

# Maintaining Relationships and Health Through Hormones and Behavior

## 10 Point Checklist

**John Gray**

Want to gain as much knowledge as possible out of The Optimized Geek?  
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.

*The* **OPTIMIZED GEEK** 

HOSTED BY **STEPHAN SPENCER**



**“You’ve gotta define “What am I? What is me? Where am I independent?” And from that place of independence, bring something home, so to speak.”**

**JOHN GRAY**

# 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.**

- Men, get your testosterone levels checked if you're having relationship problems. When you get close to a woman, your testosterone levels will decrease.
- If your testosterone levels are low, work out and get exercise. Get plenty of rest and don't exercise too much, though, as this can actually lower your testosterone.
- Avoid plastic cooking utensils and food containers. These contain xenoestrogens, which the body interprets as estrogens and can lead to lower testosterone production.
- To increase testosterone, put your hands on your hips and stand like Superman, or put your hands behind your head and lean back.
- To reduce estrogen, fast for a day at a time with lemon water or bone soup (and good vitamins and minerals).
- From time to time, take your energy away from needing sex (or your significant other) and put it into work instead. This will allow you to rebuild your testosterone levels and sexual interest.
- Men, if your feelings get hurt, find a way to process your feelings that doesn't involve going to your female significant other about them.
- Honestly assess your sugar consumption, then commit to reducing it by a realistic amount (or eliminating it) to avoid excess estrogen.
- Look into taking small doses of lithium. John recommends a dose of about 1% of what is typically prescribed for mood disorders.
- Order a month's supply of John's superfood shakes and have one daily. Observe how you feel on the new regime and notice how your mental clarity improves.