Biohacking Mastery Course

A 6-Month Functional Medicine Certification

by Yohan Tengra

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About the **Course**

3,500+
studies referenced

4
years of clinical experience

115+
hours of video material

The Biohacking Mastery Course is a six-month, 115+ hour immersive program that empowers health professionals and serious wellness enthusiasts with evidence-based mastery, drawing on over 3,500 peer-reviewed studies and 4 years of Yohan's clinical experience. It helps participants cut through misinformation, pinpoint the root causes of symptoms and chronic conditions, interpret biomarker ranges that transition from optimal through suboptimal to critical, and translate cutting-edge research into precise, personalised interventions. By the end of this journey, you will not only command the latest scientific insights but also possess the confidence and clarity to design and implement protocols that drive real-world health outcomes for your clients or yourself.

65+ students

28+ Verified Testimonials

Ideal for **nutritionists, doctors & functional medicine practitioners** who want to master functional blood chemistry analysis and refine their diagnostic and treatment skills.

Duration
6 months

Mode
Recorded Lectures

Fees
₹50,000

Level
Intermediate

WHO IS THIS COURSE FOR?

- Functional Medicine Practitioners
- Ayurvedic Practitioners
- Pharmacists
- Nutritionists
- Yoga Instructors
- Physiotherapists
- Homeopaths
- Naturopaths
- Health Influencers, Writers, Podcasters
- Registered Dieticians
- Medical doctors
- Chiropractors
- Fitness Trainers
- Health Enthusiasts
- Health Coaches

WHAT TO EXPECT FROM THIS COURSE?

Bloodwork Mastery

Evidence Literacy & Research Tools

Practical Lab & Supplement Sourcing

Science-Backed Intervention Protocols

Case Studies for Practical Application

Interpret lab data, **evaluate evidence** and design protocols

1 Bloodwork Mastery : Your Diagnostic Edge

Detailed biomarker knowledge with evidence-backed ranges
Master 190+ markers including hormones, lipids, inflammatory proteins, and micronutrients using age- and gender-specific cutoffs. The course resolves confusion around contradictory ranges online (e.g., homocysteine "ideal" <7 vs. real-world feasibility, or high HDL seen as good vs. linked to thyroid issues). Yohan faced the same struggles when his "normal" results looked abnormal due to misleading ranges, so he reviewed 20–50 studies per marker to build the most evidence-backed ranges. He also teaches his step-by-step method for setting them.

Staggered ranges with visual cues
Markers are flagged as optimal, suboptimal, high, low, very high, or very low, with color coding to highlight what's urgent, cautionary, or ideal. Each cutoff is tied to real-world health outcomes (e.g., hemoglobin >20 = no long-term survival, <7 = heart failure risk, 10–13.5 = dementia risk in men).

Evidence-based root cause analysis
Learn how to identify causes behind imbalances, distinguish truly important markers from overhyped ones, and interpret related values together (e.g., LDL, ApoB, Lp(a), hs-CRP, omega-3 index, fibrinogen for heart health). Markers are ranked by clinical relevance for diseases like PCOS and heart disease, helping students focus on what matters and avoid wasting time or money on irrelevant tests.

2 Evidence Literacy & Research Tools

Misinformation Detection
Social media is flooded with misinformation around health and a lot of people fall prey to it because it comes from popular influencers/doctors who seem to be reliable. In this course, yohan will present real-world examples of such misinformation to show how many popular health claims lack solid evidence.

Primary Research Skills
Using an evidence hierarchy and a systematic critique framework, students will learn to critically debunk myths and arrive at robust conclusions. They will learn to navigate and interpret scientific papers, extract essential data and apply findings directly without depending on influencers.

3 Practical Lab & Supplement Sourcing

Drawing on nine years of experience testing labs across India, Yohan shows which lab facilities offer reliable panels at the best prices. Students will learn how to select cost effective blood tests and source most effective supplements that meet Yohan's rigorous quality standards, ensuring that they understand not just what to do but how to do it every time.

4 Science-Backed Intervention Protocols

Root Cause Driven Intervention Protocols
Students will learn to identify root causes behind any health issues or symptoms based on their client's blood reports, and then develop evidence backed intervention protocols targeted at healing those root causes to help their clients.

Comprehensive Intervention Protocol
Each protocol connects biomarker or symptom clusters to targeted diet, lifestyle and supplement recommendations. Students will learn about supplement dosing, formulation, vetted brands, safety guidelines and contraindication checks based on scientific evidence.

5 Case Studies for Practical Application

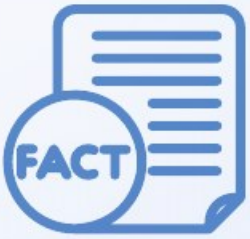
Yohan walks through real client cases in detail, then assigns his students similar case studies to solve. Students will receive personalised feedback on their analyses and earn certification upon successful completion.

