



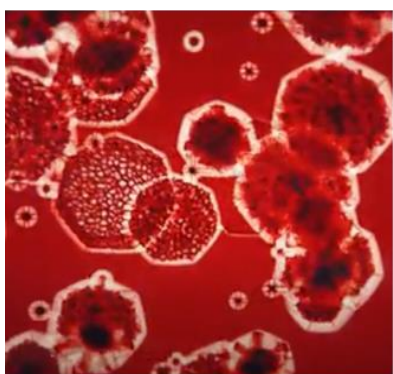
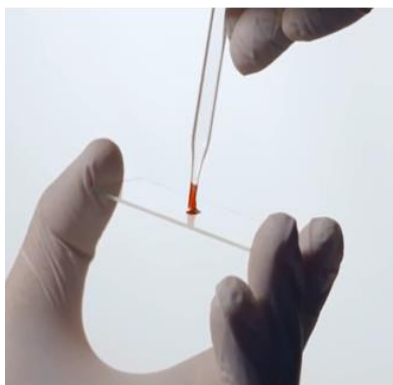
# Foundational Health Principles & Biohacking

Online Home Study based Training Program

*Professional Training that will help take the guesswork out of healing and optimizing your health*



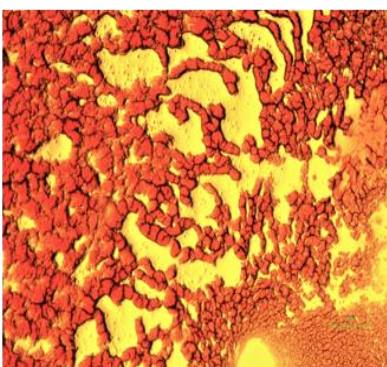
No magic  
bullet



No one size  
fits all



Real science  
Real results



Accelerated  
Healing

Are you ready to learn to be a biohacker and take your practice and your health to the next level?



Taking the guess  
work out of Healing  
and Maintaining  
Optimal Health

## LEARN TO BE A BIOHACKER

New Online Course Starting late January 2021

### DELVING INTO A SICK BODY IS NOT UNLIKE ARRIVING AT A CRIME SCENE

“You have to look at everything, all the evidence, all the connections, all the clues and try and put the jigsaw puzzle of what REALLY happened together so that you can make sense of things. You might not work everything out, you might not find every clue but the evidence and clues that you do gather can be extremely valuable when you put all the pieces together and start building a ‘picture’. This is essentially what I am doing with this Biohacking and Metabolic Re-balancing work. There’s no book to turn to and there’s no instructions to look up, because everybody is biologically unique. You have to ‘hack’ into the body and understand the structure of it’s biological, biochemical and bioelectrical uniqueness. It is here, at this level that you will also discover the structure of it’s ‘brokenness’. It will be totally different to the next person with the same illness. Through this training course you will learn new skills, gain new knowledge and build new experience through practical exercises that will allow you to quickly assess the structure of anybody’s illness or disease in minutes and know precisely what to do in order to ‘push’ and ‘manipulate’ the body into an environment it needs in order to heal. You will learn to THINK like the healing machine you truly are. I want you to ‘fire up’ a new passion for health with an entirely unique way of seeing things and doing things based on practical, applied science, logic and common sense”.

Mark Hathaway – Founder Biosynergy Health Technology & Course Trainer  
January 2021

