

How To

Biohack Your Online Dating Life

5 Easy Tips to Stay Sane, Glowing, and Successful



You don't want to admit it, but...

you've been online dating for longer than most 5th graders have been alive.

You've given up a million times, and tried again a million times.

You've undergone multiple mindset shifts and completed numerous dating programs or books.

And you quit again.

Dating and love coaches and programs can be amazing for some women, but what about the women that can't ever seem to succeed?

How much is luck, statistics, or a really flawed Law of Attraction mentality?

Enough of trying to reinvent the wheel, ladies. It's time to not need a wheel anymore.

Enter biohacking and neurohacking.

The totally innovative way to actually evolve as a human and a woman, when it comes to your relationships and your whole life.

Whether you're still trying, or you 100% give up on dating, romantic love and men, I'm here to redirect your focus to what you can control in online dating (YOU.)

This can help you stay healthy, focused, peaceful, and maintaining the right boundaries.

No more "fixing" yourself or your body to attract a dude.

No more inner work or emotional labor that never seems to matter to guys (who usually aren't committed to the same self-development you're doing, anyway.)

Instead, you can focus on your true health and healing, your real biological and neurological potential, and in that growth and healing... actually evolve into all the things you look for in a mate.

Or, actually become a woman who doesn't care (really) if she ever meets anyone.

This means total freedom.

You can accomplish this by using biohacking (and neurohacking) lifestyle protocols that can apply to any area of life, including your past relationship drama and trauma.

These are cutting-edge, holistic health practices and treatments that optimize your brain, body, and soul.

You might find the one. You might not.

Either way, you'll be fulfilled and healthy, with the ability to seek out your own happiness and not "need" a guy to provide any of that for you, **ever**.

Which can make online dating exactly what it should be: fun, with zero expectations.

1) Meditation



This is a foundational biohacker and neurohacker practice.

If you already have a regular Med Head practice, yassss. Keep it up.

If you've never done it before because it's free, simple, and therefore can't possibly be effective...yeah no. You're gonna start.

Trust me, there are no substitutes to a regular meditation practice.

Scenario: You're on your phone, texting with a guy from a dating site, social media, or wherever...and he does or says something douche-y.
Your first, immediate response is to have a freak out.
Minor, major, whatever.

Your nervous system is primed to engage in his bullshit. It's almost like you can't help yourself...which is a literal addiction to stress hormones and emotional pain peptides that your brain and nervous system produce during its fight/flight response.

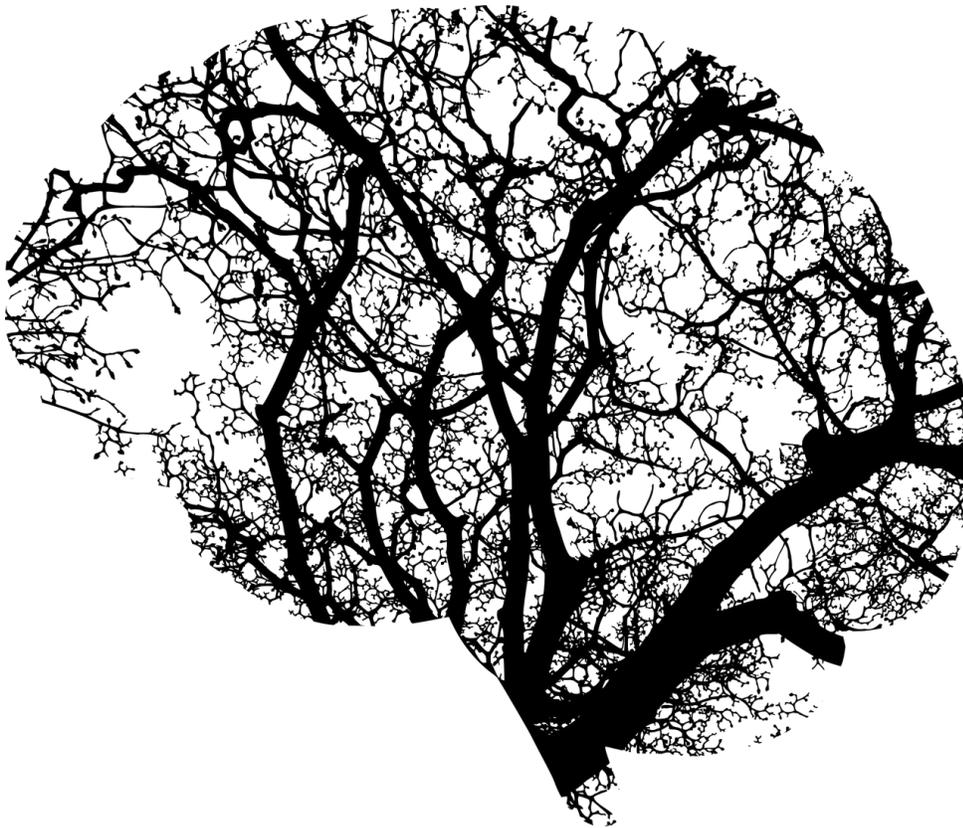
Solution: Take five minutes to turn off your device and meditate.

