

ISSUE 43

BIOHACKERS

LIFESPANNING

MAGAZINE

BOOST YOUR IMMUNITY

THE REAL SECRET TO
A LIFESPAN WORTH
LIVING



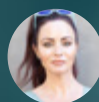
LAUREN LEIVA

BETTER BREATHING,
BETTER SLEEP,
BETTER IMMUNITY



ALEX NEIST

IMMUNITY ON
THE MOVE



VALERIE ORSONI

IMMUNITY 3.0



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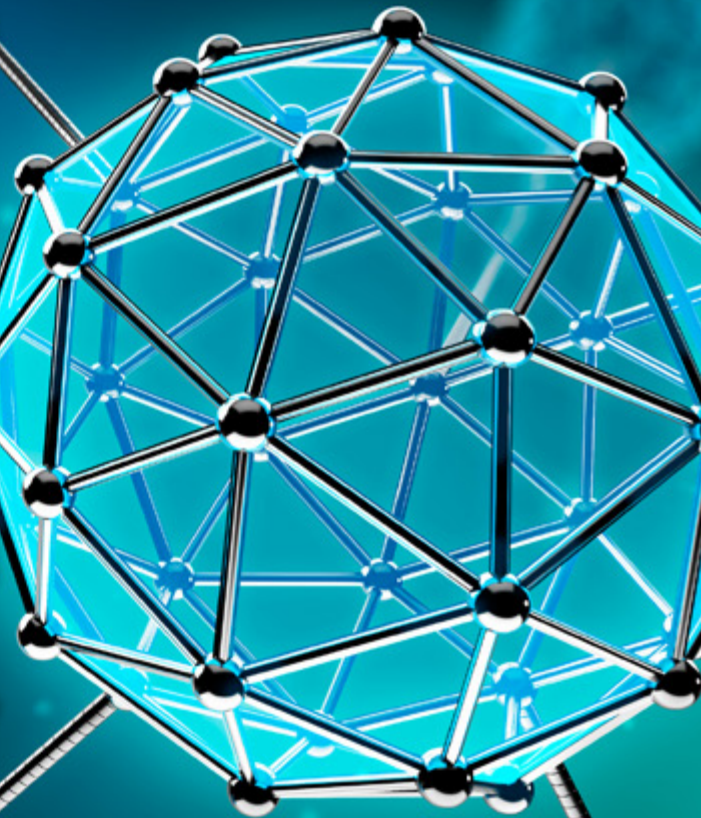
LIFESPANNING

MAGAZINE

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RESILIENCE IS BORN FROM THE SPIRIT

How often we take for granted our immune system's hard work in the background, fighting off pathogens before we even know it, helping to heal us from injuries with advanced signaling and mobilization, keeping us in homeostasis while the battle inside us is continually fought between human cells and foreign invaders.

As we all know, it's an ongoing battle that lasts a lifetime. The battle is never truly won, and the temporary victories aren't really something our physical bodies can take forever. We aren't designed that way. It's when our physical selves brag or become comfortable with our immune system's victories, that the tide of the battle starts to turn.

To put it harshly, Comfort kills. The minute we start to think we're doing ok, or we're at the top and are free from worry, life puts us in check with a harsh dose of reality. Should we be grateful for our health and vitality? – Yes, of course, but not to the point of becoming numb to it and withholding our selves from challenges and experiences that build our resilience. You see, the real key to a strong immune system isn't a physical one, it's a spiritual one. Our spirit animates our body and tells us which conscious actions to take that either make or break our immune health. Are we engaging in enough

healthy risks and obstacles that forge our body's armor with battle worn and confident steel, ready to meet the next wave of worldly attackers? Are we working hard when no one is looking, incorporating those daily foundational habits that provide reinforcement and support to our body's frontline defenses, keeping them supplied to keep the fight going to the end? The truth of the matter is that we can never wish for an easy life – that kills us inside and eventually out anyway.

Instead, we wish for the strength and discipline to endure a hard life full of rich experiences, character molding, and true meaning. Our immune system is fighting for us in the cruel and brutal war against the body, are we using our spirit and mind to make the right decisions to keep us in the fight? Are we giving the right order as Generals to our Immune soldiers? Time will tell.

“If you look for truth, you may find comfort in the end; if you look for comfort you will not get either comfort or truth—only soft soap and wishful thinking to begin, and in the end, despair,”
- C.S. Lewis



About Dallas McClain

Born in the USA, Dallas is a passionate reader of theological and personal development books. He holds a bachelor's degree in Biological Sciences. Teaching English abroad, Dallas has been immersed in various cultures and backgrounds while making friends all over the world. He is a Catholic Christian and enjoys time outdoors while being a tennis enthusiast. He is the Co-founder and Editor of Biohackers Update Magazine. He is currently living in Orlando, Florida with his wife & children, where he enjoys writing, sports, and nature hikes in his free time.

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IMMUNITY: YOUR FIRST LINE OF LONGEVITY

In the world of Lifespanning, we often talk about biological age, biomarkers, peptides, and the tools of cutting-edge longevity science. But if there's one system that acts as both a gatekeeper and a guardian to how long, and how well we live, it's immunity.

Immunity doesn't limit itself to avoiding colds or fighting off seasonal bugs. It's your frontline defense against aging itself. Chronic inflammation? That's the immune system misfiring. Cancer? A failure of immune surveillance. Even neurodegenerative diseases have immunological roots. In other words, longevity begins, and often ends, at the immune level.

On a personal note—this issue hits close to home. With a heavy heart, I share that my mother passed away on June 25th following a sudden and aggressive septicemia. It was a brutal reminder that even in an age of advanced tools and knowledge, our immune systems remain both incredibly powerful and terrifyingly fragile. Her passing underscores why this work matters. Why we keep pushing. Why we refuse to accept decline as inevitable. This issue dives deep into that truth.

We explore how to train the immune system, not just support it. You'll find protocols, nutrients, peptides, and lifestyle interventions to fine-tune your defenses without sending them into overdrive. We talk immunosenescence (aging of the immune system), but also immuno-rejuvenation, how you can reverse some of that decline. From thymic peptides like Thymosin Alpha-1 to newer research around GDF-15 and senolytics, we're not just sharing science, we're handing you the controls.

Here's the thing: in a world obsessed with aesthetics and performance, the immune system is often forgotten. But if you're serious about living to 100+ with strength, clarity, and vitality, immune resilience is non-negotiable. It's not the flashy part of biohacking, but it's the foundation.

At Lifespanning, we don't just want you to survive longer, we want you to thrive longer. That starts with knowing what's protecting you from the inside out. This issue is your playbook.

Live Long. Live Young. Be a Lifespanner.

About Jean Fallacara

Jean, a visionary entrepreneur and neuroscientist, is a pioneering biohacker and founder passionate about merging science, art, and technology. With a remarkable IQ of 167 and an MIT background in AI, VR, XR, Biochemistry, Genetics, and Biotechnology, he's earned numerous awards and distinctions. Having founded ventures like Z-Sciences, he strategically led its acquisition by inTEST Corp in 2021. As the Founder of Lifespanning Media, Jean aims to mainstream human longevity, emphasizing well-being and longevity exploration. His mission involves social connection, life-science education, and multi-media content to redefine lifespan boundaries. Beyond technology, Jean embraces a holistic lifestyle in Miami Beach, prioritizing family, self-optimization, and gratitude.

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IMMUNITY:

THE REAL SECRET TO A LIFESPAN
WORTH LIVING

By Dr. Lauren Leiva, DPT, CPT, MDNC, GRS, FNS, RYT



Immunity isn't just the thing that keeps us from catching a cold. It's our body's command center for protection, repair, and long-term resilience. From birth to old age, it shapes how we heal, how we age, how we feel, and ultimately, how long we thrive. And in a world where new viruses, rising stress, and longer lifespans are the norm—not the exception—understanding and supporting immunity is no longer optional. It's essential.

Immunity isn't one system—it's an orchestra. And if you want that orchestra performing at its peak well into your 80s, 90s, or beyond, you need to tune every instrument: nutrition, sleep, movement, mindset, detox, and regeneration.

What Immunity Actually Is

Our immune system is divided into two key parts:

1. Innate Immunity

This is your first responder team. It acts fast—within hours—using barriers like skin and mucosa, along with white blood cells like macrophages and neutrophils. It doesn't discriminate; it just attacks.

2. Adaptive Immunity

This is your learning team. It takes longer to activate but is highly specific. B-cells and T-cells identify invaders, learn from them, and remember them—so next time, the threat is handled swiftly. This is also how most modern interventions (like immune IVs and advanced therapies) help prepare or support your system.

Immunity Across Your Life

Birth to Early Childhood

- Breastfeeding and maternal antibodies give newborns a shield.
- Exposure to safe environmental microbes helps the immune system learn the difference between threat and harmless substances.
- Diet and movement start setting the tone for long-term immune regulation.

