

# Fats that Heal and Fats that Kill

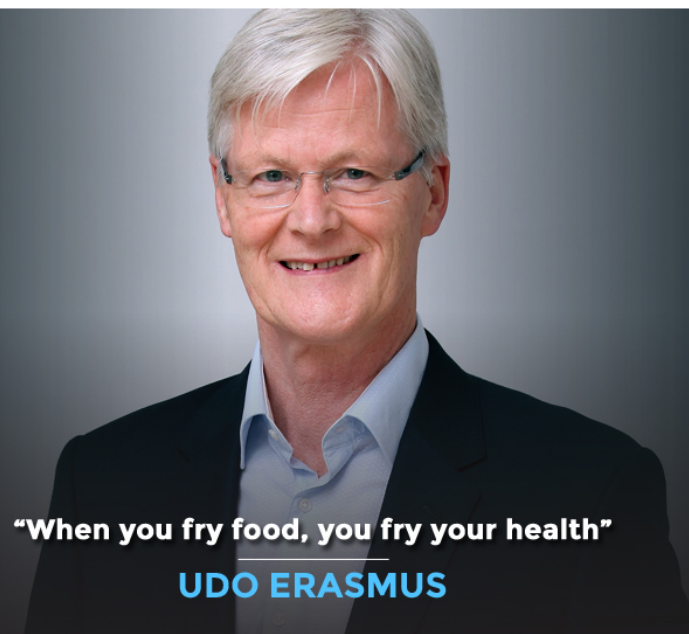
## 10 Point Checklist

## Udo Erasmus

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**



**“When you fry food, you fry your health”**

**UDO ERASMUS**

# 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.**

- Include foods that are rich in essential fatty acids in my diet so that I am not lacking in Omega-3 and Omega-6.
- Find out if I am Omega-3 deficient through a series of serum, red blood cell and body fat tests.
- Refrain from using any type of cooking oil. Instead, undamaged and uncooked oil like Udo's Oil can help me achieve the needed fat in my body.
- Go from frying to cooking in water and then transition to eating raw until I make it a habit.
- Minimize or completely discontinue eating carbs because it's more difficult to burn fat when I still have a lot of carbohydrates in my system.
- Be active and exercise so that I burn more than I eat. Remember the saying, "when you eat carbs, either you burn them or you're going to wear them."
- Know where my food comes from and how it's produced. Some of it may have been mishandled or have chemicals that are actually bad for my body.
- Steer clear of processed food that contains synthetic ingredients that can stay in my system for a really long time.
- Plant a garden and grow my own fruits and vegetables. This is the best way to keep my food pure.
- Read books such as The Book on Total Sexy Health which is about improving my well being and teaching me ways on how to be better in maintaining my diet.