The Lazy Genius Way to Build Healthy Habits That Stick Transcript

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Podcast Introduction

Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Tip 5: Habit Stacking for Supplements

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Good job. You're halfway there. I'm so excited for you. We are on tip number five of ten on how you can live a longer, healthier, more vibrant life. Okay, so I'm going to make this quick, but tip number five is all about habit stacking.

So a lot of people are like, man, I'm not good at taking supplements. I don't take supplements. I'm not. You know, I always forget. So what you want to do is you want to stack your supplements on another habit.

So every time that I make breakfast for the kids in the morning, right after that, the next thing that I do is I'm going to take my supplements. Some people are like, you know what I'm going to drink?

You know, one glass of lemon juice, water in the morning or lime juice, water in the morning. Like like we just shared. Right. While they're doing that is I'm immediately going to be taking my supplements as well, right.

Well, I'm, I'm in my, in every lunch hour when I'm eating, I'm going to be taking the supplements that are needed to be taken with food at that time. So you stack, you figure out what is the one thing that you do in the day, whether it's drinking coffee or or eating your lunch or dinner, and you stack supplements on top of that.

And it's something that you do every single day. And it's it's like clockwork after a while. So, next tip is going to be all about novelty. This is one of the most powerful longevity strategies that you can implement.

Tip 6: Novelty for Longevity

This is tip number six. I hope you like it. You're doing great. Keep up the good work. You're, You're well on your way to the ten tips to, understanding how to live a longer, healthier, more vibrant life.

Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

Closing Remarks

For more insights and strategies, subscribe to our podcast and visit our website w WW doc Doctor talk.com. Stay connected. Stay healthy and join us next time on Doctor Talks.

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