



GIOVANNI SACCO



MANUAL DE

BIOHACKING



Manual de los Suplementos y Nootrópicos Para
el Biohacking. Trucos Para una Vida Óptima

Primer Biohacking Manual

Ciro Irmici



Primer Biohacking Manual:

Biohacking: La ciencia de optimizar tu cuerpo - Descubre el camino hacia la salud, el rendimiento y la longevidad máximos Ciro Irmici, 2025-09-10 Desbloquea tu máximo potencial con el poder transformador del biohacking. Biohacking: La ciencia de optimizar tu cuerpo es tu guía completa para dominar la salud, mejorar el rendimiento mental y prolongar la vitalidad a través de estrategias probadas y respaldadas por la ciencia. Explora técnicas esenciales para la nutrición, la optimización del sueño, la gestión del estrés, la mejora cognitiva y el antienvejecimiento, todo diseñado para ayudarte a crear una vida equilibrada, resiliente y vibrante. Tanto si eres nuevo en el biohacking como si ya eres un optimizador experimentado, este libro está lleno de herramientas prácticas, tecnologías emergentes e ideas de bienestar atemporales para apoyar tu camino. Descubre técnicas efectivas de biohacking desde trucos de nutrición hasta potenciadores cognitivos, explora los métodos más impactantes para elevar tu cuerpo y tu mente. Tecnologías y herramientas de vanguardia aprenden cómo los dispositivos portátiles, el seguimiento de datos y los conocimientos personalizados de salud pueden guiar tu viaje de biohacking. Secretos de longevidad y antienvejecimiento: comprende la ciencia detrás de la salud celular, los estresores hormonales y los hábitos que prolongan tu esperanza de salud. Toma el control de tu salud hoy y comienza a vivir una vida de energía sostenida. Enfoque y longevidad con las poderosas técnicas del biohacking.

Mastering the Mediterranean Conrad Riker, Why 93% of Modern Men Are Vitamin D Deficient, Beta Males And How to Fix It in 20 Minutes Daily Are you tired of low energy, brain fog and a body that feels like it's aging faster than your ambition? Why do Mediterranean men outlive you by a decade while eating more fat, working less and napping daily? What if everything you've been told about toxic masculinity was designed to keep you docile and dependent?

- 1 The dawn ritual: Spartan warriors used to spike testosterone backed by 9 clinical studies
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- 4 N A S A's 26 minute nap hack that triples afternoon output (proven by Spanish construction firms)
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- 6 Bordeaux vintners' 4 glasses a day habit that preserves muscle and outsmarts death
- 7 Crush estrogenic fat cells with the fasting protocol Mount Athos monks use for raw aggression
- 8 Why straight lines in your workspace make you 40% faster at decision making

M I T data: If you're ready to silence the beta male voice in your head, outlive your critics and lead with unapologetic force, buy this book today.

Mucho más que humanos Marcos Apud, 2023-05-01 Mucho más que humanos propone un modelo holístico, funcional e integrativo que aborda a la persona en su dimensión integral: cuerpo, mente y espíritu. El autor, creador de un nuevo enfoque en psicología de alta performance al que define como Psicología de Innovación, combina en estas páginas conocimientos de la psicología cognitiva, el coaching, el biohacking, el neurohacking, las neurociencias aplicadas, conceptos troncales de la medicina funcional y la neuroprogramación entre otras disciplinas. Se trata de un libro que lleva el campo de la psicología a un nuevo nivel de expansión, alejado ya del concepto convencional de la

psicoterapia cl sica enfocada en trabajar con el padecimiento y las alteraciones ps quicas y cuyo objetivo es el funcionamiento de la mente en condiciones de salud Por eso cap tulo a cap tulo ofrece informaci n hacks y secretos para potenciar de manera natural la biolog a y el cerebro y as alcanzar niveles de optimizaci n mucho m s humanos

TRASTORNOS ALIMENTARIOS Emmanuel Lejeune,Alexandra Nowak,2025-11-17 Este libro abre una nueva ventana al complejo mundo de los trastornos alimentarios con base cient fica cercano a la realidad cl nica y al mismo tiempo con la mirada puesta en el futuro Muestra el dinamismo con el que se han desarrollado el diagn stico la psicoterapia la tecnolog a y la farmacolog a en los ltimos a os y c mo estos avances conducen a tratamientos m s precisos individualizados y eficaces El volumen no solo analiza la investigaci n actual y las formas innovadoras de terapia sino que tambi n se centra en aquellos grupos cuyas necesidades se han pasado por alto durante mucho tiempo ni os y adolescentes hombres personas neurodivergentes y personas afectadas por trastornos cr nicos El resultado es una visi n completa de un campo en transformaci n lleno de retos pero tambi n de nuevas oportunidades para una mejor atenci n y un cambio sostenible Un libro para todos aquellos que quieran comprender c mo la psiquiatr a y la psicoterapia modernas est n replanteando los trastornos alimentarios hoy en d a y c mo puede ser el futuro del tratamiento Bremen University Press ha publicado m s de 5000 libros especializados en diferentes idiomas desde 2005 Noviembre de 2025

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