



The Biohacking eBook

**RECOMPOSE
REGENERATE AND
DISCOVER YOUR BEST SELF**

Phil Kaplan

THE FUTURE IS HERE

RECOMPOSE, RE-GENERATE, AND BIOHACK

By Phil Kaplan, Fitness & Weight Loss Expert, Biohacker

For three decades I've empowered people to trade their bodies for new ones. With intensive and strategic exercise, manipulation of macronutrients, strict nutritional regimens including supplementation, and disciplinary lifestyle shifts, people transformed into radically different human beings. Better human beings. In some cases . . . extraordinary human beings.

Over the last seven years, science has brought about radical shifts in “hacking” the human form and function.

Yes. I said “hacking.”

Science has brought us the power, not only to restore health and create biologically younger bodies, but its revelations have allowed us to do it . . . easily. Honestly.

In this short ebook, I want to do two things.

1. Alert you of your new potential
2. Invite you to discover your true potential with a blow-your-mind “Experience.”

Allow me to begin by explaining the concept of “Biohacking,” the science of making the body better in unconventional ways.



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WHAT IN THE WORLD IS BIOHACKING?

If the human body were a machine, and we could figure out, not only how it was built, but how every component of it works, we could find shortcuts, ways to “fix” compromise, and uncover new paths to optimal health and performance.

In a sense, the human body IS a machine, and in truth, we have figured out a great deal about optimizing its components. The challenge in great part is information overwhelm compounded by the opening of the floodgates of misinformation.

Before we mistakenly decide that we are super advanced, that we know all of the things we need to know, let’s gain a droplet of clarity.

Let’s head back in time, coasting through a few generations.

Your great great great grandfather was never stressed by anything posted on social media, nor was he affected by a venomous text. His wife never perceived she needed a refill of a Prozac prescription, nor did she put lotions on her face that contained parabens (xenoestrogens) or phthalates, hormonal disruptors well absorbed through the skin.

The secrets of physical fitness and health are so very simple and your great great great grandfather never needed to study those secrets or find ways to circumvent the world he lived in. The simple secrets apply to all humans, including those who live in New Guinea, in the Amazon, and in the Himalayan Mountains.

Eat as nature provides. Move your body through space with regularity, at times facing appropriate resistance, other times walking a few miles. Sleep at night, wake energized in the morning, be productive and active all day. Adjust to the seasons to stay warm, fed, and hydrated. Drink plenty of clean water. Avoid excessive stressors and maintain a state of gratitude and calm most of the day.

Your great great great grandparents didn’t have to go to a gym, nor did they have to swallow handfuls of capsules. The eggs they ate came from chickens that wandered, foraged, and ate green plants grown in sunlight, natural seeds, wild berries, earthworms, and an occasional beetle or grasshopper. Those chickens never ate a genetically modified corn pellet and they lived their lives among sun, water, and natural greenery.

Today, if you want the nutrition of a free-to-roam-and-forage chicken egg yolk, you'll have to find a nearby organic farm, raise your own chickens, or supplement with beta-carotene and conjugated linoleic acid at the very least.

Here's the lesson. We are designed to find all that we need in the natural universe. Unfortunately, life in the 21st century just isn't as simple as in days of old.

From the development of the car to the development of the smart phone, from the advent of Concentrated Agricultural Feeding Operations to genetic modification of vegetables, well-intentioned scientists have contributed to an unnatural world.

If we live in an unnatural world, we have to make different choices, and if we seek optimal health, we have to find "fixes" for the "flaws" of a synthetic environment, Frankenfoods, and technological stressors.

What we must remember, in the quest for optimal health, is the miraculous ability we were born with, the ability to recompile and regenerate, to completely alter the proportions of the materials our bodies are made of, and to tap into the genetic miracle of cell division and replication. We can build ourselves better. Always.

All of my fitness and transformation programs are educational and in that they provide a road map, but I urge all of my clients and students to keep learning, to keep improving, and to take advantage as is comfortable and available to you, of biological "hacks."

Biohacking is a term that might have, at one time, suggested the "hijacking" of DNA, a topic upon which an ever-growing stream of novels and conspiracy theory have mushroomed. There are biohackers who feed their curiosity and desire by implanting magnets and devices to become more "cyborg-like." When I use the term, my intentions are nowhere near insidious. As modern day biohackers such as Dave Asprey see it, we can tap into technologies to "correct" the absence of what was originally found in nature and optimize our bodies, brains, and minds in areas in which we've been shortchanged. In that sense, providing contact lenses to a near-sighted individual would be a biohack, as would a cochlear implant for someone with hearing impairment.

