

Clean Your Gut and Heal Your Inflammation with Preventative Medicine

10 Point Checklist

Susan Blum

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**



“What we learned over the past 20 years is that the root cause of disease is really focused in lifestyle.”

SUSAN BLUM

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.**

- Find out my risk for cardiovascular disease by getting lab tests and looking at family history. Get a Cardio CRP, find out my blood sugar marker, and get my cholesterol checked.
- Eat whole foods. Food that looks like it was picked from the ground. Not processed foods, oils, and sugars.
- Know where my food comes from and make choices that will protect myself from pesticides, toxins, and GMO food that is harmful to me.
- Limit my Salmon to once a week and be mindful about where it comes from to avoid raising my mercury levels. Alaskan Salmon and possibly Salmon that is farmed in the US under extremely strict guidelines are safer options.
- Try an Elimination Reintroduction Diet to see if I have any food sensitivities. For three weeks eliminate common triggers: gluten, dairy, soy, corn, and eggs. Also, cut out sugar, and processed foods. This also works for nightshades: tomato, potato, eggplant, and peppers.
- Get a stool test to understand the condition of my microbiome and if I am susceptible to things like autoimmune disorders and leaky gut.
- Use herbs to treat leaky gut or dysbiosis. I want to fix the flora with the herbs and then reintroduce the good stuff by taking probiotics and adding a teaspoon of Glutamine powder to help repair the intestinal lining.
- Eliminate stress and educate myself to make the right choices because it is about balance.
- Support my liver with antioxidants and greens. Find out if a liver cleanse is right for me on Dr. Blum's website BlumHealthMD.com.
- Read, "The Immune System Recovery Plan" by Dr. Susan Blum and find out about Dr. Blums coaching options on her website.