

THADDEUS OWEN

BIO HACKER AND FOUNDER OF PRIMAL HACKER

Thaddeus Owen is a Biohacker on a mission to optimise human health. He is a master in how to improve sleep through light and EMF mitigation, and the CEO of Primal Hacker which makes products related to blue light and EMF mitigation.

After learning about biohacking in 2009 from the man who coined the term, Dave Asprey, Thaddeus healed his own anxiety, lowered his blood pressure and fixed his sleeplessness using biohacking, PrimalHacking and Qigong. He spends his free time experimenting on himself in hopes of helping others on their journey. These days he studies Nature, Sunshine, and EMF and educates others on how to become optimally healthy using light and avoiding EMF.

Thaddeus is a certified Bulletproof Coach from the first ever class of coaches, holds a personal training certification, nutrition certification, Master's degree in Holistic Nutrition and studied Chemical Engineering a long time ago. He cofounded Primalhacker in 2015 and has been on a crazy journey ever since.

Check out his website: www.primalhacker.com
connect on instagram [@primalhacker](https://www.instagram.com/primalhacker)

