

DETOXIFICATION SYSTEM



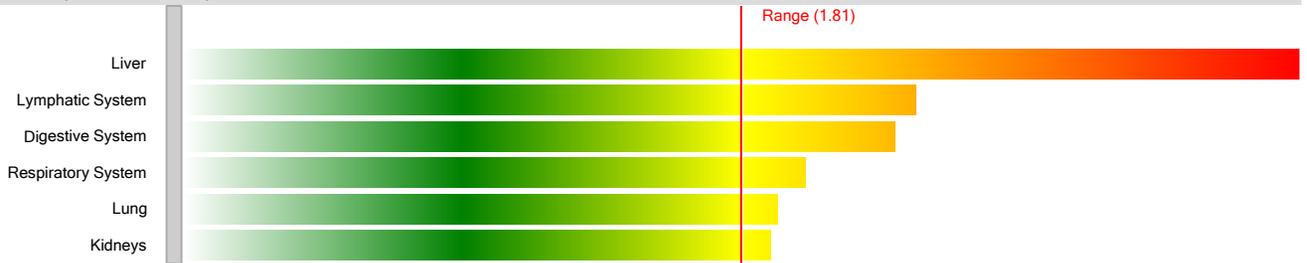
A toxin is any substance that causes harm in the body. Never before in human history have we been exposed to as many toxins as we are now.

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.

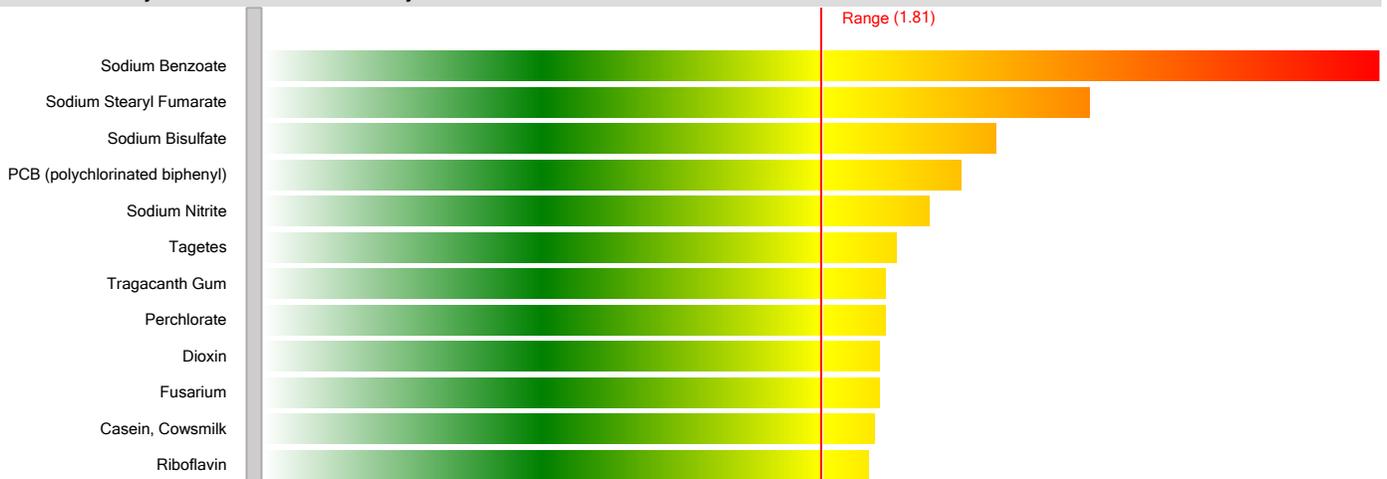
Detoxification System Primary Stressors

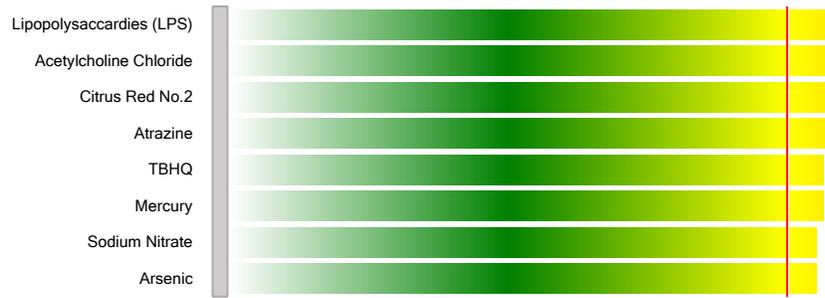


Detoxification System Category Scan Data



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.

