

MANUAL BIOHACKING



Framework Biohacking Manual

Nico C

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ALIVE Manuel Kretzer,Ludger Hovestadt,2014-09-23 In times where the very concept of nature is questioned not only in its philosophical dimension but in the core of its biological materiality we need to reconsider the interrelations between architecture and nature This not only applies to strategies on environmental responsibility but equally on anticipatory human behavior and cultural or demographic variety To address these challenges this book proposes to embrace the unknown and cultivate the architectural discipline towards an integrated and cross disciplinary practice It unravels compelling innovative and forward thinking design narratives by leading international practitioners and researchers who investigate novel associations between architecture nature and humanity for a future alive architecture Structured around the three closely cross linked core themes bioinspiration materiability and intelligence the book engages with the starting point of an emerging new design field where the symbiosis of physics biology computing and design promises the redefinition of what we call architecture today

Your Labs Are Normal. You're Not. Nico C,2025-12-14 Your Labs Are Normal You're Not The Missing Science Behind Chronic Fatigue Brain Fog Weight Gain Anxiety and Inflammation You've been told your labs are normal You've been reassured nothing is wrong And yet you don't feel right This book explains why Your Labs Are Normal You're Not is a clear science grounded guide for people living in the space between normal test results and persistent symptoms It reveals how modern medicine often misses early dysfunction and how fatigue brain fog anxiety weight gain and inflammation appear years before diagnosis This is not a diet book It's not a biohacking manual And it's not anti-medicine It's a framework for understanding how the body communicates before disease develops Inside you'll learn Why normal lab ranges don't always reflect optimal function How early metabolic hormonal immune and neurological drift begins Why fatigue anxiety and weight gain often share the same root causes How food sleep stress and movement act as biological signals When lifestyle changes help and when they hurt How to restore resilience without obsession or extremes Written for people who feel dismissed confused or stuck this book offers clarity without fear and guidance without rigid rules If you've ever thought Something feels off but I can't prove it this book was written for you

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