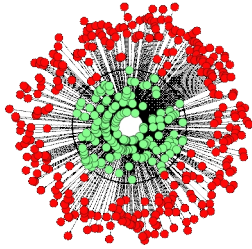
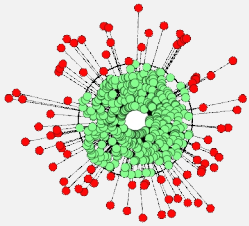


BALANCER VIRTUAL ITEM RESCAN DATA



Baseline

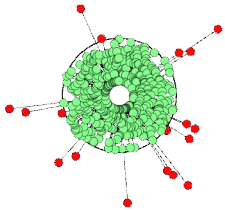
Biomarkers Out of Range: 293



Walking

Biomarkers Brought Into Range: 210

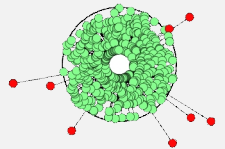
Category: Gastrointestinal System Balancers



NAET

Additional BioMarkers Brought Into Range: 65

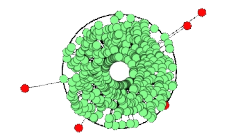
Category: Services



Zinc

Additional BioMarkers Brought Into Range: 10

Category: Gastrointestinal System Balancers, Immune System Balancers, Toxic Stress Balancers

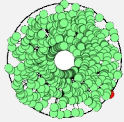


Every part of me is ready, willing and able to have lots of money NOW

Additional BioMarkers Brought Into Range: 3

Category: PSYCH-K/Affirmation Statements





Flax Seed Oil

Additional BioMarkers Brought Into Range: 4

Category: Hormonal/Endocrine System Balancers

PRODUCT DESCRIPTIONS

23.66 **Walking**

[No main description available]

18.38 **NAET**

Nambudripad's Allergy Elimination Techniques or NAET for short, is a holistic, non-invasive treatment used in eliminating food and environmental allergies permanently. It was discovered by Dr. Devi S. Nambudripad, in Buena Park, California. An acupuncturist, chiropractor, kinesiologist and a registered nurse, Dr. Nambudripad, began conducting research in 1984. Her Goal: Solve physical problems which had plagued her since birth and help others with similar problems. Her research resulted in the development of a new and effective approach for diagnosis and elimination of allergies of all types. Dr. Nambudripad utilized existing medical knowledge from various fields of medicine and combined this with her own discoveries.

16.50 **Zinc**

Zinc is a metal. It is called an "essential trace element" because very small amounts of zinc are necessary for human health.

Zinc is used for treatment and prevention of zinc deficiency and its consequences, including stunted growth and acute diarrhea in children, and slow wound healing.

It is also used for boosting the immune system, treating the common cold and recurrent ear infections, and preventing lower respiratory infections. It is also used for malaria and other diseases caused by parasites.

Some people use zinc for an eye disease called macular degeneration, for night blindness, and for cataracts. It is also used for asthma; diabetes; high blood pressure; acquired immunodeficiency syndrome (AIDS); and skin conditions such as psoriasis, eczema, and acne.

Other uses include treating attention deficit-hyperactivity disorder (ADHD), blunted sense of taste (hypogeusia), ringing in the ears (tinnitus), severe head injuries, Crohn's disease, Alzheimer's disease, Down syndrome, Hansen's disease, ulcerative colitis, peptic ulcers and promoting weight gain in people with eating disorders such as anorexia nervosa.

Some people use zinc for benign prostatic hyperplasia (BPH), male infertility, erectile dysfunction (ED), weak bones (osteoporosis), rheumatoid arthritis, and muscle cramps associated with liver disease. It is also used for sickle cell disease and inherited disorders such as acrodermatitis enteropathica, thalassemia, and Wilson's disease.

Some athletes use zinc for improving athletic performance and strength.

Zinc is also applied to the skin for treating acne, aging skin, herpes simplex infections, and to speed wound healing.

There is a zinc preparation that can be sprayed in the nostrils for treating the common cold.

Zinc sulfate is used in products for eye irritation.

Zinc citrate is used in toothpaste and mouthwash to prevent dental plaque formation and gingivitis.

How does it work?

Zinc is needed for the proper growth and maintenance of the human body. It is found in several systems and biological reactions, and it is needed for immune function, wound healing, blood clotting, thyroid function, and much more. Meats, seafood, dairy products, nuts, legumes, and whole grains offer relatively high levels of zinc.

Zinc deficiency is not uncommon worldwide, but is rare in the US. Symptoms include slowed growth, low insulin levels, loss of appetite, irritability, generalized hair loss, rough and dry skin, slow wound healing, poor sense of taste and smell, diarrhea, and nausea. Moderate zinc deficiency is associated with disorders of the intestine which interfere with food absorption (malabsorption syndromes), alcoholism, chronic kidney failure, and chronic debilitating diseases.



Zinc plays a key role in maintaining vision, and it is present in high concentrations in the eye. Zinc deficiency can alter vision, and severe deficiency can cause changes in the retina (the back of the eye where an image is focused).

Zinc might also have effects against viruses. It appears to lessen symptoms of the rhinovirus (common cold), but researchers can't yet explain exactly how this works. In addition, there is some evidence that zinc has some antiviral activity against the herpes virus.

Low zinc levels can be associated with male infertility, sickle cell disease, HIV, major depression, and type 2 diabetes, and can be fought by taking a zinc supplement.

