

Age Management Optimization Report

Client Example

ID: AGETEST101

Date: 01.08.2023



Dear Client Example,

Introducing your Age Management Optimization Plan!



Your Results

This report has been designed to optimise and delay ageing as much as possible based on your body's real needs. The indications set out here are intended to provide a simple way to achieve a cellular system that is as little oxidised and inflamed as possible.

Knowing your current state will help you to optimise all your processes towards the search for a state of balance. The environment and its influences, as well as an unbalanced diet that is low in nutrient absorption, are major factors in the expression of the metabolic age of your cells.

To stay young for the longest possible time, it is important to ensure that the processes influenced by epigenetics (nutrition and relationship with the environment) are working in harmony and at their optimal levels.

This information is designed to help you identify many of the common environmental influences and assist you in your food choices, providing you with a 90-day series of recommendations that will help you slow down the natural processes of ageing.

If you have any further questions, don't hesitate to contact us.

Sincerely,
Epixlife | Wellness Inspires Us

Do you have any questions?



Contact:

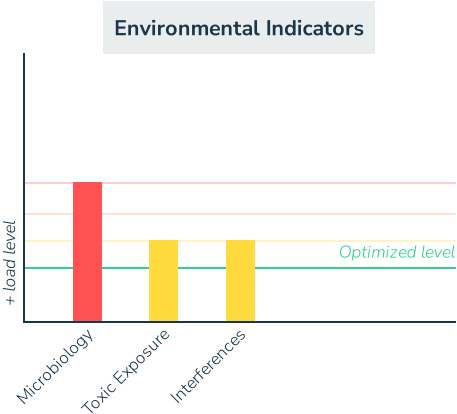
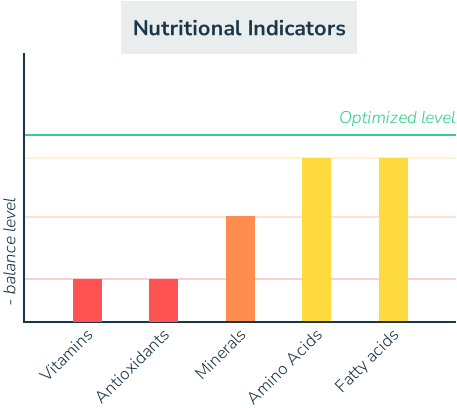
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Summary of results

About the results of the Report

The following graphs show the priority level for each epigenetic indicator. The guidance in the report will focus on those indicators that are furthest away from the Optimized Level.



This test is carried out through qualitative studies. Results are shown according to the need for nutrients at the cellular level (from high to low / optimized need).

Optimization Level:

Optimized

Low Need

Medium Need

High Need

High Optimization Need

Microbiology

Viral Signal
Parasites

Antioxidants

Carotenoids
Coenzyme Q10
Flavonoids
Vitamin C

Vitamins

Vitamin K2
Vitamin B2
Vitamin B3
Betaine

Medium Optimization Need

Minerals

Sodium
Selenium

Low Optimization Need

Toxic Exposure

Radiation

Interferences

Mobile telephone, GSM (0,9 GHz)
Electrosmog
Electrostatic field
Radiofrequency

Fatty acids

Arachidonic Acid - 6 (AA)

Amino Acids

Arginine
Ornithine
Taurine
Glycine

Metabolic Systems Indicators



Why is metabolism so important?

Nutrient metabolism involves hundreds of reactions that provide our body with the energy and materials needed to function properly. A good metabolic rate can help you burn more calories, give you more energy and slow down ageing!

Beat flaccidity with healthy habits

Understanding metabolic processes in age management is essential to understand the causes that slow down metabolic systems related to essential functions such as detoxification, cell regeneration and tissue maintenance. Understanding how our body processes macronutrients (proteins, fats and sugars) and how factors such as hormonal and gastrointestinal health influence this can help us adapt our habits to optimise our well-being and quality of life in a tailored way. In addition, knowledge of metabolic processes can help prevent and manage certain age-related diseases.

Did you know...?



Cell repair and growth hormone are closely related to the quality of our sleep. Growth hormone enhances tissue regeneration and helps maintain tissues and organs throughout life.



Cellular hydration is achieved when the water we ingest reaches the inside of our cells, protecting us from oxidative stress.



Overnight overexposure to certain electromagnetic frequencies can cause negative changes in your DNA and in the regeneration of your epidermis.

The indicators shown below are important markers to optimize your metabolic system. **Pay attention to the highlighted indicators!**

Metabolic support Indicators	Gastrointestinal System	Brain Health	Intestine	Microbial Balance	Metabolic Stress / Inflammation
	Immune System	Adrenal System	Hormonal System	Energy Production	Fatty Acid Metabolism
	Protein synthesis	Sugar Metabolism	Cellular Hydration	Emotions	Sleep
	Detox System	Cardiovascular Health	Skeletal Muscle System		

Key factors to take into account

There are certain non-modifiable factors that can alter your metabolism, such as your age, gender, and even your genetics. However, there are factors that can alter your weight and your health, important to take into account:

- 1. Eating habits:** a high consumption of ultra-processed foods, as well as those high in sugar and fat, can cause greater weight gain.
- 2. Physical Activity:** Aerobic exercise is a great way to burn calories, while strength exercise can help you build muscle mass, important for speeding up your metabolism.
- 3. Rest:** Rest can affect your hormones which, in turn, alter your appetite and your food intake. It is important to sleep 7 to 9 hours a day to maintain good health.