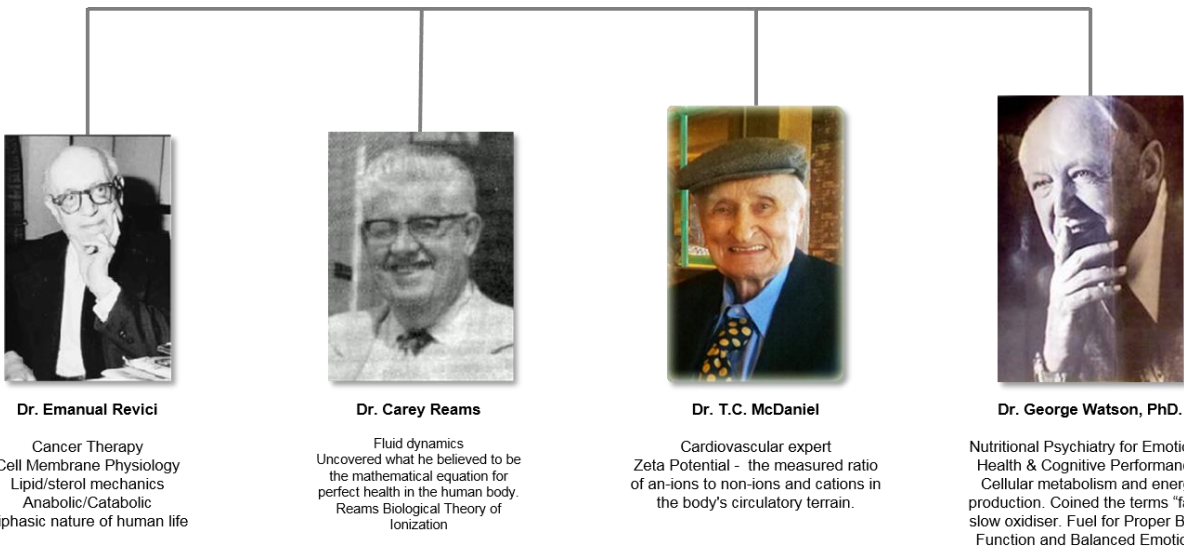
[www.biosynergyhealthtechnology.com](http://www.biosynergyhealthtechnology.com)




Q Biosynergy Health Technology



This training program synthesises the primary contributions of the greatest minds in health science of the past century and **sequences the best of their strategies into a hierarchical structure** that logically points you to the most important concerns, balance points, and interference patterns causing problems in fluid dynamics. Here are just a few of the amazing people whose knowledge and testing methodologies Mark draws upon extensively with his work.





Whether you are; already working in the fitness, nutrition or natural health and wellness industry and would like to learn some extremely powerful tools and biohacking techniques to integrate with your work; hoping to work in this capacity in the future; or you are simply passionate about your health and want to dig deeper into human physiology, the effect of nutrition on our health and how to Biohack yourself back to health, I welcome you to join me and many others on this amazing training program and **discover the knowledge and tools that excite and empower real understanding in health.**

# WHAT IS BIOHACKING?

(My version – you will hear many)

You've heard of hacking computers, hacking smart phones and hacking email. You've even heard of hacking elections. But what about hacking your body?

Can we really 'hack' into our body, manipulate how it works at a biochemical level and supercharge its ability to heal? Yes, absolutely you can and the concept is called **biohacking**. While it may sound like something out of Brave New World, it's essentially the practice of using simple tools and techniques to 'hack' into the very core of our healing mechanisms.

Mechanisms that must be in balance if our body is to heal. If you are sick or struggling with our health I guarantee one or more of these mechanisms will be out of balance.



Biohacking is also about 'hacking' into the body and 'pushing' and 'manipulating' these healing mechanisms back into balance quickly. We do this by first measuring and profiling our body's biological, biochemical and bioelectrical systems along with the body's three main fluid compartments that make up our 'flow systems': our blood, intracellular fluid (inside the cell) and interstitial fluid (outside the cell / lymph). You **NEED** to know what's happening in all of these areas.

The information gained through this process will then help you to determine the precise mix of minerals, vitamins, amino acids, etc. that you need and with the precise electrical charges that are required in order to quickly push the body's 'healing machine' back into balance. Your body is more than capable of healing itself once it has been given the environment it needs in order to do so. With biohacking you are simply manipulating this environment back to where it needs to be very quickly.

Sounds complicated doesn't it? Don't worry; it's not anywhere near as complicated as you may think. Once you start learning the fundamentals it becomes like learning to ride a bike. Each step of the way you will be carrying out practical exercises to help reinforce and 'embed' your learning as we dig deeper and deeper down the rabbit hole of true holistic health. Your ever increasing understanding of the complex array of biological, biochemical, bioelectrical, metabolic and physiological patterns and connections as you move through the course will enable you to assess the key biological measures of health for yourself or your clients in minutes.



# Course developer, trainer and founder of Biosynergy Health Technology

## A little bit about Mark

Mark Hathaway is a former organizational change agent turned biohacker, cellular microscopist and trainer. From his own serious health diagnosis 10 years ago, Mark studied and trained extensively on how to reverse chronic and serious illness using the wisdom from medical geniuses including T C McDaniel (**cardiovascular / renal**), Carey Reams (**fluid dynamics and digestive chemistry**), Emanuel Revici (**cell membrane physiology / cancer**), Thomas Riddick (**colloidal chemistry**) and Dr George Watson (**energy production - coined the term fast/slow oxidizer**).

