

# 247: The Food That's Making You Sick

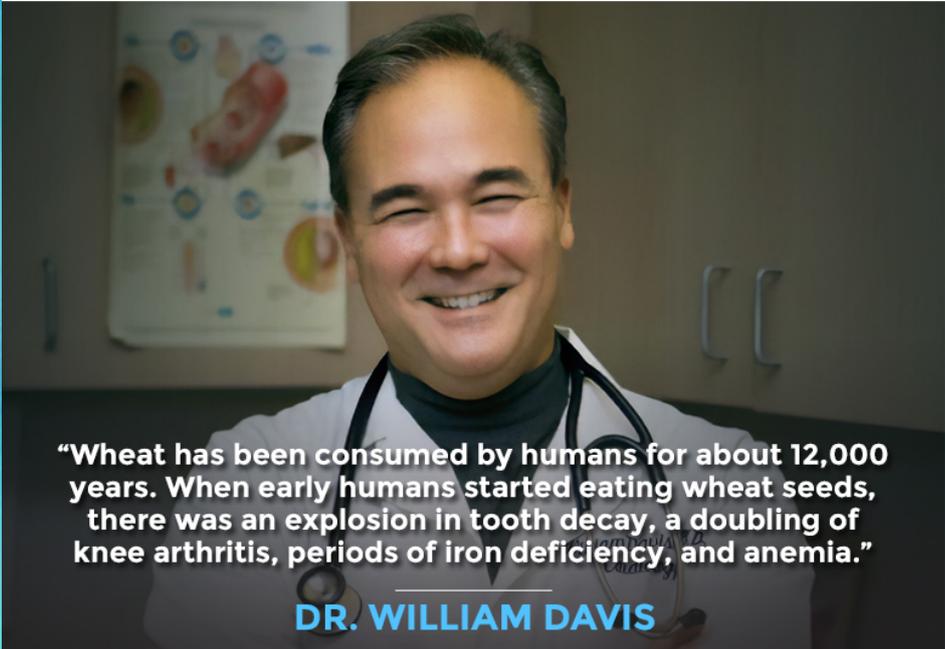
## 10 Point Checklist

### Dr. William Davis

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**



**“Wheat has been consumed by humans for about 12,000 years. When early humans started eating wheat seeds, there was an explosion in tooth decay, a doubling of knee arthritis, periods of iron deficiency, and anemia.”**

**DR. WILLIAM DAVIS**

# 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 the effects of eating wheat on my health. For people with chronic health conditions, eating certain types of foods may more negatively affect health.
- Be well-informed of where my food comes from. Sometimes big farms and major producers keep crucial information from their consumers. Look for alternative products that are more forthcoming about their products.
- Protect and preserve pollinators such as bugs and bees. These creatures help facilitate fruit and vegetable growth. Without them, we wouldn't have access to healthy food.
- Educate others by sharing helpful information. Spreading awareness may help save a life.
- Take note of Hippocrates' famous quote, "Let food be thy medicine." Food is more powerful than any nutritional supplement.
- Improve my gut health by taking probiotics such as yogurt and Yakult. Check out Dr. William Davis' blog post, [a step-by-step guide to making L.reuteri yogurt](#).
- Limit the intake of carbs and stick to a healthy gluten-free diet. Look for recipes on the internet to help with my meal planning and preparation.
- Consult with health experts such as dietitians, nutritionists, and physicians whenever I'm planning to make a huge change regarding my health and nutrition.
- Seek alternative medicine. There are many options out there besides conventional medicine.
- Check out Dr. William Davis' books, [Wheat Belly Total Health: The Ultimate Grain-Free Health and Weight-Loss Life Plan](#).

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

<https://www.getyourselfoptimized.com/the-food-thats-making-you-sick-with-dr-william-davis/>