

123: Optimize Cellular Nutrition for Vitality and Longevity

10 Point Checklist

Wade Lightheart

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 had learned to build a body from the outside in. I hadn't learned to build a body from the inside out."

WADE LIGHTHEART

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.**

- Keep a positive outlook on health to get in the right state of mind. Maintaining a healthy lifestyle is not a walk in the park.
- Build my body from the inside out instead of the outside in. Being healthy is more important than looking physically fit.
- Run some tests to learn more about my health and what I need to do to improve it. It can be a blood test, a checkup or a specific health test.
- Prioritize a healthy diet and make sure I have good digestion. Many common health issues are connected to the digestive system.
- Refrain from taking antibiotics. Antibiotics don't just kill bad bacteria, they kill good bacteria that defend my body.
- Research and take more probiotics to help with cell and tissue regeneration.
- Eat more fermented food like pickles, kimchi, tofu, and kombucha. These foods carry enzymes and bacteria that are good for the digestive system.
- Schedule a colonics session with a medical professional to completely flush out all the toxins in my intestines.
- Look into alternative cleansing techniques if I'm not ready for colonic therapy. Good options include the water fast and Sambu kit cleanse.
- Access Wade's private program platform and discover how to achieve AWESOME health in 12 weeks.

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

<https://www.getyourselfoptimized.com/optimize-cellular-nutrition-vitality-longevity-wade-lightheart/>