

441: Gut Health Is Crucial to Longevity

10 Point Checklist

Dr. Steven Gundry

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**



“Feeding your microbiome is crucial to your overall health.”

DR. STEVEN GUNDRY

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.**

- Avoid lectin-containing foods. Lectins may bind to my gut lining, potentially cause irritation, and compromise my gut health.
- Follow a diet high in healthy fats like avocados and olive oil. Healthy fats support my gut lining and provide essential nutrients for my overall health.
- Take supplements for my gut health. Consider supplements like probiotics and prebiotics. These supplements enhance microbiome diversity and contribute to my overall gut health.
- Get tested for a leaky gut. Measurable indicators help track progress in healing my gut and preventing leakiness.
- Cut out gluten from my diet. Gluten can exacerbate my leaky gut symptoms, and complete abstinence can help my healing process.
- Embrace a diet reflective of pre-agricultural era diets. This can help my body's evolutionary adaptation, and potentially reduce my inflammatory responses.
- Seek early intervention for conditions like Alzheimer's and Parkinson's. Early treatment aims to halt or reverse the progression of neurological disorders.
- Choose foods aligned with my ethnic background. Compatibility with my genetic makeup may help my overall health.
- Consume a variety of fermented and native-to-my-ancestry foods. Diverse food choices foster a rich microbiome, and can positively influence my overall health.
- Fasting and overuse of antibiotics can disrupt the delicate balance of gut flora, and impact my immune functions and mood.
- Visit Dr. Gundry's official website, [drugundry.com](https://www.drugundry.com), for information and resources on gut health.

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

<https://www.getyourselfoptimized.com/gut-health-is-crucial-to-longevity-with-dr-steven-gundry/>