



**BIOHACKING
HEALING™**

PRIMER

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David Holden ND, MS

Biohacking Healing™

Primer – the basics

By David Holden, ND (NZ), MS (USA), Dip.Biochem (Aust).

Naturopathic Oncologist and Nutritional Biochemist

Introduction

A bit about myself, after training with a science degree equivalent double majoring in Microbiology and Biochemistry while working at the NHI (National Health Institute) in Wellington for 5 years (Victoria University and then CIT in Heretaunga) I decided to re-train into Natural Medicine after moving to Auckland and did 5 qualifications over 12 years in three different countries and decided to settle in Auckland, setting up my Naturopathic Clinical practice in 1986 after graduating from the **South Pacific College of Natural Medicine**, Ellerslie, Auckland in 1988.



I did post graduate studies at the **Queensland Institute of Naturopathic Science** in Mapleton, graduating with Diplomas in Biochemistry, Nutrition and Applied Iridology and Kinesiology in the late 1980's.

In 1997 I decided to specialize in Naturopathic Oncology after doing my masters in science thesis at the **University of the Trees**, California in the USA, set up by **Dr Christopher Hills**, MS, PhD, graduating in 1996.

In the proceeding decades I owned and ran a private Natural Therapies School, **The Institute of Applied Iridology and Sclerology**, with my then wife, Anna Southern, who was the schools Administrator. We taught all over New Zealand and Australia over 15 years from 1989 till 2004. Then I focused my clinical Naturopathic Oncology practice and got immersed in helping thousands of patients over my 40+ year practicing career. I brought in many new products, technologies and innovations into Australia and New Zealand in that time frame, mainly from the USA and still do to this day.

This is my latest work – **Biohacking Healing™** which is 4 book series, this being the first free eBook in the series, which is a conglomeration of all my previous works. I can be contacted on david@hhc.nz or texted on +64 (0) 274 837 188. I do not accept unsolicited calls unless I know the person so always text me first thanks!

NB: **Dave Asprey** is referenced several times in this eBook Primer. Dave is considered the ‘**Father of Biohacking**’ and you can find out more about him here: www.DaveAsprey.com .

Note that this is a free eBook primer on the subject, as it is a vast scientific discipline, and many subjects are just touched on in this eBook as it is the primer after all. You can get a way more complete picture if you buy the fuller version as an eBook (Kindle or Epub), called **Biohacking Healing™ 101** as well as do the 4-hour Intensive Workshop that David is teaching all around Australia and New Zealand in 2026+ and Canada and the UK from 2027+. This subject will eventually be available as a 8-unit online course you can do in the comfort of your own home. With self-tests and quick easy Biohacks to help develop Healing in your own life, at your own pace.

Welcome to **Biohacking Healing™**!

Giving YOU the power to change at your own pace!

IMPORTANT NOTICE:

Legal Medical Disclaimer: *Information and statements made in this eBook and all our associated literature are for educational and personal research purposes only and are not intended to diagnose, treat, cure or prevent any medically diagnosed disease. **Biohacking Healing™** is a Science and Technology based Natural Medicine and Natural Therapies discipline that is based on Naturopathic testing and measurement including evidence-based treatment. **David Holden and Biohacking Healing™** do not dispense medical advice, prescribe restricted medicines, or diagnose medical disease. If you have a medical condition, we recommend that you consult your physician of choice. **Biohacking Healing™** aims to heal health conditions at source, if at all possible, via the new disciplines of **Lifestyle Medicine and Biohacking Healing™**, if not, to alleviate suffering, not just of humans but the animal kingdom as well as the unseen forces of nature all around us.*





What is Biohacking Healing™?

The fundamental premise of Biohacking is to help all of us live longer with no diseases of ageing and to reach our full potential as humans, developing our own unique gifts this lifetime. If you like what you read in this ***Biohacking Healing™ - Primer*** then you can also follow up with:

Biohacking Healing™ 101 – this eBook reveals key Biochemical Biohacks using the best of Nutritional and Dietary Supplements called Nutraceuticals, made to Pharmaceutical standards without the heavy metals, chemicals and Graphene Hydroxide or mRNA of many pharmaceuticals and vaccines available today. These high-tech Nutraceuticals and Lifestyle Medicine practices, from time honoured Ancient Healing Systems like Ayurveda, Traditional Chinese Medicine and modern Naturopathic Medicine, are the tools that Biohackers can use to get results faster, cheaper and more consistently than ever before. We also introduce the ***Destiny Wheel™*** a new psychological assessment tool developed by David Holden to examine your life in 12 segments, we show you how to understand your strengths, and weaknesses, eventually turning even previous weaknesses into strengths.

Biohacking Healing™ 202 – goes into **Neurohacking** in detail with recommended state of the art products to improve **Memory, Cognition and**

Intelligence. We also cover **Energy Psychology** (EFT, Psyche-K, Emotion Code, Soul Retrieval and other Spiritual Healing Techniques) to help people unload Emotional Baggage that ages us more quickly unless we deal with it. Learning the power of **Forgiveness, Gratitude and Compassion** for all living beings (the lessons of the Christ and Buddha) to switch on our positive **Epigenetics** along the same lines as taught by **Dr Bruce Lipton**, PhD, the 'Father of modern-day Epigenetics'. We also look at how to develop your Intuition, Psychic gifts (we all have them sitting latent until we activate them) we show you how to recognise and develop them.

Biohacking Healing™ 303 – this eBook does a deep dive into the Western and Eastern Mystery Schools giving techniques and Biohacks in Holistic retreat spaces to speed up our psychic and Spiritual development using the best of modern **Neuroscience** from such luminaries as **Dr Joe Dispenza**, DC, **Dr Bruce Lipton**, **Gregg Braden** and many others as well as revisiting **Ancient Yogic teachings** for transcendent states in **Meditation and Mindfulness** as practiced by Buddhist and Christian Monks and Nuns for centuries. This course is only offered in smaller groups done in special retreat spaces in Queensland, Australia; Coromandel, New Zealand; and Bali and Thailand by demand. These retreats are done at the top Diamond level, once delegates have attained Platinum level after specific tests and measurements.

Biohacking Healing™ is taught as a personal experience not just theory that involves 4 distinct levels:

Silver level: entry level that covers the basics, clean water, clean air, quality dietary supplements. Which is the best diet for you and why? Vegan? Vegetarian? Pescatarian? Macrobiotic? Paleo? Keto? Carnivore? We show you how to discern what's best for you and your biochemical type. Biohacks a plenty to make it easier to bring into practice what you're learning so you can see the changes in your own life! We introduce the **Destiny Wheel™** a self-assessment tool that helps you prioritize the things in your life that need prioritizing whether you're a junior in life or a senior that's lost their way, its never too late to make changes and improve your life!

Gold level: first mastery level builds on the foundational Silver level and covers Endocrine Balancing, Energy Flow Analysis and introduces **Neurohacking** – how to Biohack your brain – arguably your most important organ that demands 25% of your blood supply yet takes up less than 5% of your body weight. We go into Mindfulness, Meditation and specific Yogic techniques to open your heart and mind to higher states of consciousness.

Platinum level: second level of mastery brings in advanced Yogic techniques from the ancient Yogic, Tantric and Kundalini Yoga traditions that can **help**

you develop higher states of consciousness. We study the Codebreaker book of Daniel and Sandra Biskind's and learn how to inculcate a **P-L-A-T-I-N-U-M** lifestyle and reveal how this affects your epigenetics from the teachings of *Dr Bruce Lipton, PhD*. With Biohacks and activation Meditations we will help you activate yourself and discover, if you haven't already, what your life mission is on this planet is, so you can get on with it and achieve what you came here to achieve, no more procrastination, only implementation of your own Spiritual plan for YOUR life. We also discuss specific Genetic, Nutritional and Biochemical Scientific testing available (optional) for those so interested. We look at some of the latest trends in the Biohacking Omniverse, and what new tech and AI is bringing to the party!

Diamond level: is the top level of *Biohacking Healing™* and isn't for everyone! Once P-L-A-T-I-N-U-M mastery has been achieved we can further progress developing your own unique sixth sense gifts! Everyone has them, but few acknowledge this Spiritually progress beyond 3D, into the higher realms of the higher Astral 4D and eventually where we are all going – into 5D! This level includes an immersive 5 day retreat in a Spiritually blessed place in one of 5 countries depending on where you live or choose to travel with us to. We will be having *Biohacking Healing™* **Diamond level retreats in 2026-8** in Coromandel, NZ; Sunshine Coast, Queensland, Australia; Canada and the UK (venues TBC) and lastly from 2028, a very special retreat in Sedona, Arizona, USA with some VERY special guests.

The main tools of the Biohacker are **Dietary Supplements and Nutraceuticals, Cosmeceuticals and Lifestyle Medicine**. This is how we manipulate or Biohack our Biochemistry and our Physiology to go beyond normal parameters into the realm of Healing something modern pharmaceutically dominated medicine appears to know little about.

Please visit: www.BiohackingHealing.com and register for our newsletters and advanced notice of future seminars, lectures and retreats and the release of the eBooks on *Biohacking Healing™ 101, 202 and 303 Biohacking Healing™* Diamond retreats.