16.25 **Every part of me is ready, willing and able to have lots of money NOW**

[No main description available]

14.41 **Flax Seed Oil**

[No main description available]

THE FOUR CORE BODY SYSTEMS



The four core systems to maintaining health are:

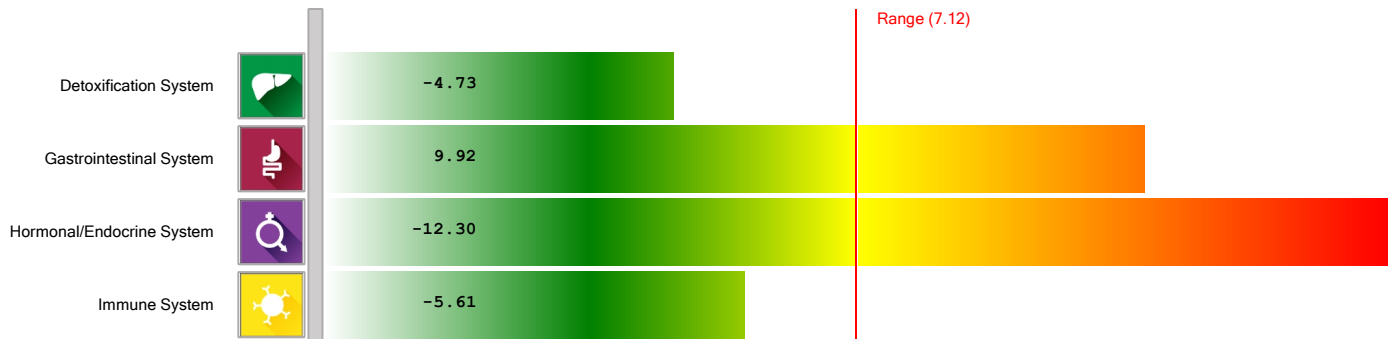
1. Detoxification System
2. Gastrointestinal Systems
3. Hormonal/Endocrine System
4. Immune System

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)

Four Core Body Systems Stressor Virtual Item Response





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.

- 10.26 **Garlic**
- 8.22 **Dandelion Root**
- 8.19 **High Fiber Diet**
- 8.07 **Amino Acids**
- 6.45 **Sleep**

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...

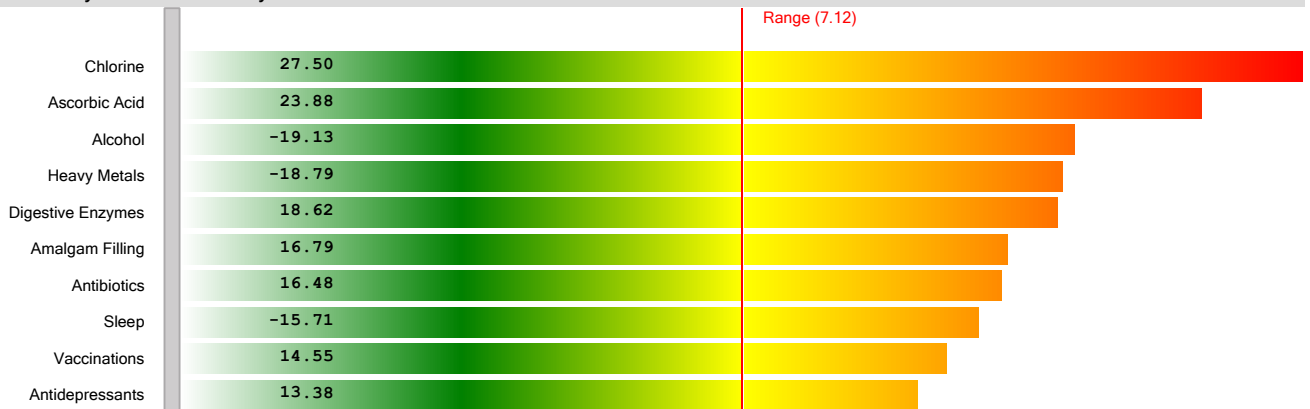
The Gastrointestinal System, which handles your digestive function, also contains a vast mucosal barrier. Gut inflammation and a compromised mucosal barrier can be caused by bacterial and parasitic infections, food additives, environmental toxins, mental & emotional stress, and a host of other stressors.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

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.

- 23.66 **Walking**
- 16.50 **Zinc**
- 8.19 **High Fiber Diet**
- 8.17 **Marshmallow Root**
- 5.68 **L-Glutamine**

