

# Achieve Net-Zero Aging

## 10 Point Checklist

### Dr. Eric Braverman

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 are only as young as your oldest parts."**

**DR. ERIC BRAVERMAN**

# 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.**

- Stay active and exercise my brain to sharpen my cognitive skills and function at a high level for a longer period of time.
- Consider my bone structure because my body frame can affect my central nervous system. A weak body frame means a weak brain.
- Check my hormone levels and make sure that they are in a normal state. Too much or too little estrogen or testosterone can lead to cancer of the cells.
- Research stem cell therapy and what it can do to prolong my life and regenerate my cells.
- Observe my sinus and its reaction to different environments. Having a regular case of rhinosinusitis can have serious effects on my health.
- Don't forget to take vitamin D by getting a good amount of sunlight. It's taken for granted but vitamin D is very important for bone structure.
- Make sure to get the right amount of sleep. This is the best time for cell regeneration.
- Develop a healthy, balanced life pattern composed of routines that involve eating healthy, sleeping right, staying active and taking care of my mental health.
- Check my serotonin level. Low serotonin may cause a prolonged change in mood as well as anxiety and depression.
- Grab a copy of Dr. Braverman's books, [The Edge Effect](#), [Younger You](#), and [Younger Brain, Sharper Mind](#).