We understand the miracle within us, we understand technology not only provides distractions, but also allows us to create and utilize devices that may help us "betterize" ourselves.

Changing nutritional habits to facilitate metabolism boosting, fat burning, and detoxification for those who have suffered from a maladaptive response is a welcome biohack.

Simulating natural recovery from a danger-averting fight-or-flight experience by performing a 12-second all-out-burst is a welcome biohack.

Performing biomovements in a basement or bedroom with a medicine ball and stability ball in order to restore biomechanical excellence (sacrificed due to a failure to move, twist, and resist in nature) is a welcome biohack.

Swallowing N-Acetyl Cysteine capsules to increase intracellular Glutathione, mixing organic greens up in a blender and drinking them after a 16 hour fast, and ingesting living bacteria in capsule form to help repopulate the gut with friendly “bugs” are all welcome biohacks.

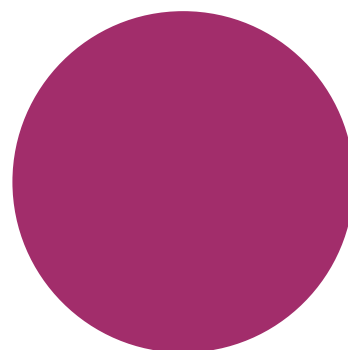
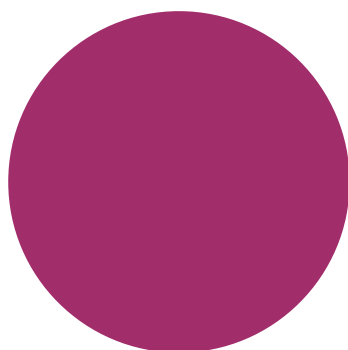
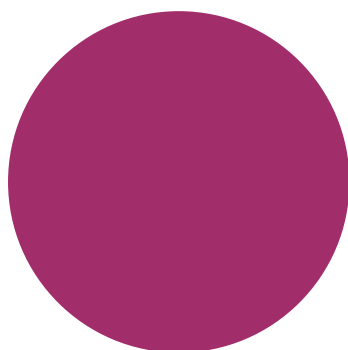
I share this now because I want you to recognize the freedom you have to correct, to improve, and to grow. As people complete my transformation programs, the reality is, they have demonstrated that they are biohackers, committed to using resources, natural and correctional, to live the best life they can in the best bodies they can create.

I am working with large numbers of people all seeing betterment, and by integrating infra-red technologies, negative ion generators, hyperbaric oxygen, cryotherapy, intravenous nutrient infusion, sound therapy, frequency healing, biofeedback, and a host of new technologies, all designed to make up for the void, all to substitute for those life-enhancing benefits mankind is designed to benefit from in nature, we’re seeing stellar results and finding new inroads into physical excellence.

Know this. Whether you simply want to reach a new level of excellence or you’ve given up hope you can regain your previous best, Biohacking can unlock your power, a power you’ve had within you all along. The only limits placed upon how far you can go in discovering new frontiers of happiness, productivity, and excellence are those you’re willing to accept. Accept no limits. Be Better. Always Better.

Following are a few of the Biohacking techniques and strategies I can teach you to benefit from, and if you call or email me within 3 days of receiving this, I can set you up for an “Experience” (valued at over \$250) on me. Comp. No obligation. I simply want you to try it.

“Try what?” you ask? OK... here goes ...



THE AIR WE BREATHE



In a little while I'll discuss strategies that I might call shortcuts to cellular rejuvenation, muscle development, fat loss, and metabolic excellence. Before I get to the mind-blowing stuff, let's start by recognizing the power of oxygen, and further, the ability we have to heighten our use of this vital cellular element, the one we rely upon most.

HYPERBARIC OXYGEN THERAPY

HyperBaric Oxygen Therapy (HBOT) was first utilized to treat a disease known to every trained SCUBA Diver, a condition referred to as "The Bends," or more clinically, DeCompression Sickness. Because the pressure increases significantly as you descend into the ocean depths, a rapid return to the surface can result in a near-sudden pressure change. The genius of the human body allows for "adjusted balance" by increasing the amount of nitrogen gases you hold in brain and body tissues as you descend. In other words, your innate intelligence knows, when ambient pressure changes, it needs to adjust. If a diver ascends too quickly, the tissues don't have time to expel those gases and sometimes severe symptoms resembling those associated with a stroke can result. By rapidly getting a just-ascended diver into an environment of controlled pressure, an environment where oxygen is "pushed" into the cells, the risks of Decompression Disease are all but eliminated. For this reason Hyperbaric Oxygen was a mainstay in training and operating facilities for the Navy Seals. It's only with time that we learned the far-reaching benefits of pressurized oxygen, and today it's clearly one of the most impressive and valuable Biohacks in existence.

