

Trina: All right. Hello everybody. Trina here with the Healthy Me. Really, this is a topic that I love to talk about, because any time you can do something to improve yourself, I call it biohacking. So I have Arvin here with me, Arvin Khamseh. And he is like the biohacker of everything. Biohack your health, biohack your muscles, biohack your sleep. Probably biohack your mind and everything else. We are gonna be talking about biohacking.

Trina: Before I do that though, before I have him on, I'm gonna give you guys a little bit of an intro about who Arvin is. So Arvin has been helping people in 48 different countries boost their sleep quality. He knows that universally holds true when it comes to hacking sleep, I'm interested in that. Extraordinary Human Living, EHL founder, Arvin Khamseh is an Oxford-trained geek, like that, and graduate of the National Organization of Developmental and Exceptional Talents. He is a contributor to publications such as Thrive Global, American Student Dental Association, Medium and Better Humans. Arvin's expert advice has been featured on top name inc magazine podcast, Conscious Millionaire, I like that too.

Trina: Here's my favorite. He has reversed two dental cavities, gained 20 pounds of muscle in three months, increased his heart rate variability by four score in a month, healed a chronic nightmare that went on for six months in two weeks, among many other ... It sounds like self-experimentation. You are like the geek of self-experimentation, right?

Arvin: For sure. Yes, that's right.

Trina: Welcome Arvin, we're excited to talk to you.

Arvin: Thank you so much for having me.

Trina: How did you get into this self-experimentation?

Arvin: When I was in college in Oxford, I did a lot of sciences and I was reading a lot of papers and I worked at a research lab for some time, and I really learned how to read studies and how to qualify and quantify experiments. Then I was dealing with a lot of health challenges with myself, so I thought I would integrate what I learned in sciences into my own life, and see if I can heal myself. That's how it started.

Trina: Interesting. What was the first thing that you hacked for yourself?

Arvin: I had a lot of acnes on my back, and this is when I was like 12, and it went on until I was I wanna say 19. I was a really good swimmer, I couldn't go swimming because of how much acne was on my back. I mean I could obviously swim, but I didn't want to.

Trina: You were embarrassed, sure.

Arvin: Yeah, right. It was such an important, significant thing to me, to be able to hack it. And so I looked at a lot of research papers, talked with a lot of different people, and I started with a ketogenic diet, and I think I'd say in about a week or so all those acnes on my back were gone.

Trina: Wait a minute. This was in college, so this was really before keto was keto like we know it today, right?

Arvin: Yeah, yeah, yeah, yeah.

Trina: Because this was how many years ago?

Arvin: This is not too long ago actually. This was like five years ago.

Trina: But that's still before keto became a well-known term.

Arvin: Oh yeah, for sure.

Trina: That's what I mean, it wasn't like now where everybody kind of knows what ketogenic is.

Arvin: Actually more than five years ago. It was 2011.

Trina: So seven years ago. I was gonna say, because you don't look like you're still in college. I mean you don't look old, but it seems like it's been a couple of years. So what happened? Like you biohacked it with the ketogenic diet, how did that play a factor? Because I know a lot of people suffer from what we call backne, acne on your back. I've gotten customers that have wondered how do I get rid of it? And I've always told them, "Search your diet." It's typically a diet-related type of ... Any acne, almost any skin condition, can be researched back to some sort of diet. So what did you find?

Arvin: I actually didn't know what would heal it, so I was kind of trying things. And it so happened to be, one of those things I tried, it really worked. So when I started with the ketogenic diet, I realized the inflammation in my body was going down. I was also doing a lot of lab tests. For those of us who know about let's say HSCRP, my cortisol was being balanced, and so as a whole, my body was less inflamed too. And I would say that had a contribution to my acnes on its own.

Trina: Sure. Because that's all stress-related too, like the inflammation and everything. Sure, yeah.

