Wellness Report

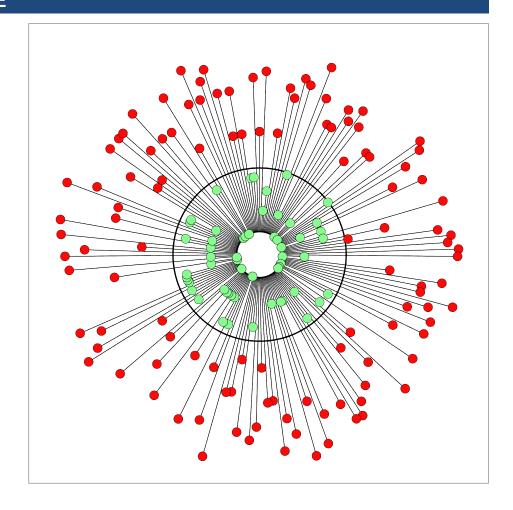


SAMPLE REPORT

YOUR DYNAMIC PROFILE

Biomarkers: 171 Range: 2.71

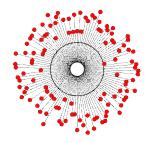
Biomarkers In Range: 57 Biomarkers Out of Range: 114





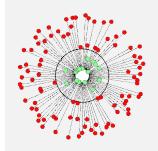
BALANCER VIRTUAL ITEM RE-SCAN RESPONSES

This section of the report shows your top balancer Virtual Items and how many out-of-range biomarkers each balancer progressively brought into range. Each balancer adds to the cumulative amount of biomarkers brought into range.



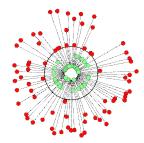
Baseline

Biomarkers Out of Range: 114



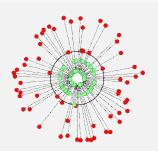
SF - Pancreas - CXP - 2078

Biomarkers Brought Into Range: 21 Category: All Systemic Formulas Products, Inventory



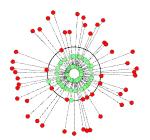
SF - Cell - VRM4

Additional BioMarkers Brought Into Range: 19 Category: All Systemic Formulas Products, Inventory



SF - D Digest - 17

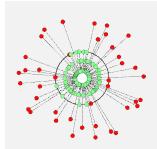
Additional BioMarkers Brought Into Range: 12 Category: All Systemic Formulas Products, Inventory



SF - SC Cleanser - 270

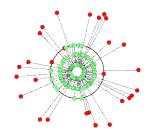
Additional BioMarkers Brought Into Range: 11 Category: All Systemic Formulas Products, Inventory





SF - KDIR - Fluidren - 450

Additional BioMarkers Brought Into Range: 11 Category: All Systemic Formulas Products, Inventory



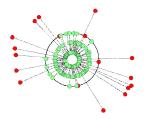
SF - Kidney S - Ks - 58

Additional BioMarkers Brought Into Range: 12 Category: All Systemic Formulas Products, Inventory



SF - DV3 Vit. D3 + Immune Support - 129 Additional BioMarkers Brought Into Range: 7

Category: All Systemic Formulas Products, Inventory



SF - Virox Tincture - TVIVI - 1488

Additional BioMarkers Brought Into Range: 3 Category: All Systemic Formulas Products, Inventory



PRODUCT DESCRIPTIONS

Top balancer Virtual Items are listed in order below along with their respective dR values and detailed product descriptions.

23.16 SF - Pancreas - CXP - 2078

Builds and strengthens pancreatic functions including enzyme functions & normal functions (insulin & glucagons). It performs as a pancreas builder and nutritionally supports pancreatic functions by helping rebuild and restructure the pancreas itself.

Ingredient: Spring Water; Grain Alchohol; Extracts of: Pancreas Tissue Factors; Catuaba; Cynita Cactus; Japecanga; Pata de Vaca; Pedra Hume Caa; Zinc Chelate.

Recommended Use: Adults take 1-6 drops orally 2-3 times a day, or as directed. Children ages 1-6 take 1-3 drops orally 2-3 times a day, or as directed.

(No 2078) Liquid ½ oz

23.09 SF - Cell - VRM4

This herbal vermifuge is effective in treating cases of cellular micro organisms. (Excellent for handling micro organisms in the internal organs).