Young Adulthood

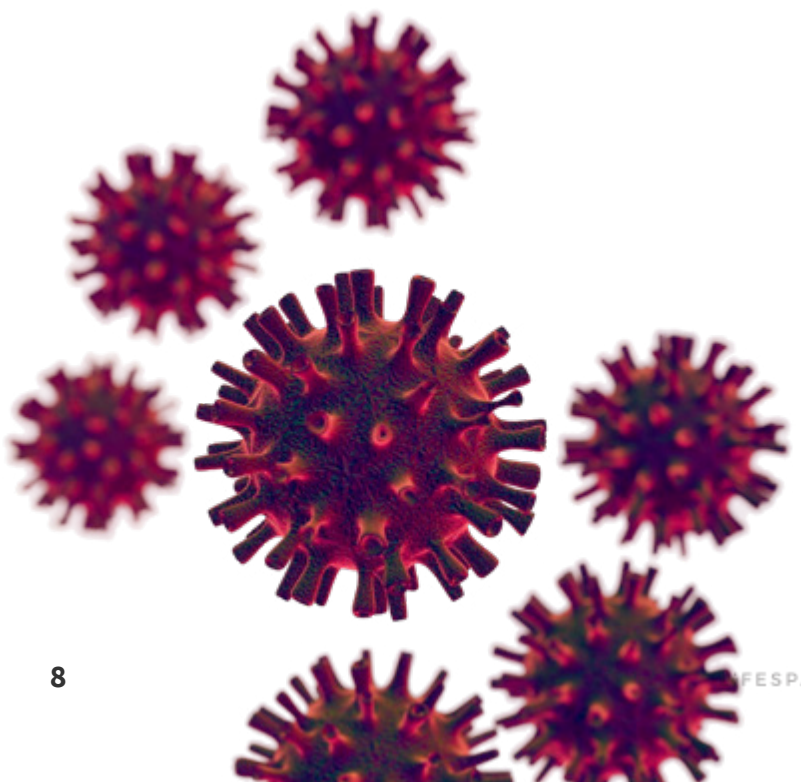
This is peak immune performance—your body is primed, inflammation is low, and healing is fast. This is the best time to build habits that protect you later: high-quality sleep, gut health, exercise, and smart recovery.

Middle Age

The body starts to shift. Chronic stress, inflammation, processed food, and poor sleep may chip away at immune strength. This is when you need to get serious about lifestyle hygiene, supplement strategy, and protecting your boundaries.

Later Years

Immune efficiency declines, T-cell diversity drops, inflammation rises ("inflamm-aging"), and infection recovery slows. But resilience is still possible—if you're supporting mitochondrial health, detox pathways, and hydration, you can absolutely stay strong.



Why Immunity Is Your Real Healthspan Lever

In a longevity-focused world, immunity is the infrastructure. It's not the flashy part—but without it, nothing else works:

- New Pathogens: COVID taught us that our immune systems are only as good as their weakest link.
- Chronic Disease: Heart disease, diabetes, autoimmune flares—all tied to immune dysregulation and inflammation.
- Gut and Skin Health: The gut houses over 70% of immune tissue. The skin is a physical and biological defense.
- Energy and Mitochondria: Your mitochondria power your immune system. No energy = no immunity.



The Queen's Top 10 Immunity Suggestions

These aren't just hacks. They're foundations for lifelong resilience. Your daily habits either train your immune system or tax it. Here's what works, what matters, and what makes a difference.

1. Eat Immunity-Rich Foods

Whole, alive, nutrient-dense. Go for foods that feed your cells and starve inflammation:

- Bright berries and leafy greens for antioxidants
- Garlic, ginger, turmeric for natural antimicrobial and anti-inflammatory action
- Protein (animal or plant) to build antibodies
- Omega-3 fats for immune modulation
- Fermented foods like kimchi, sauerkraut, and kefir for gut health

Eat like it matters—because it does.

2. Move More, Sedent Less

Exercise does three crucial things for immunity:

- Increases lymph circulation (your immune drainage system)
- Reduces visceral fat, which produces inflammatory signals
- Releases feel-good chemicals that suppress cortisol

You don't need a bootcamp. Daily walks, strength training, and stretching are more sustainable—and more powerful long-term.

3. Hydrate Like You Mean It

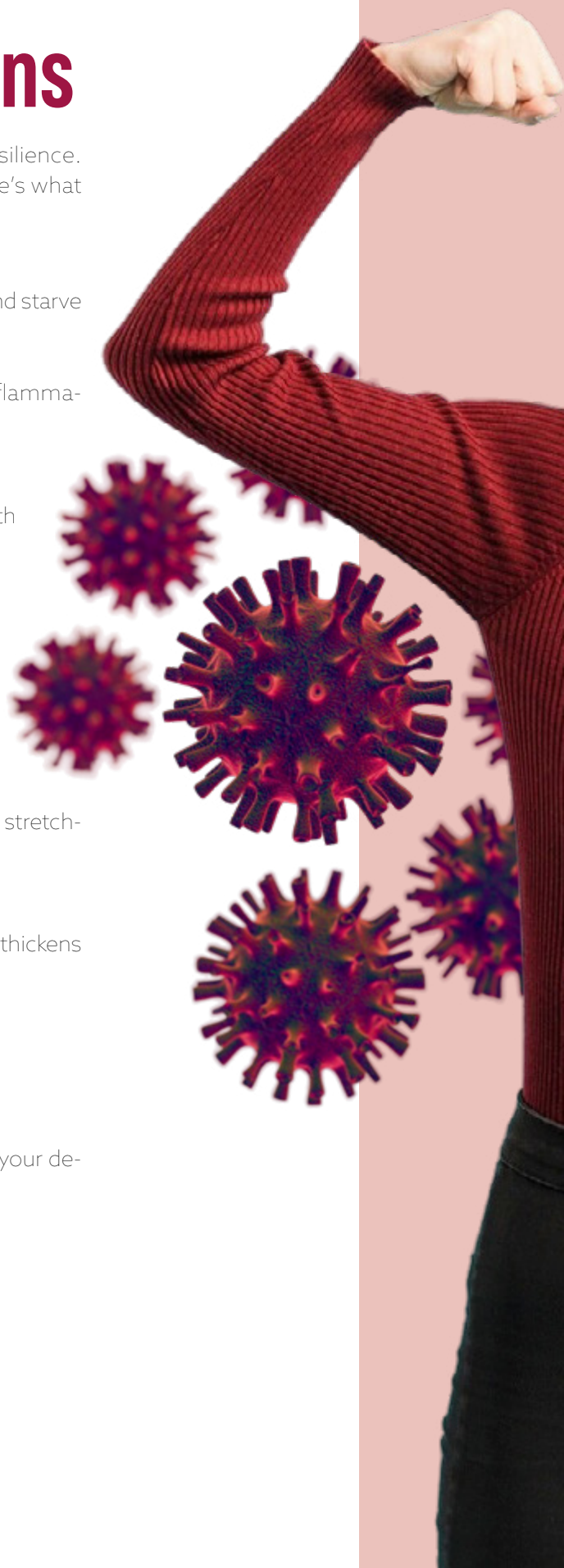
Dehydration is one of the most overlooked immune killers. It thickens lymph, slows detox, and impairs mitochondrial function.

- Drink water, not sugar.
- Use electrolytes, especially when flying or sweating.
- For travel: hydration starts before the flight.

4. Support Detox Pathways Daily

You can eat the perfect diet and take every supplement—but if your detox pathways are blocked, none of it lands.

- Liver: Cruciferous veggies, milk thistle, castor oil packs
- Lymph: Dry brushing, rebounding, red light therapy
- Gut: Fiber, magnesium, movement
- Skin: Infrared sauna, sweating, clean skincare
- Kidneys: Hydration + minerals





Pair this with mitochondrial support—CoQ10, NAD+, PQQ—to power your immune response at the cellular level. Mitochondria are where energy and immunity intersect.

5. Skin as an Immune Organ

The skin is more than a beauty concern—it's your front-line immune barrier. And when you're flying or stressed, it suffers.

That's where Young Goose comes in. Their Hyperbaric Mask is like armor for your face: it hydrates deeply, stimulates oxygenation, and locks in skin barrier protection—especially useful on planes or during travel. This isn't fluff—it's science-based skincare that respects the immune system's first defense.

6. Drip Before You Dip

Why wait to feel run down? Immune support works best before you crash.

Clinics like Liquivida and DripBAR offer IV drips loaded with vitamin C, B-complex, zinc, glutathione, and hydration. They're amazing before or after long flights, big events, stressful weeks—or as part of a proactive seasonal regimen.

You don't always need them—but when you do, they deliver.

7. Smart Supplementation

Not all supplements are created equal. And if your gut isn't absorbing them, they're wasted.

Enter Scandilabs' liposomal formulas—designed to deliver immune-supporting nutrients like vitamin C, D, glutathione, and zinc directly to your cells. Liposomal technology ensures absorption even if your digestion is compromised.

Supplements shouldn't be trendy—they should be targeted and bioavailable.

8. Sleep Like Royalty

Sleep is when your immune system recalibrates. No quality sleep = no quality immunity.

Upgrade your sleep tools:

- Grounding covers help reduce inflammation and EMF exposure
- The Sleep Crown pillow blocks out light and muffles sound, encouraging deep rest
- Keep your bedroom cool, dark, and screen-free
- Stick to a wind-down ritual: stretching, herbal tea, no doomscrolling

Treat sleep like your first meeting of the day—and show up for it.

