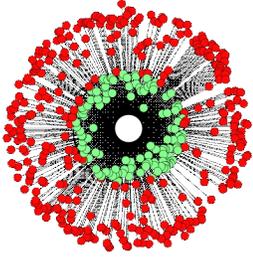
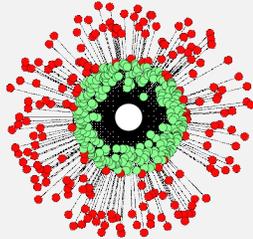


# BALANCER VIRTUAL ITEM RESCAN DATA



## Baseline

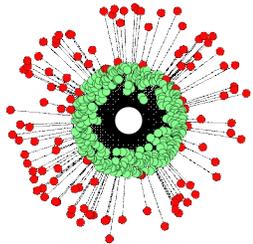
Biomarkers Out of Range: 324



## Vitamin B6 (Pyridoxine)

Biomarkers Brought Into Range: 132

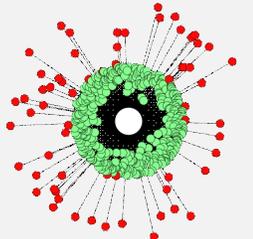
Category: Mental & Emotional Stress Balancers



## ABC - Dill Oil

Additional BioMarkers Brought Into Range: 76

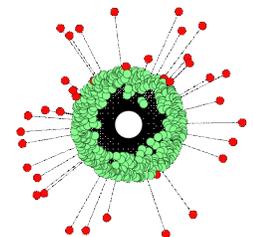
Category: All ABC Products



## Whole Grains

Additional BioMarkers Brought Into Range: 52

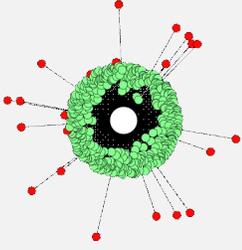
Category: Inflammation Balancers



## ABC - Clove Oil

Additional BioMarkers Brought Into Range: 26

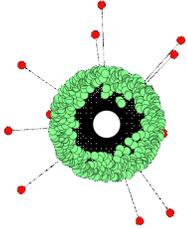
Category: All ABC Products



## Grapefruit

Additional BioMarkers Brought Into Range: 16

Category: Detoxification System Balancers, Toxic Stress Balancers



## Sarsaparilla Root

Additional BioMarkers Brought Into Range: 11

Category: Detoxification System Balancers, Toxic Stress Balancers

## PRODUCT DESCRIPTIONS

### 27.83 Vitamin B6 (Pyridoxine)

Vitamin B6 performs a wide variety of functions in your body and is essential for your good health. For example, vitamin B6 is needed for more than 100 enzymes involved in protein metabolism. It is also essential for red blood cell metabolism. The nervous and immune systems need vitamin B6 to function efficiently, -3 and it is also needed for the conversion of tryptophan (an amino acid) to niacin (a vitamin).

Hemoglobin within red blood cells carries oxygen to tissues. Your body needs vitamin B6 to make hemoglobin. Vitamin B6 also helps increase the amount of oxygen carried by hemoglobin. A vitamin B6 deficiency can result in a form of anemia that is similar to iron deficiency anemia.

An immune response is a broad term that describes a variety of biochemical changes that occur in an effort to fight off infections. Calories, protein, vitamins, and minerals are important to your immune defenses because they promote the growth of white blood cells that directly fight infections. Vitamin B6, through its involvement in protein metabolism and cellular growth, is important to the immune system. It helps maintain the health of lymphoid organs (thymus, spleen, and lymph nodes) that make your white blood cells. Animal studies show that a vitamin B6 deficiency can decrease your antibody production and suppress your immune response.

Vitamin B6 also helps maintain your blood glucose (sugar) within a normal range. When caloric intake is low your body needs vitamin B6 to help convert stored carbohydrate or other nutrients to glucose to maintain normal blood sugar levels. While a shortage of vitamin B6 will limit these functions, supplements of this vitamin do not enhance them in well-nourished individuals.

### 27.49 ABC - Dill Oil

Botanical Name

Anethum graveolens

Common Method of Extraction

Steam Distilled

Plant Part Typically Used

Seeds

Color

Clear

Consistency

Watery

**ZYTO**<sup>™</sup>

Female Test - 8/5/2020

Page 2 of 34

The ZYTO Hand Cradle has been cleared by the FDA for the measurement of galvanic skin response. ZYTO software has not undergone FDA review for effectiveness. ZYTO technologies are not intended to be used in the diagnosis, cure, treatment, mitigation, or prevention of any disease or medical condition. The diagnosis and treatment of medical conditions should only be undertaken by qualified medical professionals. ZYTO professional software provides general wellness information and should not be used without the involvement of a licensed healthcare professional. ZYTO products have not been the subject of controlled clinical trials to establish their effectiveness and their use is not a generally accepted medical practice by the traditional medical establishment. If you have any questions regarding ZYTO technology or our products please contact us at [info@zyto.com](mailto:info@zyto.com).

Perfumery Note  
Middle

Strength of Initial Aroma  
Mild - Medium

Aromatic Description  
Fresh, sweet, herbaceous, slightly earthy.

Dill Oil Uses  
Amenorrhea, flatulence, griping pains.

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

### 26.90 **Whole Grains**

Consuming most of your grains as whole grains, as opposed to refined, white bread, cereal, rice, and pasta can help keep harmful inflammation at bay. That's because whole grains have more fiber, which has been shown to reduce levels of C-reactive protein, a marker of inflammation in the blood, and they usually have less added sugar.

