


Big Picture:

- <https://hms.harvard.edu/news/seeing-cells> (cells)
 -  Chris Mason: Space Travel, Colonization, and Long-Term Survival in Space | Lex Fridma...
 - <https://news.mit.edu/2022/thermal-heat-engine-0413> (core)
 - bodily functions, hormones, full picture (huberman labs)
 - <https://www.youtube.com/c/AndrewHubermanLab>
 - brain function and restoring neural networks (Calico and Andrew Ng)
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Long-term survival:

diving deeper in here → looking to edX quantum chemistry course, too.

Modification:

- modifying mDNA and mRNA. Will be differentiable based on atmosphere, and can be modified in transmission in planetary orbit.
 - the spaceship/crypto chamber can be considered the null space (in between planetary motion)
 - can survive cosmic rays, and is a very compact storage unit.
 - so DNA might be the hard drive of the future. Adam project?
 - stores very efficiently.
 - how is the security?

Cleansing cells:

- Prime the cells through hormesis to prevent future stress throughout the body.
 - Can connect to algorithms and optimize hormesis functions for minimal stress.