- 36.46 **Garlic**
- 18.53 **Clinoptilolite**
- 11.70 **Beet Root**
- 11.22 **Vitamin C**
- 9.72 **Fulvic/Humic Acid**

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...

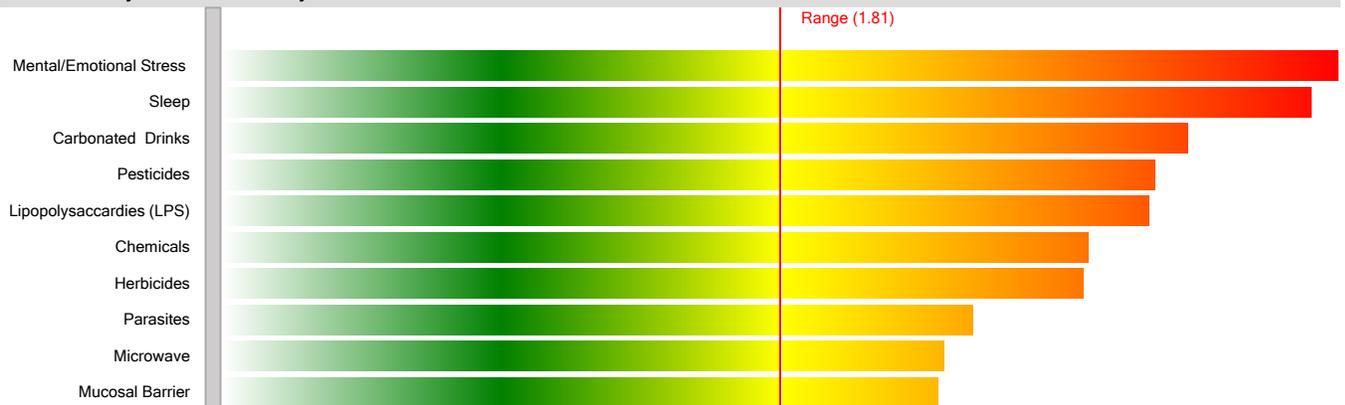
The Gastrointestinal System, which handles your digestive function, also contains a vast mucosal barrier. Gut inflammation and a compromised mucosal barrier can be caused by bacterial and parasitic infections, food additives, environmental toxins, mental & emotional stress, and a host of other stressors. 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

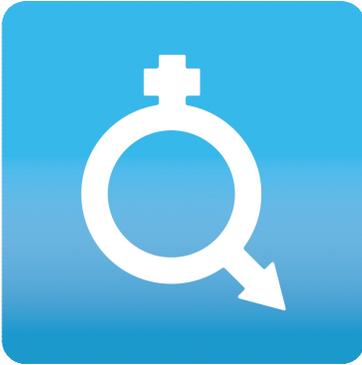


BALANCER VIRTUAL ITEMS - Gastrointestinal System

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.

- 42.81 **Oil, Coconut**
- 36.46 **Licorice**
- 33.66 **Marshmallow Root**
- 28.60 **Turmeric**