But a 2013 Harvard study found that not all products labeled "whole grain" are much healthier than their refined counterparts. To be sure you're getting the benefits, look for foods with a whole grain as the first ingredient, and no added sugar

### 25.59 **ABC - Clove Oil**

Botanical Name  
Eugenia caryophyllata

Common Method of Extraction  
Steam Distilled

Plant Part Typically Used  
Buds

Color  
Golden Yellow/Brown

Consistency  
Medium, Slightly Oily

Perfumery Note  
Middle

Strength of Initial Aroma  
Strong

Aromatic Description  
Spicy, warming yet slightly bitter, woody, reminiscent of true clove buds, but richer.

Clove Oil Uses  
Arthritis, asthma, bronchitis, rheumatism, sprains, strains, toothache.

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

### 23.49 **Grapefruit**

[No main description available]

### 23.48 **Sarsaparilla Root**

Used for rheumatism, gout, mineral support, and male hormones. Helps balance glands and increases metabolic rate. Increases circulation to rheumatic joints. Will promote perspiration, increases flow of urine and expel gas from stomach and intestines. Is helpful for impotency.



Contains an important male hormone called testosterone. Also progesterone and cortin. Is a wonderful tonic blood purifier.  
Contains Vitamins A, B complex, C and D, iron, manganese, sodium, silicon, sulphur, copper, zinc, and iodine.

## 4 CORE BODY SYSTEMS



The 4 core systems to maintaining health are:

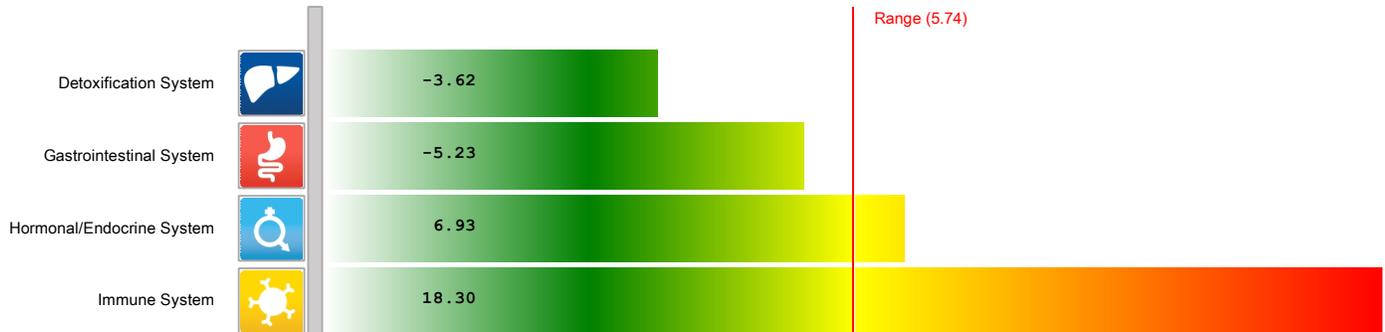
1. Detoxification System
2. Gastrointestinal Systems
3. Hormonal/Endocrine System
4. Immune System

Why These 4?

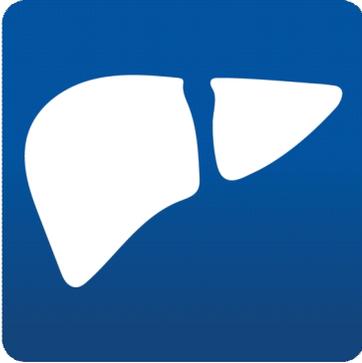
Whether you are very ill, seeking to prevent illness, or just trying to improve your overall health or fitness levels, it is important to evaluate these 4 systems. How these systems function both independently and interdependently has a profound influence on your health. If one or more is compromised, 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.

### Four Core Body Systems Stressor Virtual Item Response



# 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.

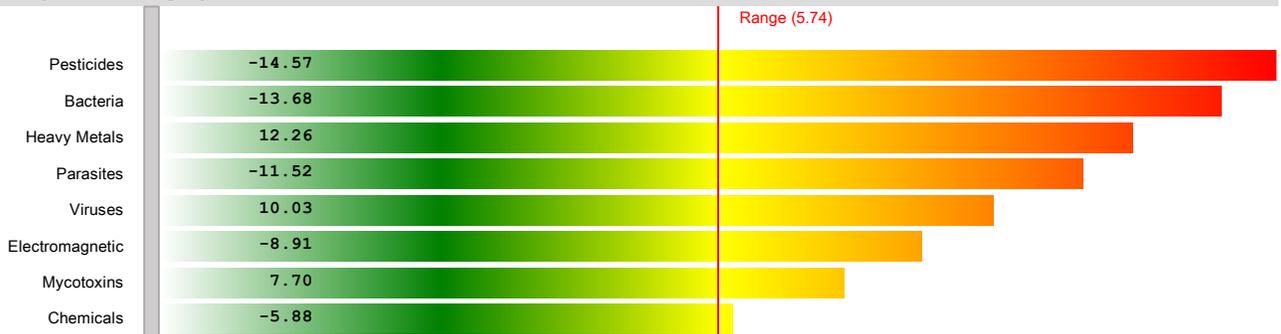
Fortunately, there are everyday things you can do to cleanse the body of toxins, strengthen the detoxification system, and prevent toxic overload.

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.