So let's start with the basics first—Biohacking Nutrition.



Biohacking Nutrition



The Importance of Water

Water makes up approx. 70% of our bodies so it is vital it is always clean—and *not* toxic—to maximize health, energy production, mental clarity and a strong immune response. Water is a universal solvent, so it dissolves water soluble toxins and helps us flush them out via our sweat, urine, feces and breath. Any activity that stimulates these detox pathways in our bodies will help them, with much needed maintenance and self-repair, as your body can't properly do these functions if you are constantly drinking toxic water as your primary hydration source. By toxic water I mean unfiltered, unpurified TAP water.

To accelerate this daily needed detoxification process please do not drink normal tap water. This really is the first and fundamental Biohack – drink only purified water. Why? As an ex-microbiologist for the government, one of my last jobs before I started my Naturopathic training in Auckland was to test Epsom, Auckland, tap water back in the 1980's before Auckland was tapping into the Waikato River for its water supply. I tested several water pump stations, filter and additive stations around Epsom, Mt Albert and Mt Eden, Auckland, and was asked to test the water for microbes, heavy metals, solvents as well as other contaminants. What I discovered was a list, as long

as your forearm, in 10-point print, with lists of chemicals, heavy metals, other deliberate contaminants like chlorine, fluoride, both toxic to humans, plus aluminum silicates and lead, amongst many other things most people can't pronounce, like unpronounceable chemicals, plastic residues and solvent traces, all considered 'within acceptable' limits. Whose acceptable limits? Certainly not mine! All things you don't want to accumulate inside your kidneys, liver and spleen - your body's primary filter organs.

Anyone who is serious about Biohacking doesn't drink tap water, period, end of story. I have only drunk pure water for over 48 years now since I discovered this, and advise all my patients do the same if they are serious about their health. Getting a good quality water purification system is vital for Biohackers. The best advice I can give you is to give your kidneys, liver and spleen a break and only drink purified water, bare minimum high-quality filtered up to 100 microns, but purified is always better as it goes through a much stronger set of purifiers (down to 1 micron) that remove everything, but hydrogen, oxygen and oxygen bubbled through it till it settles.

You can buy pure still (not bubbly) water or Spring or Mountain water cheaply at your local Supermarket (avoid the more common brands with impregnated plastic water contaminants like Bisphenol-A, a known carcinogen and Phthalates and other hormone disruptors). Better still, invest in a good quality water purifier. Like a good bed, a quality product will last you for 10+ years if not longer and end up saving you a lot in bought purified water, plus it's better-quality water anyway, just much cheaper in the long run.

The ultimate water Biohack to encourage healing is to only drink pure water, in the city, nothing from a tap unless it is hooked up to a water purifier. In the 21st Century our NZ water supply has only become more polluted, not less. Peak cow in New Zealand has contaminated numerous rural water supplies leading to outbreaks of cryptosporidium and other water borne parasites that seriously damage the human gut and immune system, so drink tap water at your peril, especially if you live rurally.

If you're interested in a range of quality water purifiers, then please look at www.IONZA.co.nz for some of the best quality units I have found in New Zealand. Use the coupon code "hhc" to get a 5% discount off the products you buy. They are easy to get replacement cartridges for and are manufactured to very high standards from the USA, Korea and Japan. Interesting that these countries have some of the most polluted water ways on the planet. This is their solution, make it yours as well, as there is no substitute for clean, fresh, pure unadulterated H2O!



On top of this, as an anecdote, after nearly 4 decades practicing as a Health Practitioner of one form or another, I'd like to add that the most common parameter that was out of range on more people than any other sign from the VLA test I used to do in the clinic was...dehydration! See further in for several powders you can use to Biohack your hydration levels, and add this easy powder sachet to your workout water especially, or if working in an aircon office to keep yourself hydrated from the inside out.



The Importance of Air

The quality of the air we breathe has a direct effect on our health - within minutes of being exposed to poor quality air, full of fungi, molds, or pollens as well as other airbourne allergens and toxic chemicals from vehicle exhaust, diesel, chemical sprays and combustion products like tobacco and vapes as well as fall out from chemtrails and other airborne pollen, allergens and pollutants.

Make sure the area you live in has clean fresh air, away from heavily used roads or rail lines (diesel). Controlling the inner environment with dehumidifiers in wet winters and areas of high humidity above Auckland or in Queensland, Northern Territories or the tropics in general, to reduce infant and

childhood sickness and respiratory diseases. While still allowing air flow on hotter or drier days by having windows open when the weather allows, to get a healthy air flow inside the house. Use mosquito screens if it means leaving a window open to get air flow on non-wet days in hotter climates and over summer. Using dehumidifiers in such situations with good HEPA filters significantly reduces the viral, pollen and allergenic load inside your house or office, or any enclosed space.

By keeping the humidity lower inside than outdoors you inhibit the growth of molds and fungi in your home, no longer making it a breeding ground for allergies and weakened immune responses for young growing and elderly immune systems. We find a lot of molds and toxins inside peoples bodies with the scans we do in my Naturopathic Oncology Clinic. Every cancer patient I have ever seen, with very few exceptions, are riddled with parasites that includes molds and fungi, bacteria, viruses and synthetic life forms we are now seeing in Darkfield Microscopy in labs all around the world, now as a result of the c19 shots rollout.

For those of you exposed to damp environments, using the correct heating is almost as important as the right dehumidifier. Correct the humidity first and you won't have to use as much heating and can save on the cost of maintaining it in long, wet, cold winters. The most efficient heaters are the TEVO infra-red variety that heats bags of water like us humans and animals first, with low intensity infra-red waves, and doesn't waste time just heating the air around us! This reduces the cost of heating and increases its efficiency! Optimal humidity levels are below 60% inside and heating is best between 16 (sleeping) and 22 degrees Centigrade (sitting) depending on the age and health status of the person being treated.

Many corporate offices air conditioning unit filters aren't cleaned enough. If your office has a higher-than-normal sickness rate (colds, flus, covid) compared with other similar sized offices, then seriously consider the biofilters inside the air con units. They could need cleaning or replacing the filters, or at least washing them and drying, as there are many different types and vintages of air con units. Older buildings pre-1990 are always a bit suspect. If in doubt, ask your boss or Health and Safety to check it out.

To get a quality Air Purifier, if yours is contaminated or you live in a big city close to motorways or railways, then I advise you not ignore this important area. Get outside in country air as often as possible and upgrade to a quality air purifier and get 5% Off from: <https://www.productreview.com.au/c/air-purifiers>



How to Biohack a new threat of SSP's since 2020

Since covid 19 a new threat has emerged in our air that is making a lot of people sick and is not recognized by orthodox or conventional medicine (like so many contentious things), because the cause isn't recognized, as it comes from covid. This is now a well-documented phenomenon, called SSP's or Shedded Spiked Proteins, that are expelled by people who have had multiple bouts of covid, either by infection, injection or close or intimate connection with someone so affected.

The more c19 vaxxes or infections you've had the more Spike Proteins are being made inside you, and from current research it appears these little spike factories don't stop anytime soon. However, the Biohack for this is the same as the treatment – a course of Spike Detox™ (or similar product) by weaning on and off the product as described on the bottle and taking at least 2-3 bottles at 4 caps daily, 2 with breakfast and 2 with dinner. If you have had covid at least once or been jabbed at least once. The more times you got covid or got jabbed the more bottles you will need initially, at least, to detox the spikes out of you as they can damage internal organs over time if not mitigated. Repeated courses will be needed for those with ongoing immune deficiency or chronic ill health, other serious co-morbidities, or the elderly or infirm. This is expanded on in the full version of this eBook.

Luckily there is a Biohack for SSP's – a New Zealand invented product called *Spike Detox*™ that is made by XtraLife Health Science based in Auckland.

XtraLife Health Science *Spike Detox* – check out how this amazing product works: <https://xtralife.co.nz/how-does-spike-detox-work/>

use the code “hhc” to get a discount off your order!

Please visit: www.SpikeDetox.site and use the coupon code “hhc” to get a significant discount off any of your orders!

The Importance of Food and Nutrition



Biohacking Nutrient Deficiencies – the need for Macro Minerals and Vitamin D-A-K-E.

It's a Biohacking maxim from Dave Asprey, the father of Biohacking, that everyone over the age of 30 is grossly deficient in macro-minerals like Calcium, Magnesium, Potassium and Sodium due to modern chemical-based food production techniques. And I must agree, because this is what I've seen in my four decades in Naturopathic Clinical Practice. Over time the quality of conventional diets has degraded significantly since the 1920's with food production techniques that benefit the producer NOT the end consumer!

Everyone I have observed from four decades of clinical practice who gets sick has multiple specific Vitamin and Mineral deficiencies, and usually high amounts of parasites and multiple bio-toxins in their bodies!

Why?

Because big food corporations spray modern commercially produced food with chemicals, pesticides, herbicides, endocrine disruptors, and growth promoters (antibiotics) that deplete minerals from the soil each crop, without feeding back into the very soil that gives life to the crops they are growing.