How Biohacking Mastery Course **Stands Apart**

Features	Biohacking Mastery Course	Other Functional Medicine Course
Lifetime access to all course content Learn now and revisit anytime down the road	✓	✓
Comprehensive lab analysis 190+ biomarkers with optimal, sub-optimal and critical ranges	✓	✗
Functional medicine root-cause mapping Every root cause is backed by a high quality study	✓	✗
Colour-coded staggered ranges Red, yellow, and green flags instantly highlight urgent, borderline, and optimal results	✓	✗
Study cited range cutoffs with implications Each range comes with an implication (Eg TG>1000 - Can induce acute pancreatitis)	✓	✗
Research-literacy training Learn how to evaluate, rank, and critique any study	✓	✗
Each Intervention backed by atleast one RCT Diet, lifestyle and supplement plans tailored to each marker and symptom	✓	✗
Master Sheet clinical tool (add on) Yohan's own summarised tables of biomarkers, interventions & ruling out criteria	✓	✗
In-depth Case study walkthroughs Step-by-step walkthroughs of real client cases drawn from Yohan's clinical practice	✓	✗
Personalised case feedback Yohan will personally review your case study submissions and give in depth feedback	✓	✗
In-depth doubt-resolution Research backed answers to the queries students post in the whatsapp Group	✓	✓
Direct Industry Collaboration Yohan leverages industry ties to introduce the latest tests and supplements into the Indian market - giving you immediate, exclusive access.	✓	✗
Condition-Specific Biomarker Priority Lists Ranked markers for heart disease, diabetes, PCOS, kidney, liver and more - so you know which tests matter most.	✓	✗

Course **Curriculum**

Module 1



MYTH BUSTING & FOUNDATIONS

Kick off with a myth busting deep dive: Yohan dismantles major misconceptions around cholesterol, statins, soy, blood pressure, fasting glucose rules and more, replacing noise with clear evidence based insights that can literally save lives.

Lesson List

- Recommended resources, examples of different types of studies
- Health myths spread by influencers debunked : Creatinine, statins, LDL, MCT, Soy
- Research Module 3 : How to vet supplement manufacturers claims, eg. Resveratrol
- Influencer myths debunked on Fasting glucose reference ranges
- Influencer myths debunked on blood pressure reference ranges

5 lessons | 7 hours video

Module 2

SCIENTIFIC THINKING & RESEARCH SKILLS

Then level-up the research game. Students will master the evidence hierarchy, learn a study-critique method, and gain the tools to dissect any paper on their own so they stop relying on health gurus and start navigating the science with confidence.

Lesson List

- Study Research Skills Part 1 : Different parts of a study explained
- Study Research Skills Part 2 : Finer nuances of interpreting a study
- Study Research Skills Part 3 : Analysing a systematic review & Meta analysis
- Study Research skills module 4 : Analysing a meta analysis ; Red meat meta analyses and observational studies

4 lessons

5h 17m video

Module 3

DIET FUNDAMENTALS & KEY DEBATES

Cut through diet wars with hard data. In these six tightly focused lessons, students will explore the health benefits and pitfalls of different popular dietary patterns. The carnivore diet, plant based diet and seed oil debate will be evaluated through evidence-based research, providing a clear understanding of the strengths, limitations and clinical relevance of each - beyond trends and headlines.

Lesson List

- Diet fundamentals 1 : Mediterranean diet
- Diet fundamentals 2 : Mediterranean diet & Vegan diet
- Diet fundamentals 3 : Vegan diet
- Diet fundamentals 4 : Problematic aspects of plant foods, carnivore diet
- Diet fundamentals 5 : Carnivore diet
- Seed oils : Settling the debate

6 lessons

8h 25 m video

Module 4

BIOMARKER MASTERY & INTERPRETATION

This course covers 190+ biomarkers, grouped into clear sections like heart, metabolic, and hormonal health. Learn what each marker measures, why it matters, how to interpret high or low values, and the real-world health implications. By the end, you'll confidently read blood reports, identify optimal vs. concerning markers, and understand how each result impacts overall wellbeing.

Lesson List

- Biomarkers : Hemoglobin
- Biomarkers : G6PD, RBC, PCV (hematocrit), MCV
- Biomarkers : MCH, MCHC, Reticulocyte count, RDW-CV, Platelets
- Biomarkers : RDW-SD, PDW, MPV, P-LCR, PLR, PCT, IG%, RPI, RBC Lifespan, Serum Iron, TIBC, %Saturation, Ferritin
- Biomarkers : Soluble transferrin receptor, Stfr index, Ferritin/crp ratio, WBC, neutrophils, lymphocytes, monocytes, eosinophils, basophils, NLR, Hepcidin, Haptoglobin
- Biomarkers :Hs-crp, ESR, LDH, Omega 3 index
- Biomarkers : Uric Acid, Creatine Kinase, IL-6, Glutathione, Homocysteine
- Biomarkers : Apo-B, Non-HDL cholesterol, LDL-C, Lp(a)
- Cholesterol Myths Refuted
- Biomarkers : ALT, AST, AST/ALT ratio, ALT/AST Ratio, GGT, Alkaline Phosphatase
- Biomarkers : Total Bilirubin, Direct Bilirubin, Indirect Bilirubin, Total Protein, Albumin, Globulin, Albumin/Globulin ratio
- Biomarkers : Creatinine, Cystatin-C, eGFR, BUN, BUN/Creatinine ratio, Creatinine clearance
- Biomarkers : Bicarbonate, Anion Gap, Fasting glucose, fasting insulin
- Biomarkers : Urine PH, HBA1C, TyG index, Postprandial glucose, C-peptide, HOMA2IR, HOMA2-%B, HOMA2-%S, Fructosamine, 1,5AG (Glycomark)
- Biomarkers : Sodium, Potassium, Sodium/Potassium Ratio, Phosphorus
- Biomarkers : Calcium, Ionised calcium, Zinc, Copper
- Biomarkers : Copper/Zinc ratio, Protein Electrophoresis, Ammonia, Serum Bile acids, Vitamin D, 1,25OH Vitamin D, Serum Magnesium, RBC magnesium, Manganese, Molybdenum, Serum b12, Serum Folate, RBC folate
- Biomarkers : Thiamine, Riboflavin, Niacin, B5, B6, Biotin, Selenium, Iodine, Vitamin E, Cholesterol adjusted vitamin E, Vitamin C
- Biomarkers : Vitamin K, Vitamin A, Prothrombin time, INR, Rheumatoid Factor, Anti-CCP, ANA, Spirometry (PFT), Polysomnogram, Fibrinogen, D-dimer, Serum histamine, DAO, Viscosity, Osmolality, PSA, Free PSA
- Biomarkers : Vo2max, Resting heart rate, Holotranscobalamin, Amylase, Lipase
- Biomarkers : Total T3, Total T4, Free T3, Free T4, Anti-Tpo, Anti-TG, TSH, Thyroglobulin, Free T3/Free T4 ratio, TRAbs
- Biomarkers : Leptin, Adiponectin, Total testosterone, Free Testosterone, Bioavailable testosterone, Estradiol, Dhea-s
- Biomarkers : SHBG, Progesterone, LH, FSH, Prolactin, Cortisol (AM & PM), Cortisol to DHEAS ratio