Beyond its application for divers, HBOT, by sending pressurized bursts of oxygen into your cells, activates and amplifies your body's healing mechanisms. Genes associated with growth and healing get triggered as inflammation and cell death are reduced. It is far and away the most effective (and natural) technology for wound healing.

It took awhile for us to realize this once-specialized science has power far beyond clinical applications. Flooding the cells of your body with oxygen goes beyond the acceleration of healing. It kills bacteria, increases blood flow, encourages new tissue growth, stimulates the health and development of blood vessels and of the nervous system . . . and “powers up” red blood cells.

How will it help you? If improved health, better metabolism, and energy shifts are important to you, it will help you in ways you can't even imagine. You simply lie in the pressurized chamber and allow this “hack” to work its magic. The benefits include reduction of inflammation, reversal of disease progressions, reduction in oxidative stress (which means it fights the symptoms we associate with aging), improves blood flow to every internal organ, stimulates anti-oxidant production, promotes the creation of your own stem cells, increases stamina, promotes collagen production for better skin, and . . . let's just say . . . improves the transport of nutrients and oxygen to all tissues including sexual organs so it even “pumps up” sexual performance. I'll stop here only for the sake of time. I could easily devote pages to the benefits of Hyperbaric Oxygen alone . . . but we have so much more to cover.

NEGATIVE ION THERAPY

When it comes to “the air we breathe,” I also want to expose you to an influx of Negative Ions.

So far, all I introduced you to was the concept of lying down and allowing pressurized oxygen to improve your cellular health, energy, and well-being. You just lie there. And breathe. Seriously. That's it.

I feel it important to make that point because I've been an advocate of exercise earning my living as a personal trainer, health club owner, author, and speaker, singing the praises of “working out” for decades. In fact, I spent 15 years as a consumer advocate on TV and radio warning consumers to avoid weight loss scams, fitness fraud, and deception. The old “it isn't ever easy” paradigm is now defunct. That doesn't mean you're going to compete in a triathlon or bodybuilding competition without dedication to exercise, but the “hacks” present real-world shortcuts that have demonstrated beyond all doubt “they work.” If I, one of the world's top skeptics, have been convinced you can “just lie there” and improve health and fitness, you better start believing. The science I'm sharing with you is beyond futuristic, and although a short time ago it was out of reach for most people, it's fair to say, the future is here. Betterment through Biohacking is not only possible, it's here for you to experience. Now.

Negative Ion Therapy is another “passive” procedure where you simply “sit and breathe.” Let’s get a quick and basic understanding of how Negative Ions benefit you.

For simplicity, I’ll define ions as molecules that have gained or lost an electron charge. Just as we have a “positive” and “negative” terminal on a battery, at a cellular level molecules are “powered.” If we look at the primary difference between Pos and Neg, we can say “positive ions do damage,” “negative ions stop that damage.”

You’ve experience negative ions if you’ve ever walked on a beach, sat near a waterfall, or stood in nature after a lightning storm. If you’re calling to mind any such experience, you’re recalling it as a time you felt good. Negative ions actually spike serotonin, thus, they make you feel good. In your body molecules break apart due to stress, metabolic processes, and cellular activity. In nature, negative ions are created by sunlight, moving air, and moving water. It’s almost as if nature provides “feel good ions.”

Here’s the great news about this “hack.” You don’t need a beach, mountain air, or a waterfall. With the NanoVi technology, we can extract negative ions from H₂O, yes, plain old ordinary water, and gently blow them into your face. You feel nothing. You simply sit. And get better.

The documented benefits of Negative Ion Therapy range from improvement in mood, reduction in headaches, improved cognition, and enhanced recovery to enhancements in athletic performance.

So . . . by simply modifying “the air you breathe,” we Biohack betterment in your body and life.