How to read your results:



What do the marked indicators mean?

After reviewing the data in your report alongside all other criteria, it has been deemed essential to flag these indicators as important to support your metabolic system.



Do the marked indicators refer to any kind of disorder?

This is only a supporting indicator and is not intended to be a diagnosis of any physical malfunction within any specific area.



Do I need to consult a professional?

If you are concerned about the functioning of any of your body systems or processes you should consult a qualified health professional.

Detox Indicators



What is "conscious detox"?

An approach that involves healthy and conscious eating, physical activity and emotional care. It is about eliminating toxins from the body naturally, without resorting to extreme products or treatments, and promoting a balanced and sustainable lifestyle in the long term.

Result:
Medium Need



You have to balance your Detox Indicators in the medium term

The imbalance of the indicators provided is producing an alteration in your Detox capabilities. It is a priority to optimize their levels in the medium term to create a balance in your body.

How to interpret the results?

Our bodies are constantly being exposed to intoxication, both from food and the environment. Typically, the water, air, chemicals and also the food we eat on a regular basis are loaded with pollutants or toxins. We are often unaware of the level of toxin accumulation we face in our bodies every day, but if you pay attention, you may be able to identify some signs that you need to cleanse your body with a detox approach. We will help you identify the nutrient needs that assist you in eliminating the toxins that build up in your body.

The more items highlighted in the table below, the higher the level of support is required.

Vitamins	Betaine	Inositol	Vitamin A1	Vitamin B1	Vitamin B3
	Vitamin B5	Vitamin B6	Vitamin B12	Vitamin C	Vitamin D3
	Vitamin E	Vitamin K2			
Minerals	Calcium	Chromium	Copper	Iodine	Iron
	Magnesium	Molybdenum	Selenium	Zinc	
Antioxidants	Alpha Lipoic Acid	Anthocyanidins	Carotenoids	Coenzyme Q10	Flavonoids
	Phytoestrogens	Polyphenols	Superoxide Dismutase (SOD)	Sulforaphane Glucosinolate	
Amino Acids	Cysteine	Histidine	Methionine	Ornithine	Threonine
	Arginine	Valine			
Fatty Acids	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)			
Environmental stressors	Heavy metals	Chemicals and Hydrocarbons	Radiation	Bacteria	

Cellular Boost Indicators

Result:
Low Need

You should consider Cellular Regeneration optimization

The imbalance of the indicators provided may produce an alteration in your Cellular Regeneration. You should consider optimization in the long term to create a balance in your body.



Feed your cells with what they need the most

Many of the body's core mechanisms, crucial to the processes of ageing, are sustained and maintained by our nutritional habits. These processes are the main drivers of the body's physiology and vary according to our epigenetic influences.

How to boost cell regeneration?

Each of these systems relies on various nutrients, but getting the balance right is vital. The chart below lists the nutrients that could assist you in your quest for a more youthful glow and vitality. Highlighted items are those that require support in the form of increased nutrients and treatment and removal of environmental exposures. The table of cellular system support indicators below highlights in green several indicators that can help reverse the aging process. The table is not intended as a diagnosis of any problem or condition.

The more items highlighted in the table below, the higher the level of support is required.

Vitamins	Vitamin A1	Vitamin B1	Vitamin B2	Vitamin B3	Vitamin B5
	Vitamin B6	Vitamin B9	Vitamin B12	Vitamin C	Vitamin D3
	Vitamin E	Vitamin K2	Biotin	Inositol	
Minerals	Iodine	Iron	Selenium	Zinc	Magnesium
	Calcium				
Antioxidants	Vitamin C	Vitamin E	Alpha Lipoic Acid	Coenzyme Q10	Zinc
Fatty Acids	Alpha-Linolenic Acid - 3 (ALA)	Arachidonic Acid - 6 (AA)	Eicosapentaenoic Acid - 3 (EPA)	Oleic Acid - 9	Gamma Linolenic Acid - 6 (GLA)
Amino Acids	Arginine	Cysteine	Lysine	Methionine	Taurine
Environmental stressors	Radiation	Heavy metals	Chemicals and Hydrocarbons	ELF (Extremely Low Frequency)	Bacteria
	Spores				

Tonicity and Firmness Indicators

Result:
Low Need



You should consider Firmness and Tonicity optimization

The imbalance of the indicators provided may produce an alteration in your Firmness and Tonicity markers. You should consider optimization in the long term to create a balance in your body.



Muscle tone and firmness

The quality of protein and elastic fibres is essential for maintaining skin firmness and overall muscle tone. When these decline, furrows and other changes appear that affect the appearance of the face and body silhouette. Through the epigenetic indicators to be boosted, we will seek to increase the production of proteins that favour muscle firmness.