Arvin: Yeah. And the other thing was, I would say some other things that I realized, my body reacts to, is obviously sugar. So sugar was a huge contributor to inflammation and also acne for me. So if I cut it I don't have acnes. If I take it, even right now, I get a breakdown. And it's interesting, because that was a finding I had a few years ago. Now what I'm doing, I'm actually looking into my gut biome, so I'm doing different [inaudible 00:05:37] biome kits every now and then, and I look and see if I can change the bacteria in such a way that I can still take sugar ... Not that I want to take sugar, but I'm interested to see what happens, and not get that inflamed. And so that's what I'm working on right now. But that was the thing, like the sugar was the biggest contributor.

Trina: Interesting. For anybody that's not familiar with the keto diet, can you just sum up, just quickly, because they can Google it if they're interested, but I know a lot of the people that suffer from acne are gonna be like, "What? Wait, what? Tell me more about that." So tell them a little bit about the keto diet, what contributing things or factors or things that you leave out of the keto diet that are what made the biggest impact that you think?

Arvin: So keto diet wasn't actually for acne. It wasn't invented or designed for acne. It was actually for seizure. And what people would do, I guess scientists and doctors would do, it was a medical procedure. It wasn't that everyone would go in keto right now. Like it's so hip right now. In clinics, I see them, they just go on keto, everyone.

Trina: Oh yeah, I'm sure there's a T-shirt that says, "I'm on the keto diet," right? "I'm ketogenic, are you?"

Arvin: Exactly. And back then, it wasn't like that. Actually when I was sharing with people I was on keto, people would roll their eyes, be like, "Wow, this is so extreme. Why would you do that?" So basically it looks like eliminating sugar or just having a very low amount of sugar/carbs, so it would look like like exactly ... It would look like 25 to 30 grams of sugar per day, and no more. And so that was the starting point for people. And then some people would lower, some people could handle higher, and it still being keto, and that's something people can find out for themselves. See how far they can go, without getting kicked out of keto.

Trina: And the keto you're talking about is ... Was it a urine test that you were doing? Like a urine stick or just-

Arvin: Oh yeah.

Trina: To test for you keto, your keto level, ketogenic [crosstalk 00:07:44]?

Arvin: I actually got those breath analyzers.

Trina: That's right, you can do the breath analyzer too.

Arvin: Yeah. And there are actually studies on like how the urine ones, they're not really accurate, so you could be in keto and not have it, or you could not be in keto and then have it showing ... I think it's purple if you're in keto on the sticks. I can't remember, I haven't done them for so long.

Trina: We've also done the finger sticks. There's finger sticks for the keto. Because we've done those when we've done a water fast, a five day water fast. And usually on day two, three and four and five you got into a ketogenic state. And for people that don't know, you're really burning fat. It's like a fat-burning, metabolizing state. And it resets a lot of things in your body when you can get into a state like that. That's part of the reason I think why your gut biome probably healed, is it sort of just resets your gut. When you

get rid of all that nasty sugar that's feeding all that bad stuff inside your gut, you can actually reset and grow the good stuff that's supposed to be in there.

Arvin: Exactly, yeah. And then what I found later on, that I could still maintain keto with let's say even 60 grams, 70 grams of carbs per day. And so that's-

Trina: And you were kind of doing that, testing by your keto, the level, your breath? Just so people know.

Arvin: Exactly, yeah. And it's so great, because it's not just that I got rid of my acnes. I had so much energy, and my brain function was different. And there are actually studies right now, because keto is so hip now they are studying it all the time ... There's studies about neurogenesis, so like actually neurons are being generated because of doing keto diet. If you just think about it, so ketones is a byproduct of fat in our body, and it's always been there. It's just not to the amount that would get us to a keto level. And then-

Trina: Because as you're burning fat, you're producing or you're making those ketones. So that people know how we're talking, because I'm the nurse so I have to explain this. That's my job, is to explain the medical jargon. So as you're burning fat, you're eating less sugar, your body is starting to utilize fat for energy, you start to produce or put out the ketones, which signifies you're burning fat. And the higher your ketone level, the more fat you're burning or the more ketogenic you are. Is that correct?

Arvin: That's correct, yeah.

