

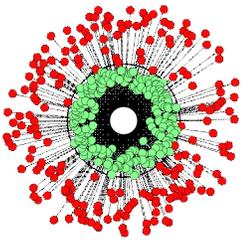
# ZYTO DIGESTION BIOSURVEY



The digestive system is a group of organs that work together to change the food you eat into the energy and nutrients your body needs. After you consume food and liquids, the digestive system breaks them down into their basic parts: carbohydrates, proteins, fats, and vitamins.

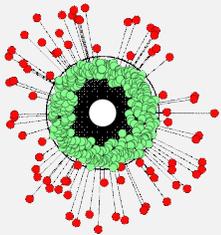
These basic nutrients are then absorbed into the bloodstream, which carries them to cells throughout the body. Nutrients provide the cells with the energy they need for growth and repair. Everything in your body, from your hormones to your heart, needs the nutrients from the digestive process to work correctly. (1)

## BALANCER VIRTUAL ITEM SCAN RESULTS



### Baseline

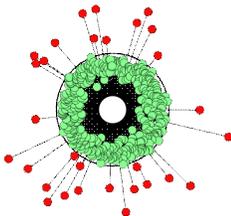
Biomarkers Out of Range: 198



### ABC - Lavender Oil

Biomarkers Brought Into Range: 121

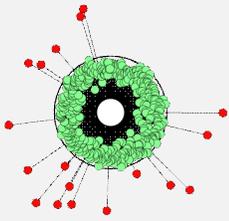
Category: All ABC Products



### ABC - Coriander Oil

Additional BioMarkers Brought Into Range: 47

Category: All ABC Products

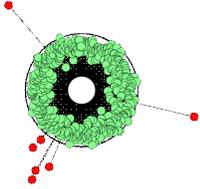


### ABC - EyesAlive

Additional BioMarkers Brought Into Range: 12

Category: All ABC Products

Usage Directions: 3 Capsules 3 times per day

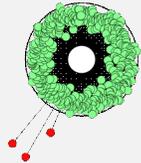


### ABC - Beta Sitosterol

Additional BioMarkers Brought Into Range: 11

Category: All ABC Products

Usage Directions: 1 Capsule 1 times per day

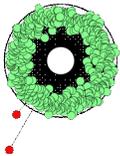


### ABC - Sinus

Additional BioMarkers Brought Into Range: 4

Category: All ABC Products

Usage Directions: 4 Tablets 1 times per day



### ABC - Wintergreen Oil

Additional BioMarkers Brought Into Range: 1

Category: All ABC Products

## BALANCER DESCRIPTIONS

### 23.66 ABC - Lavender Oil

I've seen a lot of "Top 10 Essential Oil" type lists, and Lavender Essential Oil is typically amongst the first few oils listed. Lavender Oil was the #1 favorite oil chosen by AromaWeb's visitors during the Favorite Essential Oil poll. And it's no wonder. Lavender Oil has a beautiful, versatile aroma. It is anti-bacterial and is a must-have for your first-aid kit. Its calming and sedative properties make Lavender Essential Oil a wonderful oil to help relax, fight stress and to promote sleep. And when properly diluted, it's amongst the safest of essential oils.

Lavender Oil is a floral, but I've spoken with men that love the aroma, especially when combined with other oils. For men's blends, try blending Lavender Essential Oil with oils from the citrus, mint and conifer families.

Lavender Essential Oil is well known for its sedative properties and for its ability to help calm stress and anxiety and to help promote sleep. If used in excess, however, Lavender Oil can actually act as a stimulant.

Lavender Oil is a great oil to use for children's minor cuts and scrapes because it is anti-bacterial, calming and is considered safe enough to use with children. It is the essential oil of choice used in AromaWeb's Boo Boo Juice recipe.



I've only mentioned a few of the most common uses for Lavender Oil here. Additional uses for lavender are listed below.

#### Lavender Field Lavender Oil

If you've never smelled Lavender Oil before: I still remember the moment that I first inhaled Lavender Essential Oil. I was actually a little disappointed in the aroma, and it wasn't quite what I was expecting. I was so brand new to aromatherapy at that time, and my nose had been so used to strong, synthetic commercial fragrances. But it didn't take long for me to like...and then to absolutely love Lavender Oil. I'm mentioning this to you now so that you don't hastily abandon Lavender Oil if you don't like it the moment that you first sample the aroma.