HORMONES AND ENDOCRINE SYSTEM

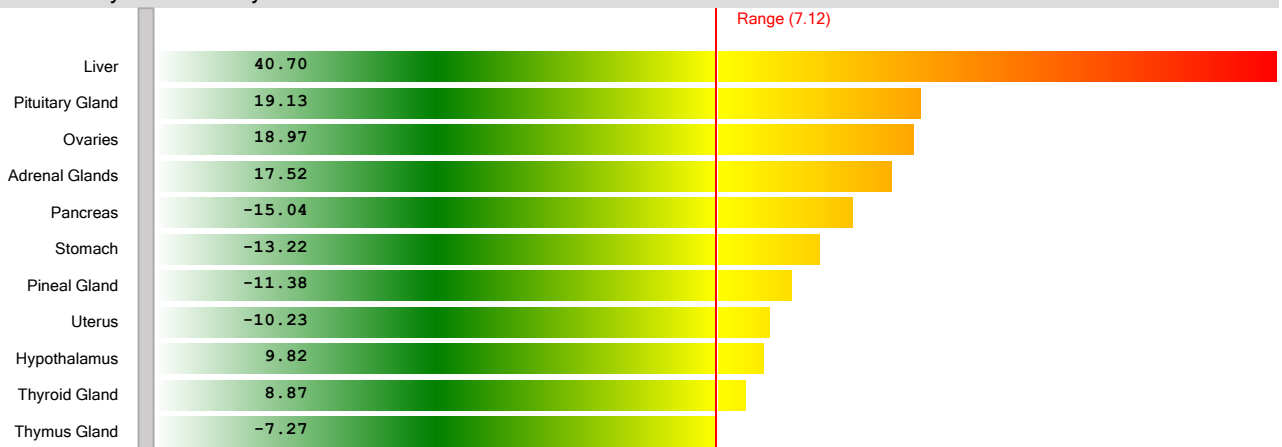


Hormones are chemical messengers that travel through your bloodstream and enter tissues, where they turn on switches to the genetic machinery that regulates everything from reproduction to emotions to your sense of well-being. The body's system of hormone production is formally known as the Endocrine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

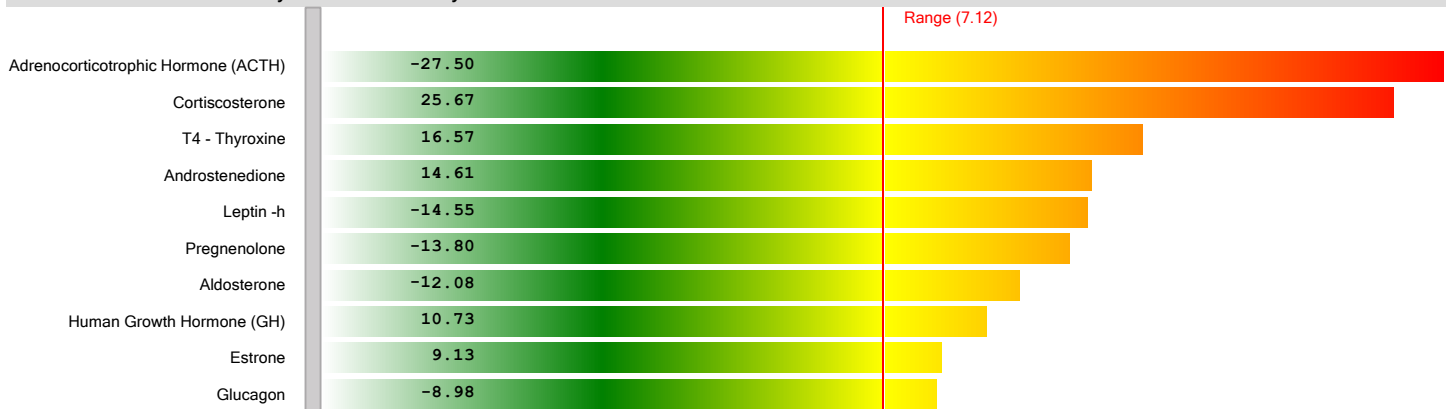
Hormones can be thought of as the chemical force that animates you physically, mentally, and emotionally. Balanced levels are necessary for the optimal function of numerous physiological processes.

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. (4)

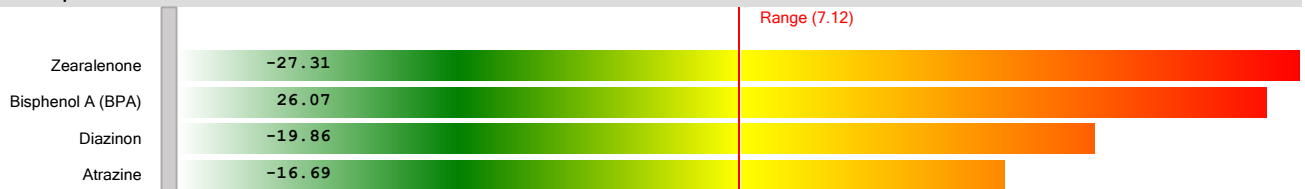
Hormonal/Endocrine System Primary Stressors



Hormonal/Endocrine System Secondary Stressors



Endocrine Disruptors

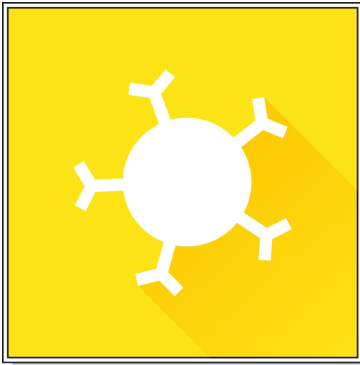


BALANCER VIRTUAL ITEMS - Hormonal/Endocrine System

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.

