

364: Test, Don't Guess 10 Point Checklist

Barton Scott

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**



"Our intuition about our body is very powerful, except we don't tune in to it often. One way to improve this is by testing."

BARTON SCOTT

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 my daily dose of supplements and determine which types are necessary for my optimum health. We don't get enough nutrients from the food we eat; that's why adding this to our routine is important.
- Don't forget about mineral intake as well. Most vitamins don't contain minerals, and lacking some of these minerals may lead to certain cases, such as iron or copper deficiency.
- Test, don't guess. There are different ways to get myself medically tested to know what's happening in my body. Sometimes whatever is happening in our system may not reflect right away externally.
- Be more mindful of where my food comes from. As much as possible, eat organic, ethically sourced produce that doesn't contain any harmful chemicals.
- Clean my food thoroughly before eating them. Ensure they are properly washed before slicing, cooking, or placing them inside the fridge.
- When planting my seeds for fruits and vegetables, be meticulous with the topsoil quality. This is a huge factor in how nutritious the fruits and vegetables can grow.
- Don't succumb so easily to diet trends. Learn more about the implications of these diets so I have better knowledge of how they can affect my body in the long run. To be safe, a healthy balanced diet and regular exercise are still superior.
- Track my sleeping pattern. Stephan and Barton recommend using an Oura Ring to measure my sleep quality. Even if I live a healthy and active life, it won't matter if I have poor sleep habits.
- Make a habit out of living a well-balanced life. Like a well-oiled machine, we need to check ourselves regularly and implement ways that can optimize our longevity.
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