

The 4 Free Biohacks Blueprint

How Fasting + Sauna + Cold Exposure +
Breathwork Unlock Next-Level Health

Your body already knows how to heal.
These are just the reminders.

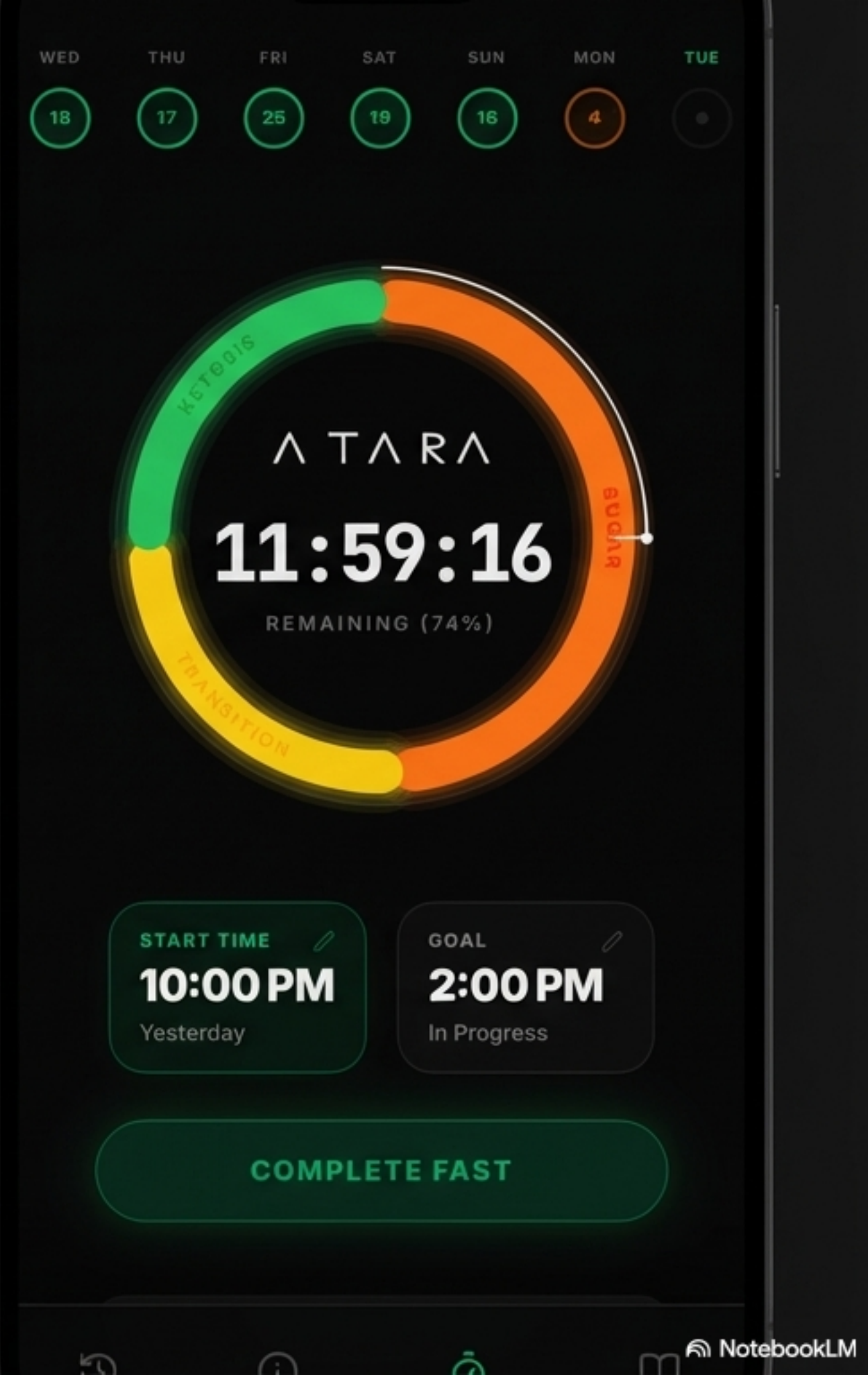


Your body already knows how to fix itself.

Fasting is the easiest way to let it happen. It does 80% of the heavy lifting: triggers cellular self-cleaning, resets insulin, and burns fat.