Muscle tone, an ally against ageing

Tonicity is a state of physiological tension constantly present in the muscles, in order to keep these tissues active without generating movement. It is achieved by the exchange of action produced by the muscle fibres to avoid lack of firmness. With ageing, this muscle firmness decreases due to several physiological and lifestyle factors. One of the main factors is a decrease in muscle mass, due to a reduction in muscle protein synthesis, a reduced ability to absorb nutrients and a decrease in insulin sensitivity. Good muscle tone will be a great support for the musculoskeletal system that provides stability, shape, support and movement.

The table below indicates which nutrients may be important in helping to optimise tone and firmness. **The more of these that are highlighted in the table below, the more attention this group of indicators requires.**

Vitamins	Vitamin B6	Vitamin B9	Vitamin C	Vitamin B3	Vitamin B12
Minerals	Zinc	Manganese	Copper	Selenium	Sodium
	Calcium	Potassium	Chromium		
Antioxidants	Coenzyme Q10				
Amino Acids	Leucine	Isoleucine	Valine	Glutamine	Threonine
	Arginine	Phenylalanine	Carnitine	Taurine	Lysine
	Tryptophan				
Fatty Acids	Alpha-Linolenic Acid - 3 (ALA)	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)		

Elasticity Indicators

Result:
Medium Need

You have to balance your Elasticity Indicators in the medium term

The imbalance of the indicators provided is producing an alteration in your Elasticity Indicators. It is a priority to optimize their levels in the medium term to create a balance in your body.

The importance of elasticity



Elasticity is the skin's ability to quickly return to its original state after being contracted or stretched. Elastic skin will be the perfect ally against fine lines, as it will be less prone to damage from constant and repetitive facial movements.

Firm skin, youthful skin

Compared to other tissues, the skin is mainly composed of extracellular components: water, collagen and elastin. These give it its structural and mechanical properties: elasticity and viscoelasticity. This forms a dense gelatinous mass that incorporates the fibres and cells of the dermis and is responsible for the skin's viscoelasticity and turgidity. In contrast, the fibrous component, consisting mainly of elastin and collagen, is responsible for the skin's elasticity and tensile strength. One of the main factors in the loss of elasticity is a decrease in the production of collagen and elastin, two proteins that are essential. With age, the production of these proteins decreases and the skin loses its ability to stretch and return to its original shape.

The following table indicates which nutrients may be important in helping to optimize elasticity. **The more of these that appear in the box below, the more attention this group of indicators will require.**

Vitamins	Vitamin A1	Vitamin B1	Vitamin B2	Vitamin B3	Vitamin B5
	Vitamin B6	Vitamin B9	Vitamin B12	Vitamin C	Vitamin D3
	Vitamin E	Vitamin K1	Vitamin K2	Biotin	Inositol
Minerals	Iodine	Iron	Selenium	Zinc	Magnesium
	Calcium				
Antioxidants	Vitamin C	Vitamin E	Alpha Lipoic Acid	Coenzyme Q10	
Fatty Acids	Alpha-Linolenic Acid - 3 (ALA)	Arachidonic Acid - 6 (AA)	Eicosapentaenoic Acid - 3 (EPA)	Oleic Acid - 9	Gamma Linolenic Acid - 6 (GLA)
Amino Acids	Arginine	Cysteine	Lysine	Methionine	Taurine
Environmental stressors	Radiation	Heavy metals	Chemicals and Hydrocarbons	ELF (Extremely Low Frequency)	Bacteria
	Spores				

Epigenetic Markers



Your Need of Vitamins



Result:
High Need



It is necessary to boost your Vitamins

The imbalance of this indicator may be producing a alteration in **your system**. It is a priority to optimize its levels to promote balance in your body. Vitamins are essential catalyst compounds for the proper cellular and metabolic functioning. Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short term.

Personalized vitamin need

The following list presents the vitamins that have been evaluated. The marked elements are those indicators that need to be optimized.

- Betaine
- Biotin
- Inositol
- Vitamin A1
- Vitamin B1
- Vitamin B2
- Vitamin B3
- Vitamin B5
- Vitamin B6
- Vitamin B9
- Vitamin B12
- Vitamin C
- Vitamin D3
- Vitamin E
- Vitamin K1
- Vitamin K2

Vitamins and optimal health

The body's processes require a variety of vitamins to function at its optimum level. Vitamins are a key part of enzymatic processes, and are drivers of all metabolic processes of the body.

Foods that supply vitamin needs

Betaine

Betaine regulates the immune response, participates in gene regulation, fatty acid oxidation, lipid and cholesterol synthesis, and regulates the body's water balance. It regulates erythrocyte function. It improves sports performance and reduces vascular risk factors. It also provides us with hydrochloric acid.

Eggs, Oats, Barley, Quinoa, Cod, Shrimp, Wheat, Spinach, Turkey, Trout

Vitamin B2

Also known as riboflavin, plays an important role in cell growth, development and function. It participates in the production of blood cells and transforms food into energy. It does not suffer under high temperatures.

Eggs, Almonds, Seaweed, Salmon, Cheese, Spinach, Beef, Chicken, Pork, Broccoli, Green Beans, Sheep Milk, Yogurt, Deer, Pig Liver

Vitamin B3

Also known as niacin, contributes to the normal functioning of the nervous system and in the metabolism of energy production. It helps mucous membranes and skin to keep its normal state, contributes to DNA repair and in the response to stress. It's not very sensitive to heat but it dissolves when cooked with water.

