

451: Exploring the Frontiers of Regenerative Medicine

10 Point Checklist

Dr. Lisa Koche

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.**

- Practice self-love and set boundaries. By putting my needs first, I'll be full of energy to give to others and not feel depleted.
- Connect with my heart throughout my day. When I center my heart on wisdom, peace, clarity, and intuitive nudges, I can move forward.
- Spend time grounding myself. Grounding allows me to discharge unhealthy electromagnetic frequencies and absorb revitalizing electrons from the Earth's surface.
- Explore regenerative medicine for healing, such as stem cells, peptides, and mitochondrial optimization. These cutting-edge therapies can help reverse cellular aging and disease by activating my body's innate renewal capabilities.
- Incorporate daily spiritual practices like meditation, crystals, and energy work. When I explore my spirituality, I open up to higher vibrational frequencies that accelerate my holistic healing.
- Honor my sovereignty. Ask for permission before any medical procedure. Consent honors my autonomy and sovereignty over my body and health choices.
- Consider functional medicine for a more holistic, root-cause approach. Unlike conventional medicine's symptom management, functional medicine treats me as an interconnected whole.
- Nurture my mind-body-spirit connection through practices like breathwork, journaling, etc. Align my mental, physical and spiritual aspects for cellular healing.
- Open myself to non-traditional paths and trust my intuition on my healing journey. Time-honored yet innovative modalities may resonate with me more than conventional protocols.
- Visit drlisakoche.com for Dr. Lisa Koche's services and available resources, and email her at vkane@spectrawellness.com for their latest promotions and offerings.

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

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