Mark is an expert in guiding individuals on how to create a healthy internal metabolic, biochemical and bio-electrical environment conducive to the body healing. He has worked with thousands of clients from all over the world since transforming his own life 10 years ago, with the majority of his clients suffering from serious long term health issues and degenerative diseases such as cancer and cardiovascular disease. He has

practiced both live and dry cell microscopy extensively for 10 years and his new company 'Biosynergy Health Technology' is about to begin rolling out the first of many blood imaging labs across the USA, Australia and the UK. These labs will enable us to provide the **first ever 'alternative to mainstream' blood testing service** at scale – anywhere in the world. Testing that is so desperately needed by today's natural health practitioners who are looking at things from a totally different perspective to mainstream medicine. Making this unique form of blood testing easily accessible to much of the world this way and at an affordable cost to the 'masses' has been a long term dream of Mark's since he became aware of this incredibly powerful perspective of health ten years ago. He is confident that this testing service will revolutionize the wellness industry and ultimately go a long way towards influencing global 'thinking' when it comes to health and wellbeing. A thinking that focuses on '**PREVENTION**' as the new cure. Because if you're healthy, you can't get sick.

Mark's philosophy is clear and simple **"You cannot force healing upon a body that does not have the environment it needs in order for healing and the magic to happen. "**

 **Mark Hathaway**  
Founder - Biosynergy Health Technology

**2010 - Age 49.** Heart attack, fibromyalgia, eczema, chronic fatigue, fatty liver, pre-diabetic and **PRE-CANCEROUS**

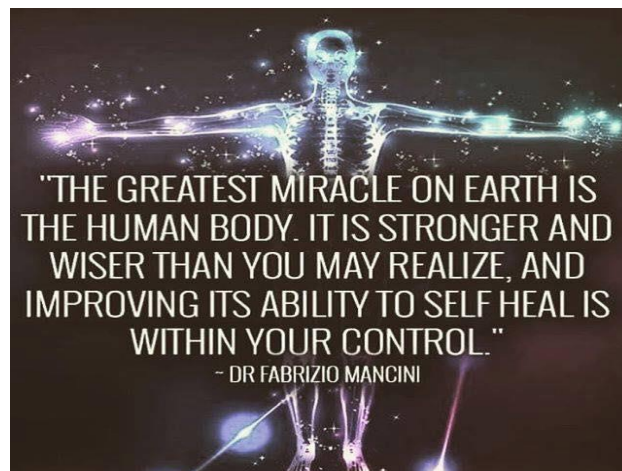
**2021.** I would not be here today had I had not discovered this work and practiced it on myself. I completely healed myself in 14 weeks which changed my life forever. Have since helped thousands of people across the using the same principles

[www.biosynergyhealthtechnology.com](http://www.biosynergyhealthtechnology.com)  
Taking the guesswork out of healing your body and optimizing your health

# Are you ready to UNLEASH your *health potential*?

With this very unique and powerful training program you will discover tools, knowledge, skills, processes, methodologies, and the 'thinking' that goes behind pulling everything together, that will excite and empower your health understanding:

- You will learn to use simple tools and methods to measure, track and analyse key physiology, biochemical, bioelectrical and metabolic KNOWN markers of health through the body's own natural feedback mechanisms. Remember, you can't manage what you don't measure!
- You will learn how to manipulate and 'leverage' body chemistry using simple techniques, minerals, vitamins and amino acids.
- You will gain client compliance like never before and become an approved Biosynergy Health Technology approved supplier..
- You will learn to think through health and healing with knowledge that extends medical, naturopathic, and any other health modality.
- You will learn all you need to know in order to start your own biohacking business.
- You will be able to begin implementing powerful bio-hacks and techniques as you progress through the course.
- You will have your OWN dry blood tested as part of the course.
- You will be learning how health is reflected at the cellular level using videos of live and dry blood conditions which will be 'peppered' throughout the training course, enhancing your training experience and understanding of key concepts.
- You will have free access to regular live Q&A sessions with Mark.
- You will join a vibrant community of biohackers on our OWN dedicated Biohacking, training and networking platform. This 'support', sharing and learning environment will not only increase the speed in which you learn these new skills, it will help you build these skills and master them much quicker.
- You will be provided with all the spreadsheets, analysis templates, questionnaires and other related documentation that Mark has been using for years.
- You will have access to an amazing and ever growing knowledge base full of videos, case studies, podcasts, tools and articles making it extremely easy for you to access particular information quickly.
- Ultimately you will learn how to put all of this new knowledge and practical experience into place to help you create your dream practice and the success that flows from it.
- And much more!