## Detoxification System Primary Stressors

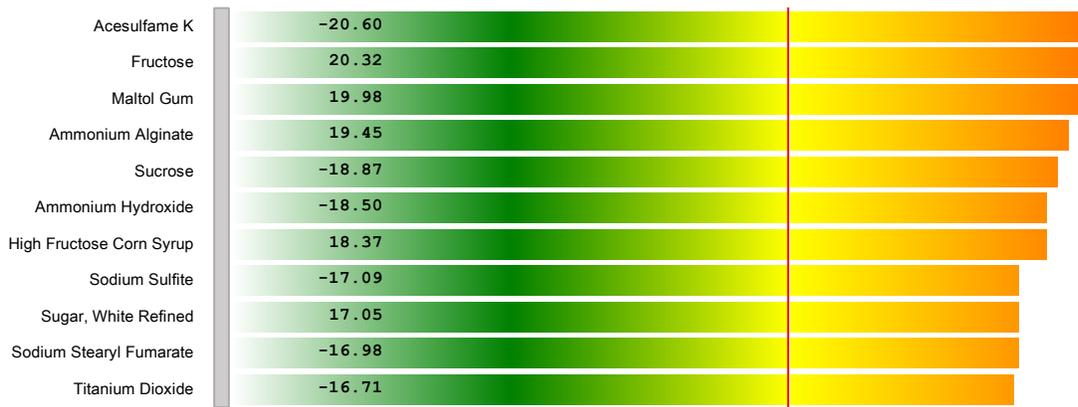


## Detoxification System Category Scan Data



## Detoxification System TOP 20 Secondary Stressors





## BALANCER VIRTUAL ITEMS - Detoxification System

These are common balancer Virtual Items that your body had a strong coherent response to. These balancing items include foods, activities, specific herbs, and other balancers that have been shown to assist in improving and supporting the function of your detoxification system. These can be incorporated into your lifestyle in addition to other recommendations made by your practitioner.

- 23.49 **Grapefruit**
- 23.48 **Sarsaparilla Root**
- 22.90 **Sleep**
- 19.24 **Vitamin C (Ascorbic Acid)**
- 18.49 **Massage**

## 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.

### Gastrointestinal System Primary Stressors



### Gastrointestinal System Secondary Stressors



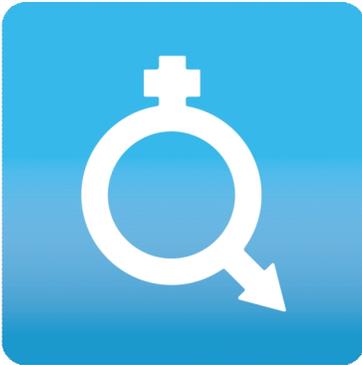
## BALANCER VIRTUAL ITEMS - Gastrointestinal System

These are common balancer Virtual Items that your body had a strong coherent response to. These balancing items include foods, activities, specific herbs, and other balancers that have been shown to assist in improving and supporting the function of your gastrointestinal system. These can be incorporated into your lifestyle in addition to other recommendations made by your practitioner.

- 19.24 **Vitamin C (Ascorbic Acid)**
- 16.97 **Omega-3 (Linolenic Acid)**
- 14.61 **Ghee (Clarified Butter)**
- 13.89 **Vitamin A (Retinol)**



# HORMONES AND ENDOCRINE SYSTEM

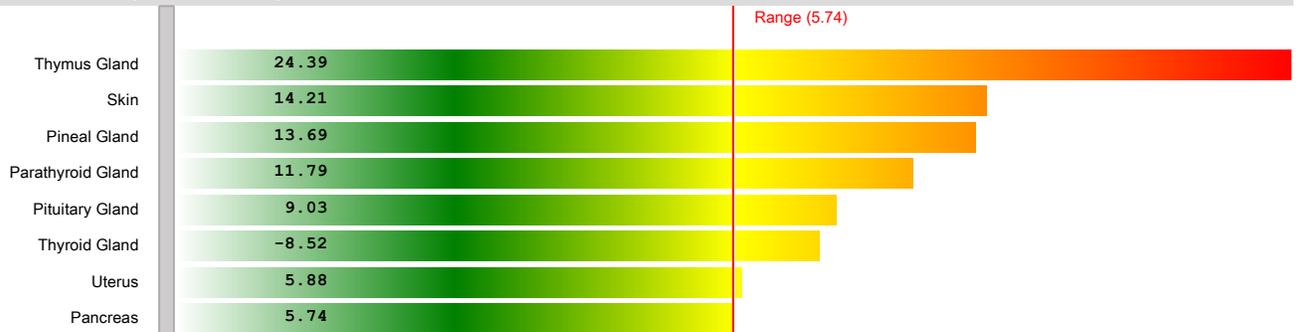


Hormones are chemical messengers that travel through your bloodstream and enter tissues, where they turn on switches to the genetic machinery that regulates everything from reproduction to emotions to your sense of well-being. The body's system of hormone production is formally known as the Endocrine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

## Hormonal/Endocrine System Primary Stressors



## Hormonal/Endocrine System Secondary Stressors



## Endocrine Disruptors



## BALANCER VIRTUAL ITEMS - Hormonal/Endocrine System

These are common balancer Virtual Items that your body had a strong coherent response to. These balancing items include foods, activities, specific herbs, and other balancers that have been shown to assist in improving and supporting the function of your hormonal/endocrine system. These can be incorporated into your lifestyle in addition to other recommendations made by your practitioner.

- 22.90 **Sleep**
- 17.42 **Ashwagandha (Ashwaganda)**
- 16.97 **Omega-3 (Linolenic Acid)**
- 16.02 **Grapeseed Oil**
- 12.48 **Cauliflower**

# 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.

## Immune System Primary Stressors



## Immune System Secondary Stressors



## BALANCER VIRTUAL ITEMS - Immune System

These are common balancer Virtual Items that your body had a strong coherent response to. These balancing items include foods, activities, specific herbs, and other balancers that have been shown to assist in improving and supporting the function of your immune system. These can be incorporated into your lifestyle in addition to other recommendations made by your practitioner.

- 22.90 **Sleep**
- 18.49 **Massage**
- 16.97 **Omega-3 (Linolenic Acid)**
- 15.98 **Massage Therapy**
- 13.80 **Astragalus**

## LIFESTYLE SUPPORT

We are all born with genetic predispositions, both strong and weak. However, additional factors are required for our vulnerabilities to manifest in health problems.

As a society, we tend to hide behind the illusion that we can get away with taking less than 100% responsibility for our own health and, when the resulting illness strikes, run to a doctor to relieve the condition. In reality, prevention and taking responsibility for making healthy choices now are truly the best way to ensure health and longevity.

