

Biohacking Training Webinar

Lesson 1

- **Welcome to the team** and overview of course structure and process
- **Biohacking** – what it is and what it isn't
- **The Coalition: let's start tracking the numbers from the very beginning** – if you haven't already done so, register for the coalition before we so that we can all start recording and tracking some valuable data from day one. This data will become more and more relevant as we progress through this course .
 - I will be taking you on a tour through the system just to make sure you are familiar with the interface and functionality.
 - We will be focusing specifically on the parts where we collect, record and track your self-testing numbers.
 - We will also be talking about the 'pH balancing chart'.' This is an extremely powerful tool built into the system and one of the 'gems' you will find on your coalition page. I will be explaining why this is so.
- **An introduction to some of the tools you will be using**
 - A brief look at each of the basic measuring tools some of you will be using as you progress through the program (pH strips/Meter, Conductivity Meter, Glucometer, Blood Pressure Monitor, refractometer) and an introduction into how you can start using these tools as part of your data tracking process on the coalition. You don't need to have any of these tools right now and you don't need to understand much more about what the readings mean at this point, but you're going to be amazed at some of the patterns that start appearing by just measuring urine and saliva pHs alone. We will be getting more into the detail of using these tools and taking measurements during the second part of this program (approximately 3 months from start) so don't stress 😊
- **The 7 key guiding** principles that lay at the core foundation of everything I do and the philosophy of this work.
- **Where this work came from** - a quick introduction to some of the masters of health science of the past century that I draw upon to do this work.
- **Metabolic Analysis Key Concepts**
 - Introduction
 - Biological Individuality
 - Scientific Analysis vs Empiricism
 - Patient specific vs Disease Specific
 - Patterns of dysfunction
- **The Five Fundamental Metabolic Balances** - A dualistic diphasic model of physiological processes
 - Electrolyte deficient vs Electrolyte Excess
 - Catabolic vs Anabolic
 - Fast vs Slow Oxidiser
 - Parasympathetic vs Sympathetic
 - Acid vs Alkaline
- **Why is it so important that we keep these systems in balance?**
- **The three unique perspectives of Health that I cover with this work**
 - The visual perspective
 - The quantitative perspective
 - The analytical perspective