Sunflower Seed Oil, Wild Rice, Almonds, Salmon, Mackerel, Lentils, Banana, Beef, Chicken, Peanuts, Flounder, Turkey, Tuna, Yogurt, Sunflower Seeds, Pine Nuts, Pig Liver, Chia Seeds, Macadamia Nuts

Vitamin K2

Vitamin K is a group of vitamins that share similar chemical structures, vitamin K1 and K2 . They help blood clot, maintain bone health and normal blood clotting. They can be synthesized by intestinal bacteria and about half of the requirement can be obtained this way.

Eggs, Cheese, Beef, Chicken, Pork, Olive Oil, Soya Beans, Soya Oil

Your Need of Minerals

20

Ca



It is recommended to boost the absorption of Minerals in the next 90 days

The imbalance of this indicator is not causing an alteration in your system immediately, however, it is necessary to optimize it in the medium term to avoid major imbalances.

Minerals are non-organic natural elements that must be absorbed mostly through diet, so that bones, cardiovascular and hormonal functions, among others, work properly.

Our tests are qualitative studies and have identified that it may be necessary to optimize this indicator in the medium term.

Personalized mineral need

The following list presents the minerals that have been evaluated. The marked elements are those indicators that need to be optimized.

- Boron
- Calcium
- Chromium
- Copper
- Iodine
- Iron
- Lithium
- Magnesium
- Manganese
- Molybdenum
- Potassium
- Selenium
- Silicon
- Sodium
- Sulfur
- Zinc

Make sure your body gets a sufficient amount of minerals!

They are essential substances for the proper functioning of the organism. The body uses minerals for many functions, including keeping the bones, heart and brain functioning optimally.

Foods that supply mineral needs

Selenium

Selenium is involved in the proper functioning of the thyroid gland. It is a great antioxidant. It is essential for the proper functioning of the immune system, because it increases the production of white blood cells. It also neutralizes the effect of heavy metals and promotes the growth of hair and nails.

Eggs, Barley, Wild Rice, Brazil Nuts, Lobsters, Oysters, Parsley, Asparagus, Rice, Buckwheat, Peas, Beef, Chicken, Broccoli, Soya Beans, Corn, Turkey, Tuna, Brewer's Yeast, Oat Bran, Edamame, Chives, Cuttlefish, Mussels

Sodium

Sodium helps control blood pressure, blood volume, the correct balance of fluids in the body and helps muscles and nerves to function properly. It is also involved in the transmission of nerve impulses and muscle contraction.

Crab, Salmon, Cheese, Salt, Pickles

Your Need of Antioxidants



It is necessary to boost your Antioxidants

The imbalance of this indicator may be producing a alteration in your system. Antioxidants are chemical substances that help stop or limit the damage caused by free radicals, in addition to protecting us against oxidative stress. Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short term.

Personalized antioxidant need

The following list presents the antioxidants that have been evaluated. The marked elements are those indicators that need to be optimized.

- Alpha Lipoic Acid
- Anthocyanidins
- Vitamin C
- Vitamin E
- Carotenoids
- Selenium
- Coenzyme Q10
- Flavonoids
- Phytoestrogens
- Polyphenols
- Superoxide Dismutase (SOD)
- Sulforaphane Glucosinolate
- Zinc

What antioxidants can you include in your diet to minimize the effect of free radicals?

Antioxidants are fighters against free radicals that can damage our own biological molecules (proteins, lipids, nucleic acids and others) due to the reactivity that they form inside the cell.

Foods that supply antioxidant needs

Vitamin C

Vitamin C or ascorbic acid contributes to the formation of collagen; to the formation and normal function of bones, teeth, cartilage, skin, blood vessels, the nervous and immune systems; it protects against oxidative damage; and it aids in wound healing.

Strawberry, Tangerine, Parsley, Tomato, Spinach, Lemon, Oranges, Papaya, Cauliflower, Kiwi, Cabbage, Grapefruit, Peas, Currants, Cantaloupe, Red Pepper, Broccoli, Brussel Sprouts

Carotenoids

Carotenoids are natural pigments that give yellow and red color to flowers, vegetables and fruits. They can reduce oxidative stress due to their antioxidant effect. Their consumption is associated with a lower risk of some chronic diseases. They promote mental and brain health by stimulating brain connections and optimizing cognitive performance. They also contribute to eye health.

Apricot, Tangerine, Almonds, Watercress, Tomato, Spinach, Oranges, Carrot, Mango, Lettuce, Red Pepper, Broccoli, Green Beans

Coenzyme Q10

Coenzyme Q10 is naturally produced by the body, but its production decreases as we age. It protects against free radical damage and is involved in cellular energy production. It is beneficial in treating heart disease and congestive heart failure. It lowers blood pressure and isolated systolic hypertension, prevents headaches and strengthens the immune system.