# Here's a taste of some of the topics I will be covering during this training program.

*You will be learning how to measure, profile, bio-hack and rebalance all of these systems and much more through this training.*

**ELECTROLYTE BALANCE** - Of prime importance in the consideration of any imbalance that any individual might experience is what is going on with minerals/electrolytes in the body. Electrolytes = electricity and one's body can have too much or too little and either situation is a precursor for the manifestation of issues with the tissues that unfold in many directions. You also want just the vitamins, minerals, trace minerals and amino acids that will act as oxidants to keep your body highly charged with energy, while at the same time taking just the right types and quantities of antioxidants to protect you from free radical damage.

**CELLULAR MEMBRANE LIPID DYNAMICS** – Our bodies are designed to swing from a more catabolic (with oxygen) state in the morning to a more anabolic (without oxygen) state in the evening. During the catabolic state, cell walls are more permeable, allowing more energy exchange to happen and produce more metabolic waste in the process. Think of the **catabolic** state as one where an individual is burning the candle at both ends. As the day progresses into evening & night, our bodies ideally shift to a more anabolic state, where cell membranes become less permeable, in a sense, closing down shop for the evening to restock, regenerate internal supplies, rest, repair and grow. Think of the **anabolic** state as one where a person isn't burning the candle at either end - they're resting or even sleeping.

This is the natural ebb and flow that we should all go through each day. It helps us be energetic when it's time for action and lets us rest up at night to prepare for the following day's activity.

Understanding fatty acid/sterol membrane dynamics is where the rubber meets the road in terms of understanding pH issues and everything related to our **circadian existence**. How effectively is your body shifting between energy output and repair, recovery and building healthy new cells? This is a big one and you will not only learn how to measure, profile and re-balance this very important metabolic control mechanism, you will learn some very powerful techniques on how to manipulate cell membrane permeability very quickly using



certain minerals and lipids. Being able to do this could be the difference between someone manifesting Cancer or not. Yes, this is very powerful stuff.

**ENERGY PRODUCTION METABOLIC PATHWAY** - What is your body's preferred fuel source, Carbohydrates or fats? This is vital for energy production, weight loss, mental health and achieving your physical health goals. Every cell in your body produces it's energy with oxygen. In the state of health, sufficient oxidative energy production occurs in each cell to perform its essential functions, while at the same time excessive free radical oxidation is minimized.

Your goal, of course, is for each cell in your body to produce enough oxidative energy to keep all your cells humming happily and healthfully while avoiding the accelerated tissue destruction and aging processes that occur when oxidation gets out of control. In other words, you want to be eating just the foods that your body oxidizes most efficiently, while avoiding the foods that will oxidize out of control.

You also want just the vitamins, minerals, trace minerals and amino acids that will act as oxidants to keep your body highly charged with energy, while at the same time taking just the right types and quantities of antioxidants to protect you from free radical damage.