- 14.41 **Flax Seed Oil**
- 14.34 **Schizandra (Schisandra)**
- 8.19 **High Fiber Diet**
- 7.90 **Diindolylmethane (DIM)**
- 6.57 **Vitamin D (Calciferol)**

IMMUNE SYSTEM



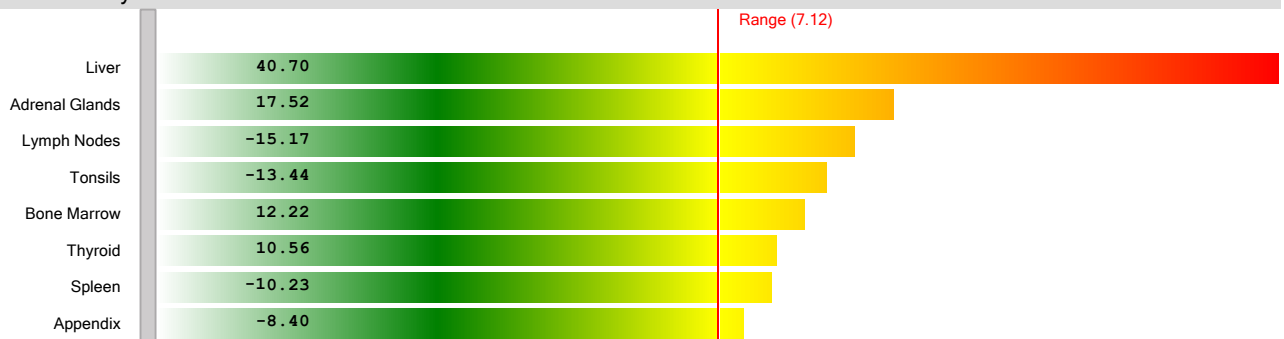
The first line of defense against disease-causing microorganisms is the skin and mucosal barriers. Behind this is a complex defensive system. Collectively these parts are known as the immune system.

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.

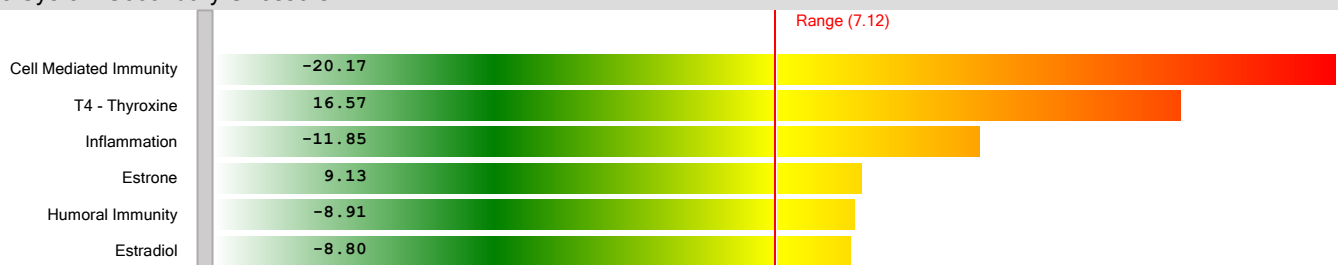
The first line of immune defense is called the mucosal barrier. Mucous membranes are an integral part of the immune system. They form a protective barrier between the interior of the body and the outside environment. The mucosal barrier is permeable and allows nutrients into the body while protecting 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)

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.

- 16.50 **Zinc**
- 10.97 **Ginger**
- 10.60 **Water**
- 10.26 **Garlic**
- 8.19 **High Fiber Diet**

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.

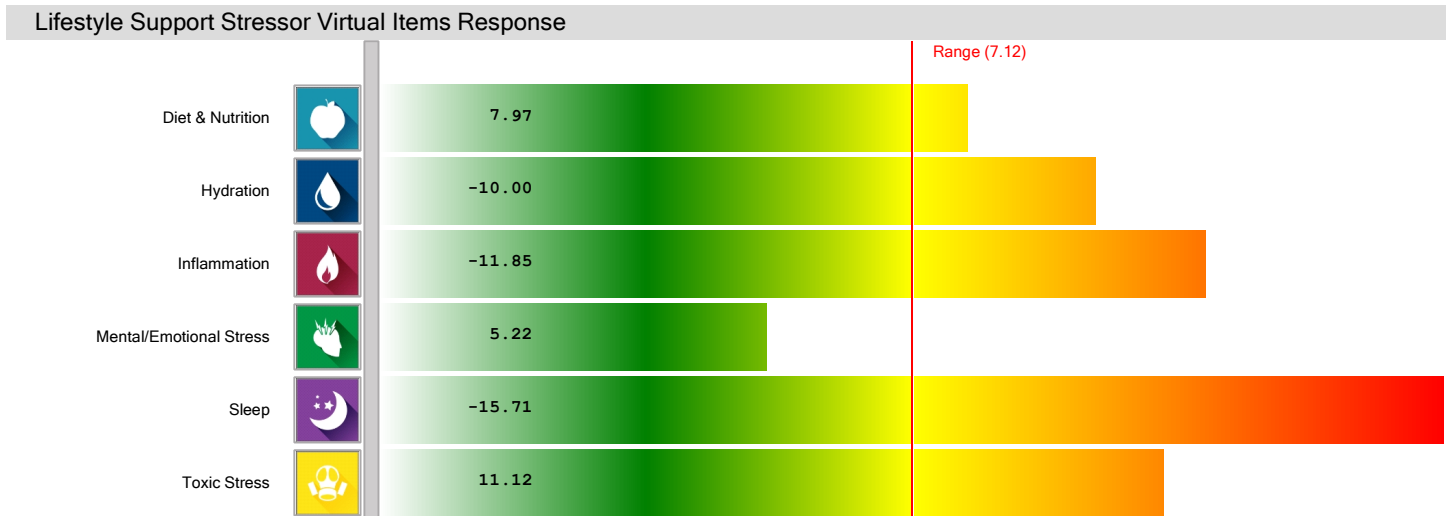
As a society, we tend to hide behind the illusion that we can get away with taking less than 100% responsibility for our own health and, when the resulting illness strikes, run to a doctor to relieve the condition. In reality, prevention and taking responsibility for making healthy choices now are truly 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. (6)

