

Biohacking Training Webinar

Lesson 1 – Sunday 20 August, 2017

8pm (Brisbane time) – Aussie & UK -- 10am Monday 21st August (Brisbane time) – USA (Sunday evening)

- **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 start on Sunday 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 your page.
 - 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 and one of the 'gems' you will find on your coalition page. I will be showing you why this is so.
- **The 7 key guiding principles** that lay at the core foundation of everything I do and the philosophy I follow.
- **Where this work came from** - a quick introduction to some of the masters of health science of the past century that have impacted massively on the work that I do.
- **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**
 - The visual perspective
 - The quantitative perspective
 - The analytical perspective
- **Powerhouse Topic for the webinar** (I will be having one of these each webinar)
 - Low energy, depression, fatigue, mood swings are often a result of sugars out of control. Today I will introduce you to the Refractometer tool that you can start using to track your 'total' sugar numbers and see what 'stress' patterns start to arise. They will.
 - Discussion Q & A