



HEALTH WITHOUT ANOTHER BLOODY JOB.

Five things to think about from Dom's conversation with Camilla Thompson, founder of BioHackMe.

Conversation companion / review edition

These are editorial paraphrases from the delivered recording's generated transcript, not guest quotations or an endorsement of a product. Final audio and edit checks are still pending.

1. Start with your own life.

Camilla describes bio-individuality as finding what works for you, rather than copying an influencer's routine. Source: 04:29-06:14.

Which habit fits your life, and which one are you doing because someone else does?

2. Ask what a number will change.

Different biological-age tests measure different things and can return different ages. Camilla describes a personal GlycanAge result and a different result from another test. Source: 47:00-49:54.

What decision would this result help you make?

3. Notice when tracking becomes pressure.

The conversation makes room for the tension between useful feedback and relying on a device to tell you how you feel. Source: 16:57-17:37; 63:00-63:49.

Does this information help you act, or mostly give you something else to worry about?

4. Put joy on the list.

Camilla suggests a joy list made of small, ordinary pleasures. It does not have to be a big excursion. Source: 08:11-08:59.

What small thing would you enjoy making time for this week?

5. Leave room to change your mind.

Camilla names an experiment she would not repeat and brings the practical conversation back to a little time for yourself. Source: 67:53-68:25; 73:46-74:56.

What could you leave out, rather than adding one more thing?



A SIMPLER ROUTINE. BETTER QUESTIONS.

Choose one manageable action. Give it a time and a place in your actual day. Notice whether it is useful, enjoyable and possible to repeat. This is a reflection exercise, not a health treatment.

What do I want to keep being able to do as I grow older?

My one small action:

When and where it fits:

What I can leave out:

Who could help me make this realistic:

A few evidence notes

A biological-age score is a marker estimate, not proof of added lifespan. The glycan-age index can also be influenced by hormones. Electrolyte replacement can be useful in particular circumstances, such as prolonged exercise or heat; this does not establish a daily need for everyone. Magnesium and creatine are not a universal day-and-night prescription. Guest experience with an experimental treatment does not prove it is safe or effective.

Sources checked 13 October 2026

Glycan-age hormone study: pubmed.ncbi.nlm.nih.gov/33049709

NIH exercise supplements: [ods.od.nih.gov / Exercise and Athletic Performance](https://ods.od.nih.gov/Exercise_and_Athletic_Performance)

NIH magnesium: [ods.od.nih.gov / Magnesium](https://ods.od.nih.gov/Magnesium)

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This guide does not prescribe supplements or treatments. Discuss health concerns and individual suitability with an appropriately qualified clinician.