

Biohacking Training Webinar

Lesson 3a – Sunday 24th September, 2017

1. **CASE STUDY No.1** – Today we will be starting our first Case Study which will be from Christine Foggo's Assessment. I will be taking you through the whole assessment process from questionnaire, dry bloods, self-testing and protocols. It is through this process of working through case studies that will start to pull things a little more together for you as we progress through the course. Please don't get stressed about understanding everything I'm talking about.

This is simply a session to introduce you to the process I walk through when doing assessments.

2. Discussion / Q & A