

**BIOHACKING
TIPS TO
ENHANCE
YOUR
COGNITIVE
FUNCTION &
LIFE**

WHAT IS BIOHACKING?

Biohacking has an array of definitions, most notably, the do-it-yourself biology. Basically, it consists of making small, incremental changes in your diet, lifestyle, and habits to improve your health and wellbeing. From using biotechnology to enhance your cognitive function to resorting to natural remedies and solutions.

While there are many modalities of improving your life, health, and wellbeing, we will be specifically focusing on biohacking the brain to improve cognitive performance, boost productivity, and ease stress.

Biohacking is a great tool for mastering your highest self & actualizing your full potential.



BRAIN BIOHACKING BENEFITS

1

Higher cognitive function, focus & alertness

By implementing these practices, you can improve your focus, train your memory, and boost your brain capacity to maximize your performance throughout the day and take over your daily tasks effortlessly without feeling overwhelmed.

2

Optimize your life & achieve your goals

Biohacking gives you the tools to improve several aspects of your life and reach your goals easier while having more free time for yourself. Reach unknown heights with ease and grace instead of stress and anxiety.

3

A deeper understanding of yourself

By implementing these practices, you connect into your true self and get a deeper understanding of who you are, what works for you as an individualistic sovereign being, and what makes you stand out.



BIOHACKING HABITS



**Sleeping
Early & Rising Early**



Nutrigenomics



Movement



**Red Light
Therapy**



Nootropics



**Purified
Vortexed Water**



**Regular
Detoxing**



**EMF
Protection**



**Musical
Therapy**



BREAKDOWN

1

Sleeping Early & Rising Early



The simplest and most effective way to boost your brainpower and improve your focus



General rule: 7-8 hours of quality sleep

Because melatonin starts getting produced around 9 PM, and cortisol starts peaking around 7 AM, a good guideline would be to avoid eating 2-3 hours before bed and try to hit the sack between 9:30-11 and rise when cortisol starts to peak, anywhere between 5 AM - 7:30 AM.

2

Nutrigenomics



Food is medicine



Nutrition alters your genes, thus, be conscious about the nutrients you intake, because Balance is the key

Just because members of your family are predisposed to certain diseases, it doesn't mean that you have to be too. A healthy balance of both plant and animal whole foods is always the best idea. In case you do have a dietary preference, make sure to fully research how to get the full range of nutrients to avoid nutrient deficiencies.



**3****Movement**

Releases
endorphins,
dopamine, & gets
your blood moving

Makes you feel good,
releases stress, and
keeps a healthy balance
between mental and
physical activities

Movement therapy is one of the best ways to improve mood by releasing feel-good hormones and metabolic waste, detoxifying the body, preventing diseases, and enhancing your physical + mental wellbeing. Thus, consider practicing yoga, rebounding, dance, cardio, weight lifting, brisk walks, or whatever resonates.

**4****Red Light
Therapy**

Biochemical reaction
to support healthy
cells & skin

Improved bodily
functions, wound
healing, pain, and
inflammation support

The Red Light Therapy works by producing a biochemical effect in cells that support and improve the mitochondria (the energy powerhouse of cells). It also supports wound healing, pain relief, healthy hair and skin, collagen production, inflammation reduction, joint health improvement, and boosted brain function.

Brands like JOOV, Mito Pro, and Revive are some great choices.

REMEMBER

Your daily habits dictate how your day goes. Habits take time to become integral parts of your daily life. Follow the 21/90 rule: Commit to something to 21 straight days for the practice to become embedded in your psyche. Once you've established it, you continue to do it for another ninety days straight for it to become a habit.



5**Nootropics**

Herbs, foods & supplements that improve cognitive function

Improved memory, focus, thinking capacity & better stress management

While many assume that nootropics are prescription drugs, the truth is that nature itself provides the best source of medicinal mushrooms, such as Lions mane, Cordyceps, and Reishi, herbs like rosemary, bacopa, ginkgo, gotu kola, amino acids like L-Carnitine, L-Tyrosine and compounds like choline primarily found in eggs.

67**Regular Detoxing & Purified Water**

Helps release metabolic & lymphatic waste & undesirable substances

Healthier & lighter body + better digestion + a clean head and mind

Herbal cleanses with dandelion, burdock root, nettles, vegetable juice, sauna, sweating, dry brushing, steam inhalation are a few ways to detox. Water purifiers are highly important as tap water contains a plethora of contaminants like heavy metals and toxic residue. Your body is not able to function at its best with toxins in it, thus, aim to use Berkey filters or water distillers such as Synergy Science.



8**EMF
Reduction**

Constant EMF exposure
can disrupt sleep,
contribute to headaches,
fatigue & other health
issues



We can't escape
the EMF radiant,
but we can
manage or reduce
it

The fact that we are using our laptops and phones throughout the day, makes us being constantly blasted with radiation. The constant connection to wifi and cell data can lead to serious health issues including ones with neurological and cellular effects. For protection consider Orgonite Pyramids, EMF Shields, Crystals like Shungite, Fluorite & Aventurine. The easiest way to avoid radiation? Turn off your wifi at night and keep your phone on Airplane mode when not using it.

9**Musical
Therapy**

Supports mental &
emotional wellbeing,
reduces blood
pressure & relaxes
muscle tension



Binaural beats,
white sounds, 528
or 432 Hz, singing
bowls, classical
music

Musical therapy helps improve cognitive function (focus, memory, reward centers) and supports the body's nervous system and heart rate. Anything from alpha, theta waves, binaural beats, nature sounds.

The classical and powerful frequency that sounds like the 528 Hz one is also known as the frequency of love, health, and longevity.



REMEMBER

Your body is like an ecosystem. All of its systems have to be working symbiotically to ensure maximum health. When one system goes down, others eventually will do the same. By adapting these biohacking tips, you will significantly improve all aspects of your life: mental, physical, spiritual, and emotional.

STEP OUT OF YOUR COMFORT ZONE

Growth comes when we put ourselves in unfamiliar positions & learn new things. Biohacking is about finding the tools/habits right for YOUR personal growth

Biohacking gives us the tools to become a better version of ourselves - more creative, more present, more alert & aware and less stressed. It's about finding the right tools to empower you & enhance your life.

Consistency is Key

Got cool biohacking tips? Slide in our DMs on IG or tag us for a chance to be featured on our page!

**KEEP UP WITH OUR JUICY
CONTENT @SHOPNURO**



TEAM NURO

GET TO KNOW US

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