#### Botanical Name

Lavandula angustifolia / Lavandula officianalis

#### Common Method of Extraction

Steam Distilled

#### Plant Part Typically Used

Leaves and Flowers/Buds

#### Color

Clear with a Tinge of Yellow

#### Consistency

Thin

#### Perfumery Note

Top/Middle

#### Strength of Initial Aroma

Medium

#### Aromatic Description

Lavender Oil is floral, fresh, sweet, herbaceous and sometimes slightly fruity. It can be slightly camphorous.

#### Lavender Oil Uses

Acne, allergies, anxiety, asthma, athlete's foot, bruises, burns, chicken pox, colic, cuts, cystitis, depression, dermatitis, dysmenorrhea, earache, flatulence, headache, hypertension, insect bites, insect repellent, itching, labor pains, migraine, oily skin, rheumatism, scabies, scars, sores, sprains, strains, stress, stretch marks, vertigo, whooping cough.

<https://www.aromaweb.com/essential-oils/lavender-oil.asp>

### 21.79 **ABC - Coriander Oil**

#### Botanical Name

Coriandrum sativum

#### Common Method of Extraction

Steam Distilled

#### Plant Part Typically Used

Seeds of Leaves

#### Plant Part Used

Seeds or Leaves

#### Color

Pale Yellow

#### Consistency

Medium



## Perfumery Note

Middle

## Strength of Initial Aroma

Medium

## Aromatic Description for Coriander Seed Oil

Sweet, herbaceous, spicy, woody, slightly fruity.

## Coriander Seed Oil Uses

Aches, arthritis, colic, fatigue, grout, indigestion, nausea, rheumatism.

<https://www.aromaweb.com/essential-oils/coriander-oil.asp>

### 21.77 **ABC - EyesAlive** 3 Capsules 3 times per day

3 Capsule(s) 3 times per day

State-of-the-art nourishment for the eyes

Features bilberry, patented lutein, and multiple carotenoids for ocular health

NEW IMPROVED formula with 4mg of OptiSharp zeaxanthin!

Don't let free radicals damage your eyes--fight back with EyesAlive! This powerful antioxidant formula features only all-natural ingredients from the most respected names in the industry, including FloraGLO and ZANTHIN. But it's not just the quality of the ingredients that sets this formula apart from the competition, it's also the quantity. Each two-capsule serving supplies an impressive 20 mg of lutein--twice what you'll find in other leading brands.

### 20.93 **ABC - Beta Sitosterol** 1 Capsule 1 times per day

3 Capsule(s) 1 times per day

A high purity complex

Potent support for a healthy cardiovascular system

Features premium grade Cholestatin, a complex of high-purity plant sterols

A healthy choice for daily cardiovascular maintenance, beta sitosterol is a powerful plant sterol that works naturally within the body. Our Beta Sitosterol tablets feature premium-grade Cholestatin, a natural complex of high-purity plant sterols including beta sitosterol, campesterol and stigmasterol for broad-spectrum phytosterol nutrition.

### 19.75 **ABC - Sinus** 4 Tablets 1 times per day

3 Tablet(s) 1 times per day

A homeopathic remedy to stomp out the sniffles

Stimulates the body's natural healing response

No side effects

Say goodbye to the sniffles! ABC's Sinus formula is a traditional homeopathic remedy for symptoms of runny nose and sinus congestion due to the common cold. Safe for adults and children, it stimulates the body's natural healing response without contraindications or side effects.

### 14.97 **ABC - Wintergreen Oil**

Wintergreen is sometimes mistakenly believed to be a member of the mint family partly because it possesses a strong, crisp, mint-like aroma.

Wintergreen Essential Oil is typically comprised of at least 96% methyl salicylate, an ester that can be toxic when not used with great care.

Wintergreen Essential Oil is praised for its ability to reduce pain and inflammation. However, it must be used sparingly and with immense caution as numerous reports of poisoning have occurred. See the Safety Information section below for more details on contraindications.

## Wintergreen Essential Oil

Salvatore Battaglia writes that Wintergreen Essential Oil is typically produced by first soaking wintergreen leaves in warm water. Interestingly, Battaglia and other sources indicate that methyl salicylate is not present in fresh wintergreen leaves. When the leaves are soaked in water, the methyl salicylate is produced as a result of the decomposition of the leaves. If choosing to use Wintergreen Essential Oil, be certain to purchase the oil from a highly reputable company because synthetic methyl salicylate is sometimes passed off as pure Wintergreen Essential Oil. [Salvatore Battaglia, *The Complete Guide to Aromatherapy* (Australia: The Perfect Potion, 2003), 324.]

