192: EMFs: Ignorance Is NOT Bliss

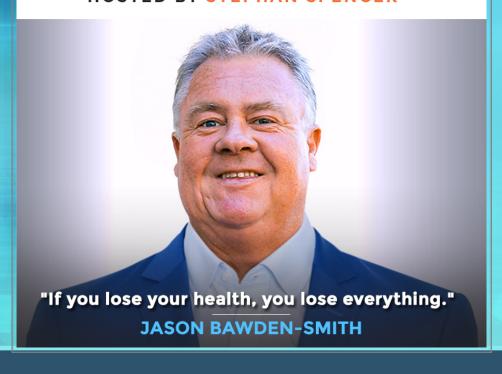
10 Point Checklist

Jason Bawden-Smith

Want to gain as much knowledge as possible out of Get Yourself Optimized? 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.



HOSTED BY STEPHAN SPENCER



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.

	Research more about the protocols based on mitochondria and its DNA which can help reverse virtually every chronic disease if done properly.
	Get up early and make sure I get as much morning sunrise as I can. The morning sunrise is critical for my health as explained by Hal Elrod in his book Miracle Morning.
	Manage my living environment and change my lifestyle. Put nature as a priority. Expose my body to the natural frequencies in which we were designed to live.
	Practice grounding which helps regulate my electrons by walking barefoot on the grass in the morning.
	Become as mentally sharp as I can be by minimizing my exposure to artificial frequencies and maximizing my exposure to natural EMF.
	Spend half an hour or fifteen minutes in a float tank to give my body a break. It takes away all sensory perception since water is a natural Faraday cage.
	Introduce more DHA and Omega-3 fatty acids by eating more oysters, lobsters, crabs, shrimp, prawns, cold-water fish, and other seafood. Our body needs DHA but we can't make it, so I should eat as much seafood as I can.
	Minimize my exposure to technology and have more good fats in my diet so that my body can naturally fix and heal itself.
	Buy and read Jason's book called <u>In The Dark</u> , as well as <u>Going Somewhere</u> by Andrew Marino to know more about how electricity works within the body.
	Visit Jason's website, <u>MitoHQ.com</u> , and join his Facebook group called <u>Mitochondriacs</u> to learn more about EMF and how to reverse chronic disease.
То	view the transcript, resource links and listen to the podcast, visit:

https://www.getyourselfoptimized.com/emf-ignorance-is-not-bliss-with-jason-bawden-smith/