

# 199: Turn the Clock Back on Aging Using Stem Cells

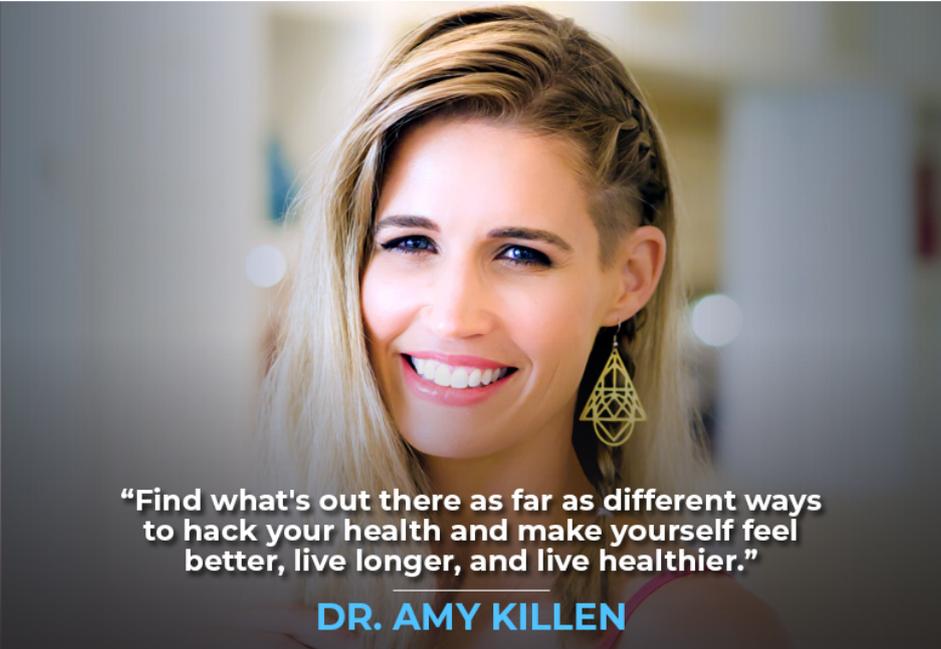
## 10 Point Checklist

Dr. Amy Killen

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**

A portrait of Dr. Amy Killen, a woman with long blonde hair, smiling and wearing a large gold geometric earring.

**“Find what's out there as far as different ways to hack your health and make yourself feel better, live longer, and live healthier.”**

**DR. AMY KILLEN**

# 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.

- Take skin care seriously. Look for supplements, methods, and treatments that can help rejuvenate and revitalize my skin. This maintenance can make me look and feel young.
- Research stem cell therapy. It's not just a means to stop aging, it can also help heal severe pain from things like physical injuries or arthritis.
- Try the P-shot (for males) or O-shot (for females) to revive and revitalize my sex drive even if I am already far from my youth.
- Learn more about different biohacking methods by tuning in to past Get Yourself Optimized episodes.
- Consider banking stem cells but be aware of FDA laws in the U.S. According to the law, you can bank them, but you can't put the banked cells back in your body.
- Eat clean and live healthy. Remember that no matter how much I biohack, nothing will work if my lifestyle is sedentary.
- Be open minded to new medical discoveries, but make sure to do some thorough research before deciding to try them out for myself or for my loved ones. It's always best to consult medical experts.
- Invest in my health and well-being. All my goals and accomplishments would be futile if my health is in bad shape.
- Prioritize self-care not in a "treat yourself" kind of mentality but by taking care of my needs to live healthy and happy physically, emotionally, mentally, and spiritually.
- Check out [Dr. Amy Killen](#) and the [Docere Clinics' website](#) for more information on the stem cell therapy journey.

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

<https://www.getyourselfoptimized.com/turn-the-clock-back-on-aging-using-stem-cells-with-dr-amy-killen/>