

Dave Asprey

TOP 11 BIOHACKING TRENDS

A science-backed roadmap to improve performance, resilience, and long-term health for 2026.

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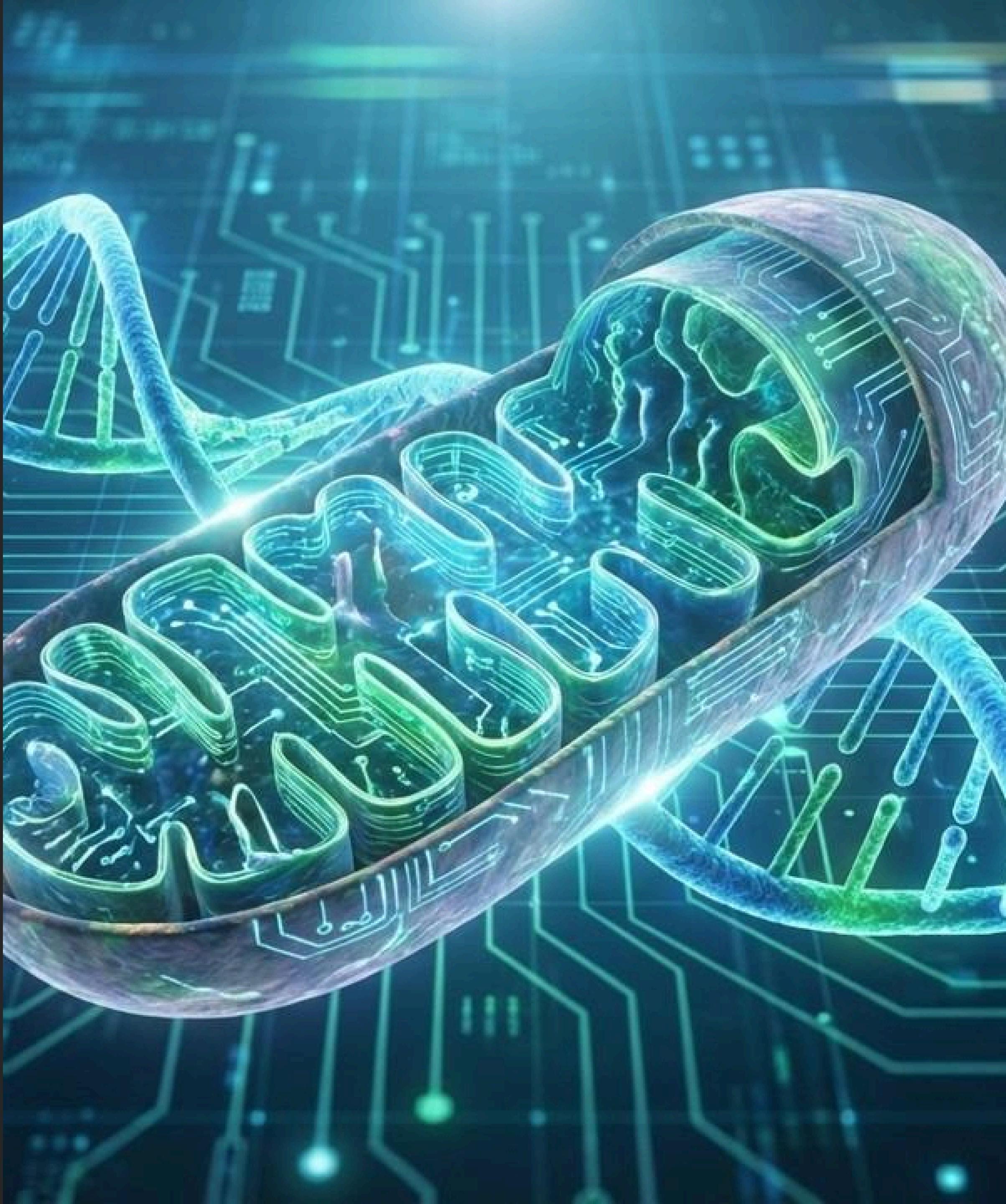
TOP 11 BIOHACKING TRENDS

2026 is shaping up to be a breakthrough year for biohacking. Every year, innovations in biology and technology push human potential forward, and the tools to improve performance and longevity have never been more powerful.

This guide gives you a clear, science-backed roadmap to apply the most effective strategies that improve performance, resilience, and long-term health in 2026. Because you're part of my biohacking family, I want you to see these breakthroughs first. From new insights in mitochondrial health to advances in longevity medicine, I highlight what actually works today and what's emerging on the horizon in 2026.

"The core definition of biohacking is changing the art and science of the environment around you and inside of you so that you have full control of your biology."