Trina: And by eating sugar, which is what we're so mass produced and brainwashed to do and think and buy, you are not putting yourself in a ketogenic diet, you're actually destroying everything inside you to create the ability to go into a ketogenic state, right, basically?

Arvin: That's right, yeah. That's correct, yeah. And so the energy level goes down, there's a crash after like sugar is low. So it's medically I guess, or in our bodies, really hyperglycemia, but what we experience is just like crash after having let's say a cake. Like two hours after you just-

Trina: Oh, it tastes so good though, you know? Come on.

Arvin: Yeah. For sure. And that's why we still do it. So the hack for that, if someone wants to still have sugar or carbs, is to take some MCT oil with it.

Trina: What? Really?

Arvin: Yeah, right. So then-

Trina: When we go for sushi, we take our MCT oil packets. Because there's a little bit of the sugar in the rice and everything, so we'll use that instead of anything else, instead of the soy sauce or anything like that. And it actually tastes really good. But that's the hack for

it. So explain the hack. Because people are gonna be like, "Oh, what? I can have sugar. All I gotta do is put some MCT oil on my cake?"

Arvin: Exactly. So that's the thing, like sometimes I go to conferences and they have all these expos and they have all these different booths of different products that came out. Some of them are keto friendly, some of them are not. And then they would want you to test all of them. And then every single one, they would tell you they have like one gram of sugar, and then at the end of the conference, you end up with like 1000 grams of sugar if you taste everything.

Arvin: I actually started looking for this to see is there a way that I can minimize the impact of sugar on my body, if I go to all these conferences, different places? Because I try out a lot of products, and write about it on my blogs. And it was like a very important thing for me, to actually figure out a way to be able to taste it, but not be impacted as much. So what that does is if we take a lot of sugar, or a lot of carbs, what happens is that our insulin spikes. Or insulin is the hormone that would take the sugar away from the blood.

Arvin: And for building muscles, that's actually amazing. So we really want to have insulin spikes. So a lot of bodybuilders, they would actually do let's say beats or they would do things that have sugar, because they want that spike. Or they would do white rice instead of brown rice right after their workout, because they want that insulin spike. That's for bodybuilders.

Arvin: If someone is not a bodybuilder, insulin spike, if it's prolonged, and it happens all the time during the day, that's a major contributor to aging. So we age really quickly, and then not only that, our insulin becomes resistant, so diabetes, all sorts of diseases that we would get because of just the insulin spike, and that happens all day, 24/7. And so what does MCT does would actually minimize the spike. So if you take the MCT, then the insulin spike is not gonna be as high. Again for bodybuilding that wouldn't serve a purpose, but for other people who are not ... Go ahead.

Trina: So when would you take the MCT oil? If people are like, "I'm gonna do this-"

Arvin: Same time.

Trina: So you take it when you're eating?

Arvin: Yeah.

Trina: So during your meal?

Arvin: Yeah, yeah, yeah.

Trina: I mean I know we just have the oil, but is there any liquid capsules? Do they have like the capsules of it? Or this is too early? Like you're just discovering this, so that's the next thing you're gonna come up with is the MCT oil.

Arvin: Yeah, for sure. I mean I sometimes just go really well with this. I just take like two spoons of like coconut oil. But there's so many things, and there's so many products right now. I mean I've seen like brownies and like so many different things with MCT that they make. So there could be an option there. But if nothing, just two, three spoons of coconut oil, that would do it. But it's a different to MCT oil. So if you take coconut and if you take MCT oil, they're different ... I guess different characteristics for them. So if someone's not used to coconut oil, their body may not really take it really well, so it may actually react to it. But for me I'm actually used to it. I can go up to like six or seven I guess tablespoons of coconut oil, so I just do two, three and that would work.

Trina: That's awesome, yeah. And probably anybody that's listening is thinking that they wanna try this, would probably just wanna start with a smaller ... Like a teaspoon or something like that.

Arvin: Oh yes, for sure.

Trina: And just add a little bit more as you're getting used to it. Because it does take your body a little bit to get used to it.

