

043: Combat Chronic Pain with Natural Rejuvenation

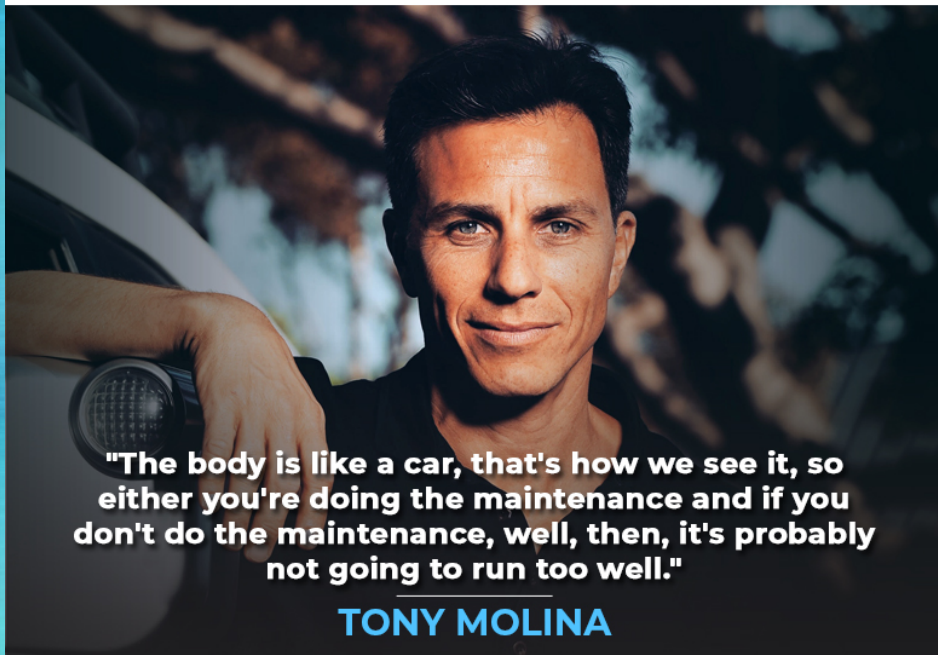
10 Point Checklist

Tony Molina

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 body is like a car, that's how we see it, so either you're doing the maintenance and if you don't do the maintenance, well, then, it's probably not going to run too well."

TONY MOLINA

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.**

- Try full-body cryotherapy to improve your circulatory system, your energy levels, nervous system, and the lymphatic system-you may even lose some weight and inches!
- Get moving! Exercise is important to our health, range of motion, and helping to decrease pain. Talk to a professional if you need specific moves to help ease problems with pain.
- Go to RewireProject.com to learn more about The Rewire Project and Tony's work.
- Feel and see how your body unfolds at your hips, knees, and the ankles-do you have good movement, or is there a limitation? With MAT, the motion can open up.
- If you're using IHT to help with training at high altitudes, commit to thirty minute sessions every three weeks, and you should see great results.
- Increase your growth hormone and muscle mass by training with the Power Plate several times a week.
- If you see incredible results with natural therapies after years of treatments, understand that it may be overwhelming at first. Be prepared for anything.
- Instead of an ice bath, use cryotherapy as a recovery tool. You can't get the temperature in an ice bath as low because you'll turn on the body's hypothermia response.
- If you're been unable to find relief from pain problems, find a location near you that practices Muscle Activation Therapy. It could completely change your pain levels.
- Get the benefit of a full-body workout without being too sore with the Power Plate-it can remove 80-90% of the soreness from an acute bout of exercise.

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

<https://www.getyourselfoptimized.com/combat-chronic-pain-natural-rejuvenation-tony-molina/>