

002: The JingSlinger's Biohacks for a Long Healthy Life Sex Life

10 Point Checklist

Jay Denman & Joy Coelho

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**



"Freeze-dried, processed-in-a-vacuum, organic-based superfood powders are your best friend, your new BFF."

JAY DENMAN & JOY COELHO

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.**

- Get the books [Wheat Belly by William Davis](#) and [Grain Brain by David Perlmutter](#).
- Try sea salt infused with flavors like Saffron for an instant boost to your cooking.
- Check the Clean 15 and Dirty Dozen to see which veggies must be bought organic.
- Switch your dairy to Grassfed and Organic.
- Ditch the tap water and the plastic bottled water, opt for springwater in glass jugs.
- Check that the strawberries you buy have been treated only by a natural pest repellent like clove oil.
- Introduce superfoods into your diet, like acai and Maca root.
- Look into Freeze-Dried Superfood powders for a way to add amazing nutrients to everything.
- Schedule a superfood-rich family dinner for this week.
- Check out some of the great recipes on Jay and Joy's site at jingslingers.com!

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

<https://www.getyourselfoptimized.com/the-jingslingers-biohacks-for-a-long-healthy-life-jay-and-joy/>