

013: Healing Our Bodies For Longevity And Boundless Energy

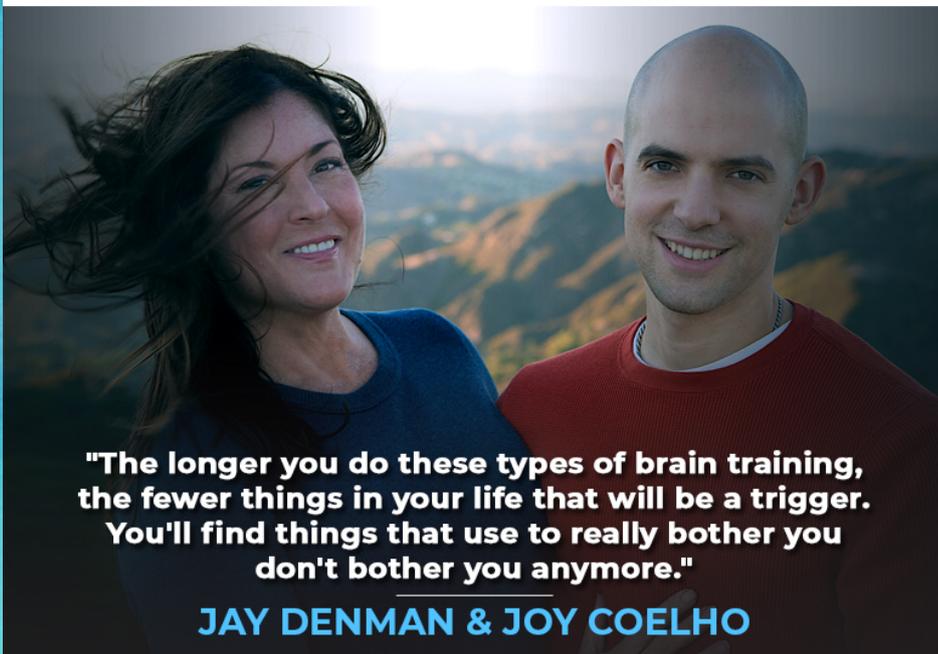
10 Point Checklist

Jay and Joy

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**



**"The longer you do these types of brain training,
the fewer things in your life that will be a trigger.
You'll find things that use to really bother you
don't bother you anymore."**

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.**

- Find a professional hydrotherapist to get a colonic to clean your system out before considering other detox programs.
- Get your body tested for genetic problems and problems with toxins.
- Check out the EWG report before you consume fish to make sure you aren't eating fish with a high concentration of heavy metals.
- Get your body tested for heavy metals, and think about chelating those metals out with supplements.
- Be careful of where you are putting your cell phone – be wary of the electromagnetic rays you are exposing your body to.
- Have problems falling asleep? Get blue-blocking glasses to help fall asleep more naturally if you are looking at a screen or TV before bed.
- Try binaural beat technology to get the benefits of longterm mindfulness meditation right away.
- Try a grounding pad to get the blood flowing in your body and return to a more natural state.
- Cryotherapy can work wonders on inflammation pain and low metabolism. Seek it out near you.
- Gut bacteria have been getting major news as we find they are incredibly important to overall health. Get yours checked out with uBiome.

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

<https://www.getyourselfoptimized.com/healing-our-bodies-for-longevity-and-boundless-energy-jay-and-joy/>