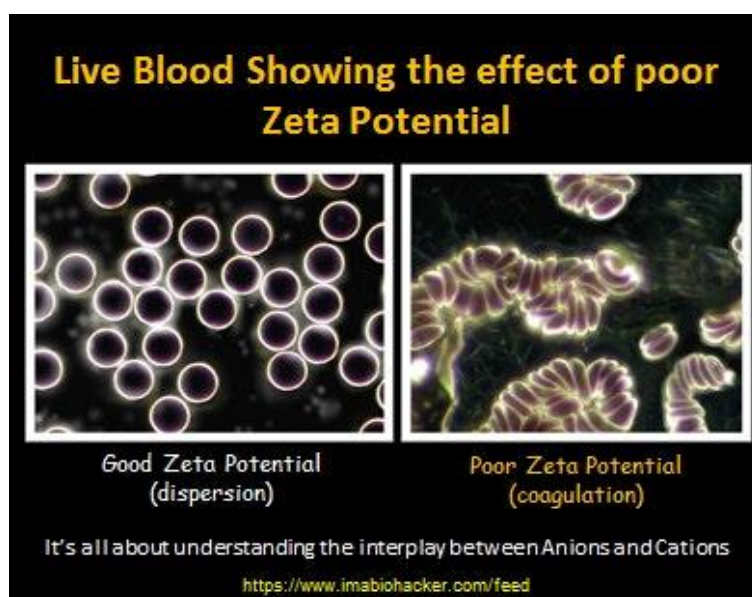
**AUTONOMIC NERVOUS SYSTEM** - Is your nervous system coping with your daily demands? Are you sympathetic dominant or are you parasympathetic dominant – understanding the difference and keeping them balanced is one of the key foundational principles for optimal physical and mental health. You will be learning how to measure, profile and re-balance this fundamental metabolic control mechanism.

**THE PH REGULATORY SYSTEM OF THE BODY** - Learn how people can easily get into trouble being too alkaline and how acidifying can bring back balance. What? Sound shocking? Confused? You won't be after this lesson. I take pH concepts to a new level of understanding beyond the simplistic thinking that permeates much of the alternative and natural health field today regarding acid/alkaline balance. pH is a measure of biochemical speed & resistance and also reflects a magnetic factor. Did you know that changes in digestive pH (which will be different for different parts) will have a direct impact on whether your body is able to pick up certain minerals? Iodine being the first mineral to 'drop off' if pH balance is out? Minerals are 'drawn' into the body through very sensitive electromagnetic forces that are directly affected by changes in pH. Through this training you will discover how to measure these forces and manipulate them back to where they

need to be in order for the body to heal.

**DIGESTION** - The physics of assimilation and how your body extracts the nutrients and energy it needs out of the food you put in. We are not what we eat, we are what we assimilate! **ELECTROLYTE AND MINERAL ISSUES** gets back to digestion, so this is a big one otherwise you may not have the power switch turned on in the first place.

**ZETA POTENTIAL** – Blood is a colloidal suspension under the control of zeta potential. Heart issues are always renal issues are always blood issues. The ins and outs of rheology. Sound like Greek to you? It won't after this lesson. I will be teaching you a testing technique that will enable you to measure your client's zeta potential in a matter of minutes using a simple tool. According to statistics, either you or the person sitting next to you will die of a heart attack. This may be the most important lesson out of the whole program because if you are a practicing health professional you will have the ability to begin saving lives almost immediately once you've completed this lesson!



**Life is all about flow**

**FREE RADICALS AND ANTIOXIDANTS** - Understanding the balance between oxidative energy production and antioxidant induced cellular repair. I will also be teaching you an amazing technique that will enable you to measure your client's actual electron activity and how well their body is coping with keeping them from breaking down too quick.

**REDUCTION AND OXIDATION** - The flow of life moves with the flow of electrons. A trip down the rabbit hole of the structure of energy itself.

**PROTEIN METABOLISM** - When we bring in and metabolize protein, our body produces N03 (Nitrate nitrogen) and N04 (Ammonia nitrogen) as part of this process. Being able to measure and compare the two using both urine and saliva samples can give you some very precise insights into how your body is making use of your protein intake. This is another big one for people suffering cardiovascular issues. Poor digestive capacity for the majority of the population these days will often lead to many ongoing health problems due to excess ammonia's in the blood stream. The majority of your clients will have high N03 readings. Knowing how to measure and fix this issue will be life transformational for many. I will teach you how to carry out this test in your clinic in a matter of minutes..

**THE SCIENCE BEHIND WEIGHT LOSS** - This is going to be a great segment for those of you involved in the weight loss industry. Once you understand some of the key fundamental principles regarding the chemical and biological reasons your body wants to hold on to its weight, losing it becomes a simple A,B,C process.

**NUTRITION AND YOUR MIND** - We've all experienced unhealthy emotions such as anxiety or depression at one time or another. Although these emotions can sometimes be caused by a true genetic disorder or a traumatic event such as the death of a family member, they are much more likely to be completely unjustified. What George Watson has shown is that the unwarranted occurrence of negative emotions can be prevented through nutritional measures. In fact, Watson's work has shown that even clinically diagnosable cases of mental disorders such as schizophrenia and severe depression can be completely reversed. If nutrition alone can have such a dramatic influence on serious mental dysfunction, imagine what it can do for the more mild emotional disturbances that many of us experience on a regular basis.