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. (7)

Top Diet Balancers

- 14.41 **Low Salt Diet**
- 12.27 **Vegan Diet**
- 12.01 **Gluten Free Diet**

Top 10 Food Balancers

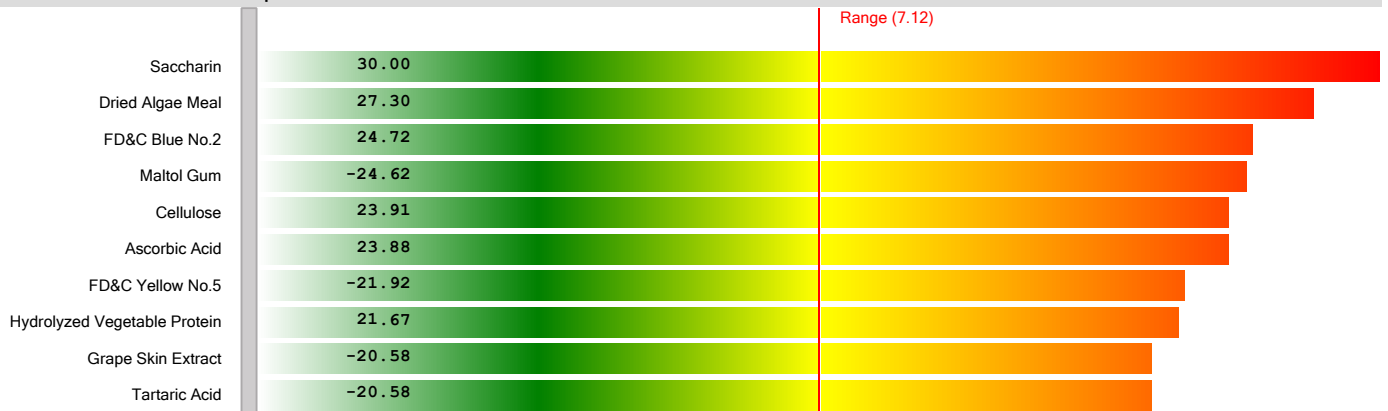
- 14.41 **Flax Seed Oil**
- 10.97 **Ginger**
- 10.26 **Garlic**
- 7.44 **Red Beet**
- 6.57 **Oregano**
- 6.54 **Zucchini**
- 6.23 **Green Tea**
- 5.43 **Vegetables**
- 5.23 **Lemon**
- 4.39 **Nuts & Seeds**

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. (8)



| | |
|------------------|------|
| Histamine | 8.63 |
| Steroid Hormones | 8.63 |

General Hydration Balancers

- 11.55 **Natrium muriaticum**
- 9.36 **Calcarea sulphurica**
- 8.61 **Phosphorus-min**
- 6.45 **Sleep**
- 5.96 **Magnesium-min**

Cell Salts (Top 4)

- 11.55 **Natrium muriaticum**
- 9.36 **Calcarea sulphurica**
- 4.19 **Calcarea fluorica**
- 3.07 **Calcium Phosphate**

Electrolytes (Top 4)

- 0.99 **Chloride (Cl-)**

INFLAMMATION



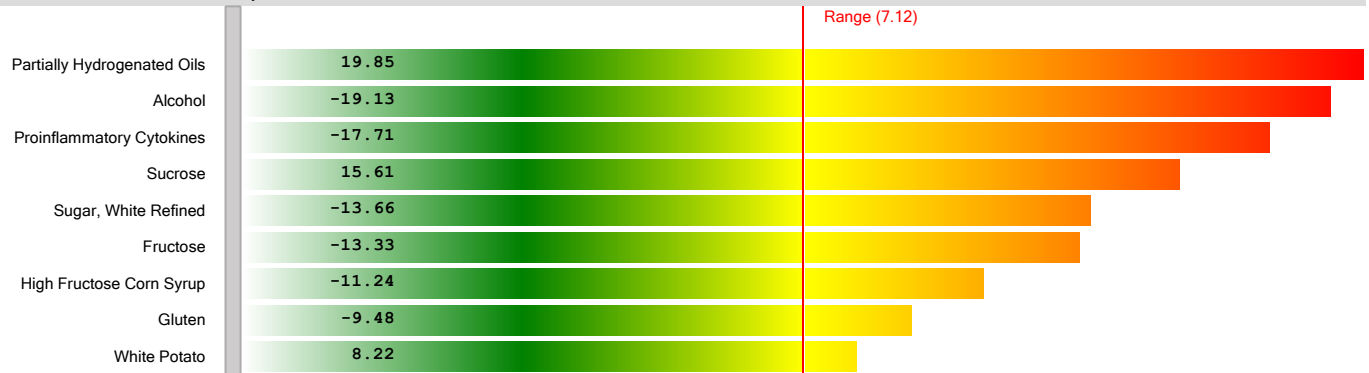
Acute Inflammation is the body's natural response to injury or infection. It's normally short in duration and it recedes as the body heals. The purpose of acute inflammation is to aid the body in healing.