Poor lifestyle habits are generally a matter of choice and are the main precipitating factors in causing our genetic predispositions to manifest as sickness and disease.

Fortunately, you have the power to improve your health and longevity by making choices that support a healthier lifestyle. Implementing small and consistent changes in how you live in the present can prevent illness and disease for years to come.

This section of the report covers seven areas of lifestyle habits and choices that greatly impact the foundation for optimal health and the four core systems. The information here can educate and assist you in making necessary changes that will lead to improved health.

These areas of focus are: Diet & Nutrition, Hydration, Inflammation, Mental/Emotional Stress, Sleep, Toxic Stress, and Exercise.





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.

### Top Diet Balancers

- 25.33 **Ketogenic Diet**
- 11.53 **High Protein Diet**
- 9.96 **Vegetarian Diet**

### Top 10 Food Balancers

- 23.49 **Grapefruit**
- 16.02 **Grapeseed Oil**
- 14.70 **Zucchini**
- 14.61 **Ghee (Clarified Butter)**
- 12.48 **Cauliflower**
- 9.81 **Nuts & Seeds**
- 9.47 **Ginger**

- 9.38 **Lemon**
- 7.93 **Turmeric**
- 6.00 **Raspberry**

# DIETARY STRESSOR VIRTUAL ITEMS



Top dietary stressors are typically food additives and other refined food substances that cause stress rather than provide nutrition the body needs. Considering the following stressors when making food choices can have a very positive impact on your overall health.

## Food Additive Stressor Response



# 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

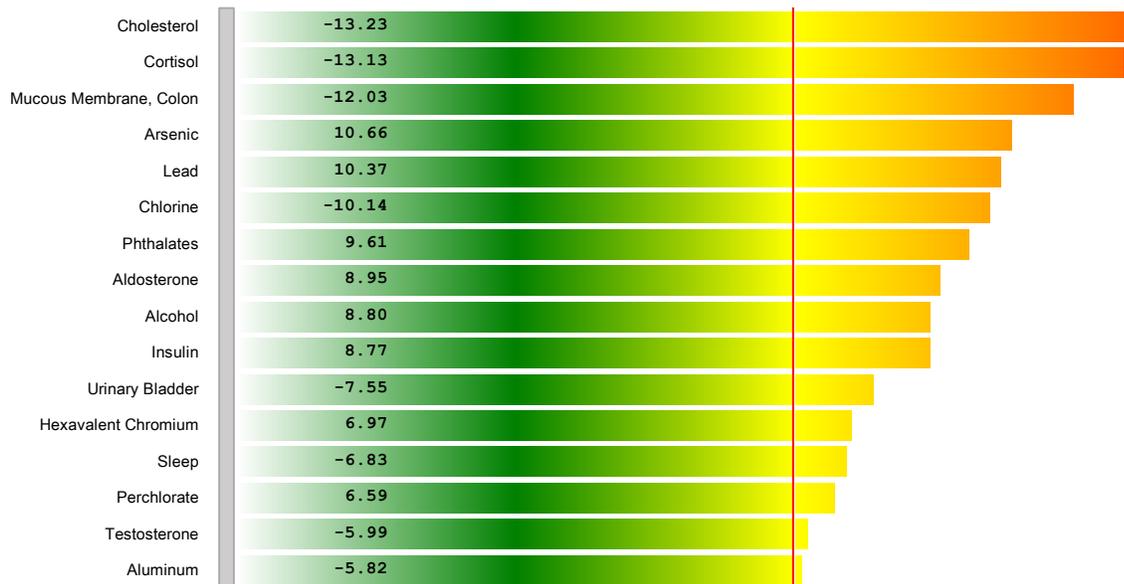
To prevent dehydration, drink as many ounces of water every day equal to half your body weight in pounds (e.g., body weight 150 pounds = 75 ounces of water a day). Use more water in hot weather or after strenuous exercise. When you're actually drinking enough water, your urine will be essentially clear.

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. (1)

## Hydration Stressors Response





#### General Hydration Balancers

- 22.90 **Sleep**
- 12.88 **Magnesium-min**
- 9.38 **Lemon**
- 8.97 **Natrium muriaticum**
- 7.55 **Natrium phosphoricum**

#### Cell Salts (Top 4)

- 8.97 **Natrium muriaticum**
- 7.55 **Natrium phosphoricum**
- 6.30 **Ferrum phosphoricum**
- 5.91 **Kali sulphuricum**

#### Electrolytes (Top 4)

- 5.60 **Chloride (Cl-)**

# 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(2)

## Inflammation Stressors Response



**General Inflammation Balancers**

- 26.90 **Whole Grains**
- 22.90 **Sleep**
- 16.97 **Omega-3 (Linolenic Acid)**
- 14.70 **Zucchini**
- 12.02 **Exercise**

