

# STELLAR *Life*

Hosted by *Orion*

## A Radical Approach to Wellness

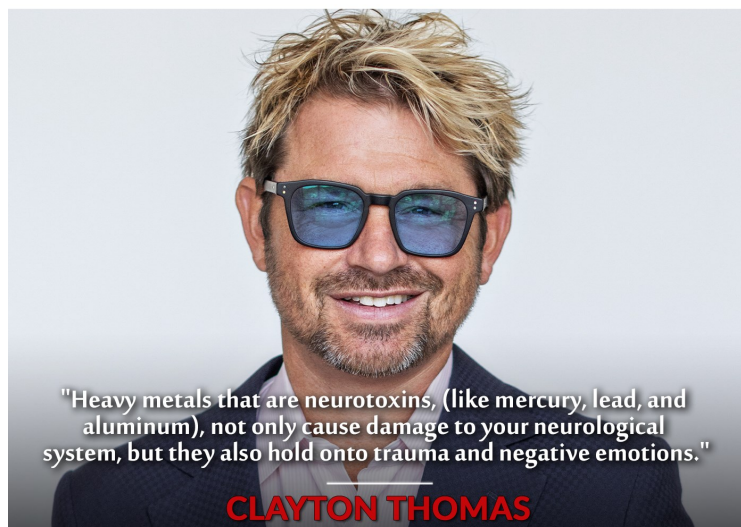
10 Point Checklist

**Clayton Thomas**

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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"Heavy metals that are neurotoxins, (like mercury, lead, and aluminum), not only cause damage to your neurological system, but they also hold onto trauma and negative emotions."

**CLAYTON THOMAS**

# 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.**

- Ground yourself by spending time barefoot outside. As a parent, make sure your children participate in outdoor activities such as barefoot play and plenty of proper exposure to nature.
- Learn more about the impact of toxins, particularly mercury. Toxins can be passed transgenerationally—research about how you can take proactive detoxification.
- Remain open-minded and willing to be a channel for new information. Acknowledge the vastness of available knowledge beyond your personal understanding.
- Improve your lifestyle by activating or deactivating genetic expressions through epigenetics. Challenge the perception of genetic issues related to early fetal exposure to mercury.
- Tap into divine guidance for your life choices. Trust your clear inner knowledge to lead you to your life's purpose.
- Strive to be the best version of yourself and embrace the creation of greatness. Recognize your uniqueness and the importance of authenticity.
- Explore the spiritual aspect of existence by working toward three primary goals. Embrace your journey, teach others through personal experience, and prioritize healing.
- Start with a clean slate to cleanse your foundation. Focus on gut health for your overall well-being. Address issues like fungus, parasites, and inflammation for optimal gut function.
- Address neurotransmission for mental clarity and emotional balance. Recognize the interconnectedness of the gut, heart, and brain.
- Exercise caution with psychedelics; focus on beneficial mushrooms. Psychedelics may contribute to fungal growth in the brain and undesirable outcomes.
- Visit Clayton Thomas' website, [theclaytonthomas.com](https://theclaytonthomas.com), for an abundance of holistic education and valuable content.