

Adopt A *Longevity Lifestyle*

Small Shifts, Big Impact



Step 2

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.

Epigenetic modifications can be passed down to future generations, potentially influencing traits and disease susceptibility, even though the genetic code itself remains unchanged. 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.

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Welcome to Day 2 of the B.A.S.I.C Blueprint To Biohack Your Longevity Challenge. The second step in our BASIC Blueprint is A for Adopt A Longevity Lifestyle - Small Shifts, Big Impact. We mentioned 10 of the key lifestyle biohacks yesterday's in Day 1 of the challenge. Today we want to zero in on the central part of any biohacking strategy that if you add to your lifestyle, is a small shift that can make a big impact. In fact it can make a gigantic impact to your wellbeing, energy levels and longevity.

Longevity isn't just about what you add — it's also about what you remove. One of the most critical but overlooked lifestyle changes for extending lifespan is detoxification — specifically, clearing out pathogens, worms, parasites, heavy metals, environmental toxins from our food, water, and air supply. You want to add a detoxification ritual at least once a year. Twice is better.

Just like we deworm our cats and dogs every 6 months, we need to deworm ourselves. These invaders not only drain energy and weaken immunity, they also impact mental clarity and subconscious thought patterns.

Many of the limiting beliefs, cravings, and negative thought loops you experience, for example, might not even be your own, but rather, the biological influence of hidden parasitic organisms and their consciousness. This is one of the reasons why you experience clarity after a good detox.

By regularly detoxing your body once or twice a year you're also raising your own consciousness and lifting the frequency of your body because you no longer have the lower vibrational parasitic consciousness living off of you. You are free to have a clear channel to Source.

Pitfalls & Benefits of Detoxing — Why Doing It Right Matters

While detoxification is a powerful tool for health and longevity, if done incorrectly, it can do more harm than good. One of the biggest pitfalls of detoxing the wrong way is mobilizing toxins too quickly without proper elimination pathways in place first.

When the liver, kidneys, lymphatic system, and gut aren't functioning optimally, toxins get stirred up but not fully expelled, leading to reabsorption and worsening symptoms like fatigue, brain fog, headaches and inflammation. Another mistake commonly made is detoxing is jumping straight into deep detoxes, such as heavy metal or parasite cleanses, without first addressing foundational systems like digestion and drainage.

When done correctly, detoxing clears waste from the body, enhances energy levels, improves digestion, and supports cellular regeneration. It also boosts mental clarity and reduces the toxic burden that contributes to aging and disease. The key is to follow a structured approach. Here is the order we generally follow. (However, this can vary from person to person based on their biomarkers and if they have chronic illness.



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A Structured Approach To Detoxing

01

Open Elimination & Drainage Pathways – Ensure proper bowel movements, kidney function, and lymphatic flow before mobilizing toxins. Exercising while detoxing is also key here for that lymphatic flow.

02

Support the Liver – The liver is a natural detoxer. That's its job. But when it gets "fatty" or overburdened from modern lifestyles, after opening elimination and drainage pathways you can stimulate the liver to release excess fats and toxins using a good liver cleanse protocol.

03

Clear the Gut – Address worms, parasites, pathogens, dysbiosis, candida and leaky gut before moving to deeper detoxes.

04

Spleen & Kidneys – If you jump right into a detox of these organs you can really feel swoony and tired. By the time the other systems are cleared this your next level of detoxing will go a littler smoother.



05

Lymphatic and Cellular Detox – When you get to this level of detoxing you need to use physical support like exercising and rebounding or a vibration plate to keep that lymph pumping.

06

Skin - The largest detox organ in the body. Breakouts in skin usually occur when your other systems above are overloaded and unable to cope with the toxic overload.

07

Brain & Lymphatic 2nd Round - The brain responds very quickly to detox herbs, so you want all your other systems flowing to avoid headaches when you get to this level.

08

Heavy Metals & Deep Detox – Heavy metals when dislodged from fat and organs that have absorbed them to protect you, can have bad side effect. Only after foundational detox is complete should you target heavy metals, mold, and deep cellular toxins, unless otherwise advised by your naturopath.

Simple Actionable Step

Here are some actionable steps to start a gentle detoxification today. Just pick one small step to begin today. Then gradually add each of these steps into your lifestyle over the coming weeks. Small shifts done consistently make big impacts.

- **Drink Pure Water:** Invest in a high-quality water filter to reduce contaminants, parasite eggs, and heavy metals. Add a little lemon to your first glass each day.
- **Consume Anti-Parasitic Foods Daily:** Garlic, papaya seeds, pumpkin seeds, and cloves help naturally expel parasites.
- **Try an Infrared Sauna:** Sweat out stored toxins and heavy metals.
- **Fasting & Intermittent Fasting:** Gives your body time to cleanse itself from hidden pathogens.
- **Eliminate Processed Foods:** Cut back on sugar and processed grains, which feed harmful microbes.
- **Eliminate Potential Parasite Foods:** Pork, raw fish, raw or under cooked meat.
- **Wash Fruits & Vegetables:** Fruits and veges can contain bacterias a parasite eggs, so get into the habit of putting your fresh vege an fruit into a sink with some apple cider vinegar and wash the exterior thoroughly, each time you go grocery shopping.
- **Take a Binder Supplement:** Activated charcoal or bentonite clay can help remove toxins from the body. Take as directed by your health care practitioner or on the bottle.
- **Buy Organic Fruits & Vege:** Not always easy depending on where you live. Conventionally grown food contains heavy metals from inustrialised pesticides, herbicides and growth boosters. The less you consume, the less toxicity you'll have to detox.



Day 2 Biohack Accelerator

For those looking for a more powerful and systematic detox, using a targeted detoxification product I use Brett Elliot's Ultimate Herbal BodiClenz for fast results without the headache.

BodiClenz works intelligently with your body to prioritize drainage first, then liver, working it's way through your entire systems in order of priority your body determines. It also contains nutrition and protein to avoid malnourishment as you detox.

the best thing about BodiClenz is that you can choose to start with a gentle cleanse by just adding the drink to your daily routine and eliminating the usual badies - Alcohol, drugs, tobacco, processed foods.

For a deeper cleanse the second time around you can go plant based and incorporate the smoothies Brett recommends that come with the product.

If you signed up for my Longevity Flow Analysis you'll receive how many times a day, and how many days your body needs to detox based on your biomarkers we discover in the analysis. A personalised detox program will be given you.

Lighten your load with an all in one intelligent BodiClenz today.

[Click Here To Learn More](#)
[About BodiClenz](#)



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.

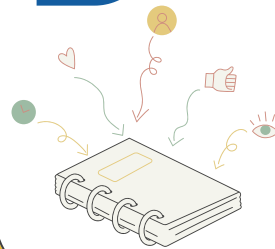
By identifying weaknesses in key glands — such as the adrenals, thyroid, or pituitary — you gain the power to rebalance your body's internal communication system.



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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