23 lessons | 40h 59m video

Module 5

COMMON SYMPTOMS & INTERVENTIONS

This module focuses on the symptoms most commonly reported by clients (acne, UTIs, PMS, hair loss, low libido, etc) and covers the most effective dietary recommendations, lifestyle shifts and supplement protocols. It highlights interventions backed by clinical research and teaches the appropriate dosing and timing for each, so students can recommend solutions that truly support healing.

Lesson List

- Symptoms : Pain, IBS (Gas, Bloating, Abdominal Pain, Diarrhea, Constipation), Hair loss, Acne
- Symptoms : Grey Hair, Low libido, Migraines, UTI, Anxiety, Depression
- Symptoms : ADHD, PMS, Insomnia, Chronic fatigue, Hearing loss, Common Cold
- Symptoms : Oral health, Exercise enhancement, Tinnitus, Varicose veins, Weight loss, Allergies, Hangovers

4 lessons

7h 39m video

Module 6

EVIDENCE LED BIOMARKER INTERVENTIONS

After reviewing a blood report and identifying imbalanced biomarkers, students will learn to apply targeted supplements, dietary tweaks and lifestyle shifts with hands-on instruction on precise dosing, timing and practical implementation to correct imbalanced biomarkers and support optimal health, all grounded in the latest research.

Lesson List

- Interventions : CBC & Iron Markers
- Interventions : CBC & Iron markers 2
- Interventions : CRP, ESR, Homocysteine, Creatine Kinase, LDH, Omega 3 index, glutathione, Uric acid, Apo-B, Lp(a)
- Interventions : Bilirubin, Albumin, Globulin, GGT, Alk Phos, ALT, AST
- Interventions : Metabolic acidosis (Urine PH, Bicarbonate) and Glucose metrics (Fasting glucose, fasting insulin, hba1c, etc)
- Interventions : Thyroid antibodies, Free T3, Free T4, TSH, Thyroglobulin, Sodium, Potassium, Calcium, Manganese, Molybdenum, Phosphorus, PSA, IGE, Biomarker : IGE
- Interventions : Testosterone, SHBG, Estradiol, Progesterone, LH, FSH, Prolactin, Cortisol

7 lessons | 10h 9m video

Module 7

COURSE SUMMARY AND CASE STUDY WALKTHROUGHS

In this module, Yohan shares real-world case studies from his practice, guiding students from initial assessment to personalized plans. He demonstrates how to apply course principles in practice, building confidence to handle complex client cases independently.

Lesson List

- Summary of scientific evidence heirarchy, ruling in ruling out criteria for different causes or various biomarkers part 1
- Ruling in ruling out criteria for different causes of various biomarkers part 2
- Summarising the main mastersheet + case studies allergies, hairfall, creatinine confusion, Hashimotos, High Apo-B and Lp(a)
- Case studies on grey hair, diabetes, oral health, blood pressure, menopause, PCOS, varicose veins etc.
- Live case study solving from scratch, building a protocol and doing an RCA : Case of IBS, Anxiety, Insomnia, Stress, Autoimmune Thyroid etc.
- Live case study solving from scratch, building a protocol and doing an RCA : Case of Hair loss, Anxiety, PCOS, Migraines, Allergies, PMS etc.
- Summarising new updates on hormones and minerals in the mastersheet + case studies on iron overload and carnivore diet causing low testosterone, liver damage, joint pain, hypervitaminosis etc. + showing different patterns in RBC section

7 lessons | 20h 44m video

Module 8

CASE STUDY SUBMISSIONS +
BONUS LECTURES BY YOHAN

The final module features student case studies, Yohan's health insights and feedback, plus bonus lessons on the latest research ensuring you leave with cutting-edge knowledge and a clear path forward.