— Dave Asprey



#11. GROWING AND KEEPING YOUR HAIR (for hair loss)

Your hair is a sign of your overall health. Aging, nutrient deficiencies, stress, and hormone issues can all wreak havoc on it. After COVID, we saw a lot of people dealing with stress-related hair loss. In 2026 it's time to grow it back with biohacking techniques. Hair solutions are becoming increasingly popular.

Of course, there's always hair transplants, which do work. I did mine at Bauman Medical in Florida. Dr. Bauman uses cutting-edge, minimally invasive techniques to restore hair without scalpels, stitches, or scars. If you can't do that, there are a lot of topical solutions coming out that help regrow hair. [One Skin](#) recently released OS-01 Hair¹, which is a hair serum with their proprietary peptide, OS-01. It reduces senescent "zombie" cells in your scalp that prevent healthy hair growth (source). You can use code **ASPREY15** for **15% off**. You can also use things like topical aspirin or caffeine. And then there are light devices like the TURBO LaserCap, which is the most advanced, hands-free, medical-grade low-level laser therapy device that improves the appearance of hair quality, hair strength, and hair thickness. Stay tuned in 2026 for even more advances in hair growth.

¹ OneSkin. (n.d.). Rooted in science: The clinical evidence supporting OS-01 hair. OneSkin Reference Lab. Retrieved December 16, 2025, from <https://www.oneskin.co/blogs/reference-lab/rooted-in-science-the-clinical-evidence-supporting-os-01-hair>



#10. MAKING AMERICANS HARD AGAIN (for erectile dysfunction)

Doctors estimate that around 322 million men worldwide have erectile dysfunction² and that number is just going to continue to rise in 2026. Why? Because hormone-disrupting toxins are everywhere—in self-care products, in the air we breathe, in the water we drink, even in the fabric of men's boxers. Modern life also makes it difficult to prioritize the things that keep hormones balanced like daily sunlight, high quality sleep, and proper nutrition.

Penis function isn't just so you can make your partner happy. If you're not getting hard, it's a scream from your body that something is wrong. ED can be from a hormone problem or a nutrient deficiency. It can also be an early warning sign of cardiovascular problems. So, let's do something about it. In 2026, we're going to see a rise in solutions for men, from detox methods to tech to supplements that help eliminate the symptoms and the root causes of erectile dysfunction. Products like [N1O1](#)³ help increase nitric oxide levels systemically to improve blood flow. There are products that use low-intensity sound waves to increase blood flow and stimulate blood vessel healing, even recruiting stem cells and encouraging nerve regeneration (source). Companies also make a wearable ring that tracks your erections.

This is a top trend for 2026 because men finally want to know what's really going on inside their bodies. The old "just take a pill" model is dying, and biohackers are redefining men's sexual health as a core metric of longevity and vitality.

² Johns Hopkins Medicine. (n.d.). *Erectile dysfunction*. Johns Hopkins Medicine. Retrieved December 16, 2025, from <https://www.hopkinsmedicine.org/health/conditions-and-diseases/erectile-dysfunction>

³ Drury R, Natale C, Hellstrom WJG. Reviewing the evidence for shockwave- and cell-based regenerative therapies in the treatment of erectile dysfunction. *Ther Adv Urol*. 2021 Mar 15;13:17562872211002059. doi: 10.1177/17562872211002059. PMID: 33796149; PMCID: PMC7968013.



#9. SUBLINGUAL PEPTIDES

(more approachable access to fat loss, lower inflammation, etc.)

"There are a lot of signaling molecules we just didn't understand in the body. And a lot of them are peptides... Peptides are just individual words stuck together. Those are the small peptides. And larger peptides are maybe a sentence."

