This page is a list of tools that I have personally found to be useful in my biohacking.

**1. The Five Minute Journal**

It’s been proven over and over again that shifting your focus to the positive can dramatically improve your happiness. The key is consistency. This journal has been created by combining the proven elements of positive psychology that can make all of the difference in your life.

You will find The Five Minute Journal to be a great way to start and end the day.

Even people like Tim Ferris are using it.

> “The Five Minute Journal is one of the simplest ways that I have found to consistently ensure to improve my well being and happiness. Both in terms of achievement and actual measurable, quantifiable results.”

~ Tim Ferriss, NY Times Best Selling Author

**2. N-Back**

Brain Workshop implements this dual n-back task, and enables you to improve your working memory and fluid intelligence. The dual n-back task involves remembering a sequence of spoken letters and a sequence of positions of a square at the same time, and identifying when a letter or position matches the one that appeared n trials earlier. Brain Workshop can closely replicate the conditions of the original study. In addition, it also includes optional extended game modes such as Triple N-Back and Arithmetic N-Back. It also includes features such as statistics tracking, graphs and easy configurability.

Anecdotal evidence suggests that the dual n-back task also enhances focus and attention and may help improve the symptoms of ADHD/ADD.
3 EmWave2

A biofeedback device that monitors your heart rate variability (HRV) and gives you feedback via a tone. You can see visual feedback also if you hook it up to a computer. This is a great tool for training yourself on how to destress efficiently. I often use this while I meditate in the morning.

4 Talking20

The ability to test your bloodwork is a must for anyone serious about long-term health. Talking20 offers a wide array of blood work. They are able to give incredibly low prices because you take your blood yourself, at home (just a prick, not a needle), and mail it in to have it evaluated. This saves you both time and money. This is worth every penny!

5 Comprehensive Digestive Stool Analysis 2.0™

( Genova CDSA 2.0)

The Comprehensive Digestive Stool Analysis 2.0™ (CDSA 2.0) is a gastrointestinal stool test which offers a comprehensive look at the overall health of the gastrointestinal (GI) tract. It helps identify inflammatory conditions such as IBD (Inflammatory Bowel Disease), food allergies, NSAID enteropathy, and post-infectious Irritable Bowel Syndrome (IBS). The CDSA 2.0 stool analysis provides information using advanced biomarkers that evaluate digestion, absorption, pancreatic function, and inflammation, in addition to bacterial balance, yeast, and parasite infection. (may have to order through a practioner) This is my gold standard test when it comes to gut bacteria health.

And there you have it. The 5 must have Biohacking tools.

Optimally yours

Ameer, Optimal Health Warrior