Ingredients: Kamala; Guarana; Carrapichinho; Maracuja; Wormseed Herb; Papain; Alfazema.

Note: Pregnant women/children: consult with health practitioner before use.

Recommended use: 1-3 capsules at bedtime for 30-75 days, or as directed.

(No. 494) 30 capsules



20.47 SF - D Digest - 17

DESCRIPTION:

#17 - D - DIGEST - Provides an enzyme solution that promotes digestion of proteins, carbohydrates, and fats. A broad spectrum digestive support formula that promotes proper levels of digestive acids and enzymes. This formula has two primary uses:

- 1. Use with food for broad, digestive benefits.
- 2. Use between meals to breakdown undigested protein and lipid artifacts.1

COUNT:

60 capsules

Recommended use: 1-2 capsules up to twice a day for 1-3 months or as directed. Then, take as needed for maintenance.



19.19 SF - SC Cleanser - 270

This formula used topically, cleanses persistent infections; it is the blemish fighter formula. Use topically as a wet dressing for acne, skin rashes, chicken pox, poison ivy, poison oak, etc. Also use for yeast infections (mixed with warm water and applied as a douche.

NOTE: Recommended for external use only unless counseled otherwise by a health professional.

Recommended use: For External Use Only! Dilute 1 part SC to 10 parts of water; apply as needed for 1-2 weeks, or as directed.

(No 270) Liquid 4 oz.



19.13 SF - KDIR - Fluidren - 450

Description:

#450 - KDIR - FLUIDREN - This formula is a gentle yet highly effective kidney diuretic and stimulant. It supports healthy kidney activity and helps the body sustain appropriate fluid levels. It also aids the kidney to process fluids, and helps to remove kidney stones by a natural process of dissolution. KDIR works well with formulas K or Ks for issues that cause extra water weight gain. 1,4,8

COUNT: 60 capsules

NOTE: The herbs in this product is a diuretic and should be used with caution. Please consult with a health professional before using this product.







18.61 SF - Kidney S - Ks - 58

Ks - KIDNEY S - Assists the body to stabilize kidney functions. A gentler variation of the K Kidney Formula that specializes in a proper self-cleansing mechanism often chosen for drainage support during cleansing programs. It helps in reducing lower back pain due to kidney issues and relieving the body of excess water without the loss of electrolytes. A specific in kidney programs if there is sand in the urine.

Recommended use: 1-4 capsules up to twice a day for 1-3 months, or as directed. Then, take as needed for maintenance. May be taken with or without food.

(No 58) 60 capsules



18.33 SF - DV3 Vit. D3 + Immune Support - 129

This is a unique formula of vitamin D3 plus vitamin E, beta glucan, turmeric, L-carnitine, calcium, magnesium, and includes liver and kidney support. Replete with the necessary Vitamin K2 which should always accompany Vitamin D supplementation, this is a top of the line, clinically effective supplement for establishing activated vitamin D receptors associated with optimal health. Also comes in a liquid version: #199, Vitamin D3 LQ (Vitamin D3 + K2). In Vitro studies have shown vitamin D metabolites modulate expression and secretion of type 1 interferon and chemokines including CXCL8 and CXCL10.



15.66 SF - Virox Tincture - TVIVI - 1488

TVIVI - A liquid tincture of VIVI Virox. This formula helps the body when dealing with viruses by utilizing Lomatium Dissecutim and Pau D' Arco. These have been proven to assist this process by American and Brazilian Indian herbal traditions, as well as University studies. The factors in Leptotoenia are believed to have been successfully used during the San Francisco influenza viral epidemic of 1911.1

NOTE: During pregnancy or while nursing, this formula may only be used when recommended by a health professional. (Contains Leptotoenia - Lomatium Dissecutim).

Recommended use: 1/2 to 2 droppers orally 3-6 times a day, or as directed. Then take as needed for maintenance.

(No 1488) Liquid 1 oz



FOUR CORE BODY SYSTEMS FOR WELLNESS



The four core systems that are critical to maintaining health are:

- 1. Detoxification System
- 2. Gastrointestinal System
- 3. Hormonal/Endocrine System
- 4. Immune System

Why These Four?