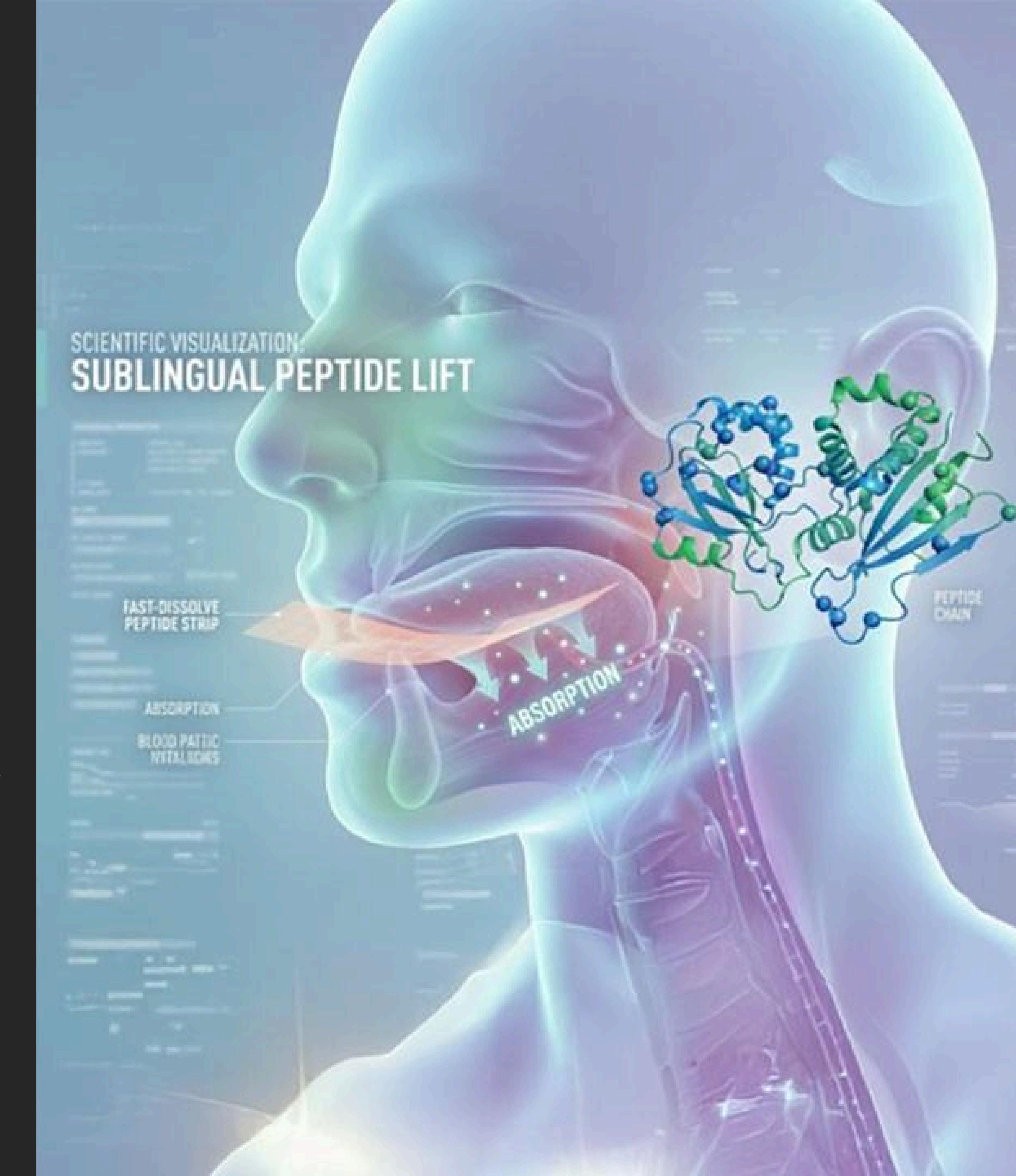
— Dave Asprey

Injections are annoying. What if you could just put your peptides under your tongue instead? Scientists and peptide manufacturers are now racing to formulate oral peptides into fast-dissolving strips you place under your tongue. These sublingual peptides bypass your digestive system, going straight into your bloodstream for faster, more efficient absorption.

"We'll probably find a way to make more of them work orally. Right now, you have to inject them like you would insulin or something once a day... Peptides are the real deal. After using them for a period of time, there's a noticeable difference in how you feel, how you think, how you sleep."

— Dave Asprey

This innovation is exploding in popularity because it makes peptides more convenient, travel-friendly, and accessible. People want results without pain or hassle, and the demand for needle-free biohacking tools keeps rising every month. [**Sublingual peptides**](#) (use code **DAVE15** for 15% off) are becoming a top trend for 2026. They merge cutting-edge science with real-world usability.



#8. COMPREHENSIVE & PERSONALIZED LONGEVITY CARE

(more approachable access to fat loss, lower inflammation, etc.)

"Living to a hundred and eighty is a realistic and achievable goal, at least if you're willing to do the work along the way to get there. The good news is that even if I'm wrong, I'll get to enjoy however many years I do have a whole lot more thanks to these practices."

— Dave Asprey, *Super Human*

Longevity isn't one-size fits all. In 2026 we'll see a sharp rise in doctors offering comprehensive and personalized longevity care. You'll have the option to get the best treatment for YOU based on your unique biology.

This personalized approach is gaining major traction because people are tired of generic health advice and want precision. It's becoming one of the top trends of 2026 as longevity medicine moves from theory to practice, blending diagnostics, coaching, and high-performance living.

This is what we're doing at [**Unlimited Life**](#), a new program I created with Dr. Tim Cook, a longevity doctor, and Marc Kielburger, a social entrepreneur. It's a year-long advanced medical and coaching program. It is centered around longevity medicine, biohacking, and living a fulfilled life. It combines world-class health diagnostics, biological mapping, and personalized coaching from world-renowned experts to help you achieve a new state of being.