The Foundation: Adding three ancient, zero-cost practices (Sauna, Cold, Breathwork) multiplies these benefits.

The Tool: Meet Atara. Fasting is a mental practice in discipline. We built Atara to help you navigate your metabolic shifting with Stoic clarity—beautiful, science-backed tracking so fasting feels effortless.



Biohack 1: Time-Restricted Fasting

The Science (March 2026):

A 2025 Clinical Nutrition ESPEN study shows just 4 weeks of fasting upregulates key autophagy genes (LAMP2 by **4.2x**) and drops inflammation markers.

How It Works:

Stopping eating for 14–16+ hours flips the switch from sugar-burning to fat-burning, activating cellular recycling (autophagy).

Protocols:

- **16:8**: Eat 12 PM – 8 PM (Most popular)
- **18:6**: Eat 2 PM – 8 PM (Deeper autophagy)
- **OMAD**: One meal a day (Advanced)

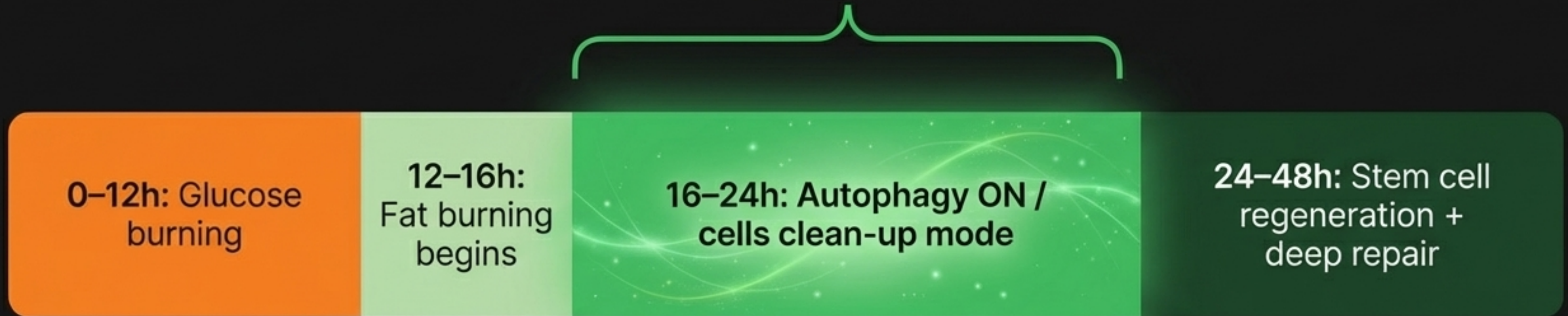


7-Day Result:

Stable energy, less hunger, visible waistline fat loss.

When Your Body Starts Healing

The Autophagy Zone



Fasting is the only free way to activate this Nobel Prize process.

Biohack 2: Sauna & Heat Therapy

Protocol:

20–30 minutes, 4–7 times per week.
(Traditional 80–100°C or infrared).

The Mechanism:



Heat triggers Heat Shock Proteins (HSPs) that repair damaged proteins and reduce chronic inflammation.

The Fasting Stack:

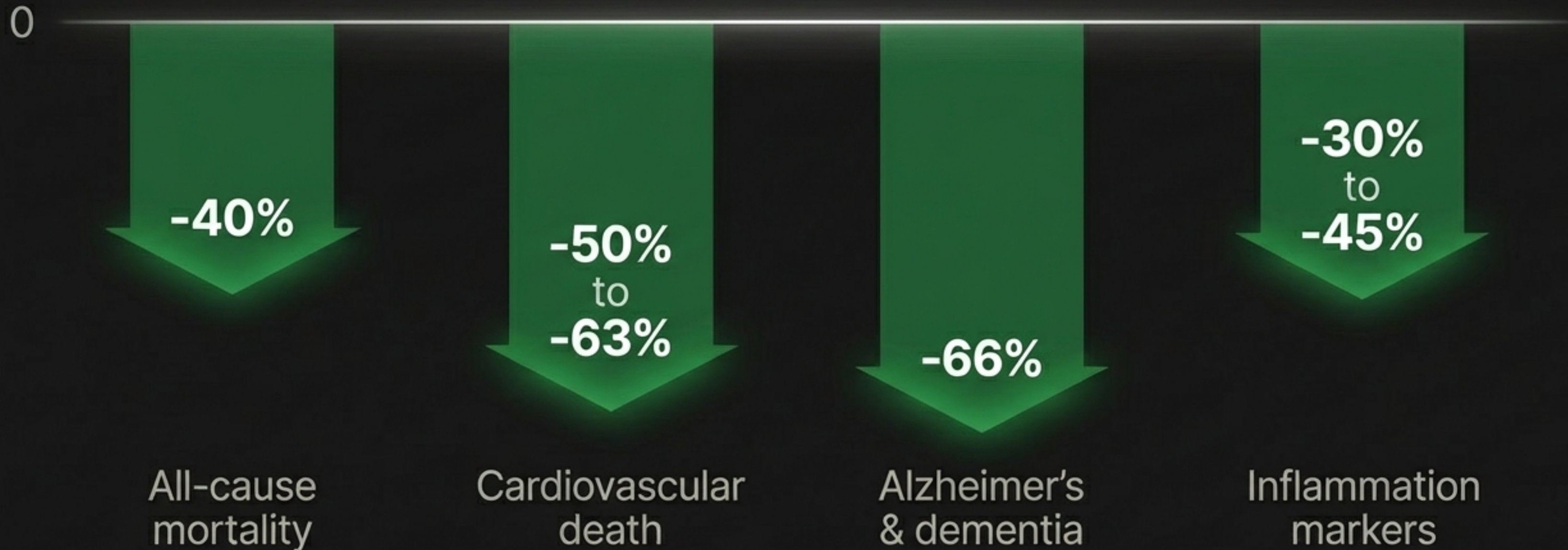
Best timing is right after your fasting window ends. Fasted sauna = maximum cellular cleanup.

The combination creates a powerful hormetic stress that boosts longevity pathways more than either practice alone.

Results:

Deeper sleep, faster recovery, glowing skin.

Sauna 4-7x per week = Proven Protection



Source: Laukkanen 20-year study + 2026 Mayo Clinic update

Biohack 3: Cold Exposure

Protocol:

2–3 minutes is all you need. Finish your morning shower with cold water, or do a short ice plunge 1–2× a week.

The Science:



Activates brown fat to burn calories for heat. Improves insulin sensitivity and triggers a massive dopamine rush (up to 250% increase) that lasts for hours.

The Søberg Principle:

Always end your session with cold and let your body re-warm naturally to maximize metabolic benefits.

The Fasting Stack:

Do this on fasting days. Cold + Fasting = accelerated fat burning and razor-sharp morning focus.

Biohack 4: Wim Hof-Style Breathwork

The Science (2026 Update):

Significantly **lowers pro-inflammatory cytokines** (IL-17A, IL-18) while **raising anti-inflammatory IL-10**. **Calms the nervous system** and provides a **natural energy boost**.

The 3-Round Protocol (10 minutes total):

1. 30–40 deep power breaths (in through nose, out through mouth).
2. Exhale fully and hold as long as comfortable.
3. Inhale deeply, hold 15 seconds, then exhale.

Repeat 3 times. Finish with 1–2 minutes of normal breathing.



Timing:

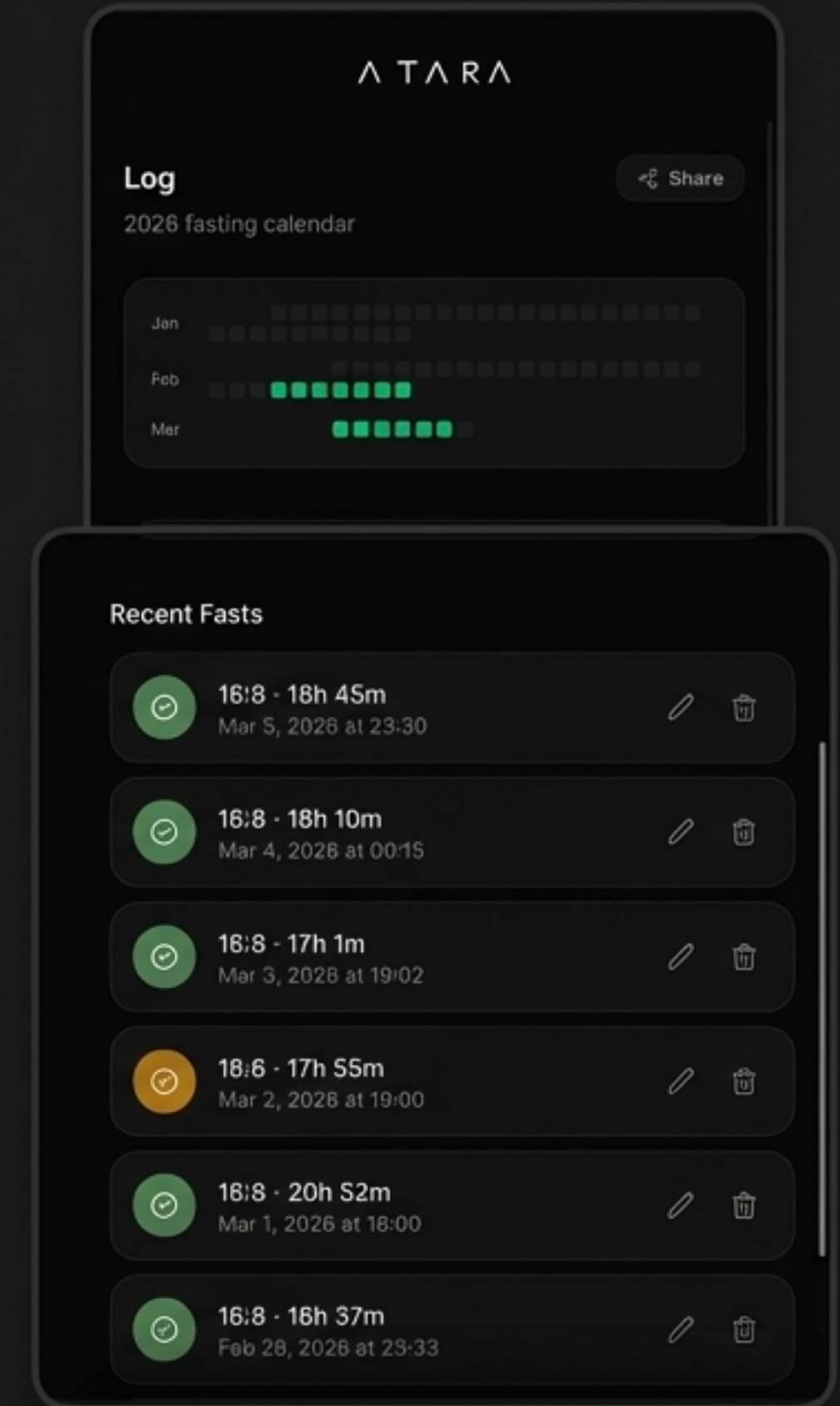
First thing in the morning. Pairs perfectly with your cold shower and the start of your fasting window.