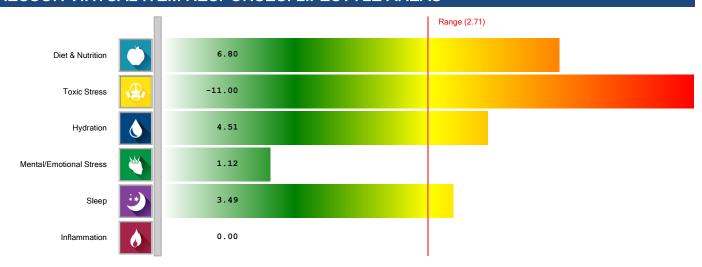
Whether you are very ill, seeking to prevent illness, or just trying to improve your overall health or fitness levels, it is important to evaluate these four systems. How these systems function both independently and interdependently has a profound influence on your health. If one or more is compromised, the negative effects spill over to all other systems, creating a chain of events that can greatly impact your overall health.

If you are serious about preventing health problems or creating an environment where the body can heal, you are cheating yourself out of success if you do not focus on these systems. (1)

STRESSOR VIRTUAL ITEM RESPONSES: FOUR CORE SYSTEMS



STRESSOR VIRTUAL ITEM RESPONSES: LIFESTYLE AREAS





DETOXIFICATION SYSTEM

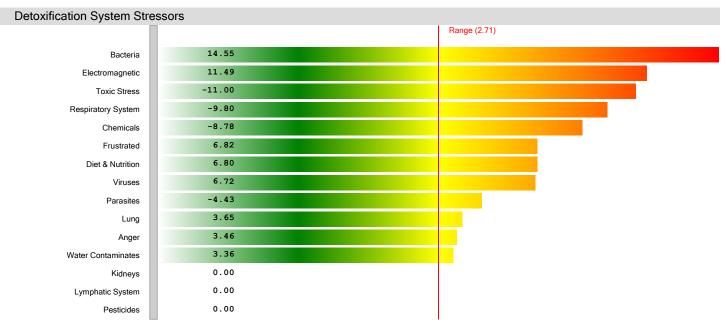


A toxin is any substance that causes harm in the body. Never before in human history have we been exposed to as many toxins as we are now.

If your body's ability to process these toxins—detoxification—is compromised, the dominoes will fall on your core functional systems and your health will suffer, with the quiet stirrings of chronic illness taking hold.

Fortunately, there are everyday things you can do to cleanse the body of toxins, strengthen the detoxification system, and prevent toxic overload.

The body has an amazing capacity to process and dispose of toxins. However, like any waste disposal system, it has limitations; chronic illness is the consequence when the body's capacity to process toxins is hindered. Impaired detoxification impacts us on a cellular level. Toxic build up will slow you down, zap your zest for life, and limit basic metabolic functions. (2)



12.86 YL - Fulfill Your Destiny™ Essential Oil

Top Detoxification Balancers



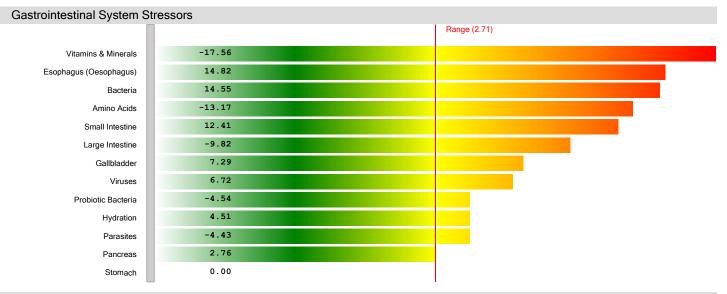
GASTROINTESTINAL SYSTEM



The saying "You are what you eat" can be said more accurately; "You are what you digest"! However, if digestive function is compromised, it's not just your body's nutrient status that suffers. The health of the gut greatly impacts brain function, hormone balance, immune regulation, and so much more...

The Gastrointestinal System, which handles your digestive function, also contains a vast mucosal barrier. Gut inflammation and a compromised mucosal barrier can be caused by bacterial and parasitic infections, food additives, environmental toxins, mental & emotional stress, and a host of other stressors. This can severely limit digestion, lead to inflammation in other areas of the body, and have a huge negative impact on the Immune System and Hormonal/Endocrine System.