For athletes, we have “hacking” strategies, using ordinary pieces of aerobic exercise equipment (bikes, ellipticals, etc.) to take things into the stratosphere. How? Well, we can manipulate the oxygen you have access to by altering periods of mild deprivation with supercompensation and the effects are both immediate and long term. Short sessions, dramatically enhanced outcomes. We also have technologies for compressing and cooling muscles during your exercise session to reduce lactic acid and increase growth hormone production. For athletes devoting upwards of 90 minutes to training, we can show you far better outcomes in 21 minutes. It’s amazing stuff. It’s Biohacking. Now for those who rely upon weight training . . . your world is about to rock.

ARX TRAINING

The ARX is beyond wild. It is a massive machine designed to provide resistance training, but rather than requiring lengthy workouts or “sets and reps,” it challenges you in minutes. Instead of weights or other traditional forms of resistance, the ARX is resistance training technology that uses computer-controlled, motorized resistance. It “adapts” based on your strength output.

I know for anyone used to weight training, what I’m about to say will raise an eyebrow, but I’ll say it anyway. You can get the benefit of a one-hour weight training workout in less than 8 minutes. It’s safe, ridiculously effective, and one of the most welcome “hacks” the world of resistance exercise will ever see.





PULSED ELECTRO- MAGNETIC FIELD THERAPY (PEMF)

There are several delivery systems for PEMF. Some you “feel” and some you don’t, but they are all miraculous in the benefits they offer. Amazingly, using PEMF frequency, “passive exercise” and healing go hand in hand. You simply sit and allow the waves to move through you.

The most dramatic health shifts documented in research using PEMF are related to circulation. The circulatory system is the transport system for vital nutrients as well as for carrying waste away from cells. Here’s a small bit of molecular physiology. Most of the circulatory system’s vessels are tiny little pathways that extend from arteries and veins to internal organs and cellular structures. When the proper Electromagnetic pulses are applied to the body, circulation within the microvessels is optimized, bringing rejuvenation, health, and enhanced recovery to all organs and tissues.

We use a sophisticated apparatus called The Purewave system. You literally lay on a mat, relax, snooze if you want to, and within minutes blood flow is improved. No intensive aerobic exercise. You simply lay on a mat.

While some people may feel “tingly” on the Purewave, the “work” is done below the sensory level. In other words, most people feel nothing as they “hack” their circulatory betterment.

Those very same electromagnetic waves can improve tissue healing, and while the Purewave isn’t typically sensory, the Pulse system takes things to yet another level. The Pulse unit can work to affect the entire body, or specific areas, depending upon the patient / client need. We can pinpoint the “spot” and send PEMF waves into injured tissue to facilitate repair. You “feel” the Pulse waves and we can adjust both the intensity and the speed of the wave.

When the wave and frequency are dialed up, we can consider the PEMF Experience “exercise,” bathing compromised and low-energy cells in a pure, raw energy.

PEMF Exercise is a powerful shortcut and “hack” to optimizing recovery, cellular health, and wellness.

