

Oxygenation Therapy to Boost Your Body and Brain

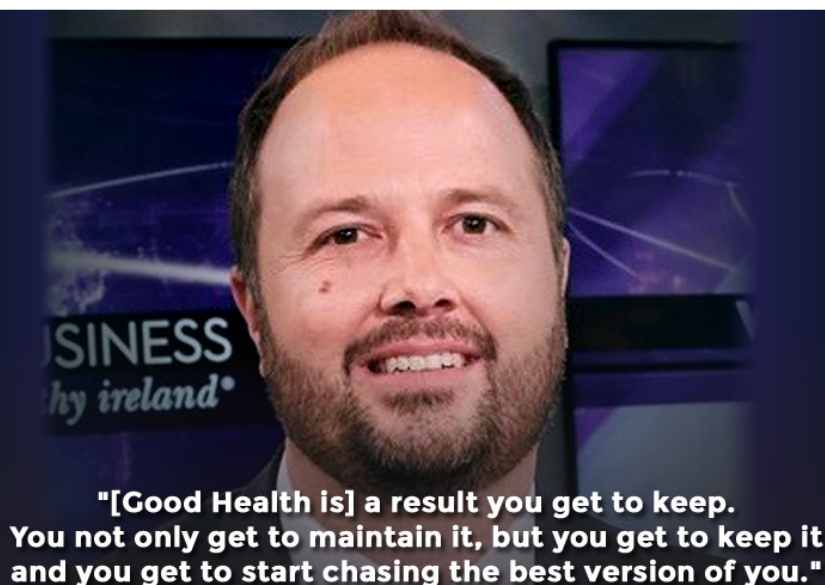
10 Point Checklist

Tom Butler

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**



"[Good Health is] a result you get to keep. You not only get to maintain it, but you get to keep it and you get to start chasing the best version of you."

TOM BUTLER

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.**

- Take a trip to Bulletproof Labs in Santa Monica once it opens, and try the LiveO2 System .
- Learn more about blood stasis and which part of my body may possibly be suffering
- Attend the next Bulletproof Biohacking Conference to learn cutting-edge health and biohacking technologies.
- Use a pulse oximeter (there are affordable options even for tight budgets) to monitor my blood oxygen levels
- Become familiar with my oxygen level patterns, then get a second pulse oximeter. Put one on each hand and observe the differences; left hand may have higher numbers.
- Calculate my target heart rate to plan better workouts. Visit this link to easily calculate.
- Contact LiveO2 to find a practitioner near me. Majority will be located in cities west of the Mississippi.
- Look into buying a LiveO2 system for my own home. Cost is a little over \$4,000 and lasts 10 years.
- Read Manfred von Ardenne's book Oxygen Multistep Therapy: Physiological and Technical Foundations for a deep look into what oxygen can do for the body.