**OBSERVING THE DANCE OF LIFE AT THE CELLULAR LEVEL** - A world of understanding awaits when you take a fantastic voyage into the microscopic world of live blood. Using videos Mark has taken using his high powered biological video microscope, he will take you on a fascinating and unforgettable 'live' journey into the microscopic world of our internal terrain (body ecology). You will be observing real time, right now "situational physiology" as observed in live blood. It is through this journey that you will gain a deeper understanding of how everything fits together and is connected.

**THE DRY (BLOOD) LAYER / OXIDATIVE STRESS TEST** - Oxidative interference in the unfolding of the coagulation cascade within blood can alter fibrin/fibrinogen linking & cross linking polymerization which leaves tell-tale imprints in dried blood (wow, that was a mouthful). This is a fascinating study that potentially offers insights to overall free radical stresses in the body along with certain degenerative disease and other imbalanced health markers. You are going to be amazed at what the body will reveal through this process. Once again, Mark will be using examples of dry blood to enhance and reinforce learning throughout the course.

**QUANTIFYING THE NUMBERS BEHIND THE PICTURES** - While the microscope picture offers a qualitative look at the underlying “biological terrain”, behind the picture are numbers that can quantify how the picture came to be. Auditing physiology through measurable means and managing directed response is what the numbers behind Flow Systems Auditing is about and its foundation is weaved throughout this training program. Here Mark encapsulates the concepts covered to this point and further demonstrates simplified tool-sets to begin putting the work into practice. See the picture, get the numbers. It’s a one two power punch that every practitioner should have in their arsenal.

## Training Course Details

<b>When:</b>	The first lesson will be released on Sunday 7 <sup>th</sup> February 2021
<b>Duration:</b>	12-15 weeks (mix of lessons and practical assignments)
<b>Your investment:</b>	<del>US\$1,399.00</del> I’m offering a US\$500 discount if you purchase this course before 31 <sup>st</sup> January.
<b>How to Purchase:</b>	<a href="https://www.biosynergypro.com/biohacking-course.html">https://www.biosynergypro.com/biohacking-course.html</a>
<b>What tools do I need:</b>	<b>THIS IS NOT A MICROSCOPY COURSE SO YOU DO NOT NEED A MICROSCOPE.</b> In fact, you can complete the whole course without purchasing any tools up front. However, to make the most out of the course and to get you involved with the actual testing as we move through the course, I recommend you purchase the following tools as a minimum.

- Blood pressure monitor
- Glucometer
- pH strips
- Timer

For those of you who want to get more serious or will be practicing this work on a professional level I recommend you purchase the following additional tools:

- pH meter
- Conductivity meter
- Refractometer
- Reagents for testing NO3 and NO4 levels (advanced)

NOTE: Details for purchasing any of the tools mentioned above will be provided once you have registered for the course.

## Some Testimonials



Started the Biohacking course on Sunday and cannot speak highly enough of both the delivery of the training and the 'messenger' of the training, thank you Mark. As an ex nurse it is so exciting to finally study something that makes sense, common sense and medical sense. For the past while I have become as frustrated with the 'natural' health world as I was with the outdated medical system where a one size fits all approach simply doesn't work. Since reading Mark's stuff all I can say is WOW! Finally, a system of health care that looks deep within the bio-terrain, sees each body as a unique individual and gets to work in bringing the body back into homeostasis. Highly recommend this for anyone considering doing it. p.s. Mark, I did say a thank you to Dianne before we began on Sunday ❤️

Like · Reply · 1 · August 21 at 10:28pm



You are leading the way in futuristic health care Mark, I see this becoming big...globally big! Why? because the other medical/natural systems don't work! and am very proud to be a part of the new healing system 😊



I will attest to it being amazing and mind opening. Lots of info to digest and feel comfortable with.

Like · Reply · August 21 at 10:19pm



Well said and done Mark... this will give all of us knowledge and experience due to you and Diane. Thank you so much for being our model in this training. I am inspired and love to learn new skills especially from your system. I wish you grow and success in the future. You have given the world a new way to become healthy from the core and to understand the flow of inside which I am grateful to you. Thank you buddy and all the best.

