

426: Tapping into Your Body's Intelligence

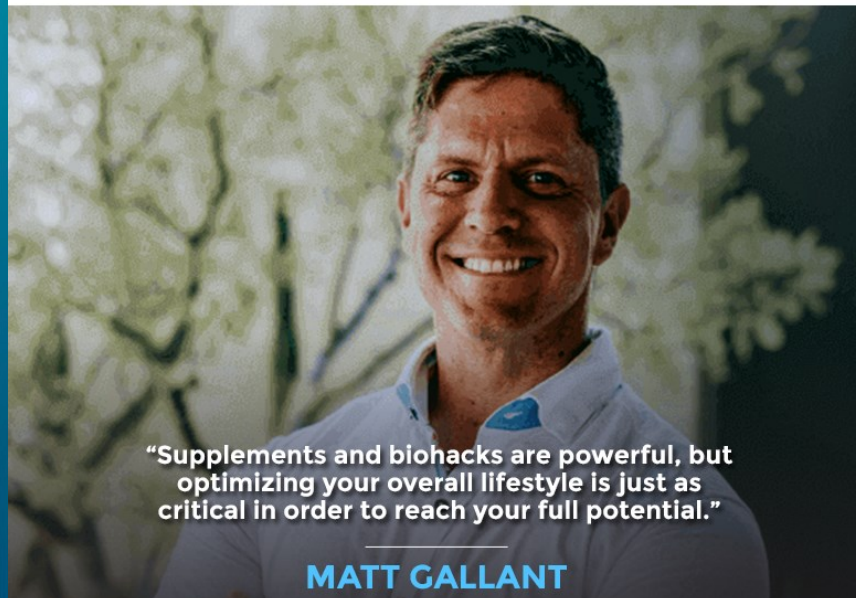
10 Point Checklist

Matt Gallant

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**



“Supplements and biohacks are powerful, but optimizing your overall lifestyle is just as critical in order to reach your full potential.”

MATT GALLANT

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.**

- Enhance discernment and self-care. Incorporate regular muscle testing into my routine to better understand my body's needs and make informed decisions about my health.
- Continuously reassess my supplement regimen using muscle testing. Recognize that my body's requirements can evolve over time.
- Explore the theta brainwave state to tap into inner wisdom and connect with my guides. Strengthen my manifestation abilities by maintaining focused intentions.
- Support my nervous system and stress management with magnesium and adaptogens. Optimize digestion and address deficiencies with micronutrients, probiotics, and enzymes.
- Cultivate a parasympathetic nervous system state by integrating daily practices like meditation, naps, and adaptogens into my routine.
- Ensure I have high-quality sleep. This can profoundly impact my health, memory, mood, and spiritual well-being.
- Identify a diet that aligns with my psychological and genetic makeup. Consider undergoing bloodwork to tailor my dietary and supplement choices.
- Maintain an open, discerning attitude towards emerging technologies like AI. Remain mindful of their potential impact on my life.
- Utilize tools like the Vision/Traction Organizer from EOS for my goals and aspirations to ensure clarity and focused progress.
- Visit BIOptimizers' website, bioptimizers.com, to explore their products, including their latest sleep formula. Enjoy a 10% discount using Stephan's code, sleepbreakthrough.com/stephan when purchasing BIOptimizers' sleep formula.

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

<https://www.getyourselfoptimized.com/tapping-into-your-bodys-intelligence-with-matt-gallant/>