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 (9)

Inflammation Stressors Response



General Inflammation Balancers

- 10.97 **Ginger**
- 10.26 **Garlic**
- 8.19 **High Fiber Diet**
- 7.44 **Red Beet**
- 6.54 **Zucchini**

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 Response

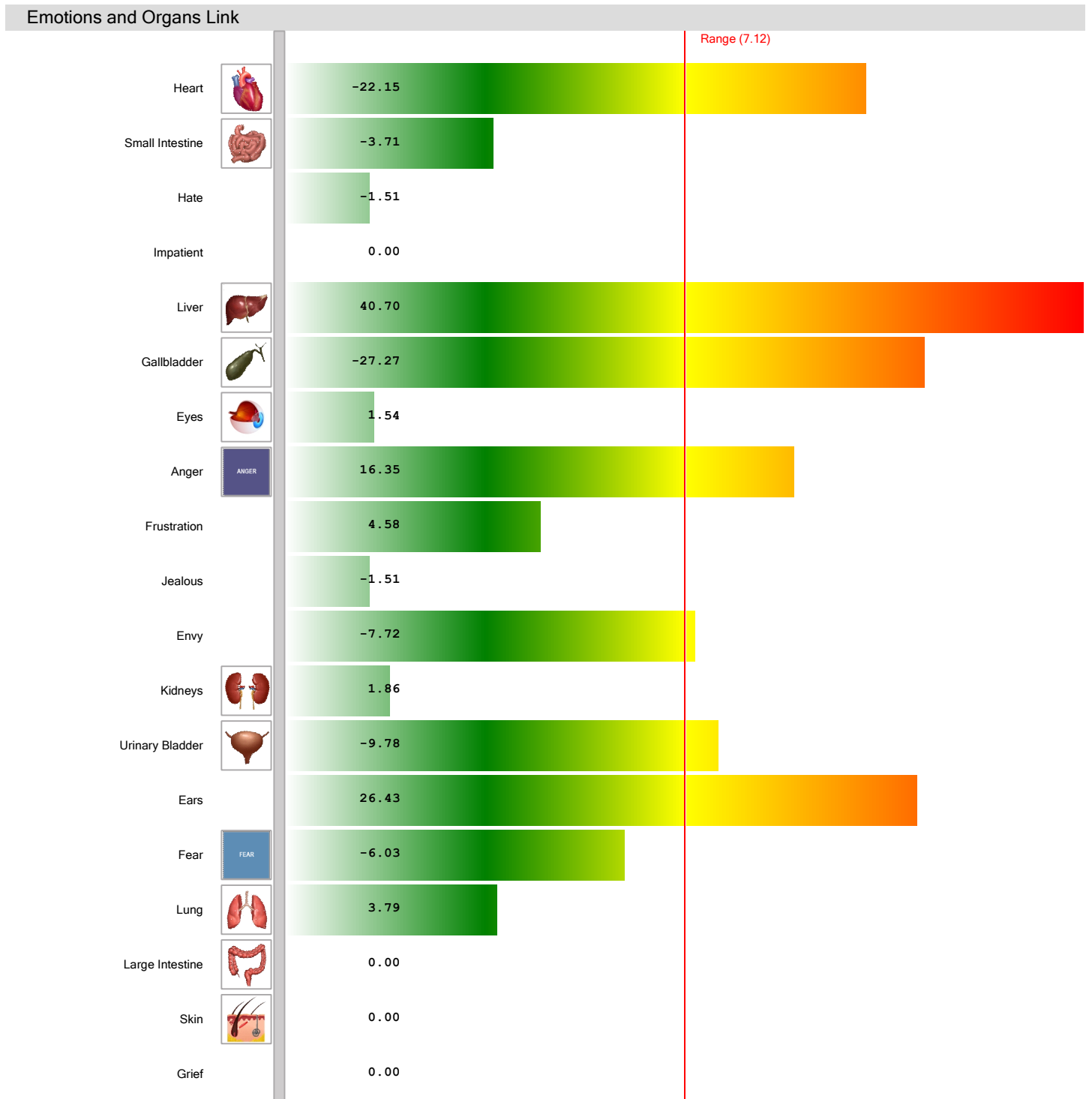


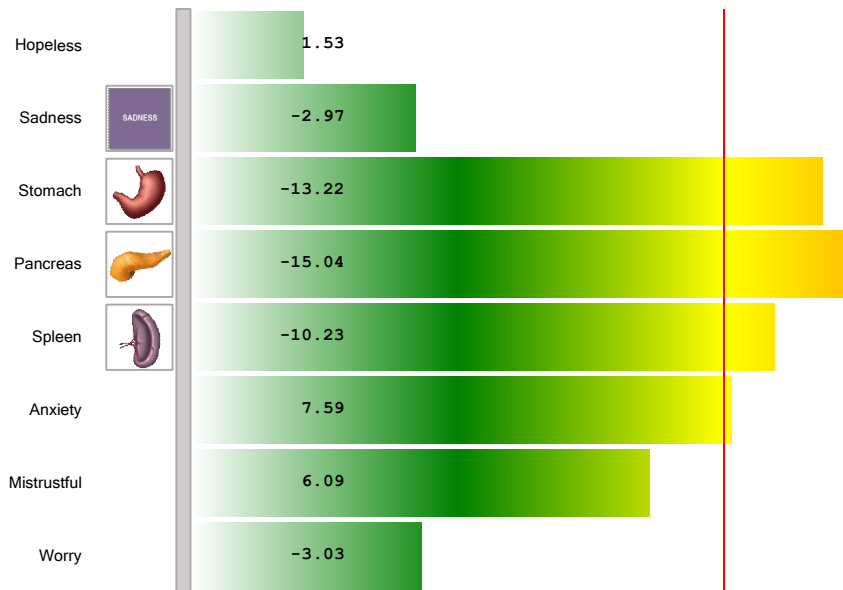
General Mental & Emotional Balancers

- 14.34 **Schizandra (Schisandra)**
- 11.45 **Vitamin B5**
- 6.45 **Sleep**
- 5.56 **Probiotics**
- 3.98 **Breathing Exercises**

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 Affirmation Statements

- 16.25 **Every part of me is ready, willing and able to have lots of money NOW**
