

152: Detox at the Cellular Level

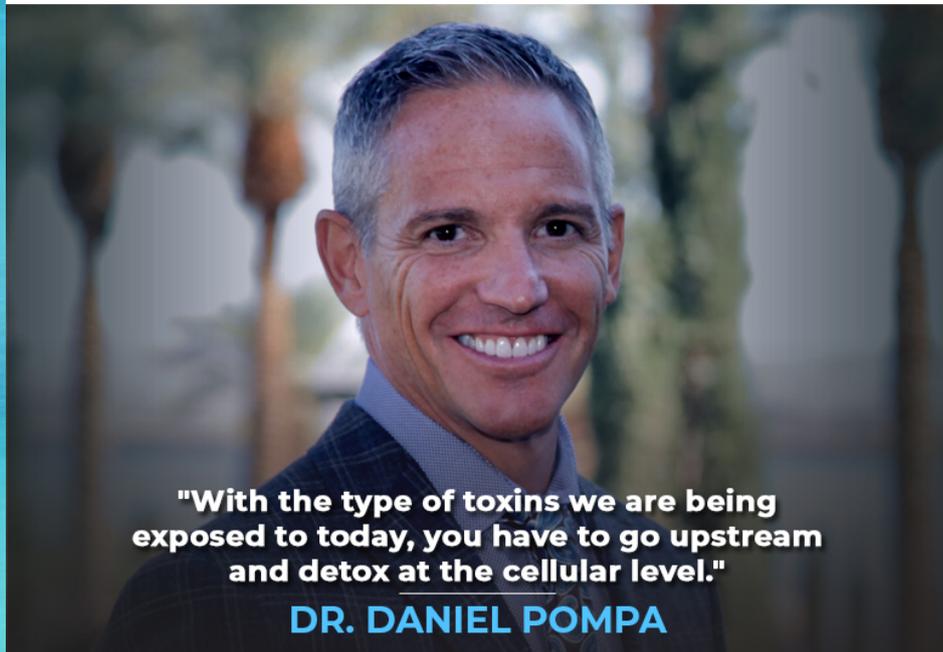
10 Point Checklist

Dr. Dan Pompa

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**



"With the type of toxins we are being exposed to today, you have to go upstream and detox at the cellular level."

DR. DANIEL POMPA

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.**

- Become aware of the different kinds of toxins in my environment. Prevention is always better than cure.
- Go on a recommended regular detox but make sure to detox at a cellular level.
- Research cellular wellness and find out how cell repair and therapy can actually solve my health issues.
- Take care of my overall health. Pay special attention to my liver and kidneys since they deal with my body's toxins.
- Consult with my doctor about my symptoms and health history before taking tests and getting blood work done. Determine which test to take before receiving treatment.
- Evaluate what I breathe in and apply to my body. Avoid harmful toxins in my environment, products, and food.
- Be careful with what I expose my kids to. Children are more prone to toxicity because of their weaker immune system.
- Go all-natural. Read labels and search for ingredients that I can't read or pronounce correctly. These ingredients are rarely good for my body.
- Regularly clean my house, especially areas where mold grows. Removing mold will help me avoid airborne toxins that can enter my respiratory system.
- Take the next step and get treatment from a coach trained by Dr. Dan at www.drpompa.com

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

<https://www.getyourselfoptimized.com/detox-at-the-cellular-level-dr-dan-pompa/>