

# 226: Your Superfood Cheat Sheet

## 10 Point Checklist

### David "Avocado" Wolfe

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**



**"We're not going to be protected by our government from the chemicals that are being thrown at us in food and everyday products in the market. It's up to us to take matters into our own hands."**

**DAVID "AVOCADO" WOLFE**

# 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.

- Grow my own food so that I can quality control the cultivation before consuming it. Steer clear of produce that is full of GMOs, preservatives, and chemicals.
- Add avocados to my meal plan and research avocado recipes for variety. David recommends Reed avocados for a more oily, thick texture that's perfect for savory meals.
- Bake food instead of frying them. If anything needs frying, David recommends using coconut oil or olive oil instead of canola oil.
- Ingest activated charcoal for a regular detox. According to David, activated charcoal is the number one longevity substance in animal research ever discovered.
- Balance out my Omega 3, 6, and 9 intakes. Omega-rich foods include salmon, mackerel, walnuts, flax seeds, and chia seeds.
- Take probiotics and enzymes for improved gut health. Check out [Dr. Ohhira's Probiotics](#) for more in-depth research on what they can do to the body.
- Only eat chocolates that are made from organic cacao beans. Avoid commercialized brands that have more milk and sugar than real chocolate.
- Pair a healthy diet with regular exercise for a well-maintained metabolism. It's not enough that I consume healthy food, I have to make sure that I digest its nutrients properly as well.
- Do a big cleanse at least once a year. This is an excellent way to recharge and recuperate so that I can ensure that my body stays in good shape.
- Sign up on David Wolfe's mailing list to learn more about staying healthy and get updates on his latest events and workshops.

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

<https://www.getyourselfoptimized.com/your-superfood-cheat-sheet-with-david-avocado-wolfe>