

# 038: Reclaim Your Health and Boost Your Brainpower

## 10 Point Checklist

**Dave Asprey**

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**



**"I can tell you that if you're eating something and 45 minutes or two hours later, you're profoundly hungry, you did it wrong."**

**DAVE ASPREY**

# 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.**

- Have your [Bulletproof Coffee](#) first thing in the morning-which is your coffee with a few tablespoons of healthy fats-to stop mid-day hunger.
- To allow your body to fully express its capabilities and potential, stay away from stressful environments with bad light, air, foods, and relationships, and replace any negative programming in your head with more positive thoughts.
- Try [Unfair Advantage](#), it will increase the efficiency of your mitochondria so you can make more energy for about six hours, and also has anti-aging benefits when taken regularly.
- Keep your sugar and net carbs to under 25 grams per day if possible to help with weight loss, food cravings, energy, and alertness.
- Get your genes and hormones tested to have a better understanding of your body and the foods that you need but make sure you get more than just a cholesterol test. You need to test your C-reactive protein and homocysteine as well.
- The toxins in coffee cause a jittery feeling, anxiety, a crash after a few hours, and sugar cravings. For a coffee without toxins, try Bulletproof Coffee.
- Watch [Moldy: The Documentary](#) to find out what signs you should be on the lookout for in your own home, how to properly handle a mold problem, and how to regain your health.
- Avoid sugar and focus on eating lots of healthy fats like avocado and salmon, moderate amounts of high-quality protein, and tons of vegetables.
- Follow the [Bulletproof Diet Roadmap](#) to make sure that you are eating healthy foods that are going to benefit your brain function.
- Try to avoid grains, they have anti-nutrients as well as a lot of molds.
- Grab a copy of Scott's book called [The Status Solution](#) and understand the five rules of status that I can apply to help innovate my leadership and influence.

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

<https://www.getyourselfoptimized.com/reclaim-your-health-and-boost-your-brainpower-dave-asprey/>