

Biohackers World Chicago 2026 to Explore a Personalized Approach to Longevity and Human Performance

The two-day program connects health data, cellular science, recovery, and hands-on experiences with practical approaches to longevity

CHICAGO, IL, UNITED STATES, August 11, 2026 /EINPresswire.com/ -- Biohackers World Conference & Expo will return to Chicago on September 4-5, 2026, bringing together 35 speakers and more than 65 exhibiting brands at The Ritz-Carlton Chicago Downtown for two days focused on longevity, human performance, and the changing science of personal health.

A promotional graphic for the Biohackers World Conference & Expo. It features a dark background with yellow and white text. The main headline reads "STOP CHASING TRENDS BUILD SOMETHING THAT LASTS". Below this, there are three smaller images: a man in a cap looking at a device (labeled "Live demos"), a woman speaking at a podium (labeled "Live expert insights"), and a group of people in a discussion. Text on the right side says "Chicago | September 4-5 | 2026" and "BIOHACKERS WORLD CONFERENCE AND EXPO" with a vertical "JOIN US" button. A central text block says "Talk directly to experts, leading voices in longevity, and researchers running the protocols."

This year's agenda points to a broader evolution within biohacking itself. The conversation is moving beyond isolated protocols and toward a more individualized view of health: measuring what is happening in the body, understanding the systems behind it, and determining which interventions make sense for the individual.

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We expect 1,500 attendees this year in Chicago, and that growth reflects something bigger: people are becoming far more intentional about how they understand and manage their health.”

Mick Safron, Founder and CEO of the Biohackers World

Across keynotes, panels, masterclasses, and guided experiences, the Chicago program will examine that idea from different directions—from biomarkers, genetics, and microbiome testing to artificial intelligence, cellular health, recovery, peptides, nitric oxide, and nervous system regulation.

From More Health Data to Better Health Decisions

Measurement will be one of the recurring themes of the conference. A session on biomarker testing will examine why establishing baselines and monitoring changes over time are important when evaluating health and biohacking strategies. Other presentations will take personalization deeper into specific areas of biology.

Turning Your Gut Data into Disease Prevention: Microbiome Testing for Longevity & Wellness will look at advances in microbiome sequencing and how more detailed analysis of the gut ecosystem may contribute to personalized approaches to health.

Welcome to the Future of Health & Human Performance—Where Your Genes Become Your Greatest Advantage will explore the relationship between genetics, nutrition, energy, metabolism, cognition, and long-term health.

The growing volume of personal health information creates another problem: knowing what to do with it.

Turning Health Data Chaos into Longevity Insights lecture will examine how artificial intelligence is being used to bring together information from laboratory testing, wearables, genetics, and continuous glucose monitoring. The session will also address where AI is currently useful in personalized medicine, where expectations may exceed its capabilities, and what practitioners should be considering next.



Biohackers World Conference & Expo Chicago 2025.
The founders



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Looking at Aging From the Cellular Level

Several sessions will move the longevity discussion down to the cellular level.

Dr. Mark Sherwood and Dr. Michele Neil-Sherwood will present *Unlocking the Biology of Human Longevity*, examining mitochondrial function, cellular energy, redox biology, molecular hydrogen, and peptide bioregulators in the context of aging.

Another session, *Beyond Biohacking: The Science of Optimizing Health with NAD+ and NR*, will focus on NAD+ and nicotinamide riboside, while *Cellular Reprogramming for Healthspan* will examine multi-intervention approaches involving mitochondria, hormones, peptides, and other clinical modalities.

Peptides will receive particular attention, but the program will also address the limits of treating them as a standalone solution. *Peptides After the Hype: Returning to a Foundation-First Approach* will place the discussion back alongside sleep, nutrition, movement, metabolic health, and lifestyle.

A practitioner-focused masterclass will continue the subject with a framework for peptide therapy, including patient selection, treatment strategies, and clinical implementation.

Recovery, Stress and the Human Side of Optimization

Not everything on the Chicago agenda can be measured through a laboratory test.

Dr. Patrick Porter will present *Hacking Human Potential — Why Elite Recovery Is the Biohacker's Superpower*, examining recovery in relation to neuroplasticity, sleep, focus, and physical and cognitive performance.

The Missing Signal: Oxytocin, Safety & the Future of Longevity approaches recovery from another perspective, examining oxytocin and the biological role of safety across the brain, gut, immune system, inflammation, metabolism, and healthy aging.

Best-selling author and mindfulness expert Case Kenny will explore the relationship between language, psychology, and behavior in *The Language of Optimism*, looking at how the words people use may influence motivation, resilience, and perceptions of what is possible.



Expo Floor | Biohackers World

Dr. Mark Atkinson's *The Superconscious Human Being* will extend the discussion into self-awareness, conscious living, and human potential.

Together, these sessions broaden the definition of biohacking beyond what people take, track, or test. They ask how recovery, psychology, behavior, and internal state fit into the pursuit of a longer and healthier life.

Nitric Oxide, Incremental Change and What's Next

Other sessions will examine specific areas attracting attention within the biohacking community.

Therasage founder Robby Besner will present *Incremental Healing*, an approach centered on small, consistent changes and the role daily habits can play alongside wellness technologies.

A dedicated nitric oxide masterclass, *Applying Nitric Oxide Science: Technologies, Protocols, and Practical Insights*, will explore nitric oxide as a signaling molecule involved in circulation, energy production, exercise performance, and recovery, with attention to practical applications and current technologies.

Alex Kikel's *What's Next in Biohacking* will look at emerging molecules, cell-based approaches, and technologies currently being discussed within the longevity field.

Biohacking Beyond the Main Stage

The Chicago program is also designed to give attendees opportunities to participate rather than only listen.

In *BrainFuel: Breathwork for Mental Performance*, Andrew Daye will lead a guided breathwork experience based on techniques he has used with Olympians and Fortune 500 teams, focusing on breathing as a tool for mental performance under pressure.

"Move. Breathe. Restore." will combine gentle vinyasa, mindful breathing, and guided meditation as an evening recovery practice.

Kundalini Yoga in the Quantum Field will begin with Kundalini yoga before moving into group meditation incorporating Leela Quantum Blocs.

For practitioners and coaches, Dr. Mark Atkinson will lead *Unlocking Human Potential from the Inside Out*, a one-hour masterclass examining what he describes as "conscious biohacking"—integrating health optimization and longevity science with psychology, behavior change, inner leadership, and self-awareness.

The mix of scientific presentations and experiential programming reflects one of the defining ideas behind the Chicago agenda: understanding health intellectually is only one part of changing how it is practiced in everyday life.

Title Sponsors and Expo

Leela Quantum Tech and N1O1 by Pneuma Nitric Oxide will serve as Title Sponsors of [Biohackers World Chicago](#) 2026.

Leela Quantum Tech focuses on research into quantum energy technology and its potential applications in wellness, while N1O1 by Pneuma Nitric Oxide focuses on nitric oxide science and technologies designed around this biological signaling pathway.

Beyond the educational program, more than 65 brands will participate on the expo floor, giving attendees an opportunity to explore products, technologies, and services from across the biohacking, longevity, wellness, and human performance sectors.

About Biohackers World

Biohackers World is a global community exploring the future of health, longevity, and human performance. Instead of bringing people to a single annual event, Biohackers World brings the conversation to communities across the United States, connecting researchers, clinicians, entrepreneurs, wellness brands, and health enthusiasts through conferences, collaborations, and hands-on experiences.

Each year, the community returns to established host cities while expanding into new locations, making ideas and innovations in biohacking more accessible to a wider audience.

For more information, visit www.biohackers.world

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