

# 436: Deathly Ill to Vitaly Alive

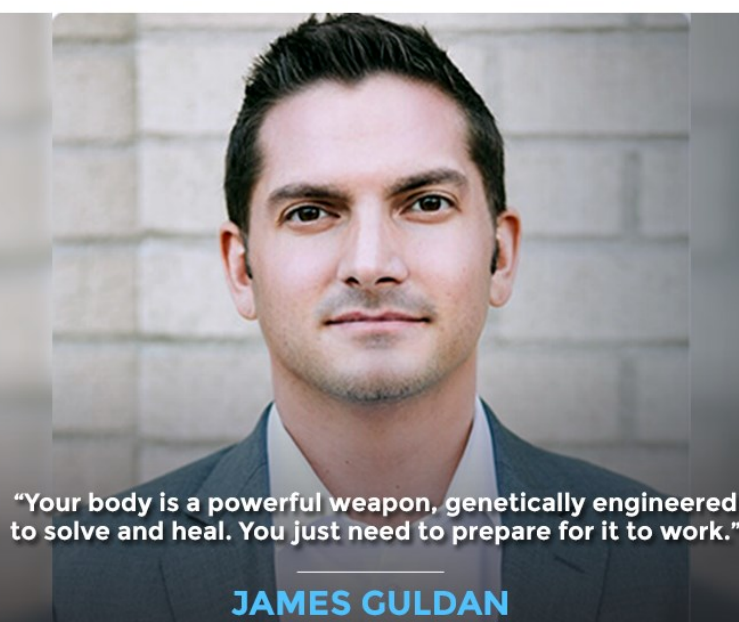
## 10 Point Checklist

### James Guldán

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**



"Your body is a powerful weapon, genetically engineered to solve and heal. You just need to prepare for it to work."

**JAMES GULDAN**

# 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 alternative and integrative treatments, like plant-based medicines and energy healing (under the guidance of experienced facilitators) to address physical and energetic imbalances.
- Work on my self-love, self-care, and emotional regulation. Cultivate self-love through daily affirmations, acknowledge my worthiness, and practice self-compassion.
- Practice mind-focusing activities like meditation and gratitude journaling to shift focus toward positive aspects of life. This helps me foster an appreciation mindset.
- Research alternative medical approaches. Consult with healthcare professionals who have experience with and are open to alternative, integrative approaches.
- Advocate for comprehensive testing, including advanced diagnostic methods, to accurately identify Lyme disease and mold toxicity. Seek out Lyme-literate doctors who understand the complexities of Lyme disease testing and treatment.
- Explore ozone therapy as a potential treatment. Ozone therapy is known for its antimicrobial and immune-boosting properties. Consider methylation support to optimize my body's natural detoxification processes. This may aid my recovery from chronic illnesses.
- Join online or local support communities related to my health challenges to foster connections with individuals who share similar experiences.
- Cultivate a mindset of resilience. Focus on my small victories and progress, no matter how incremental they may seem. Engage in activities to bring me joy and purpose. Believe that healing is possible, even in challenging circumstances.
- Approach life as an adventurer and explorer. Find joy in my simple, everyday experiences. See the world through the eyes of curiosity and share experiences with loved ones.
- Take a proactive step on my healing journey by reaching out to James Guldán at [james@jamesguldán.com](mailto:james@jamesguldán.com) for an opportunity to connect, share, and receive support.

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

<https://www.getyourselfoptimized.com/deathly-ill-to-vitally-alive-with-james-guldán/>