Arvin: Yeah. And I have a hack for that too by the way if they [inaudible 00:15:38].

Trina: How to hack the hack to hack your backne is where we started.

Arvin: It's really funny, because that has happened to me. So at the beginning when this wasn't hip, I was actually trying out different things. So I was like, "Okay, how many can I do? Maybe if I do like 10 tablespoons, I can get into this state where I have never been to." And so I-

Trina: This euphoric MCT oil ketosis state.

Arvin: So maybe I come up with these creative ideas, and my brain is functioning so well. And so anyway, I tried it, and I think my max is about five or six tablespoons. And after that I get headaches, I may get diarrhea. There's like a lot of symptoms. And also I've heard some people become nauseous as well. But to counteract the impact of having a lot of MCT in our body, we can just drink vinegar with water, and it would actually neutralize it.

Trina: Vinegar with butter? Any kind of vinegar?

Arvin: No, with water.

Trina: Oh, water. I thought you said butter. I'm like, "Really? And then you mix it with your coffee." So vinegar and water. You know what? Because I did an apple cider vinegar challenge, which was a 30 day challenge. Every single day I came on, did a shot of apple cider vinegar. If anybody's interested you go to acvchallenge.com, and you can sign up. It's amazing thing. We did a shot of apple cider vinegar every single day, and it has a lot of health benefits, and this would be one of them. It helps to normalize out glucose and

does so much for your hormones and all sorts of things. So it doesn't surprise me that it's a hack for your hack. It's the mother of all hacks I think is apple cider vinegar.

Arvin: Yeah, for sure.

Trina: What about building muscle? I know you said you've built muscle. You've built, was it 20 pounds of muscle in three months?

Arvin: Three months, yes.

Trina: So I'm assuming that has to do with your insulin, because you talked a little bit about that.

Arvin: Yes, for sure.

Trina: So is that how you did that?

Arvin: Yeah. I'm actually doing a blog post on this on [inaudible 00:17:48] in a few days, going through all the details, supplements, everything I've taken. But there is not much of external things that I've taken in this cycle. It was basically the way I was working out, and then also the way I was eating and what else? And then also the insulin spike, the focus on insulin spike too. I mean to make it clear for the audience, the insulin spike is so important for building muscles that some bodybuilders that I know, they will actually take insulin. That's not a very helpful thing to do, but that's how far they go with it, because they want that spike.

Arvin: But we can still naturally create it. So the natural way of doing it would be just having white rice instead of brown rice. I know a lot of people, if you're reading a lot of blogs, if you're health conscious, would just be like, "Oh, white rice? No, no. I would never do white rice," whereas for building muscles that's actually very important, especially right after workouts, 30 minutes after workout. And then another thing was the way I was working out.

Arvin: So I actually met this guy who was Mr Canada, and we started just talking about this stuff, and he started showing me the way he was working out. And I realized the way I was working out was so different. The way I was working out is pretty much the same as everyone on YouTube and blog posts. If you look at them, that's how they work out. And it's no wonder people who become Mr Canada, who compete, they have such a different lifestyle that they get different results. I mean obviously they're on all sorts of hormones, they do a lot of different things too, but still, their routines are very different. So I was very curious about it, so I asked him about everything, all the details.

Trina: Arvin, I can't imagine meeting you for the first time like somewhere in a social gathering, and all of a sudden like ... If you can just imagine Arvin like diving into asking questions about everything they do, trying to biohack it. Like, "How did you do this? How did you do that? What are you doing?" Like studying everything. That's so funny.

Arvin: Yeah, and I get so interested.

Trina: I can tell. Like you're all lit up.

Arvin: So anyways, I asked him about it and the workout is gonna be shared on a blog post. But I'll just tell you a little bit about what's so different about that workout. The idea is like maximizing on the stress on our body. So what I would do in the past, previous to that workout, I would just get to the point where I'm gonna be like, "okay, I feel my muscles are gonna be sore in a few days, I feel like I'm working my muscles," but then I would stop. The difference between this workout and the workout I just learned is that you actually don't. You don't stop, you keep going.

