The background features a large, light purple, stylized microchip icon. Inside the chip's central square area, the words "BODY", "HACK", and "CON" are stacked vertically in a white, sans-serif font. The chip has several rounded pins extending from its top and bottom edges.

BodyHacking

Improving Yourself Through Science, Data, and Technology

Dustin D. Trammell

Dustin D. Trammell

- Dustin D. Trammell
 - a.k.a I}ruid / I}ruid
 - a.k.a Dr. UID
- Founder
 - CAU (1994)
 - AHA! (2005)
 - InfoSec Southwest (2011)
 - BodyHacking CON (2016)
 - BHAT COLONY (2016)
- BodyHacker
 - Wearables, Quantified Self, Aesthetic Bodymods
 - Focus of this talk
- Entrepreneur
 - ExploitHub
 - AISG
 - Achieve Mint
 - Sid's Toy Box
- Trammell Ventures
 - Kraken Series A
 - StyleSage Series Seed
 - New \$25M VC Fund
 - InfoSec
 - Blockchain FinTech
 - Machine Intelligence



What is BodyHacking?

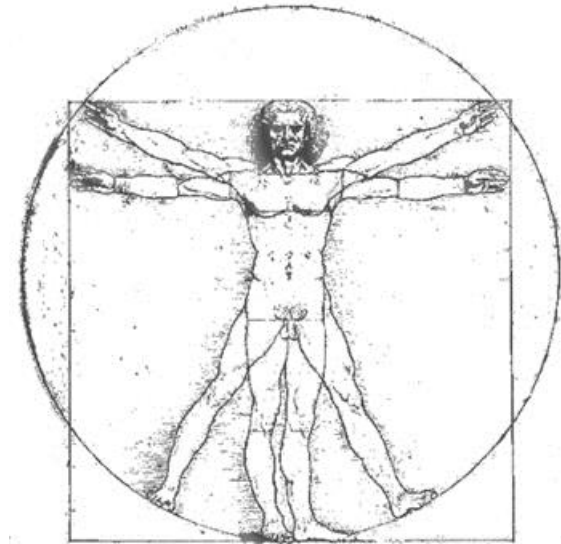
- Hacking

- Skillset, not Motivation
- Tools
- Deeply understanding a system
- Bend that system to will



- Body

- Extremely complex system
- Nervous
- Cardiovascular
- Circulatory
- Respiratory
- Digestive
- Renal
- Musculoskeletal
- Endocrine
- Cells, Genes, DNA



BodyHacking Con's Definition

- Actively supplementing or modifying your body to become your more ideal self
- Scope:
 - Aesthetic body modification
 - Health, wellness, fitness & bodybuilding
 - Supplements & nootropics
 - Wearable technology
 - Prosthetics & cybernetics
 - Implants and functional body modification

Case Study: Myself as a BodyHacker

- Fairly subtle and not very obvious
- Aesthetics – Hair & tattoo
- Wearable Technology
- Diet & Supplements
- Quantified Self



Aesthetics: Hair, Nails, & Tattoo



Wearable Tech: Basis Peak Health Monitor

- Wristwatch form factor
 - Optical heart rate engine / Sleep Tracking
 - 3-axis accelerometer
 - Skin & Ambient Temperature sensors
 - Galvanic skin response / Perspiration sensor
 - Vibration and haptic feedback motor / Pedometer
- Automatic Activity Tracking
 - Walking
 - Running
 - Biking
- Smartwatch Functionality
- RECENT SAFETY RECALL!!!
 - <http://www.mybasis.com/safety/>



Wearable Tech: Lumo Lift

- Magnetic or snap-in lapel clasp
- Posture and activity tracking
- Gentle Posture Coaching
- Set Custom Goals
- Track your progress over time
- <http://www.lumobodytech.com/lumo-lift/>



Wearable Tech: Sensebridge NorthPaw

- Anklet form factor
- Magnetic compass
- Ring of pager motors
- Northmost motor buzzes
- Based on original research in the form of a belt
- <https://sensebridge.net/projects/northpaw/>

