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)

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?
                -https://www.youtube.com/watch?v=pSgf9mJXn9o
                    -on creating an individual knot per person, applicable to DNA sequences. Brilliant!

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.