## Botanical Name

Gaultheria fragrantissima or Gaultheria procumbens



Common Method of Extraction  
Water or Steam Distillation

Plant Part Typically Used  
Leaves

Color  
Clear to Pale Yellow

Consistency  
Thin

Perfumery Note  
Top

Strength of Initial Aroma  
Strong

Aromatic Description  
Crisp, fresh, woody, sweet, birch-like aroma.

Wintergreen Oil Uses  
Inflammation, pain management, rheumatoid arthritis.

<https://www.aromaweb.com/essential-oils/wintergreen-oil.asp>

## GENERAL DIGESTION BALANCERS

### Top Digestive Enzyme Balancers

- 15.56 **Trypsin**
- 8.96 **Lipase**
- 5.59 **Protease**
- 5.12 **Glucoamylase**
- 5.08 **Maltase**

### Top Food Balancers

- 23.77 **White Potato**
- 20.07 **Chia Seed**
- 18.69 **Radish**
- 16.65 **Pine Nut**
- 15.68 **Plum**
- 14.81 **Beet**
- 14.40 **Peach**
- 14.25 **Apple**
- 11.17 **Oat**
- 10.52 **Asparagus**

## TOP PROBIOTIC BACTERIA BALANCERS



Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. We usually think of bacteria as something that causes diseases. But your body is full of bacteria, both good and bad. Probiotics are often called "good" or "helpful" bacteria because they help keep your gut healthy.

Probiotics are naturally found in your body. You can also find them in some foods and supplements. Here are a couple ways they may keep you healthy:

- When you lose "good" bacteria in your body (like after you take antibiotics, for example), probiotics can help replace them.
- They can help balance your "good" and "bad" bacteria to keep your body working like it should. (2)

#### Top Hydration Balancers

- 26.66 **Silicea**
- 21.19 **Phosphorus-min**
- 18.13 **Calcium-min**

#### Top Inflammation Balancers

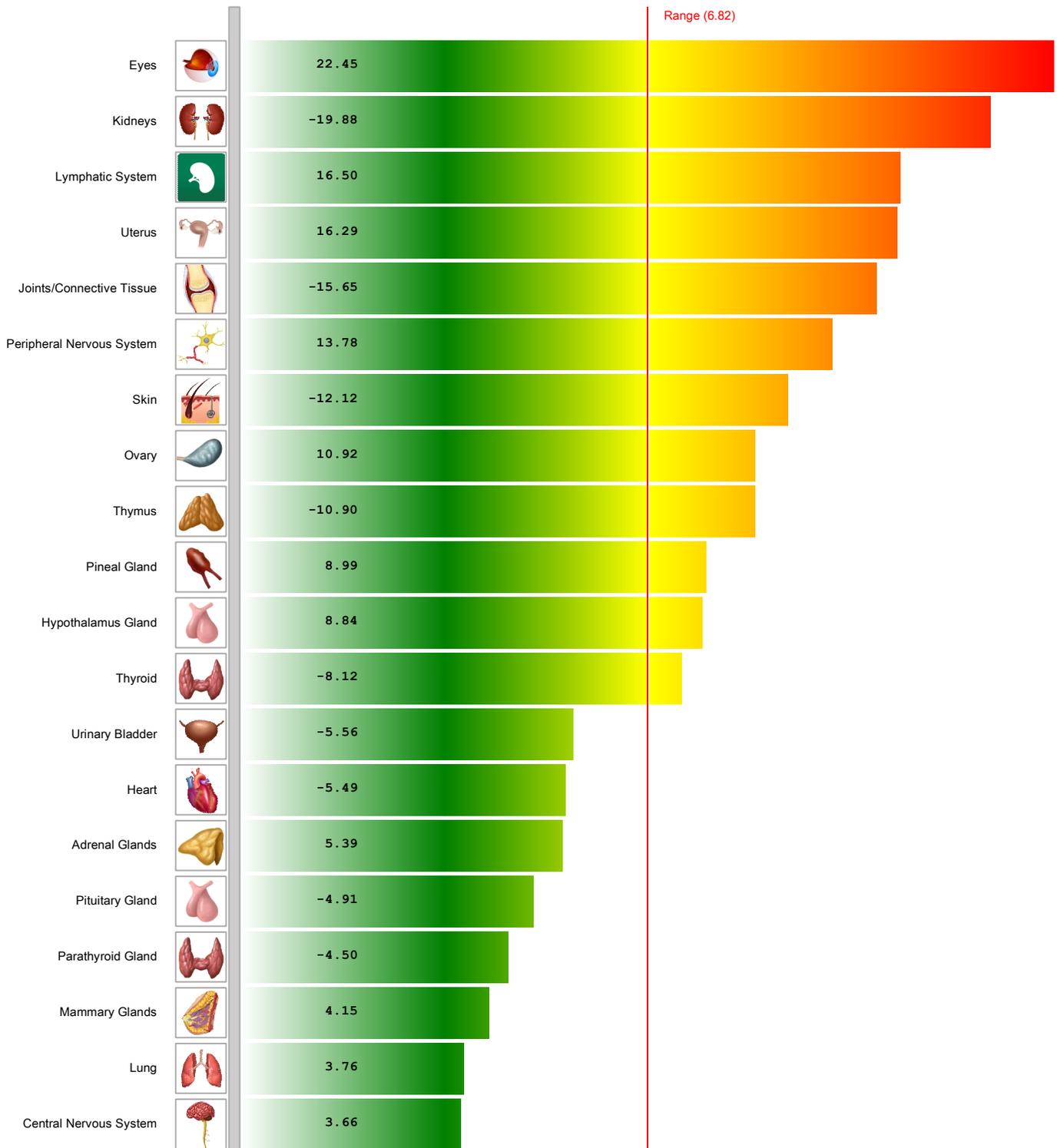
- 20.84 **Omega-3 (Linolenic Acid)**
- 16.00 **Nuts & Seeds**
- 11.17 **Vitamin E (Tocopherol)**

