

# BIOHACKING BASICS

## BIOHACKME COACH



### What if we could defy the traditional limitations of ageing, by unraveling the secrets of longevity through the lens of biohacking?

In a world inundated with information about health and wellness, biohacking emerges as a beacon of hope, offering a personalised approach to optimising human potential, backed by science.

Join expert wellbeing coach and behaviour change specialist, Camilla Thompson for a transformative talk. As she delves into the concept of biohacking; where each small daily adjustment has the power to supercharge your life and elevate your health.

Drawing on cutting-edge research in genetics, health sciences and holistic wellness practices, Camilla, shares her inspiring journey through biohacking to achieve better health, happiness, and longevity. Having lived with a debilitating mysterious illness for almost a decade, Camilla became a dedicated biohacker. Seeking innovative strategies to optimise her health and support her immune system.

### What will the audience gain?



This talk explores the evolution of biohacking, positioning it as the future of living and ageing well by shifting your perspective on lifespan to healthspan.



Camilla fuses ancient therapies with evidence-based modern biohacking technologies, revealing how this incredible synergy can transform your quality of life and support longevity and pro-ageing.



With practical insights into specific biohacking strategies and technologies, drawing from Camilla's personal experiences and the latest global research.



It's impossible not to walk away from this session motivated to supercharge at least one area of your sleep, environment, relationships or diet; one biohack at a time.

# WTF is Biohacking?



## A Global Phenomenon

Making a significant impact on personalised health and longevity. This is attributed to advancements in technology, increased access to health data, research and a growing interest in how people can live longer, healthier lives.



## A Biohacker's Mindset

Embracing curiosity, experimentation, self-responsibility, and a proactive approach to personal wellbeing.



## The Future Paradigm

Of health and pro-aging. Being pioneered by some of the top doctors and researchers all over the world.



## Understanding Epigenetics

And its impact on healthspan through lifestyle choices to influence gene expression.



## Concept of Bio-individuality

Embracing tailored approaches to individual characteristics, needs, gender, ages, demographics and diversity



## A Structured Framework

Key lifestyle pillars include nutrition, sleep, mood, relationships, brain, stress management, exercise, and environmental factors.

### HOW BIOHACKS BECOME HABITS

**Understanding why we need to make a lifestyle change, and what we can do day-to-day to increase our healthspan, is only one part of the equation.**

The real power of Camilla's talk lies in how we can make change happen: How biohacks can become habits.

Camilla shares insights into her Behaviour Change Model. The model Camilla has used for many years, to help people apply behaviour change principles and create sustainable biohacking practices and positive lifestyle transformations.

This talk holds the answer to the question we all ask as we age: **What can I do today and tomorrow, to make sure I live a vibrant, healthy life for decades to come?**