As a result, the food grown from repeated soil cropping becomes more depleted with every year it is grown, unless the farmers use less industrialized growing techniques, way less chemicals if at all, and allow the soils to fallow on a regular cyclic basis, feeding the soil and microorganisms with rock dust and other mineral nutrients, blood and bone, seaweed, horse, cow or sheep manure, lime, 501 sprays, etc. Let it get re-nourished and repleted lying fallow over winter before the next crop grows on it.

Like the fields our crops are grown in, our bodies want ***nutrient dense foods*** that are not calorific, so not full of empty calories, like all junk and ultra-processed foods, which are designed to taste good, have long shelf life, give great profits for the company growing them and leave your body wanting, depleted and nutrient deficient.

Solution?

Obviously grow your own organic foods, if not supplement often and improve the quality of your diet by cutting out excess sugars and all ultra-processed and chemically added 'non-foods' that come in a box or packet. Eat more fresh or even frozen vegetables, fruits and some specific nuts and sprouted seeds as well as desired proteins depending on your blood type and metabolism that we go into in the online course and the fuller version of this eBook in detail.

If you find it unaffordable or too hard to go completely organic in your diet, then make sure the two most polluted and chemically sprayed foods are organic, and you will reduce your exposure by up to probably 70%. These two foods are ALL berries as they are heavily sprayed 6 weeks before harvesting with very toxic neuro-poisons. No good for anybody. The second food group is all leafy greens as the surface area is huge and they are also heavily sprayed just before harvesting to keep bugs away, so they look neat and tidy and uneaten by caterpillars and moths, birds, etc before going to market. Ideally grow as much of your own food as you can, make a family veggie garden a priority and teach your kids and grand-kids the joys of gardening and providing cheap, high quality food and excellent nutrition for you and your family.

How to Biohack Nutrient Depletion of Vital Macro-Minerals

Enter **Macro Minerals 101**, a micro-fine, well absorbed, powdered source of macro minerals you can add to Biohack your daily diet easily by adding to

drinking water, especially workout drinking water, as well as in **Protein shakes, Super Nutrition Smoothies** and sprinkled over foods. Dave Asprey has just brought out a tableted version called **Minerals 101**, but I prefer powders due to superior absorption profiles especially for the over 50's.

I use the **Metagenics** brand **Mineral Essentials** powder or **Orthoplex Alka-Min** powder, both are pleasant to take in all the above drinks and foods. I especially recommend it for athletes or for workout sessions to hydrate and improve mineralization which is the basis for all healing in the body. **Without macro minerals there isn't any healing!** Both these powders are Health Practitioner prescription-only but are readily available by contacting us (www.HoldenHealthCare.com) so we can set a script up for you as needed so you can order it on an ongoing basis as this is permanent supplementation for the rest of your life if you want to slow the ageing process and accelerate all forms of biological healing, two of the main goals in **Biohacking Healing™**.

How to boost your intake of Vitamin D-A-K-E to replenish those essential Macro Minerals

To help boost the absorption of these important macro minerals you need **Vitamin D-A-K-E**, that is:

Vitamin D3, Vitamin A (preformed Vit A not beta carotene), and **Vitamin K2** to help the Vit D3 absorb and to strengthen your bones and immune system and to significantly improve the absorption of Calcium, Magnesium and Potassium, essential to life and wellness. Finally, **Vitamin E8** which is only available from one supplier in New Zealand and Australia currently as **Metagenics E8**. These versions of **Vitamin D-A-K-E** are an important distinction, and a major upgrade from the cheaper versions sold in many shops and supermarkets. Poorer brands are often contaminated with heavy metals or chemical versions of the vitamins, cheaply made in China with less than optimum versions that aren't natural and are made from petrochemicals, thus not delivering good quality nutrition.

Dave Asprey has also just brought out **Vitamin DAKE™** but I prefer the above more advanced versions. But if you want the cheaper version, with one easy pill to take then Dave's product is the one for you. As I realise just how important Vitamin DAKE and Minerals 101 really are I prefer to take the better versions as these are BASELINE nutrition for anyone who is serious about **Biohacking Healing™**, longevity and real anti-aging technology. We go into the correct doses for different body, blood and metabolic types and lifestyles in

much more depth in the online [Biohacking Healing™](#) course and the much larger version of this eBook, [Biohacking Healing™ 101](#).

Doses will vary on the individual, age, gender, activity level, diet, lifestyle that all have an impact. These guidelines are general only and are best discussed with a Natural HealthCare Professional and individualized after several tests have been done to hone the plan for unique YOU.

Adult Dosages below, Kids under 14 half dose please:

Vitamin D3 and K2, Medlab brand highly recommended due to superior absorption – pump spray 5-10 times direct into the mouth around breakfast. It will be in your blood-stream within 2 minutes!

Vitamin A, Thompsons brand is one of the few available in 10,000iu pearls. Solgar does a 5,000iu pearl. Buy from better Health Food Store or Chemists / Pharmacies as it's hard to find, as not everyone stocks it. Take 50,000iu pearls (round like pea capsules) a day for 1 full bottle to get you started and drink more carrot juice and carrots in salads and soups as an everyday food for your immune system. Do NOT take Vitamin A pearls for extended periods without a week off as it is fat soluble (unlike carrot juice) so can give liver toxicity if you overdose continuously. **Vitamin A can be blood tested** as its one of the fat-soluble Vitamins than can be overdosed. So get it checked at least once to find out where you are at so you don't under or overdose.

Vitamin E8, by Metagenics, is the ONLY company in Australasia to make a full spectrum Vitamin E with all 8 isomers of Vitamin E. Cheaper versions don't cut the mustard and only have 2 - the delta and gamma isomers. You need all 8 to do the business. As Vit E is fat soluble like Vit A you can overdose on it, so I recommend 1 cap a day with dinner for the first bottle then reduce to 1 cap every second night with dinner and stay on semi-permanently with the odd weekend off it so you don't overdose. **Vitamin E can be blood tested to make sure you don't over or under dose.**

As absorption is everything, especially when you get over 40, and far more important when you get to 50+ you want the best absorbed versions of these valuable nutrients that are critical to help you activate your immune system, help absorb the Macro Minerals and give you energy and brain clarity and help you to leap out of bed in the mornings after a great night's restful sleep!

Make sure you take daily **Macro Minerals in your diet** as well as **Vitamin DAKE** to fuel your mission on Earth. I suggest at least 1 rounded tsp x **Metagenics Mineral Essentials Powder** or **Orthoplex Aika-Min** powder (as prescribed by your Health Practitioner) 1-3 tsp daily mixed in your work out

water as an addition with a few other things depending on your activity status and whether you work out regularly or not.

If you regularly get active in the gym or outside in sports or other healthy activities, then a great Biohack for your exercise and rest drinking pure water is the **Cerule Collagen Active** (new improved version with stevia) and **Cerule Hydro Active** electrolyte replacement, make sure you get the newer version that's had the maltodextrin taken out as this is a blood sugar raiser and shouldn't be in real health products, its just as bad a sugar is! This combination is ideal for work out drinking water especially. These products are unsurpassed from what I have seen in the dietary supplements sector. If something better comes along, I will update this in future editions of this work and in the online course, but Cerule, one of my favorite companies, is way ahead of the game, so far ahead I don't think anyone can catch them!

Avoid Food Anti-Nutrients



These are foods you want to avoid! Anti-nutrients are 'foods' that deplete more than they add by digesting them and often they block the absorption of needed nutrients, hence the term anti-nutrients. There are 3 key ones to avoid:

Gluten and Gliadin - both found in wheat, oats, barley and rye in that order. Gluten literally means glue and that's exactly what it does causing

inflammation and irritation in the gut lining as one of the key causes of LGS (Leaky Gut Syndrome). I can't tell you the number of IBS (Irritable Bowel Syndrome) patients I suggested go off wheat altogether and to radically reduce grains in their diet and they all lost weight and got rid of, in time, their IBS.

I saved several people from having to have their small or large intestines partially removed, 3 especially over many years who were scheduled to have complete bowel surgery in several months' time. Within 3-6 months they could call and say they didn't need surgery anymore as their symptoms of IBS had completely disappeared! All they did was change their diet, took a few well targeted herbs, pre and probiotics and dietary supplements for a time until we could slowly wean them off most of them. It's all about Lifestyle and **Lifestyle Medicine** which we go into more depth in the fuller version of the eBook, [*Biohacking Healing™ 101*](#).

Oxalates - also known as **oxalic acid**, are naturally occurring compounds in plants. We eat them in food and our bodies make them as well. Leafy greens, legumes, and other foods high in oxalates are rich in beneficial nutrients. However, because oxalates bind to calcium as they leave the body, they can increase the risk of kidney stones and osteoporosis in some people. If you're prone to kidney stones or have kidney disease, your doctor may recommend you follow a low-oxalate diet. But for most people, the benefits of nutrient-dense, high-oxalate foods can outweigh their risks if kept to a minimum: <https://www.nutritionadvance.com/high-oxalate-foods/> .

Vegans especially, and Vegetarians are at risk of the build-up of anti-nutrients in their bodies leading to fatigue and lack of physical and mental energy with brain fog being a common ailment. We go into what specific blood tests Vegans / Vegetarians need to have done every 6 months in [*Biohacking Healing™ 101*](#), to make sure they aren't deficient in the 4 main nutrients that Vegans (mainly) and Vegetarians are at risk of developing significant vitamin and mineral deficiencies.