In order for your body's cells, tissues, and organs to get both proper nutrition and eliminate toxins, your digestive organs need to be supported in a way that eliminates any stress that compromises this amazing system. (3)



Top Gastrointestinal Balancers



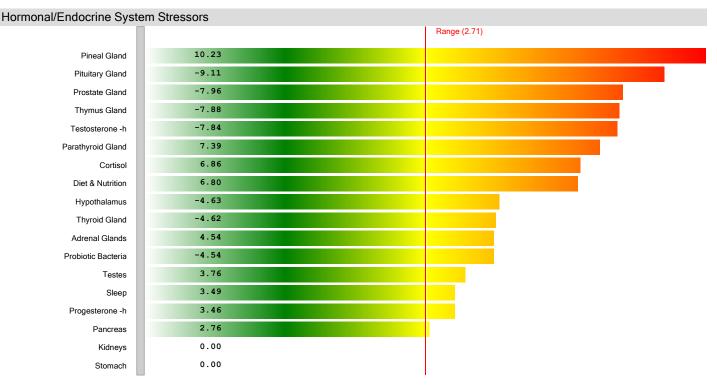
HORMONAL/ENDOCRINE SYSTEM



Hormones are chemical messengers that travel through your bloodstream and enter tissues, where they turn on switches to the genetic machinery that regulates everything from reproduction to emotions to your sense of well-being. The body's system of hormone production is formally known as the Endocrine System.

Hormones can be thought of as the chemical force that animates you physically, mentally, and emotionally. Balanced levels are necessary for the optimal function of numerous physiological processes.

In today's world, there are many environmental chemicals that act as endocrine disruptors that have a significant impact on your body's ability to utilize hormones both correctly and efficiently. In addition, there are many food and water additives that also impact Endocrine/Hormonal health. Being aware of and avoiding these toxins and stressors when possible will be a proactive step to improving your overall health. (4)





IMMUNE SYSTEM

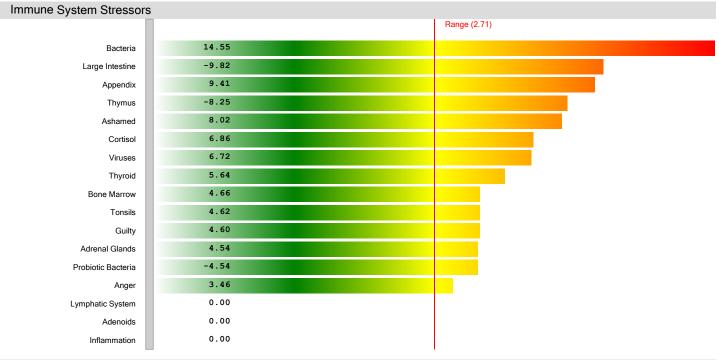


The first line of defense against disease-causing microorganisms is the skin and mucosal barriers. Behind this is a complex defensive system. Collectively these parts are known as the immune system.

The immune system neutralizes or destroys microorganisms and the toxins created by them wherever they attack the body via the extensive lymphatic system (comprised of the spleen, thymus gland, tonsils, bone marrow, and other organs and tissues). The network of lymph vessels (capillaries and lymphatics) drains the clear body fluid known as lymph from the tissues into the bloodstream. Special white blood cells that originate in bone marrow, known as lymphocytes, along with antibodies (proteins that neutralize foreign objects), are primarily responsible for carrying out the work of the immune system.

The first line of immune defense is called the mucosal barrier. Mucous membranes are an integral part of the immune system. They form a protective barrier between the interior of the body and the outside environment. The mucosal barrier is permeable and allows nutrients into the body while protecting it from infectious agents, allergens, and other harmful substances. If testing reveals that mucosal immunity is impaired, therapies should be initiated to rebuild it.

In addition to evaluating mucosal immunity, it is relevant to assess cell-mediated immunity and humoral immunity. Cell-mediated immunity works by the activation of specialized cells called macrophages and natural killer cells, which destroy intracellular pathogens (disease-causing microorganisms). Humoral immunity is the aspect of immunity that involves antibodies. Knowing the status of these immune components provides a comprehensive understanding of one's ability to fight infectious agents, defend against toxic exposures such as chemicals and heavy metals, and kill aberrant cancer cells. (5)



Top Immune System Balancers



DIET & NUTRITION



Regardless of the diet you follow, the primary goal should always be the same: maintaining good blood sugar (glucose) control. You can achieve and maintain optimal health only when you are on a diet that promotes hormone balance; that balance depends on a steady blood sugar level. Eating the proper combination of proteins, fats, and carbohydrates regularly and in moderate amounts helps to sustain that balance.

