

STELLAR *Life*

Hosted By *Orion*

Changing the Face of Medicine

10 Point Checklist

Dr. Donese Worden

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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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.**

- Find a middle ground between alternative and traditional medicine. It is possible for these two to mesh together. Healing doesn't have to be one-sided all the time.
- Venture out for a more holistic form of healing. When in pain on a specific part of the body, try to heal your mind so your body and soul may follow through.
- Participate in medical research in any way you can. Medical practitioners may dedicate their time to research, while civilians can always donate to various causes that involve health and medicine.
- Research as much as you can. There are tons of options and medical practitioners out there. Aside from traditional medicine, there's herbal, homeopathic, frequency healing, and so on.
- Don't hesitate to change your medical practitioner if you feel uncomfortable or if the treatment isn't going anywhere. There's always someone out there who can help you find the best solution for your healing.
- Understand that everyone is unique. What might work for others might not work for you.
- Find ways to strengthen your spirituality. Staying connected to a higher power can be crucial in one's healing.
- Keep doing what makes you happy. Doing the things you love helps increase energy, reduce anxiety, and improve overall health.
- Take supplements but don't overdo them. Less is more most of the time. Make sure to consult with your doctor on what you need to take.
- Visit Dr. Donese Worden's [website](#) to learn more about a more naturopathic way of healing.