Phytates – also known as **phytic acid** can affect how the body absorbs some minerals, including iron, zinc and calcium, all vital for health. Phytic acid is a unique natural substance found in plant seeds. It has received considerable attention due to its negative effects on mineral absorption. This is one of the reasons Vegetarians and Vegans are at risk of mineral deficiency, because they tend to eat more of these kinds of foods than other dietary choices. If they eat more garlic and onions this can help them absorb the Iron and Zinc especially. If you crack teeth or break bones easily you may need to look at specific supplements and a definite change in diet sooner than later!

Phytates are found in beans, grains, nuts and seeds. So just be aware if you are eating lots of these foods and cut them down in your diet and get lab tested for Oxalates and Phytates. <https://www.healthline.com/nutrition/phytic-acid-101#effects>

That's why these 'foods' are often referred to as anti-nutrients.

Further comments on a Biohacked Anti-aging diet

The nutritional maxim in Biohacking Healing™: Food needs to meet two requirements:

Be Nutritious and Delicious!

To follow a high-quality diet of mixed proteins and healthy fats (Keto or Paleo or Carnivore) as well as abundant vegetables to provide more minerals, fiber and nutrient co-factors are all heavily featured in suggested **Biohacking Healing™** diets for several excellent reasons.

These diets A) eliminate ultra-processed foods laden with sugar and chemicals; B) provide high quality proteins and healthy saturated fats (we were lied to by big pharma and big food corporations) and C) are Vitamin and Mineral rich unlike ultra-processed foods.

It is advised in Biohacking circles that you are wise to avoid grains unless sprouted as these tend to be pro inflammatory and many people can't digest certain plant-based foods if not properly prepared so may be best avoided. Especially if you are one of 5 main blood types. Again we go into much more detail in the expanded version of this eBook.

Examples of Plant Based foods that can screw with your gut health and lining significantly affecting your immune system are too many raw foods like broccoli, cauli, spinach which are all best lightly steamed, or flash pan fried in coconut oil just to make them *al dente* and so much easy to digest with way less gas. Beans need to be doubled cooked to prevent gas as well. When you prepare them by soaking overnight and wash the soak water away, then cook again with fresh water to get rid of the phytates that cause so many problems in human nutrition.

Hazards of Boxed and Packaged processed foods

Biohackers need to scrutinize all boxed and packaged foods carefully as way too many questionable, and some outright toxic chemicals are added to most of them these days. We can't trust government organisations anymore like the FDA, TGA and Medsafe in NZ as many have sold out to corruption and bribery by big food corporations so that many of these 'non foods' have been passed as safe when they patently aren't. Most of these govt. organizations have become gofers for the big food sector owned by large conglomerates that don't have your health interests at heart at all despite all their spin and propaganda.

Aspartame, (the chemical sweetener in diet drinks like coke and pepsi) is a classic example. Naturopaths and many Food Scientists and Nutritionists knew it was a potent neurotoxin, and in enough quantity, a known carcinogen. This has been brushed under the carpet by the FDA that leads the field and the TGA and Medsafe cut and paste food and drug policy from the FDA as it is held up as being the bastion of science and understanding which it obviously isn't. Connect the dots and 'follow the money'.

The proof is out there, you don't have to look hard to see the nefarious influence of these large multi-national companies that put profit and higher dividends and returns to shareholders as their #1, 2 and 3 priorities in life. Your health comes way down the list. And most will believe me when they do their own research unless their salary depends on them not believing it!

Most of the public have been dumbed down to accept the lie that low-fat and low-sodium foods are good when the reality is the total opposite. Everything is being inverted in recent times, have you noticed?

It is the **TYPE of fat** and the **form of sodium** that are the problem, not the actual foods themselves. Trans-fats are a classic example of dangerous fats, as is chemical sodium chloride table salt – both vastly different in nutrient value than the much better saturated Vegetable fats like coconut and avocado, and animal fats like butter and meat with the fat still on.

With salt use Celtic Sea Salt or Himalayan Salt that contains a myriad of other trace minerals. These are the sources to aim for and avoiding all trans-fats and anything made with canola oil as well as most seed oils that can cause inflammation due to the elevated levels of Omega 6 in them. Our bodies need Omega 3's and 9's way more than 6's that are already abundant in modern diets. The best oils for human nutrition are Olive oil and Coconut oil for cooking.

All growing brains and nervous systems need high quality proteins and healthy saturated fats to help form those growing brains, and all main structural and nervous tissues in the human body. Without them you die a slow and painful death. No one died of an Aspartame deficiency! But they do die of protein and saturated fat deficiencies manifesting as a range of degenerative diseases that take years to slowly kill you, giving you brain fog, fatigue and poor sleep as well as metabolic diseases like Diabetes, Heart disease and Cancers.

This is based on the latest nutritional research done over decades, and much more recently has sparked interest in Paleo and Keto and Carnivore diets that embrace a high protein and fat diet from mixed animal and plant sources depending on the blood and metabolic type. This new research shows the fallacy of a low fat, low sodium, high grain and oxalate / phytate diet that was promoted by the heart foundation and the cancer society last century. These were a marketing fabrication of the big food sectors marketing machine that is only interested in one thing – profits, not your health or that of the land its grown on.

Classic example: *‘Breakfast is the most important meal of the day’* was a marketing phrase developed by Kellogg’s marketing department to promote the sale of sugary grain breakfasts everywhere. Now shown to be fallacious and not based on any real science whatsoever, proving the Nazi Goebbels adage: *if you repeat a lie long enough people will believe it, and the bigger the lie the more they believe it!* Like a recent mantra of **safe and effective** we are all familiar with from 2020.

Excess grains in the diet is known to cause all sorts of acid-based diseases that we cover in much more depth in the fuller version of this eBook. Suffice to say avoiding 3 food groups that appear to be major kryptonite for most people as they are eaten far too much and contain significant hazards to your health. These kryptonite foods are all forms of sugar, some processed cows dairy and commercially sprayed wheat (Glyphosate / Round Up = known carcinogen). All of these food sources have been contaminated but there are alternative sources that are much safer

In 21st Century Biohacking circles we embrace quality proteins from a wide variety of sources (both plant and animal) based on your Blood and Metabolic Types. For example, Veganism and Vegetarianism are well suited to Blood Type A; but is a nutritional disaster waiting to happen for O blood types like me. Before and during my training as a Naturopath, I was a Vegetarian for 7 years and experimented with Veganism for 15 months when I was a Yogi, meditating hours every day, and I have never been sicker in my life! I lost weight, had no energy and looked like a strong breeze would blow me away

As soon as I started eating more cooked veggies, especially in winter, cut out gluten and most other grains, and started eating fish and Free-Range Chicken everything changed for the better. I had much more energy, slept better and my meditations were more focused and grounded. That's because I am an O negative blood type and a fast Metaboliser Metabolic type.

This won't work for everyone so please don't try to push all into a one size fits all diet as that's contra to the latest Blood and Metabolic Nutritional Biochemistry findings.

We are all Biochemically, Metabolically and Genetically unique.

So even at the risk of offending my Vegetarian and Vegan A blood Type patients, friends and colleagues, I have to state my truth here about what a much more grounded and natural meat eating, variable diet did for me as an O-ve blood Type and as a Fast Metabolizer. We go into the Blood Type Diets and Metabolic Types in the fuller version of this eBook [*Biohacking Healing™ 101*](#).

Raw foods diets just don't work for most in colder climates, especially in the colder months, and are considered unhealthy in TCM (Traditional Chinese Medicine and Macrobiotics) where raw food diets are well suited to a tropical hot and sticky climate where more fruits grow. This is following a Macrobiotic diet principle, eat what is grown locally and consumed by the locals for thousands of years because we know it is safe and healthy. Its only when native cultures get into the 'white man's diet' of overly processed foods that come in boxes or fancy packaging that contains polysyllabic ingredients that few can pronounce, and fewer know what they are. Always check on the Nutrition panels on the sides of the packaging. If you can't pronounce it avoid it!!



Biohacking Recipes



Upgraded Danger Coffee

This is probably the most famous Biohack created by Dave Asprey who made a cool US\$16M from producing his own brand of Bulletproof / Danger Coffee. It is a huge Biohack especially for died in the wool coffee addicts. The difference is this gives you a caffeine lift that can last for hours not just minutes. As the brain's desired fuel is protein and fat rather than sugar, this recipe can help people reduce their coffee consumption if they're drinking more caffeine than is wise, 1-2 cups a day max, but only if you have good liver function and don't have high blood pressure as drinking any form of coffee will put your BP up and slow down liver detox pathways.

Basically, it is fresh ground single or double shot **organic** coffee beans of your choice with **organic** coconut or almond milk as the base and 100% **organic** whey protein powder where possible (**Musashi** brand is good), 1 rounded dsp (20grams) per person and 5-15 grams (varies with personal taste) **organic** grass fed butter per person, 5-15ml **organic** Coconut MCT oil (grade 10 preferred) per person, work up the dose slowly. The MCT (Medium Chain Triglycerides) is by far the most expensive ingredient, second to the 100% Whey powder and makes all the difference. MCT oil is a supreme, preferred

brain fuel; whereas the 100% Whey powder is excellent for your immune system, as well as your brain, as it contains high levels of proteins and immunoglobulins to upgrade your brain fuel and upgrade your immune system function – both significantly.

