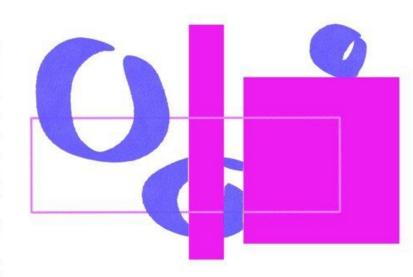


BIOHACKING

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Biohacking, which is also referred to as DIY biology, is a broad term that covers a great range of activities that one can do to make small improvements in their health and well-being. The three most popular types of biohacking are: nutrigenomics, DIY biology, and grinder. Nutrigenomics is centered around how the food you eat interacts with your genes. DIY biology is led by people with education and experience in the science field, and it consists of experiments that people do on themselves. Lastly, grinder is an area of biohacking that views every part of the human body to be hackable.

- boosts one's cognitive skills
  - can extend one's life span
    - recreates the smells of extinct flowers
    - facilitates muscle gain

