

Begin With Power

Implement The Power Of Biohacking Today

Step 1

www.BiohackingHealing.com

Biohacking - Strategic steps to change habits and behaviours improving health, cognitive function, weight management and overall longevity that go beyond the normal wellness practices.

Biohacking can effect the expression of your genes so you can switch off, or avoid, any genetic predispositions through the science of Epigenetics.

Epigenetics - The scientific study of changes in gene expression or function that do not involve alterations to the underlying DNA sequence. These changes are influenced by environmental factors, lifestyle choices, and experiences, and can affect how genes are turned on or off. In essence, epigenetics explores how external factors can "shape" our genetic blueprint and impact health over time, as well as change outcomes for your future offspring.

Biohacking Healing™ is a complete system of whole body, mind, spirit healing that encompasses the latest breakthroughs in Science and Technology coupled with Modern Naturopathic Medicine, Ancient medicines of India, China, Tibet that date back over 2-5,000 years. Combined with expanded consciousness teachings that lead to Spiritual Awakenings. From the physical to the metaphysical.

The goal of Biohacking Healing™ is to extend lifespan, add more life to your years, so you can find and act on your Spiritual Mission this lifetime that achieves a long healthy life, with a life purposefully well lived.

Disclaimer: Legal Medical Disclaimer: Information and statements made on this 5 Day Challenge, Biohacking Healing website, videos or printed and downloadable materials and our associated literature are for educational purposes only and are not intended to diagnose, treat, cure or prevent any disease. David Holden & Holden Health Care do not dispense medical advice, prescribe restricted medicines, or diagnose disease. If you have a medical condition, we recommend that you consult your physician of choice.

Welcome to Day 1 of the B.A.S.I.C Blueprint To Biohack Your Longevity Challenge. The first step in our BASIC Blueprint is **B is for Begin With Power** — The Power Of Biohacking. Knowledge is also power and the right knowledge can be empowering.

Each day of the challenge we will send you bite size chunks of information and a simple action step you can take so you can fit this challenge into your current schedule. Today we want to empower you with the knowledge that by applying epigenetic breakthroughs, you can take charge of your aging process and extend not just your years, but the quality of your life. Get ready to reprogram your biology, optimize your health, and embark on a journey to biohack your longevity today and in the next 4 days that follow.

I'm David Holden ND (NZ), MS (USA),
Dip.BioChem. (Aust.), CL (USA).

I'm a Naturopathic Oncologist, Nutritional Biochemist & Biohacking Healing Trainer. I'm the Director of Holden HealthCare treating clients globally, and have a clinic in Auckland.

To date I am the only Naturopathic advisor ever appointed to the Minister of Health of New Zealand for 3 years 2001-2004 as part of the Ministerial Advisory Committee on Complementary & Alternative Health.

I believe that's because it's not that I'm a good naturopath, but that I also hold several scientific qualifications making me first and foremost - A scientist. In my 39 years of clinical experience I have been working with hard to treat chronic illness designing wellness plans for patients. I've seen first hand, thousands of times over, how the right knowledge and support can reverse chronic illness as well as reverse aging symptoms.



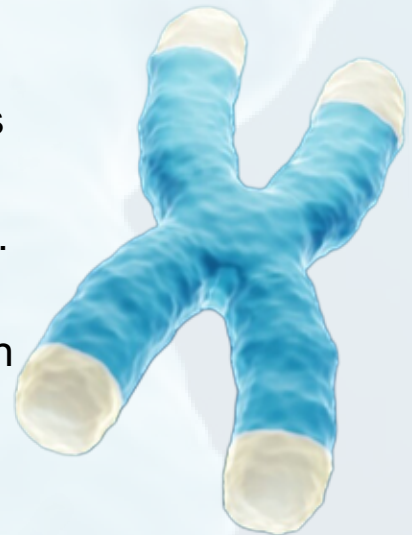
Groundbreaking research in epigenetics has shattered the old belief that our genes determine our destiny and our life span. Science now shows that your lifestyle, mindset, and environment, influence how your genes express themselves. This basically means that **you have far more power and control over your health and lifespan than you might currently think.**

That is now a scientific fact!