# MENTAL & EMOTIONAL STRESS

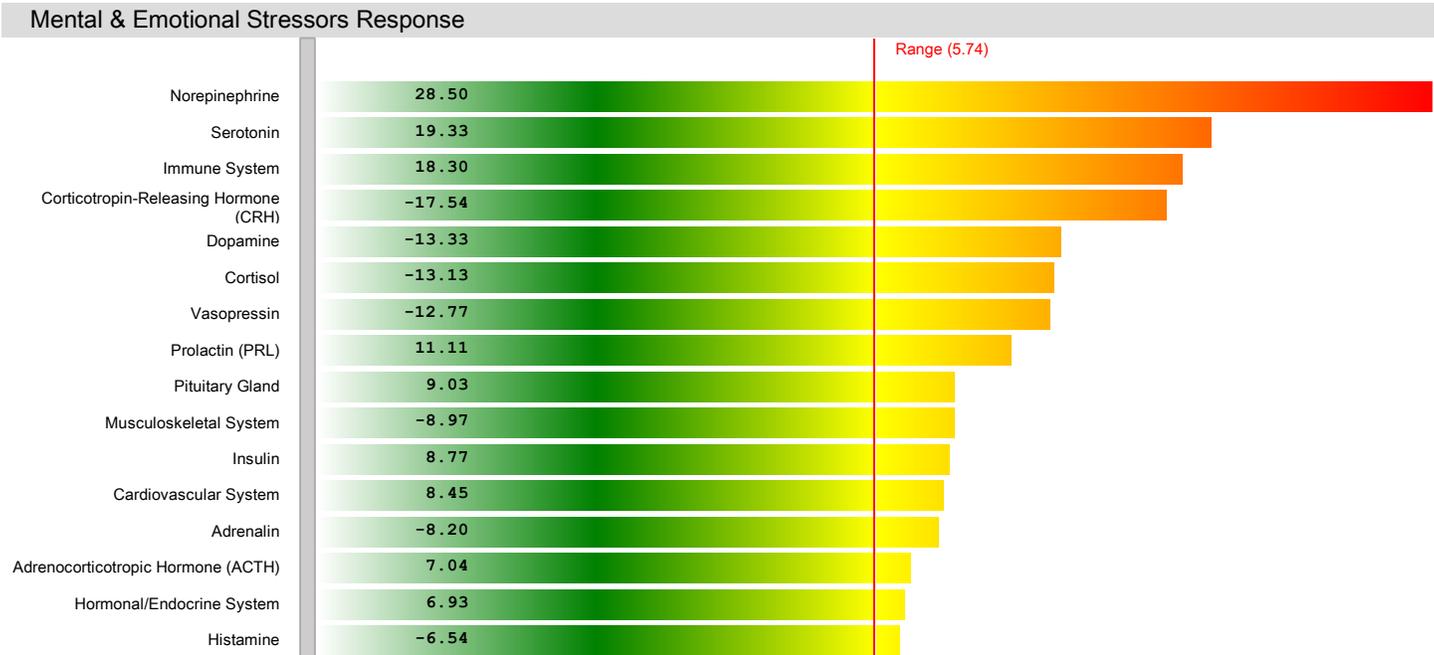


While you can't always control what happens to you, you can control how you react to it. Channeling your emotions in a consciously positive way helps you to dramatically decrease the negative impact of stressful events. Learning how to do this is part of personal growth—mental and emotional, as well 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. (3)