9. Stress Less, Recover Harder

Chronic stress erodes the immune system faster than poor diet. It depletes minerals, disrupts sleep, and spikes inflammation.

Daily rituals that reset the nervous system:

- Breathwork
- Journaling
- Walks in nature
- Deep conversations
- Digital breaks

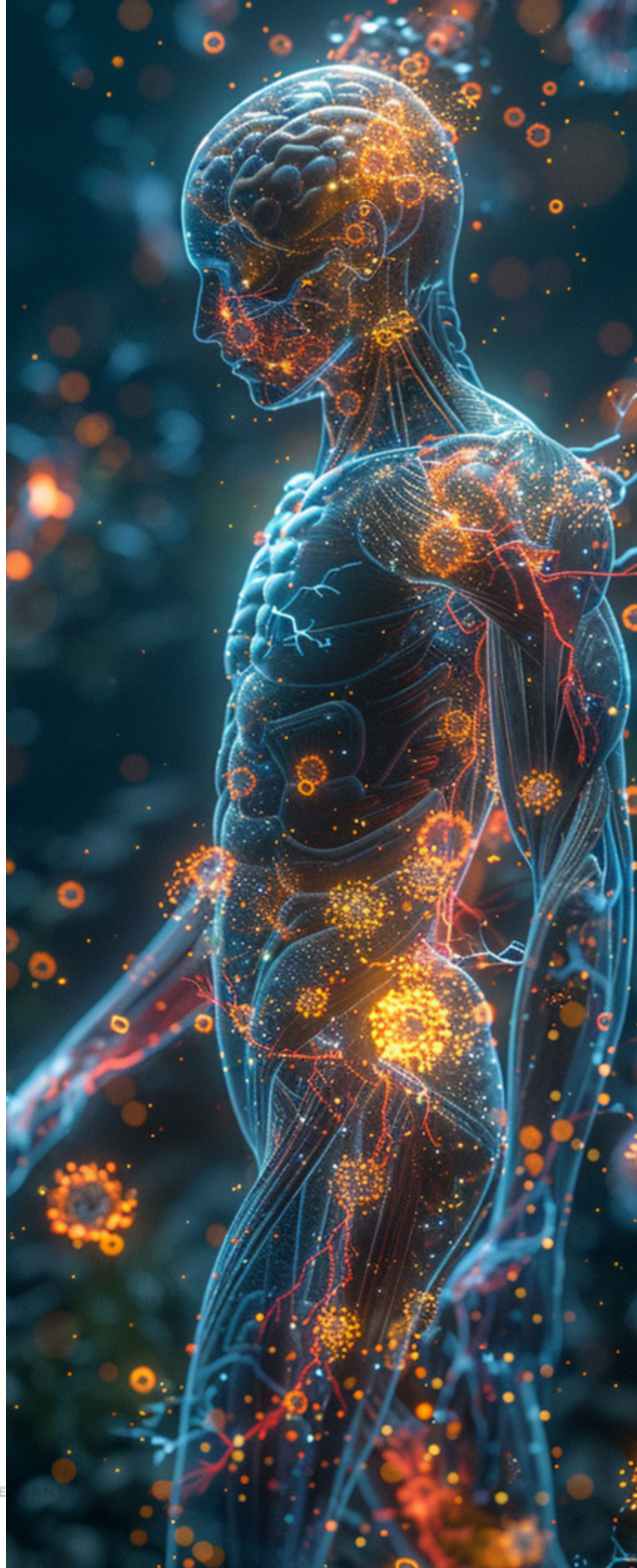
Stress is inevitable. Recovery must be intentional.

10. Protect Your Energy—Literally and Metaphorically

Your environment shapes your immune tone. That means who you talk to, what you consume (mentally and physically), and how you protect your nervous system.

- Avoid doom cycles and energy vampires
- Create a calm, clean space
- Set boundaries around time, tech, and toxic dynamics
- Prioritize people and experiences that restore you

Immunity isn't just biology—it's energetics. Protect your peace like your life depends on it. Because it kind of does.



The Final Word: Immunity Is Your Power Source

You're not fragile. Your immune system is designed to adapt, respond, and evolve. But it needs support. Especially in the modern world—where we fly often, scroll constantly, and run hard.

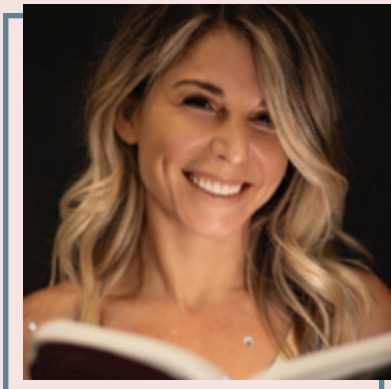
Immunity is the real longevity strategy. When it works, everything else does too: brain clarity, skin glow, mood stability, energy, and long-term health. When it falters, things unravel quickly.

The good news? You have way more control than you think.

You don't need to be perfect. You just need to be consistent. Hydrate. Sleep. Move. Detox. Supplement smart. Protect your skin. And above all, treat your immune system like it's your life's security detail—because it is.



DR LAUREN LEIVA



[@theexersciencecenter](https://www.theexersciencecenter.com)



Dr. Lauren Leiva, DPT, seamlessly integrates ancient divine wisdom with the forefront of modern medicine and Biohacking techniques. Her holistic approach transcends conventional boundaries, weaving together the realms of mind, body, spirit, and heart. As a practitioner, Dr. Leiva attunes herself to the unique needs of each patient, addressing both tangible and intangible forces influencing the human anatomy.

Her innovative fusion of physical therapy with an understanding of energetic dynamics has proven instrumental in caring for a diverse range of patients, from local families to elite NFL players in Tampa, FL. Dr. Leiva's nurturing capacity extends beyond her professional roles, as she embraces the titles of mother, wife, daughter, sister, yogi, and Doctor of Physical Therapy.

Her journey from a hospital bed to a successful practitioner is a testament to resilience and determination. At the Exerscience Center in Tampa, Florida, Dr. Leiva provides compassionate care, meeting every patient's needs with understanding and compassion.

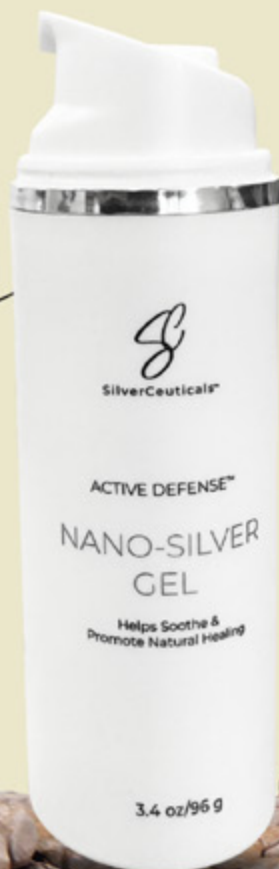
Dr. Leiva's life and clinical work serve as an inspiration and beacon of hope for those seeking holistic well-being. She is also a captivating speaker, with multiple engaging topics to share. Recently, she was filmed for the Biohack Yourself Documentary, further showcasing her expertise and passion for Biohacking.



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LONGEVITY BRAIN HEALTH RESEARCH ANNOUNCEMENT

Rejuvenating the Aging Brain Study
at the University of Copenhagen

The Longevity Science Foundation (LSF), a 501(c)(3) nonprofit organization dedicated to funding research aimed at extending the healthy human lifespan, is proud to announce a grant award to the University of Copenhagen's Department of Cellular and Molecular Medicine, for the study "Rejuvenating the Aging Brain." The research is led by Dr. Morten Scheibye-Knudsen, a globally recognized expert in aging and neurodegeneration. The Foundation's grant will fund a key project component over three years beginning in 2025.

The research focuses on reversing brain aging by creating compounds that target and remove damaged brain cells called senescent astrocytes, which build up with age, while protecting healthy neurons. These damaged cells are thought to play a role in memory loss and diseases like Alzheimer's. Using AI to quickly screen many compounds, the team will find the most promising ones, improve their effectiveness, and test them thoroughly in the lab and in living models.

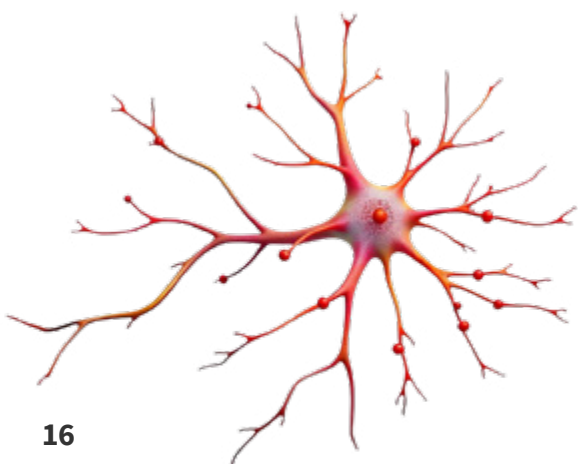
The LSF's support is essential in enabling this groundbreaking work, which could lead to the development of entirely new classes of treatments for age-related brain conditions, such as Alzheimer's

mer's disease, Parkinson's disease, and amyotrophic lateral sclerosis (ALS). The project also reinforces the Foundation's commitment to funding translational science that bridges the gap between laboratory discovery and real-world medical application.