#7. MITOCHONDRIAL TRANSPLANTS

(going to the root cause of aging)

"Mitochondria are the ones calling the shots, not you. Your mitochondria listen to your phone and Wi-Fi. The mitochondria are the smallest unit of consciousness in the body."

— Dave Asprey

Your mitochondria dictate your energy levels, your speed of aging, and your resilience. Their function naturally declines with age, but most people develop early-onset mitochondrial dysfunction due to toxic exposures, poor nutrition, lack of movement, and chronic stress.

Mitochondrial transplantation sounds like science fiction but it's already in early human trials. By transferring healthy mitochondria into damaged tissues, researchers can restore ATP production, reduce oxidative stress, and jump-start cellular repair. Applications include neurodegeneration, cardiac injury, age-related frailty and more^{4 5}.

In 2026, this field will accelerate fast as biotech companies race to develop mitochondrial therapies for high-risk patients and pair them with biomarker tracking to prove results. And soon this will be available to anyone who wants to have a mitochondrial upgrade.

This momentum makes mitochondrial restoration one of the top longevity trends of 2026 because nothing drives performance and lifespan more directly than stronger mitochondria.

On my podcast I recently interviewed Tom Benson, the founder of Mitrix, where they're studying this. You can listen [here](#).

⁴ Kim JS, Lee S, Kim WK, Han BS. Mitochondrial transplantation: an overview of a promising therapeutic approach. *BMB Rep.* 2023 Sep;56(9):488-495. doi: 10.5483/BMBRep.2023-0098. PMID: 37679296; PMCID: PMC10547968.

⁵ Alway SE, Paez HG, Pitzer CR, Ferrandi PJ, Khan MM, Mohamed JS, Carson JA, Deschenes MR. Mitochondria transplant therapy improves regeneration and restoration of injured skeletal muscle. *J Cachexia Sarcopenia Muscle.* 2023 Feb;14(1):493-507. doi: 10.1002/jcsm.13153. Epub 2023 Jan 5. PMID: 36604839; PMCID: PMC9891964.



#6. KETAMINE THERAPY FOR BREAKTHROUGHS

(for mental health support or mind/body balance)

Ketamine therapy is proven to be very effective for PTSD, anxiety, depression, and suicidal thoughts⁶ ⁷. It also provides deep insight, new perspectives, and powerful mental breakthroughs, especially when you stack it with neurofeedback, like we do at 40 Years of Zen. In recent years ketamine has finally been getting the recognition it deserves.

Ketamine promotes neuroplasticity, or your brain's ability to make new connections⁸. This allows your brain to rewire itself to get you out of negative patterns and create new, healthier ones. Biohackers are now chasing personal and spiritual growth as part of their core routines because inner work amplifies every other upgrade. Plus, when you clear triggers from your nervous system, you slow down aging.

Ketamine is very safe as long as you do it under the care of a trained physician. The number of clinics that offer this is rapidly growing. In 2015 there were around 60 ketamine clinics in the US and as of 2024 that number shot up to about 1,500. In 2026 it will become even more popular as a safe and effective tool for mental health and for editing triggers out of your operating system.

This is one of the reasons I'm excited to take over the [Wonderland Conference](#) in 2026, the world's leading event on psychedelics and mental health. It's clear that these tools are becoming an essential part of the biohacker's toolkit for accelerating growth, resilience, and consciousness.