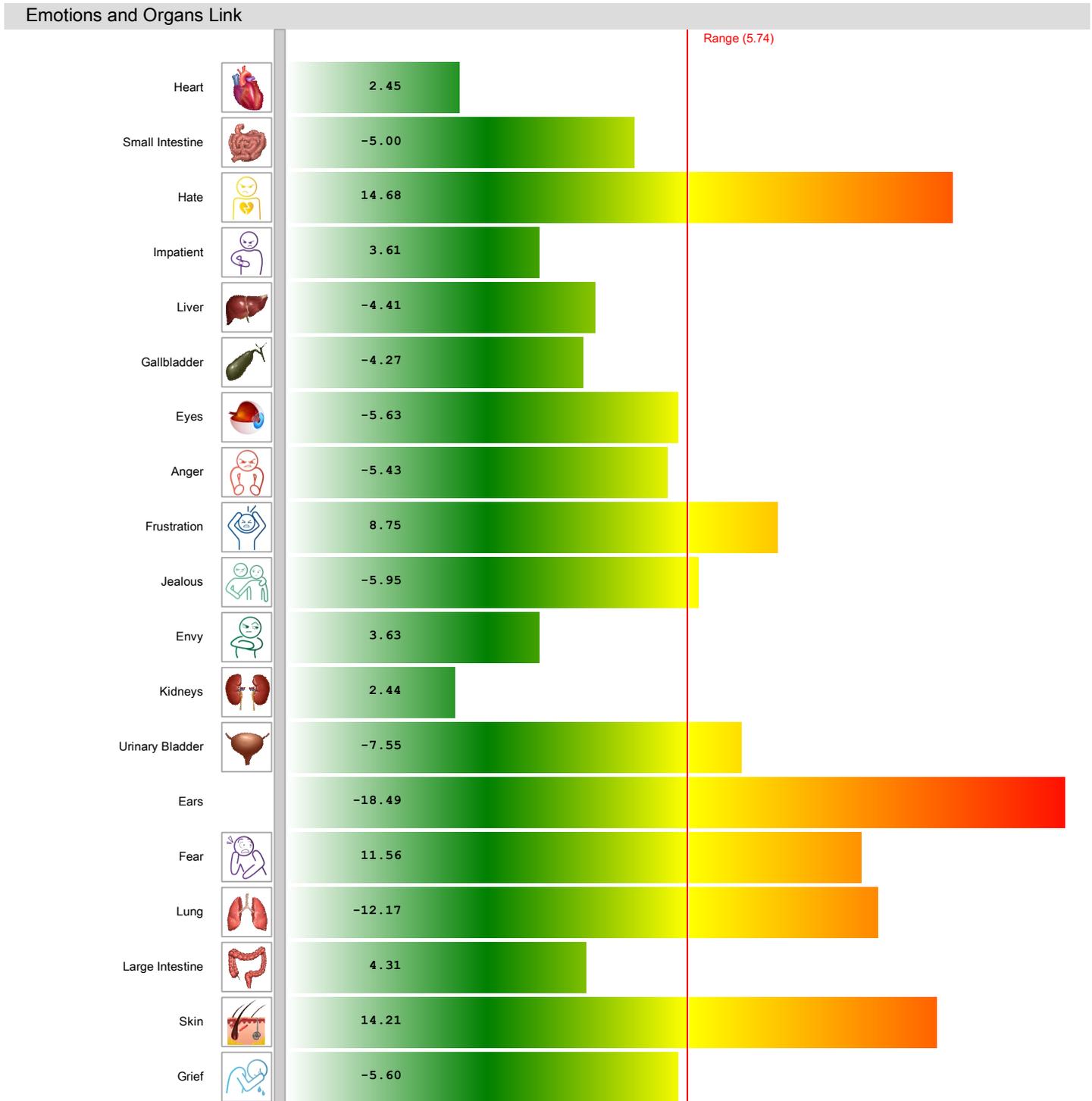


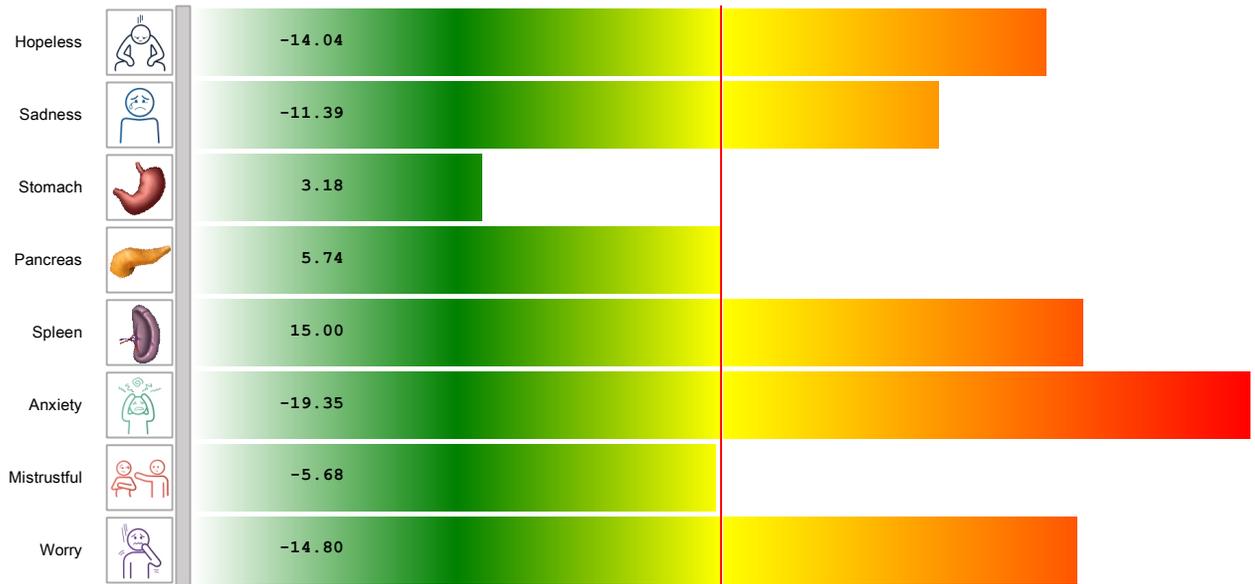
**General Mental & Emotional Balancers**

- 27.83 **Vitamin B6 (Pyridoxine)**
- 22.90 **Sleep**
- 19.24 **Vitamin C (Ascorbic Acid)**
- 18.49 **Massage**
- 17.42 **Ashwagandha (Ashwaganda)**

# EMOTIONAL CONNECTION TO ORGANS

Emotional Stress and its impact on physical health have been well documented. For centuries, this concept has been an integral part of Traditional Chinese Medicine. In the bar chart that follows, the results are ordered based on the connected yin and yang organs and the emotions most commonly associated with the health of those organs.





#### Top 5 Bach Flowers

- 16.33 **Vine**
- 15.97 **Scleranthus**
- 15.72 **Red Chestnut**
- 14.60 **Wild Rose**
- 10.47 **Mustard (Bach)**





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.

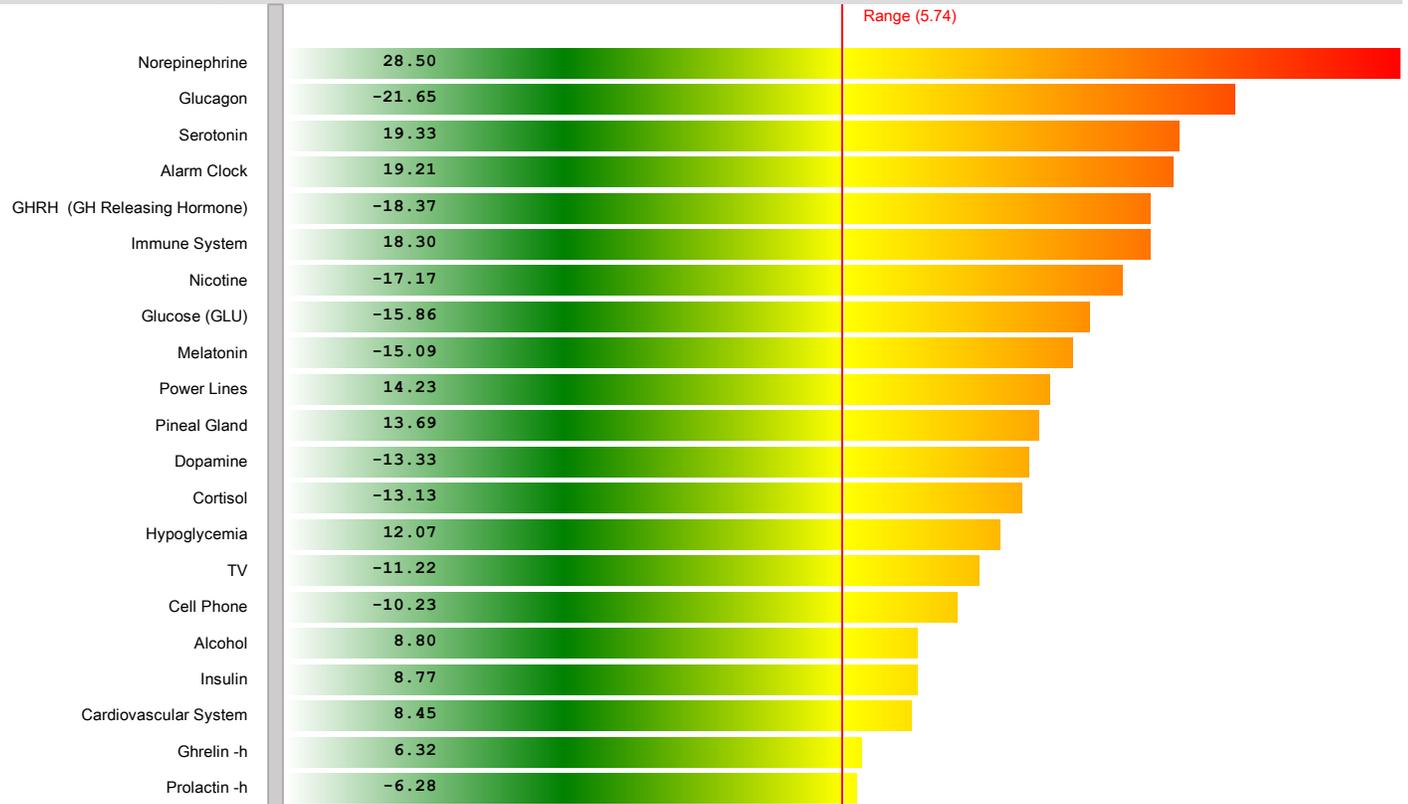
Another reason we are sleeping less, in addition to indoor lighting and multitasking lifestyles, is the universal acceptance and abuse of caffeine.