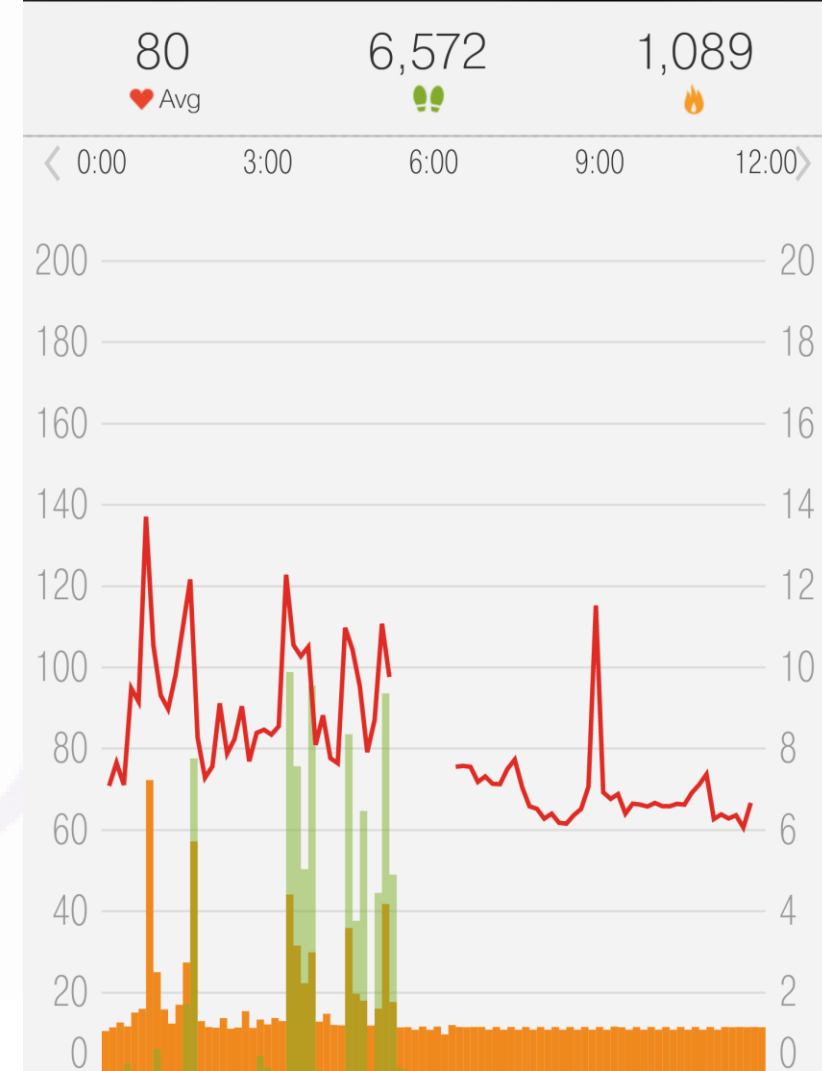
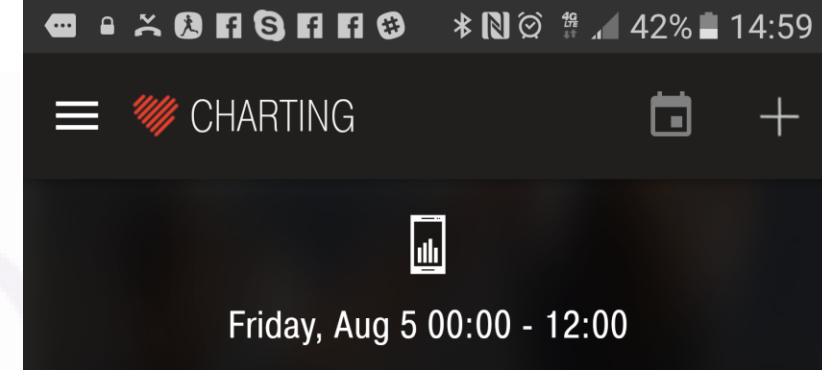
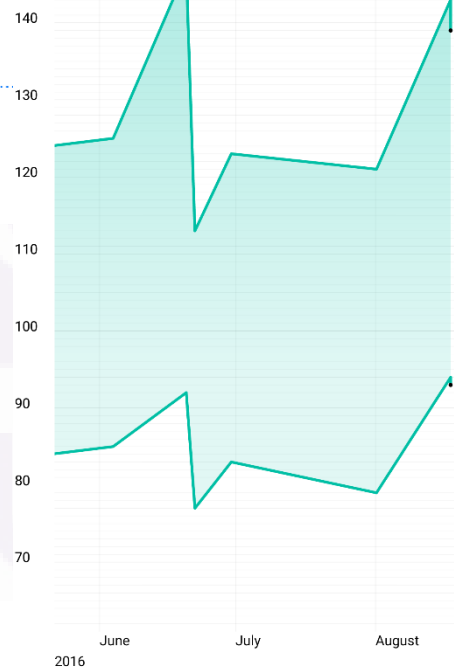
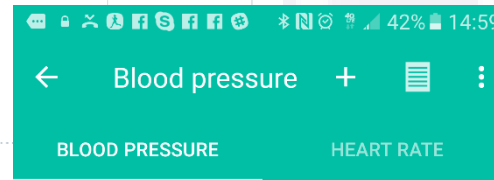
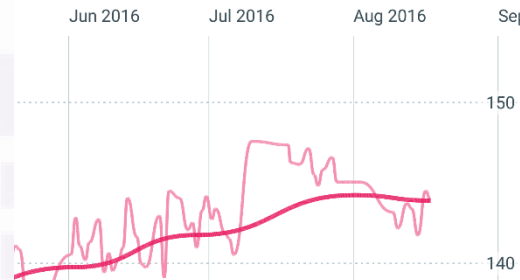
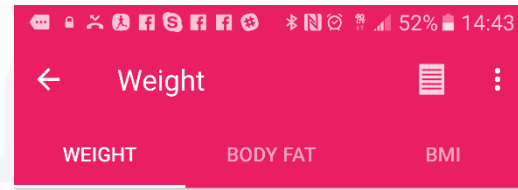