Danger coffee is so-named because you feel so good you're dangerous! I am not a coffee drinker, but I LOVE Danger Coffee as it is so filling and tastes luxurious. Caffeine acts as a catalyst and drives the other nutrients deep into your brain giving you the caffeine buzz that lasts way longer than normal coffee and is about as far removed from instant junk coffee brands, the well-known ones, often full of chemicals and mold.

Dave Asprey is big on avoiding all types of mold and fungi in your diet, other than Medicinal Mushrooms of course; and commercial coffee brands are often full of mold and fungi if the beans haven't been sealed and stored dry. These microorganisms give you brain fog and mental dullness that Danger Coffee certainly changes very quickly. Asprey is so into his coffee he even suggests you can fast on it as part of a healthy liquid diet and with the ingredients he uses he has a point.

Naturopaths are trained to avoid coffee to help cleanse your liver, but I must say Danger Coffee is a pleasant surprise, and was new to me before I got into Biohacking, and now, I wouldn't be without it. If you desire a sweetener don't worry, you won't need one as the Whey powder and the milks contain enough sweetness for most people; but if you're weaning off sugar (one of the best Biohacks you can do for your health) then you can use 5-10 ml of Maple Syrup or 1-3 grams of Stevia powder or 5-10ml of Stevia liquid. Stevia has no real downside as it won't bounce your blood sugars or set you up for hypoglycaemia, hyperglycaemia or diabetes. The extra fats and oils in Danger Coffee do wonders for your brain and concentration and are awesome for student's pre-exams!

Upgraded Danger Cacao

Same as **Danger Coffee** without the coffee, using **organic high quality** dark Dutch / African / South American 70-85% **Organic** Cacao powder with 5-10ml of either Maple Syrup or 1-3grams of Stevia powder for sweetness as the darker cacao can be quite bitter, bit like coffee. Don't forget the 100% Whey powder, Butter and especially the MCT oil are all major actives in this delicious drink!

We give you the actual recipes in the fuller version of this eBook.

Super Nutrition Smoothies

Must contain at least 1 full cup of **organic blueberries** or **mixed organic berries** per person and at least 1 large or 2 medium **carrots** per person or it won't raise your life extending carotenoid index (measured by the **Pharmanex S3 Antioxidant Scanner**) into the blue range (desirable 50,000+ scores).

This is one of my Biohacked nutrition secrets to get your absorbable antioxidants into your system quickly and safely. When it is mixed with the high-quality Protein Powders and healthy fats like avocado or real coconut milk or cream it stabilizes blood sugars and helps boost immunity and brain function. These Smoothies really are Super for turbo charging your nutrition. I have one most days especially in the warmer months as it is nice to have frozen organic berries when it is hot as a lovely cooling breakfast or healthy snack instead of a meal if you want a real healthy fast food!



Power Omelets

Minimum 2-3 free range eggs per person, prefer 4 + if male or wanting to build more muscle with regular weight-lifting. Add a wide range of bright colored mixed frozen or fresh veggies, at least 2 cups to add much needed antioxidants, minerals and fibre to your diet. Add culinary herbs to taste especially garlic and onions (for immunity and circulation) as well as any of your favorite herbs, turmeric, cumin seeds, cayenne pepper or curry powder to add taste and flavor.

Healthy Hi Protein Hit Shake Supreme

Always at least 2 heaped protein scoops (100% whey powder is best unless you're an A blood type then pea protein powder is better) per shake per person during and ASAP after workouts with added Creatine (1 heaped tsp per person during and post work out only for best results). Do not overdose on Creatine when not working out. But do use it pre, during and post work outs to get better performance, high weight lifts and less fatigue or soreness afterwards when building muscle mass.

Healthy Hi Fat Hit Shake Supreme

One large whole ripe avocado (without the skin or pip) or 50-100grams x Buffalo Halloumi or 1 full cup of whole Greek style Coconut Yoghurt or Kefir. Greek style yoghurt and the state of ripeness of the avocado will dictate the thickness of the Shake so dilute with either organic Almond or Coconut milk as the better options. Add as many veggies as you like to add needed fibre and texture.

Combined Hi Protein and Fat Double Hit recipes

Add Free Range eggs and Avocado or Halloumi or Yoghurt / Kefir to your desired taste, to significantly upgrade the value of your meal to your bodies nutritional requirements. This helps for maximum muscle mass retention and pushing your body more towards ketosis for fat loss and energy increases. If doing HIIT if younger than 40, and REHIT exercise sessions if over 40 for best results with less injuries. Skip to the exercise section to learn about **HIIT** and its 21st Century upgrade **REHIT**, especially for the over 50's.

Power Soup

Add 2-3 free range whole eggs per person pre-cooked or add raw then cook in the soup for 5 mins to get the egg consistency right just before serving. Add whatever vegetables you like most. Ideal in winter are pumpkin, carrots, beets, onions, garlic, tomato, celery, broccoli, cauli, greens, whatever veggies turn your dial. Take it easy on the starchy veggies like potato and kumara and pumpkin. Make sure you add dried or fresh seaweed to add much needed trace minerals. Add hot curry powder or cayenne pepper, cumin seeds and/or turmeric especially in winter to improve taste and the warming effect of the herbs.

Power Protein Shakes

Add at least 1 large, heaped scoop (1 heaped tablespoon or 30ml) of Protein Powder per person; A blood types do better on pea or nut-protein based shakes; O's and B's and some AB's do better on Whey powder and Skimmed Milk Powder Protein based formulas without Pea Protein powder or Chia or Flax Seed powder, the main vegetarian / vegan options. Be aware some cheaper white rice powders have a high glycemic index, so not good for hypoglycemics, hyperglycemics (prediabetics) or diabetics (all 3 types DM1, 2 and 3). Some Rice has been contaminated with Arsenic which is quite widespread in nations where the refining isn't as it should be like India and China and some other Asian countries. Best to avoid white rice powder altogether as its as far from Keto / Paleo as you can get without eating bowls of sugar as the white rice breaks down to sugars in the gut as you digest it. Go organic brown, black or purple rice if you can find it, as currently there is a world-wide shortage and has been for nearly a decade now.

Green Salad Protein Delight

Add 1 full cup of fresh mixed chopped nuts (**Pine, Pistachio, Walnut, Pecan, Hazel, Almond, Macadamia, Brazils**) – per person, avoid peanuts due to fungal and mold contamination. Try drizzling with an acid vinegar (Balsamic, Red Wine or your favorite vinegar) and Olive, Avocado or Macadamia mixed **oil-based dressing** (try 50; 50 oil : vinegar) to improve digestion. Add all of your favorite fresh torn organic greens, coriander / cilantro, cherry tomatoes, chopped celery, parsley. Lightly steamed (so better digested) sliced carrots, cubed beets, lotus flower, chopped broccoli or cauliflower heads, whatever your favorite veggies add in abundance as well as sliced avocado (aim for 1 per person) to increase healthy saturated vegetable fats. Pour over copious quantities of the oil and vinegar dressing to enhance the flavor and digestion. If you can't handle oils or vinegars use fresh lemon juice instead.

Power Salad Dressings

Every salad benefits from a dressing that contains at least some acid-based vinegar (Balsamic, Red Wine, Umboshi Plum) and some quality cold pressed olive or avocado oil 50: 50 well, stirred and poured over the salad in copious quantities.



Serious Anti-aging Supplements and Super Nutrition

These **Biohacking Healing™** results accumulate over time. The longer you practice good water, air, diet and nutrition that is well suited to your blood type and metabolism, and the longer you take the products recommended continuously, the better results you will get over time.

Biohacking Healing isn't a fad. Biohacking has only been around as a named modality for 10 years, but it is heavily based on good quality science and research that has spanned thousands of years of Ancient Healing Wisdom coupled with modern Science and Technology including ancient practices like fasting and seasonal detoxes that need to be rediscovered by the masses if we are to make it into the 22nd Century intact!

This whole section is expanded upon in the fuller version of this eBook.

We cover areas like:

Male and Female Quality Multi Nutrients that do something (unlike Centrum and other cheap and nasty multi's from CW) / Quicksilver Scientific Lypospheric Vitamin C / Hi potency Zinc drops and tabs / Vitamin D3 and K2 sprays / E8 full spectrum Vitamin E / Omega 3-6-9 (both plant and animal based for all blood types).

Best Male Performance Herbs, Nutraceuticals and Pharmaceuticals to Biohack your bedroom performance and libido, clarity, anti-aging and longevity enhancement powders, patches and liquids. Male grooming products for that Mr. Something extra...

Best Female Performance Herbs, Nutraceutical and Pharmaceuticals to Biohack your Mood Balance, upgrade your Energy levels, Sex Hormone balancing for better emotional and mental clarity, anti-aging with tests to prove the point and of course longevity enhancement. Plus for the ladies state of the art Cosmeceuticals that have no toxic chemicals in them and really do make a difference to your skin, you can feel it almost straight away when you use the products recommended.