"We are thrilled to support Dr. Morten Scheibye-Knudsen and his team at the University of Copenhagen," said Joshua C. Herring, President and CEO of the Longevity Science Foundation. "This project reflects our belief that targeted, innovative research can lead to meaningful interventions in aging and neurodegeneration. We are committed to enabling discoveries that extend life and enhance its quality."

This partnership is a step in achieving the Foundation's broader mission of democratizing access to cutting-edge longevity research and ensuring that the most promising science receives the resources it needs to thrive.

If you are interested in supporting the groundbreaking research conducted by the Scheibye-Knudsen Lab, donating to the LSF, or supporting our other research initiatives, please reach out to our COO, Lev Dvornik, at ld@longevity.foundation, and our CEO, Joshua Herring, at jh@longevity.foundation. All donations are tax-deductible up to IRS limits and directly fund research, dollar for dollar.



About the Longevity Science Foundation

The Longevity Science Foundation (LSF) is a nonprofit organization advancing human longevity by funding research and development of medical technologies to extend the healthy human lifespan. The long-term mission of the Foundation is to prevent all chronic and age-related diseases and to help make longevity-focused care accessible to everyone, no matter their background, by bringing cutting-edge science on aging out of the laboratory and into the mainstream.

To learn more, visit www.longevity.foundation.

Our work is made possible by our generous donors. To donate to the Longevity Science Foundation, visit <https://longevity.foundation/support-us#donate>.

Learn more about the Department of Cellular and Molecular Medicine, University of Copenhagen at icmm.ku.dk.



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Longevity Science Foundation

IMMUNITY 3.0

What people are keeping,
quitting, and questioning

Nancy Trent, Trent & Company, Inc., Marketing Communications



Immunity isn't just a seasonal headline anymore—it's a full-time fixation. As wellness and biohacking trends accelerate, building a stronger immune system has become the ultimate health goal. From mushroom smoothies and cold plunges to customized gut protocols and frequency based therapeutics as well as oxytocin secretions from a good conversation or belly laugh, the market is overflowing with solutions—but not all of them stick. As the conversation evolves, so does consumer discernment. What's actually working? What's losing traction? And what emerging habits are shaping the next era of immune health? Welcome to Immunity 3.0—a closer look at what people are keeping, quitting, and questioning in their pursuit of everyday resilience.



Trends with Staying Power

Instead of trying to override biology, the next wave of immune support leans into restoring it. "You want a wiser immune system, not a more muscular one," says Paul Schulick, master herbalist and founder of New Chapter and For The Biome. "The truth is inflammation keeps you alive. If you keep boosting your immune system, you're overstimulating and exhausting it — and making yourself age faster." That "Goldilocks" immune system — not too weak, not too aggressive — is becoming the new goal. As Schulick puts it: "Smart, balanced immunity is the future."

The microbiome isn't just about the gut anymore. According to Shad Slaughter, President of Xlear, oral and nasal microbiomes are gaining attention for their critical role in immunity. "Xylitol is gaining traction for its ability to reduce bacterial, virus, and allergen adherence and support a healthy mucus in the mouth and nose," Slaughter explains. "Nasal sprays with xylitol help promote clear nasal passages and encourage nasal breathing, which is essential for restorative sleep and immune resilience."

He also points out that chronic sleep deprivation weakens immune response — and that quality sleep starts with clear airways. "Sinus hygiene is becoming a key part of nighttime wellness routines."

While old standbys like vitamin C still matter, innovation is coming from lesser-known (but well-researched) sources. "We're seeing a surge in botanicals like curcumin and mushrooms," says Maggie McNamara, VP of Global Marketing at [Gencor](#). "But the ingredients must be bioavailable and scientifically sound."

She highlights quercetin, a potent flavonoid with antiviral, antihistamine, and antioxidant properties — and notes that Gencor's LipiSpense® Quercetin enhances its absorption and impact. Another promising ingredient: Levagen®+ (Palmitoylethanolamide), which has shown results in reducing inflammatory markers and seasonal allergy symptoms.

As the wellness space matures, some of the most cutting-edge approaches are also the most subtle.

"Frequency-based and subtle energy therapies are gaining traction," says Dr. Lisa Piper, Ph.D., DNM, founder of [CODE Health](#). "The body responds well to resonance — it's like giving the system a gentle nudge instead of a shove."

She also warns against the overuse of single-ingredient "silver bullet" supplements and excessive sanitization: "We need microbial exposure to train the immune system.

The trend is shifting back toward balance, biodiversity, and supporting innate immunity."

Some trends are getting a second look — and not always faring well. Dr. Chrissie Williamson, DCN, Clinical Director of GenMedx, cautions against trends like celery juice cleanses, coffee enemas, and essential oil overuse.

"Your liver and kidneys are already detoxing every minute of every day," she says. "When you overload your system with too many 'cleansing' agents, you might just be stressing the very organs you're trying to support." Essential oils, while potentially therapeutic when used properly, can be dangerous when misused — especially in children. "They're often marketed as safe and natural, but contamination and improper use are real risks," Dr. Williamson warns.

Some tools previously reserved for specialized medical use are

now being adapted for broader integrative care.

One such example is methylene blue, used at [GenMedx](#) to support mitochondrial health and address chronic infections. "It enhances energy production, modulates immune response, and even disrupts biofilms," says Dr. Williamson. But she's quick to caution: "It's not a supplement to self-prescribe. It can interact dangerously with certain medications."

The days of "immune hacks" and single-ingredient saviors may be numbered. "Trends rooted in restoring balance — like sleep, stress management, and circadian alignment — are here to stay because they support the body's natural ability to heal and recover," says James Law, CEO of [BioCharger](#). "What's fading fast are isolated 'immune hacks' that promise quick fixes but ignore the deeper issue: modern life is draining us at the cellular level."



The Post-Pandemic Immune Reset

The pandemic may have faded from the headlines, but its impact on how we think about our immune systems is still unfolding. We've collectively gone from fear-driven reactions to a more nuanced and personal understanding of what immunity really means—and what it doesn't.

"People are realizing that immune health isn't just about defense," says Law. "It's about daily resilience and how well your body can restore itself." The old belief that we could out-supplement our stress, or "boost" our way out of burnout, is being replaced with more restorative, systems-based thinking.

That includes letting go of the "one-size-fits-all" mindset. As Dr. Piper puts it, "One person's immune support can be another's overwhelm." The push toward

personalization—whether that's frequency-based therapeutics or adjusting routines based on bio-feedback—is reshaping how we approach prevention.

Slaughter points out that COVID also revealed the vulnerabilities hidden in plain sight: "Comorbidities, poor lifestyle habits, and underappreciated immune barriers like the nose and mouth became central to the conversation." He credits a growing interest in nasal and oral hygiene—specifically through xylitol-based sprays like those from Xlear and Spry—not just for comfort, but for true immune function. "When these mucosal systems are functioning properly, the body is far better equipped to defend itself," he says.

There's also a public health dimension: "Hygiene isn't just about cleanliness anymore. It's a front-line strategy to reduce antibiotic use," he adds, citing a 2024 Lancet study showing how saline nasal sprays helped reduce both respiratory infections and reliance on antibiotics—an important step in preventing antibiotic-resistant pathogens.

Dr. Williamson agrees that our cultural obsession with "killing germs" may have gone too far. "Post-2020, we became hypervigilant—steriliz-

ing everything, overusing antiseptics. But that trauma-driven mindset may be harming our microbial diversity," she warns. What needs to shift? "We have to unlearn the idea that immune health is about 'warfare.' It's not about killing pathogens—it's about how well we adapt. Immunology is about balance."

Even in the consumer space, priorities have shifted. "Immune health is here to stay," says McNamara, "but now it's part of a bigger conversation about gut health, holistic wellness, and prevention over cure." Her data shows that consumers aren't just popping pills anymore—they want functional foods and beverages that deliver benefits as part of everyday life. Think superfood snack bars, teas with botanical blends, and ingredients backed by clinical research. "There's growing pill fatigue," she adds, "but not fatigue around immune support—just a new way of engaging with it."

And as Schulick points out, this moment is an opportunity to correct course. "Our immune systems were never built for constant overreaction," he says. "They're tender, they're wise—but they were exhausted. It's time we treated them with the respect and care they deserve."





A woman with dark hair, wearing a light blue long-sleeved pajama top and matching wide-leg pants, is standing and hugging a large white pillow. She has her eyes closed and a gentle smile, suggesting a sense of comfort and relaxation. The background is plain white.

Sleep, Stress, and the Rhythm of Immunity

Sleep is no longer just a wellness buzzword—it's now widely recognized as a central pillar of immune health. "Sleep is far more than rest; it's a biologically orchestrated reset that influences nearly every immune parameter in the body," says Dr. Williamson. She points to the intricate dance of circadian genes like CLOCK, BMAL1, PER, and CRY, which regulate immune cell function and inflammatory response. "Disruptions in these pathways don't just affect energy levels—they impair your ability to fight infection and modulate inflammation. Even caffeine can work against immune balance by interfering with adenosine receptors that control both sleep and immune tolerance."

