



MENTAL MASTERY

For Market Dominance

A Professional Development Leadership Conference



DR. LUAN NGUYEN

Family Medicine & Integrative Medicine

Biohacking the Brain: Lifestyle, Supplements & Technology for Peak Performance

Unlock hidden potential by overcoming genetic, hormonal, and environmental blockers to sharpen focus, memory, and resilience.

Featuring: Dr. Luan Nguyen MD, FAIHM

- Family Medicine & Integrative Medicine
- Empowering you to achieve vibrant health and fulfillment; enabling you to pursue your purpose.
- Identify hidden blockers of brain performance
- Optimize with lifestyle, nutrition & supplements
- Explore peptides and nootropics for sharper cognition
- Harness neurotech: wearables, neurofeedback & brain stimulation

In today's high-pressure world, the greatest competitive edge is a sharper mind. Join Dr. Luan Nguyen as he reveals how hidden factors—hormonal imbalances, genetic variations, and environmental stressors—can quietly sabotage your focus, memory, and emotional resilience.

This dynamic session blends science and strategy, offering practical tools to test, track, and optimize brain performance. From cutting-edge supplements and lifestyle upgrades to breakthrough technologies, you'll learn how to unlock greater clarity, creativity, and sustained energy.

Walk away with a roadmap to elevate your mind, body, and emotional health—and perform at your absolute best.



REGISTRATION:

**\$250 per person or
\$200 for GYP members**