

171: Wellness Doc to Hollywood's Biggest Stars


10 Point Checklist

Dr. Matea

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 portrait of Dr. Matea, a woman with dark, curly hair, smiling. She is wearing a dark purple top. The background is dark with some blurred pink flowers.

**"When you do stuff you love, all of nature responds.
You feed nature and it feeds you back."**

DR. MATEA

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.**

- Try Dr. Matea's version of Myers Cocktail which she calls turbo charge. It's essentially a vitamin IV that contains magnesium, calcium, zinc and B-complex and helps boost your energy.
- Lose weight through Dr. Matea's lipotropic injections. It comprises methionine, inositol and choline which help the liver metabolize fat.
- Manage stress with a dose of B vitamins. It can be taken as vitamin pills but for an immediate result, vitamin injection is the way to go.
- Achieve deep REM sleep and treat insomnia with the help of these treatments: Mg-Zyme, a magnesium that I can take before bedtime at 200 to 400 milligrams; Rescue Remedy; De-Stress by Biotics, PheniTropic, and CBD oil.
- Relax my whole nervous system with a custom herbal formula made by Dr. Matea. It's in a form of liquid tincture that uses her favorite nervine called Melissa or Lemon Balm. She also uses a synergistic formula with Lavender, California poppy, oats Avena, Ashwagandha and skullcaps.
- Understand the benefits of adaptogen in helping the body deal with stress. Examples of such are ginseng, Rhodiola, Ashwagandha. Dr. Matea says you can take adaptogen herbs in the morning and then nervine herbs when you go to sleep.
- Honor the Earth and plants that carry spiritual energy and healing power. After all, it's the only one we've got.
- Operate at an awakened state by following my passion. When I do the things that I love, nature and the universe reciprocates that same energy towards me.
- Download Dr. Matea's one-hour video DVD and get educated with the common causes of sleep problems and how this can be treated with safe and natural remedies.
- Visit www.DrMatea.com to learn more about Dr. Matea's consultation, products and services. Health is wealth and investing in myself is the best investment that I could ever make.

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

<https://www.getyourselfoptimized.com/wellness-doc-to-hollywoods-biggest-stars-dr-matea/>