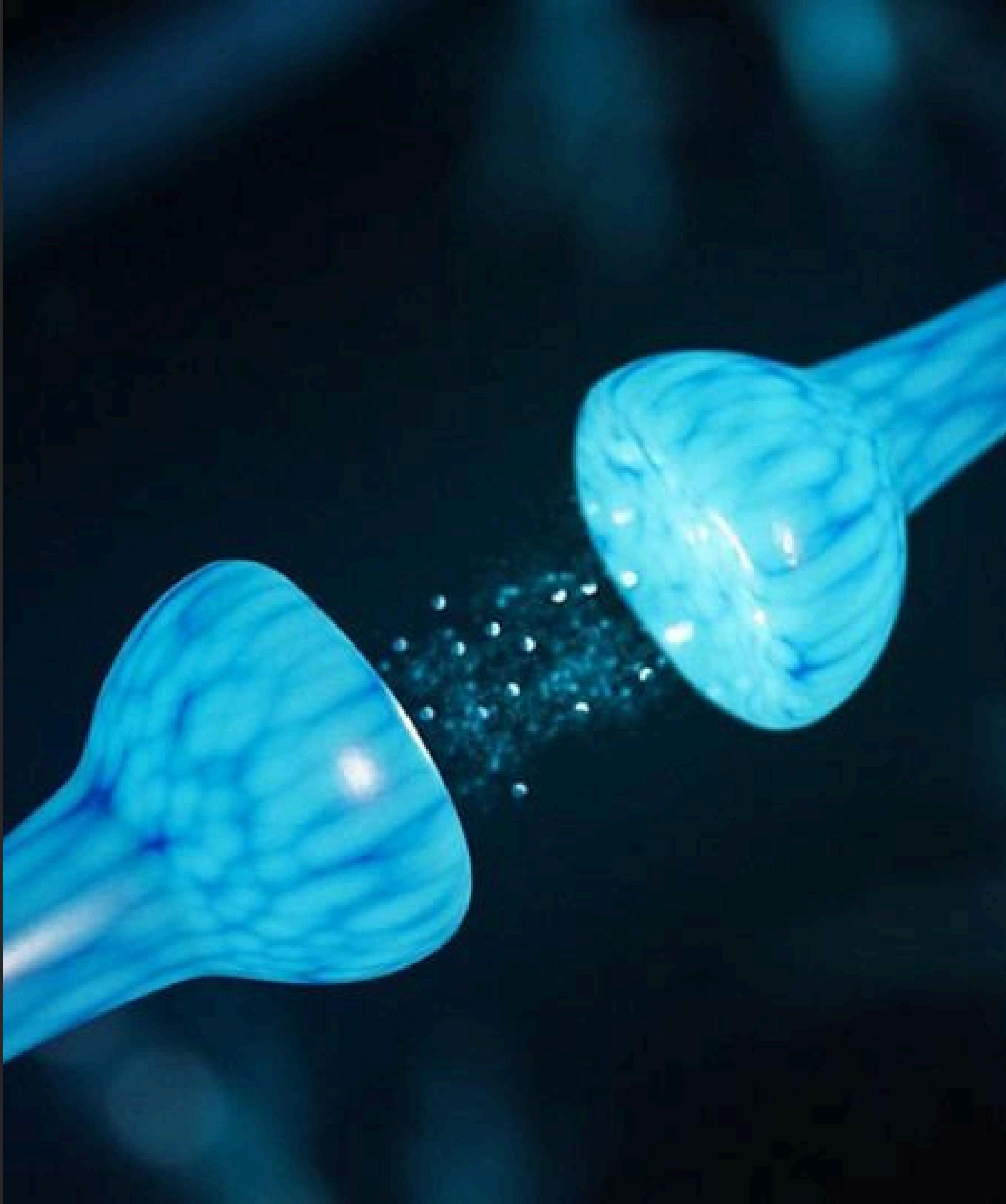
"How psychedelics can enhance biohacking by tapping into deeper states of consciousness, allowing the body to heal more effectively. Neurofeedback, particularly when combined with psychedelics like ketamine, can accelerate healing and growth, producing results similar to years of meditation."

— Dave Asprey

⁶ Yermus R, Bottos J, Bryson N, De Leo JA, Earleywine M, Hackenburg E, Kennedy S, Kezmidis M, Kratina S, McMaster R, Medrano B, Mina M, Morisano D, Muench M, Pillai S, Scharlach R, Setlur V, Verbora M, Wolfson E, Zaer N, Lo C. Ketamine-Assisted Psychotherapy Provides Lasting and Effective Results in the Treatment of Depression, Anxiety, and Post-Traumatic Stress Disorder at 3 and 6 Months: Findings from a Large Retrospective Effectiveness Study. *Psychedelic Med (New Rochelle)*. 2024 Jun 17;2(2):87-95. doi: 10.1089/psymed.2023.0021. PMID: 40051583; PMCID: PMC11613527.

⁷ Witt K, Potts J, Hubers A, Grunbaum MF, Murrough JW, Loo C, Cipriani A, Hawton K. Ketamine for suicidal ideation in adults with psychiatric disorders: A systematic review and meta-analysis of treatment trials. *Aust N Z J Psychiatry*. 2020 Jan;54(1):29-45. doi: 10.1177/0004867419883341. Epub 2019 Nov 15. Erratum in: *Aust N Z J Psychiatry*. 2020 Jul;54(7):766. doi: 10.1177/0004867420928878. PMID: 31729893.

⁸ Wu H, Savalia NK, Kwan AC. Ketamine for a Boost of Neural Plasticity: How, but Also When? *Biol Psychiatry*. 2021 Jun 1;89(11):1030-1032. doi: 10.1016/j.biopsych.2021.03.014. PMID: 34016377; PMCID: PMC8190578.