Aging therefore, is not just about time — it's about what you do with that time, and the choices you make daily with the time you have.

One of the most exciting discoveries in the field of epigenetics involves telomeres, the protective caps at the end of your DNA strands.

These tiny but powerful structures determine how fast or slow your cells age. Scientists have found that telomeres can be lengthened and protected through lifestyle choices, reversing damage and extending cellular health. What was once thought impossible — slowing or even reversing aspects of aging — is now within reach through targeted biohacking strategies, some of which you will learn in this challenge..



Throughout this challenge, you'll unlock actionable steps to influence your genetic expression for longevity and vitality. By understanding and applying epigenetic breakthroughs, you can take charge of your aging process and extend not just your years, but the quality of your life. Get ready to reprogram your biology, optimize your health, and embark on a journey to biohack your longevity—starting today!

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Simple Actionable Step

Let's start right now with this simple, actionable step, in the spirit of non-judgement. It doesn't matter what you've done to yourself, how far into your longevity journey you are, how healthy you are, or how fit or slender you are, or are not. For the purpose of this Challenge, you're here now, willing to take some steps to progress your health and longevity goals.

Knowing where you are in your longevity journey gives you the power to take the right steps towards your desire to live a long productive life. Being in denial, putting off facing the facts of where you find yourself, or overly judging yourself, beating yourself up for doing all the things you know you shouldn't, are not helpful.

So this simple actionable step today is to assess where you're at with your lifestyle choices, without judgement, and instead with all the love in your heart for yourself.

Remember epigenetics teaches us that you can begin to change where you are right here, right now with lifestyle, mindset, and environment. Today we're focusing on your mindset as you approach where you're current longevity lifestyle habits sit.

In the next page you're going to rate yourself on a scale of 1-10, 10 being strongly agree, 1 being strong disagree, across these longevity lifestyle blockers and biohacks.



Non Judgemental, Loving Self

Longevity Assessment

Longevity Blockers

1-10

Longevity Biohacks

1-10

I eat processed foods daily.

I eat mostly organic fruits & vegetables daily where I can.

I don't get enough sleep.

I know what hours are best for me to sleep and I follow them.

I only exercise once or twice a week.

I include weight training in my exercise routine to build healthy muscle.

I have a sedentary lifestyle.

I am monitoring my steps daily so I know when I need to move more.

I do not take nutritional supplements when I may need them.

I'm on a longevity program of supplementation that includes detoxing and lengthening my telomeres.

I do not get regular check ups from a health care professional to track how I'm doing.

I get regular check ups of all my vitals, and organs and bodily systems at least once every 2 years.

I do not use any of the technologies that could improve my health like wearables, red light therapy, cryotherapy, other health therapies.

I am using technology that protects me from EMF's and other frequencies that disturb my body balance.

I use food, alcohol, cigarettes, toxic drugs as my main source of stress relief.

I do some form of meditation or calming process regularly.

I put off seeing a health professional when my body is giving me signals it needs attention.

I am aware of my body signals and move to support my body when it tells me things might be out of balance.

I am not vigilant with the quality of water I drink, often drinking tap water or water from a plastic bottle.

I drink only purified water with a more alkalised PH level 7+.

How did you do? You might be surprised to learn that you're already doing some of the basic steps that lead to a biohack of your longevity if you're scoring 7 and above on more than 3 of the longevity biohacks.. Or you may realise you've got a bit of work to do as you're scoring above 5 on the longevity blockers.

Again, no judgement, stay positive and focus on the decision you make right now. That decision is simple. Decide today you're going to improve on each of these areas one day at a time.

Just pick one thing to improve today - drink purified water, or eat more vegetables, or get up and go for a long 1 hour walk, or commit to start a detox, or book a session with your health care practitioner to see where you are in your health and longevity journey, or get yourself an EMF protector, meditate once you've put this challenge down, or simply take a nap if you didn't get enough sleep last night.

