

# 169: The Story of Your Blood

## 10 Point Checklist

### Mary Beth Kauffman Mittleman

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**



**“You can create one little distinction within your day-to-day life that can impact the quality of your life forever.”**

**MARY BETH KAUFFMAN MITTLEMAN**

# 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.**

- Do what it takes to eliminate sugar from my diet. Every time I eat sugar, I'm feeding yeast inside my body instead of giving what my cells need to thrive.
- Consider getting a live blood analysis and a dry blood analysis. Red blood turns into yeast, bacteria, mold or fungus when the blood goes out of balance.
- Take a listen to [JJ Virgin's episode](#) and be informed of how badly sugar affects my body and get useful tips on how I can get off of sugar.
- Strive to have an alkaline diet. A diet that has more green leafy vegetables, avocado and good fats.
- Find ways on how I can release toxins from my body. My lymphatic system doesn't particularly clear out on its own and I can help it through lymphatic massage, by baths and Epsom salts and baking soda.
- Do an inventory of my body. Notice where there's an inflammation or pain as that is my body's way of telling me that I am out of balance.
- Recognize that the presence of cholesterol in my body means I'm over acidic. Aim a lifestyle where the cholesterol doesn't have a purpose to be produced.
- Consume good fats early in the morning. Try Mary Beth's avocado smoothies recipe. I can do a lot of different varieties, but the basic recipe is the cucumber, spinach, avocado with water or almond milk. I can also take [Juice Plus](#) which contains Omega 3, 5, 6, 7 and 9.
- Do not overlook the water that I drink. All waters are not created equal. Mary Beth drinks [Essentia](#) or [Fiji Water](#). Alternatively, I can buy distilled water and add minerals like lemons.
- Get leverage. Take responsibility for my own body and actions. When I see how my unhealthy habits affect my blood at a cellular level, it gives me an opportunity to make positive changes.

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

<https://www.getyourselfoptimized.com/the-story-of-your-blood-with-mary-beth-mittleman/>