Clinically speaking, blood sugar control occurs when insulin and glucagon, two hormones produced by the pancreas, are in balance. Carbohydrate consumption and the resulting rise in blood sugar induce the stimulation of insulin, the hormone responsible for lowering blood sugar and storing excess blood sugar as fat. Protein consumption induces the stimulation of glucagon, the hormone that promotes the mobilization and utilization of fat for energy and, in the process, raises blood sugar.

Insulin and glucagon are antagonists, meaning that the secretion of one acts to balance or modulate the effects of the other. Above-average levels of insulin caused by a diet high in sugar, processed foods, and unhealthy fats are associated with almost every disease known to mankind, especially cancer, diabetes, and cardiovascular disease.

Signs of low blood sugar consist of headaches, brain fog, shakiness, fatigue, worry, carbohydrate cravings, and lethargy.

Signs of high blood sugar consist of anxiety, racing mind, nervous energy, headache, difficulty thinking and concentrating, and cravings for protein or fat.

If your blood sugar is low, you will mobilize cortisol to break down muscle, organ, and bone tissue—not fat—to ensure that a constant supply of blood sugar is delivered to your brain and the rest of your body. In effect, your body digests itself to continue operating. If your blood sugar is sustained at high levels, metabolism becomes chaotic and blood vessels may become damaged, which in turn creates a cascade of undesirable events. Stable blood sugar levels, on the other hand, form a strong foundation for hormone balance and homeostasis. (7)





HYDRATION



Water is life. You need water to eliminate toxic substances, produce digestive enzymes, maintain healthy skin, hair, and organs, and to help your body absorb essential vitamins, minerals, and natural sugars. Water also regulates body temperature, stimulates metabolism, and helps promote regularity. Fluids other than pure water don't act the same as water in your body, and they don't meet your needs for hydration like water does. Most people are slightly dehydrated from relying on other fluids besides water for their fluid intake. Coffee, tea, alcohol, and sodas (or any other caffeinated beverages) don't count; they're diuretics, which means they actually remove water and nutrients from the body.

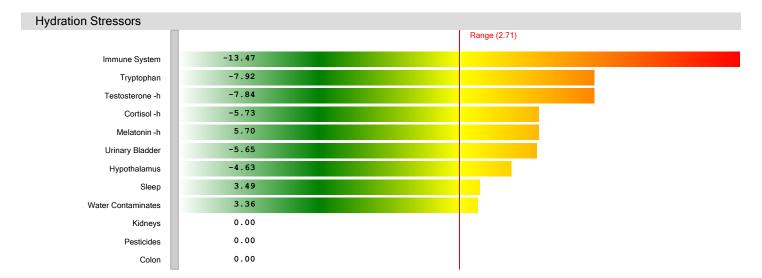
Chronic dehydration has been linked to the following symptoms and disease processes:

- Fatigue
- Constipation
- Headaches
- Indigestion
- · Muscle and joint aches and pains
- High blood pressure
- · Depression
- Allergies
- · Lack of mental clarity
- Skin issues
- · Excess weight

To prevent dehydration, drink as many ounces of water every day equal to half your body weight in pounds (e.g., body weight 150 pounds = 75 ounces of water a day). Use more water in hot weather or after strenuous exercise. When you're actually drinking enough water, your urine will be essentially clear.

Many digestive problems, joint and muscle issues, problems with fatigue, and even your complexion will clear up with the use of more water, especially when you limit or eliminate fluids that actually dehydrate your body (sodas/caffeinated beverages/alcohol).

