

BIOHACKING SECRETS

TOP SECRET LIFESTYLE HACKS FOR
OPTIMAL LIVING

CHECKLIST



Biohacking Secrets Checklist

Have you heard other people talking about Optimal Living and are wondering what it is and whether it could help you to achieve more of your goals in life? Of course, living optimally isn't something that always comes to us naturally.

We must implement changes to improve our mental and physical well-being and we can do this by utilizing certain lifestyle hacks. The point of a lifestyle hack is that it's a shortcut or trick to increase your efficiency and productivity in all areas of your life. This checklist will run you through the simple tips to make changes to your life to exploit its full potential.

Chapter 1: Track Your Sleep

Sleep is a vital element for both physical and mental well-being. Without enough sleep, you can't function effectively daily. Not only does a lack of sleep impact negatively on your productivity at work and home, but it can even cause you some serious medical issues.

How and Why Can You Track Your Sleep?

Thanks to the latest technology, you can have access to sleep tracking functionality at home. You can now buy wearable sleep trackers that will keep track of your sleep patterns so that you can become more aware of the length of time you sleep, the stages of sleep that you reach and the quality of sleep that you've enjoyed.

The Benefits of Sleep Tracking

If you invest in a sleep tracker, you can improve your sleep quality and, in turn, the quality of life you can enjoy. More of us are stressed and anxious than ever before, so getting enough quality sleep is imperative.

Chapter 2: Protect Yourself From Blue Light

More of us are now becoming more aware of how blue light can affect our bodies, yet with increased device usage, we're exposed to more of it than ever before. To enjoy maximum well-being, we need to find ways to minimize the amount of blue light we allow ourselves to be exposed to. Why is this the case? Read on and learn more.

How Does Blue Light Affect Your Body?

Understanding how light interacts with our eyes is the key to knowing why blue light is so bad for our well-being. Blue light, has the highest energy waves and this makes it more difficult for the eyes to process effectively.

Blue light is emitted by screens from laptops, smartphones and tablets and eventually causes eye strain, near-sightedness and dry, itching eyes. Even worse, blue light affects the cellular anchors and the retina and can cause Advanced Macular Degeneration at a younger age.

Some experts have even linked obesity to melatonin disruption as well as the development of some forms of cancer. Finding ways to avoid excessive blue light exposure is therefore essential.

How Can the Blue Light Exposure Problem Be Resolved?

Some manufacturers of devices are now recognizing the harm that blue light can cause us and are starting to develop new technological solutions to resolve the problem. Blue-filter covers are available for purchase for VR goggles, mobile phones and laptops and some devices have now integrated “evening modes” into their design which filters out the blue light when you use your device in the evening hours to limit your exposure.

Chapter 3: Drink Alkaline Water

Another useful biohack that you can add to improve your lifestyle is to drink alkaline water. This is one of the latest discoveries in the health and wellness sector and it is something that can easily be implemented in your life.

Why is Alkaline Water Better?

Alkaline water contains fewer hydrogen ions and has a higher pH level than standard tap water. Those who extol the virtues of alkaline water say that the larger number of hydrogen ions helps to provide more hydration when compared to regular water, particularly if you've been working out.

They also believe that regular tap water that has an acidic pH causes too much acid to build up in your cells and blood resulting in a range of health issues.

How to Benefit from Alkaline Water

If you're ready to experience the benefits that drinking alkaline water can bring, you need to know how you can get hold of it. While you can buy bottled alkaline water in stores, you can make it yourself at home with a water ionizer.

The ionized water is directed to the faucet while the oxidized water is directed to a different hose which leads to the sink. The ionized water can then be used for cooking or drinking. As a bonus, the oxidized water is useful as a sterilizing agent that can be used for cleaning utensils, food and hands, and treating eczema and wounds.

Chapter 4: Try Red Light Therapy

RLT or red light therapy is a therapeutic technique which utilizes low-level red-light wavelengths to treat a range of skin problems like wounds, scars and wrinkles together with other conditions.

What Is Red Light Therapy?

RLT or red light therapy is sometimes called PBM or photobiomodulation, LLLT or low-level light therapy, cold laser therapy, soft laser therapy, biostimulation, LPLT or low power laser therapy or photonic stimulation. Red light therapy works by producing biochemical effects in the cells to strengthen their mitochondria.

How to Benefit from Red Light Therapy

You can find red light therapy in use for cosmetic purposes in day spas, gyms and tanning salons. However, there are also several FDA-approved RLT devices that you can buy for use at home.

While these won't be as powerful as those which you can find in medical use, they are effective at combating unwanted signs of premature aging such as fine lines, wrinkles and age spots. If you want to treat a medical condition, however, you'll need to discuss the options available to you with a doctor to ensure you reap maximum benefits.

Chapter 5: Get More Active

We all know that we should get plenty of physical exercise to stay in peak physical and mental shape. However, regardless of this widespread knowledge, many of us still aren't getting the recommended amount of activity on a daily or weekly basis. The next important biohack to add into your life is to add in more exercise every day.

