

# SHAPE

## 7 Biohacks to Boost Your Energy Levels

These lifestyle shifts will improve your overall wellness.

By [Jenn Sinrich](#) | September 9, 2024



If someone told you it was possible to hack your health or unlock your body's full potential—in other words, use science and technology to optimize your abilities and improve your overall well-being—would you consider it? Chances are, the answer is yes. And, while it sounds a bit like something out of a sci-fi movie, it's a thing, and it's called biohacking.

“You typically won't see results from biohacking methods overnight—it can be a long-term, fulfilling commitment,” says [Paul Jarrod Frank, MD](#), celebrity dermatologist and founder of [PFRANKMD](#). “Thankfully, with so many advancements in science, we've been able to harness the concept of biohacking and create aesthetic treatments that can provide more immediate results.”

### Transcendental Meditation

“This type of [meditation](#) involves silently repeating a mantra in your head and slowly settling into a more quiet and relaxed space,” explains [Dr. Frank](#), who practices this method daily. “During this state, your body is deeply relaxed and your mind is clear while wide awake, which helps with stress relief, alertness, and overall mental well-being.”