

192: EMFs: Ignorance Is NOT Bliss

10 Point Checklist

Jason Bawden-Smith

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



10 STEPS YOU CAN TAKE TODAY

Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.

- Research more about the protocols based on mitochondria and its DNA which can help reverse virtually every chronic disease if done properly.
- Get up early and make sure I get as much morning sunrise as I can. The morning sunrise is critical for my health as explained by Hal Elrod in his book [Miracle Morning](#).
- Manage my living environment and change my lifestyle. Put nature as a priority. Expose my body to the natural frequencies in which we were designed to live.
- Practice grounding which helps regulate my electrons by walking barefoot on the grass in the morning.
- Become as mentally sharp as I can be by minimizing my exposure to artificial frequencies and maximizing my exposure to natural EMF.
- Spend half an hour or fifteen minutes in a float tank to give my body a break. It takes away all sensory perception since water is a natural Faraday cage.
- Introduce more DHA and Omega-3 fatty acids by eating more oysters, lobsters, crabs, shrimp, prawns, cold-water fish, and other seafood. Our body needs DHA but we can't make it, so I should eat as much seafood as I can.
- Minimize my exposure to technology and have more good fats in my diet so that my body can naturally fix and heal itself.
- Buy and read Jason's book called [In The Dark](#), as well as [Going Somewhere](#) by Andrew Marino to know more about how electricity works within the body.
- Visit Jason's website, [MitoHQ.com](#), and join his Facebook group called [Mitochondriacs](#) to learn more about EMF and how to reverse chronic disease.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/emf-ignorance-is-not-bliss-with-jason-bawden-smith/>