Ketogenic Diet

- Protein
 - Meats! Bacon, Steak, Burgers, etc.
 - Fat
 - Meats! Dairy
 - Very low carbohydrate and sugar intake
 - No bread, pasta, sugar, candy
 - Causes a switch in cellular energy processing from preferring carbohydrate energy to preferring fat energy
- Benefits:
 - Weight loss
 - Inhospitable bodily environment for cancer cells
 - Much more consistent energy
 - No sugar spikes and crashes

Quantified Self

- Continuously:
 - Heart rate
 - Skin temperature
 - Steps
 - Fitness Activity
- Daily:
 - Weight/Body Fat/BMI
- Intermittently:
 - Blood Pressure



Supplements & Nootropics

- One-a-day Energy Multivitamin
- Juice PLUS+ Garden Blend
- Juice PLUS+ Orchard Blend
- Juice PLUS+ Vineyard Blend
- B-12
- Flaxseed Oil
- Vitamin C
- Fish Oil
- MetaMucil Fiber with Calcium
- Elysium Basis stack
- L-Lysine
- Cannabidiol (CBD)
- Neuro-Optimizer Stack
 - Acetyl-L-Carnitine
 - L-Glutamine
 - Taurine
 - Cytidine 5'-diphosphocholine (Cognizin)
 - Phosphatidylcholine
 - Phosphatidylserine (PS)
 - Alpha Lipoic Acid
- CDP-Choline
- Oxiracetam
- Noopept