Begin with power - The power of decision is with you today. So decide Powerfully.

Now you have some knowledge about how it's possible to increase your lifespan, and you've made a decision to improve just one thing today that you'll take action on once you've completed reading or watching this challenge... You also have some knowledge about where you are in your longevity lifestyle choices, it's time to get you ready to accelerate your biohack.

Once again, knowledge is power, and knowing exactly where your body frequency is with all its vital organs and endocrine system can help you focus on what biohacks you personally need to start with. This avoids you going out and buying all the wrong supplements, or taking therapies that aren't what you need in this moment, at the expense of repairing what you're body needs you to focus on.

Without a clear picture of your main organs and endocrine system, you could be unknowingly working against your biology—wasting time, energy, and resources on biohacks that don't address your body's most pressing needs. This is where the Longevity Flow Analysis comes in. For just \$199, this test provides deep insight into your body's strengths and vulnerabilities, so you know exactly where to focus your efforts for maximum impact.



Day 1 Accelerator

The Online Longevity Flow Analysis

Imagine trying to optimize your health without knowing what's actually happening inside your body. You could be doing all the right things and still be missing the root cause of fatigue, aging, and metabolic issues. Without clarity, you're flying blind, potentially spending years chasing symptoms instead of targeting solutions that actually work.

With the Longevity Flow Analysis, you'll gain real-time insights into the state of your key organs and systems—from your hormonal balance and energy production to your detox pathways and stress response.

This is your roadmap to optimized longevity, giving you a precise starting point for your biohacking journey. Instead of guesswork, you'll have a personalized strategy to fine-tune your body, boost energy, slow aging, and feel your best for years to come.

Your future health starts with the decisions you make today. Don't leave your longevity up to chance—take control and get the answers you need. Click below to order your Longevity Flow Analysis now and unlock the power of precision biohacking!

The best thing about this test is that you don't need to come into my clinic. You can just send me your details here and I'll deliver the test results to you via email. It will also come with an outline of a personal Biohack Longevity Plan you can implement right away.

Without a clear picture of your main organs and endocrine system, you could be unknowingly working against your biology—wasting time, energy, and resources on biohacks that don't address your body's most pressing needs.

This is where the Longevity Flow Analysis comes in. For just \$199, this test provides deep insight into your body's strengths and vulnerabilities, so you know exactly where to focus your efforts for maximum impact.



[Book Your Longevity Flow Analysis Here](#)

BOOK YOUR LONGEVITY FLOW ANALYSIS NOW... YOU'LL RECEIVE:

01.

Brief Biochemical History Questionnaire (HAQ Test)

Understanding your biochemical history gives you a roadmap to your body's unique needs, revealing hidden deficiencies that could be silently draining your energy, aging you faster, or leading to chronic imbalances. By identifying what your body lacks you can take precise, targeted action to restore vitality, optimize longevity, and prevent disease before it starts. Instead of guessing, you gain clarity, empowering you to make smarter choices that align with your body's optimal blueprint for health and resilience.



02.

L2 - Endocrine Energy Mapping

This test reveals which part of your endocrine system is underperforming, helping you pinpoint the hidden hormonal imbalances that may be draining your energy, accelerating aging, or blocking your longevity potential.

By identifying weaknesses in key glands — such as the adrenals, thyroid, or pituitary — you gain the power to rebalance your body's internal communication system.



03.

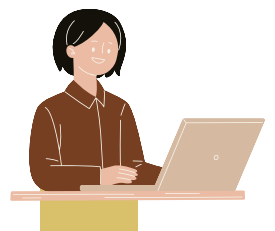
Individualised Plan

You'll receive a doable plan with the targeted insight gained in the two tests, so you to make precise adjustments in nutrition, lifestyle, and biohacking strategies to enhance longevity and unlock your reverse aging potential.



What's Required Of You

All that's required of you is to fill out an online form with a few health questions like what surgeries have you had, or do you still have your tonsils etc, make your payment and enter your address for me to send you the results. [>>> Book Here Now](#)



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