002: The JingSlinger's Biohacks for a Long Healthy Life Sex Life

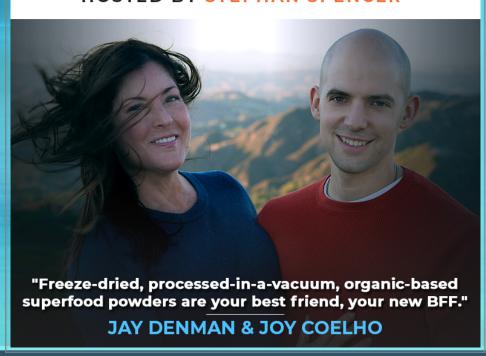
10 Point Checklist

Jay Denman & Joy Coelho

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



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.

	Get the books Wheat Belly by William Davis and Grain Brain by David Perlmutter.
	Try sea salt infused with flavors like Saffron for an instant boost to your cooking.
	Check the Clean 15 and Dirty Dozen to see which veggies must be bought organic
	Switch your dairy to Grassfed and Organic.
	Ditch the tap water and the plastic bottled water, opt for springwater in glass jugs.
	Check that the strawberries you buy have been treated only by a natural pest repellent like clove oil.
	Introduce superfoods into your diet, like acai and Maca root.
	Look into Freeze-Dried Superfood powders for a way to add amazing nutrients to everything.
	Schedule a superfood-rich family dinner for this week.
	Check out some of the great recipes on Jay and Joy's site at jingslingers.com!
То	view the transcript, resource links and listen to the podcast, visit:
<u>htt</u> p	os://www.getyourselfoptimized.com/the-jingslingers-biohacks-for-a-long-healthy-life- jay-and-joy/