

# 004: Protect and Optimize Your Brainpower

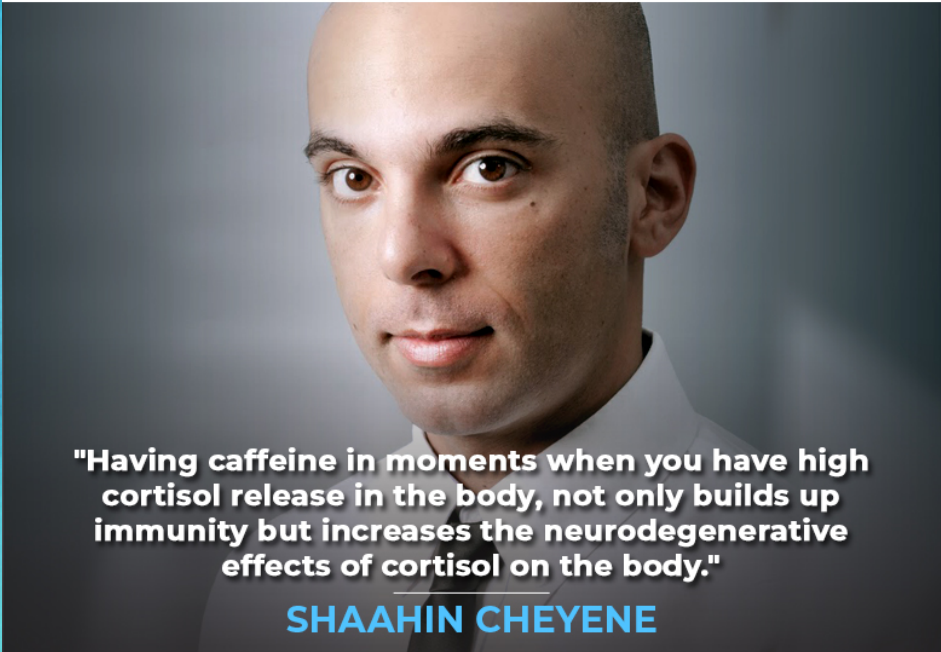
## 10 Point Checklist

### Shaahin Cheyene

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**



"Having caffeine in moments when you have high cortisol release in the body, not only builds up immunity but increases the neurodegenerative effects of cortisol on the body."

**SHAAHIN CHEYENE**

# 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.**

- Start taking a one-stop nootropic such as Excelerol.
- Start an exercise regimen or get a personal trainer.
- Start eating whole foods.
- Time your caffeine consumption to avoid hormone degeneration during peak Cortisol hours.
- Get your gut biome tested to see the health of your gut bacteria and where you can improve.
- Cycle your caffeine to reduce immunity and to reap benefits-two weeks on, two weeks off, etc.
- Try some Matcha tea!
- Reduce or eliminate all nitrates from your diet.
- Incorporate probiotics in your diet – pill or natural form – to balance your gut microbiome.
- Find your flow state – usually after a light nap or meditation, never after a meal – to get your best work done.

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

<https://www.getyourselfoptimized.com/protect-and-optimize-your-brainpower-shaahin-cheyene/>