



BIOHACKING BINDER

BEN GREENFIELD

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BIOCHARGER NG

BENEFITS

The BioCharger NG is a hybrid subtle energy revitalization platform (SERP). The transmitted energy stimulates and invigorates the entire body to optimize and improve potential health, wellness, and athletic performance.

- Aligns your mind and body to allow you to work efficiently.
- Delivers healing energy waves that realign your mind and body.
- Contributes to improves mobility and flexibility by accelerating muscle recovery and reducing stiffness in joints.
- Revitalizes the body to perform at peak levels.



INSTRUCTIONS

1. Power on the Biocharger NG using the power switch located on the back of the machine.
2. Once the machine is powered on, you will notice a penguin appear in the upper left-hand corner of the LCD screen.
3. Give the Biocharger two to three minutes to boot up.
4. Once the system is ready to go, select "Guest" or set up a new user profile on the home screen.
5. Once logged in, select the "Recipe" button (note: the upper left-hand corner of each recipe button shows the run time for that recipe).
6. Press "Start" to run the recipe selected.

*NOTE: Do **NOT** touch the Biocharger NG while a recipe is in progress.*

HUMANCHARGER

BENEFITS

- Increases energy levels
- Improves mood
- Increases mental alertness

INSTRUCTIONS

PRODUCT USAGE

1. Before using the device, make sure that the battery is charged.
2. To turn on the device, press the power button for one second.
3. Pressing the light button starts 12 minutes of light therapy. After the session, the light turns off automatically.
4. To end the session before 12 min, press the light button for one second.
5. To connect the HumanCharger via Bluetooth to another device, press the power button for seven seconds until the light flashes red-blue. Make sure Bluetooth is turned on and connect devices in settings.
6. In audio control, the power button works as a play/pause. Press the volume buttons for two seconds to skip to the next or previous song.
7. To answer the call, press the power button, and to end the call, press it again.
8. The device turns off when the power button is pressed for two seconds.

CHARGING

HumanCharger can be charged with many smartphone USB-C chargers or from a computer's USB port. Charging takes at most two hours. When the battery is full, the indicator turns green.



VIELIGHT

BENEFITS

- Cognitive enhancement
- Blood photobiomodulation
- Increased energy levels
- Enhanced aerobic fitness
- Up-regulation of cytochrome c oxidase



INSTRUCTIONS

1. Place the headset on your head. Ensure that the treatment modules are in contact with the skin, and that the pad assembly is sitting comfortably around the ears. When priority is given to the correct placements of the treatment modules, the extender assembly will settle between the ear and cheek.
2. Insert the nose applicator into either the right or the left nostril with the clip on the outside and the lens in the nostril.
3. Insert the headset plug and the nose applicator plug into the controller as shown in the diagram.
4. Press the start button to begin treatment. It switches off automatically after 20 minutes.

ENERGY ENHANCEMENT



AIRDOCTOR



BENEFITS

- UltraHEPA™ filter removes microscopic particles from the air.
- High quality carbon filter removes VOCs (Volatile Organic Compounds) and controls odors.
- Effectively removes smoke, pollen, dust, animal dander, dust mites from the air.
- Powerful and quiet fan has 4 speed settings so you can select the desired cleaning level.
- Air Quality Monitor shows current air quality. Auto mode automatically adjusts fan speed depending on air quality.
- A 24 hour timer to set the time of operation, from 1 hour up to 24 hours. Built-in ionizer revitalizes air.
- Night mode dims the control panel light when you sleep.
- Clean filter indicator light.
- Low power consumption-energy efficient, Energy Star approved.

INSTRUCTIONS

PLEASE NOTE: Make sure the UltraHEPA™ & Carbon/Gas Trap/VOC filters are properly installed before use.

1. Keep both sides of the unit more than 1 foot away from a wall.
2. Do not blow air from a fan or air conditioner directly into the air purifier.
3. Do not place the unit where the air inlet or outlet grill could come in contact with curtains or drapery.
4. Place the unit close to the source of air pollution to improve indoor air quality effectively.

ENVIRONMENT OPTIMIZATION

AQUATRU

BENEFITS

It gives you better skin, better concentration and better organ function. It can also help with burning fat, recovering after training and removing toxins from your body. And that's just the start.




INSTRUCTIONS

INSTALLATION

CAUTION: Before installing the filters and cleaning the water tank make sure that you have thoroughly cleaned your hands and your working surfaces are sanitized.

