

055: Life Hacks for Longevity, Health, and Perfect Genetics

10 Point Checklist

Andy and Kay Walker

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**



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.**

- To be able to live forever, you may just need to make it another 13 years. Don't get taken out by anything else, and the technology will be available to you.
- Try Metformin as a longevity supplement. Although it's currently a prescription pill, Andy's FAQ can help answer how this diabetes medication may have anti-aging properties.
- Read [Super You: How Technology is Revolutionizing What It Means to Be Human](#) for more information on the advances in longevity, genetics, nanotech, and robotics.
- Enhance your mental capacity, ability, and intelligence through challenging brain games. Brain training can improve memory, attention, and problem solving.
- Look into banking your future children's cord blood. It's a rich source of stem cells that can be used to treat dozens of disorders.
- Get your personal genetic report with [23andMe](#). Through a simple saliva test, you will receive a report on your health, traits and ancestry.
- Grow with technology, but don't give up your spiritual beliefs. Upcoming technology and genetic modification may clash with certain religious beliefs, and it's up to you to decide what is right for your family.
- Look into neuroplasticity as a cure for mental disease and depression. It may give you the ability to manage, drastically improve, or even eliminate these conditions.
- Check out *The Singularity Is Near*, which is about artificial intelligence and the future of humanity by futurist Ray Kurzweil.
- Technology sneaks up on us and infuses itself into our lives in a way where we don't think twice. While something may seem weird now, in the future it could just be normal. Stay open minded.

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

<https://www.getyourselfoptimized.com/life-hacks-longevity-health-perfect-genetics-andy-kay-walker/>