Plus, for the ladies especially and metro-sexual males, state-of-the-art clean, toxic chemical and heavy metal free **Beauty Products and Beauty Devices**

from one of the top US manufacturers. We go into this in a lot more detail in the upgraded version of this book *Biohacking Healing™ 101*.

In the fuller version of this eBook, we name the brands and products and give you the websites and codes to get online access at discounted prices.

We can organize a Zoom online consultation if a prescription is legally required for Nutraceuticals or Pharmaceuticals.

A simple and potentially life-saving Biohack is to only use natural deodorants and **avoid the use of anti-perspirants** as they contain high levels of aluminum (read the label it will horrify you) that transports from the armpit into the lymphatic system around the breasts so not a good idea for females, especially as they have way more lymphatics in the chest area to keep the breasts pumped free of a build-up of toxic chemicals or microorganisms that could cause problems for a breast feeding baby. Some brands have as much as 35% Aluminum salts, as it helps the deodorant dry faster. Change to a natural one free of Aluminum and other chemicals with unpronounceable names. Check labels in the supermarket or health food store where you buy your deodorants from. I sell a Colloidal Silver based deodorant in my clinic that works really well.

The Importance of Circulating Stem Cells

Anyone who is really serious about the Biohackers' goal of living longer and more fully, needs to have a serious look at plant (and animal) based Stem Cell Enhancers.

Cerule Plant Based Stem Cell Stimulants - Supplements in tandem with Lifestyle Medicine can change your DNA expression over time by changing your epigenetics!

Supplementation coupled with **Lifestyle Medicine** is how, as Biohackers, we can adjust or correct our metabolism and provide the stimulus to change to upgrade our immunity, cognitive function, sexuality, wellbeing factors, happiness, and lifespan. To do this on a permanent basis we need to make permanent changes to our lifestyle, supplementation, diet, exercise and mental focus.

Biohacking Healing™ does all of these and more over time and planning. In this eBook I aim to get you started right away at the deep end by including IMHO the top 3 products that I take on a regular basis and you should too if you value your Health and Wellness well into the Golden Years. If you are really committed to winding the biological clock back as you chronologically age, then this is THE Biohack for you!

To do this you want way more **circulating stem cells** to patch up and permanently repair ongoing oxidant damage to our genetic expression as we age. As the world-famous **Dr Bruce Lipton**, PhD, who lives and breathes everything *Epigenetics*, has been teaching us all these years, you can change your genetic expression by how you live, love, and shine your light in the world as you were always meant to. In his revolutionary book **The Biology of Belief** written over 15 years ago now, he shares how the mechanism re our reality is created by our perceptions and this creates our solid 3D reality. **Biohacking Healing™** recognizes this with a wide range of interventions for Body, Mind and Soul.

We expand on these areas of higher consciousness expansion in much more detail **Biohacking Healing 202** and even more in **Biohacking Healing 303** due out post 2027.



One of the first things you can do to enhance your **Biohacking Healing™** is to enhance your **Stem Cell production** across the board as soon as possible over the age of 35. The ONLY products that can do this affordably are **Cerule Plant Based Stem Cell Enhancers**. Visit www.Cerule.com/DavidCHolden to find out more.

Medical Pharmaceutical and injectable animal-based Stem Cells are prohibitively expensive, only really for the rich AND they can have significant side effects if dosed wrongly. Plant Cell Stem Enhancers don't have these issues and the benefits are significant and get more pronounced over time the longer you use them. I've been using **Cerule** products now for over 9 years and have felt several benefits over these years that are accumulating as I get older. Let me expand on this point. I have healed a torn in half left knee ACL with double dose **Cerule Stem Enhance Ultra** and **Cyactiv** (before **Cerule Collagen Active** was available or I would have used that too). In 6 months I completely healed this injury with ultrasound imaging to prove it without the downsides of surgery!

Research clearly shows that with 2 capsules of **Cerule's Stem Enhance Ultra** or **SEU**, their flagship product, humans can expect a 25% increase in circulating Adult Stem Cells within 45 minutes of ingesting them! So if you regularly daily dose with **SEU** you can expect this increase on a daily basis. **This has deeply profound implications for promoting all types of human tissue healing from the inside out!**

You can visit www.Cerule.com/DavidCHolden to see more.

A 25% increase in circulating Stem Cells that can change and adapt to fit any damaged cellular tissue in the human body!! Sounds miraculous and it is.

Hear my own story with these truly amazing products:

This was proven to me, when in 2018, over summer, I tore in half my left knee ACL and wow was that painful. I was doing an advanced Chi Gong move for a class I was teaching at a local beach, and it tore doing a practice run. So off I went to my GP to get an ACC assessment. The surgeon I was referred to, one of the best in Auckland, wanted to operate soon and repair/remove the offending ligament, offering me an ACC \$7k discount off a \$10k operation that I would have to pay the remaining \$3k for, be laid up in bed for 6 weeks while I recovered and he said I would probably end up with a permanently weakened knee joint. Not a prospect I was delighted in.

I had just heard about Cerule products about a year earlier so decided to experiment on myself and double dosed to 8 caps SEU (to stimulate the Stem Cells and Healing) and Cerule's Cyactiv (their inflammation stopper) a day, 4 with breakfast and 4 with dinner of each product.

After 3 months I went back to the surgeon, had a repeat CT scan and he told me it had healed 50%, and when would I like the operation?

I voted for another 3 months of taking double dose SEU and Cyactiv and requested a repeat CT scan then. When the appointment came, I was told my knee had completely healed from the tear on the latest CT scan and when would I like the operation?!

Obviously, I declined and have never had an issue with the knee again. I can even lift weights on the joint and have no issues with it at all. I was in my late 50's at the time of the accident and it worked brilliantly for me, and can for you, as an option if something like this ever happens to you and you wish to avoid complex surgery that may have complications and permanent weaknesses for life.

The main point I'm making here with this true story is that we can, and do, **stimulate circulating Adult Stem Cells**, which are the building blocks for every cell in your body. Stem Cells can differentiate into any type of cell needed to be replaced, be they ACL knee cells, nerve cells, heart cells, liver or pancreatic cells, brain cells or even neurons, basically any cell that needs replacing, as they all do over time.

If you are really serious about **Biohacking Healing™** and slowing down and even reversing the ageing process, then Stem Cell Enhancers are for you!

General Guidelines with Cerule Plant based Stem Cell Enhancers

Increase the dose by 1 cap per decade of life, eg 40 year olds take 4 caps a day – 2 with breakfast and 2 with dinner; 60 year olds take 6 caps a day, 2 with each of 3 meals a day or 3 with breakfast and dinner if you only have 2 meals a day.

These are the suggested minimum doses to gain good results over time, you can take more for specific needs, for medical conditions, or for accelerated anti-ageing and longevity enhancement if you are over 50, and want to remain as healthy, fit, active and mobile for as long as possible. In other words if you

are wanting to increase your **Health Span**. This is the extra decades and years of good health before you age decline which is avoidable with this technology.

Any time of stress requires more input for total body healing over time with the help of a trained Health Professional who knows about **Cerule Stem Cell Enhancers**. If you want to find one close to you ask us or visit our website on: www.BioHackingHealing.com

Below I've picked out the most useful and relevant Cerule products for Biohackers like you and me:

Cerule Stem Enhance Ultra – Cerule's Flagship product for a reason – it works! The research shows that circulating Stem Cells increase by 25% within 45 mins of ingesting just 2 caps of Stem Enhance Ultra!! This is remarkable and once you understand the role Stem Cells play in repairing and preventing damage ANYWHERE in your body you realise how amazing these products really are!! Check out the video on how and why this amazing product works here: https://www.youtube.com/watch?v=6B5HOv_ahog

Cerule Cyactiv – very strong anti-inflammatory, check out the video on how this product works to dampen inflammation here: https://www.youtube.com/watch?v=LusWe1f4E_kandt=46s

Cerule PlasmaFlo – to unblock blood flow over time, check out the video on how this product works, to unblock arteries and arterioles and fine capillaries. Best taken on an empty stomach with a glass of pure water first or last thing: <https://www.youtube.com/watch?v=pYWnqjYsa84>.

Cerule Collagen Active – add to drink and workout hydration water for improved joint and muscle recovery: <https://www.youtube.com/watch?v=GFm7f1D4xFg>

There are other Cerule products we go into in much more detail in the training online **Biohacking Healing™** course as well as regular Cerule trainings for those seriously interested in helping their bodies age more slowly and repair more rapidly than previously known proven scientifically, see references at the end of this book. I believe Cerule's products are some of the most advanced available readily to the public, not just Health Professionals, which is why I have chosen them as my #1 choice for those interested in **Biohacking Healing™**.

How to Lengthen and Extend your Telomeres

Telomeres are the caps on the end of our chromosomes that unravel over time and increase our exposure to deadly environmental and Nutritional toxins, oxidants and foreign chemicals or microorganisms we are exposed to. Like shoelace caps on the end of shoelaces they stop our DNA strands from becoming unraveled. Once they start to unravel oxidants and other cellular toxins can damage your DNA and this damage is repeated every time your DNA reproduces and copies itself, which is all the time as it is a constant process of cellular replacement inside of your body of Trillions of cells.