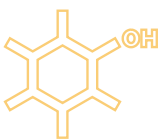
Salmon, Spinach, Millet, Oranges, Buckwheat, Wild strawberry, Beef, Chicken, Pork, Soya Beans, Tuna, Trout, Soya Oil, Wheat Germ, Oat Bran

Flavonoids

Flavonoids are the largest class of plant polyphenols. They are powerful antioxidants that fight free radicals which cause oxidative stress in the body. They also possess anti-inflammatory characteristics that support the immune system.

Blueberry, Tangerine, Seaweed, Lime, Parsley, Tomato, Lemon, Oranges, Wild strawberry, Grapefruit, Raspberry, Lettuce, Red cherry, Blackberry, Red Pepper, Broccoli, Black tea, Brewer's Yeast, Green Tea

Your Need of Amino Acids



Result:
Low Need



It is not necessary to optimize the absorption of amino acids in the next 90 days

The imbalance of this indicator is not producing an alteration in your system.
However, it would be wise to balance their small needs at the cellular level to avoid a greater future problem. Amino acids are essential substances for our development since they are fundamental elements for the synthesis of proteins, and are precursors of other nitrogenous compounds.
Our Tests are qualitative studies and have identified that it is necessary to optimize this indicator in the long term.

Personalized amino acid need

The following list presents the amino acids that have been evaluated. The marked elements are those indicators that need to be optimized.

- Glutamic Acid
- Arginine
- Asparagine
- Aspartic Acid
- Alanine
- Carnitine
- Carnosine
- Cysteine
- Cystine
- Citrulline
- Phenylalanine
- Glycine
- Glutamine
- Histidine
- Isoleucine
- Leucine
- Lysine
- Methionine
- Ornithine
- Proline
- Serine
- Taurine
- Threonine
- Tyrosine
- Tryptophan
- Valine

Amino acids and cell renewal

No body process takes place without essential amino acids. Amino acids make our body build new cells and restore all damaged tissues. Amino acids also help strengthen the body and promote the production of various hormones, antibodies, and enzymes.

Foods that supply amino acid needs

Arginine

Arginine is needed during periods of peak growth, severe stress and injury. It can increase athletic performance, reduce body fat, be a source of energy, modulate disease development, enhance immune function, stimulate wound healing, modulate carcinogenesis and tumor growth, as well as modulate many cellular biochemical functions.

Eggs, Oats, Wild Rice, Walnuts, Brazil Nuts, Almonds, Cheese, Shrimp, Lentils, Rice, Buckwheat, Chicken, Peanuts, Soya Beans, Hazelnuts, Corn, Cashews, Sheep Milk, Turkey, Pumpkin Seeds, Yogurt, Pecans

Glycine

Glycine is essential in the healing process and is involved in the production of collagen and phospholipids in the tissues of our body. It promotes the production of growth hormone, and also helps prevent infectious diseases. It also helps to a good brain function.

Eggs, Crab, Seaweed, Salmon, Lobsters, Cod, Oysters, Watercress, Spinach, Lentils, Rice, Peas, Beef, Lamb, Chicken, Pork, Kidney Beans, Peanuts, Soya Beans, Corn, Tuna, Yogurt

Ornithine

Ornithine improves our immune system by stimulating certain lymphocytes, which in turn helps to improve the body's defenses. It promotes proper tissue healing by stimulating collagen synthesis. It also stimulates growth hormone, is often involved in the metabolization of fats, is hepatoprotective and participates in the synthesis of the amino acid arginine.

Eggs, Quinoa, Salmon, Mackerel, Cheese, Lentils, Beef, Chicken, Pork, Peanuts, Soya Beans, Green Beans, Sheep Milk, Yogurt, Chickpeas

Taurine

Taurine has antioxidant properties. It has a role as a neurotransmitter, participating in the transmission of nerve impulses, while also participating in immune system processes. It helps to strengthen the heart muscle, improves our vision and prevents conditions such as macular degeneration. It also has a detoxifying action, accelerating the elimination of harmful substances.

Seaweed, Salmon, Cod, Clams, Oysters, Beef, Chicken, Pork, Turkey, Squid, Mussels

Your Need of Fatty Acids



Result:
Low Need



It is not necessary to optimize the absorption of fatty acids in the next 90 days

The imbalance of this indicator is not producing an alteration in your system.

However, it would be wise to balance its small cellular needs to avoid greater future problems. Fatty acids are the basic components for the breakdown of fats and their functions are directly related to energy storage, lipid metabolism, blood coagulation, blood pressure and the regulation of inflammatory processes.

This test is based on a qualitative study, identifying that it may be necessary to optimize this indicator in the long term.

Personalized EFAs need

The following list presents the essential fatty acids that have been evaluated. The marked elements are those indicators that need to be optimized.

- Alpha-Linolenic Acid - 3 (ALA)
- Arachidonic Acid - 6 (AA)
- Docosahexaenoic Acid - 3 (DHA)
- Gamma Linolenic Acid - 6 (GLA)
- Oleic Acid - 9
- Linoleic Acid - 6
- Eicosapentaenoic Acid - 3 (EPA)

Essential fatty acids and cell change

Studies indicate that long-term exclusion of fat from your diet can lead to several serious metabolic disorders. We will review in depth the 7 main groups of fatty acids that participate daily in the continuous formation of cells.

