

# 069: Aiming for True Immortality with Youthful Vitality

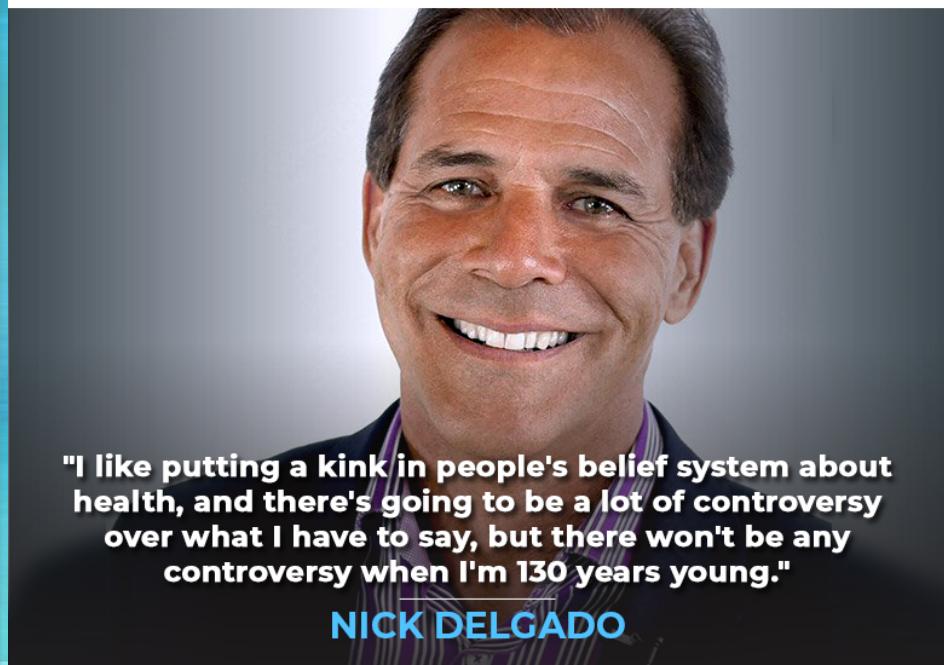
## 10 Point Checklist

**Nick Delgado**

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**



**"I like putting a kink in people's belief system about health, and there's going to be a lot of controversy over what I have to say, but there won't be any controversy when I'm 130 years young."**

**NICK DELGADO**

# 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.**

- Commit to consuming enough fiber, which is incredibly important for your health. If you're not sure which foods have lots of fiber, check out: <http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/highfiber-foods/art-20050948>
- Throughout the episode, Nick emphasizes the importance of getting enough sleep. Sleep at least 8 hours a night for the next two weeks, no matter how busy you are.
- If you still have trouble getting enough sleep, order a pair of Nick's LFC glasses. These may be able to help you get enough sleep even if that's normally hard for you.
- For the next month, switch to a plant-based diet without added oils. You may feel enough of a physical difference that you choose to switch permanently.
- Fill out the 30-page questionnaire at [trueimmortality.com](http://trueimmortality.com) and mention you heard about it on this podcast to receive \$200 worth of counseling for free.
- If you struggle with acne, take the hormone quiz on [estroblock.com](http://estroblock.com). This can help you gain a sense of whether you may have a hormonal imbalance.
- Take a 24-hour hormone analysis, which uses your urine to give you a detailed measurement of your hormone metabolites.
- Download Nick's Simply Healthy cookbook, available for free on [trueimmortality.com](http://trueimmortality.com).
- Nick's Immortality Pack is specially designed to help people stay healthy and young. Try it out and see whether it can make a real difference for you.
- Visit [Nick's YouTube channel](#) and watch one of the videos there each day.

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

<https://www.getyourselfoptimized.com/aiming-true-immortality-youthful-vitality-nick-delgado/>