Lesson List

- Case study submissions Part 1
- Case study submissions Part 2
- Case study submissions Part 3
- Case study submissions Part 4
- Case study submissions Part 5
- Yohan's personal biomarkers and historical trends in then, Animal Protein vs Plant Protein, Salt, Sunscreen/Sun, Update on Iron Diagnosis

- **BONUS LECTURE**
  Updates on Female hormones, PCOS, glucose issues related diagnosis, RA & SLE diagnosis, Menopause & Perimenopause updates, cortisol, TRT, ASCVD diagnosis & targets, How to select specific add on tests, HRV, Iron IV form & dosing, Iron disorders diagnosis, acute infection differential diagnosis, TMAO Carnitine Choline, Comparison between aging clocks like PhenoAge, ENABLAge etc, Patterns in different sections of testing, Using specific radiology tests, testing platform, method, rules before testing nuances, ammonia, bone biomarkers & osteoporosis DEXA, ubiquinol vs ubiquinone, third party testing of supplements nuances, PCOS & dairy, high dose vitamin D harms data, how to select testing panels at labs, similarity between results from western & indian study results, blood pressure rules to follow, alzheimers biomarkers, heavy metals

- **Documents :**
  - How to measure ovulation in women with irregular periods
  - Causes of elevated ferritin (excluding iron overload and general inflammation)
  - Course FAQ (Questions asked by students in the course and Yohan's answers to the same)

9 lessons | 20h 22m video

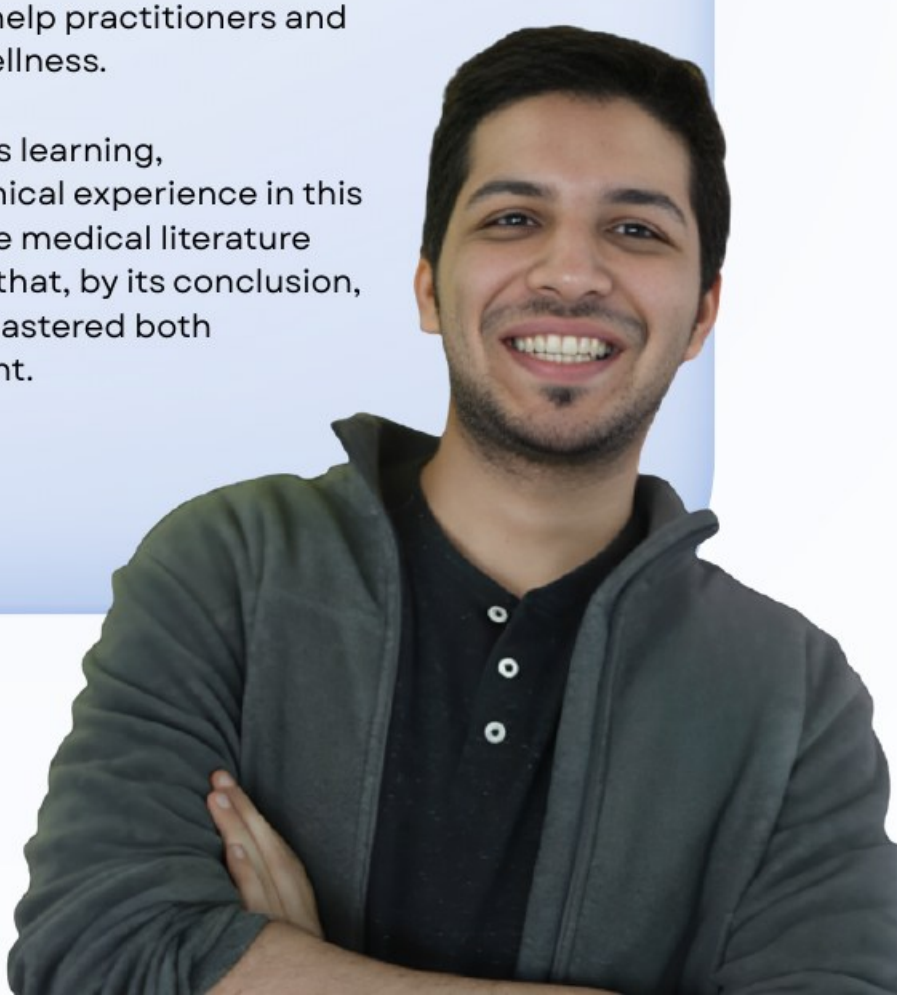
Meet Your Instructor

Yohan Tengra

Functional Medicine Practitioner

Yohan spent nearly a decade wrestling with chronic skin conditions, fatigue, and gut imbalances before diving headfirst into the science of root-cause healing. Through rigorous scientific research and formal training in nutrition science and functional medicine, he analyzed hundreds of blood, microbiome, and genetic markers to completely transform his own health. Now symptom-free and armed with precision-driven protocols, Yohan brings unmatched diagnostic expertise and evidence-backed interventions to help practitioners and clients achieve lasting wellness.

He distills nine years of his learning, experimentation, and clinical experience in this course. He researches the medical literature daily, and he guarantees that, by its conclusion, every student will have mastered both diagnostics and treatment.



Education

M.Sc. in Food & Nutrition
Indira Gandhi National Open University | Ongoing

Metabolic Fitness
Learnt practitioner grade courses in biochemistry, detoxification, physiology, glucose regulation, etc from one of the world's best functional medicine education platforms.

Optimal DX - FBCA Mastery
Trained to analyze 100+ biomarkers, identify functional patterns across systems, and translate reports into clear plans, early interventions, and measurable, data-driven client outcomes. Designed by one of the worlds best functional medicine blood chemistry experts, Dr. Dicken Weatherby.

NutriGenetic Research Institute - Functional Genomics Program
Learned to interpret composite genomic variant scores that are clinically relevant across methylation, detoxification, mitochondrial pathways & various other systems, translating findings into targeted lifestyle and supplementation strategies using a structured clinical framework

Evan Brand - The Better Belly Course
Learned to assess gut dysfunction with GI-MAP and Organic Acids testing, prioritize SIBO/Candida/H. pylori/parasite protocols, personalize diet and supplementation, and implement relevant retesting for durable outcomes

Physionic - Health Autonomy Course
Trained to rapidly appraise medical research, study design, statistics, biases, and convert evidence into insights that are useful in day to day clinical decision making. Equipped me with being able to assess the scientific literature on any topic, resolve conflicting conclusions between different types of studies and come to my own conclusion.