This deeper scientific understanding is making its way to the consumer. "The more informed consumer is particularly aware of how gut health, sleep, and stress can affect immunity," notes McNamara. "When these functions are disrupted, they can hinder immune cell activity and amplify inflammation." As a result, she says, there's growing demand for products like adaptogenic supplements that help regulate cortisol and melatonin—supporting both circadian alignment and immune readiness.

For Dr. Piper, immune strength is built during sleep, reset by stress

management, and timed by our internal clocks. She says educated health consumers—particularly in wellness and functional medicine spaces—are gravitating toward gentle, synergistic support systems. Her CODE product line includes The CALM CODE for daytime stress and The DREAM CODE for nighttime repair, both powered by informed saline with no side effects or contraindications.

Meanwhile, Law highlights the energy connection: "These rhythms govern energy production, detoxification, and inflammation—the very functions that protect and repair us. Consumers are catching on, and many are turning to tools like the Bio-Charger to help their bodies recharge and rebalance in today's energy-depleting world."

But it's not just about biological rhythms—it's also about emotional regulation. "Agitation, irritation, and anger lead to fight-or-flight metabolic states that aren't helpful when facing viruses," explains Schulick. "It's much healthier to focus on strengthening the system, not boosting it." He points to oxytocin—the so-called love hormone—as a key ally. "Oxytocin helps strengthen the immune system. When we cultivate trust, connection, and calm, we're actually creating better immune conditions."

The Future of Immune Support

As our collective understanding of immune health evolves, so too do the tools and technologies leading the charge. The future, it seems, won't be built around stronger pills—but around smarter systems.

"The next generation of immune support is about restoring what modern life takes away," says Law. "We see the future in non-invasive, energy-based platforms that optimize the body at the cellular level without creating stress or dependency." He points to frequency, light, PEMF, and voltage as key modalities—and the BioCharger as a leading example. "It's helping people feel energized, focused, and resilient again."

Dr. Piper agrees, emphasizing that the smartest solutions will work with the body rather than override it. "Chemicals and even some natural ingredients can cause harmful side effects. Often, supplementing is a guessing game. With CODE, we're restoring disrupted cellular communication to help the body return to homeostasis without causing collateral damage."

For many consumers, especially aging populations and those managing chronic conditions, immune health is now a year-round focus. "While there's still seasonality in

the supplement market, more people are prioritizing immunity as a daily concern," explains McNamara. "We're seeing growth in segments like sports nutrition and diabetic health, where immunity intersects with energy, recovery, and disease resilience." She notes that delivery systems like Liposomal Technology and AquaCelle® will help brands differentiate while ensuring bioavailability and efficacy backed by clinical research.

Dr. Williamson sees the biggest breakthroughs arriving through da-

ta-driven medicine. "The immune system is one of the most dynamic aspects of human health," she explains. "At GenMedx, we're using everything from blood-based cancer screening to transcriptomics and pharmacogenomics to guide personalized care." Her work translates emerging science into everyday solutions, with AI enhancing—not replacing—the clinical process. "It's already transforming medicine—solving protein structures in hours, interpreting complex data in real time, and giving patients better, faster, more resilient outcomes."

Still, for all our high-tech advances, the wisdom of the natural world and the importance of human connection remain foundational. "There's a reverse trend toward nature that's gaining momentum," says Schulick. "Properly used, AI





and blood tests can give us helpful snapshots, but we also need stronger integration of science within the herbal world—more evidence-based research rooted in tradition.” He emphasizes that immune health isn’t just physical—it’s relational. “Isolation is detrimental. We need alternatives to nursing homes and a reevaluation of how we treat the elderly. They used to be revered as wise. Now we ask our phones. If elders had more oxytocin, they’d feel better and be healthier.”

What unites all of these voices—from consumer trends to systems biology—is a fundamental shift: immune support is no longer about boosting, but about balancing. It’s about working smarter, not harder—nurturing the body’s innate ability to adapt, recover, and thrive in an ever-changing world.

NANCY TRENT



Nancy Trent (<http://www.trentandcompany.com>; nancy@trentandcompany) is a writer and speaker, a lifelong wellness activist, a globe-trotting trend watcher, and the founder and president of Trent & Company, the leading wellness PR firm. Trent & Company, which launched many health and beauty brands, grew out of Nancy’s personal and passionate commitment to helping people live longer and healthier lives. A former journalist for New York magazine, Nancy has written seven books on healthy lifestyles, serves on the editorial boards of several magazines and travels around the world speaking at conferences and trade shows on trends in the marketplace. She is a recognized expert in PR with more than 30 years of experience creating and managing highly successful campaigns.

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IMMUNITY ON THE MOVE

How to Stay Resilient While
Traveling, Flying, and Battling Jet Lag

By Valérie Orsoni – Biohacker since 1998



Travel is a privilege — but for your immune system, it's often a battlefield.

From cosmic radiation at 35,000 feet to recycled cabin air, disrupted circadian rhythms, poor hydration, and airport stress, travel poses serious threats to your immune resilience.

If you're a frequent flyer, entrepreneur, athlete, or wellness nomad, learning to protect your immunity during travel is non-negotiable. This article lays out a science-backed protocol to maintain vitality and cellular defense, no matter how far you go.

What Challenges Immunity While Traveling?

1. Jet Lag & Circadian Disruption

- o Affects melatonin, cortisol, and immune signaling
- o Suppresses NK cell activity (innate immune response)

2. Cabin Environment

- o Dry, pressurized air dehydrates mucosal barriers
- o Cosmic rays at altitude increase oxidative stress and DNA damage

3. Stress & Cortisol Spikes

- o Airport stress, security checks, irregular meals = systemic inflammation

4. Increased Exposure

- o Crowds, shared surfaces, immune-depressed travelers = viral exposure



The Biohacker's Immune Protocol for Travel

1. Vitamin C – Your Antioxidant Shield

- **Why:** Vitamin C is essential to maintain mucosal integrity, boost leukocyte function, and neutralize free radicals caused by cosmic radiation.
- **Dose:** 1 to 3 g/day in divided doses while flying
- **Best form:** Liposomal Vitamin C (my to-go is Altrient/LiveOn)
- **Science:**
 - o PMID: 31831378 – Vitamin C and immune defense in stress contexts
 - o PMID: 12373496 – Reduces cortisol response to physical stress

2. Hydrogen Water – Cellular Stress Defense

- **Why:** Molecular hydrogen (H_2) neutralizes hydroxyl radicals, the most damaging oxidative species — particularly useful against radiation-induced stress.
- **Protocol:** 1 hydrogen-enriched bottle pre-flight + 1 during flight
- **Tool:** Portable hydrogen-generat-

ing bottle (my fave is from MitoRed-Light, be careful as there are a lot of "fakes" out there).

- **Science:**

- o PMID: 17486089 – H_2 acts as a selective antioxidant without interfering with necessary ROS signaling

3. Cardiac Coherence – Regulate Cortisol and HRV

- **Why:** Breathing in a 5s/5s rhythm stimulates the parasympathetic nervous system, reduces cortisol, and improves heart rate variability (HRV), key for immunity
- **When:** Before takeoff, after landing, or during any travel stress
- **Tool:** HeartMath Inner Balance Sensor + App (I do it once a day minimum and aim at twice a day when traveling)
- **Science:**
 - o PMID: 28899557 – HRV coherence improves resilience and modulates immune function

4. Light Therapy – Reset Circadian Rhythms

- **Why:** Light exposure at specific times can prevent or reset jet lag and maintain optimal melatonin pro-



duction, which modulates immune cytokine balance

- **Tool:** AYO Glasses

- **Protocol:**

- o Use morning light in your destination's time zone (20 min daily)

- o Pair with Timeshifter app to personalize timing

- **Science:**

- o PMID: 21945976 – Melatonin and light play complementary roles in regulating immune competence

5. Nasal Breathing & Mouth Taping During Sleep

- **Why:** Promotes nitric oxide pro-

duction, enhances oxygen uptake, supports mucosal immunity

- **Tools:** Mouth tape (e.g., Somni-Fix, Hostage tape), nasal strips

- **Tip:** Especially valuable during sleep on overnight flights or hotel stays

6. Anti-inflammatory Travel Foods

- **Prioritize these:**

- o Omega-3s : sardines, salmon

- o Curcumin: capsules

- o Dark chocolate (70%+): for polyphenols

- o Herbal teas: ginger, licorice root, turmeric

- o Probiotic-rich snacks: olives, pickles, sauerkraut (when possible)

7. Melatonin: Sleep + Immune Hormone

- **Why:** Melatonin is not just a sleep aid. It has profound anti-inflammatory and antioxidant effects.

- **Dose:** 0.3 to 1 mg 30 minutes before sleep in your destination's time zone

- **Science:**

- o PMID: 21945976 – Melatonin modulates both innate and adaptive immunity.



