

275: The Revolutionary Health Effects of Shockwave Therapy

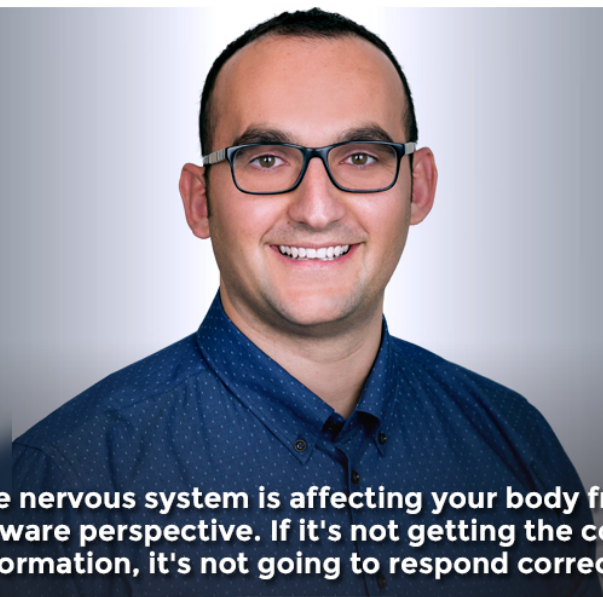
10 Point Checklist

Dr. Uran Berisha

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**



"The nervous system is affecting your body from a software perspective. If it's not getting the correct information, it's not going to respond correctly."

DR. URAN BERISHA

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.**

- Research more about shockwave therapy and its many benefits in relieving chronic pain. It's a well-known treatment in orthopedics, physiotherapy, sports medicine, urology, and veterinary medicine.
- Find a way to minimize the impact of abrupt or out of the ordinary strenuous physical experiences. When the body goes through something impactful, all of a sudden, the nervous system usually pays the price in the long run.
- Limit anything that causes me stress. Track my health and make sure to find time to breathe and relax regularly. Light exercise and meditation are great activities that can relieve physical tension.
- Live a balanced life. Become more aware when I'm working, eating, or sleeping late too often. It's okay to have fun and indulge myself sometimes, but everything should be done in moderation.
- Never ignore physical pain, mostly if I've felt it more than once. Fix something and avoid long-term complications by finding the root cause.
- Track the pain, record its level, and list the activities I did at that moment. Doing this will help me be more aware of what to do if the situation escalates and needs to be taken seriously.
- Prioritize nutrition. Be more conscious of what I put in my body. It's not just the food I eat but also the products I use daily and apply to my skin.
- Monitor my blood's health. Nutrients are passed to the entire system through the bloodstream. If something is blocking flow or wrong, it can affect my overall health.
- Don't use illegal drugs or abuse prescription and non-prescription drugs. Drugs can produce adverse effects on the central nervous system that directly affects the brain's behavior.
- Consult with a medical expert on chronic pain treatment. For shockwave therapy and more, visit Dr. Uran Berisha's Unpain Clinic's [website](#).

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

<https://www.getyourselfoptimized.com/the-revolutionary-health-effects-of-shockwave-therapy-with-dr-uran-berisha/>