## 201: Transcend Aging

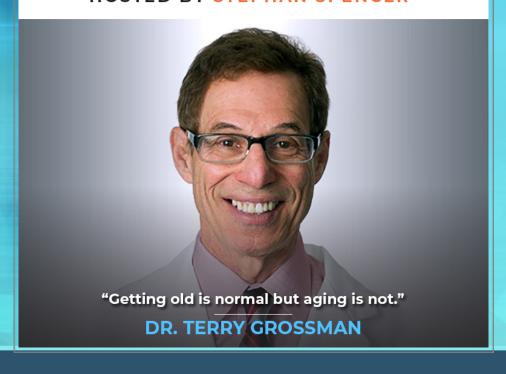
#### 10 Point Checklist

### Dr. Terry Grossman

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 multiple vitamins and minerals to ensure that I have the right amount of nutrients in my body.
	Try IV therapies for the delivery of medications throughout the body. This procedure works faster than oral or topical treatments.
	Burn calories every day through exercise and physical activity to keep my system active and reproduce good cells.
	Try intermittent fasting or fast at least 12 hours a day. Doing this allows my insulin levels to drop and improves my metabolism.
	Reduce my sugar consumption and maintain a healthy and balanced diet that's mainly comprised of fruits and vegetables.
	Get checkups and doctor consultations regularly even when I don't feel anything wrong with my body.
	Take advantage of the technology that makes my health better and my life more convenient. The medical industry has come a long way in detecting diseases even before they occur in the body.
	Run some lab tests so that I am aware of what's happening in my body. Dr. Grossman recommends getting a C-reactive protein, LDL, HDL, APOE.
	Check out <u>Dr. Terry Grossman's website</u> for more information on how to transcend aging or to request a consultation.
	Grab a copy of Ray Kurzweil and Dr. Terry Grossman's book, <u>Fantastic Voyage: Live Long Enough to Live Forever</u> .
То	view the transcript, resource links and listen to the podcast, visit:

https://www.getyourselfoptimized.com/transcend-aging-with-dr-terry-grossman