Your 7-Day Stack Plan

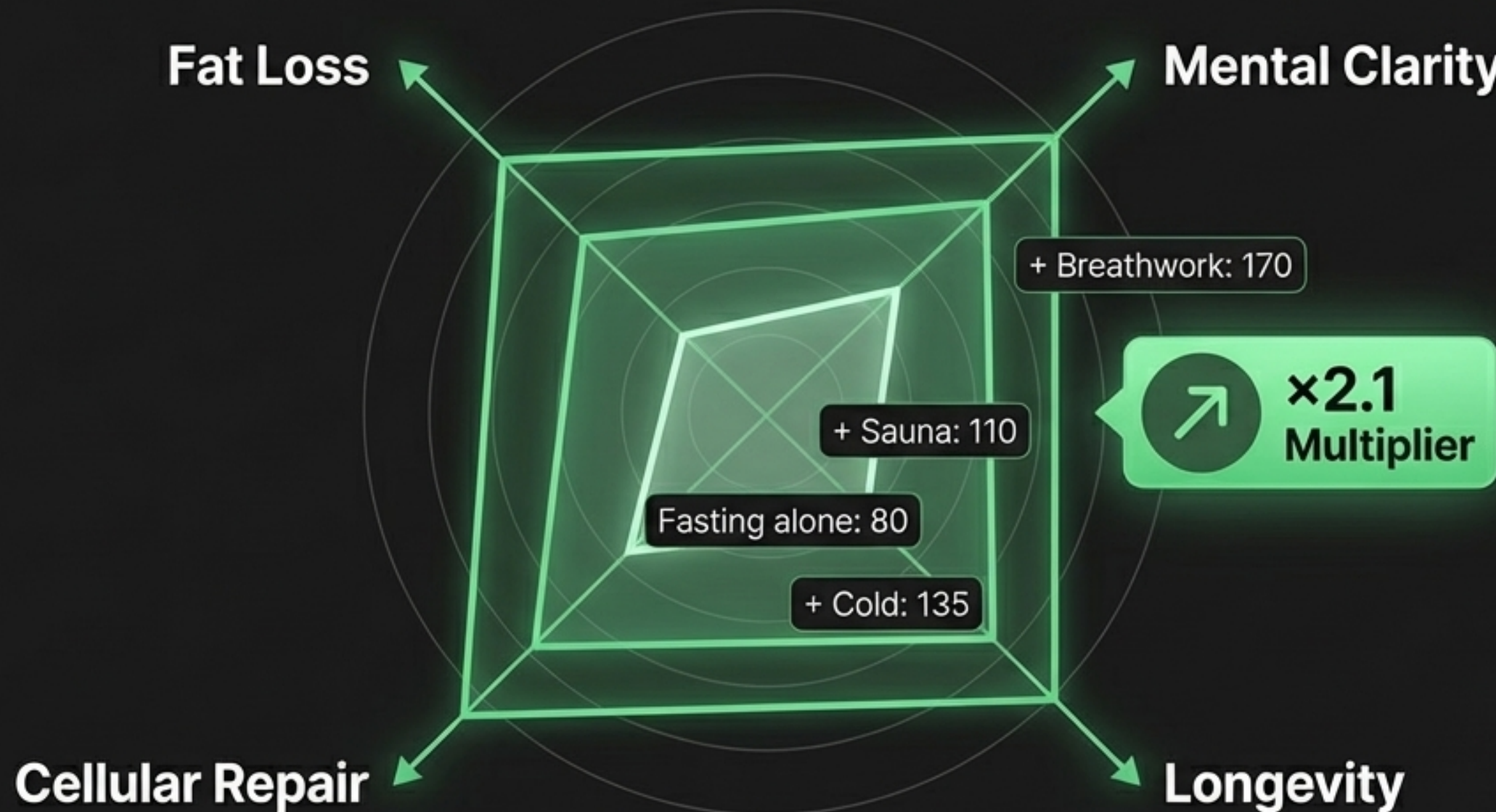
The Schedule:

- **Morning (7:00 AM):** Breathwork (10 min) + Cold Shower
- **Midday (12:00 PM):** Break Fast (Start Eating Window)
- **Evening (8:00 PM):** Start Fasting Window + Sauna (20-30 min)

The Atara Tracking Tip: Log every fasting session in the app. While you breathe, chill, and sweat offline, rely on Atara to perfectly track your fasting foundation and watch your metabolic score climb week after week.





One practice is good. All four together = unstoppable.

