOHACKER TIPS IN INFOGRAPHICS



LIFE HACK #1

STAY SHARP WITH THESE TIPS

FUEL YOUR BRAIN:



A BALANCED DIET RICH IN OMEGA-3S AND ANTIOXIDANTS HELPS SUPPORT MEMORY AND MENTAL CLARITY

PRACTICE MINDFULNESS:



REGULAR MEDITATION REDUCES STRESS AND IMPROVES FOCUS

PRIORITIZE QUALITY SLEEP:



RESTFUL SLEEP BOOSTS FOCUS, MOOD, AND MENTAL CLARITY

LIFE HACK #2

POWERFUL PRACTICES FOR A HEALTHY MIND

EXERCISE REGULARLY:



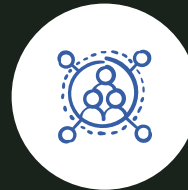
PHYSICAL ACTIVITY BOOSTS BLOOD FLOW TO THE BRAIN AND ENHANCES MOOD

KEEP LEARNING:



CHALLENGING YOUR BRAIN WITH NEW SKILLS KEEPS IT ACTIVE AND SHARP

STAY SOCIAL:



MEANINGFUL CONNECTIONS REDUCE STRESS AND PROMOTE MENTAL WELL-BEING

LIFE HACK #3

COGNITIVE ENHANCERS



PRAMISTAR:

Boosts memory and cognitive function

SEMAX:

Protects against stress and improves focus



SELANK:

Enhances mood and reduces anxiety

BIOHACKING TIPS FOR MANAGING STRESS

Tip #1



Try exercise as a stress buster

Tip #2



Use adaptogens to combat stress

Tip #3



Utilize anxiolytics for daily stress management



OPTIMIZE YOUR MIND FOR ATHLETIC SUCCESS

Tip
#1

Maintain
mental health



Tip
#2

Challenge your
brain



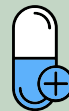
Tip
#3

Improve your blood pressure
and cholesterol



Tip
#4

Branch out to
new supplements



Tip
#5

Get physical
exercise



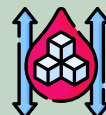
Tip
#6

Eat a healthy diet

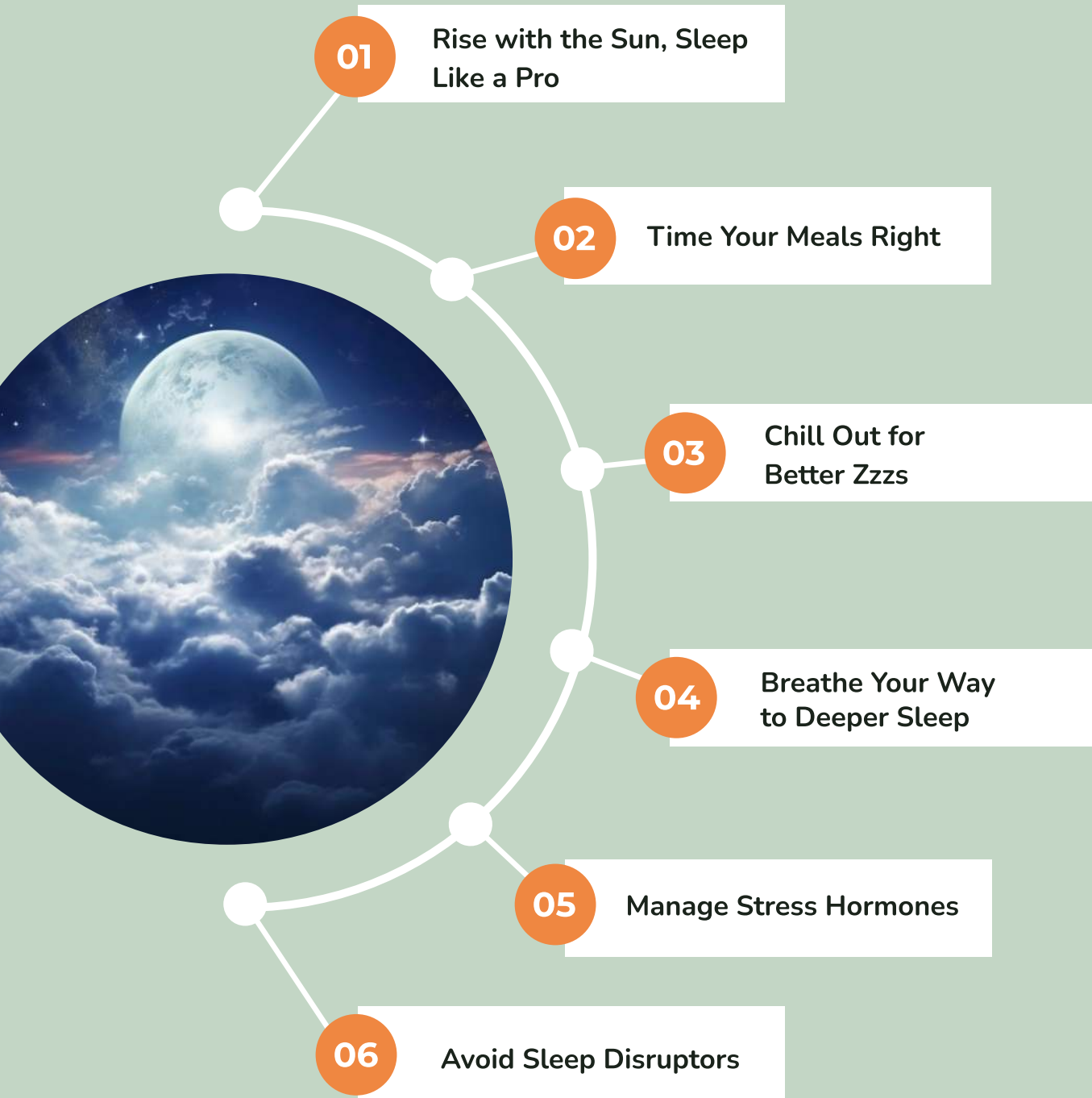


Tip
#7

Maintain low blood
sugar levels



TOP BIOHACKS FOR QUALITY SLEEP



SURPRISING TRUTH:

EXHAUSTION CAN FUEL YOUR CREATIVE GENIUS

Fatigue vs. Performance:

Exhaustion can hinder
typical performance
but may enhance creativity

Brain Activity:

Tiredness boosts
divergent thinking,
essential for creativity

Lowered Filters:

Fatigue reduces mental
inhibition, fostering
unconventional ideas

Daydreaming:

Exhaustion encourages
daydreaming, leading
to unique insights

Rest is Key:

Short breaks can
rejuvenate the mind
and enhance creativity

Mindfulness:

Reflective practices during
fatigue can spark creative
breakthroughs