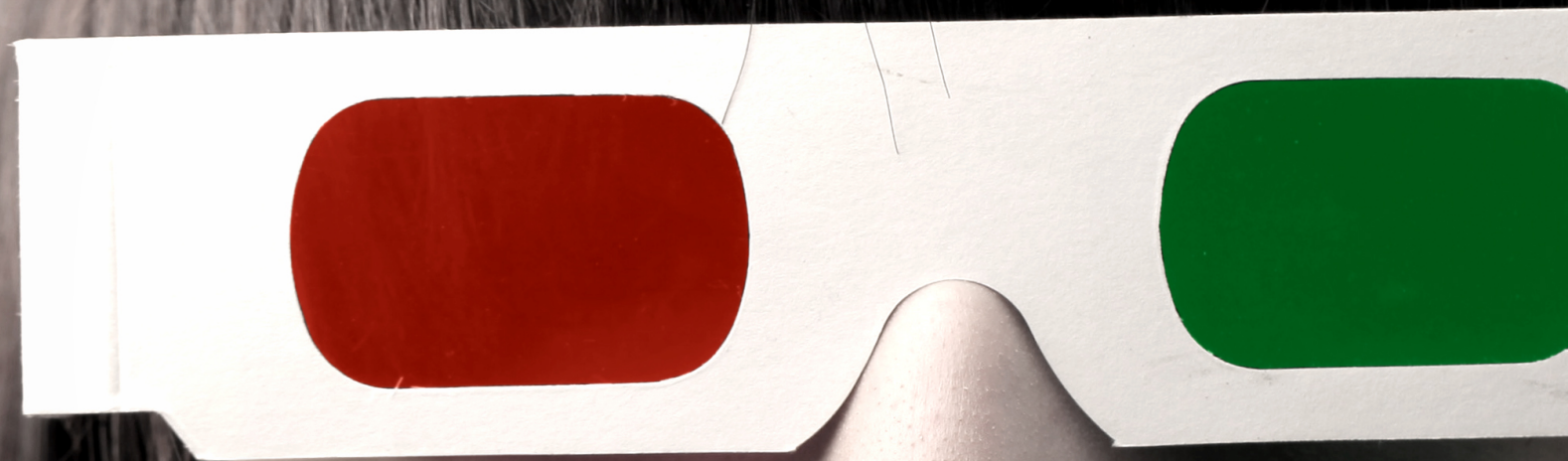


Biohack **the Office**



BIG SCARY

DISCLAIMER

THIS INFORMATION IS NOT TO TREAT, DIAGNOSE, CURE, OR SLANDER. IT IS PURELY FOR EDUCATIONAL PURPOSES ONLY.

SHOULD YOU BE EXPERIENCING ANY HEALTH CHALLENGES, QUERIES OR CONCERNS — IT IS BEST ADVISED TO SEEK CARE FROM YOUR TRUSTED, QUALIFIED AND EXPERIENCED HEALTH CARE PRACTITIONER.

BIOHACKING PRODUCTIVITY

Biohacking the Office	
Set the temperature at 22c	
Improve clarity by diffusing frankincense aromatherapy	
Protect retina and circadian health by using blue-light blocking software, such as Iris	
Bring some life with indoor plants to oxygenate the room	
Use a stand-up desk	
Practise nasal breathing	
Cut the clutter	
Listen to non-verbal music	

RELATIVE PEAK PERFORMANCE

Focus, Learning & Concentration
Wim Hof - focus on strong inhale
Lower carbohydrate diet
Work in isolation
Increase the heart rate
Diffuse stimulatory essential oils (from citrus or peppermint)
Exercise
Drink mountain grown coffee

Creativity & Connection
Box breathing - focus on long exhales
Higher carbohydrate diet
Work with motion
Look out to the horizon with deep slow nasal breathing
Diffuse grounding essential oils (from bark)
Stretch and meditate
Drink cacao

Parter.
INSTITUTE