HORMONES AND ENDOCRINE SYSTEM

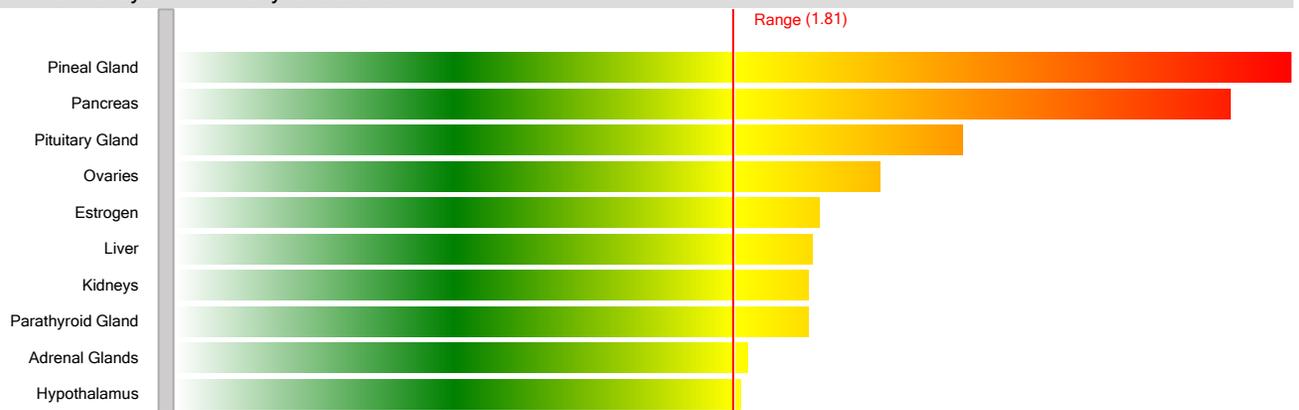


Hormones are chemical messengers that travel through your bloodstream and enter tissues, where they turn on switches to the genetic machinery that regulates everything from reproduction to emotions to your sense of well-being. The body's system of hormone production is formally known as the Endocrine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



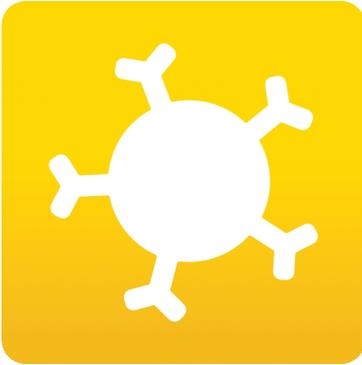


BALANCER VIRTUAL ITEMS - Hormonal/Endocrine System

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.

- 42.81 **Oil, Coconut**
- 13.27 **Clinoptilolite**
- 11.00 **Rhodiola**
- 8.80 **Nervous System Regulation**
- 7.10 **Cabbage**

IMMUNE SYSTEM



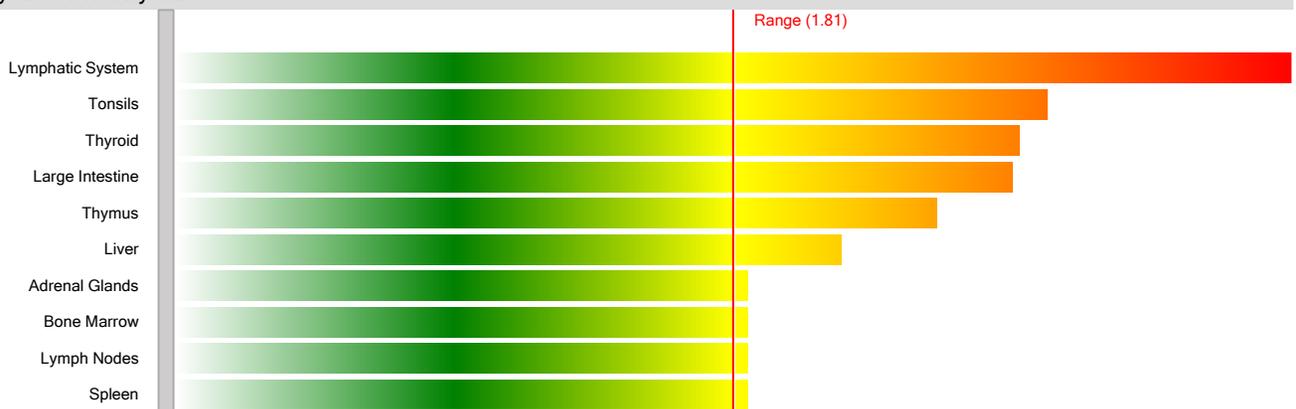
The first line of defense against disease-causing microorganisms is the skin and mucosal barriers. Behind this is a complex defensive system. Collectively these parts are known as the immune system.

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.

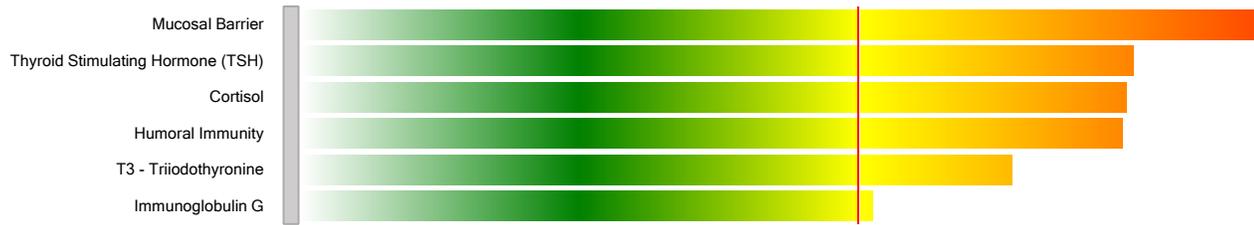
In addition to evaluating mucosal immunity, it is relevant to assess cell-mediated immunity and humoral immunity. Cell-mediated immunity works by the activation of specialized cells called macrophages and natural killer cells, which destroy intracellular pathogens (disease-causing microorganisms). Humoral 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.