B.Sc. in Nutrition and Dietetics
Sangai International University | March 2018 - April 2021

Experience

Research Development Consultant
Vital Insights | April 2025 - Present

Built condition-specific diagnostic packages by aligning advanced and conventional markers. Established functional reference ranges, quality checks, and risk-stratification scores that quantify change across metabolic, heart health, cognition, endurance, recovery, & many other use cases. Translated multi-marker data into clinician-ready narratives and consumer-friendly reports by embedding decision trees that connect lab patterns to stepwise nutrition, lifestyle, supplementation, and detox protocols, with clear retest thresholds. Partnered with medical leadership and lab ops to balance clinical rigor with cost/access. Implemented feedback loops that continuously refine panel relevance and improve downstream protocol efficacy and communication clarity.

Founder
Biohacking India | March 2024 - Present

Built an evidence-first practice around precision diagnostics with custom biomarker panels, risk calculators, and outcome-based ranges; to expose root causes, prioritize actions, and turn complex datasets into simple, high-leverage decisions. Delivered ready to use, stepwise protocols (nutrition, lifestyle, nutraceuticals) mapped to labs and symptoms. Progress tracking with defined markers and iteration checkpoints to ensure durable, measurable outcomes clients can see and feel. Uplifted the ecosystem by designing and teaching the Biohacking Mastery Course (65+ students). Created SOPs, templates, and case-based training that upgrade practitioner capability and standardize results at scale.

Consultant
LevelupforWomen | May 2024 - Sep 2024

Designed LevelupforWomen's evidence-based PCOS curriculum: phenotype- driven algorithms, India-ready labs/costing, phased interventions, and outcomes tracking standardizing care delivery, improving consistency, and elevating practitioner decision-making across cases.

Chief Knowledge Officer
iTHRIVE | Dec 2020 - Apr 2024

Operationalized evidence-based practice by converting emerging research into decision algorithms, protocol libraries, and structured blood-work frameworks standardizing interpretation, reducing case-review time, and improving reliability across clinicians. Directed complex casework end-to-end by integrating advanced testing (stool qPCR/omics, genetics) and designing personalized, phased protocols with clear escalation criteria, safety checks, and measurable milestones. Architected and delivered an advanced testing course (including curriculum, instruction, competency rubrics), and led vendor selection/onboarding for international labs. Trained and upskilled nutritionists through workshops, case conferences, and competency rubrics; provided real-time troubleshooting for practitioner queries. Built feedback loops and outcomes tracking to drive continuous improvement in templates, curricula, and clinical protocols.

Pricing Plans

To Enroll
Drop Yohan a text on Whatsapp

+91 8097333895

Biohacking Mastery Course

₹50,000/-

- 115+ hours of pre-recorded content with structured modules
- Lifetime access to all course material
- Access to the most high quality evidence backed material available
- Once-a-month live Q&A session with Yohan
- Access to a WhatsApp group for course related questions
- Entry into the Biohacking India community group for ongoing learning
- Certificate of completion upon successful case study evaluation
- High professional credibility as a functional health practitioner

MASTER SHEETS

₹7,500 (add on)

(you can purchase this only if you have purchased the course)

- A mastersheet dedicated to comprehensive blood marker panels with root cause annotations
- Staggered ranges for every marker linked to real world health outcomes
- Pre-built formulas for instant analysis (Bioavailable and Free Testosterone, Fatty Liver calculations, TYG index and more)
- Markers ranked in order of importance and relevance for specific conditions/diseases
- Adjustments for markers known to be affected by other variables are included (like albumin-corrected anion gap, alb. adjusted fructosamine, hb adjusted hba1c and more)
- A mastersheet dedicated to how to rule in and rule out various causes
- A mastersheet dedicated to interventions, with brand links, dosing, contraindications and effects.

MONTHLY SUBSCRIPTION

₹2,000 (add on)

(you can purchase this only if you have purchased the course)

- **Monthly Lecture on a Trending Functional Medicine Topic**
  Evidence-based breakdown + live Q&A session after lecture

- **Continuously updated Master sheets Reference Ranges:**
  Updated with latest science and optimal values

- **Interventions:**
  Perfection on dose-response relationships, rankings of compounds based on latest scientific evidence, and continuous additions from real clinical practice

- **Private Support Group Access**
  Ask questions about lecture content and updates and get guaranteed weekly responses via text

Biomarker Mastersheet Preview

Apolipoprotein B (MOST IMPORTANT OUT OF ALL) If Patient age <35 and high, run Carotid doppler (for CIMT & carotid plaque) If patient age 35-55 & high, run CT calcium score & carotid doppler (for CIMT & carotid plaque) If patient age >55 & high, run CT calcium score & carotid doppler (for carotid plaque)	5 - 10 : Target if event already occured 5 - 50 : Target for extreme risk 5-65 : Target for very high risk 5 - 80 : Target for high risk 5-90 : Target for low risk 90-110 : Marks the transition where atherogenic lipoprotein burden begins to confer measurable risk. this range signals the need for lifestyle interventions to prevent progression. 110-130 : Elevated risk for subclinical atherosclerosis and endothelial dysfunction may be present even before overt symptoms develop. 130-200 : familial hypercholesterolemia or those with a strong family history of premature cardiovascular disease. >200 : Likely Familial Hypercholesterolemia There is extremely minimal plaque buildup at an Apo-B under 65 There is no plaque buildup at an Apo-B under 10 For every 23 point rise there is an associated 2 year loss of life