1. Remove all parts from the box.
2. Wash with soap and rinse both water tanks before using the unit.
3. Open side panel by lifting up from bottom.
4. Remove filters from vacuum sealed bag.
5. Insert filters into each filter base by turning the filter in a clockwise direction.
6. When installing filters be sure to insert them into the correct base by matching the label numbers and colors. Please note: the filter base pivots outward to make removing and reinstalling filters more accessible.
7. Pivot the filter back to its vertical upright position.
8. Close the side panel.
9. Plug in the unit. Connect only to a circuit that is protected by a ground-fault circuit-interrupter (GFCI).
10. Power on the AquaTru® using the switch located on the back.
11. Fill the tap water tank with cold tap water and then reinstall. Be sure that both tanks are properly seated. This can be done by pressing down on the tanks once in place.

ENVIRONMENT OPTIMIZATION



WARNING: Use only on municipally treated water or other supplies known to be microbiologically safe.

FIRST TIME START-UP PROCEDURE

1. Run 4 full unfiltered water tanks through the AquaTru® before drinking.
2. Once the tanks have been installed on the unit, it will begin to filter water automatically. Note: It will take longer than normal for the first tank to go through a cycle. On the first cycle a white cloud will be visible in the tap water tank. This is perfectly normal, the white cloud is tiny air bubbles released by the RO membrane.

NOTICE: Keep a close eye for any water leaks.

3. AquaTru® will stop filtering water when the cycle is complete or when it is time to refill the tap water tank. Note: When it is time to refill the unfiltered water tank it will be quarter full.

All RO water filtrations systems will waste water when “back washing” the RO membrane. Most traditional RO systems have this dirty little secret. They waste up to 5 gallons of water to make 1 gallon of pure water. With our new patent pending AquaTru® recirculation RO system, it only takes 1 gallon of tap water to make 3/4 gallon of pure water. The water left in the tap tank contains all the impurities from the tap water.

The water in the tap water tank must be discarded every time you refill the tap water tank. Failure to do so will damage the unit & void the warranty.

4. Empty and rinse both water tanks.
5. Repeat steps 8-12, 3 more times.
6. When 4 cycles have been completed, your new water purifier is ready to be used.

HOW TO USE

CAUTION: ONLY USE COLD TAP WATER.

CAUTION: Before installing the filters and cleaning the water tank make sure that you have thoroughly cleaned your hand and your working surfaces are sanitized.

WARNING: Use only on municipally treated water or other supplies known to be microbiologically safe.

1. Fill the unfiltered water tank with cold tap water and install on the AquaTru® base.
2. Let AquaTru® cycle until the front display turns off and your front filtered water tank is full.
3. When it is time to refill the unfiltered water tank, the display will illuminate the top circle. Remove the tank and discard the remaining water. Refill the unfiltered tank with cold tap water until it reaches just below the tank handle. Reinstall tank.
4. When the clean water tank is full, press the blue button to dispense water.
5. You can also remove the water tank and place it in the refrigerator to make cold water.

MOLEKULE



BENEFITS

- It can destroy VOC pollutants
- It can eliminate mold spores
- It can wipe out allergens
- It has constantly evolving filter technology
- It is easy to maintain



INSTRUCTIONS

1. To get started, download and install the Molekule app to your phone.
2. Plug Molekule into an outlet and follow the steps on the screen. To pair the device with your phone, make sure you are within 15 feet to the Molekule air purifier.
3. Select your preferences and mode on the device's touch screen or from your app and done! Molekule will perform an initial cleanup of your indoor air.

NOTE: Connecting Molekule to the cloud via WiFi will enable filter status indicators on the device and in the app. This means new filters will automatically be at your doorstep by the time you need them.

ARX FIT

BENEFITS

- Shortens the time you need to exercise
- Build muscle mass
- Increases bone density
- Helps with weight loss
- Optimizes hormones in minutes per week



EXERCISE

VASPER

BENEFITS

- Improved sleep quality
- Accelerated metabolism and weight loss
- Bolstered cardiovascular health
- Optimized hormone production
- Augmented glucose metabolism
- Diminished stress
- Enhanced libido
- Relieved pain
- Reduced inflammation
- Augmented cognitive function



INSTRUCTIONS

1. Touch the Samsung screen to get it out of standby mode.
2. Once seated, adjust the seat to where you have a slight bend in your knee and full contact on the back of the seat.
3. Adjust foot straps.
4. Securely wrap the blue cooling compression cuffs around your biceps (left and right) and upper leg. Try to wrap around as much muscle as possible and allow the tubes to rest over your deltoid. These will get cold and tighten during the workout, so do not wrap them too tight. If the cuffs feel too loose or you have bare skin, put the black non-slip pads in between your body and the cuffs.
5. Use the touch screen to select workout intensity.
6. Select “start cooling bed” so it is ready after your workout.