- 37.45 **Rhodiola**
- 36.46 **Garlic**
- 28.70 **Ashwaghandha**
- 28.60 **Turmeric**
- 9.78 **Oregano**

INFLAMMATION



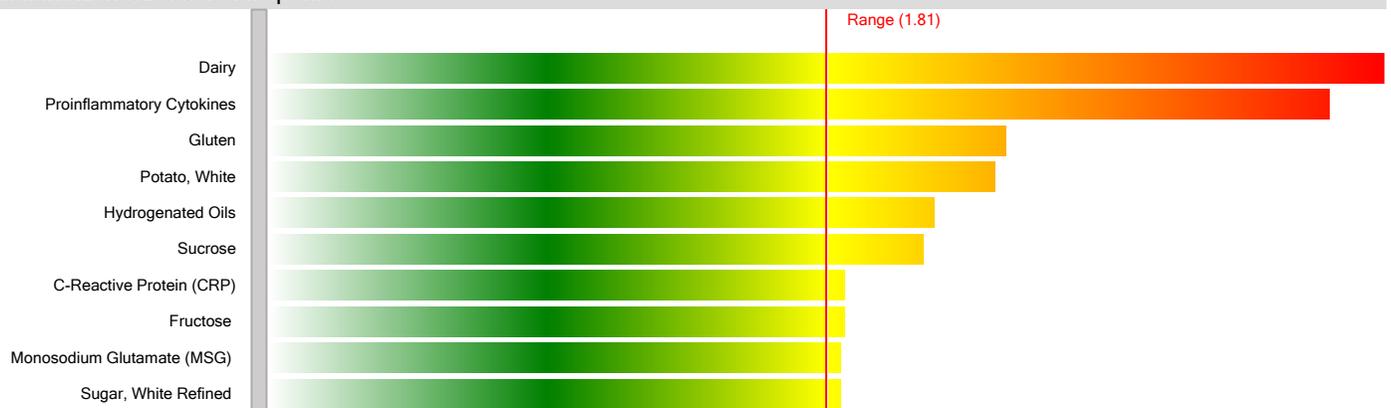
Acute Inflammation is the body's natural response to injury or infection. It's normally short in duration and it recedes as the body heals. The purpose of acute inflammation is to aid the body in healing.

