

450: Quantum Biohacking

10 Point Checklist

Ian Mitchell

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**



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.**

- Take Vitamin D (10,000 IUs daily), magnesium glycinate, and high dose Vitamin C (3-4 grams or more) daily to support my immune function, mood, cognition, and cellular health.
- Use mitochondrial enhancers like [Wizard Science's Olympic](#) and [Neural](#) serums to reduce my inflammation, optimize ATP output, and address diseases related to mitochondrial dysfunction.
- Address the root causes of my health issues, such as mitochondrial dysregulation. Avoid treating my symptoms without discovering their cause. Mitochondrial errors can trigger cytokine issues, autoimmunity, cancer, Alzheimer's, and more.
- Utilize my physiological personalized resonance and frequencies to positively transform my destructive interference patterns. This can quickly reduce my allergies and sensitivities.
- Practice kindness. According to the laws of physics, kindness produces an internally beneficial waveform. I should intentionally reduce fear and increase love.
- Meditate daily for 15-20 minutes. Meditation can help expand my awareness and consciousness. This can help to increase my peace, focus, memory, and intelligence.
- Intentionally discover meaning and purpose in my work. Read Viktor Frankl's [Man's Search for Meaning](#) on the profound impacts of intent.
- Increase my waves of love, kindness, and compassion. Focus on my thoughts, words, and actions. The impact of intentional compassion, kindness, and love on the world is immeasurable.
- Become fully present, quiet my mind, and listen to nature's wisdom. Develop my spiritual intuition and alignment.
- Optimize my well-being and reach out to Ian Mitchell directly via [Instagram](#) or through his website, Wizard Science (wizardsciences.com).

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

<https://www.getyourselfoptimized.com/quantum-biohacking-with-ian-mitchell/>