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.

## Sleep Stressors Response



## General Sleep Balancers

- 17.11 **Lemon Balm -hw**
- 14.40 **Lavender -hw**
- 12.88 **Magnesium-min**
- 12.87 **Chamomile**
- 12.02 **Exercise**

# TOXIC STRESS

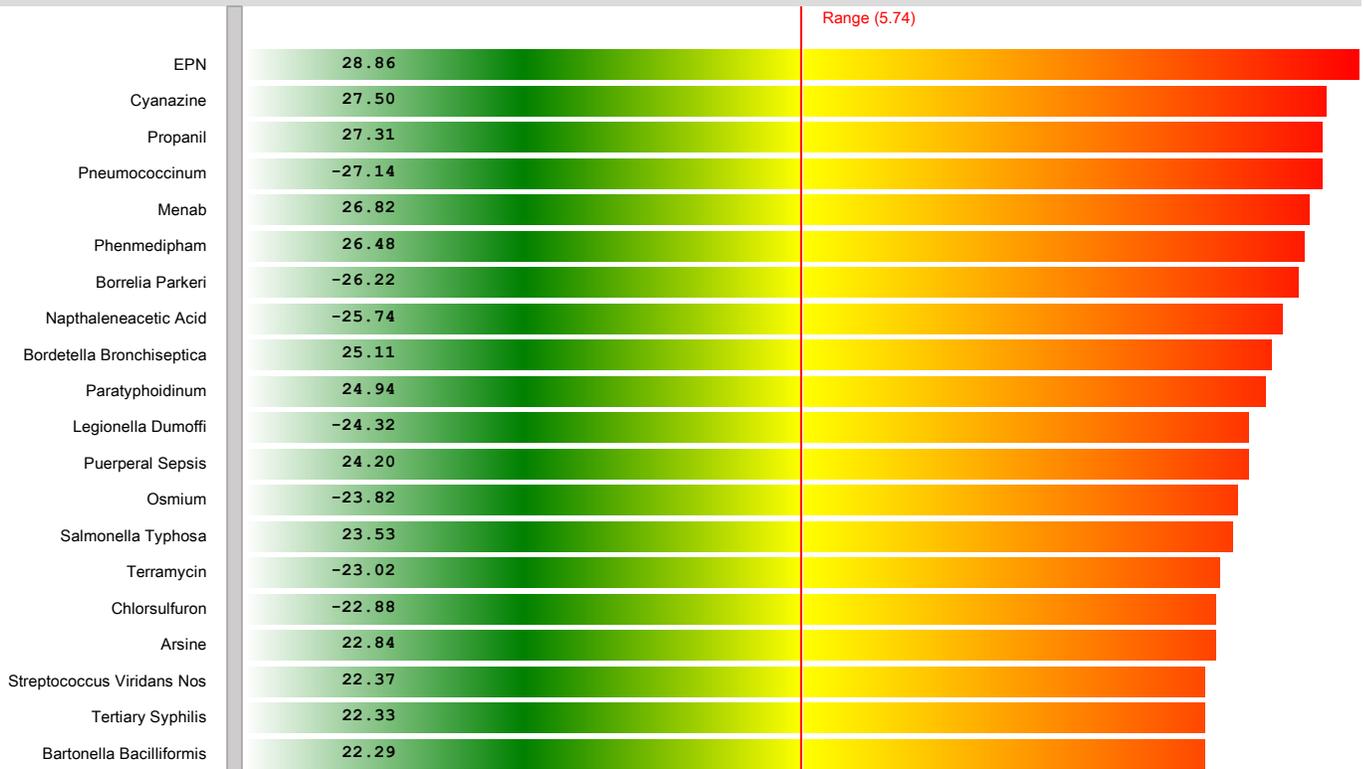


Many of the toxic substances that enter the body are fat-soluble, which means they dissolve only in fatty or oily solutions and not in water. This makes them difficult for the body to excrete. Toxins may be stored for years in fatty tissues, and are released during times of exercise, stress, or fasting. During the release of these toxins, symptoms such as headaches, poor memory, stomach pain, nausea, fatigue, dizziness, and heart palpitations can occur. (4)

## Toxic Stressor Collections Selected

- Pesticides**
- Bacteria**
- Heavy Metals**
- Parasites**

## Top 20 Toxic Stressors



## General Toxic Stress Balancers

- 23.49 **Grapefruit**
- 23.48 **Sarsaparilla Root**
- 22.90 **Sleep**
- 19.24 **Vitamin C (Ascorbic Acid)**







According to some surveys, less than 25% of the United States population exercises routinely. It's no wonder that we've become an unhealthy nation, considering the predominance of poor eating habits, lack of sleep, constant mental/emotional stress, and little or no exercise. One of the most effective ways to release tension, promote fat burning, improve immune function, and maintain balanced energy levels is by exercising.