## TOP DIGESTION BALANCERS - ALL CATEGORIES

- 26.66 **Silicea** Hydration Balancers
- 23.77 **White Potato** Food Balancers
- 21.19 **Phosphorus-min** Hydration Balancers
- 20.84 **Omega-3 (Linolenic Acid)** Inflammation Balancers
- 20.07 **Chia Seed** Food Balancers
- 18.69 **Radish** Food Balancers
- 18.13 **Calcium-min** Hydration Balancers
- 17.92 **Kali phosphoricum** Hydration Balancers
- 16.65 **Pine Nut** Food Balancers
- 16.00 **Nuts & Seeds** Inflammation Balancers
- 15.68 **Plum** Food Balancers
- 15.56 **Trypsin** Digestive Enzymes
- 14.81 **Beet** Food Balancers
- 14.40 **Peach** Food Balancers
- 14.25 **Apple** Food Balancers

# PRIMARY DIGESTION STRESSORS

## ORGANS BAR CHART



Arteries/Veins

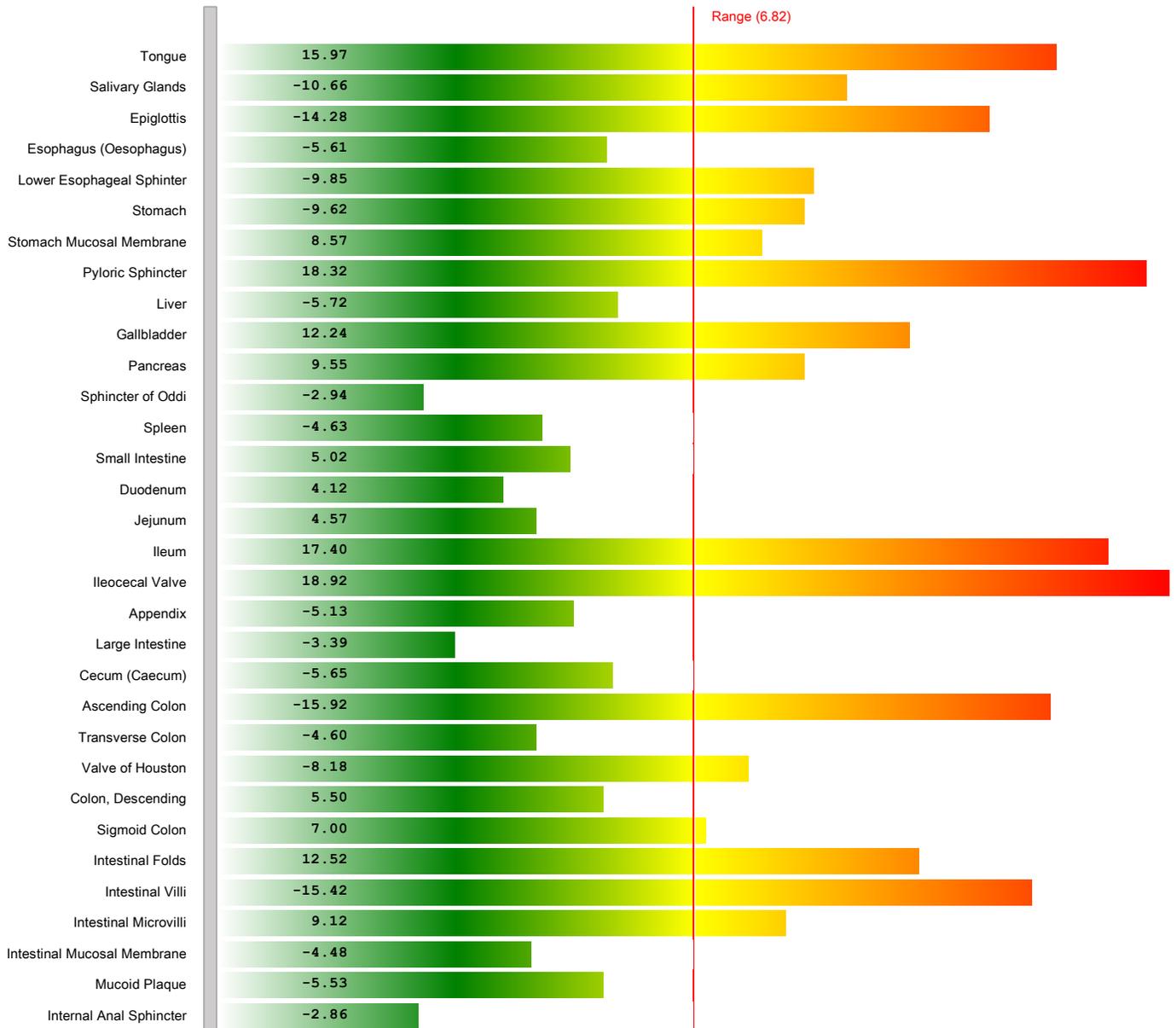


3.00

# DIGESTIVE SYSTEM BAR CHART



In this chart, you'll find many areas of the digestive system listed in descending order. This vertical slice display is intended to assist with identifying any regions that may show consistent out of range responses; if you see a clear pattern, think of it as a potential "hot spot" of exaggerated responses. Understanding how these biomarkers relate to your client's ability to maintain digestive health is an important part of this report.



Rectum  -5.33

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## Hydration Stressors



## Inflammation Stressors



## SECONDARY DIGESTION STRESSORS

### Stressor Collection Results

- 11.91 **Heavy Metals**
- 9.90 **Fungi/Molds**
