

# 230: Detoxify Your Brain

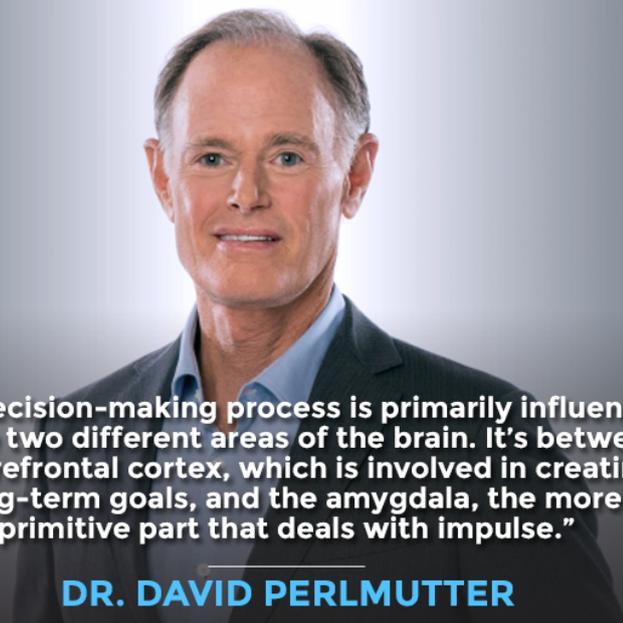
## 10 Point Checklist

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>