- 14.02 **I am responsible for myself**
- 13.27 **I am safe and calm during the healing process**
- 12.98 **I am a necessary part of the Divine plan**
- 12.43 **I speak my personal truths with love, passion, and commitment**



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.

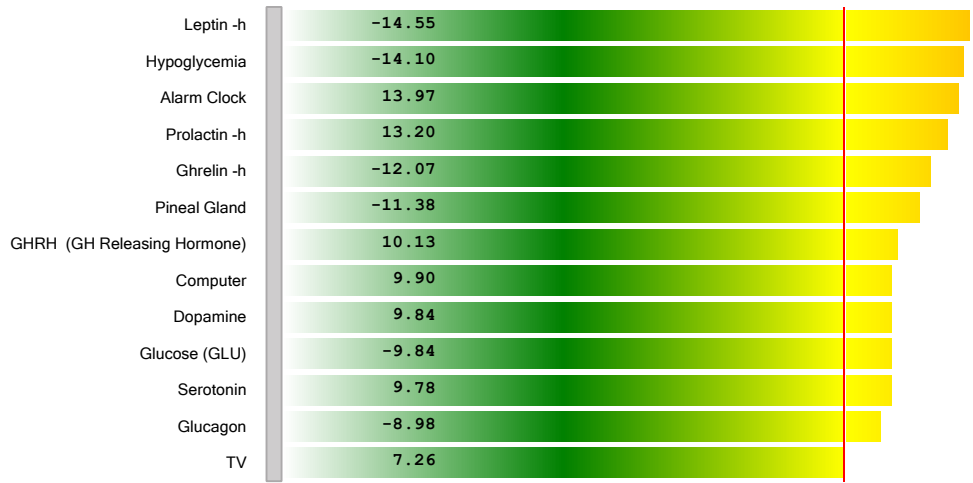
Another reason we are sleeping less, in addition to indoor lighting and multitasking lifestyles, is the universal acceptance and abuse of caffeine.

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)





General Sleep Balancers

- 7.57 **Aromatherapy**
- 6.59 **Acupuncture**
- 5.96 **Magnesium-min**
- 2.01 **Yoga**
- 1.92 **Lavender -hw**