PMIDs of studies which support these ranges and implications

PMIDs for ApoB reference range data:

PMID: 37611866, PMC8709841, 33725226, 30779793, 33736827, 28217507, 39256087

PMIDs from the 'Health Effects of High Apolipoprotein B Levels' section

PMID: 19168552, 22797450, 22760866, 18298486, 15618061, 15492318, 25633587, 21487090, 20110448, 26804063, 28054633, 10416513, 23643485

DOI of one paper from Korean journal: https://doi.org/10.21215/kjfp.2017.7.6.844

Ruling In Ruling Out Mastersheet Preview

Analyte	High Causes	Cross check - rule in/out	Low Causes	Cross check - rule in/out
HAEMOGLOBIN	- High Altitude - Cigarette smoking (aka smokers polycythemia) - Dehydration - Diarrhea - Severe burns - Exercise (transient increase if fluids not replaced, levels normalise in 24 hrs) - Lung & heart issues which compromise oxygen in the blood (COPD, sleep apnea, inborn heart defects) - Polycythemia vera (bone marrow disorder in which tumor causes increase in RBC. Mostly due to JAK2 mutation) - Polycystic kidney disease, kidney cancer, kidney transplantation (due to increased erythropoetin) - High erythropoetin - High testosterone, growth hormone, cortisol, IGF-1 - Rare genetic disorders (primary familial & congenital polycythemia) - Sleep apnea	- Question the client - Question the client - Osmolarity, albumin - Question the client - Question the client - Question the client - PFT, Resmed home sleep test (ask if snoring is an issue), 2Decho - Bone marrow biopsy. JAK2 mutation test - Radiology of kidney, CTC testing for cancer - Erythropoeitin - Testosterone, growth hormone, am cortisol, IGF-1 tests - PFCP is diagnosed by blood tests detecting isolated erythrocytosis and low EPO levels, in the absence of spleen abnormalities and other underlying diseases that can cause erythrocytosis (such as certain blood diseases and blood cancers). - Resmed home sleep test (ask if snoring & gasping for air during sleep is an issue)	- Iron deficiency - B12 deficiency - Folate deficiency - Vitamin A deficiency - Vitamin D deficiency - Vitamin E deficiency - Selenium deficiency - Copper deficiency - Zinc deficiency - Vitamin K2 deficiency - Vitamin C deficiency - B6 deficiency - Riboflavin deficiency - Taurine deficiency - Blood loss (wounds, ulcers, heavy menstrual bleeding, frequent blood donations, NSAIDs like low dose asprin & ibuprofen) - Celiac disease, IBD, autoimmune gastritis, Hpylori infection (impaired nutrient absorption) - Gastric bypass surgery - Anemia of chronic disease (INFLAMMATION) (chronic infections, critical illness, kidney failure, autoimmune disease, cancer - due to IL6 increasing hepcidin)	- Ferritin, % saturation, CRP - Serum b12 - serum folate, RBC folate - Serum Vitamin A - Serum Vitamin D - Serum vitamin E, cholesterol adjusted vitamine - Serum selenium - Serum Copper, low neutrophils - Serum Zinc - Prothrombin time, DCP phka II - Plasma Vitamin C - Plasma B6, low ast alt, high homocysteine - Whole blood riboflavin, erythrocyte riboflavin - Serum taurine - Question the client, reticulocyte count - GIMAP & gut symptoms - Question the client - hepcidin, TIBC, Ferritin & hsCRP

Intervention Mastersheet Preview

Iron deficiency	Adjusting to a high altitude Avoid alcohol and smoking Lose weight Avoid aflatoxins exposure like lead and cadmium	Iron bisglycinate	https://www.vitaone.in/shop/iron-c	2-4 caps per day depending on extent of the deficiency	To be taken first thing in the morning on empty stomach, away from all food and tea/coffee/other supplements. (except vit C) **Side effects:** Gut irritation, constipation, diarrhea, nausea, and heartburn [24, 16] **Drug Interactions:** Reduce the absorption and efficacy of the following medications. Most of these are seen with Ferrous sulphate. Levodopa (Sinemet®, Stalevo®), methyldopa (Aldomet®) [32, 33, 34] Levothyroxine (Levothroid®, Levoxyl®, Synthroid®) [35] Penicillamine (Cuprimine®, Depen®) [36, 37] Quinolones [38] Tetracyclines [39] Ciprofloxacin [40] Bisphosphonates [41] Medications that decrease stomach acidity, such as antacids, histamine (H2) receptor antagonists (cimetidine, ranitidine), and proton pump inhibitors (omeprazole, lansoprazole), may impair iron absorption [42, 43]. Cholestyramine (Questran®) should be taken at least four hours apart from iron supplements because they may interfere with iron absorption [44]. Allopurinol (Zyloprim®) may increase iron storage in the liver and should not be used in combination with iron supplements [45].
		Vitamin C	https://www.amazon.in/dp/B0D3G https://autoimmunitycare.com/prod	Unived - 2 caps/day	To be taken with Iron **Precautions:** May cause kidney stone above 500mG/day Combining high-dose Vitamin C and vitamin E supplementation can be harmful especially among smokers [72]. May increase uric acid levels [73] Cardiovascular disease mortality risk **Synergies:** Enhance iron absorption
		Iron protein succinylate	https://in.iherb.com/pr/life-extensio	4-8 caps per day depending on deficiency	Take this one if vitaone not tolerated due to gi or acne/uti side effects. To be taken first thing in the morning on empty stomach, away from all food and tea/coffee/other supplements.
		Ferric carboxymaltose injection (Brand name Ferinject)	Source from chemist, book nurse on	1000mg injection if ferritin is single digits 500mg if ferritin between 15-30 250mg dose if ferritin between 30-45	person doesnt handle above supplements well. Rare side effects possible like staining of injection site, anaphylaxis, itching etc. Mostly very well tolerated. It cause a drop in phosphorus levels, which can result in loss of appetite, fatigue, muscle weakness, bone pain. This tends to improve in a couple of days for most, and can easily be managed by starting a phosphorus supplement. (500mg phosphorus thrice a day) Allergy, low blood pressure, nausea, and stomach pain [14].