EXERCISE

BLUSHIELD

BENEFITS

The frequencies emitted by Blushield help to protect the body from EMF and to reach a coherent balance. When there is coherence in the body you can experience:

- More energy
- Less fatigue
- Reduced stress
- Increased stamina
- Improved mental clarity
- Increased productivity
- Better sleep



INSTRUCTIONS

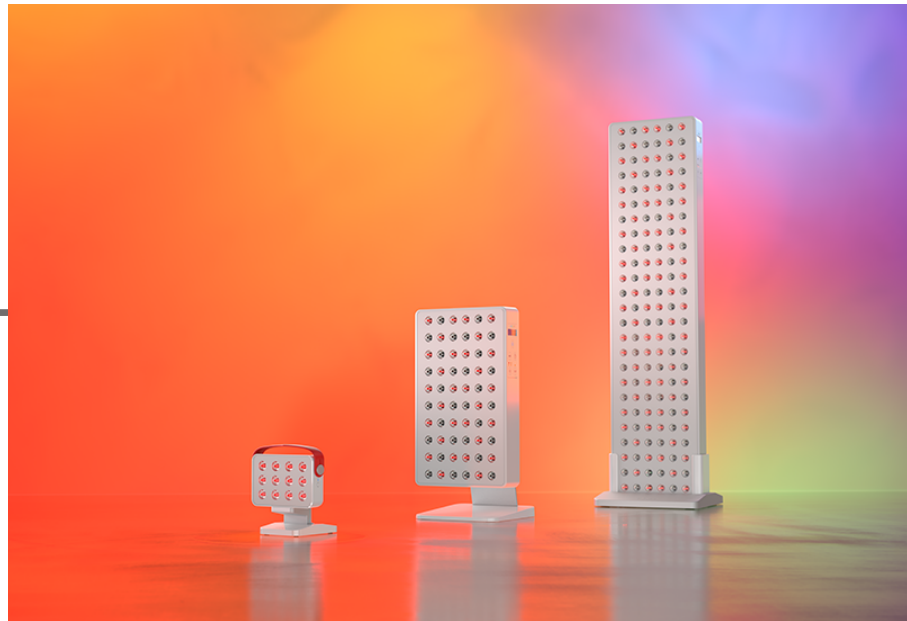
If installing in a house, plug your stationary Blushield device in a hall or in a central part of the house, or anywhere that's a protected area where the device won't be bumped, knocked over, or where animals or small children can reach it. Keeping it in a protected area will ensure your Blushield lasts the entirety of the long life it was designed to have.

JOOVV RED LIGHT

BENEFITS

Your Joovv works by emitting red and near infrared light within a certain range of therapeutic wavelengths and intensity. These treatments penetrate your body to generate a number of health benefits.

- Improves the health of your skin
- Weight loss and fat reduction
- Joint pain
- Thyroid function



INSTRUCTIONS

1. Flip the switch to turn on or off.
2. Press the “Play/Pause” button once. You can pause and resume at any time by pressing the “Play/Pause” button a second time.
3. The Joovv has a default treatment time of 10 minutes, press the “Time” button on the control panel to add time in one-minute increments up to 20 minutes.
4. The default wavelength mode utilizes both red and near infrared wavelengths. After pausing your treatment session, you can change the mode to use only the red or near infrared LEDs by selecting the “Mode” button on the control panel. The green indicator light will illuminate indicating which wavelength configuration is selected.

SUGGESTED USE: Leave light on during your time in the room. You can also sit next to the light or position it to face you while working out on other equipment.

