

# HACK TO THE FUTURE

WITH ELON MUSK'S NEURALINK BRAIN CHIP BACK IN THE NEWS, LEE BELL TESTS OUT THE LATEST TECH TO FIND OUT IF BIOHACKING IS THE WAY FORWARD

**T**he term 'biohacking' certainly conjures up images of extreme body modification. This is exactly by how you consider celebrities such as Cameron Diaz, who has already had a \$1m custom diamond implanted in her forehead, discussing plans on Twitter to get Elon Musk's Neuralink brain chip implanted by Jethro Charley on YouTube for her clock-a-viken of a (chopped-meat) playing a video game!

But using high-tech treatments and devices to 'hack' our bodies into becoming stronger, fitter and healthier doesn't always have to be so extreme. Biohacking is using science and technology to understand and optimise your body.

And thanks to Musk's real-life pinpoints plug, you can now find out how to get involved in the latest biohacking treatments that aim to boost health and wellness.

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Brain power: Elon Musk has developed the Neuralink brain chip



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I gave the acell treatment a go at one of the UK's first whole-body cryotherapy centres, LondonCryo. After apprehensively stepping into a chamber of liquid nitrogen for three minutes in body-wearing protective gear, post-cryotherapy euphoria was triggered, leaving me with an unbelievable energy boost in mood. If you're ready to



LondonCryo: Lee Bell enjoys the benefits of cryotherapy

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Made in MyoMaster: Compression leg for a powerful deep treatment

## Tech boost for brain and body

**BIOMETER** Knowing what supplements to take can feel like a water-tight clock and up Biometer, which offers a nutrition and hydration service based on your mood, can help.

The biometer platform provides a bespoke service that involves sending a planktonium to your house to take a sample of your blood to the company's lab and analysed. You'll then receive personalised recommendations consisting of a blend of vitamins, minerals and acids based on that's lacking.

Your treatment is tracked within a personal dashboard on an app so you can monitor your health and nutritional status. My Biometer reports said that my test levels were a little low, likely due to my vacation diet.

The formula Biometer created for me feeling noticeably better after a few weeks, with more energy and improved sleep. From £10, biometer.com

**HIGHER DOSE SAUNA BLANKET** If you're looking for whole-body beauty, consider an infrared sauna blanket. It's essentially a portable sauna that allows you to sweat yourself healthy in the comfort of your own home. Simply plug it in, crawl inside and cooos yourself in what is essentially a heated sleeping bag for up to 45 minutes.

The beauty of this blanket is its use of infrared rays to heat your body from the inside, offering a deeper sweat without feeling like an oven.

After 45 minutes, you'll be de-stressed, relaxed but feeling energised. Once you've finished down, some more tea and joints will also feel soothed and you will find yourself feeling a lot more relaxed than when you went in.

With regular use, you can also expect stimulated collagen production, which helps reduce wrinkles and improves skin tone, producing a healthy glow. From £199, higherdose.com

**SENSATE 2** Biohacking is becoming a popular way to upgrade one's health and it's because the device needs to vibrate at specific sound frequencies to stimulate the vagus branch of the autonomic nervous system and boost heart rate variability, which in turn reduces the effects of stress.

The Sensate 2 is one of the best examples. Simply connect this palm-sized gadget to its companion app, hang on some headphones and place it on the chest while lying down. You'll feel it vibrate gently along to

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Good vibes: The Sensate 2 is used on the leg and reduces the effects of stress

Boost it: Sensate 2 with SkullBander can help soothe some muscles and joints

From: getnews.com

### UPGRADES INSTALLING BIZARRE BIOHACKING EXPERIMENTS



**THE FIRST CYBORG** Known as the world's first official 'cyborg', colour-blind artist Neil Harbisson has an antenna-like sensor implanted in his head that



**NIGHT VISION** Biohacking expert Ben Sabharwal has had a chemical cocktail injected directly on to the eye to give himself a temporary vision of the



**SLIP UP THE SUPPLEMENTS** Biohacking expert Ben Sabharwal says he spent more than \$100,000 on biohacking. His daily rituals include taking 150 supplements



**LIVE FOREVER?** Silicon Valley entrepreneur Serge Fajard has spent \$250,000 trying to live forever. He claims his biohacking pursuits, including 1,000 tests