#5. REPURPOSING PHARMACEUTICALS FOR LONGEVITY/BIOHACKING (for living to 180 and beyond)

In 2026, more doctors will repurpose existing drugs for longevity than ever before. This movement is growing fast as new research reveals hidden benefits in pharmaceuticals. For example, sodium-glucose cotransporter 2 (SGLT2) inhibitors, originally developed for type 2 diabetes, do more than just control glucose. They improve cardiovascular health, enhance mitochondrial function, and have potential anti-aging effects⁹.

Similarly, tadalafil (Cialis) is a phosphodiesterase type 5 (PDE5) inhibitor for erectile dysfunction. It also improves blood vessel function and reduces arterial stiffness, benefits that can help reduce your risk of cardiovascular disease¹⁰ (one of the four killers).

Repurposing these pharmaceuticals involves off-label use, where doctors prescribe medications for conditions other than those that regulatory agencies approved. But the science is there. And no, just because you take a pharmaceutical doesn't make you a bad person, especially if you're going to live longer!

⁹ O'Keefe JH, Weidling R, O'Keefe EL, Franco WG. SGLT inhibitors for improving Healthspan and lifespan. *Prog Cardiovasc Dis.* 2023 Nov-Dec;81:2-9. doi: 10.1016/j.pcad.2023.10.003. Epub 2023 Oct 17. PMID: 37852518; PMCID: PMC10831928.

¹⁰ Hayashi, Keiichiro, et al. "Effect of Long-Term Administration of Tadalafil on Arteriosclerosis: A Prospective Cohort Study." *Urological Science*, vol. 30, no. 4, 2019, pp. 164–169, doi:10.4103/UROS.UROS_113_18. LWW Journals



#4. CLEAN NICOTINE (for cognitive support)

First things first: smoking and vaping are terrible for you. But pharmaceutical-grade low-dose nicotine in [clean gum](#), transdermal patches, lozenges, or sprays? A completely different story. These tools that we once used only for smoking cessation are now in the spotlight for their effects on the brain. Nicotine interacts with specific brain receptors called nicotinic acetylcholine receptors. Studies show that low-dose clean nicotine exposure can improve cognitive function in adults¹¹. Other studies show that it may help prevent or even reverse cognitive decline¹². In 2026, you'll probably see a lot more people popping nicotine gum or sporting nicotine patches. There's also emerging evidence that nicotine can help with long COVID recovery¹³.

¹¹ Majdi A, Sadigh-Eteghad S, Gjedde A. Effects of transdermal nicotine delivery on cognitive outcomes: A meta-analysis. *Acta Neurol Scand.* 2021 Aug;144(2):179-191. doi: 10.1111/ane.13436. Epub 2021 Apr 26. PMID: 33899218.

¹² Newhouse PA, Raman R, Saykin AJ, Dumas J, Levin E, Kellar K, Aisen PS. Long-term nicotine treatment of mild cognitive impairment (The MIND Study): Baseline characteristics and study progress. *Poster Abstract. 15th Clinical Trials on Alzheimer's Disease; Nov 29–Dec 2, 2022; San Francisco, CA.* doi:10.1002/alz.064697.

¹³ Leitzke M, Roach DT, Hesse S, Schönknecht P, Becker GA, Rullmann M, Sattler B, Sabri O. Long COVID - a critical disruption of cholinergic neurotransmission? *Bioelectron Med.* 2025 Feb 27;11(1):5. doi: 10.1186/s42234-025-00167-8. PMID: 40011942; PMCID: PMC11866872.



#3. MOLD AWARENESS (for brain fog, inflammation, unknown illness)

“Environmental toxic mold exposure is a massive health crisis that very few are aware of. Mold toxins have been linked to damaging long-term effects including memory loss, insomnia, anxiety, depression, trouble concentrating, and even cancer and heart disease.”

— Dave Asprey

Mold can be hiding anywhere. In your walls, in your car, in your food. The problem is you can't always see it. Many people are sick, and they don't know why. Mold exposure can cause a wide variety of symptoms, from cognitive impairments¹⁴ to joint pain¹⁵ to respiratory issues¹⁶. The reason that mold is so bad is because of what it produces: mycotoxins. These are carcinogens that can damage your liver, kidneys, and mitochondria¹⁷.

In 2026, awareness of mold toxicity is exploding. More people are testing their homes and their bodies for mold than ever before. Kits like those from [Got Mold](#) (use code **DAVE10** for **10% off**) will tell you if you have mold hiding in your walls at home. [Superstratum Labs](#) has test kits as well as remediation kits for mold. MyMycolab is a blood test that shows you if you've been exposed to mold toxins.

This is a top trend for 2026 because people finally understand that environmental toxins drive chronic illness and premature aging. As more doctors and biohackers connect the dots between mold, mitochondrial damage, and fatigue, mold testing is shifting from fringe to mainstream longevity care.

