

Stem Cell Therapy for Musculoskeletal Problems and More

10 Point Checklist

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Want to gain as much knowledge as possible out of The Optimized Geek? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Take a trip to Bulletproof Labs in Santa Monica once it opens, and try the LiveO2 System .
- Learn more about blood stasis and which part of my body may possibly be suffering
- Attend the next Bulletproof Biohacking Conference to learn cutting-edge health and biohacking technologies.
- Use a pulse oximeter (there are affordable options even for tight budgets) to monitor my blood oxygen levels
- Become familiar with my oxygen level patterns, then get a second pulse oximeter. Put one on each hand and observe the differences; left hand may have higher numbers.
- Calculate my target heart rate to plan better workouts. Visit this link to easily calculate.
- Contact LiveO2 to find a practitioner near me. Majority will be located in cities west of the Mississippi.
- Look into buying a LiveO2 system for my own home. Cost is a little over \$4,000 and lasts 10 years.
- Read Manfred von Ardenne's book Oxygen Multistep Therapy: Physiological and Technical Foundations for a deep look into what oxygen can do for the body.