One of the best products for this I've found is called REWIND by XtraLife Health Science, based in Auckland, New Zealand. It's dual ingredient formulation explained in the excellent video tells you all you need to know but there is more research available if you're a science nerd like me!

XtraLife Health Science REWIND – check out how this amazing product increases your Telomere length and improves longevity! <https://xtralife.co.nz/how-does-rewind-work/>

Use the discount code “hhc” to get dollars back off your purchase!

I have used this product ever since I found out about it early in 2023 and am impressed with its effectiveness. There is a test we can do to measure how much your Telomere length has improved with this product and I will write about it more in the extended version of this eBook released end of 2026.



Biohacking Your Immune System

With modern 21st Century lifestyles we have extra challenges we didn't have last century like; Far more weakened immunity due to toxic burdens being pumped into our food supply, the air we breathe, the water we drink and the so-called medicines / vaccines we take.

Depleted soils grow depleted foods, and these have serious ramifications if we persist in consuming them without looking at alternatives that are organically grown in your own garden! You can supplement your soil with rock dust, blood and bone, sheep, cow or horse manure, etc, to make the foods you grow and produce far better and more nutrient dense than commercial alternatives. Much more on this in the expanded version of this eBook.

Sleep disorders are also on the rise due to over exposure to stimulants like sugar, caffeine, chemical preservatives and sprays applied to commercially grown foods, as well as over exposure to blue light and WiFi from devices used way too close to bedtime. This section will be expanded upon in the expanded version of this eBook coming out late 2026.

These are just some of the modern toxins we are exposed to, that wasn't the case 100 years ago. Many of you will have seen the info on *chemtrails* now so common in our skies especially over cities and major urban areas, less so in the country, all over the western world. Check out: <https://www.geoengineeringwatch.org/> for much more info on this subject.

With the advent of *Chemtrails* and new novel toxins in 'vaccines' and medicines we need something to detox these poisons out of our system as a part of **Biohacking Healing™** because if we don't then it will sabotage all our efforts to live healthier, happier extended lives.

How to effectively Detox environmental toxins

This is a HUGE subject and will be covered in much more depth in the larger version of this booklet as well as the **Biohacking Healing™** online course.

We go into a wide variety of detoxes including one of the best systemic detoxes available – Brett Elliott's **BodiClenz** product. Find out about it and use the "hbc" coupon code to get a discount on the product whenever you purchase it here: <https://www.brettelliott.com/shop/bodiclenz-ultimate-herbal-detox-drink-500g-1kg-pot/>



I have used Brett's products for over 6 years now and have seen the results in my Darkfield Microscopy and VLA work, proving it works well to flush out a wide range of environmental and nutritional toxins quickly and effectively.

The other topical detox I will cover in this mini eBook version is **Spike Detox** from **XtraLife Health Science**, based locally in Auckland's North Shore. I have used this product ever since I found out about it early 2023 and it has helped many of my patients detox c19 vaxx and c19 medicine toxins very quickly and effectively.



XtraLife Health Science Spike Detox – check out how this amazing product works: <https://xtralife.co.nz/how-does-spike-detox-work/>

We will go into much more detail on several detox strategies in the fuller version of this eBook due out later in 2026.

In the fuller book version we cover the best sources of absorbable:

Zinc – involved in over 60 different biochemical pathways to fully activate your immune response

Vitamin D3 and K2 – one of the MOST important supplements for activating immunity but it needs to be coupled with Vitamin K2 to unlock the real benefits of Vitamin D3. Products made without K2 won't work nearly as well based on the Nutritional research and can lead to kidney stones in susceptible individuals unless the K2 is included.

Lypospheric Vitamin C – the best form by far of Vitamin C as it is WAY cheaper than IVC which can only be administered by a Doctor and way better absorbed and maintained than powdered or tableted forms by a significant margin. We explain how you can Biohack Vitamin C as it needs to be coupled with Lipic Acid to get WAY better results.

NAC – Vital for detoxification of the liver, kidneys and spleen, found in quantity in a synergistic product called **Spike Detox™** from XtraLife Health Sciences. (see info link above)

Cosmeceuticals and Skin Supplements to change your DNA Skin expression

The importance of Hydration, Collagen and Moisturization

The importance of Hydration can't be underestimated with beings that are around 70% water. After over 25 years of doing VLA (Vitality, Longevity and Anti-aging) tests with patients the #1 issue was dehydration!



To truly Biohack dehydration once your only drinking highly purified or natural spring water and step it up another couple of notches, then I can't recommend more highly the **Cerule** duo of **Hydro Active (New Formula)** and **Collagen Active (Stevia formula)**, find out about this dynamic duo at one of our tastings! You'll want some when you've tasted it, with the only hydration product not loaded with sugar or chemical sweeteners, and added Magnesium Biglycinate, one of the best forms of magnesium, highly bioavailable, and one of the best for human nutrition. Visit www.Cerule.com/DavidCHolden

Mixed with **Collagen Active** this is a combo straight from hydration and anti-ageing heaven. Aside from the delicious guilt-free taste it has unique **Cerule Cyactiv Blue Spirulina extract** and **Marine Collagen Peptides**, some of the best absorbed collagen I've seen on the market with come-back-for-more testimonials from people who love this product. I take 2 sachets daily, sometimes more especially if I'm working out or going hiking, or Jet skiing or somewhere in nature, or even at the other extreme when I want some clarity of mind to take in some personal quiet time before Meditation or Mindfulness practices or Yoga of one form or another.

So that takes care of biohacking your hydration, and as collagen is one of the most used proteins in the construction of the human body (about 30%) and constantly needs to be replaced, especially if you are concerned about looking as well as feeling, younger than you are. This is why this hydration section is an essential part of **Biohacking Healing™**.

Check out this link for all you need to know about Collagen and why people are raving about it once they get a good one! **Cerule Collagen Active** is by far the best of several I have tested and it seems to tick all the boxes:

<https://www.healthline.com/nutrition/collagen>

We can't speak about collagen without speaking about your skin. To Biohack wrinkled, poorly hydrated skin use the ultimate in skin Biohackers technology: the **Nu Skin Lumispa**, a remarkable high-tech, rechargeable skin massaging device that really does the business!



Nu Skin Lumispa – is best used daily for optimum anti-aging results. This is probably my favorite Beauty therapy device of all time! Try one and you'll see why! See this video on how the Lumispa works:

https://www.youtube.com/watch?v=wCpVDAW_5pc

and this slightly longer one:

<https://www.youtube.com/watch?v=ClyleYTzVWY>

Once you've tried it I think you will agree this device is the ultimate in gentle skin massage coupled with blood and lymphatic drainage, collagen and micro-circulation stimulation and just a lovely nurturing micro massage for your face as a regular part of your skincare regime. This combined with Cerule Collagen Active at least 1-2 daily in your drink water is the ultimate Biohackers internal and external skin rejuvenation treatment.

Nu Skin Transforming Night – One of my all-time favorites of **Nu Skin's** which is why its first in this section. Nightly use for best results, this product gives a luxurious skin feel to your face, neck and back of the hands. I really feel the difference to my skin in the mornings. Put on at night after cleansing / toning and notice how your skin is still well hydrated even when you wake up, truly a luxurious product to use.

Nu Skin Cleanse and Tone – luxurious skin foaming Cleanser / Toner for those who want a dual action product that really does cleanse AND tone your skin, ideal for those with wide pores and perfect before **Transforming Night**.

Cerule Instant Tensor Serum – a unique product that gives a golden glow and skin tightening action, unsurpassed by any other product I have seen or used since, it's a must-try from me: <https://www.youtube.com/watch?v=dZOmH0ByiRw>

Cerule Micellar Cleansing Gel – deep penetrating cleansing action with a special French formulation using a wide range of Sea Algae and pro-nutrition factors for your skin. Leave on overnight occasionally to allow a deep cleanse to occur, or use to remove make-up leaving your skin feeling fresh and clean. This is a low allergy formula and is one of my personal favorites.

Cerule CC Cream – to cover imperfections or scars or skin blemishes, one of the best maskers on the market, again with the special French connection with the organic Sea Algae extracts. I use this as a cover for some of my own skin blemishes as I suffer from many small skin cancers due to my white Caucasian English skin that doesn't mix with harsh New Zealand summer sun very well, so I got burnt more than I should have in my teens and 20's in summers down-under before sun blocks were as common as now. I'll share more about my journey treating skin blemishes and several types of skin cancers on my own skin naturally without surgery in the fuller version of this eBook.

Control the Inflammation (Fire) Response

Inflammation in many ways is what ages us fastest. When you are wracked with Musculo-skeletal or bone pain, life can be a total misery. Avoid it by Biohacking joint, bone, muscle, tendon or ligament pain with natural remedies that have been made high-tech (Lipid Nano Particles) and way more effective as a result.

Turmeric spice has for thousands of years been a go-to for Indian families when someone was physical hurt, damaged or bruised. Its more clinically effective version, Turmeric has been given the 21st Century treatment with an upgraded new product made by **VIDAFY** a branded **NANOFY Curcumin** liposomal liquid extract, which gives it 166% better absorption than normal Turmeric according to the testing data.