Like · Reply · 3 · August 21 at 3:50pm





Anne, close You are leading the way in futuristic health care Mark, I see this becoming big...globally big! Why? because the other medical/natural systems don't work! and am very proud to be a part of the new healing system



Jennie Leary

Oxford, PA USA



WELL. Thank you again, Mark. My dry blood test showed that I have Parasites. I live on a horse farm and I have pulled quite a few deer ticks off of me so I suspected lymes. But my primary doctor refused to test me. So I found a new doctor and got tested and now I'm being treated for lymes! Mark's reading set me in the right direction once again!

Ian Riley

Merimbula, Australia



This man is brilliant! He did in 3 week what doctors could not help with over many years and my life is so more fruitful as a result. Pain free and physicality restored. Medication free and no need for ongoing supplements.

Christine Foggo

Sydney, Australia



Mark's testing identified severe gut issues and lacking in electrolytes and minerals and fatigue issues etc. I am thrilled to announce that after 1 year of healing the gut via Mark's protocol and products, I'm happy to report the doctors Can't find Chrohns diseases any more.

Dean Ing

Mount Barker, Australia



I had my video conference with Mark Hathaway this evening and it w as an epiphany moment for me. 2 years with CFS and the last 9 months bedridden for 23 hours a day. Thank you so much Mark, from the bottom of my heart doesn't really cut it enough.

Christine Fogo

Sydney, Australia



I had my consult with Mark yesterday and I was honestly blown away by his knowledge and kindness. It was a pleasure to speak to him and for the first time in two years, I felt heard and understood. If you have any doubts about Mark's testing guys, just do it! Invest in YOU! X

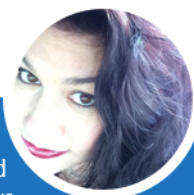
Michelle Laurent

Whitianga, New Zealand



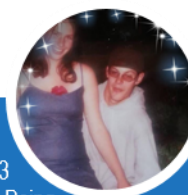
I struggled with insane anxiety / panic attacks – following Mark's recommendations within 2 weeks noticed a difference. 2 months in my husband could see the difference. Been over a year now and I haven't had any anxiety or panic attacks.

Melanie Hughes Silcox  
Newtown, CT USA



You rock... I love your attitude and philosophy. I am so grateful to have started this journey with you. Thank you ... am feeling so full of hope for my future. If you are in my neck of the woods there is always a spare room for free.

Michelle Laurent  
Whitianga, New Zealand



Awesome news today on Ethan! His protein/creatinine last month 1.3 (which is awful) has dropped to .8. Being a teenager is tough! Even tougher when you must stick to a paleo/AIP diet ....but this is proof is works! And taking supplements that remove free radicals/fibrin from the body while supporting gut function. Thank you Mark Hathaway.

## Legal

*I understand that Mark Hathaway and Biosynergy Health Technology provides training, tutoring, consulting and coaching services to help me understand concepts in nutrition, diet, food and other areas deemed important in order to live a fuller and healthier life, and in association with this education to learn specifically the foods, dietary supplements or more that can assist in balancing my state of health.*

*I further accept the use of any tools of the "health trade," and at my sole discretion under retained right, in whatever form available in a free market that may be provided for my use to further my health education be it software, workshops, testing or health auditing apparatus, clinical or laboratory equipment.*

*I understand that Mark Hathaway has received certification in Flow Systems technology, biohacking and cellular microscopy for health auditing through professional training programs from Biomedx (Chicago), but is neither offering nor providing a service under this agreement under any official government certification and/or license as a health, or diet professional.*

*I understand that the biohacking training program under this agreement does not, cannot, and will not provide any diagnosis, prescription, or treatment options for any medically or otherwise defined health ailment wherein only a licensed professional may be competent to address such issue, and further, should miscommunication result in a perception that such is the case, I acknowledge that I alone bear full responsibility for any actions taken due to the miscommunication. At no time is this training program and the skills you learn through it intended as a substitute for regular medical or other licensed care.*

*I understand that I assume all risks from the use, non-use or misuse of information, materials or opinions provided by Mark Hathaway and Biosynergy Health Technology during training programs.*