The 24-Hour Immunity Protocol (Flight Day Example))

Time	Biohack
Pre-flight	Liposomal vitamin C + hydrogen water
Boarding	Nasal breathing, mouth tape in bag
In-flight	Hydrogen water + heart coherence (2x)
Arrival	AYO glasses (20 min), zone-friendly meal
Evening	Magnesium glycinate + melatonin
Bedtime	Mouth tape + blackout mask

Final Word

Your immune system is your most loyal travel companion — protect it like you would your passport.

Smart supplementation, rhythm alignment, and a few targeted tools can transform travel from an immune stressor to a longevity-supporting adventure.

Your body is built for adaptation — it just needs the right tools.



What to Avoid

- Alcohol (dehydrates and suppresses immune function)
- NSAIDs (reduce immune response and damage gut lining)
- Sugary airport snacks (inflammatory + glucose spikes)
- Blue light after dark (delays melatonin release)

VALÉRIE ORSONI



Valérie Orsoni has been a biohacker since 1998, living the talk and walking the walk long before the term existed (pep-tides, red light therapy, cold plunges and more? She has been doing it for over 25 years).

An avid explorer and mountain climber, she has conquered 43 peaks above 15,000 ft in the past seven years and skied to the South Pole.

As a successful entrepreneur, she founded LiliWarrior, a 100% inclusive and sustainable athleisure brand, celebrated in Vogue as a favorite green sports brand among celebrities.

Valérie is the prolific author of 55 books, translated into five languages, and a best-seller in the USA, UK, Italy, France, Portugal, and Serbia.

In 2023, she was inducted into the Hall of Fame at her alma mater, the University of Hartford.

You can follow her on instagram @valerieorsoni and @liliwarrioroff and on her biohacking platform: ValBiohacker.com



BIOHACK ME

Camilla Thompson unlocks the secrets of everyday biohacking for a longer, healthier life.

What if you could supercharge your body, sharpen your mind, and future-proof your health, starting today?

In her groundbreaking new book, *Biohack Me*, leading biohacker and wellness coach Camilla Thompson reveals how small, science-backed lifestyle tweaks can transform your health, enhance performance, and slow the ageing process.

This pioneering book bridges the gap between elite performance biohacking and everyday health aspirations, making cutting-edge wellness strategies accessible to all. No expensive gadgets or extreme interventions required.

"Biohacking isn't about becoming superhuman overnight, it's

about making smarter health choices every day," says Thompson. "With simple, personalised changes, anyone can optimise their body and mind for long-term wellbeing."

With chronic illness, burnout, and mental fatigue on the rise, *Biohack Me* arrives at a crucial time. One in ten people worldwide now suffer from autoimmune or chronic health conditions, and stress, anxiety, and low energy have become modern epidemics.

Drawing on scientific research, real-life case studies, and her own personal health journey, Thompson shares practical, cost-effective strategies for improving health, energy, and resilience. Whether you want to sleep better, boost cognitive function, reduce



inflammation, or enhance longevity, *Biohack Me* provides a clear roadmap to optimised living.

This step-by-step guide to biohacking includes strategies to:

- Upgrade sleep with easy hacks to improve rest, recovery, and mental performance
- Boost energy naturally, beating fatigue with nutrition, movement, and mindset
- Sharpen mental clarity through nootropics, nutrition, and lifestyle tweaks
- Build resilience through hot/cold therapy, nervous system support, and stress reduction
- Slow the ageing process using the latest insights in longevity and epigenetics
- Biohack on a budget, using everyday tools—no expensive tech required



About the author:

Camilla Thompson is a trailblazer in biohacking, nutrition, and longevity, dedicated to making health optimisation practical and accessible.

A certified nutritionist, health coach, and executive wellbeing expert, she has spent over a decade helping individuals and top organisations - in-

cluding Canva, Atlassian, and Microsoft - achieve peak performance.

Her personal health challenges inspired her deep dive into biohacking. After battling Chronic Inflammatory Response Syndrome (CIRS) from mould exposure, postnatal depression, and burnout, Thompson turned to alternative thera-

pies and biohacking to reclaim her health. Now, she's on a mission to help others take control of their biology and thrive.

A regular media contributor and guest, Thompson is one of Australia's most influential voices in personalised and preventative health.



Biohack Me

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Publisher: Wiley <https://www.biohackme.com.au/>

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IG: [@biohackmecoach](https://www.instagram.com/biohackmecoach)





BETTER BREATHING, BETTER SLEEP, BETTER IMMUNITY:

The Mouth Taping Revolution

Alex Neist, Founder and CEO of Hostage Tape, explains how breathing through your nose can fortify your immune system and transform your sleep

When people hear that I played professional arena football, they usually assume I've always had a high-performance lifestyle. But the truth is, during my career, no coach or trainer ever talked to me about one of the most fundamental aspects of health: how we breathe.

I didn't learn about the power of nasal breathing until years after I retired, well into the grind of entrepreneurship. Like a lot of guys, I was burning the candle at both ends: raising a family, building businesses, trying to stay fit. And yet, I felt exhausted. My sleep was bad. My energy was unpredictable. Something deeper felt off. That's when I came across James Nestor's book *Breathe*. It changed everything. I realized I'd been a mouth breather for years. And with that realization came another: my breathing habits were silently compromising my sleep, my recovery, and most importantly, my immune health.



WHY NASAL BREATHING MATTERS

Let's start with something basic: your nose is a built-in air filter, humidifier, and immune defense system. When you breathe through your nose, you're filtering out airborne pathogens, allergens, and environmental pollutants. That's your immune system's first line of defense. Now think about what happens when you breathe

through your mouth. You bypass all of that protection. You also disrupt your body's delicate oxygen-carbon dioxide balance. Most people don't realize that when you breathe too much, you actually lower carbon dioxide levels too far, which prevents oxygen from getting to your tissues efficiently. This is known as the Bohr effect,

and it matters because oxygen is critical for powering immune cells and regulating inflammation.

Mouth breathing at night also leads to dry mouth, which kills off beneficial oral bacteria. That throws off your oral microbiome, increasing your risk of cavities and gum disease.



FROM FRUSTRATION TO INNOVATION

When I first learned about mouth taping, I was intrigued and desperate enough to try anything. But the tapes on the market weren't cutting it. They irritated my skin. They didn't stick well, especially with facial hair. So I set out to create something better. That's how Hostage Tape was born. This wasn't just about sleep. It was about reclaiming control over my health. I wanted a solution that worked.

SLEEP, IMMUNITY, AND THE BOUNCE- BACK EFFECT

Most people underestimate how much sleep affects immune resilience. We sleep a third of our lives and the quality of that sleep matters deeply.

Mouthtaping with products like Hostage Tape help people optimize that time by supporting nasal breathing, which influences oxygen delivery and immune efficiency, gut health, hormonal balance, inflammation, primarily through its effects on oxygen delivery, nitric oxide production, and autonomic nervous system regulation.

We've had users report improvements in everything from snoring and sleep apnea to chronic fatigue and brain fog. And while everyone's journey is unique, the common thread is that the immune system is no longer in a constant state of low-grade fight-or-flight. It can finally rest and rebuild.



NASAL BREATHING AND NITRIC OXIDE: A HIDDEN SUPERPOWER

One of the most overlooked aspects of nasal breathing is that it naturally stimulates the release of nitric oxide. Nitric oxide helps blood vessels dilate, improving circulation and oxygen delivery. More oxygen throughout our body can lead to less disease, meaning fewer infections, faster recovery, and a stronger frontline immune defense.

And it doesn't stop there. Improved circulation from nasal breathing supports gut health and hormonal regulation, systems that are all deeply intertwined with immunity. When you breathe better, your whole system runs better.

GETTING STARTED: TIPS FOR FIRST-TIMERS

If you've never tried mouth taping before, start small. Here's my advice:

- Try it while you're awake. Sit at your desk or relax on the couch with the tape on for 15–20 minutes. Get used to the sensation.
- Ease into sleep. The first night might feel strange, but by night three or four, most people say they can't imagine sleeping without it.
- Use high-quality tape. Comfort matters. That's why we engineered Hostage Tape to be ultra-strong, skin-friendly, and effective even with facial hair.



A BREATHING MOVEMENT BEGINS HERE

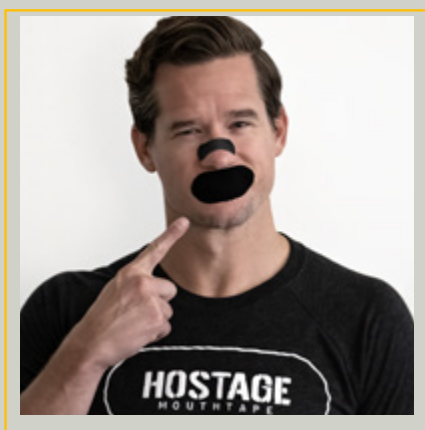
If I could put one sentence on a billboard that sums up what I've learned, it would be this:

Don't Let Bad Sleep Hold You Hostage.

Sleep is the foundation of immunity. Breathing is the gateway to better sleep. And mouth taping is one of the simplest, most powerful tools you can use to reclaim both. You don't need to be a pro athlete to live like one. You just need to start by breathing through your nose.