It's okay to drink some water with meals because digestive enzymes are hydrolytic (activated by water). So drinking a little water with meals is fine. The bulk of the water you drink throughout the day, however, is best taken between meals. (8)





INFLAMMATION

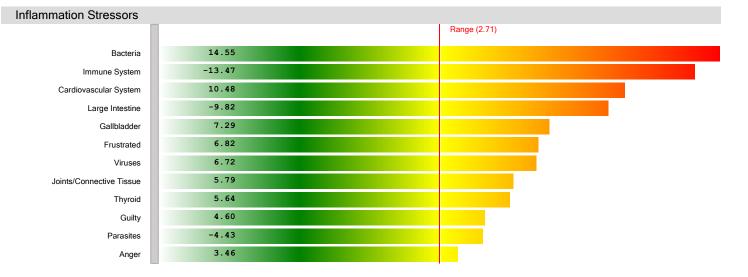


Acute Inflammation is the body's natural response to injury or infection. It's normally short in duration and it recedes as the body heals. The purpose of acute inflammation is to aid the body in healing.

When the body is injured, inflammation helps to improve the blood flow to the area generally resulting in redness, warmth, and/or swelling. The cells and nerves then send out signaling molecules called inflammatory cytokines to the immune system to attract white blood cells and aid in the healing process. As the healing progresses, anti-inflammatory cytokines are produced to turn off the inflammation process once the body has healed. Overall, acute inflammation helps by increasing the blood flow and immune response which then heals damaged cells, removes infection, and protects the body during the healing process.

Chronic Inflammation is consistent, low grade, or systematic. Scientists believe that is caused by faulty signaling to the immune system resulting in an unorganized white blood cell response. Since there's not an injury to be healed, the white blood cells become confused and begin to attack healthy organs and tissue. Over time, chronic inflammation can cause significant damage to the body and can be an underlying cause of disease or significantly impact existing diseases such as:

- Cancer
- · Heart disease
- · Diabetes
- · Obesity
- · Auto-Immune Disorders
 - Rheumatoid arthritis
 - Inflammatory Bowel diseases (ulcerative colitis, Crohn's)
 - Lupus
 - Asthma
- Depression
- · Allergies (9)





MENTAL/EMOTIONAL STRESS



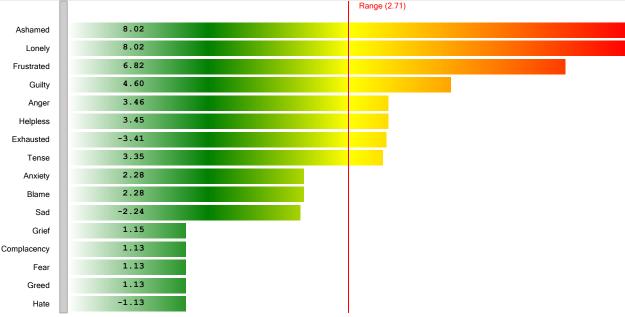
While you can't always control what happens to you, you can control how you react to it. Channeling your emotions in a consciously positive way helps you to dramatically decrease the negative impact of stressful events. Learning how to do this is part of personal growth—mental and emotional, as well as spiritual. Integrating relaxation exercises such as meditation and deep breathing into your daily routine can make a dramatic improvement in your entire life, giving you the resolve to positively channel your emotions.

Mental and emotional responses to stimuli are referred to as limbic responses. The limbic system of the brain, sometimes called the emotional nervous system, moderates your moods, maintains homeostasis, and helps form memories.

The hypothalamus, also known as the Master Gland, is a small gland at the base of the brain, a principal limbic structure whose primary purpose is to maintain homeostasis in the body—meaning that it returns systems within your body to their "set points." Specifically, the hypothalamus regulates hunger, thirst, levels of pain and pleasure, sexual satisfaction, and aggressive or defensive behavior.

The hypothalamus—under the control of your thoughts, feelings, and attitude—sends instructions through the autonomic nervous system and the pituitary gland. The autonomic nervous system regulates blood pressure, heart rate, breathing, digestion, and sweating, and serves other vital functions. The pituitary gland releases hormones that cause other endocrine glands, such as the adrenal glands and the thyroid, to secrete their hormones. The hypothalamus, therefore, is the principal intermediary between the nervous and endocrine systems—your body's two major control systems. (10)

Mental & Emotional Stressors Range (2.71) -13.47 Immune System Cardiovascular System 10.48 -9.11 Pituitary Gland -5.74 Hormonal/Endocrine System -5.73 Cortisol -h 5.64 Thyroid -4.63 Hypothalamus 4.54 Adrenal Glands -3.46 Musculoskeletal System Central Nervous System 3.45 **Emotion Stressors** Range (2.71) Ashamed 8.02 8.02 Lonely 6.82 Frustrated





Resentful

0.00

Top Mental/Emotional Balancers



SLEEP



Ample rest for the body is critical, yet an estimated 68% of the United States population has insomnia. They take more than 20 minutes to fall asleep, they wake up periodically throughout the night, or they wake up and are unable to fall back to sleep. These sleep patterns fit the clinical definition of insomnia, a major source of chronic stress that promotes a chronic stress response and compromises the hormone, immune, digestive, and detoxification systems.