Foods that supply Fatty Acid needs

Arachidonic Acid - 6 (AA)

Arachidonic acid-6 is essential for brain growth and basic for the synthesis of certain prostaglandins (involved in the inflammatory response). It also plays a protective role in neuronal aging and provides fluidity and flexibility to membranes. It is necessary for the function of the nervous, skeletal and immune systems. In addition, it protects against infections and tumors.

Eggs, Sunflower Seed Oil, Walnuts, Salmon, Beef, Lamb, Chicken, Pumpkin Seeds, Sunflower Seeds

Microbiology Indicators





It is necessary to balance your intestinal flora

The imbalance of this indicator is producing an alteration in your system.
The balance of your intestinal flora must be improved immediately since it depends on a set of living beings that make up your gastrointestinal system: bacteria, parasites, fungi, spores and a myriad of micro-organisms that make your system work in balance. This allows correct nutrient absorption and proper functions of the immune system. Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short term.

Personalized microbiome indicators

The following list presents the microbiota indicators that have been evaluated. The marked elements are those indicators that you need to be optimized.

- Spores
- Fungus
- Post Virus Signal
- Bacteria
- Viral Signal
- Parasites

The intestinal microbiota, key for good health

The Intestinal Microbiota influences energy metabolism due to its ability to increase the human capacity to metabolize nutrients and obtain calories from the diet, as well as to regulate the absorption of sugars and lipids and their deposition in peripheral tissues.

Recommended foods to strengthen the microbiome

Viral Signal

Finally, once viruses manage to pass the physical barriers imposed by the skin, they confront the innate and adaptive immune system. Still, when someone recovers from a virus, there are persistent "signals" emitted primarily from the gut. The immune system is likely to control these unwanted viruses. The body's natural defense system (immune system) is vital to combat these attacks because it can then reduce the activation of a virus and fight a converted virus.

Parsley, Spinach, Kiwi, Broccoli, Oatmeal

Parasites

Intestinal parasitism occurs when a species lives within the host in the intestinal tract. They can be ingested with poorly washed fruits, dirty hands, poorly preserved food, etc. Hands should be washed with plenty of water before preparing food or eating and after going to the toilet. There are different types of intestinal parasites and they come in many sizes and shapes.

Ginger, Turmeric, Pumpkin Seeds, Coconut Oil

Toxic Exposure



Result:
Low Need

Reducing the environmental toxins in the short term is not a priority

It is convenient to address this indicator in the long term so that it does not generate a greater imbalance in the future. Exposures to Chemicals and Hydrocarbons, Heavy Metals or Radiation are intoxicating your cells and affecting your cellular and metabolic balance. It is necessary to start with a chelation process that allows the body to detoxify and create a fully optimized environment. This test is based on a qualitative study, identifying that it may be necessary to optimize this indicator in the long term.

Personalized Toxic Exposure indicators

The following list presents the indicators of toxic exposure that have been evaluated. The marked items are those indicators that need to be optimized.

- Electrosensitivity and Radiation
- Chemicals and Hydrocarbons
- Heavy metals
- Radiation

How is the environment affecting you?

Industrial and mining activity releases toxic metals (lead, mercury, cadmium, arsenic, and chromium) and radiation into the environment, which can be very harmful to human health and most forms of life.

Detox Foods


Radiation


Radiation is the waveform energy or material particles that propagate through space. All elements in nature have natural radioactivity, due to the transfer of soil and water, therefore the food we consume can also present radiation, but at low and non-harmful levels. However, the environment can be more or less contaminated by radiation and affect to a greater or lesser extent the elements we obtain and consume from nature. Depending on the energy of radiation, we can classify it as ionizing (X-rays, gamma rays and neutron particles, among others) and non-ionizing (UV, infrared, electromagnetic and microwave radiation).


Parsley, Lemon, Chlorella algae, Green Tea


Possible contraindications of spirulina and chlorella

Consult your doctor before the consumption of these products.

- 

They can cause sensitivity in people with allergies or sensitivity to fish, iodine, or mold.
- 

They are not recommended during pregnancy and lactation, as they are not indicated for children.
- 

Not recommended in people who are taking immunosuppressive or anticoagulant medication.
- 

If you take medication regularly, they can reduce the efficacy of drugs or minimize their effects.

Electro- magnetic Charge



Result:
Low Need

It is not necessary to focus on reducing the accumulated electromagnetic charge in the short term

It is good to address this indicator in the long term so that it does not create an imbalance in the future.

The imbalance of this indicator is producing an alteration in your system. Exposures to electromagnetic charges are affecting your cellular and metabolic balance. We must reduce exposure to these loads and follow a process to protect our body from them. Our Tests are qualitative studies and have identified that it is necessary to optimize this indicator in the long term.

Personalized EMC indicators

The following list presents the electromagnetic load indicators that have been evaluated. The items marked are those indicators that need to be optimized.

