

MANUAL BIOHACKING



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Primer Biohacking Manual

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Primer Biohacking Manual:

Biohacking: La ciencia de optimizar tu cuerpo - Descubre el camino hacia la salud, el rendimiento y la longevidad máximos Ciro Irmici, 2025-09-10 Desbloquea tu máximo potencial con el poder transformador del biohacking. Biohacking: La ciencia de optimizar tu cuerpo es tu guía completa para dominar la salud, mejorar el rendimiento mental y prolongar la vitalidad a través de estrategias probadas y respaldadas por la ciencia. Explora técnicas esenciales para la nutrición, la optimización del sueño, la gestión del estrés, la mejora cognitiva y el antienvejecimiento, todo diseñado para ayudarte a crear una vida equilibrada, resiliente y vibrante. Tanto si eres nuevo en el biohacking como si ya eres un optimizador experimentado, este libro está lleno de herramientas prácticas, tecnologías emergentes e ideas de bienestar atemporales para apoyar tu camino. Descubre técnicas efectivas de biohacking desde trucos de nutrición hasta potenciadores cognitivos, explora los métodos más impactantes para elevar tu cuerpo y tu mente. Tecnologías y herramientas de vanguardia: aprende cómo los dispositivos portátiles, el seguimiento de datos y los conocimientos personalizados de salud pueden guiar tu viaje de biohacking. Secretos de longevidad y antienvejecimiento: comprende la ciencia detrás de la salud celular, los estresores hormonales y los hábitos que prolongan tu esperanza de salud. Toma el control de tu salud hoy y comienza a vivir una vida de energía sostenida. Enfoque y longevidad con las poderosas técnicas del biohacking.

Mastering the Mediterranean Conrad Riker, Why 93% of Modern Men Are Vitamin D Deficient Beta Males And How to Fix It in 20 Minutes Daily. Are you tired of low energy, brain fog and a body that feels like it's aging faster than your ambition? Why do Mediterranean men outlive you by a decade while eating more fat, working less and napping daily? What if everything you've been told about toxic masculinity was designed to keep you docile and dependent?

- 1 The dawn ritual: Spartan warriors used to spike testosterone backed by 9 clinical studies
- 2 Why Roman legionnaires banned seed oils and how modern diets castrate men
- 3 Architectural tricks to turn your home into a productivity fortress: steal from Maltese dockworkers
- 4 N A S A's 26 minute nap hack that triples afternoon output: proven by Spanish construction firms
- 5 Naval leadership tactics from Phoenician traders to command respect without saying a word
- 6 Bordeaux vintners' 4 glasses a day habit that preserves muscle and outsmarts death
- 7 Crush estrogenic fat cells with the fasting protocol Mount Athos monks use for raw aggression
- 8 Why straight lines in your workspace make you 40% faster at decision making

M I T data: If you're ready to silence the beta male voice in your head, outlive your critics and lead with unapologetic force, buy this book today.

Mucho más que humanos Marcos Apud, 2023-05-01 Mucho más que humanos propone un modelo holístico, funcional e integrativo que aborda a la persona en su dimensión integral: cuerpo, mente y espíritu. El autor, creador de un nuevo enfoque en psicología de alta performance al que define como Psicología de Innovación, combina en estas páginas conocimientos de la psicología cognitiva, el coaching, el biohacking, el neurohacking, las neurociencias aplicadas, conceptos troncales de la medicina funcional y la neuroprogramación entre otras disciplinas. Se trata de un libro que lleva el campo de la psicología a un nuevo nivel de expansión, alejado ya del concepto convencional de la

psicoterapia clásica enfocada en trabajar con el padecimiento y las alteraciones psíquicas y cuyo objetivo es el funcionamiento de la mente en condiciones de salud Por eso capítulo a capítulo ofrece información hacks y secretos para potenciar de manera natural la biología y el cerebro y así alcanzar niveles de optimización mucho más humanos

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