It can be as simple as focusing on your breath, or reciting a gratitude mantra. (Need a How To? [Check out my blog](#))

If you've got a meditation app, use it. [I like this one.](#)

After you've taken a meditation break, it's up to you to decide if you go back to interacting with that guy. I think after you've practiced this hack enough, though, you'll know exactly what to do. ;)

2) Brain Reward



This tactic is to encourage your brains' neuroplasticity by giving it a jolt of dopamine, a ['reward' neurochemical](#).

Pro Tip: This will help you stick to these practices over time.

Scenario: Let's say you're having a good online interaction with a guy, who hasn't yet raised any red flags and is pretty damn charming.

So, to keep the good vibes going, you stay glued to your phone and his texts.

That's gonna make you way TOO available, compliant, and it can lead to you being unguarded.

It can also lead to him thinking you're too easy, basic, and boring.

It will also reinforce your addiction to his outside validation and approval of you.

You need to get off your phone and **NOT** respond. Great advice, of course, but do you ever find yourself struggling to adhere to it? That's another form of addiction response.

The moment you put down your phone and switch it off, you're going to want to take several moments to sit with that feeling of accomplishment, no matter how minor it is.

Trust me, it's there.

It's a big accomplishment, in this day and age. Your brain just gave you a reward chemical, called dopamine.

I want you to STEW in that chemical.

Really amp up your positive self-talk at this same moment.

"Wow, that was amazing, you put your phone down and walked away from a super sexy guy. You've never done that! You are so empowered."

Yeah, seems over the top, but it works.

3) **EMFs and Your Mental Health**



Otherwise known as electromagnetic frequencies, these now-ubiquitous electrical waves are surrounding our bodies, 24/7.

And with the upcoming 5G rollout, we are gonna be bombarded with these frequencies.

Now, there's some debate as to whether these waves are as harmful as some scientists feel they could be, but there is no denying that our human bodies did NOT evolve to be around, interact with, and withstand a constant onslaught of man-made EMFs.

So, if you're on your device texting all day, with no break...that could be having an impact.

Specifically, it seems to affect not only physical health, but mental health.

And since your goal is to detach your "need" for male attention, EMF's could be making it harder for your brain and body to do that by messing with your mood.

What to do?

-Ground: This is when you stay away from devices, go outside into nature, take off your shoes

so your bare feet touch grass/dirt, and walk around a bit. You can also put your hands on the earth. Sounds woo woo but it's proven to help.

-Negative ionizer machines: Simple air purifiers that also produce negative ions can help in your home, but also aim to be around a large body of water.

Water produces negative ions naturally, which neutralize the positive ions of EMFs.

Hanging out in a tub for a while to relax can also help. Don't take your phone into the bath!

-Switch to Airplane Mode: Whenever your devices aren't in use, switch them to airplane mode.

And at night, turn them off completely after turning off your Wifi. If you're concerned someone needs to reach you via phone or text, you'll need to come up with an alternate source, like a landline.

4) Eye health and skin health

I'll discuss blue light more in depth later, but your constant exposure to the blue light emitted from your devices while you're texting or interacting with online prospects has a cumulative effect on your skin and eye health.

Mainly, it can lead to more skin aging (which is no good for numerous reasons but let's face it- you wanna look awesome) and cause your eyes to deteriorate faster.

And, your physical health and appearance are **not** worth being damaged by another night of swiping.

Yet another reason to put away your device, especially after sunset.

Other solutions: You can also download a filter to your devices (check out f.lux or Iris), that layers red light over your screen to cut the blue light emission, and also wear blue blocker glasses after sunset.

There are some cute varieties that don't look super weird.

5) Brain Nutrition

You are what you eat, and what you eat is what makes up your brain. Including all its functions, its neurochemicals, and everything that makes you, **you**.

Since your brain is the instrument through which you perceive and experience life, it makes sense to give it the nutrients that help it work its best.

And if you're going out a lot on dates or meeting up with friends to gab about how lame/crazy all the dudes are, you might be missing out on some of these foods.

You will also find eating these foods regularly will help keep your mood more steady, resilient and positive.

This is fantastic for those times when all the men (well, **#notallmen**) have left you in a state of despair.

Pro tip: Men don't **make** you feel anything. You alone have the power to make you feel something.

Solution: Include omega fats, especially omega 3. These can be taken in supplement form (I recommend krill oil) or ideally, in wild caught, fatty fish like salmon.

Look to organic and raw walnuts as well, and have some every day.

You'll also want as much organic produce as possible, with an emphasis on green, cruciferous veggies and some dark berries.

If you struggle with some food addictions (we all have and do) come talk to me. Willpower alone won't help you banish cravings. Rewiring your neurobiology will.

Avocados and raw cocoa as well as matcha green tea are also beneficial. Especially when you're feeling hopeless about the State of the Dating Union (they've got a mood boosting compound called L-Theanine.)

Biohack Your Heartbreak...

These are just a few tips to get you started on biohacking your online dating habits.

Regardless of your actual dating outcomes, these practices put you in control of your brain and body, which is empowerment. And there's nothing sexier than a woman who stands in ownership of herself and her life.

This quick guide is just a short snippet of the in-depth secrets I divulge in the full ebook. Stay tuned for links to that!.

