

# STELLAR *Life*

Hosted by *Orion*

**Longevity, Antiaging,  
and Nutrigenetics**

**10 Point Checklist**

**Dr. Rajka Milanovic Galbraith**

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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"Aging starts the minute you're conceived. If you do anything to support healthy aging, you should aim for your overall health to equal your lifespan."

**DR. RAJKA MILANOVIC  
GALBRAITH**

# 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.**

- Address the root cause of your health problems and avoid settling on surface-level treatments. Do not hesitate to ask your physician questions. Actively seek solutions.
- Embrace a personalized health protocol according to your needs. Remember, functional medicine is not a one-size-fits-all approach.
- Regularly submit yourself for laboratory tests. Testing for specific deficiencies can help tailor your supplement routine.
- Focus on maintaining your overall health and lifespan. Keep your body in top shape and embrace the power of nutrition in anti-aging.
- Prioritize balancing hormones through proper nutrition, incorporating cruciferous vegetables, and avoiding xenoestrogens in beauty products.
- Consider core supplements, including multivitamins, minerals, vitamin D, probiotics, and omega-3 fatty acids. Modern lifestyles and depleted soil can lead to nutrient deficiencies.
- Avoid drastic juice cleanses when you have compromised health. Instead, support your body's natural detoxification through proper nutrition and hydration. Detoxification is essential, given our exposure to various toxins.
- Set boundaries and limitations for toxic relationships and working environments. Remember, you give people permission to continue to treat you in specific ways.
- Engage in a mutually respectful and collaborative relationship with your physician. This approach ensures the best outcomes in functional medicine.
- Visit Dr. Rajka Milanovic Galbraith's [website](#) to get answers, address the root cause of your health issues, and reclaim your energy. You can also visit her [Facebook](#) and [Instagram](#) for more tips and tricks.