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## BIOHACKING

Manual de los Suplementos y Nootropicos Para el Biohacking. Trucos Para una Vida Óptima

### **Biohacking Manual 2026 Guide**

**Docteur Denys** 

#### **Biohacking Manual 2026 Guide:**

The beginner's guide to biohacking Docteur Denys, 2022 BIOHACKING: A QUICK START GUIDE Samuel James, Samuel Inbaraja using ChatGPT, Welcome to Biohacking A Quick Start Guide This book is your ultimate roadmap to diving into the fascinating world of biohacking a field that merges biology with self improvement techniques to optimize your body and mind If you re new to the concept biohacking might sound like something out of a sci fi movie but it s very much real and accessible Whether you re looking to boost your mental clarity enhance your physical performance or simply live a healthier life biohacking offers practical strategies and cutting edge technologies to help you achieve your goals

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