PMIDs of studies which support these interventions:

PMIDs of Vitamin C increasing iron absorption

PMID: 835510, 12936926, PMC9268692, 12885707, 20727238

PMIDs for Iron IV

FERRIC CARBOXYMALTOSE

PMCID: PMC11075392

FERRIC DERISOMALTOSE

PMID: 37010731, 38391240, 33442276, 31928094, 36343979, 39292421

Ferrous glycinate PMIDs

PMID: 24152889, 36728680, 25700159, 35276810, 25023784

Iron protein succinylate

PMID: 31944128, 8468108, 9660039, 8500917

Case Study
Submissions & Reviews

To get an in-depth understanding of the kind of analysis & protocol design you will be able to do if you correctly absorb the course material, watch this video which presents case study submissions by 2 students of the course.

By watching this you will also be able to understand the extent to which I have provided detailed feedback on each case, enabling students to correct mistakes & improve their practical skills.

Hear from
Our Students

Bhuvaneswary Suresh

Bsc N&D, Functional nutritionist

So happy and grateful to have learnt from one of the brightest young minds in the functional nutrition space ! The entire course with over 60 plus modules of world class nutritional science – meticulously researched, organized ,compiled and presented – bears only one exceptionally talented,hardworking young man's name on it – yohan!! that's an incredible achievement!

Tanni Chopra

Functional nutritionist

As a Functional Nutritionist deeply invested in true, root-level healing, I thought I had seen the full landscape of wellness. But attending Yohan Tengra's Biohacking Mastery course shattered that ceiling. It wasn't just an experience - it was a complete system upgrade. Yohan doesn't just teach biohacking; he lives it, breathes it, and transmits it with a clarity and intensity that's rare to find. Every session felt like plugging into a hidden matrix of knowledge that our modern world desperately needs but rarely reveals. The depth of research, the razor-sharp articulation, and the uncompromising focus on real-world application transformed my understanding of health, resilience, and peak performance.

Natasha Jha

It's always a pleasure to learn from you and interact with you. I've done some of your courses in the past, this one surpasses everything with the level of detail, objectivity and the scope of material covered. While it'll definitely take me time to get to your level of expertise, I have a clear way forward. In sharing all your knowledge so generously you prove that your higher purpose is really to benefit us as your students, and people at large who need functional practitioners to help them heal. A big thank you.

click here to
watch the video

Nandini Sharma

Nutritionist

nandini_nutrition 66k followers

I entered this course for the sake of knowledge and i am leaving with more than just knowledge. There is a lot of confidence in how i approach my client cases now. The unlearning curve was really intense but by the end of it, its worth it. Now we have the set of information and skillset to research. All in all, i am very very very grateful.

click here to
watch the video

Parvesh Saini

Fitness coach and personal trainer

I remember being influenced so easily by people making claims online with so much confidence and throwing in some studies here and there which is based on their understanding and that is misleading so many times. However the research skills than yohan taught us really helps u cut through the noise. Now we can understand the research by ourselves and come to a much better conclusion.

click here to watch the video

Jiya Pnadey

Clinincal Nutritionist (Msc), NLP coach

With experience i can say this was one of the best academic investment I have made. The course is worth every penny and hats off to yohan because you can actually see his hardwork and years of research behind this. We actually learnt how to do root cause analysis by looking at the symptoms and the blood reports of the person and then making a protocol for the client and that was the best part. This course has immensely grown my knowledge and confidence for working with my family and clients.

click here to watch the video

Sangeetha Iyer

Nutritionist

sangeethaaiyer 9.5k followers
@saaiyer 42k followers

Being part of Yohan's first mentorship course/program was nothing short of a master class in evidence based nutrition. The key reason for me to be a part of this program was to be updated with what research and studies were actually alluding to especially on controversial subjects like LDL/ ApoB, dietary strategies, Seed oils and the like. One of the most valuable aspects was recognizing my own biases around food and health something I hadn't even realized was holding me back. I especially appreciate the detailed guidance on supplement dosages and strategies, which helped me in making smarter, safer choices for my clients. Overall, it was an empowering experience that has truly added value to the way I approach nutrition strategies for preventive care, health and wellness.

Parmeet Shah

President Marathon Group, Founder & CEO NEXT School

Everything yohan taught us and spoke about - there were studies left right and center. Pretty much every sentence he wrote down, there would be a study that he would cite. So we went through thousands of these studies and thats how in depth it was! The best part is how yohan was so transparent and open and honest about showing us exactly how he does what he does, whats his entire process is and he genuinely wants to share what his entire process is and get you capable enough to do what he does.

click here to watch the video

To view all the testimonials that were given for the course, click here

By the end of this course, you'll be able to

Critically Evaluate Research

Instantly filter out low-quality studies and zero in on the highest-impact evidence.