TOXIC STRESS

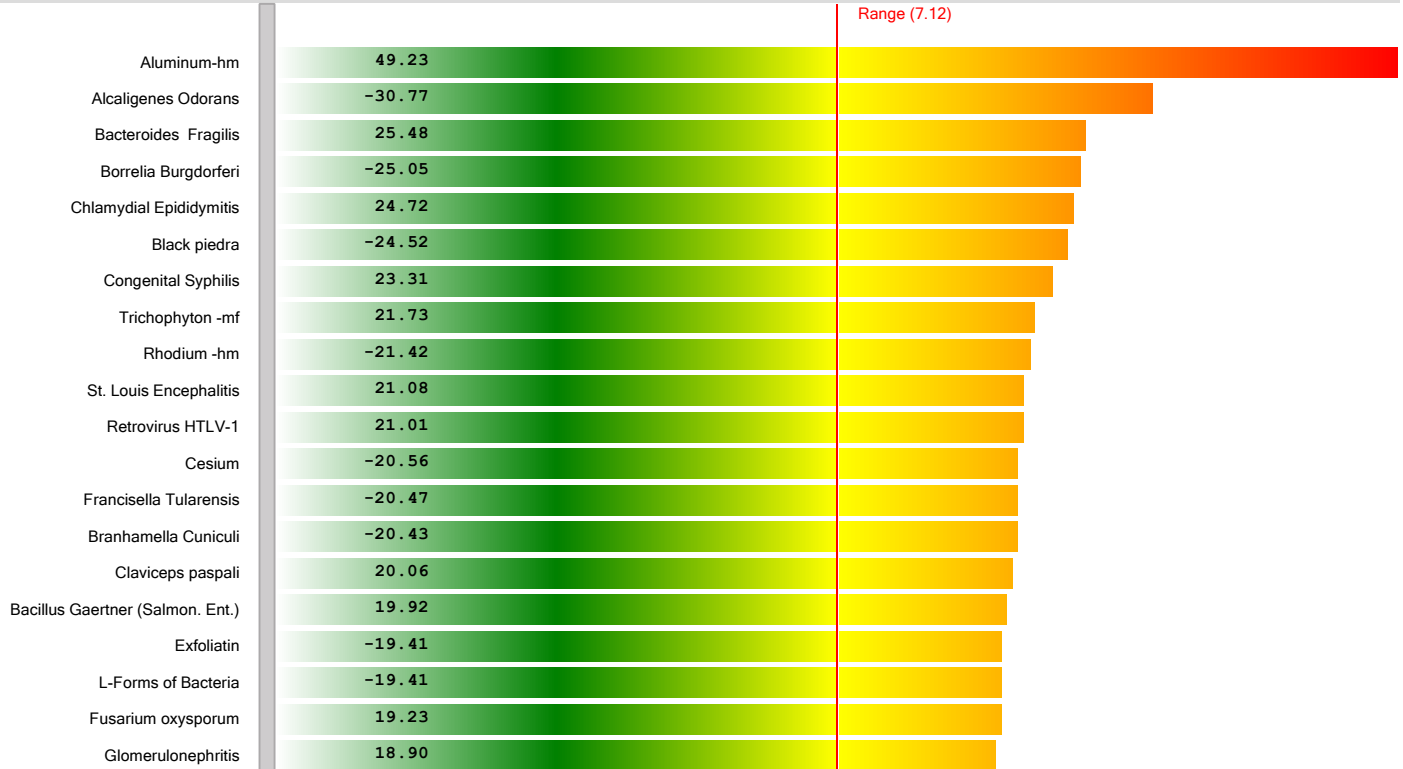


Many of the toxic substances that enter the body are fat-soluble, which means they dissolve only in fatty or oily solutions and not in water. This makes them difficult for the body to excrete. Toxins may be stored for years in fatty tissues, and are released during times of exercise, stress, or fasting.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

Toxic Stressor Collections Selected

- Heavy Metals
- Bacteria
- Fungi/Molds
- Viruses

Top 20 Toxic Stressors



General Toxic Stress Balancers

- 16.50 **Zinc**
- 10.26 **Garlic**
- 8.22 **Dandelion Root**
- 8.19 **High Fiber Diet**
- 8.07 **Amino Acids**



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. (13)

Exercise Balancers

Balance Exercises

- 10.34 **Balance Training**
- 9.50 **Yoga**
- 2.22 **Core Training**

Endurance

- 7.25 **Hiking**
- 7.23 **Swimming**

Flexibility Exercises

- 9.50 **Yoga**
- 9.36 **Breathing Exercises**
- 3.07 **Foam Rolling**

Strength Exercises

- 10.28 **Plyometrics**
- 4.08 **Circuit Training**



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

18.38 NAET

Nambudripad's Allergy Elimination Techniques or NAET for short, is a holistic, non-invasive treatment used in eliminating food and environmental allergies permanently. It was discovered by Dr. Devi S. Nambudripad, in Buena Park, California. An acupuncturist, chiropractor, kinesiologist and a registered nurse, Dr. Nambudripad, began conducting research in 1984. Her Goal: Solve physical problems which had plagued her since birth and help others with similar problems. Her research resulted in the development of a new and effective approach for diagnosis and elimination of allergies of all types. Dr. Nambudripad utilized existing medical knowledge from various fields of medicine and combined this with her own discoveries.

11.93 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.

10.34 Oil Pulling (Swish and Spit)

Oil pulling is an ancient Ayurvedic remedy for oral health and detoxification. It involves the use of pure oils as agents for pulling harmful bacteria, fungus, and other organisms out of the mouth, teeth, gums and even throat. The most effective oil pulling is done by placing around a tablespoon of cold pressed organic sesame oil into the mouth and swishing the oil around the mouth for approximately 10-15 minutes and then spitting it out.

10.11 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.

7.74 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.

To Schedule your appointment with this Full Body Biofeedback + your Food Sensitivity Testing
please email: info@tucsonbiofeedback.com



Bibliography:

1. "Core System of Function." CoreOneHealth. <http://www.coreonehealth.com/core-system-of-function>
2. "The Core Systems of Function - Detoxification" CoreOneHealth. <http://www.coreonehealth.com/detoxification>
3. "Core Systems of Function - Gastrointestinal System." CoreOneHealth. <http://www.coreonehealth.com/gastrointestinal>
4. "Core Systems of Function - Hormone System." CoreOneHealth. <http://www.coreonehealth.com/hormones>
5. "Core Systems of Function - Immune System." CoreOneHealth. <http://www.coreonehealth.com/immunity-core>
6. "Lifestyle Management." CoreOneHealth. <http://www.coreonehealth.com/lifestyle-management>
7. "Diet and Nutrition." CoreOneHealth. <http://www.coreonehealth.com/diet-and-nutrition>
8. "The Importance of Proper Hydration." Heritage Integrative Healthcare. <http://heritageihc.com/blog/proper-hydration/>
9. "Acute vs. Chronic Inflammation." Integrative Longevity Institute of Virginia. <http://www.integrativelongevity.org/blog/acute-vs-chronic-inflammation>
10. "Emotional Stress." CoreOneHealth. <http://www.coreonehealth.com/mental-and-emotional-stress>
11. "Sleep." CoreOneHealth. <http://www.coreonehealth.com/sleep>
12. "The Core Systems of Function - Detoxification." CoreOneHealth. <http://www.coreonehealth.com/detoxification>
13. "Exercise." CoreOneHealth. <http://www.coreonehealth.com/exercise>