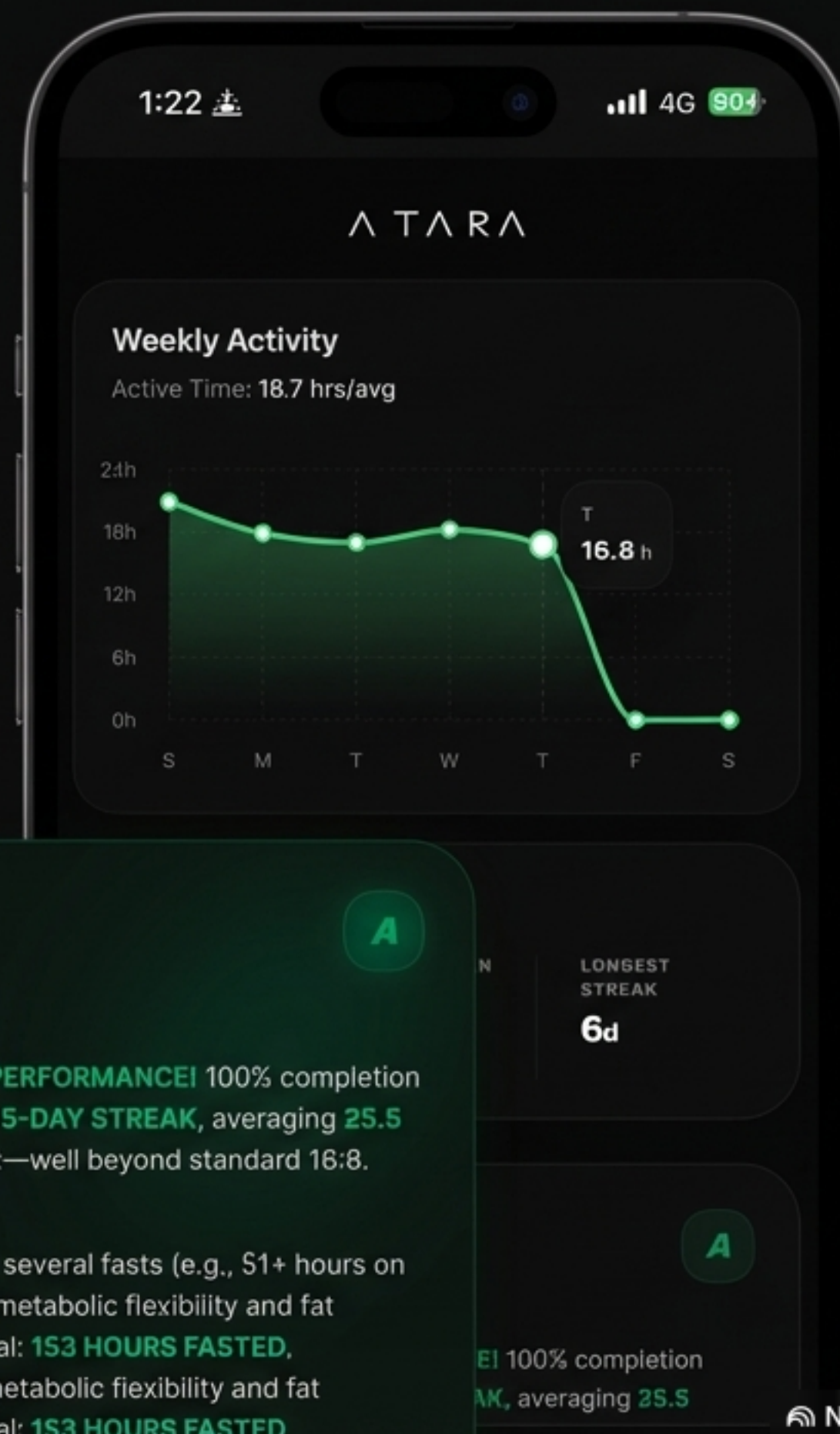


The real magic happens in the stack.

Master Your Metabolism with AI

Built for serious fasters who want to understand **exactly** what is happening inside their biology.

-  **Deep Analytics:** Weekly charts, completion rates, and streaks. Everything you need to understand and improve your practice.
-  **AI Coach Insights:** Atara doesn't just track time; it analyzes your habits. Get personalized metabolic insights based on your unique history, optimizing your time in ketosis and autophagy.