Cortisol, DHEA, progesterone, melatonin, human growth hormone, estrogens, and testosterone all depend on quality sleep, as do neurotransmitters in the brain that can regenerate only with deep sleep. Poor sleep interferes with virtually all body functions and undermines homeostasis.

You can't have optimal health and longevity if you are not sleeping well.

The hormone, immune, digestive, and detoxification systems are hardwired to your internal "clock," or circadian rhythm. The circadian clock in mammals is located in the hypothalamus. In modern society, we have chosen to ignore this basic law of nature, attempting to bend this physiological imperative to our own needs and desires. We pay a hefty price for disturbing the internal clock and sleep cycle.

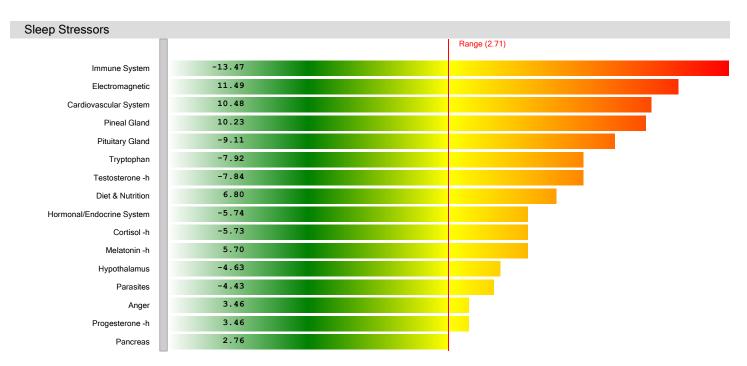
It's interesting to note that we live in a time where the days are extended with artificial light, which creates a shorter dark cycle. By shortening the dark cycle, we deprive ourselves of sleep. To lengthen this cycle, try sleeping in a room that is completely dark. A dark sleeping environment supports the body's ability to regenerate.

Another reason we are sleeping less, in addition to indoor lighting and multitasking lifestyles, is the universal acceptance and abuse of caffeine.

Caffeine junkies are caught in a vicious cycle of inadequate nightly recovery. The more caffeine you consume, the worse your sleep will be as a result of hormone disturbance, and your tendency to increase caffeine consumption rises, further robbing you of adequate sleep, and so on. If you insist on drinking coffee or other stimulants such as "energy" drinks, caffeinated teas, and sodas, limit your consumption to about 8 ounces and take these substances before noon to minimize their interference with your sleep.

Poor blood sugar control may be a factor in your inability to rest and recover given the highs and lows at play with your nervous system and hormone levels. Exercise can support your ability to get a good night's sleep, or can interfere with it. Both over exercising, such as pushing yourself to run even when you're tired, injured, or experiencing pain, or exercising during times when you should be resting can feed this problem.

Emotion is another lifestyle component that affects the quality of your sleep. If you are easily upset and carry around the negative emotions of the day, your mind will be busy and your body will be on alert. Learn to breathe deeply throughout your day and do not internalize negative experiences. (11)





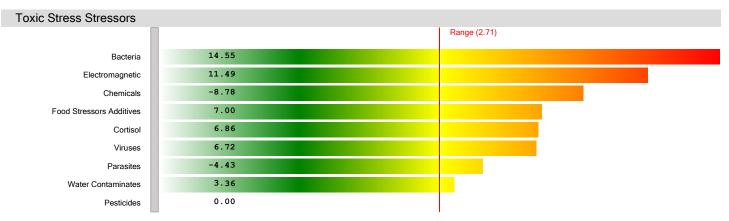
Top Sleep Balancers



TOXIC STRESS



Many of the toxic substances that enter the body are fat-soluble, which means they dissolve only in fatty or oily solutions and not in water. This makes them difficult for the body to excrete. Toxins may be stored for years in fatty tissues, and are released during times of exercise, stress, or fasting. During the release of these toxins, symptoms such as headaches, poor memory, stomach pain, nausea, fatigue, dizziness, and heart palpitations can occur. (12)



Top Toxic Stress Balancers



SERVICES



Your positive responses indicate a stronger coherent response, or preference, for the service Virtual Items shown here.

