

222: Biohacking Your Brain, Heart, and Overall Health

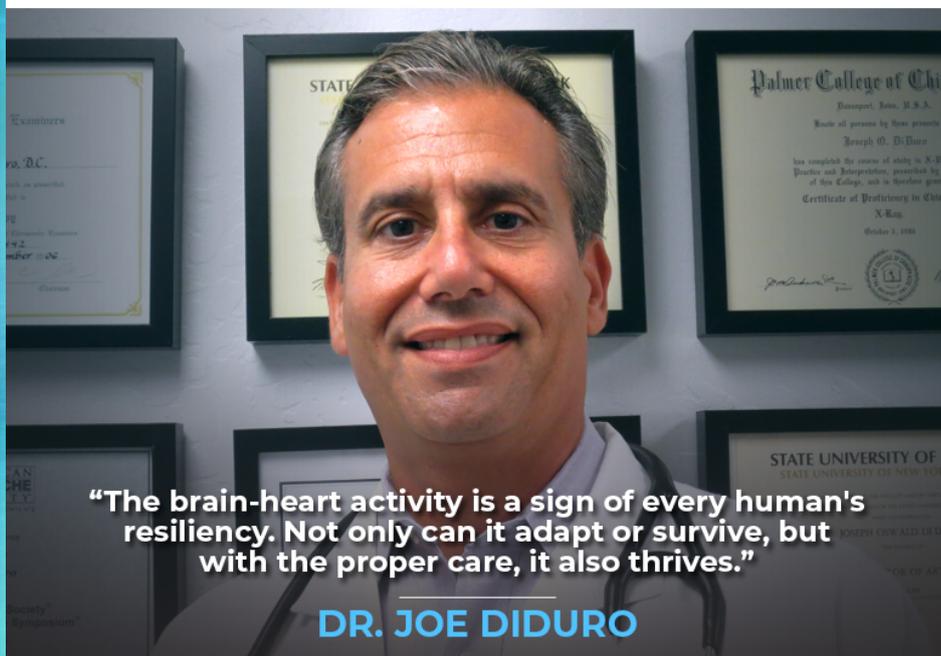
10 Point Checklist

Dr. Joe DiDuro

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**



“The brain-heart activity is a sign of every human's resiliency. Not only can it adapt or survive, but with the proper care, it also thrives.”

DR. JOE DIDURO

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.

- Check my vital statistics at least once a year. It's essential to keep track of my health to catch any problems that develop early.
- Don't neglect my mental health. Ensure that I am well rested and embrace activities like meditation that will help reduce stress.
- Mental health is vital, but it's also important to have my brain's physical condition checked as well. Check out this episode's show notes for some of Dr. DiDuro's brain test recommendations.
- Get enough natural or red light exposure. This will help my brain function more actively.
- Consider red or infrared light therapy to see if this is something that could help me. Consult a medical expert before proceeding.
- Do regular blood tests to learn more about what's happening inside my body. My blood test results can reveal a lot about imbalances and deficiencies.
- Keep up to date with the latest research in medicine and health. Listen to podcasts and read credible content to improve my knowledge of the future of healthcare and biohacking.
- Trust my body more and be in tune with it. Our bodies are a lot stronger than we think they are. We just have to listen to them more.
- Be sure not to wear myself out. Life shouldn't be all about work. Eventually, lack of rest will start to affect my brain function.
- Monitor my heart activity. My brain relies significantly on my heart and vice versa.
- Check out [Joe DiDuro's Instagram](#) for more amazing content on Photobiomodulation Therapy.

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

<https://www.getyourselfoptimized.com/biohacking-your-brain-heart-and-overall-health-with-dr-joe-diduro>