Craft Personalised Protocols

Build targeted, evidence-driven nutrition, supplement, and lifestyle plans that deliver real-world outcomes.

Master Diagnoses For

G6PD deficiency, sepsis, rheumatoid arthritis, liver and gallbladder dysfunction, GOUT, Dehydration & blood viscosity issues, male and female infertility, Addison's disease, Cushing's disease, venous thromboembolism & coagulation disorders, bone decline. Acute infection differential diagnosis.

Master Lab Interpretation

Translate complex blood panels into clear root-cause insights and explain results with confidence.

Own Your Clinical Confidence

Answer and anticipate your clients' toughest questions with precision.

Work With These Diseases (Diagnosis & Interventions)

Hypertension, hypotension, metabolic syndrome, diabetes, anemia (various subtypes), polycythemia, hormone replacement, thyroid disorders (hypothyroid & hyperthyroid), PCOS, fatty liver, thrombocytopenia, thrombocythemia, acute infection differentials, iron overload, leukocytosis, leukocytopenia, eosinophilia, chronic inflammation and tissue damage, metabolic acidosis, chronic kidney disease, kidney failure risk evaluation, osteoporosis (and bone-decline biomarkers), ammonia toxicity, insulin resistance & prediabetes, atherosclerosis (and cardiovascular risk evaluation), longevity markers, hypertriglyceridemia, homocysteinemia, hypercholesterolemia, Hashimoto's thyroiditis, Graves' disease, hypogonadism, hyperprolactinemia, prostate health issues, menopause & perimenopause, hypercortisolemia, pancreatitis, various vitamin and mineral imbalances, heavy-metal overload

Certificate Preview

Terms & Conditions

1. COURSE ACCESS & INCLUSIONS

By enrolling in this course, you understand and agree that your fee covers the following:

- Access to the course recordings.
- Access to one monthly zoom live Q&A session (limited to clarifications about the course recordings).
- Access to a private WhatsApp group for text-based Q&A.
- Access to mastersheets (if you've paid extra for them)
- No other services, content, or benefits are guaranteed beyond the above.

2. DURATION OF SUPPORT

- I am liable to answer your questions for 6 months from your date of enrolment.
- After this period, you will no longer be entitled to direct Q&A support.

3. CERTIFICATION CRITERIA

To be eligible for a certificate of completion:

- You must submit **1 case study** before the end of your 6-month course period.
- These must demonstrate a reasonable understanding and application of course material by:
  - Integrating symptoms, bloodwork, and history into a complete case analysis.
  - Designing a comprehensive diet, lifestyle, and supplement protocol for the case.
- Case study preparation requires you to transfer data (biomarkers, root causes, interventions, etc.) into Excel from the course documents.
- If you purchased the add-on mastersheets, this process will be faster, as a large amount of data covered in the course is summarised in the mastersheets and calculations are pre-done for you.
- I hold full discretion to decide whether a student qualifies for the certificate. Submitting case studies does not guarantee certification if your understanding and application are poor.

4. RULES ON USE OF COURSE CONTENT

- The course material is strictly for the personal use of enrolled students.
- Sharing the content on public platforms, distributing it, or giving access to non-paying individuals is prohibited.
- If I find credible evidence of such misuse, I reserve the right to remove you from the course group without refund, and revoke your access to all the material.

5. WHATSAPP GROUP GUIDELINES

- The WhatsApp group exists for course-related discussions and Q&A.
- If you repeatedly violate group rules, even after being warned, I may remove you from the group.
- Removal from the group means you will lose access to:
  - ➜ The community
  - ➜ The ability to ask questions
  - ➜ The chance to qualify for certification
- However in the event that you are removed, you will still retain access to your recordings, and mastersheets (if purchased).

6. REFUND POLICY

- This course follows a zero refund policy, as access to all the recordings and mastersheets are shared immediately after payment is made.

7. STUDENT RESPONSIBILITIES

- You agree to pursue this course with sincerity, punctuality, dedication, and commitment.
- The results you achieve in the real world : with yourself, friends, family, or clients, will be directly proportional to the seriousness with which you study and apply the material.

8. SCOPE OF QUESTIONS

- Your questions must remain relevant to the subject matter of the course.

- I reserve the right to not answer questions beyond the scope of this course.

- Out-of-scope questions include (but are not limited to):

- Advanced diagnostics
  - organic acids
  - amino acids
  - genetics
  - microbiome
  - cancer testing and treatments based on the same.

- Disease-specific treatment strategies.

- Questions about symptoms or topics not covered in the course.

- Note: While I may reference diseases or advanced tests during teaching, the depth and extent of such discussions are at my discretion.
  Example: acne (symptom) within PCOS (disease) may be discussed here, but PCOS management as a full disease module is reserved for future courses.

9. POST-COURSE Q&A & CASE STUDY SUPPORT

- If you cannot finish the case study submissions in the course and want to do it & get it evaluated after the 6 month mark, you can do so anytime after your 6 months are over at an additional fee of Rs. 3500 per case study (maximum limit of 2 submissions).

- If you are not done absorbing the material by the end of 6 months and still want more time to be able to study and ask me questions, you can join my subscription service which is priced at 2k a month for continued Q&A along with other benefits included in the price.

10. LIVE Q&A

- When joining live video calls, the questions will be answered only when your camera is on and your face is visible. If you prefer not to appear on camera, post your questions in the WhatsApp group and they will be addressed there.

- Reasonable exceptions may be granted if informed to me before the call.