

# 201: Transcend Aging

## 10 Point Checklist

Dr. Terry Grossman

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**



**“Getting old is normal but aging is not.”**

**DR. TERRY GROSSMAN**

# 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 multiple vitamins and minerals to ensure that I have the right amount of nutrients in my body.
- Try IV therapies for the delivery of medications throughout the body. This procedure works faster than oral or topical treatments.
- Burn calories every day through exercise and physical activity to keep my system active and reproduce good cells.
- Try intermittent fasting or fast at least 12 hours a day. Doing this allows my insulin levels to drop and improves my metabolism.
- Reduce my sugar consumption and maintain a healthy and balanced diet that's mainly comprised of fruits and vegetables.
- Get checkups and doctor consultations regularly even when I don't feel anything wrong with my body.
- Take advantage of the technology that makes my health better and my life more convenient. The medical industry has come a long way in detecting diseases even before they occur in the body.
- Run some lab tests so that I am aware of what's happening in my body. Dr. Grossman recommends getting a C-reactive protein, LDL, HDL, APOE.
- Check out [Dr. Terry Grossman's website](#) for more information on how to transcend aging or to request a consultation.
- Grab a copy of Ray Kurzweil and Dr. Terry Grossman's book, [Fantastic Voyage: Live Long Enough to Live Forever](#).

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

<https://www.getyourselfoptimized.com/transcend-aging-with-dr-terry-grossman>