MOROZKO FORGE

BENEFITS

Scientific studies and our own experience indicate that deliberate cold exposure will:

- Boost immune strength
- Reverse aging
- Promote weight loss
- Enhance mitochondrial function
- Regulate autoimmune disorders



HOT & COLD THERAPY

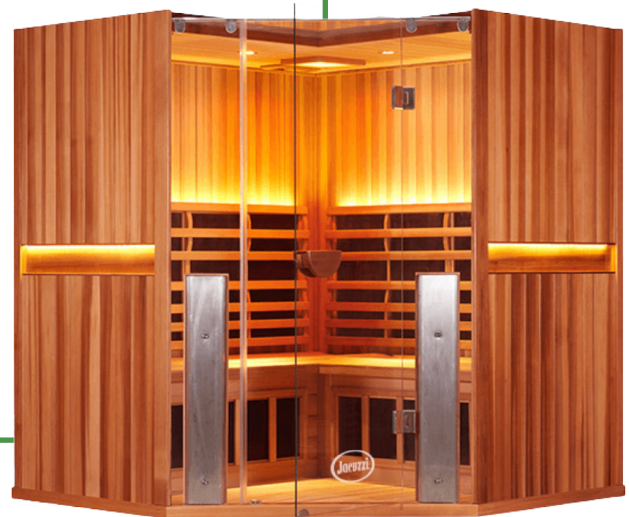
CLEARLIGHT INFRARED SAUNA

BENEFITS

Rather than use steam or the traditional “box of hot rocks” heating elements, the infrared sauna uses the infrared spectrums to promote relaxation and other health benefits. In an infrared sauna, the air temperature is less important than the quality of the infrared heat.

As your body absorbs the infrared heat, your core body temperature will increase, inducing a deep and relaxing sweat. Using your infrared sauna at lower temperatures means you can stay in longer and get more benefit.

- Weight loss
- Increased metabolism
- Muscle pain relief
- Boosts immune system
- Detoxification
- Improves appearance of cellulite
- Ease joint pain and stiffness
- Relieves stress
- Reduce fatigue
- Improves skin



INSTRUCTIONS

1. Press power.
2. Use the arrows to adjust temperature and time to the desired setting. Suggested temperature ranges from 125-135 degrees Fahrenheit.
3. Use the color therapy button to select your preference. A guide to the benefits of each color is provided in the next page.

HEALING WITH COLOR

Color is light split into different wavelengths vibrating at different speeds and at different frequencies. Objects that ABSORB all wavelengths and DO NOT reflect are black in nature. Objects that REFLECT all wavelengths and DO reflect are white in nature. Between black and white lies COLOR. Colors are wavelengths of energy that, to us, appear as color because of the potential and capabilities of the object to either absorb or reflect the energy.


- Red is called “The Great Energizer.”
- Yellow helps awaken mental inspiration arousing higher mentality.
- Green is the universal healing color. Green is midway in the color spectrum; therefore, it contains both a physical nature and a spiritual nature, in equal balance and in equal harmony.
- Blue on the other hand, is at the opposite end of the visible spectrum. Blue can be used for any type of ailments associated with speech, communication, or the throat.
- Orange has a freeing action upon the mind, relieving repression. Because orange is a blend of red and yellow, it combines physical energy with mental wisdom, inducing a transformation between lower physical reaction and higher mental response.
- Violet is the last color we can see before light passes on to ultra-violet. Violet purifies our thoughts and feelings giving us inspiration in all undertakings. The violet energy connects us to our spiritual self bringing guidance, wisdom and inner strength, and enhances artistic talent and creativity. Leonardo da Vinci proclaimed that you can increase the power of meditation ten fold by meditating under the gentle rays of violet, as found in church windows.

Light therapy uses colors for their proposed wellness abilities in treating emotional and physical disturbances. Light therapy is based on the premise that different colors evoke different responses in people. For example, some colors are considered to be stimulating, whereas others may be soothing. Color therapy has been suggested for many uses, based on tradition or on scientific theories. Consult with a health care provider before using color therapy for any use.