- 8.02 **Hormones**
- 5.09 **Parasites**
- 4.81 **Pesticides**
- 4.42 **Food Stressors**
- 3.81 **Neurotransmitters**

### Top Fungi/Molds

- 31.06 **Nocardia cavlae**
- 27.53 **Bipolaris spicifera**
- 25.40 **Chlamydoconidia**
- 24.29 **Penicillium brunneum**
- 24.08 **Pneumocystis Carinii**

### Top Heavy Metals

- 25.60 **Antimony**
- 25.31 **Praseodymium**
- 21.36 **Samarium**
- 21.31 **Platinum**
- 19.60 **Nickel -hm**

### Top Hormones

- 20.36 **Vasoactive Intestinal Peptide**
- 18.91 **Thymosin**



- 18.71 **Cortisol**
- 18.69 **Cortisosterone**
- 18.40 **18-Hydroxycorticosterone**

## TOP DIGESTION STRESSORS - ALL CATEGORIES

- 31.06 **Nocardia cavlae** Fungi/Molds
- 27.53 **Bipolaris spicifera** Fungi/Molds
- 26.86 **Caffeine** Hydration Stressors
- 25.60 **Antimony** Heavy Metals
- 25.40 **Chlamydoconidia** Fungi/Molds
- 25.31 **Praseodymium** Heavy Metals
- 24.29 **Penicillium brunneum** Fungi/Molds
- 24.08 **Pneumocystis Carinii** Fungi/Molds
- 23.78 **Penicillium Claviforme** Fungi/Molds
- 23.28 **Rhizopus -mf** Fungi/Molds
- 22.81 **Aspergillus niger** Fungi/Molds
- 22.45 **Eyes** Organs Glands & Systems
- 21.36 **Samarium** Heavy Metals
- 21.31 **Platinum** Heavy Metals
- 20.76 **Candida Albicans** Fungi/Molds
- 20.36 **Vasoactive Intestinal Peptide** Hormones
- 20.32 **Cladosporium fulvum** Fungi/Molds
- 20.26 **Erythrocyte Sedimentation Rate (ESR)** Inflammation Stressors
- 20.17 **Penicillium toxicarum** Fungi/Molds
- 19.88 **Botrytis** Fungi/Molds