- Electromagnetic Alternating Field
- Electrosensitivity
- Electrosmog
- Electrostatic field
- ELF (Extremely Low Frequency)
- LFR (Low Frequency Radiation)
- Magnetic constant field
- Microwave Oven
- Mobile telephone, GSM (0,9 GHz)
- Mobile telephone, GSM (1,8 GHz)
- Radiofrequency
- Traction current 16 2/3 Hz
- TV screen
- Computer monitor
- 50 Hz Input Current

What we do not see but is affecting us...

Electromagnetic fields, both high and low frequency, are fields artificially generated by electrical installations (household appliances or devices connected to the alternate distribution network, even when they are turned off) and by wireless data transmission (mobile phones, transmitting antennas, cordless phones, wifi, WLAN, etc.).

More about these indicators

Electrosmog

It is the presence of artificial electric and magnetic contamination in the air, water and in materials, which have the capacity to affect the normal development of life. All electrical appliances produce electric and magnetic fields in different frequencies, high, such as wireless or low, such as computer cables. There are frequencies that do more damage than others, and there are even situations where the frequencies are combined as in the case of dirty electricity.

Electrostatic field

An electric field is a force field created by the attraction and repulsion of electric charges (the cause of electric flow) and is measured in Volts per meter (V/m). Static electric fields (also known as electrostatic fields) are electric fields that do not vary with time (0 Hz frequency). Synthetic materials accumulate electrostatic electricity around devices.

Mobile telephone, GSM (0,9 GHz)

Digital mobile telephony uses service in two frequency bands, 900 MHz and 1,800 MHz. The radiation emitted by the antenna of a mobile telephone equipment can pass through tissues and its energy is absorbed by them.

Radiofrequency

Radiofrequency is used in aircraft and ship communications, shortwave radio, cordless telephones, satellites, radio transmission, radio astronomy and remote sensing. Radiofrequency is also used as an aesthetic treatment, to combat flaccidity of the face or body.

Dietary Adjustments

During the next 90 days.



Foods to Avoid for the next 90 days

Avoid them only for 90 days!

The purpose of showing food sensitivity in the Test is NOT to permanently eliminate these foods from the diet, but to optimize your digestive system. At the end of the 90 day elimination process, you can gradually reintroduce these foods into your diet.

Why do I have to avoid these foods?

Although the foods that must be adjusted in the diet contain nutrients that can be very valuable, our energy levels can be affected when the body allocates more resources than it should to digest them. There are foods that should be avoided since, on occasion, they could reverse the benefit of others, cause stress to the digestive system or negatively affect the metabolism and the immune system.

By consuming the right foods, the body may have a difficult time digesting the food we eat in this cell cycle and will end up using energy from another body source to digest and release key nutrients. Avoiding these foods for 90 days will help prevent the energy deficit that can occur when trying to absorb them.

As we move on to the next cell cycle, the body's needs may change and food sensitivities will change accordingly.

Frequently asked questions

?

How is temporary food sensitivity expressed?

The body struggles with the food we digest and ends up using energy from another body source to digest and release key nutrients. These processes can occur asymptotically or with evident reactions.

?

"But I've never eaten..."

If you have never had these foods, even better. But if you start eating them for the next 90 days there could be problems.

?

"But you recommend similar foods!"

Food sensitivities are very specific, so even if the food is similar (e. g. mussels and clams), as long as it does not appear in the foods to avoid, it can be consumed without any issue.

Foods to Avoid

The foods that you should avoid during the next 90 days, as they could cause digestive and immune system stress.

Avoid them only for 90 days!

Foods marked in red should only be avoided for the next 90 days. If you have ANY known ALLERGY, you should continue to avoid these foods at all times.



Purple Grapes



Oats



Wild Rice



Asparagus



Chicken



Mango



Zucchini



Safflower



Cashews



Coffee

If you consume any of the indicated foods on a daily basis, try to substitute them with others that can bring you similar benefits. The food list refers to indicators of epigenetic relevance and NOT to any physical intolerance or allergy. Please continue to avoid all foods that affect you physically.

Known Allergy

You may already have a known allergy, so let's help you understand these results.

Scenario 1

The food you are allergic / intolerant to is listed as a food sensitivity:

This means that, in addition to an allergy, that food also negatively affects the flow of energy and the absorption of other nutrients. If you have already eliminated this food from your diet, you do not need to do anything else. If you haven't eliminated it yet, you should consider doing so, but we do not recommend reintroducing it after the elimination diet.

Scenario 2

The food you are allergic / intolerant to does NOT appear as a food sensitivity:

This means that it does not negatively affect the flow of energy, which does not contradict or question your allergy to this food. This does NOT mean that you should reintroduce the food into your diet, as you have to respect the previous symptoms or test results in relation to those allergies. Remember that our test does not analyze allergies or intolerances.

Your Sensitivity to Additives

Additives in your daily nutrition

Better nutritional choices will always lead to optimized wellness, and natural, unprocessed, and hand-cooked foods will always be ideal. Therefore, a proper understanding of how additives affect health is crucial to maintaining optimal well-being.

Additives to Avoid for you

To optimize your wellbeing you should avoid consuming the following additives for the next 90 days.

Food additives are added to foods and beverages to change their color, taste, or texture. You should know that apart from reading the labels of the products, you have to understand and be able to choose the best resources for your health.