On a personal note, mold toxicity is a huge part of why I started biohacking. You can read about my mold story [here](#). I filmed a whole documentary on this because I wanted to spread awareness. You can check it out at [moldymovie.com](#).

¹⁴ Mojtaba Ehsanifar, Reihane Rajati, Akram Gholami, Joseph P Reiss. Mold and Mycotoxin Exposure and Brain Disorders. *J. Integr. Neurosci.* 2023; 22(6), 137. <https://doi.org/10.31083/j.jin2206137>

¹⁵ Harding CF, Pytte CL, Page KG, Ryberg KJ, Normand E, Remigio GJ, DeStefano RA, Morris DB, Voronina J, Lopez A, Stalbow LA, Williams EP, Abreu N. Mold inhalation causes innate immune activation, neural, cognitive and emotional dysfunction. *Brain Behav Immun.* 2020 Jul;87:218-228. doi: 10.1016/j.bbi.2019.11.006. Epub 2019 Nov 18. PMID: 31751617; PMCID: PMC7231651.

¹⁶ Harding CF, Pytte CL, Page KG, Ryberg KJ, Normand E, Remigio GJ, DeStefano RA, Morris DB, Voronina J, Lopez A, Stalbow LA, Williams EP, Abreu N. Mold inhalation causes innate immune activation, neural, cognitive and emotional dysfunction. *Brain Behav Immun.* 2020 Jul;87:218-228. doi: 10.1016/j.bbi.2019.11.006. Epub 2019 Nov 18. PMID: 31751617; PMCID: PMC7231651.

¹⁷ Ráduly Z, Price RG, Dockrell MEC, Csernoch L, Pócsi I. Urinary Biomarkers of Mycotoxin Induced Nephrotoxicity-Current Status and Expected Future Trends. *Toxins (Basel).* 2021 Nov 28;13(12):848. doi: 10.3390/toxins13120848. PMID: 34941686; PMCID: PMC8708607.



#2. VAGUS NERVE DEVICES (because everyone is stressed out)

"You may not know it, but the activity of your vagus nerve can have a bigger effect on how you feel than the total reasoning powers of your frontal brain."