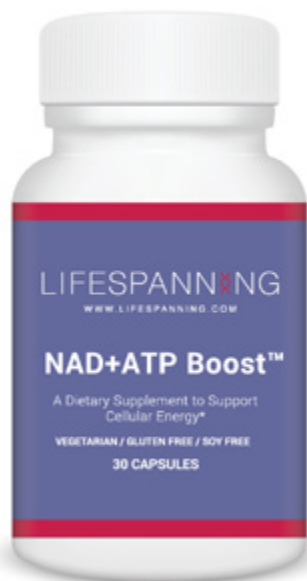
ALEX NEIST



Alex Neist is the founder and CEO of Hostage Tape, a company born from his personal mission to improve sleep and overall well-being. A former professional quarterback in the Arena Football League, Alex transitioned from the gridiron to entrepreneurship with the same drive and discipline. He first launched a sports video analytics startup, then built Nest Media, a platform for high-performance e-commerce brands. Hostage Tape emerged from his own discovery of the life-changing power of nasal breathing and quality sleep. Now based in Minnesota, Alex balances business leadership with family life, coaching youth sports, and championing a movement to help people reclaim their health, one night of great sleep at a time.

PRODUCT *Reviews*

by @Cyborggainz



Product Review: NAD⁺ Booster by Lifespanning

The NAD⁺ Booster by Lifespanning is an exceptional supplement designed to enhance cellular health, boost energy levels, and support longevity. NAD⁺ (nicotinamide adenine dinucleotide) is a vital molecule that plays a crucial role in maintaining the health of our cells, particularly in the aging process and overall energy production. Based on my testing and personal experience, this supplement is a valuable addition to any health and longevity protocol.

Energy and Vitality

NAD⁺ levels decline naturally with age, which can contribute to decreased energy and vitality. After incorporating Lifespanning's NAD⁺ Booster into my routine for a month, I noticed a remarkable improvement in my energy levels, especially during workouts and periods of high mental focus. This is a major benefit for anyone aiming to maintain high performance, both physically and cognitively, as they age.

Cellular Repair and Longevity

One of the standout features of this product is its ability to support cellular repair and regeneration. NAD⁺ plays a key role in DNA repair and cellular health, which is vital for longevity. I've noticed a general improvement in recovery after intense physical activities, with less fatigue and quicker recovery times. It's an important tool for those looking to maximize their lifespan while maintaining a high quality of life.

Cognitive Function

The mental clarity and focus I've experienced since using the NAD⁺ Booster have been noteworthy. NAD⁺ is heavily involved in brain health and cognitive function, and during the 30-day test period, I experienced enhanced mental performance and sharper focus, particularly during complex tasks and creative projects.

30 Days Testing

During the testing phase, I experienced consistent and gradual improvements in overall vitality. The effects are not immediate but are more cumulative,

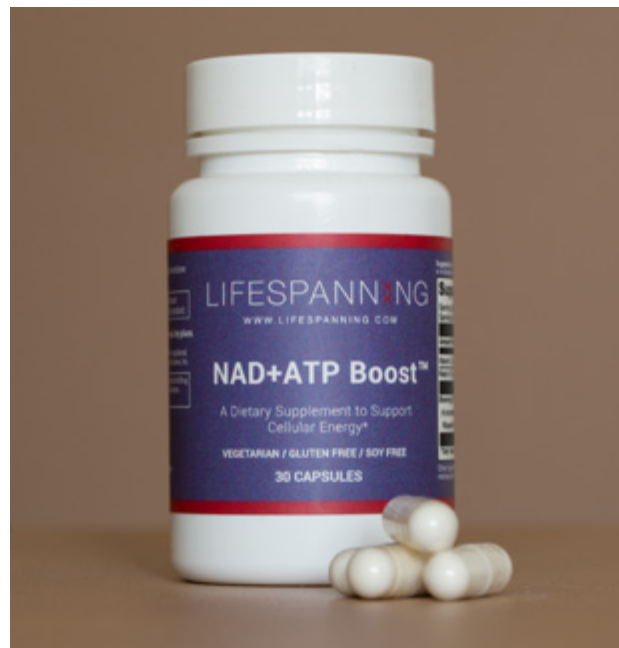
becoming more apparent with regular, continued use. I felt more resilient, less fatigued, and mentally sharper by the end of the 30 days.

Quality and Efficacy

Lifespanning's focus on purity and quality is evident in this product. The formula is clean, with no unnecessary fillers, ensuring that the active ingredients are bioavailable and effective. The dosage per serving is potent enough to provide noticeable benefits without any harsh side effects.

Conclusion

The NAD⁺ Booster by Lifespanning is a high-quality supplement that delivers on its promises of enhancing energy, cellular repair, and cognitive function. It's an essential supplement for anyone interested in longevity and maximizing their healthspan. By supporting NAD⁺ levels, this product provides a foundation for aging more gracefully, with increased vitality and mental clarity. Highly recommended for those seeking an effective and reliable NAD⁺ booster.



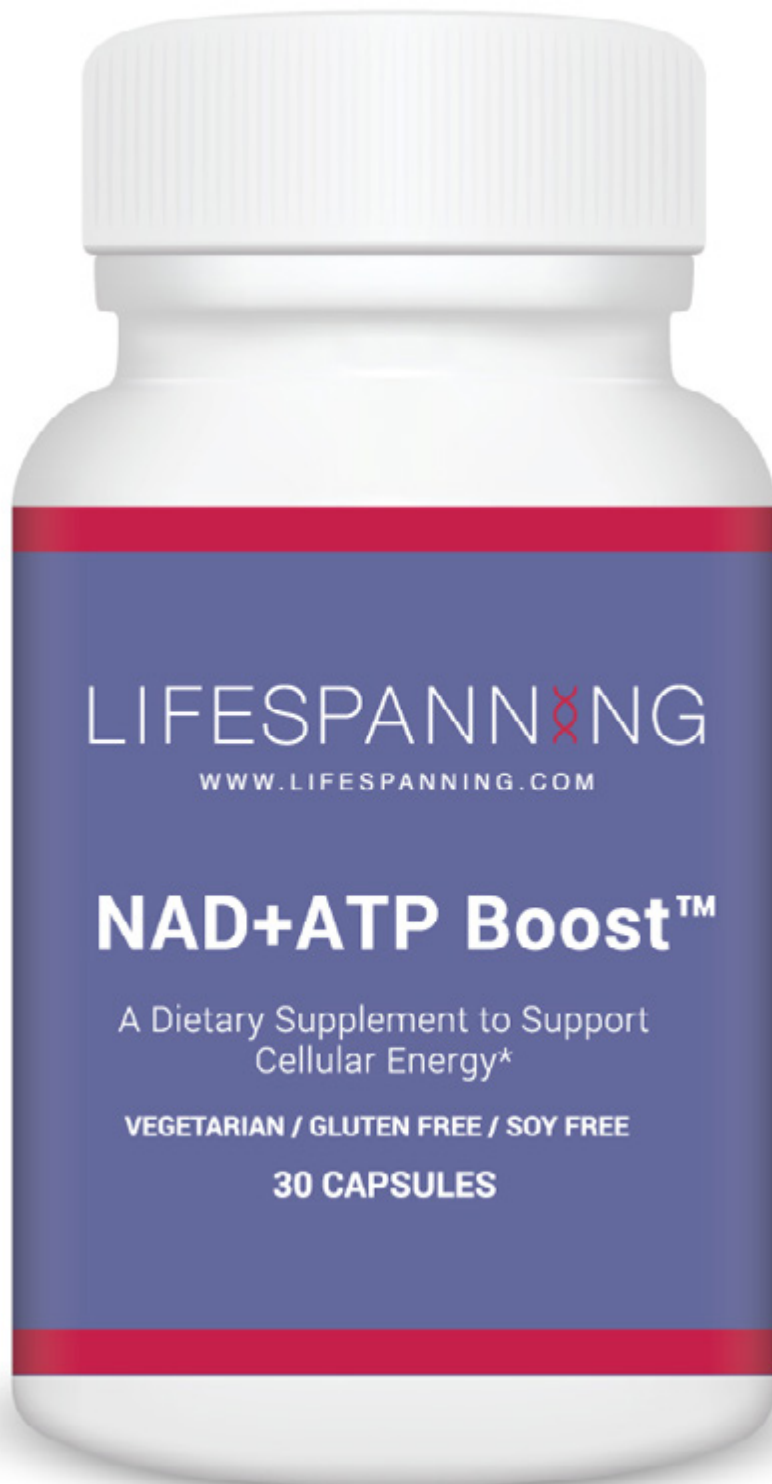
Pros and Cons of NAD+ Booster by Lifespanning

Pros:

1. Boosts Energy and Vitality
 - o Noticeable improvements in both physical energy and mental clarity, especially useful for those leading active lifestyles or high cognitive demands.
2. High-Quality, Clean Formula
 - o No unnecessary fillers or additives, ensuring optimal bioavailability and effectiveness.
3. Gradual and Sustainable Effects
 - o The benefits are cumulative, becoming more noticeable with consistent use, offering sustained energy and recovery improvements.

Cons:

1. Cumulative Effects
 - o While the effects are significant, they build over time and are not immediate. Users need to be patient and consistent to experience full benefits.
2. Potential for Mild Side Effects
 - o Some individuals might experience mild digestive discomfort or nausea when first starting NAD+ supplementation, though I personally did not encounter any side effects during my test period.



