

196: Rewrite Your Genetic Destiny

10 Point Checklist

Dr. Ben Lynch

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**



"Our genes don't dictate our destinies."

DR. BEN LYNCH

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.

- Learn more about the Super Seven Genes in our body and how to keep them clean and free of defects and mutations with my lifestyle, diet, and environment.
- Get enough deep sleep and REM sleep in order to defrag my brain. Sleep is key to ward off early onset dementia.
- Purchase a blood glucose meter. Test for glucose level very first thing in the morning and do it periodically. It's absolutely key to check glucose levels because if glucose is high, it's an indication that something is wrong.
- Supplement my diet with Vitamin B12, choline, and folate, especially when I'm on a vegan or vegetarian diet. Visit [NutritionData.Self](#) to check out which foods I can get these from.
- Follow my intuition and respect what my body desires to eat as long as it's not crap. Any lifestyle or diet program is going to have holes and weaknesses. Just aim for optimal health.
- Read more about genetic testing, but careful about getting a genetic test. The PDF report can look good, but there is still room for errors which can give me heaps of misinformation and send me down the wrong road.
- Check out organic acid testing. It's very easy to get and it shows a trained eye where my genes are dirty, where they need to be cleaned up, and where to do it first and second, and so on.
- Look into Dr. Lynch's [Gallbladder Nutrients](#) which helps to support bile flow and release of bile into the small intestine for various amazing things.
- Read Dr. Lynch's bestselling book, [Dirty Genes](#), to learn more about epigenetics, dirty genes, and how to get myself back on track without having to resort to supplementation.
- Check out Dr. Lynch's supplement company by going to [SeekingHealth.com](#) to get the strategy and genetic report to analyze my 23andMe and my Ancestry along with nutritional supplementation.

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

<https://www.getyourselfoptimized.com/rewrite-your-genetic-destiny-with-dr-ben-lynch/>