

# 206: The Cribsheet to Health

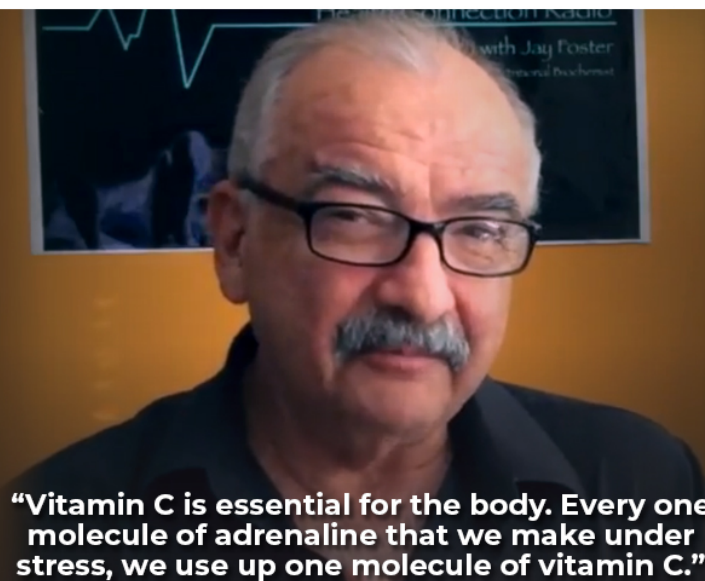
## 10 Point Checklist

Jay Foster

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**



**"Vitamin C is essential for the body. Every one molecule of adrenaline that we make under stress, we use up one molecule of vitamin C."**

**JAY FOSTER**

# 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.

- Run some medical tests on myself to find out which supplements work the best for my lifestyle.
- Do some research first to discover what types of vitamins can contribute to my health before buying them.
- Take vitamin C daily. According to Dr. Jay Foster, vitamin C is essential for the body. Every molecule of adrenaline the body makes under stress uses one molecule of vitamin C.
- Take the ascorbate rather than the ascorbic acid when taking Vitamin C. Ascorbic acid can upset the stomach's pH when taken in high doses.
- Take care of my eyesight with the help of zeaxanthin and lutein. Make sure to eat foods rich in vitamin A as well and practicing proper eyecare.
- Take Methyl B12 (methyl folic acid) to produce healthy red blood cells and prevent anemia. It also plays an important role in supplying essential methyl groups for protein and DNA synthesis.
- A leaky gut can cause many illnesses. Incorporate a healthy diet composed of organic food, especially vegetables and fruits rich in fiber to prevent it.
- Prevent or cure GERD with the help of baking soda. Dissolve about half a teaspoon of baking soda in a 4-ounce glass of water and drink it slowly.
- Find out what food allergies I have so that I have a better knowledge of what can give my body a reaction.
- Check out Jay Foster's website [1800chemist.com](https://www.1800chemist.com) for more health tips involving vitamins and supplements.

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

<https://www.getyourselfoptimized.com/the-cribsheet-to-health-with-jay-foster>