@life_spanning

Product Review: Zinc by Goldman Laboratories

Zinc is an essential mineral that plays a critical role in various biological functions, from supporting immune health to promoting cellular repair and metabolism. After testing Zinc by Goldman Laboratories, I've found this product to be an excellent option for anyone looking to incorporate a reliable zinc supplement into their routine.

Immune Support

Zinc is well-known for its immune-boosting properties. After a consistent 30-day period of taking Zinc by Goldman Laboratories, I noticed an improvement in my body's response to stress and seasonal colds. While supplements are not a replacement for a balanced diet, this product serves as an effective means of enhancing the body's natural defense mechanisms, especially during periods of increased physical or mental exertion.

Cellular Health and Recovery

As someone who engages in high-intensity training, cellular repair is vital to my performance and recovery. Zinc plays a significant role in protein synthesis and cell regeneration, helping to speed up recovery after workouts and improve muscle repair. I found Goldman Laboratories' Zinc to be particularly effective in aiding recovery, contributing to reduced soreness and faster healing of minor injuries.

Cognitive and Hormonal Balance

Zinc also supports cognitive function and hormonal balance, particularly testosterone production in men. During the testing period, I experienced improved focus, mental clarity, and a subtle yet noticeable enhancement in overall vitality and mood. This aligns with the known benefits of zinc in regulating hormonal levels and contributing to mental performance.

30-Day Testing

Over the course of 30 days, Zinc by Goldman Laboratories delivered consistent results. I felt more resilient, both in terms of immune health and physical recovery. The capsules are easy to take, and I experienced no digestive discomfort, which can sometimes be a concern with mineral supplements.

Quality and Efficacy

Goldman Laboratories offers a high-quality zinc supplement that ensures optimal absorption and effectiveness. Each capsule provides a precise dose of zinc in a bioavailable form, which is crucial for getting the most out of a supplement. The formulation is clean, without unnecessary fillers, making it a reliable choice for daily supplementation.

Conclusion

Zinc by Goldman Laboratories is a well-formulated, high-quality supplement that delivers on its promises. Whether you are seeking immune support, improved recovery, or enhanced cognitive function, this product is an excellent addition to any health regimen. It's particularly beneficial for those leading an active lifestyle or under high levels of stress. Highly recommended for anyone looking to boost their overall well-being with a trustworthy zinc supplement.

Pros and Cons of Zinc by Goldman Laboratories

Pros:

1. High-Quality Production
 - o Goldman Laboratories ensures each capsule contains bioavailable zinc, promoting optimal absorption and effectiveness.
2. Immune-Boosting Properties
 - o Zinc is essential for immune health, and

this supplement provides strong support, especially during periods of stress or seasonal changes.

3. Supports Recovery and Cellular Health

- o Aids in muscle repair, cellular regeneration, and protein synthesis, contributing to faster recovery after physical exertion.

4. Cognitive and Hormonal Benefits

- o Helps with cognitive function, focus, and hormonal balance, particularly in supporting testosterone production in men.

5. Easy to Digest

- o Capsules are easy to take with no noticeable digestive discomfort.

Cons:

1. Price

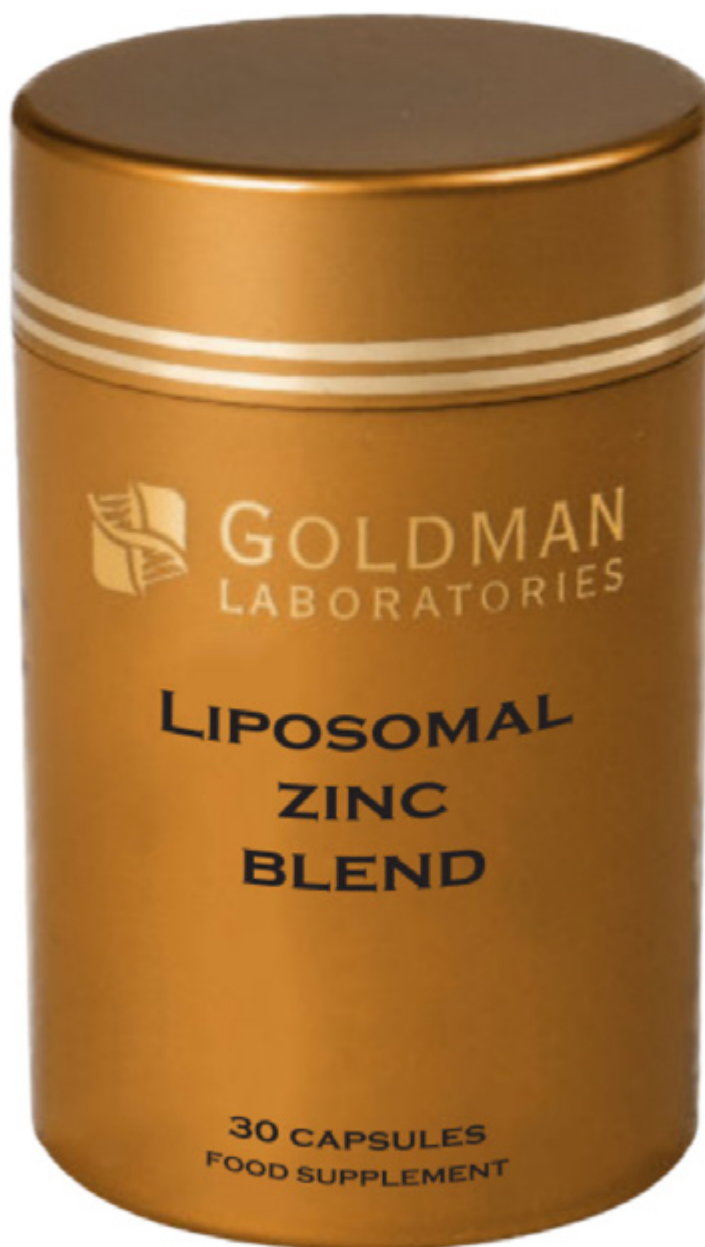
- o As with most premium supplements, Zinc by Goldman Laboratories can be more expensive than other zinc options on the market, though its quality justifies the cost.

2. Dosage Sensitivity

- o Zinc supplementation requires careful dosage. Excessive intake can lead to side effects like nausea or headaches, so it's important to follow dosage recommendations.

3. Not a Substitute for Food Sources

- o While effective, supplements should not be relied upon solely for zinc intake. A balanced diet with natural zinc sources is still important for overall health.



[@goldmanlaboratories](https://www.instagram.com/goldmanlaboratories)



THE ALLIANCE FOR LONGEVITY INITIATIVES

Request to Support Geroscience Research and Join the Longevity Science Caucus

In our journey to advance the longevity industry, grassroots efforts like ours hold immense potential to create change. To truly impact the future longevity science and human health, we need a committed community advocating constantly for the industry. To that end, we must ensure that our voices are heard by the people who can most effect change – our policymakers.

Policymakers are the key to this longevity science effort. They set the rules, drive the legislation, and provide the regulatory environment in which the longevity industry operates. If we can engage them, inspire them, and show them the extraordinary potential of geroscience and the study of longevity, we can cultivate allies in the highest offices of our nation. And it's not

just about the longevity industry – it's about our mission of enhancing health and extending lives.

The Alliance for Longevity Initiatives (A4LI) urges you to reach out to your local representative in Congress and make a case for them to join the Longevity Science Caucus. Our elected representatives are there to serve us, to protect our interests, and to help us live healthier, longer lives. Let's remind them of that!

To make this task as straightforward as possible, we've prepared a letter template below. Feel free to customize it, add your personal touches, and make it your own. Your words can be a powerful tool for change. When you're ready to send your message, reach out to us at info@a4li.org. We're here to support you, provide the contact information for

your congressional office, and help you make a difference.

Together, we can transform the future of health and longevity. Let's make our voices heard, let's advocate for change, and let's inform our policymakers about the incredible promise of the longevity industry.



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longevitysummitdublin.com

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RAADfest is a true festival, where all aspects of living longer and better are celebrated.

- RAADfest is designed to be the most immersive and interactive longevity event in the world. With content presented for a general audience, it attracts numerous practitioners, researchers, writers and members of the media, as well as individuals seeking to know the best ways to take charge of their longevity.
- Attendees are at the heart of the RAADfest experience, interacting with experts both during and after presentations. In RAADcity, the product expo, attendees get to sample products and services first hand, as well as learn new ways to support their longevity.

<https://raadfest.com/>

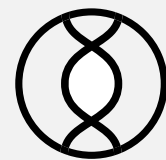
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ACKNOWLEDGMENTS

Everyone involved in the production of this magazine is humbled by the opportunity to have a publication that makes a real difference. Our magazine is woven into the fabric of our community and we recognize the importance of being culturally relevant, authentic at all times, and genuinely passionate about living well, living fit, and living long. Thank you to our contributors, partners and circle of friends for joining us in *extending the future*.

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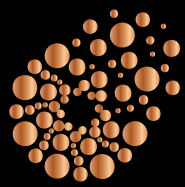
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