

Strategic Recovery

Natural Biohacking Model

Biological inputs organized into a practical framework:

Foundation → Amplification → Multiplication

THE FOUNDATION

THE KEY 3



Nutrition



Supplements



Movement

These form the biological base layer that determines how stable everything else will feel.

THE AMPLIFIERS

The Self



The Self

(internal regulation)



Other Selves

(co-regulation)

Nature

These do not just support recovery — they multiply stability.

Foundation → Amplifiers → Multiplication

Stacking natural inputs makes your system far more stable than isolated wellness tips.



Strategic
Recovery

WITH MATT FINCH