

261: A Crash Course in Functional Medicine

10 Point Checklist

Sachin Patel

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**



“A resilient nervous system is the best tool we have to create an immune resistance to anything. And it's not just Coronavirus.”

SACHIN PATEL

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.**

- Prioritize my health more than ever. There are so many opinions about the global pandemic, but if there's only one thing that should be universally true. We need to focus on our health and wellbeing more than ever.
- Apart from physical health, focus on improving self-mastery as well. Find ways to balance the mental, emotional, and spiritual aspects, so my physical health is optimized.
- Find ways to be productive at home since people need to refrain from going out these days. Go back to the things that I haven't focused on in the past because I didn't have time.
- Get at least seven to eight hours of sleep each night for my body to have enough time to recuperate.
- Be more reflective of what's happening around and inside my body. Spend time in complete silence and meditation. When my mind is at ease, my body follows.
- Learn to listen more than speaking. Listen to my heart, my loved ones, my community, and what the entire world is trying to say.
- Limit my eating habits and be disciplined about my calorie count. Fast regularly since it provides many health benefits that improve my gut health and digestive system.
- Consider a genetic assessment, so I have a better perception of how I can approach a healthy lifestyle.
- Lessen my exposure to artificial light and make sure I get enough vitamin D from the sun daily. At night, find ways to block blue light through glasses and filters.
- Check out [Sachin Patel's website](#) to learn more about inner healing.

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

<https://www.getyourselfoptimized.com/a-crash-course-in-functional-medicine-with-sachin-patel/>