Arvin: And then this is like the time that you think you're gonna stop, you're still going. And then I had another thing that I had read in research, if you give two minutes to three minutes between sets of workouts, you can have your mitochondrias reset. That's the amount of time it takes for the mitochondrias to reset, so they produce ATP, they produce energy, and then also there's enough oxygen coming into our body, all over our body, so we can perform better.

Arvin: So it happens, if mitochondrias are actually resting, and they're regenerating, and they're at a point where they're not stressed out, you don't make much muscles. So he was like, "Scratch that. You don't even take breaks, you take like 10 seconds of breaks." And I tried that first day. I was like halfway through the workout, I was like, "I'm so done. Like I can't even do this."

Trina: That's kind of funny, because I did the same type of thing when I was running a lot, and a friend of mine told me, "Run until you're exhausted. Like run to deplete your mitochondria, until you literally fall to the ground, and you have to recover and take a short recovery and then get back up and do it again." I did that, and I wanted to just die, like just one mile in. And normally I would do like a three to four mile. After one mile I was like, "I gotta walk the rest of the way home. I'm exhausted." But it sort of resets your mitochondria and your entire platform for your body working out and building muscle and building upon that. So it's the same type of thing, right?

Arvin: Yeah. And it's so interesting, because those little changes, it makes a huge difference. Another thing that he told me that I was very surprised about was he doesn't change his workout routines. So there are billions of books about different workouts you can do, and then what people usually talk about on YouTube, different places, they would say, "Hey, do this workout this week. Next week change it to this. The week after change it to something else." He has been doing the same workout for the past 30 years, and he's Mr Canada and all sorts of awards, year after year. So it's like a total different mindset. I don't know, maybe YouTubers, they wanted to have content, so they needed to come up with new workouts. So that maybe changed the-

Trina: Yeah, it won't go over well on YouTube if you're doing the same thing every day, right?

Arvin: Right? It's so strange, because I read everywhere, like I read books, and then you see that's one way of doing it, and then the person who is getting results is actually doing something entirely different. And of course we wanna get results. Go ahead.

Trina: Oh no, that's okay. That's it, it's all about the results. And so it's really interesting that when you find something that's different, that you like hone in on it and you're like, "What are you doing that's different? Because it's the result that I want, not necessarily ... I wanna know the road that you took to get to that result, not what everybody else is doing."

Arvin: Oh of course, yeah. And then another thing about that was ... I think there was also a mindset as well. After like two weeks of working out with him, he would just put on like 720 pounds on leg press, and then I would just look at it and be like, "Are you kidding me? This is not happening." And then we would do it. And then it was just like a transformation for me as well, as far as confidence, how I think about myself, how I think about outside me. Because we have a set way of thinking and we just do within ... Like whatever we do is inside that way of thinking. And then it takes for someone else to come and just look at the way you think, and then just tell you, "No, like scratch that."

Arvin: And then look at something new, and then you see something new in our life. And so it was very interesting, the mindset was very interesting, the way we were working out was very interesting, and then also as far as ... There were some natural things, so the amount of vegetables we were taking. I can show you right here, we were doing I wanna say 100 grams of cilantro, 100 grams of parsley, one beat, 100 grams of celery. What else? And a bunch of other vegetables. And we would just blend it every day.

Trina: Yeah, that sounds so good.

Arvin: Right?

Trina: Yeah, it sounds so good.

Arvin: It was so great.

Trina: Any time you put cilantro and parsley together, man, I'm in.

Arvin: Right? It was the best. And so I was doing that, and it was this ... So it's for cleansing the liver. So another way to actually reduce the inflammation is that, and I've been doing that every day since five months ago. It's perfect, it's so good.

Trina: Well, when you talk about the mindset too, and I just had an interview ... My previous podcast was with Dr Chris Zanyo, he's a chiropractor but he's really big on mindset and believing in your own hero. And it's so true that we get so stuck in our heads that we can't do this, and I was talking to him about getting back to being that kid again. Kids always question everything, they question, "Why? Why? Why?"