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

- 42.81 **Oil, Coconut**
- 36.46 **Blueberry**
- 28.60 **Turmeric**

MENTAL & EMOTIONAL STRESS



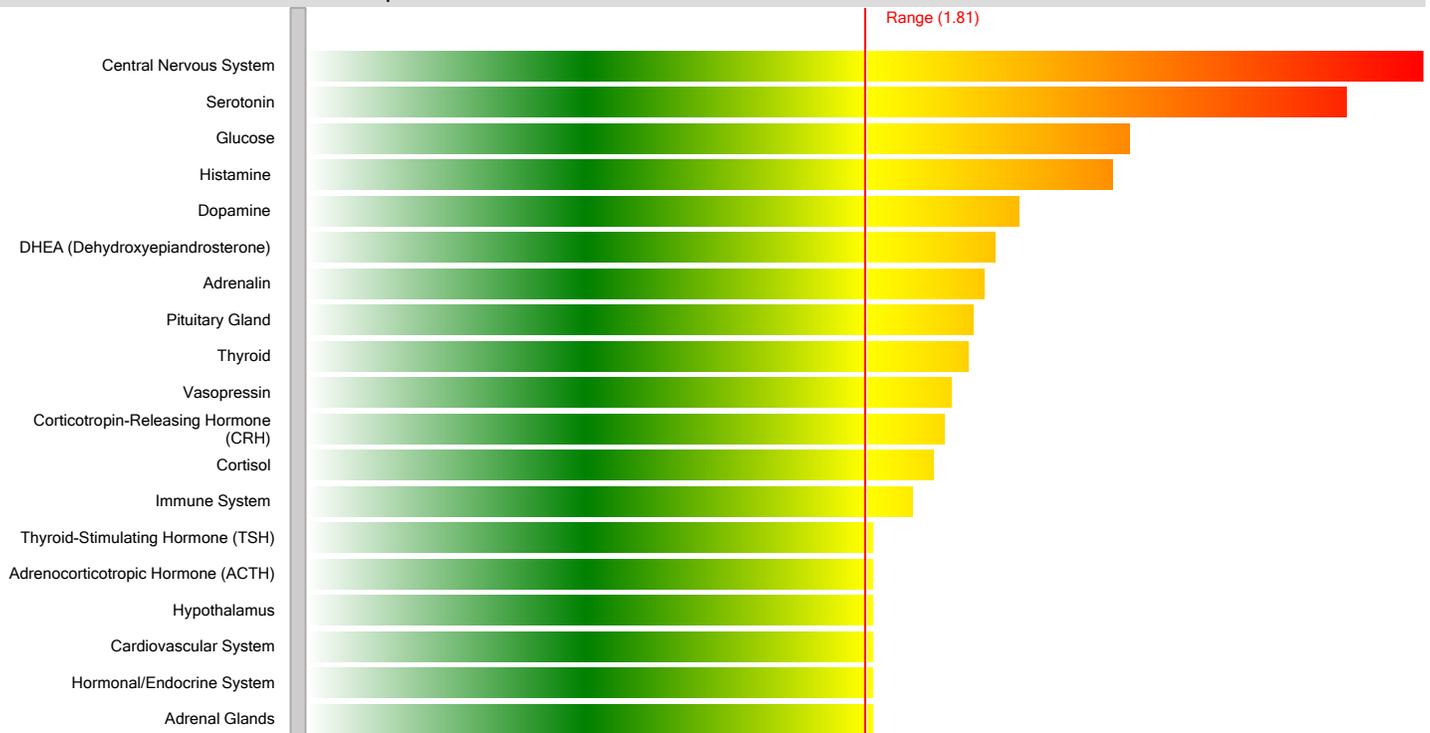
While you can't always control what happens to you, you can control how you react to it. Channeling your emotions in a consciously positive way helps you to dramatically decrease the negative impact of stressful events. Learning how to do this is part of personal growth—mental and emotional, as well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

Mental & Emotional Stressors Response



Para Thyroid

Insulin



General Mental & Emotional Balancers

18.92 **Vitamin B9 (Folic Acid)**

11.34 **L-Theanine**

11.06 **Vitamin B1 (Thiamine)**

11.00 **Nervous System Regulation**

9.17 **Music**

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.

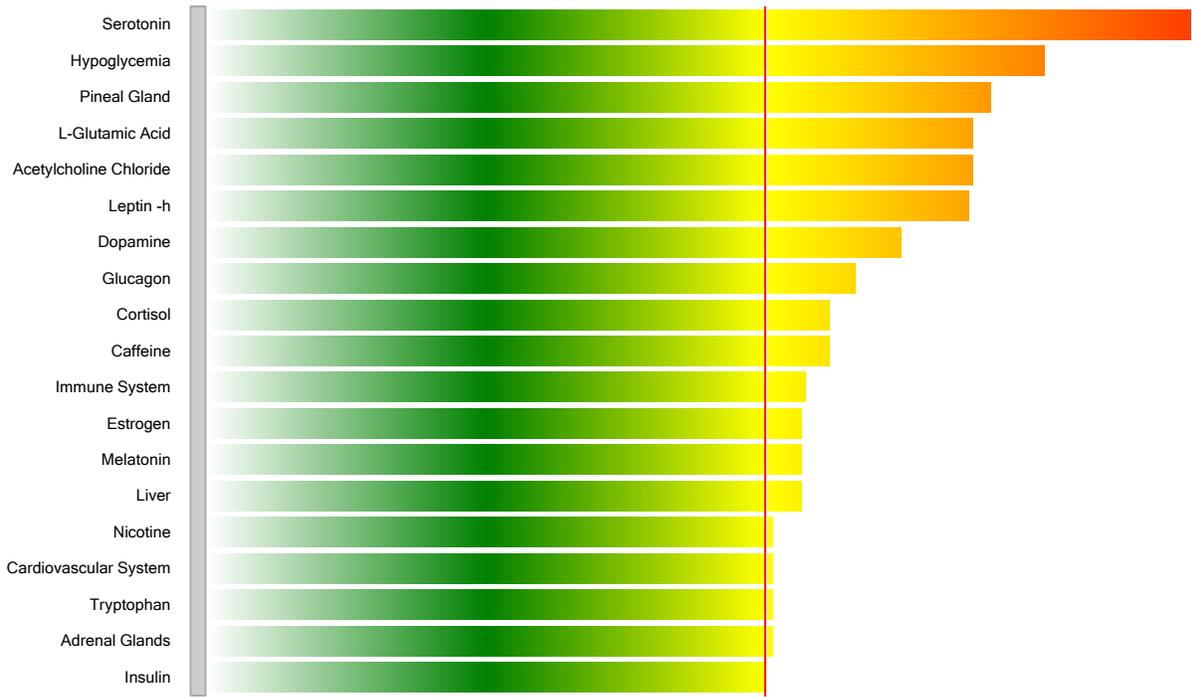
Caffeine junkies are caught in a vicious cycle of inadequate nightly recovery. The more caffeine you consume, the worse your sleep will be as a result of hormone disturbance, and your tendency to increase caffeine consumption rises, further robbing you of adequate sleep, and so on. If you insist on drinking 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.

