

230: Detoxify Your Brain

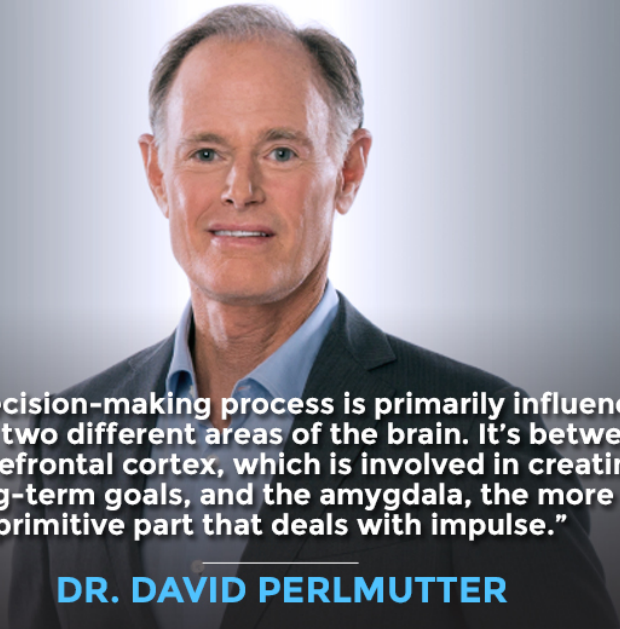
10 Point Checklist

Dr. David Perlmutter

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**



“Our decision-making process is primarily influenced by the two different areas of the brain. It’s between the prefrontal cortex, which is involved in creating long-term goals, and the amygdala, the more primitive part that deals with impulse.”

DR. DAVID PERLMUTTER

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.

- Keep my brain active by utilizing it often through reading, conversing, and even doing games and puzzles for stimulation.
- When seeking ways for self-development, make sure that I implement the knowledge I've acquired and create a habit out of it.
- Maintain a healthy lifestyle. The brain functions well when physical exercise, a low inflammatory-type diet, meditation, and good relationships with other people are involved.
- Monitor my health stats so that I can maintain my goal and track my progress. Like the popular phrase, “what gets measured gets managed.”
- Allow a good number of hours for restorative sleep. Not enough sleep translates to increased risk for diabetes, cancer, and even Alzheimer’s disease.
- Live offline more. Disconnect with the Internet and connect with real life. Talk to the people around me and really set an intention to be present in everything that I do.
- Focus on the good and encouraging. Positive thoughts often lead to positive outcomes.
- Don't overwork and take a break when necessary. The brain tends to be more impulsive when it is under a lot of stress making it more prone to create bad decisions.
- Get as many steps as I can and walk daily. If it's a short distance, opt to ditch the car and just walk or slightly jog to my destination.
- Grab a copy of Dr. David Perlmutter's books, [Brain Wash](#), [Grain Brain](#), and more.

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

<https://www.getyourselfoptimized.com/detoxify-your-brain-with-dr-david-perlmutter>