Arvin: Beginner's mindset.

Trina: Yeah. They never give up, never give up, and they're always trying to find better ways and new ways and faster ways to get it done. So I mean it's the same type of thing with that you're doing. It just reminds me so much. It's about mindset, it's about power, it's about giving yourself the strength inside. You're the hero, and never giving up, and always asking the why. "Why? Why? Why?" Right?

Arvin: Yeah, for sure. And that beginner's mindset is very helpful, because after a few years of just knowing ... Even like myself, I know a bunch of research papers and then I just think I know everything. And that's not so true. Especially like about the mitochondria reset, I was so sure that three minutes of rest between sets is the helpful thing to do. And of course it wasn't. Well maybe it is in some cases, but it wasn't in that case when we want to build muscles, because you wanna just maximize on the stress. I even get massages about two to three times a week, and I don't do it right after workout. I don't wanna calm my body down, I wanna actually maximize on the stress. So these are like little things that we can ... I guess another thing, maybe biohacking audience would know, cryo, cryotherapy.

Trina: Oh yeah, I love cryo.

Arvin: That's also amazing for reducing inflammation, which we don't wanna do on the day we work out. We don't wanna reduce inflammation. We want all the inflammation to be that big, and then the day after we just reduce it as much as we can.

Trina: Yeah. And cryotherapy, just so anybody ... I've done a couple of videos of me doing cryo. But cryotherapy is when you put yourself into a unit, usually most of them ... You can do a walk-in unit, but a lot of them are like a stand-in unit that you walk into, your head's sticking out, and then it's nothing but frozen inside, so for like up to three minutes you can stand in this subzero ... What is it? Negative 270, right?

Arvin: 273, yeah.

Trina: Yeah. And it really does, like you said, it reduces inflammation almost immediately. And people use it for all sorts of types of problems, including injuries to their knees and hips and stuff like that too. So that's awesome. Talk to me a little bit about your teeth. I wanna hear the story about how you healed two cavities. I'm just interested because that's what I geek out on, biohacking your teeth.

Arvin: For sure. So I actually looked at my bone density, and I measured it. So you could do a DEXA scan. I don't like to do a DEXA scan because it's the X-ray, and if you do it a lot then that's probably really not helpful for a body. But for a couple of times I guess it's okay. I did two DEXA scans of before, after. I guess the reason I did that, I'll give you context ... What I know about teeth is that they're made of minerals. So if we don't have enough minerals in our body our teeth are gonna be impacted.

Arvin: And the way to get the teeth, like let's say a decay, to heal it, to heal a decay, is to remineralize it. So actually have minerals come back to that place, return it. So I thought about okay, what could impact the minerals in my body? And when I looked at the bone

density, I saw a number. And it was not bad, but I looked at it and I was like, "Okay, so how can I improve on this?" So fish oil, vitamin D ... And I have a post about this on Instagram and also blog post on this too, like with the exact details of how often you do it. I think it took about six weeks to 10 weeks of taking about I wanna say 5 to 10K, 5000 to 1000 of vitamin D every day, and then also fish oil, I think it was about 2000. And I was also taking the cod liver oil. There's this thing called blue ice cod liver oil I think. It had-

Trina: I know you wanna make sure that it's not fermented, the cod liver oil.

Arvin: That's right.

Trina: You just wanna make sure it's not fermented. And it's preferable if it has I think its AMD in it, right, for remineralizing your teeth?

Arvin: Yeah. Or if you wanna take it like separately you can do that too. But you want it to be at the same time, yes, for sure. So I started taking that and ... By the way the name of the product, the blue ice, I can't remember right now, I'm blanking on it. But it's actually on that blog post that I'm talking about. Maybe I share the link with the audience.

Trina: Yeah, that would be great.

Arvin: So I was doing I think it was six pills of that blue ice cod liver oil, and then about 5000 of vitamin D, and then also I was taking magnesium for sleep. So those are the three different minerals that I was using. I had an X-ray of my tooth decay as well, and I checked after, and it was gone. I was also on a ketogenic diet. There are studies on ketogenic diet that ketogenic diet is being helpful for reversing cavities too.