Sleep Stressors Response





General Sleep Balancers

- 30.75 **Cherry**
- 13.75 **Aromatherapy**
- 11.34 **L-Theanine**
- 9.36 **Magnesium**
- 7.25 **Nervous System Regulation**



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

335.68 **Terahertz Therapy**

Terahertz Therapy restores the cells and body to its optimal state. Terahertz is known as the "wave form of life". TeraHertz is the exact wavelength our cells calibrate to. Studies show that the terahertz frequency, also called the "WAVE of life", enhances cellular repair mechanisms by multiple proteins that play vital roles in DNA repair, including protein p53 (often called "a guardian of the genome"). Supports blood viscosity, ATP production, rapid cellular regeneration and harmonization of our biological processes. Natural anti-depressant and non-invasive support for healing from the cells out. The TeraHertz wave resonates with our cells thus activating healthy and dormant cells, while eliminating bad, mutated and free radical cells in the process. TeraHertz also has a profound way of regulating the nervous system helping it to shift into a parasympathetics state. Early research emerging out of Asia has shown promising results in cancer prevention and treatment.

330.75 **Biofeedback**

Biofeedback is the process of gaining greater awareness of physiological functions using instruments that provide data or feedback on the activity of those systems. With practice and awareness, users can learn to manipulate or control them at will. Some of the processes that can be controlled include brainwaves, muscle tone, skin conductance, heart rate, and pain perception.

Biofeedback may be used to improve health, performance, and the physiological changes which often occur in conjunction with changes to thoughts, emotions, and behavior. Eventually, these changes may be self-maintained without the use of extra equipment, although equipment is not necessarily required to begin practicing biofeedback.

228.39 **Cupping**

The suction and negative pressure provided by cupping can loosen muscles, encourage blood flow, and sedate the nervous system. Cupping is used to relieve back and neck pains, stiff muscles, anxiety, fatigue, migraines, rheumatism, and even cellulite.

216.02 **Neurological Reorganization**

Neurological Reorganization, which is frequently referred to as N.R., or Neuro-Reorg, is a drug-free approach to addressing the challenges of a disorganized or injured brain. Brains can become dysfunctional with a patchy or spotty distribution of challenges that often stand out against a pattern of largely nonnal neuro-developmental skills, or may present themselves against a background of good intelligence, while behavior can be extreme and unmanageable. Some have pervasive neurodevelopmental challenges that impact all areas of their functioning.

Modalities such as: Frequency Specific Microcurrent (FSM, Neurofeedback, Biofeedback, EMDR and other neurological resetting modalities facilitate reorganization of the brain and nervous system, supporting it's return to a calmer more balanced state. And, when you treat the central problem by treating the central organism-the brain itself-you can go a long way towards recovery.

205.88 **Art Therapy**

Exact definitions of art therapy may vary due to its dual origins in art and psychotherapy. Nevertheless, art therapy often focuses on dealing with the art-making process as therapeutic in and of itself ("art as therapy").

Current art therapy includes a vast number of approaches, such as: Person-Centered, Cognitive, Behavior, Gestalt, Narrative, Adlerian, Family (Systems) and more. The tenets of art therapy involve humanism, creativity, reconciling emotional conflicts, fostering self awareness, and personal growth.