

STELLAR *Life*

Hosted By *Orion*

Optimize Your Health

10 Point Checklist **Dr. Craig Koniver**

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

STELLAR *Life*

Hosted by *Orion*



10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Get lab tests done to understand your hormone and nutrient levels and to determine if you have any food sensitivities.
- Shift your mindset away from a place of guilt and into a place of empowerment. A mindset shift can help you put your health first.
- Focus on what you want, not on what you don't want. You always get what you focus on.
- Exercise in the morning instead of at night to keep your cortisol levels low before you go to bed.
- Wake up early to get early morning sun on your skin. This helps regulate adrenal levels and keeps cortisol levels in check.
- Have a nighttime ritual of turning off electronics, making the room darker, and doing something relaxing like having a cup of herb tea before bed.
- Take vitamin A, water soluble vitamin B5, and other B vitamins to help your adrenal glands function in a systematic way.
- Eat colorful fruits and vegetables and cut out sugar and carbs to naturally obtain nutrients. This will help keep your body functioning at optimum levels.
- Drink mineral water and take magnesium supplements to get essential minerals. Dr. Koniver's favorite mineral water is the German brand Gerolsteiner.
- Practice deliberative contemplation in the form of prayer, meditation, music, dancing or whatever works best for you.