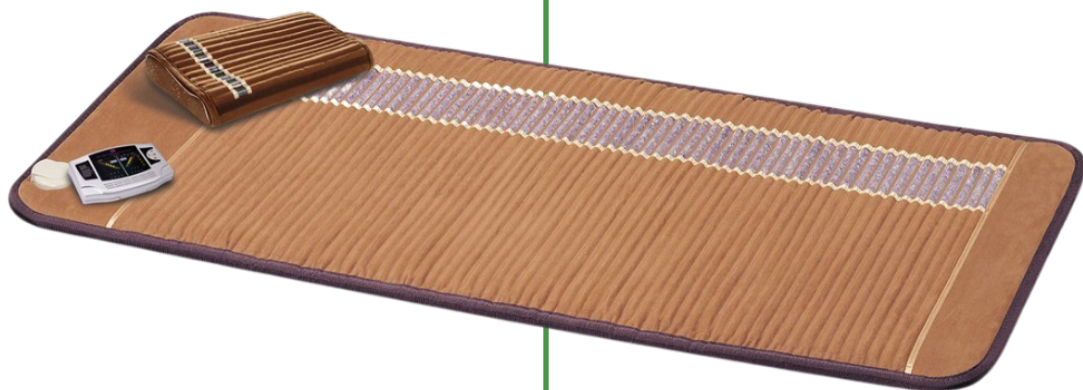
BIOMAT

BENEFITS

- Relieves minor muscle pain in areas where applied
 - Increases blood circulation in areas where applied
 - Reduces stress and fatigue
 - Soothes and relaxes
 - Eases minor joint pain, and stiffness
 - Supports the immune system
 - Improved sleep (if associated with pain relief)
 - Reduced inflammation (where applied)
 - Increased tissue oxygen (due to increased circulation where applied)
 - Temporary relief of Minor muscular back pain
 - Temporary relief of sprains and strains
 - Temporary relief of minor muscle and joint pain and stiffness
 - Temporary relief of joint pain associated with arthritis
 - Temporary relief of muscle spasms
 - Temporary increase of local circulation where applied
 - Relaxation of muscles
 - Promotes relaxation by application of heat
 - Promotes restful sleep for those with occasional sleeplessness
- 

INSTRUCTIONS

1. Place your Biomat on a solid, flat surface in a quiet area. The more tranquil the environment in which you have your Biomat sessions, the more healing they will be. You may wish to listen to some soft music and dim the lights. Try to plan ahead to ensure there is nothing that will disturb you during the session. Turn off your phone, place a do not disturb sign on your front door, let your family know what your needs are. It is important to drink plenty of water before and after your Biomat sessions. While it is not necessary, we recommend covering your body with a cotton sheet or blanket during your Biomat session.
2. If you are a new Biomat user, always begin slowly with short 15- to 30-minute sessions on lower heat settings. We recommend starting with the lights on the green or lower gold setting. These lower temperatures are also great for longer sessions, napping or sleeping throughout the night. When you start using your Biomat, you may experience changes or notice differences in how you feel throughout the day and starting slowly will give your body time to adapt.
3. Many athletes find that the gentle heat provided on the lower temperature settings are effective for flexibility training and recovery from training. It is also helpful in improving cardiovascular and respiratory function, regulating sugar and blood pressure, easing menstrual symptoms, and balancing and restoring youthful hormones.
4. Starting with short, soothing sessions will allow your body to adjust. It will also give you time to figure out what you want to get out of your Biomat sessions and how you can best achieve those results. You may wish to combine Biomat therapy with meditation and mindfulness to enhance the benefits to your body, mind, and spirit.
5. As you begin using your Biomat regularly, you will feel changes in your body and energy. You might feel that you have more energy than usual. Or you may find you have a desire to nap more often. Don't worry, this is completely normal and as your body becomes accustomed to the Biomat treatments and your systems become balanced, your energy will balance out. Some of the reason for these changes is that Biomat encourages your body to detoxify. It helps to cleanse your cells by encouraging the release of toxins and heavy metals. If you feel overwhelmed by the changes you feel, just use your Biomat at lower temperatures for shorter times. You may also wish to try using it less often at first. As you begin to feel more balanced, you can try increasing the time and temperature a little at a time.



HBOT



BENEFITS

- Relieves minor muscle pain in areas where applied
- Increases blood circulation in areas where applied
- Reduces stress and fatigue
- Soothes and relaxes
- Eases minor joint pain, and stiffness
- Supports the immune system
- Improved sleep (if associated with pain relief)
- Reduced inflammation (where applied)
- Increased tissue oxygen (due to increased circulation where applied)
- Temporary relief of Minor muscular back pain
- Temporary relief of sprains and strains
- Temporary relief of minor muscle and joint pain and stiffness
- Temporary relief of joint pain associated with arthritis
- Temporary relief of muscle spasms
- Temporary increase of local circulation where applied
- Relaxation of muscles
- Promotes relaxation by application of heat
- Promotes restful sleep for those with occasional sleeplessness

RECOVERY SUPPORT

LIVE O2

BENEFITS

- Triggers anti-inflammatory response within 2 mins
- Detoxifying
- Improves metabolic energy within 1 week of using
- Elevates oxygen level

INSTRUCTIONS

1. Turn the machine (grey base) on one hour prior to use to allow the system to prepare for use.
2. Place the mask on your head.
3. Breathe normally.