This old saying is true about the body: "If you don't use it, you'll lose it." Your body was made to move, not to be sedentary. Movement is one of the keys to life and health. When you exercise, your breathing improves, bringing increased oxygen to your cells. Deep breathing and exercise move your lymphatic system and cerebral spinal fluid, the fluidity of each being extremely important to immunity and nerve health. All of your body's fluids are designed to be in motion. Any and all exercise helps that process. The exercise doesn't have to be intense; one of the best forms of exercise is walking.

The following definition of exercise is from the American Medical Association Encyclopedia of Medicine: "The performance of any physical activity that improves health or that is used for recreation or correction of physical injury or deformity." Different types of exercise affect the body in one or more ways. Some improve flexibility, some improve muscular strength, some improve physical endurance, and some improve the efficiency of the cardiovascular and respiratory systems.

## Exercise Balancers

### Balance Exercises

- 10.76 **Qi Gong**
- 10.13 **Balance Training**
- 9.04 **Yoga**
- 5.59 **Tai Chi**
- 4.81 **Pilates**

### Endurance

- 11.11 **Cycling**
- 5.90 **Hiking**
- 5.09 **Walking**
- 3.38 **Dance**

### Flexibility Exercises

- 9.04 **Yoga**
- 4.81 **Pilates**
- 4.30 **Foam Rolling**
- 3.38 **Dance**

### Strength Exercises

- 14.50 **Functional Exercise**
- 7.77 **Isometric Exercise**
- 7.04 **Weight Training**
- 5.12 **Plyometrics**





Your positive responses indicate a stronger coherent response and preference for the clinic services shown here.

### 23.04 Acupressure

Acupressure is an ancient healing art developed in Asia over 5,000 years ago that uses the fingers to press key points on the surface of the skin to stimulate the body's natural self-curative abilities. When these points are pressed, they release muscular tension and promote the circulation of blood and the body's life force energy to aid in healing. Acupuncture and acupressure use the same points and meridians, but acupuncture employs needles, while acupressure uses gentle but firm pressure and integrates bodywork therapies, therapeutic touch, somatic work, healing imagery, energy psychology, and massage therapy techniques.

### 11.67 Aroma Touch

Aroma Touch Technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body.

### 8.76 Applied Kinesiology - AK

Applied kinesiology is presented as a system that evaluates structural, chemical, and mental aspects of health by using a method referred to as manual muscle testing (MMT) alongside conventional diagnostic methods. The essential premise of applied kinesiology is that every organ dysfunction is accompanied by a weakness in a specific corresponding muscle in what is termed the "viscerosomatic relationship." It is important to note that AK has both Diagnostic procedures as well as treatment modalities. I say this because one person may need AK Diagnostic insights; whereas, another might need only treatment procedures. The Treatment modalities relied upon by AK practitioners include joint manipulation and mobilization, myofascial, cranial and meridian therapies, clinical nutrition, and dietary counseling. A manual muscle test in AK is conducted by having the patient resist using the target muscle or muscle group while the practitioner applies a force. A smooth response is sometimes referred to as a "strong muscle" and a response that was not appropriate is sometimes called a "weak response". This is not a raw test of strength, but rather a subjective evaluation of tension in the muscle and smoothness of response, taken to be indicative of a difference in spindle cell response during contraction. These differences in muscle response are claimed to be indicative of various stresses and imbalances in the body. A weak muscle test is equated to dysfunction and chemical or structural imbalance or mental stress, indicative of suboptimal functioning. It may be suboptimal functioning of the tested target muscle, or a normally optimally functioning muscle can be used as an indicator muscle for other physiological testing. A commonly known and very basic test is the arm-pull-down test, or "Delta test," where the patient resists as the practitioner exerts a downward force on an extended arm. Proper positioning is paramount to ensure that the muscle in question is isolated or positioned as the prime mover, minimizing interference from adjacent muscle groups. From: [https://en.wikipedia.org/wiki/Applied\\_kinesiology](https://en.wikipedia.org/wiki/Applied_kinesiology)

### 5.47 Aroma Freedom Technique

This is a technique that incorporates particular essential oils to address emotional connections related to wellness. Aroma Freedom Technique was developed by Dr. Perkus, a Licensed Clinical Psychologist and sought-after speaker and trainer who inspires people all over the world to make life changes using essential oils and positive psychological processes. He received his bachelor's degree in Philosophy from Binghamton University (Phi Beta Kappa) and his doctorate in Clinical Psychology from Duquesne University. He has studied many Energy Psychology methods and has integrated these into his unique understanding of the origins of emotional imbalance. His first book, The Aroma Freedom Technique, has helped thousands of people to overcome doubt and procrastination, build confidence, and experience the freedom of living their dreams. He trains people throughout the world with this simple and groundbreaking process and helps them to awaken to their true potential.

### 5.21 Allergy Ruberkehl Shot

The Ruberkehl Allergy Shot utilizes a Sanum/Pleo product mixed with the patient's own blood for powerful allergy relief. As an added benefit, the

Ruberkehl Allergy Shot requires only one or two injections instead of weekly allergy shots for an extended period of time.