E 948	Oxygen	E 902	Candelilla wax
E 626	Guanylic acid	E 473	Sucrose esters of fatty acids
E 420	Sorbitol	E 311	Octyl gallate
E 280	Propionic acid	E 252	Potassium nitrate
E 212	Potassium benzoate	E 110	Sunset yellow FCF, orange yellow S

The list shown at the top presents a summary of the Food Additive indicators that should be avoided in a special way for at least a period of 90 days. Although it is advisable to always avoid most Food Additives.

We also recommend avoiding:

High Fructose Corn Syrup (HFCS / AMAF):

This additive can produce a poor cardiovascular response, poor blood sugar control, and high body fat gain. Unfortunately, it is found in many energy drinks and bars.

Aspartame:

A very popular additive that is considered to be an exotoxin. Regular use of this substance may alter certain functions of the central nervous system, which could negatively affect the well-being and balance of the body. In high doses, this substance can lead to lack of concentration, diffuse cognitive function and brain fog that would negatively affect well-being.

Monosodium glutamate:

This is a hydrolyzed protein found in many energy bars and supplements, such as the proteins in whey or textured proteins. This is used to trick your tongue into feeling that these bars and drinks taste better than they actually do. They are found in most pre-made foods and are highly harmful.

Artificial colors:

They can cause false, involuntary physical responses and hyperactivity. This artificial coloring is found in many energy and energy drinks, and most industrially processed foods.

Nutrimental Optimization

What does "nutrimental" refer to?

The nutrimental information of food is the total nutritional content of the food. Increasing the consumption of foods with nutrients that our body needs will lead us to optimize our well-being.

Foods rich in your nutrient requirements

A balanced and, most importantly, personalized diet will depend on the knowledge of our nutritional needs. Based on your epigenetic profile, we indicate which nutrients you might need to boost and show you a list of foods that can help you meet your specific needs. This does not mean that you must necessarily include these foods in your routine, we simply show you those that could help you in your quest to maximize the balance of the organism.

This list of foods is based on the indicators that are most relevant to this report. If there are any known allergies or intolerances, continue avoiding those specific foods.

Vegetables



Parsley



Broccoli



Spinach



Carrot



Red Pepper



Lettuce



Watercress



Tomato



Kale



Pickles



Ginger



Chives



Brussel Sprouts



Cauliflower



Cabbage

Fruits



Lemon



Kiwi



Oranges



Tangerine



Apricot



Wild strawberry



Red cherry



Raspberry



Blackberry



Blueberry



Lime



Grapefruit



Banana



Currants



Strawberry



Papaya



Cantaloupe

Dairy & eggs



Eggs



Yogurt



Sheep Milk



Cheese

Meat products



Turkey



Pork



Beef



Kidney



Lamb



Pig Liver



Deer

Legumes



Soya Beans



Lentils



Beans



Chickpeas



Green Beans



Peas



Edamame



Natto



Kidney Beans

Fish / Seafood



Shrimp



Salmon



Sardines



Mackerel



Mussels



Clams



Oysters



Squid



Cod



Trout



Tuna



Anchovies



Crab



Cuttlefish



Lobsters



Flounder

Nuts & seeds



Pumpkin Seeds



Peanuts



Hazelnuts



Walnuts



Pecans



Almonds



Brazil Nuts



Sesame Seeds



Sunflower Seeds



Chia Seeds



Pine Nuts



Macadamia Nuts

Cereals



Rice



Corn



Buckwheat



Quinoa



Millet

Fat & oils



Soya Oil



Sunflower Seed Oil



Coconut Oil



Olive Oil

Plants



Chlorella algae



Seaweed



Turmeric

Drinks



Green Tea



Black tea

Others



Brewer's Yeast



Salt



Soy sauce



Tofu

Why are these foods recommended?

This list of recommended foods has been customized based on the results of your test. By including these ingredients in your daily nutritional intake, you can help improve your well-being in a natural way, as they have been selected according to the results of your report.



Your next steps

The path to your best version begins here

You've already read all the results, what goes next? As we said at the beginning of the report, we believe these results can be the start of your journey to a healthier life.

- 1 Avoid your Food Sensitivities for 90 days — [Section 03](#)
- 2 Stop consuming the food additives flagged in the report — [Section 03](#)
- 3 Increase your intake of Recommended Foods — [Section 03](#)
- 4 Organize your meals creatively, combining recommended ingredients — [Section 03](#)
- 5 Pay attention to Detox, Cellular Boost, Tonicity and Elasticity indicators — [Section 01](#)
- 6 Try to reduce the impact of Electromagnetic Fields and Toxic Exposure — [Section 02](#)
- 7 Follow the Personalized Recommendations from your professional — [Details on page 1](#)

Write down your aims and objectives

We recommend that you write your goals in a simple way, that they are specific, achievable, realistic and measurable. For example: Go for a walk every other day, at least 1 hour for the next 3 months. For the next two weeks, drink at least 3 glasses of water during the day.

I promise to follow the recommended indications from _____ (dd/mm/yyyy)
until _____ (dd/mm/yyyy) for a total of 90 days.

(Your Signature)



It is time to start living
with your best version

Thank you for placing your trust in our program!



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