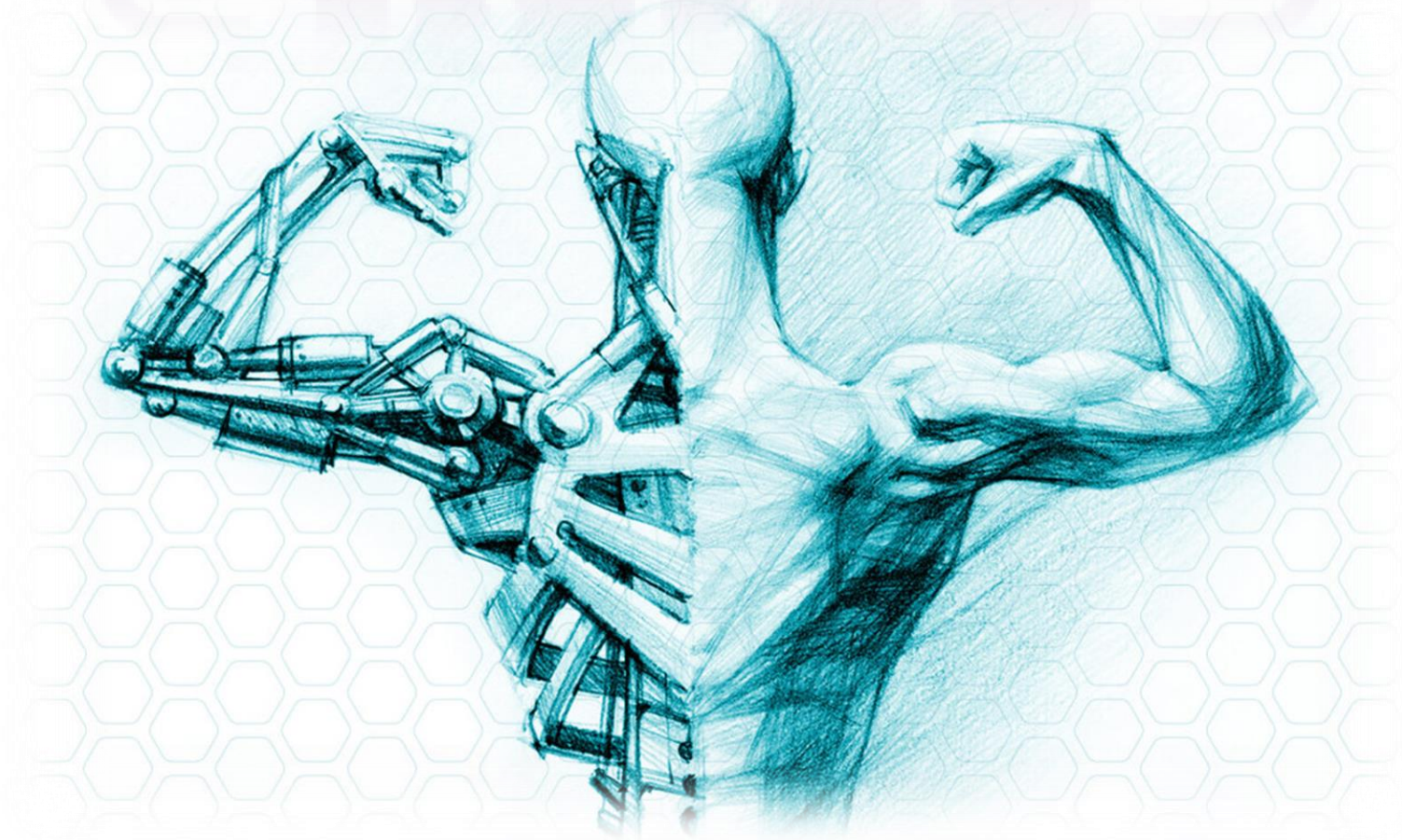
Case Study: You as a BodyHacker

- Are you a bodyhacker? Almost certainly...
- Implants?
 - Pacemaker, steel pin, NFC chip, Cochlear
- Lasik? Orthodontics?
- Wearable Tech?
 - Hearing aid? Health monitor? Behavior trainer? Timepiece? Corrective Lenses?
- Supplements?
 - Daily multivitamin? Other dietary supplements? Probiotics? Nootropics?
- Tattoo? Piercing? Aesthetic implants or body sculpting?
- Haircut? Shave? Wax?
- You are **ALL** bodyhackers to some degree



You are **ALL** BodyHackers

- Affecting your will upon your body as a system





BODY™
HACKING
CON 2016

BodyHacking Convention

February 19-21 2016

Austin, Texas

BodyHacking Convention (BDYHAX)

- February 19-21 2016
- 2 day conference for \$60/\$90
- FREE Expo
- Friday Night Interactive Wearables Concert
 - Aggregate data from attendees' wearables
 - Projection map art and statistics using data
 - Featuring Simon Shakleton a.k.a. Elite Force
- Saturday Night Cyberpunk Party
 - Regional DJs
 - Cyberpunk Art and visuals
 - Cyberpunk Merch vendors

BodyHacking Conference

- Keynote by Neil Harbisson
- BodyHacking Ethics Speakers:
 - Dr. Robert Buchanon
 - Richard Thieme
- Many, many more...
 - (4 tracks more!)



BodyHacking Expo

- Wide variety of exhibitors
- e-NABLE Charity Hand-a-thon
- Singularity Quest



BodyHacking Con 2017

- January 27th-29th 2017 at the Austin Convention Center
- Sponsorships and Exhibit space available now
- Early attendee registration open NOW!!!
- Mind-blowing Speakers!
 - Cory Doctorow
 - Rob “Eyeborg” Spence
 - George Dvorsky
- Free EXPO & Lounge (The Hub)!
- Put Together fashion show!
- The Wormhole Cyberpunk party



Staying Involved

- BodyHacking Con Blog
 - New, original long-form articles
- BHAT COLONY (BodyHackers of Austin, Texas) monthly meetup
 - Monthly interactive workshop, lecture, or product/project show & tell
 - meetup.com/BHAT-COLON-BodyHackers-of-Austin-Texas/
- Twitter & Facebook
 - Ongoing news articles and announcements
 - @BodyHackingCon
 - [Facebook.com/BodyHackingCon/](https://www.facebook.com/BodyHackingCon/)
- BodyHacking Con 2017!
 - <http://www.bodyhackingcon.com/>



IEEE Discount code "IEEE" good for 20% off registration through the end of the month!!!