

STELLAR *Life*

Hosted By *Orion*

Dirty Genes

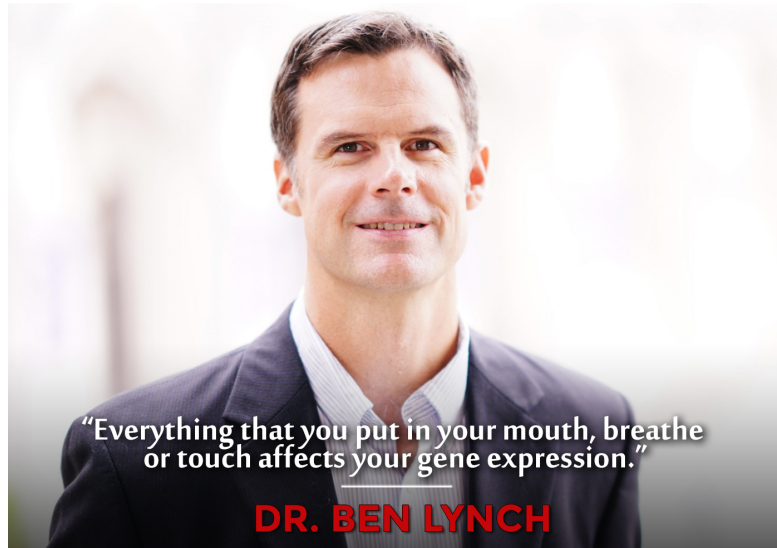
10 Point Checklist

Dr. Ben Lynch

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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"Everything that you put in your mouth, breathe or touch affects your gene expression."

DR. BEN LYNCH

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.

- Live a healthy lifestyle through a balanced diet and nourishing environment so that your body does not depend too much on supplements.
- Treat your genes like a computer or an intelligent machine. You need to provide your genes with direction so that they might reach their highest potential and work as they are meant to.
- Keep in mind that your doctor works for you. Not everything they say is 100% true or effective, and not all of their solutions will work for you. You know your body best, therefore, it's okay to look for another physician if you think it's not working out.
- Beware of charlatans and trending fads in the medical world. Just because someone or something is getting a lot of press doesn't mean they're good for you. Always research before you buy products that have been hyped.
- Regularly check your house for molds. There are many cases of mold infection and people aren't aware of how serious it is until they have to deal with the symptoms. Keep sensitive areas in your house clean and dry all the time.
- Vary your food intake. Eating just one type of food every day, even if it's healthy or organic, is not good for the body. It can create an unpleasant reaction and affect your immune system.
- Read as many medical and health and wellness books as you can. There is no one book that has all the answers. Apply the knowledge you've learned to your everyday life.
- Avoid processed food entirely. Any type of processed food with ingredients you cannot even pronounce will always cause a certain reaction to your body. It may not happen right away, but it will take a toll on you eventually.
- Grab a copy of Dr. Ben Lynch's book, [Dirty Genes: A Breakthrough Program to Treat the Root Cause of Illness and Optimize Your Health](#).
- Read the bonus chapter of Dr. Ben Lynch's book, 26 Steps to Clean Genes, on his website, drbenlynch.com.