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MEN'S HEALTH Biohacking Nico Airone

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biohacking auch selbstoptimierung genannt ist in aller munde in den vergangen jahren hat sich eine weltweite bewegung entwickelt deren ziel darin liegt das volle körperliche und geistige potenzial auszuschöpfen mit methoden weit abseits des mainstreams der biohacker bedient sich einer riesigen bandbreite an methoden von uralten traditionen routinen und ritualen bis hin zu aktueller forschung und moderner technologie in selbstversuchen des autors trifft die forschung auf die praxis wenn die butter im kaffee der körper im eis und jeden monat mindestens ein weiteres technik gadget in seiner sammlung landet

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