RECOMMENDED USE: While on Peloton, Use Live O2 therapy providing you with oxygen during your ride. EWOT (Exercise With Oxygen Therapy) is a method of breathing higher levels of oxygen during exercise in order to increase the amount of oxygen in your blood plasma to increase the energetic status and efficiency of the entire body.



RECOVERY SUPPORT

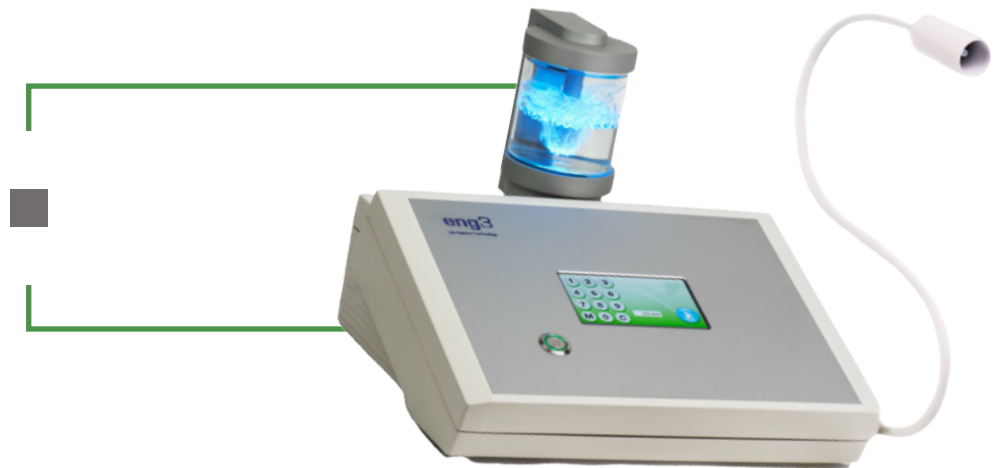


NANOVI

BENEFITS

NanoVi™ devices are used to regain, maintain or boost vitality and cellular health by signaling repair at the cellular level. Our unique, patent-protected approach helps initiate the body's own repair and regeneration mechanisms and reduce oxidative stress damage.

- Protection against and repair of free radical damage
- Ability to address adverse effects of aging
- Balance immune system function
- Improved ability to use oxygen and nutrients
- Improved cellular energy production and detoxification



INSTRUCTIONS

1. Press the silver button to turn on the machine.
2. The machine is already pre-set to 15 minutes.
3. There are two options for use:
 - a. Move the flexible arm tube to where the opening is 1-3 inches away from your nose.
 - b. Attach the nasal cannula to the end of the arm and insert into nostrils.
4. Breathe normally.
5. Machine will shut off automatically.

RECOVERY SUPPORT

NEUBIE

BENEFITS

- Speeds up the body's natural healing process
- Allows for movement during treatment
- It's a non-invasive, drug-free treatment option
- Targets the cause of your pain to prevent future problems



RECOVERY SUPPORT

NORMATEC

BENEFITS

- Reduces swelling and pain
- Increases range of motion
- Massages your limbs
- Speeds recovery
- Mobilizes Fluids



INSTRUCTIONS

1. Plug one end of the power supply cord into the outlet, and the other end into the Normatec control unit.
2. Connect the long end of the hose to the air outlet of the control unit.
3. Put the leg or arm sleeve(s) on your body.
4. Secure sleeve attachment connectors to the head of the hose, allowing air to flow into the sleeves.
5. Press the power button on the control unit to turn on the system. The green LED next to the power button and screen will light up.
6. Adjust the intensity and time by pressing the pressure adjustment button on the left and right of the screen. Intensity level 1 is the gentlest setting. Level 7 is the maximum.

