

274: Boost Your COVID-19 Resiliency and Immune System

10 Point Checklist

Dr. Joseph Mercola

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**



"It's usually the wisest, simple, and least expensive strategies that turn out to be the most effective in taking good care of your health."

DR. JOSEPH MERCOLA

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.**

- Be more critical of the food I eat. Start prioritizing my health by first changing my diet. The mindset that health and medicine rely heavily on doctors' prescriptions should be shifted to preventing disease through a healthy diet.
- Be more aware of my vitamin D levels. According to Dr. Mercola, acquiring levels around 60 to 80 is what's healthy for my system. Getting enough daily sunlight is the best way to get vitamin D. However, if an area isn't as sunny, taking supplements is the next best thing.
- Maintain a balanced and healthy lifestyle. It's the best way to strengthen my immune system in fighting viruses and diseases. Be mindful of the food I eat, how physically active I am, what I consume mentally, and how many hours I sleep.
- Run through tests that will let me better know the status of my health. Having these types of results can help me make better decisions about my body moving forward.
- Eat organic and avoid eating processed foods and GMOs. If I go through the ingredients list and there's an ingredient that's difficult to read, it's probably not good for my body.
- Practice ethical eating. Go the extra mile and research the brands I currently buy. Find out if their production has a negative impact on human rights or the environment.
- Beware of Linoleic Acid. This component is commonly found in vegetable oil, chicken, and pork. These are foods that are high in Omega-6 and can deteriorate my health immensely in the long run.
- Limit my carb intake and make sure that these are natural carbohydrates that are healthy for my metabolism.
- Visit www.Stopcovidcold.com to learn more about the latest research on COVID-19.
- Visit [Dr. Mercola's website](#) for more information about natural health and tips on improving human life longevity.

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

<https://www.getyourselfoptimized.com/boost-your-covid-19-resiliency-and-immune-system-with-dr-joseph-mercola/>