13.12 Bounce and Shake Lymphatic Activation

Bounce and Shake Lymphatic Activation is a gentle exercise that uses deep breathing and body movements to increase cellular vibration, burn fat, tone muscles, and increase lean body mass. Additionally, the gentle whole-body movement of bounce and shake stimulates the lymphatic system to help purify and cleanse the body.

9.81 **ZYTO SCAN**

Getting a ZYTO biocommunication scan is a simple and painless process. Simply place your hand on the ZYTO hand cradle while a scan is run. During the scan, subtle energetic impulses are introduced to your body through multiple input channels including the hand cradle. Your body will naturally respond to this communication and the ZYTO software records each response.

Scans are organized into what are called biosurveys. You've probably filled out a survey before; a series of questions that you provide answers to. A biosurvey is essentially the same thing, only you don't answer the 'questions' consciously, your body answers them directly. With biocommunication scanning, the 'question' is the Virtual Stimulus Item or (Virtual Items) and your response, which is recorded and analyzed by the ZYTO software, is a change in the electrical properties of your skin.

Different biosurveys will include different Virtual Items. Some biosurveys are general in nature and include Virtual Items concerned with overall wellness, others include Virtual Items relating to specific areas of the body or body processes, and some may deal with environmental factors like toxins or allergens.

Health practitioners use ZYTO products to help them make better decisions for their patients and clients. That's why ZYTO technology is referred to as decision support technology. It's important to note that ZYTO scans do not treat or diagnose.

9.54 Yoga

Yoga are the physical, mental, and spiritual practices or disciplines that aim to transform body and mind. The term denotes a variety of schools, practices and goals in Hinduism, Buddhism (including Vajrayana and Tibetan Buddhism) and Jainism, the best-known being Hatha yoga and Raja yoga. The term yoga is derived from the literal meaning of "yoking together" a span of horses or ox, but came to be applied to the "yoking" of mind and body.

9.44 Bioidentical Hormone Therapy

Bio-identical Hormone Replacement Therapy (BHRT) is a hormonal therapy that uses plant-derived hormones that have been compounded in a pharmacy by highly trained compounding pharmacists to produce hormone structures that are identical to the hormones produced by the human body, such as testosterone, estrogens, progesterone, and thyroid.

8.15 Dental Evaluation / Treatments

A proper dental evaluation involves the examination of your oral health, most specifically your teeth, gums and mouth tissue, but can also provide insight into your overall health, pathologies, and health concerns. Additionally, your dentist can prescribe specific oral treatments to further better your health.



This report is a real time report for a client, who's identity has been protected and kept private.

Energy report is unique and will have different details specific to you. Through your Biofeedback Appointment, you will receive a scan exactly like this + a consultation that interprets it and helps you connect your own story resulting in a Holistic view of your Health. We have helped over 2,500 people from all walks of life transform their health and finally reach the root cause resulting in a life filled with Vitality, Energy, Health and a new found Communion with their Body and its Messages.

Take The Guesswork Of Health!

The technology simply allows you to place your hand on the hand cradle, and the computer runs through a sequence of painless assessments. It creates an electronic "conversation" between the client and the Biofeedback software program. The program begins to pinpoint the best approach to bring the body back into balance with foods, supplements, essential oils and/or natural remedies that are most compatible with it. It is NOT a diagnostic, and is simply a powerful and accurate tool to help you achieve Wellness, Energy and Optimal Health by understanding the communication and silent struggles and stress your body is doing it's best to manage.

This cutting-edge technology is especially wonderful for children, as our analysis is quick, painless, and can be paused and completed in short intervals.

This Biofeedback Technology is an FDA Registered Medical Device.

SCHEDULE YOUR APPOINTMENT TODAY

www.TucsonBiofeedback.com