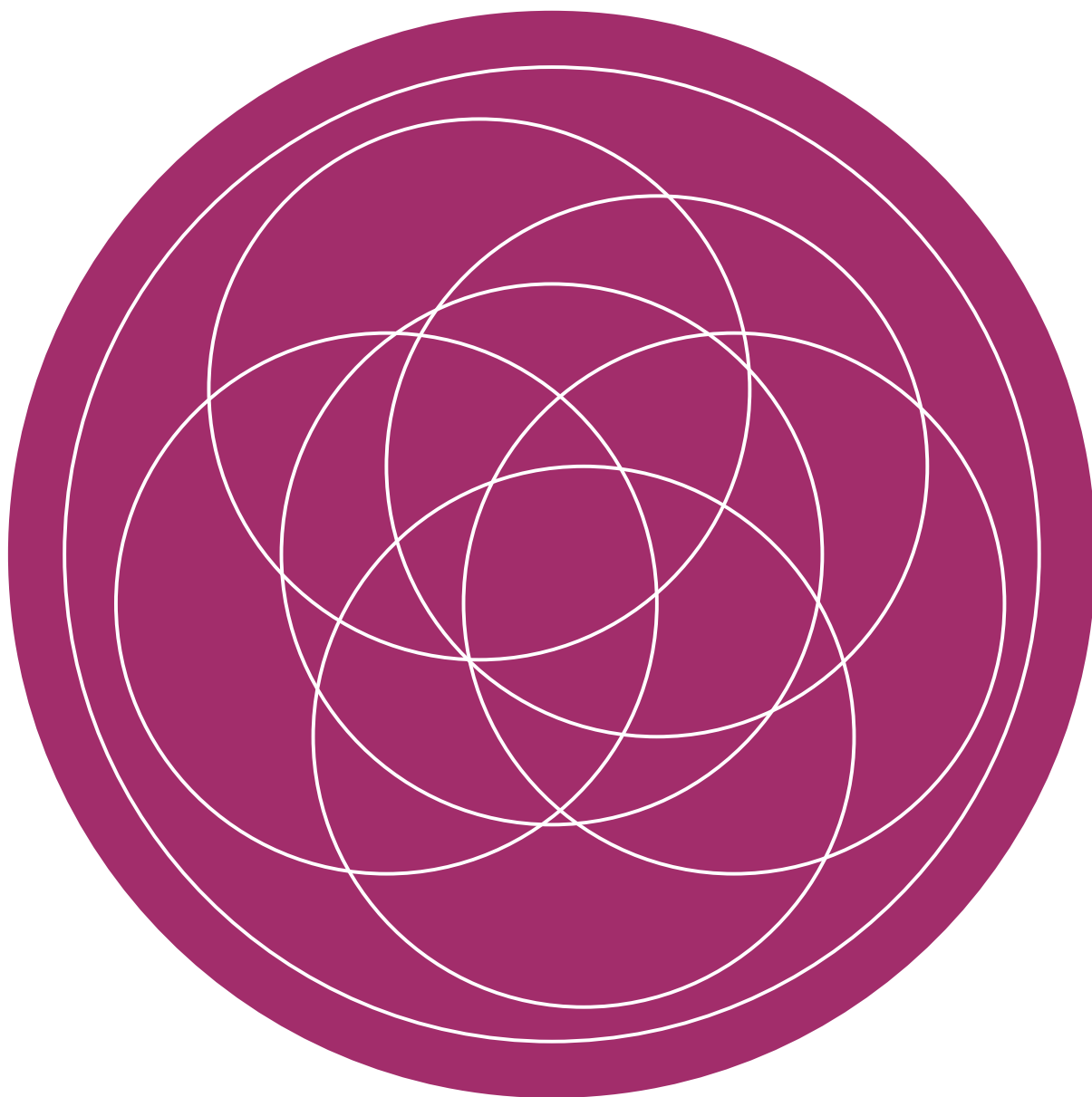
I hope, by now, you’re getting a sense of what “Biohacking” is. I’ve barely scratched the surface.

That’s why, if you live anywhere near Weston, Florida, you want to come in for an “Experience.” The Experience is a fun and thoroughly invigorating exploration of how to “hack” your biology to get you to move toward your absolute best, and you’ve never experienced anything like it.

The reason I’m offering the Experience is . . . there’s simply no way to explain what you’ll feel. You truly have to experience it.

Let’s go a bit further.

Let’s talk about “Light” and “Cold.”



LIGHT AND COLD

Renowned Scientist Bruce Lipton pioneered incredible breakthroughs into the miraculous power we have to regenerate tissue. His landmark studies with stem cells demonstrated that our own bodies produce the material from which we can literally recreate bone, muscle, skin, or internal organs.

When we look both at Lipton's work and subsequent studies of cellular regeneration, we find that "environment" is a key toward dictating how your cells grow and interact. If we can control, at some level, the environment around your body and cells, we can reprogram you to develop better, more resilient, and more functional muscles, bones, and cells.

While we can't control every element of our internal and external environment in our homes and places of work, when we understand the power of manipulating temperature and light exposure, we take on the power of creation.

Let there be light.



INFRA-RED LIGHT THERAPY

Infrared devices are now used by orthopedic practitioners to speed repair and healing of connective tissue and collagen structures. The evidence of its value is magnificent. It's a true breakthrough, and personally I've seen a whole lot of folks suffering overuse injuries from exercise find rejuvenation and repair with simple light therapy.

"Near" infrared is presently used by skin care experts and dermatologists to correct skin issues and reducing irritations, abrasions, eruptions, and even pain. As we begin to examine all of the applications of "red light" therapy, we'd also have to consider "Far" infrared, rays at a greater wavelength, to create a "full spectrum." While "near" has proven effective on skin and surfaces, "far" has been evidenced to strengthen and repair mitochondria, the power centers of your cells.

In simple terms, cells have receptor sites, some of them specific to "photons" or units of light. When we activate those receptor sites, we initiate a cascade of metabolic events including increased blood flow, increased activity of stem cells, and increased cellular and metabolic energy. Infrared reduces inflammation, helps the formation of new tissue, relieves pain, and stimulates the development of new healthy tissue.

Oh, wait . . . what about the negative effects? Well, to date, there aren't any.

