

107: Fats that Heal and Fats that Kill

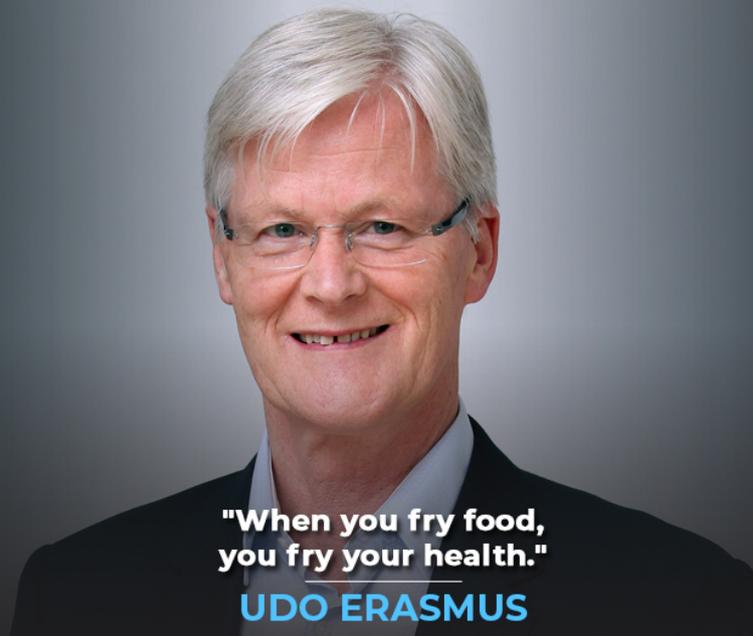
10 Point Checklist

Udo Erasmus

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**



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.**

- Include foods that are rich in essential fatty acids in my diet so that I am not lacking in Omega-3 and Omega-6.
- Find out if I am Omega-3 deficient through a series of serum, red blood cell and body fat tests.
- Refrain from using any type of cooking oil. Instead, undamaged and uncooked oil, like Udo's Oil, can help me achieve the needed fat in my body.
- Go from frying to cooking in water and then transition to eating raw until I make it a habit.
- Minimize or completely discontinue eating carbs because it's more difficult to burn fat when I still have a lot of carbohydrates in my system.
- Be active and exercise so that I burn more than I eat. Remember the saying, "when you eat carbs, either you burn them or you're going to wear them."
- Know where my food comes from and how it's produced. Some of it may have been mishandled or have chemicals that are actually bad for my body.
- Steer clear of processed food that contains synthetic ingredients that can stay in my system for a really long time.
- Plant a garden and grow my own fruits and vegetables. This is the best way to keep my food pure.
- Read books such as [The Book on Total Sexy Health](#) which is about improving my well being and teaching me ways on how to be better in maintaining my diet.

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

<https://www.getyourselfoptimized.com/fats-heal-fats-kill-udo-erasmus/>