

379: Why You Need to Drink Deuterium-Depleted Water

10 Point Checklist

Victor Sagalovsky

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**



"Deuterium-depleted water is the biohacker's new standard for water, which is too important to be overlooked."

VICTOR SAGALOVSKY

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.**

- Maintain a deuterium-depleted diet. Green and leafy plants are low in deuterium, and sugary fruits and root plants are high in deuterium. void processed foods, excessive carbohydrates, and genetically modified foods.
- Try fasting to lower deuterium in my body. Fasting has been shown to reduce endogenous deuterium levels because fasting causes fat to burn. For every kilogram of fat I burn, my body creates a liter of metabolic water.
- Drink deuterium-depleted water. The consumption of deuterium-depleted water protected DNA from damage. While my biological system does its best to filter out deuterium naturally, a deuterium-depleted water drinking protocol lowers deuterium levels most effectively.
- Exercise daily. Physical activity helps deplete deuterium by increasing my metabolic rate, fat burning, and respiration.
- Always get high-quality sleep. A good indicator that I may have high deuterium levels is the amount and quality of my sleep. Sleep in darkness without blue light from cell phones or computers.
- Try light therapy. The body can eliminate deuterium more easily when it gets a lot of sunlight because red light and infrared stimulate mitochondria to produce more ATP.
- Practice breathwork. Breathing correctly to oxygenate tissues fully is necessary to deplete deuterium because the aerobic pathways require a significant amount of oxygen to function properly.
- Practice grounding. Fifteen minutes a day barefoot on the grass or earth is usually enough to do the trick and maintain a balance between you and the earth. Swimming in a lake or sea is another type of grounding. Immersing yourself in water is very cleansing to your internal bioelectric system.
- Avoid EMF and Over-Supplementation. Excessive EMF exposure contributes to uncontrolled oxidative stress - an imbalance of free radicals and antioxidants in the body. While synthetic supplements are like processed foods, they have high deuterium levels, sometimes upwards of 200 ppm. Select supplements that are plant-based and properly processed without synthetic or highly modified fillers.
- Visit Litewater's [website](#) to learn more about deuterium-depleted water. Also, check out [Deuterium Test's website](#) and take the deuterium test to measure my body's deuterium level. In addition, visit [DeteriumDepletion.org](#) for an in-depth study and the science of deuterium depletion.

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

<https://www.getyourselfoptimized.com/why-you-need-to-drink-deuterium-depleted-water-with-victor-sagalovsky/>