RECOVERY SUPPORT

POWER PLATE PULSE

BENEFITS

- Helps relax and rejuvenate tight and sore muscles
- Enhances range of motion
- Promotes blood flow and fascia release
- Reduces pain
- Accelerates exercise warm up and recovery



RECOVERY SUPPORT

PULSE CENTERS PEMF

BENEFITS

- Enhances the body's natural recovery process
- Supports general relaxation
- Serves as the body's catalyst for full-body energy



RECOVERY SUPPORT

NUCALM

BENEFITS

NuCalm's patented, clinically-proven solution relaxes users without drugs and without delay. It's stress relief for the way we live today - technology to help you disconnect.

- Improve sleep
- Manage Stress
- Boost recovery

INSTRUCTIONS

1. Place the NuCalm Disc on the inside of your left wrist on the Pericardium 6 acupressure point. The Disc sends signals to activate your brain's natural relaxation system by interrupting your adrenaline response.
2. Open the NuCalm mobile app.
3. Connect your headphones or earbuds.
4. Start your NuCalm session in the NuCalm app.
5. Pull down your NuCalm eye mask.



SLEEP

RE-TIMER

BENEFITS

- Fall asleep and stay asleep
- Regulate mood and energy during winter
- Manage body clock changes due to shift work
- Beat jet lag while travelling internationally



INSTRUCTIONS

CHARGING THE BATTERY

1. Plug the charging cable into the USB port of your Re-Timer.
2. Plug the opposite end of the charging cable into either your computer's USB port or a USB wall adapter (not supplied).

NOTES:

- *As the battery charges, the LED Battery Indication Light will light up on the display.*
- *When the battery is full, the LED will stop glowing. If the battery is completely empty it will take up to 3.5 hours to charge.*
- *When the battery is fully charged it contains enough power to provide up to 5 hours of battery life. When your Re-Timer is low on battery power, the Battery Indication Light will flash.*

WARNING: You must not use the device whilst it is charging. Should you misplace the USB cable supplied with the Re-Timer please obtain a 1000mm long USB2 AM-BM Mini-USB type cable.

SLEEP



PRODUCT USAGE

1. Before you place the Re-Timer on your head, turn it on by pressing the control button once. This will turn the lights on to the half brightness setting. If you prefer the full brightness setting, press the control button a second time. You only need to press the button for a moment.
2. You can see which brightness setting you are using by looking at the control panel. The half brightness indicator will light up when the device is in half brightness mode. The full brightness indicator will light up when the device is in full light brightness mode. The brightness indicators will illuminate for one minute following a change of brightness setting.

NOTE: It is recommended that you use the full brightness setting to obtain the maximum benefit from your device.

3. Once you have turned your Re-Timer on and selected your preferred brightness setting, place it on your head. If you wish to wear your reading glasses while you use your device, put your reading glasses on first, then the Re-Timer. The adjustable nose-piece can sit either behind or in front of your reading glasses.
4. Once the Re-Timer is on your head you can make small adjustments to optimize the amount of light reaching your eyes. By sliding the top section of the nose-piece in and out of the frame you can move the device closer to or further away from your face. You can also adjust the height of your device by sliding the lower portion of the nose-piece up and down to select a high fitting or low fitting. If you intend to use reading glasses whilst wearing your Re-Timer, ensure the frames of the reading glasses do not obstruct the light.

NOTE: The light can reduce visibility and may therefore represent a hazard.

5. Once you have finished using your Re-Timer remove it from your head. Turn it off by pressing the control button. Press the button once if you were using the full brightness setting; twice if you were using the half brightness setting.

NOTE: The Re-Timer will automatically switch off after 60 minutes of use.



ADDITIONAL TOOLS



BLUE LIGHT BLOCKING GLASSES



DEFENDERSHIELD PHONE CASE



ELEVATION TRAINING MASK



HARAPAD ANTI-RADIATION SHIELD



IRISTECH SOFTWARE



POWERLUNG BREATH TRAINER



STRUCTURED WATER FILTERS



SOMNIRESONANCE SR1

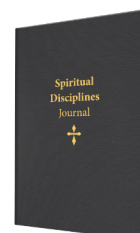
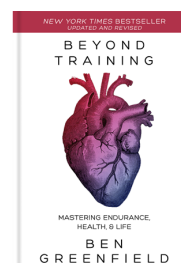
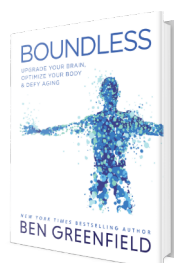
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