

# MANUAL BIOHACKING



# Framework Biohacking Manual

**Nico C**

## Framework Biohacking Manual:

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**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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