

# 224: The Hazards of Everyday Products

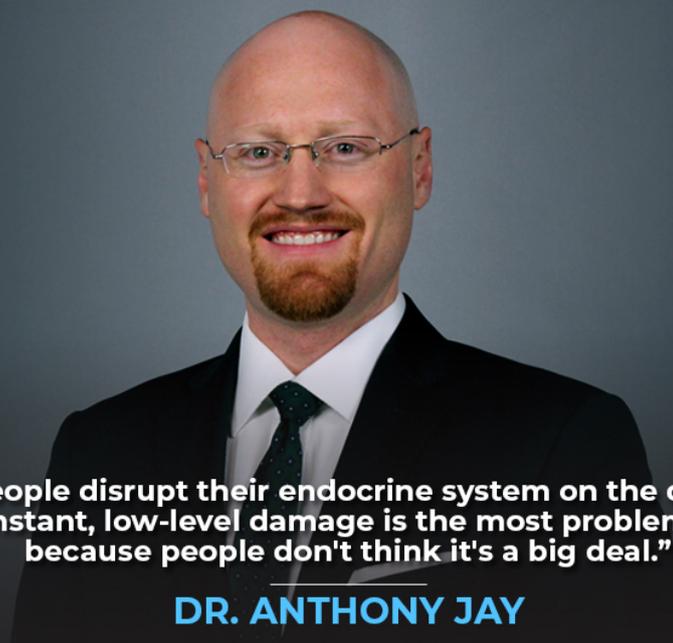
## 10 Point Checklist

Dr. Anthony Jay

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**



**"People disrupt their endocrine system on the daily. Constant, low-level damage is the most problematic because people don't think it's a big deal."**

**DR. ANTHONY JAY**

# 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.

- Avoid products with ingredients that contain “benz-” or “phen-”. Keep my diet as simple and organic as possible.
- Refrain from using plastic products. Use ceramic and stainless steel instead to avoid the harmful long-term effects of paraben.
- Read the labels of things I consume and look into who the manufacturer is. There are many products that claim to be something they are not.
- Filter my drinking water with activated charcoal. Most municipal systems don't filter out artificial estrogen because it is great at killing bacteria and viruses.
- Be more cautious in choosing personal care products. Make sure that they are fragrance-free and have no phthalates and parabens.
- Purchase baby products that are 100% organic. Refrain from using plastic bottles and scented diapers.
- Always wash newly bought clothes or bedding before using them to remove the chemical residue from the factory.
- Only eat grass-fed meat, wild-caught seafood, free-range eggs, and organic vegetables.
- Grow my own produce to be extra safe and have complete control of how my food is made.
- Grab a copy of Dr. Anthony Jay's book, [Estrogenation: How Estrogenics Are Making You Fat, Sick, and Infertile](#).

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

<https://www.getyourselfoptimized.com/the-hazards-of-everyday-products-with-dr-anthony-jay>