

Jennifer McTigue tells Bio-Hacking can change our Lifestyle

The Rasha Technology



Honolulu, Hawaii Jun 2, 2022 ([IssueWire.com](https://www.issuewire.com)) - [Jennifer McTigue](#) says Biohacking is the buzzword bringing together hi-tech, wellness, anti-aging, and scientific communities; at its most basic, it means doing things with your body or mind that will allow them to work better. In short, biohacking is the process of making tiny lifestyle changes in order to optimize the natural biological functions of the body. For many biohackers, citizens, or DIY biologists, biohacking involves making small, gradual changes in your diet or lifestyle in order to achieve minor improvements to your health and wellbeing. The practice of biohacking involves a variety of techniques and experiments to improve one's self, physically as well as psychologically. Biohacking is basically the practice of altering our chemical composition and our physiological functioning, using scientifically-based, self-experimental methods, in order to invigorate and improve the body. It is a way of changing the body, health, and mind to achieve goals and achieve peak mental states.

[Biohacking](#) is all about optimizing a person's body so it achieves more than what the normal society believes it is capable of. Think of biohacking as using reliable scientific information to enhance your biology and lifespan. Biohacking can be an interesting way to mess around with the biology of your body

and see what makes you feel the best. Whether using supplements, technologies such as Red Light Therapy, or making changes to include a wealth mindset, biohacking is about helping you make lasting, positive changes.

[Biohacking](#), also known as Human Augmentation or Human Enhancement, is DIY biology that seeks to enhance productivity, health, and happiness with strategic interventions. Biohacking involves making lifestyle and diet changes to enhance your body function and wearing wearable technologies that assist in monitoring and managing physiological data. Biohacking is a broad term encompassing an immense array of activities, but it is, broadly speaking, the idea that applying systems thinking to human biology--that is, treating humans like computers--has the potential for massive advances in health and wellbeing.

That may seem pretty straightforward, but biohacking is a broad, amorphous term that can encompass many activities. In fact, biohacking is a broad and amorphous term that encompasses a wide variety of activities everything from sleep tracking, fasting, and meditation, to implants with chips and hardware inside your body. Many biohackers utilize biohacking to optimize their general wellbeing: they believe it enhances physical abilities, cognitive functions, and mental health.

Other Biohackers take the highly technical approach of engineering their bodies, trying to correct flaws and become SuperHuman. In terms of biohacking, however, professionals and amateurs alike are using CRISPR to modify their biology to optimize specific bodily functions, such as getting bigger muscles without having to hit the gym. The key difference between biohackers and the rest of the self-improvement world is the systems thinking approach to our own biology.

If you have got them all mastered, and you still feel the need to invest in some other form of self-optimization for your body, godspeed. You can get optimized with science and experimentation, finding out what hacks the best suit your body.



Media Contact

Jennifer McTigue

jennifermctigue1@gmail.com

Ocean View, Honolulu, Hawaii, USA

Source : Jennifer McTigue

[See on IssueWire](#)