

STELLAR *Life*

Hosted By *Orion*

Longevity Secrets

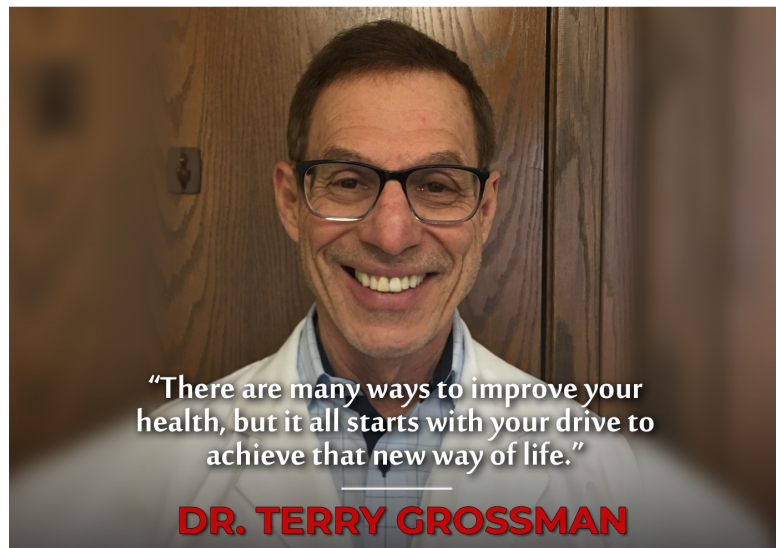
10 Point Checklist

Dr. Terry Grossman

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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"There are many ways to improve your health, but it all starts with your drive to achieve that new way of life."

DR. TERRY GROSSMAN

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.

- As the famous adage goes, “prevention is better than cure.” Aim to live a healthy life and try to not depend on medical drugs to cure diseases.
- Monitor your salt and fat intake to avoid blockages in blood vessels and aim to keep your blood pressure within the normal range. High blood pressure may lead to more health complications.
- Take magnesium supplements. Magnesium is nature’s calcium channel blocker and aids in maintaining a healthy blood pressure.
- Eat organic food rich in fiber to maintain proper metabolism for better digestion and faster cell regeneration.
- Avoid any form of sugar. Cut out any simple sugar in your diet and stick to natural sweeteners if needed.
- Learn to manage your stress by meditating, ensuring you get enough sleep, and cultivating a positive mindset in life.
- Try fasting occasionally. Not only will it help regulate your body’s system, but it is also beneficial for your spiritual well-being as well.
- Get a good amount of sunlight exposure. Go out during the day time to absorb free vitamin D.
- Get your hormones tested and learn how they affect your overall health. Imbalances in the body may cause complications.
- Check out www.grossmanwellness.com for more information on scheduling a consultation, more resources, and clinic locations.