

STELLAR *Life*

Hosted By *Orion*

Debunking Pharmaceutical Myths

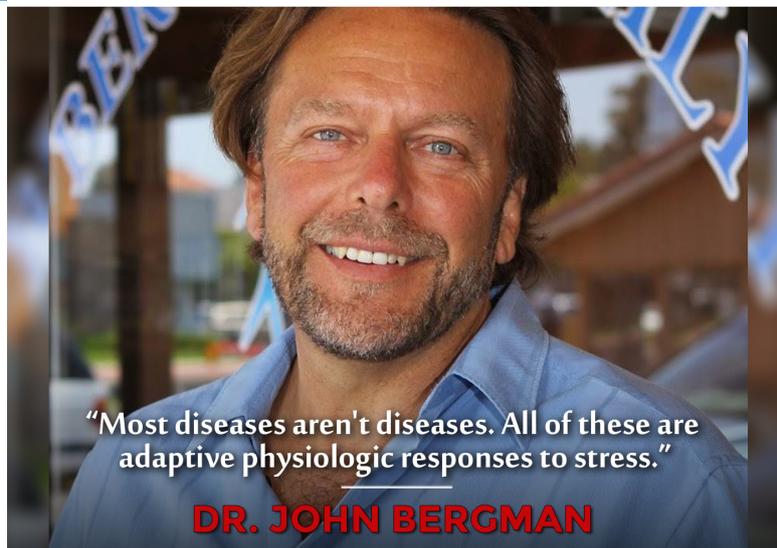
10 Point Checklist

Dr. John Bergman

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!

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"Most diseases aren't diseases. All of these are adaptive physiologic responses to stress."

DR. JOHN BERGMAN

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.**

- Take a more in-depth look into the cause of the disease. Some of the most common conditions such as arthritis, high blood pressure, type II diabetes, and high cholesterol are related to stress.
- Research the side effects of both prescription and over-the-counter drugs. According to Dr. Bergman, one study from the University of Alabama found out that for every drug you take to lower your blood pressure, your risk of stroke increases.
- Set aside 10 minutes and sit down with your arms level and take long, deep breaths using your diaphragm. Deep breathing exercises can help improve your blood pressures.
- Implement a balanced, healthy diet that is mainly composed of non-GMO and organic fruits and vegetables and non-commercially produced meat. Dr. Bergman advises eating Spirulina, Chlorella, fermented food, and items rich in Omega-3.
- Don't take Tylenol. It is a drug that is made to relieve joint pain but it actually destroys the building blocks of your cartilage, leading to joint damage when used long-term.
- If you are pregnant, build a vaccine plan and thoroughly research what type of vaccine your infant needs. According to Dr. Bergman, it's best not to vaccinate a child until their blood-brain barrier is formed, which happens between ages 8 to 12.
- Buy organic even for non-food items. The chemical ingredients found in your hair and skin care products can interrupt the hormone production in your body that can cause an imbalance.
- Make sure that you get a regular amount of sun exposure. Natural light has many health benefits, including heightening your mood and energy levels. If you live in a colder region, consider installing LED full spectrum lights in your home.
- Schedule a session with a chiropractor so that you can understand what's happening inside your body and what areas you need to focus on.
- Subscribe to [Dr. Bergman's YouTube channel](#) for highly informative discussions of essential issues on modern medicine and health.