Trina: And I would assume that, just from the expertise of knowing about the dental health in the oral biome, I bet you the ketogenic has more to do with the biome inside your mouth. Decreasing the sugar content is gonna decrease the overgrowth of bad bacteria, and then allow your good bacteria to grow. You also have to make sure that you're using the right products, because off the shelf products will kill all bacteria, sterilizing your mouth, which puts you susceptible to the bad bacteria, sugar, overgrowth, all of that. So yeah, that's really cool, that's interesting. But I bet that's why the ketogenic diet is showing improvement in dental health.

Arvin: Oh yeah, for sure. And just to add to what you were saying, our mouth is actually the most biodiverse in terms of the different amount of bacterias we have. It's more than our gut. Like we have so much. And so it's really helpful when we actually can impact that biodiversity. And again, even for the biodiversity of our mouth, we can check it. I think a company [inaudible 00:32:48] does that. I don't know if other companies do that too, but that's something everyone can do.

Arvin: But the idea is actually measure it, because if you don't measure it you have no idea what's happening. Even with vitamin D, as I was saying, 5K. I take 5K because I know how my body responds to it. We don't wanna take a lot more if you already have a lot of

vitamin D in your system. So you can measure it, do the blood test, 25OH biomarker, and then check it. And then there is a gene that's responsible for absorption of vitamin D as well, can't remember the name of that, but if you actually do run a 23ME genetic test and then run it through one of these affiliates that they have, they show ... There's one gene that's responsible for the absorption of vitamin D. You can look into that, see how well you absorb it. Someone may need 10K instead of 5K.

Trina: Yeah, if they're not absorbing it as much.

Arvin: Yeah. And if it's winter, maybe you need more, whatever. There are different factors.

Trina: Interesting. I love this conversation. But unfortunately we're out of time. So is there anything you wanna add that we haven't talked about before we ... I know that you've got your hackmybiology.com website. So tell them about that, because you're gonna offer that. They'll be able to get the link off the website, off of the copy below the email for this broadcast.

Arvin: Yes, for sure. So hackmybiolody.com, I have this online course for sleep hacking. So I had nightmares for six months myself. I went through all sorts of MDs, specialists. I read all sorts of blog posts, interviewed a lot of people from different countries, and I asked them questions, I said, "Hey, what's the biggest challenge you're having with your sleep?" And then based on all my experiences and their experiences, I have created this course, it's a sleep hacking course, and if they go to Hack My Biology, they can get it as a gift. For my understanding, it has helped me a lot to have an amazing sleep. Like being a panda all the time, just sleep and just not ... Like having that deep sleep and waking up feeling energized and geeking out about all these sorts of things in bio-

Trina: Because if you can sleep eight hours, that gives you 16 hours to geek out on the things that you want. But you've gotta have that good eight hours of sleep, otherwise forget it. Arvin, you crack me up. I love it. I love biohacking, I love how inquisitive you are. I think that's the whole reason you got where you are, just because you keep asking, "Why? Why? Why? And how can I do it better? And what are you doing, because I wanna do that and get to that path?" So thank you so much for sharing everything with our audience. I love the backne and getting rid of your acne on your back with the keto diet and all that. So we're definitely gonna have a lot of people interested in that. So tell them where they can find you, again so anybody that's looking ...

Arvin: The best place would be Instagram, my handle is Hack My Biology, and also hackmybiology.com.

Trina: Perfect. If you guys wanna learn more and follow Mr Biohacker here himself, just check him out on Instagram and his website. All right, Arvin, thank you so much for joining us, and continue biohacking so that you can come back and tell us more.

Arvin: For sure.

Trina: I know you won't stop.

Arvin: No.

Trina: That's awesome. All right, thanks Arvin. Have a great day everybody.

Trina: Thanks for watching. Make sure you subscribe to keep learning how to create your healthy self. See you next time.