

020: Avoiding and Reversing Disease Through Alternative Health

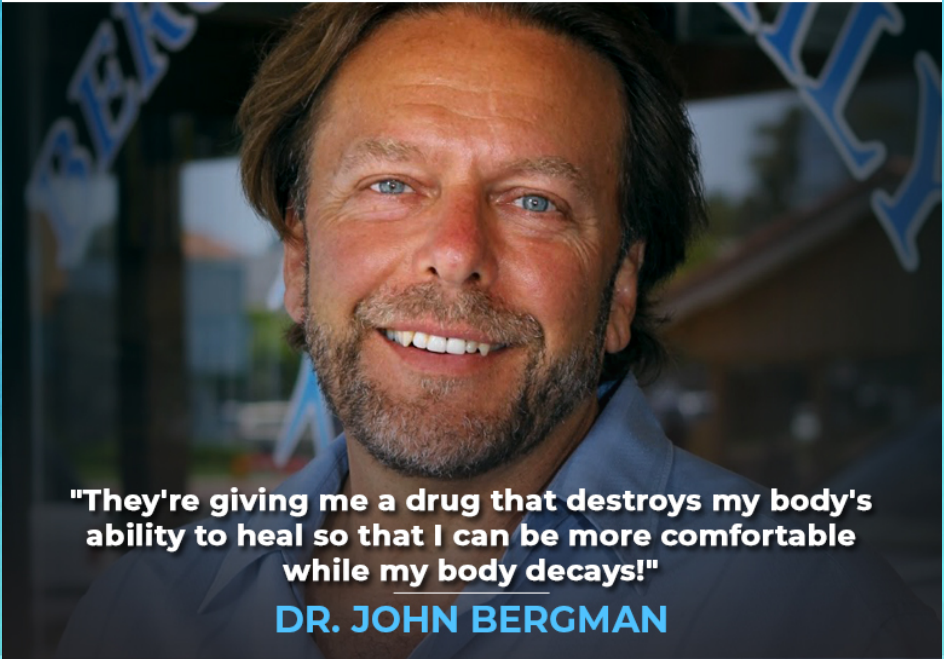
10 Point Checklist

John Bergman

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**



"They're giving me a drug that destroys my body's ability to heal so that I can be more comfortable while my body decays!"

DR. JOHN BERGMAN

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.**

- Ditch the homogenized, pasteurized milk. Instead, go for raw milk, or if you can't find raw, at least an organic, un-homogenized option. This will have far healthier fats, and be better for the nervous system.
- Trying to bulk up with some protein? Plant-based options will be a lot easier for your body to absorb. Or if you want to do animal-based, gelatin comes pre-processed, so less work for your digestive tract.
- The plant-based diet is the healthiest diet in the world – it's been proven. If you like meat, tone it down to at least only a few times a month.
- Switch out those unhealthy oils – that's canola oil, soy oil, corn oil – the vegetable-based oils with high polyunsaturated fats that can slow the thyroid. Instead, opt for coconut, which also has great properties for the brain.
- If you really want to know what is going on in your body, the only way is a live blood analysis so you can look for nutrient deficiencies.
- If you're craving sugar, it probably just means that you crave food with more longterm energy. Replace that with a coconut fat based diet, and you'll find sugar won't enter your mind anymore
- Cholesterol drugs won't be as effective as making lifestyle changes. The real problem lies in adrenal stress, which is solved by getting healthy nutrients.
- Type 2 Diabetes is absolutely curable – the main cause is toxic food and medication.
- If you start living a healthier lifestyle, the diabetes will no longer plague you.
- Question what goes into vaccines. When it comes to the flu shot, some places inject you with neoplastic cell growth, which are cancer cells.
- "Lymphasize" with a rebounder trampoline every day to get your lymphnodes flowing.

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

<https://www.getyourselfoptimized.com/avoiding-and-reversing-disease-through-alternative-health-therapies-john-bergman/>