



# NO PLAN B

PODCAST

**REAL SPEAK.  
UNSCRIPTED.  
ZERO FILTERS.  
NO FLUFF.**



**PURE BIOHACKING**



**@noplanbpodcast**

A PODCAST WHERE SCIENCE  
& ART CONVERGE INTO  
BOUNDARY-PUSHING  
CONVERSATION AROUND  
QUALITY LIFESPAN EXTENSION.





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## PODCAST

A PODCAST WHERE SCIENCE & ART CONVERGE INTO  
BOUNDARY-PUSHING CONVERSATION AROUND  
LIFESPAN EXTENSION.

NO PLAN B LIFESPANNER Podcast provides an interactive forum for compelling conversation around lifespan extension and longevity exploration. As a dynamic, provocative, and deeply authentic company, we promote real-speak, unscripted, naked truths from our guests.

Hosted by The Lifespanning Company's Founder, Jean Fallacara, NO PLAN B is an innovative, rule-bending show that delves into the realms of innovation, technology, and human potential. The vibe we create is captivating as the podcast takes listeners on a journey through the fascinating world of future advancements, inspiring conversations, and extraordinary ideas.

Jean fuels inspiration, follows no rules, and seeks to genuinely inform and educate his audience while always learning and growing himself - knowledge knows no limits... and in Lifespanning, there is NO PLAN B.

### YOUTUBE

Subscribers: 10.1K ++  
Views: 223.SK ++  
Watch time (hours): 3.0K ++

### AUDIENCE GENDER

Female 25.6%  
Male 74.3%  
Unspecified 0.05%

### AGE

13-17 years 1.6%  
18-24 years 23.2%  
25-34 years 31.1%  
35-44 years 21.4%  
45-54 years 11.9%  
55-64 years 6.6%  
65+ years 4.3%

### COUNTRY VIEWS

United States: 20.5%  
India: 13.4%  
Brazil: 12.2%  
Canada: 5.8%  
Russia: 4.4%

Age group: 18-54 years most engaged.



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### USP / BRAND ATTRIBUTES

1. Expert Guidance: Jean Fallacara's expertise, pedigree, education, and fitness accomplishments
2. Holistic Approach: The podcast takes a holistic approach to self-improvement, leveraging Jean's deep expertise in biohacking, coaching, and speaking to provide well-rounded insights into optimizing not just the brain, but the entire self.
3. Actionable Insights: Listeners can expect actionable advice and practical strategies based on Jean's and top performing guest's experience, making it a go-to resource for implementing positive changes in their lives.
4. Latest Advances: Staying Ahead in Biohacking
5. Exclusive Interviews: No Plan B LIFESPANNER Podcast regularly features exclusive interviews with leading experts, scientists, and researchers in the fields of biohacking, neuroscience, and human optimization, giving listeners access to cutting-edge discoveries and insights.
6. Real-World Applications: The podcast goes beyond theory by delving into the real-world applications of the latest advances. Listeners gain a clear understanding of how these breakthroughs can be integrated into their daily routines.
7. Interactive Community: Fostering connection and accountability. The podcast actively encourages its listeners to connect with each other through online communities, creating a supportive network of like-minded individuals on a shared journey of self-optimization.
8. Accountability Partnerships: The podcast facilitates the formation of accountability partnerships among its listeners, enhancing the commitment and motivation to make positive changes.
9. Personal Stories of Transformation: Inspiring Narratives
10. Resource Library: The podcast offers an extensive online resource library, Biohackers Magazine Articles, empowering listeners with practical resources to apply what they've learned.

### TESTIMONIALS (YouTube Comments)

"Educational content like this is invaluable for dispelling stem cell myths. Let's spread awareness and

foster informed discussions!"

"I had no idea stem cells could be found in sources like umbilical cord blood. Understanding the diverse sources helps debunk myths."

"It's great to listen to you when I'm free during trading, background and trading, my friend! I recommend you to all my friends! It's great to go on this journey together!"

"Dude you are awesome! You open my horizons! It's hard not to be impressed while watching you! I've been following you for years and have had great success with you!"