The Problems of a Sedentary Lifestyle

- A higher risk of developing certain cancers
- A greater risk of developing depression and anxiety
- A higher chance of suffering from certain cardiovascular problems
- A greater chance of becoming obese or overweight
- Reduced skeletal muscle mass
- Higher blood pressure
- Raised cholesterol levels

How Can I Get More Active?

- Switch to a standing desk rather than a regular one.
- Take the stairs rather than the elevator.
- Add simple exercises into your work routine.
- Ditch the car. Instead of driving to work or the store, try biking or walking instead.
- Use a resistance ball instead of a regular chair.
- Take short walks during the day.

Chapter 6: Practice Mindfulness

The modern world is certainly a fast-paced one. Many of us find that we're missing out on the enjoyment of the moment. We overlook the way we're feeling at any given time and this can lead to negative consequences mentally and physically in our lives.

What Is Mindfulness?

The term “mindfulness” is used to describe the practice of focusing all your attention purposely on the moment you are in and accepting your feelings and sensations without any judgement. It has been proven to be a major component in achieving overall happiness and reducing stress levels.

How Does Mindfulness Work?

Experts believe that, in part, mindfulness works by helping to enable people to accept experiences and emotions instead of reacting with avoidance or aversion.

Mindfulness can be practiced in many ways. However, the primary goal of mindfulness techniques is to become more focused and alert yet relaxed by paying close attention deliberately to the sensations and thoughts you experience at any given moment without judgement. As a result, your mind can refocus effectively on the present.

Chapter 7: Eat More Whole Foods

Although we all know that we should eat more whole foods, it can be all too tempting to fall back on the junk food and processed food that we find in restaurants and stores everywhere. Junk food is an ever-present feature of daily life in the world today.

The Junk Food Problem

The definition of junk food is food which is poor in nutrients and dense in calories. Over the past few years, convenience and fast food consumption have dramatically increased, and today, around a quarter of the population predominantly consume a processed food diet. As a result, there has been a rising epidemic of chronic diseases.

What Are Whole Foods?

The term “whole foods” is used to refer to food which is closest to its natural state. They are good for us because they bring more nutrients than processed and packaged foods.

Experts suggest that we should all be aiming for whole foods to make up around 75 percent of our daily diet. This will help us to stay healthy, free of disease, with slower aging.

Why Eat More Whole Foods?

- Improved blood sugar levels.
- Improved digestion.
- Higher energy levels
- Reduced pain

How to Eat More Whole Foods

- Switch to traditional oats rather than instant oat cereals.
Switch to whole vegetables and fruit rather than packaged juice.
- Switch to fresh fish rather than frozen or canned fish.

Chapter 8: Add Probiotics To Your Diet

Most of us tend to think that bacteria are dangerous and bad for us. However, this isn't the case. There are many types of bacteria that are beneficial for our bodies. These live micro-organisms are called probiotics, or friendly bacteria, and can help to make your body healthier.

What Exactly Are Probiotics?

Probiotics is a term used to describe the live bacteria which are present in fermented foods and yogurt. They can benefit your digestive system by bringing the balance of the bad and good bacteria in your microbiome in alignment. This ensures you have a lower risk of suffering from many different medical conditions and diseases.

Chapter 9: Cryotherapy

Although cryotherapy has been around for quite a while, it has only recently reached mainstream attention. This is because celebrities have started to extol its virtues, especially sports stars who say that it helps to boost their recovery time after exercise.

What is Cryotherapy?

Cryotherapy has been growing as a trend in wellness centers and spas thanks to its popularity with celebrities and athletes. Those who have this therapy enjoy faster recovery times after working out and believe that the sub-zero temperatures can relieve asthma, anxiety and arthritis, not to mention make the skin look more youthful.

What are the Benefits of Cryotherapy?

Cryotherapy is believed to offer a host of physical and mental benefits. These include:

- Reduction of migraine symptoms
- Reduced nerve irritation
- Treats mood disorders
- Reduced arthritic pain
- Treats skin problems
- Boosted weight loss

Chapter 10: Cryotherapy

Are you worried about contaminants in the air? Do you suffer from allergic reactions or asthma? Do you have pets in your home, or do you live with a smoker? If the answer to any of these questions is yes, you should consider looking at ways to purify your air.

Why do I Need to Purify my Air?

Odors, dust, pet dander, smoke and mold are just some of the contaminants that you can find in the air inside your home and there are some pollutants inside your home which are present in amounts five times higher than in the air outdoors. It's no wonder, then, that so many people experience allergic reactions and asthma. Finding a way to capture unwanted particles from the air like pollen and dust is vital.

There are several things you can do to keep the air in your home clean and pure. One of the best is to invest in an air purifier. You should also vacuum your floors frequently to get rid of dust mites.

You should avoid lighting a wood fire inside your home and avoid smoking inside your property as this will help to boost the quality of air inside your home too.

Of course, you should also remember to regularly change the filters in your vacuum cleaner, air purifier and ventilation system to ensure that the air indoor stays healthy and clean.