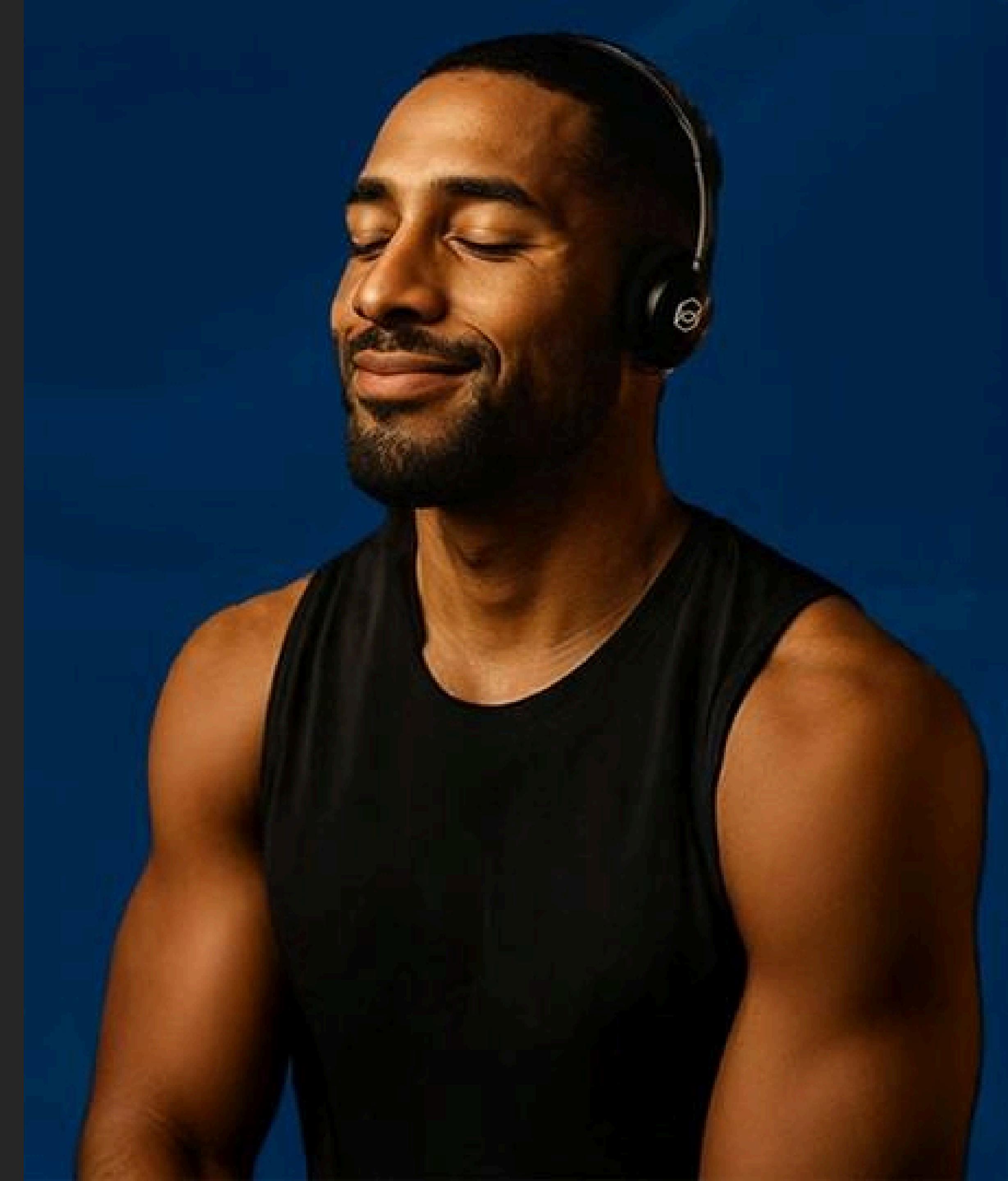
— Dave Asprey

Your vagus nerve is the master switch of your nervous system. It controls stress, inflammation, digestion, and even your mood¹⁸. Most people ignore it, and that's why they feel tired, anxious, or bloated for no reason. Vagus nerve stimulation devices deliver tiny pulses to this nerve, relieving anxiety, calming inflammation, and improving digestion¹⁹. Some use electricity, and others, like [ZenBud](#), use ultrasound.

In 2026, vagus nerve stimulation is surging. More people want drug-free ways to regulate their nervous systems and feel calm on demand. This is a top trend for 2026 because stress resilience is becoming the new status symbol, and biohackers are turning to the vagus nerve to unlock it.

¹⁸ Breit S, Kupferberg A, Rogler G, Hasler G. Vagus Nerve as Modulator of the Brain-Gut Axis in Psychiatric and Inflammatory Disorders. *Front Psychiatry*. 2018 Mar 13;9:44. doi: 10.3389/fpsyg.2018.00044. PMID: 29593576; PMCID: PMC5859128.

¹⁹ Liu FJ, Wu J, Gong LJ, Yang HS, Chen H. Non-invasive vagus nerve stimulation in anti-inflammatory therapy: mechanistic insights and future perspectives. *Front Neurosci*. 2024 Nov 13;18:1490300. doi: 10.3389/fnins.2024.1490300. PMID: 39605787; PMCID: PMC11599236.



#1. DITCHING OXALATES FOR GOOD (for reducing inflammation)

"When you eat foods that are high in oxalates, they form tiny razor-sharp calcium oxalate crystals. Oxalates bind to calcium in the blood and can cause muscle pain, stomach irritation, and in severe cases kidney stones."

— Dave Asprey

In 2026, we're swapping high-oxalate foods for true superfoods like grass-fed beef, butter, and coffee. Oxalates are anti-nutrients that bind to calcium in your body and form razor-sharp crystals that lead to kidney problems, joint pain, cardiovascular issues, and rapid aging. Some of the foods highest in oxalates include spinach, sweet potatoes, kale, almonds, raspberries, and chocolate – yeah, those "superfoods" aren't that super after all. You can find extensive lists of high oxalate foods online. Keep your total intake under 200 mg per day if you want to live a long, pain-free life. Have lemon juice in water daily – it helps your body remove oxalates.

This shift is a top trend for 2026 because more people now realize that popular health foods can backfire. As awareness spreads, you'll see a growing movement toward low-oxalate eating as a new foundation for longevity, joint health, and better cellular function. Join my [**Low-Ox 30 Reset**](#) to experience it for yourself.



LOOKING AHEAD

These trends all share one thing in common: they put power back in your hands. You don't have to wait for illness or aging to catch up with you. You can improve your energy, resilience, and longevity by combining cutting-edge science with actionable daily practices.

REPAIR MITOCHONDRIA

Enhance cellular energy production and slow aging at its source with mitochondrial optimization.

CLEAR TOXINS

Identify and eliminate environmental toxins like mold that damage your health and accelerate aging.

BALANCE HORMONES

Optimize hormone function for better energy, cognitive clarity, and physical performance.

REWIRE NEURAL PATHWAYS

Use advanced tools to calm the nervous system and create new mental patterns for resilience.

Whether you're just starting or already deep into biohacking, these trends show the path forward for anyone serious about living longer and stronger.