Safety & Smart Practice

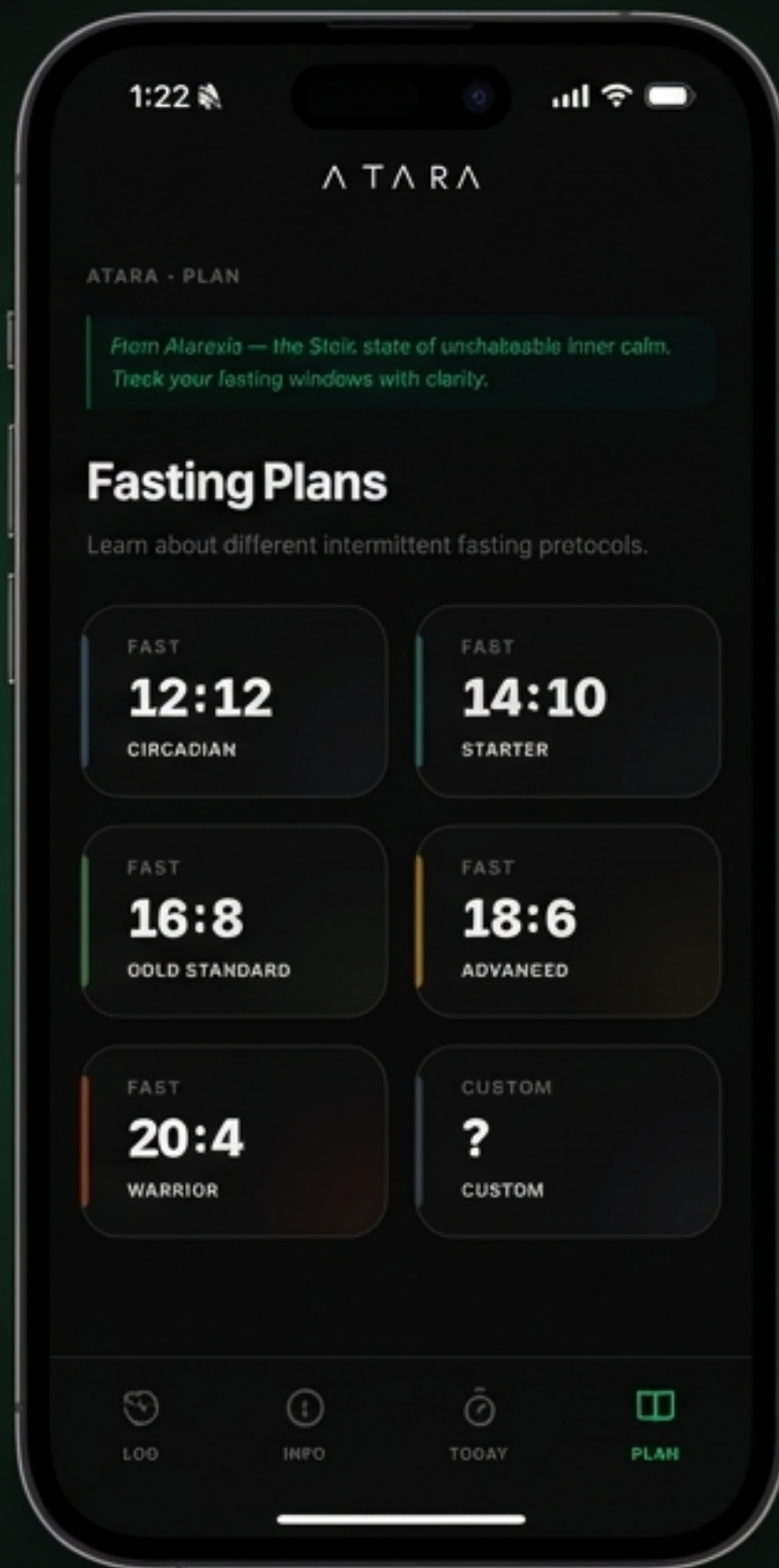


Guidelines:

- Start slow. Don't jump straight into **OMAD** or extreme temperatures.
- Hydration is non-negotiable, especially with **electrolytes** during your **fasting** window and sauna sessions.
- Always consult your doctor first if pregnant, under 18, have heart conditions, or are on medication.

The Golden Rule:

Listen to your body. These practices should feel **energizing**, not draining. If something feels off, **shorten the session**. Your body is smart.



Choose Your Protocol. Track For Free.

Science-Backed Plans: From the beginner Circadian 12:12 to the advanced Warrior 20:4, every plan is optimized for real results.

Pricing Designed for You:

- **Free Forever (€0):** Essential tracking, timer visuals, basic AI analysis, and privacy-first local data.
- **Pro (€4.99/mo or €29/yr):** Advanced daily AI coaching, ketosis prediction, detailed data exports, and complete history.

Frictionless Setup:

Atara is a Progressive Web App. Zero App Store fees, instant installation directly to your home screen in 3 seconds.



Your body already knows.

You now hold the complete blueprint used by top performers and longevity researchers in 2026. The practices are free. The results are extraordinary.

Start using Atara for free today to monitor your fasting windows. Watch what happens in the next 7 to 30 days. Your future self is already thanking you.

The simplest upgrades are usually the most powerful.

www.atarafast.com