

Biohackers World Conference 2024: The Future of Personalized Wellness

The Biohackers World Conference & Expo, the leading biohacking event in the U.S., takes place on October 26-27, 2024, in Miami.

MIAMI, FL, UNITED STATES, October 25, 2024 /EINPresswire.com/ -- The rapidly growing world of biohacking is revolutionizing how we think about health and longevity. With cutting-edge wearable devices, advanced supplementation, and emerging AI-driven technologies, biohackers are finding ways to monitor and improve their health in real time. But what is biohacking, and how can it help you?

Here are a few facts:

- Biohacking in numbers: The biohacking industry is estimated to grow to over \$63 billion by 2028 in the U.S. alone. The increasing demand for personalized health solutions and the development of smart wearables are major contributors to this growth.
- Longevity boosters: Biohackers are investing in everything from nootropics (substances that enhance cognitive function) to intermittent fasting, aiming to live longer and better. Senolytics, a drug targeting aging cells, is one of the most exciting research areas.
- DIY labs: Some biohackers are taking it further by experimenting with gene



Biohackers World Conference & Expo in Miami on October 26-27, 2024



MEET OUR SPEAKERS

Speakers at the Biohackers World Conference in Miami will share groundbreaking insights into biohacking and wellness trends.

editing at home. In 2017, a biohacker injected himself with CRISPR technology to increase muscle mass. This controversial side of biohacking raises interesting questions about self-experimentation.

[Biohackers World](#) Conference & Expo 2024: Where Wellness Meets Innovation

On October 26-27, 2024, Miami will host the Biohackers World Conference & Expo, a gathering for health enthusiasts, tech innovators, and biohacking pioneers. This year's event will highlight the latest trends in wearable health technology and cognitive wellness—two critical areas shaping the future of personalized health management.

The biohacking conference is sponsored by [The Root Brands](#) and [Leela Quantum Tech](#), and will feature a wide array of devices that allow people to track, analyze, and optimize their health, from continuous glucose monitors (CGMs) to brainwave entrainment tools. Attendees will learn firsthand how these tools provide unprecedented control over physical and mental well-being.

What You Can Expect From Event

The 2024 edition promises a deep dive into practical biohacking applications, with insights from top experts. Here are some of the key highlights:

- **Wearable Technology:** Discover how real-time health monitoring devices revolutionize how individuals manage their well-being. From heart rate variability (HRV) to stress tracking, learn how these tools provide users with clinical-level data outside medical settings.
- **Cognitive Health:** Mental performance has never been more crucial. Dr. Patrick K. Porter, founder of BrainTap, will explain how light, sound, and brainwave entrainment technologies are being utilized to enhance mental clarity, focus, and emotional balance.
- **Longevity Insights:** The panel discussion on "Biohack Your Age: Secrets You Need to Know," featuring experts such as Dr. Russell J. Kort (Lead Clinician at DoctorEMF) and Matthew Dawson (CEO of Wild Health), will explore the latest advancements in age-defying therapies, including the role of AI and precision medicine in extending health span.

This panel, moderated by Kristen McAdams, Integrative Mental Health Therapist and Nervous System Coach, will discuss advanced supplementation, restoration techniques, and practical strategies for helping individuals unlock their health potential, both mentally and physically.

A Glimpse Into the Future

As biohacking continues to grow, the Biohackers World Conference will serve as a vital platform for health enthusiasts to engage with the latest research and technology. From improving physical performance to enhancing cognitive function, attendees will walk away with actionable insights into how personalized wellness is becoming the future of healthcare.

For more details on the event and to register, visit the Biohackers World website.

About Biohackers World Conference & Expo:

The Biohackers World Conference & Expo is dedicated to advancing the practice of biohacking and empowering wellness. Focused on providing attendees with the tools and knowledge to optimize their health and lifestyle, the event blends expert-led sessions with hands-on experiences, offering participants insights into the latest technologies and strategies for self-optimization.

The conference attracts between 500 and 1,000 attendees and has been expanding internationally, with recent events held in major U.S. cities such as Miami, Austin, and Los Angeles. As the biohacking community and interest in human optimization continue to grow, so does the event's presence in the U.S. and beyond.

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