

# 434: Replenish Your Jing

## 10 Point Checklist

### Truth Calkins

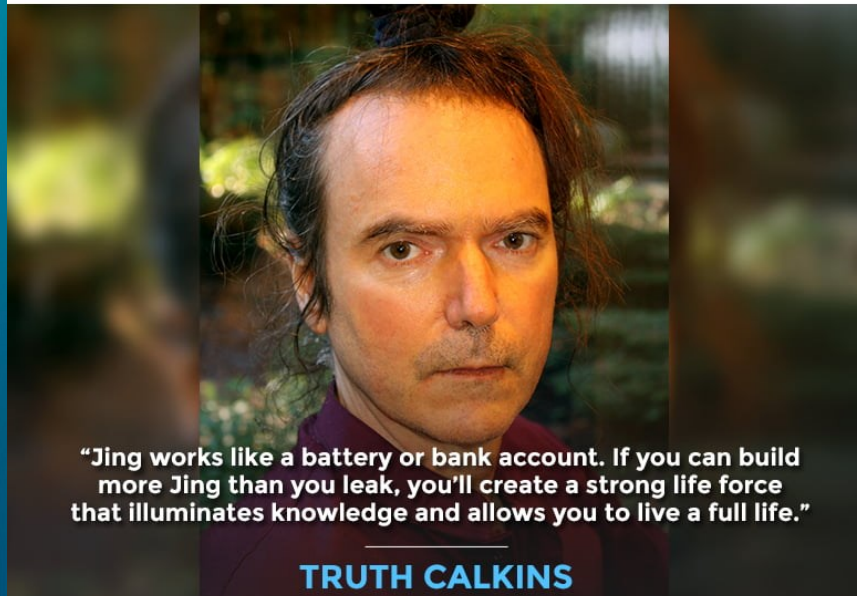
Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

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*Get* **YOURSELF OPTIMIZED**

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HOSTED BY **STEPHAN SPENCER**



**“Jing works like a battery or bank account. If you can build more Jing than you leak, you’ll create a strong life force that illuminates knowledge and allows you to live a full life.”**

**TRUTH CALKINS**

# 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.**

- Follow a therapeutic ketogenic diet to slow down aging and reverse age-related diseases. Maintain my ketosis by moderating protein intake.
- Supplement my diet with amino acids, such as Master Amino Acid Pattern (MAP), to meet my protein needs without disrupting ketosis.
- Incorporate high-quality Chinese tonic herbs like ginseng, cordyceps, and reishi in my diet to nurture Jing, Qi, and Shen.
- Prepare and consume warm tonic herb elixirs on an empty stomach for vagotonic "Yin Jing" effects.
- Practice celibacy, ensure adequate sleep, manage stress, and address inflammation and infections to reduce my Jing leaks.
- Utilize an Exercise with Oxygen Therapy (EWOT) system coupled with oxygen therapy for powerful anti-aging, cardiovascular exercise benefits.
- Drink negative-ORP hydrogen water and inhale hydrogen gas. This will fill my body with antioxidant electrons.
- Incorporate raw cultured foods like sauerkraut, yogurt, and kefir into my diet for optimal gut health.
- Implement a 5-day fast once per month and practice longer fasts more frequently for metabolic benefits.
- Take advantage of a 20% discount on private consultations with Truth Calkins by visiting [thejingmaster.com](https://thejingmaster.com). Don't miss this limited-time opportunity to enhance my well-being.

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

<https://www.getyourselfoptimized.com/replenish-your-jing-with-truth-calkins/>