

070: The Complex World of Vitamins, Methylation, and Your Health

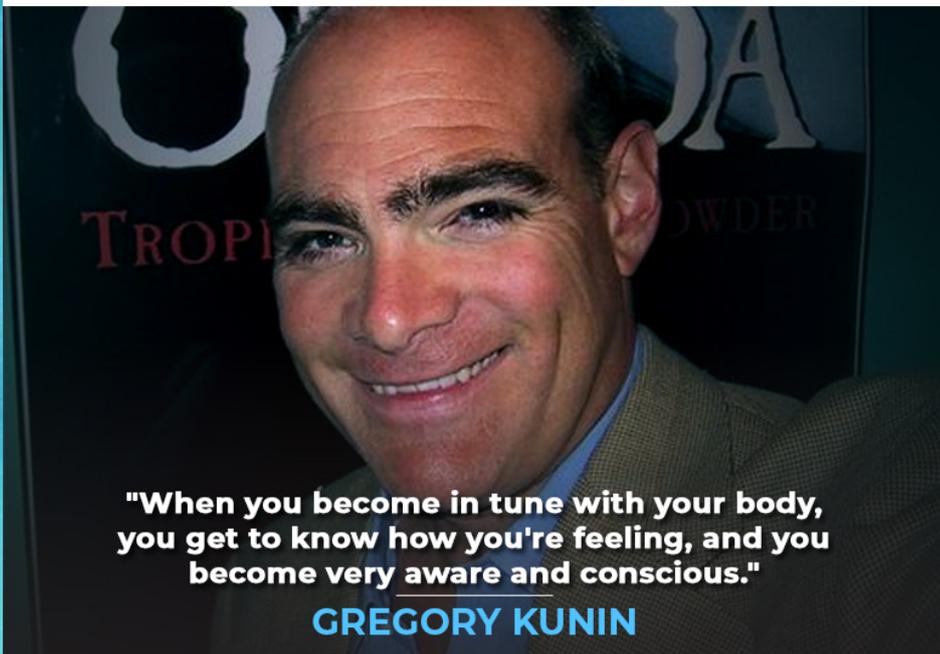
10 Point Checklist

Gregory Kunin

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**



"When you become in tune with your body, you get to know how you're feeling, and you become very aware and conscious."

GREGORY KUNIN

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.**

- Methylation problems often manifest first as digestive issues. If you suffer from these, have your methylation checked.
- Get major blood coagulation factors checked to get a sense of your health. As you heard from Gregory, these results can be a good indicator of overall health.
- Switch to a chemical-free sunscreen; protecting yourself from the sun may not be worth the dangers of slathering yourself in toxic chemicals.
- Find a physician who is willing to do complete workups, especially if you have a family history of vascular disease or cancer.
- Become an advocate for yourself. Read on your own until you understand your health issues well enough to have informed opinions on your healthcare.
- Practice becoming aware of your body. Once you learn to listen to the signals your body is sending, you'll be better equipped to take good care of yourself.
- Don't panic if you got gene testing and found something unusual. Some genetic mutations can actually protect you rather than cause problems.
- For the next two months, commit to improving your diet. Focus on eating whole foods, consuming a variety of different foods, and avoiding toxins whenever possible.
- Go to www.thenhf.com and sign up for the annual membership. By doing so, you'll be supporting "the world's oldest health-freedom organization."
- Try [Ola Loa](#) for 30 days and see how it makes you feel. When ordering, use the discount code mentioned on the episode to save 30% on your order.

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

<https://www.getyourselfoptimized.com/complex-world-vitamins-methylation-health-gregory-kunin/>