

241: How the Rich Monitor their Health, and You Can

10 Point Checklist

Dr. David Karow

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**



"With advanced knowledge and data, people can avoid getting diseases in the first place."

DR. DAVID KAROW

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.

- Research genome analytics to develop an increased understanding of my DNA composition and what I can do to improve my health and prevent illness.
- Early detection saves many lives. Get myself tested for various medical issues so I'm aware of how I can take care of myself better.
- Learn more about my genetic history. Find out if my bloodline has specific genetic diseases and do my best to rewire my health. It will not only affect me but my children as well.
- Be wise about my personal health decisions in terms of what I eat, how much stress I'm willing to let myself experience, and what type of environment I get myself involved in. These significant factors affect my wellbeing.
- Invest in healthcare rather than "sick-care." My goal should always be to prevent myself from getting admitted to hospitals.
- Avoid bad vices and a sedentary lifestyle. Smoking, drinking, not getting enough sleep, and an unhealthy diet can lead to a weakened immune system.
- See a doctor at least once a year, even if I am not feeling anything wrong with my body. Annual checkups are great for monitoring my vital signs.
- Eat more greens than meat. If a vegetarian or vegan lifestyle is not possible, at least limit my meat intake by a third of my regular consumption.
- Exercise most days of the week. Maintaining an active lifestyle leads to strengthened muscles and fewer toxins stuck in the body.
- Check out [Human Longevity Inc.](#) for more information about genome sequencing. Email clientservices@humanlongevity.com for a special discount on their services exclusively for Get Yourself Optimized listeners.

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

<https://www.getyourselfoptimized.com/how-the-rich-monitor-their-health-and-you-can-too-with-david-karow>