I now consider this the main Biohack for inflammation acute or chronic it is just so effective. It reduces joint pain in most cases allowing a thin film to form over joint tissue helping the joints glide across each other like a smooth silicon coating. I only heard about this product late 2023 from an associate, who is involved in a number of the MLM / Affiliate marketing companies I work with

including our mutual favourite **Cerule**. She turned me onto this product and I am so glad she did, thanks Dianne!

VIDAFY brand **NANOFY Curcumin** liquid extract which boasts a 166 x better absorption rate than straight Curcumin. As Curcumin has an appalling low absorbency - but not when it is comprised of **Lipid Nano Particles (LNP's)** in this new product. For most people with inflammation caused by disease processes like Arthritis, Rheumatism, Muscle or Bone aches and pains, Sports injuries or tissue breakdown and damage; then this product works well at reducing pain and inflammation at source. I combine this with Cerule Cyactiv or Cyactiv Joint for serious Arthritis and Collagen Active if it is indicated. The pain relief for people is quick and lasts. I'm very impressed with this product and have trouble keeping it on the shelf TBH. Trial it for a bottle and see for yourself! Contact me to get a script for this product on 0274 837 188 / david@hhc.nz



Cerule Collagen Active may be very helpful as a Biohack for inflammation. Watch the video about this product and how it works with the link below. Order by going to www.Cerule.com/DavidCHolden or contact me directly as this product is only available via network marketing. However you don't have to sell the product to access it at wholesale prices, I can show you how. If interested in this product contact me as I give generous discounts for multiple purchases.

Cerule Cyactiv can also be very helpful as a Biohack for inflammation if it's caused by trauma or injury. Watch the video about this product and how it works on the link below. Get the advice of a Health Practitioner to see if this is ideal for you. Order by going to www.Cerule.com/DavidCHolden or contact me directly.

CBD Oil and Ointment can also be an excellent damper for inflammation if it's caused by a disease process like CVD, Arthritis or Cancer. Get the advice of a Health Practitioner to see if this is ideal for you. Contact me for a script for these products and how you can legally get access to them by emailing me at: david@hhc.nz or texting me on 0274 837 188.

You can also contact the Green Fairies in New Zealand closest to you by Googling them for a Zoom consult to see if you qualify for a Medicinal Cannabis Script. You can also speak with your GP about Medicinal Cannabis, especially if they have completed the Medicinal Cannabis Prescribers course

like I have. MC isn't suited to everyone, and side effects (getting stoned) can be significant if the wrong form is prescribed, or you have to operate delicate machinery for your job or hobbies, so it pays to get it right first time. Try this contact on Facebook: <https://www.facebook.com/groups/947453282097263/>

You can visit: www.Cerule.com/DavidCHolden to see more videos and sign up so you can get the products at the same price I pay for them. You can also watch all these videos below and more on Cerule's own [YouTube.com/Cerule](https://www.youtube.com/Cerule) channel. There's dozens of videos to keep you occupied for weeks, many with a younger version of me in them!



The Importance of Mindset

“If you fail to plan you are planning to fail” is a well-known business adage. Its no different with **Biohacking Healing™**. If you plan ahead, you can be ahead of the game, significantly over time. So much so that if you end up at a 50th school re-union your friends and classmates are going to ask you who your PT, Healer, Naturopath, Doctor or Plastic Surgeon is!

With **Biohacking Healing™** you already have all the Health Practitioners you need on board with all known disciplines contributing to its vast body of knowledge contributed to the history of this new modality of Healing. With the combined thousands of years of Ancient Wisdom of the Ages, Biohacking Healing leans on Ayurveda, TCM, Comprehensive Naturopathic, Herbal and Homeopathic Medicine, Frequency and Vibrational Medicine. This is combined with state-of-the-art science and technology using lasers, multi-phase scanners, Frequency and Vibrational Medicine devices, testing and treating following simple formulas developed over many hundreds (in some cases thousands) of years, refined with modern science and technology that helps us claw our way back to good health for those that lack it, and put your life on Healthy non-drug steroids, literally!

Time is the Biohackers friend, just like quality investments that return dividends regularly over time, Biohacking does the same for your Health and Wellness, enabling you to bank these health improvements and build upon them, just like you would a well-planned out and considered lifetime investment portfolio. Nothing less because your Health is your Life and your real Wealth, as anyone over 50 well knows.

Make your Health and Wellness an investment you are proud of as the dividend payback is immense with more energy, brain clarity, higher sex drive and focus, sustainable strength and fitness as you age gracefully with dignity and all your marbles intact! This is where **Neurohacking** comes in. There is a whole section on **Neurohacking** in the fuller version of this eBook and in much more depth in **Biohacking Healing™ 202**.

Your **Biohacking Healing™** plan needs to adapt and change as you do over time.





The Importance of Avoiding EMR and WiFi

What you're NOT being told by Big Telcos and the Govt

The reason this whole section is here is because of science, engineering and communications technology we are all using daily. We are using more tech, not less, especially many Biohackers and more, are starting to depend on it – but the BIG elephant in the room is this tech has its issues. This has been known by the Big Telco sector for decades, if not over 100 years. We now know from several studies listed in the sections references, from the research of **Dr Martin Pall**, PhD, Professor Emeritus of Biochemistry and Basic Medical Sciences at Washington State University, that EMR is dangerous at relatively low levels. The main sources are from Wi-Fi, 4G, 4G+, 5G and now 6G being rolled out in France. We now know that over-exposure will affect many people in many ways.

Biohackers aware of this issue are wise to protect themselves from non-ionizing radiation from domestic and commercially powerful Wi-Fi dual frequency home and office Wi-Fi routers. By the use of hard wiring as the first-choice solution this can all be avoided so easily. More companies are now

offering these services if you don't have the technical skill to do this yourself. This whole section reveals the truth behind the Wireless Radiation and 5G boom and how it is affecting you and especially your kids' and grandkids' health, and what simple steps you can take to protect you, your family and your health future.

If this area is new to you then you have some catching up to do. You won't get this information from the MSM corporate / government media, only via Alternative Media will the truth be revealed. Please log onto www.SaferTechNZ.co.nz which is an organization I co-founded in 2018 with four others. It has now blossomed into a functional organization that will eventually act as a Big Telco, Big Pharma, Big Tech, Big Government Consumer Watch Dog and Lobbyist in New Zealand for concerned parents, EHS advocates and anyone interested in the health impacts of EMR, WiFi, 4G, 4G+ and 5G which as you will learn is significant!!

What you can do to protect yourself:

<https://www.safertechnz.co.nz/protection-from-wireless-radiation>

Don't know what products you can use to give even better protection especially if you are sensitive to EMR / WiFi / 4G / 4G+ / 5G?

Please visit www.Custodi.co.nz and use the discount code "hhc" to get discounts off your purchases, to bring more health and safety messages and alerts for more tech that is being thrown at us with minimal, if any safety testing. What testing that is done by the Telcos and Government enforcement agencies is minimal and doesn't help protect consumers and especially heavy users of the internet and digital microwave communications technology – cellphones, tablets, all types of PC's and it will affect your health and ability to function if you ignore this it over time.



You can also go to www.LifeEnergySolutions.com for more information on personal EMR protection products and get discounts if you use the code "hhc". I wear their Nu-Me pendant and it AK tests very strong, and I don't get the fatigue I used to when surrounded by tech.



MUCH more detail in the fuller version of this eBook out soon! If you want more information on **Biohacking Healing™** and the online course or would like to speak with a Natural Health Practitioner that understands the hostile environment we now live in and has solutions then please feel free to

contact the author, David Holden on david@hhc.nz or text only please as I do not answer my phone when in consultations with patients on 0274837188.

The significantly expanded version of this eBook ***Biohacking Healing™ 101***, will be available later in 2026 both as an eBook and eventually as a paperback before Xmas 2026 via demand printing. To get advanced copies and to be notified of events closest to you in New Zealand or Australia on ***Biohacking Healing™ 101*** New Zealand and Australian Tours in 2027, please fill in the contact form on www.Biohackinghealing.com where others can also get access to this free eBook.

By David Holden, ND (NZ), MS (USA), Dip.Biochem (Aust).

Naturopathic Oncologist and Nutritional Biochemist

*David Holden used to be a **Medical Scientist** working for 5 years for the New Zealand govt at the National Health Institute (NHI), in Wellington, New Zealand. In the 1980's he had a Spiritual epiphany after several shamanic and deeply spiritual experiences, he came away profoundly altered, developed more of his intuitive, psychic and clairvoyant side, and jumped the fence into **Natural Medicine**, trained in 3 countries over 12 years and is now a **Naturopathic Oncologist** and **Nutritional Biochemist** working in his own private clinic on Auckland's North Shore.*



*In 2026-8 he is traveling around New Zealand and Australia to bring his health message to the people! You can find out more about him by visiting his website: www.HoldenHealthCare.com or david@hhc.nz or texting **0274 837 188** (From Aussie dial +064 and drop the 0 in front of the 274). For more details and to express your interest visit: www.biohackinghealing.com*

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