There are various ways we can use infrared light and a host of "hacks" that can work to make you better. And better.

Ranging from the Joovv light unit, delivering both near and far infrared light, to infrared saunas the "Experience" will demonstrate the healing power of infrared. I should mention, every benefit I shared (and I only shared a handful) applies to those seeking restoration of health as well as to the highest level athletes.

And that brings us to . . .



CRYOTHERAPY

I'm guessing you've at least heard of this one. We freeze you. I'm being just a little facetious. You spend three minutes in a chamber cooled by nitrogen and your body is exposed to temperatures below negative one-hundred and thirty degrees. Yes, seriously. - 130.

Why would anyone subject themselves to that? Because it's nothing short of amazing. The cold sends blood rushing to internal organs, activates the development of new capillaries and blood vessels, and does wonders for immune function and hormonal optimization. I've had clients report the elimination of migraines, of joint pain, and of muscle ache. Cosmetically it stimulates skin regeneration and reduces signs of aging.

When I say it's amazing, I mean it. Yes, it's cold . . . but truth be told, it's invigorating and everyone comes out of the chamber after three minutes smiling, ecstatic, and in some cases euphoric.

We can include a Cryo session in your Experience if you choose.

Those are only a few of the Biohacks I have to demonstrate for you, expose you to, and play with. I want to make one more point before I again urge you to take advantage of this special offer for a FREE Experience.

Biohacking doesn't require equipment. In fact, most of the people I work with learn to biohack their lives . . . everywhere they go.



BIOHACKING AND WEIGHT LOSS

If fat loss is a goal, if your body has proven resistant to burning stored bodyfat, the “fix” is so simple you won’t believe it seemed to be an insurmountable challenge.

While Cryo, Infra-Red, Hyperbaric Oxygen, and PEMF can all drive fat from the adipose cell into the bloodstream to be burned, there are some very portable and user-friendly “hacks” that you absolutely need to master if fat loss is a goal.

Tell me that weight loss has been in your list of repeated and failed resolutions and I’ll teach you to Biohack the almost immediate speeding of your metabolism, to coax fat out of fat cells and into the fat burning mitochondria, and to cleanse and detoxify freeing your body to perform optimally as it returns to what you perceive to be your ideal weight.

I’ll teach you the greatest nutritional Biohack of all, a concept I’ve named Circadian Nutrition.

I’ll show you how six movements you can do anywhere can radically shift your body composition in a matter of days.

I can invite you to participate in my 21 Day Metabolic Reboot, a program that will allow you to completely transform your body regardless of your history or previous struggles.

There’s so much more.

I’ll teach you Diaphragmatic Breathing and Lymphatic Twisting, two synergistic concepts that empower you to rediscover youthful energy virtually overnight, two synergistic concepts that completely restore your body’s prior ability to utilize oxygen at a cellular level so you experience renewed mental clarity, fat loss ability, and power.

The “Reboot” strategies are all things you can do on your own in minutes, anywhere.

This isn’t “too good to be true.”

This is 21st century science.

The Human Genome Project, a near-miraculous scientific pursuit involving the world’s top genetic scientists, revealed that we are no longer “victims” of our DNA. The old thinking that told us “if your parents had it, you’ll have it” is not only tired, it’s wrong. You can completely alter your genetic expression.

We can also thank recent science for revealing the power we have over disease once we understand “the Microbiome,” the living ecosystem within your gut.

**MAKE AN APPOINTMENT
WITHOUT CHARGE OR OBLIGATION**

Whether you're a male hoping to rediscover your previous best, an athlete seeking every advantage, a woman who has blamed hormonal shifts or age for the addition of fat weight, or a human being ready to understand the miracle of Biohacking, all that's left to do is to call or email and schedule your FREE Experience.

Remember, it's valued at over \$250 and you'll pay nothing.

Call me at 954 384-7227 or email me directly at phil@philkaplan.com.

Whether you call or email, simply say, "I read Phil Kaplan's ebook and he promised me a FREE experience." I or a member of my staff will take it from there.

Looking forward to meeting you, empowering you, and playing at least a small role in your future health, fitness, and excellence!

Phil Kaplan





**“Schedule Your Experience.
Life will change for the better.”**

A CLOSING NOTE FROM THE AUTHOR

You never knew how amazing your body can be. You never believed the journey there can be simple.

You’ve never seen anything like us.

It’s time to defy belief. Email or call for your “Human Betterment” Experience.

TRANSFORM EVERYTHING!

- Phil Kaplan