Kids

Optimization Report

Example

ID: BACDEMO108

Date: 01.04.2025

Welcome to the Kids optimization report!

About this report

This optimization report on epigenetic markers is designed to improve the nutrition and habits of infants and growing children. We believe that the data and information contained herein will help your loved ones get started on the road to a healthier lifestyle. By adopting and following the suggestions in this document, you will be able to make positive adjustments to their daily diet and promote habits that support their development and well-being.

The results are divided into specific sections, organized according to the information evaluated. Within each section you will find an overview to help you interpret the data and direct your attention to the most important and relevant aspects.

On the “Summary of results” page you will have an overview of the report, highlighting the key areas that require special attention during the implementation of the plan. On the other hand, the “Nutritional Adjustments” section focuses on possible changes in eating habits that can improve overall wellness.

This report is designed to provide maximum clarity in each section, and the recommended actions are focused on optimizing the health and eating habits of young children. We hope you find it useful!

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

Sincerely,
Epixlife | Wellness Inspires Us

Do you have any questions?

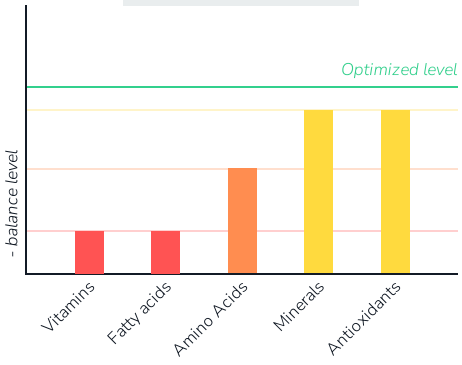
Contact:
Phone: +34 123 456 789 0
Email: hola@epixlife.com

Summary of results

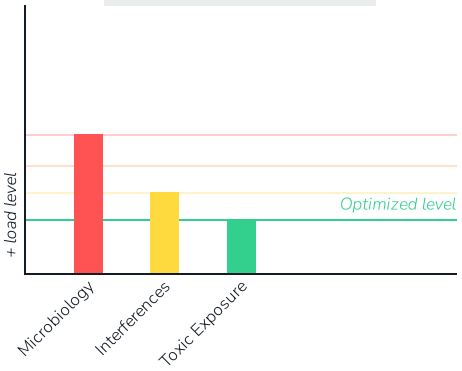
About the results of the Report

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.

Nutritional Indicators



Environmental Indicators



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

Fatty acids

Gamma Linolenic Acid - 6 (GLA)

Microbiology

Post Virus Signal
Spores
Fungus

Vitamins

Vitamin B6
Vitamin B3
Vitamin C
Betaine

Medium Optimization Need

Amino Acids

Valine
Leucine
Serine
Cysteine

Low Optimization Need

Interferences

Electromagnetic Alternating Field

Antioxidants

Selenium

Minerals

Zinc
Sulfur
Copper
Selenium

General Wellbeing Indicators

General markers

The indicators on this page are focused on strengthening the child's system, as they are key to maintaining and developing a healthy and robust organism.

Result:
High Need

It is necessary to optimize these indicators

The imbalance of the indicators marked on this page may be producing an alteration of their functions and capabilities. It is a priority to optimize these levels to create a balance in the organism.

A balanced and personalized diet is key to maintaining and improving the child's overall well-being. Optimizing their nutrition will help them better face the challenges of daily life. Strengthening these indicators is essential to achieving a healthy balance and protecting their overall well-being.

The table indicates the nutrients, systems and environmental stressors to be optimised to support overall well-being. **Pay attention to the indicators marked!**

Vitamins

- **Vitamin B3**
- **Vitamin B6**
- **Vitamin C**

Indicators evaluated but not relevant: Vitamin A1, Vitamin B1, Vitamin B2, Vitamin B5, Vitamin B9, Vitamin B12, Biotin, Vitamin D3, Vitamin E, Vitamin K1.

Minerals

- **Zinc**
- **Copper**
- **Selenium**

Indicators evaluated but not relevant: Manganese, Iron.

Antioxidants

- **Vitamin C**
- **Selenium**

Indicators evaluated but not relevant: Carotenoids, Flavonoids, Polyphenols, Superoxide Dismutase (SOD), Vitamin E, Alpha Lipoic Acid, Coenzyme Q10.

Fatty Acids

- **Omega 6**

Indicators evaluated but not relevant: Omega 3.

Amino Acids

- **Cysteine**

Indicators evaluated but not relevant: Glutamine, Glycine, Lysine, Tryptophan.

Metabolic interactions

- **Sleep**

Indicators evaluated but not relevant: Intestine, Cardiovascular Health, Metabolic Stress / Inflammation, Energy Production, Cellular Hydration.

Environmental toxic exposure

Indicators evaluated but not relevant: Heavy metals, Chemicals and Hydrocarbons, Electrosensitivity and Radiation.

Microbiology

- **Spores**
- **Fungus**

Indicators evaluated but not relevant: Parasites, Viral Signal.

Food restrictions

- **Oats**

Indicators evaluated but not relevant: Cows Milk, Corn, Wheat OR Barley, Eggs, Banana.

Growth Indicators

Help them grow strong and healthy

Creating healthy habits from an early age is the best gift we can give them to ensure their full development. With proper nutrition, regular exercise, and sufficient rest, children can grow healthy, strong, and full of energy, ready to face each stage of their lives with vitality.

Result:
Low Need

Low need for optimization of these indicators

The imbalance of the indicators provided on this page could produce an alteration in the future. They do not need to be addressed immediately, but it is advisable to optimize their levels in the long term to promote balance in your body.

A balanced diet and good daily habits are essential for the healthy growth of children. Providing them with a diet rich in fruits, vegetables, proteins, and whole grains not only gives them the energy they need for the day to day, but also strengthens their immune system and promotes proper development. In addition to good nutrition, it is essential to encourage physical activity, since exercise helps strengthen bones and muscles, improves coordination and supports emotional health.

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

Vitamins

Vitamin B6	Vitamin C

Indicators evaluated but not relevant: Vitamin A1, Vitamin B1, Vitamin B2, Vitamin B12, Vitamin D3, Vitamin K1.

Minerals

Zinc	Selenium

Indicators evaluated but not relevant: Calcium, Iron, Magnesium, Manganese.

Aminoacids

Leucine	Valine

Indicators evaluated but not relevant: Isoleucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Arginine, Glycine.

Fatty Acids & Antioxidants

Copper	Selenium

Indicators evaluated but not relevant: Docosahexaenoic Acid - 3 (DHA), Polyphenols, Flavonoids.

Brain Development Indicators

Optimized Brain Development

A balanced diet rich in essential nutrients promotes proper brain growth, strengthening memory, learning, and other cognitive functions. During childhood, an adequate intake of nutrients is crucial to support their full development and potential.

Result:
High Need

It is necessary to optimize these indicators

The imbalance of the indicators marked on this page may be producing an alteration of their functions and capabilities. It is a priority to optimize these levels to create a balance in the organism.

Nutrients such as Omega-3 fatty acids, B vitamins, and antioxidants, found in foods like fish, nuts, and vegetables, support cognitive function and learning. Moreover, a healthy diet combined with habits like exercise and rest enhances concentration and promotes sharper memory.

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

Vitamins

- Vitamin B6
- Vitamin C

Indicators evaluated but not relevant: Vitamin A1, Vitamin B1, Vitamin B12, Vitamin D3, Vitamin E, Vitamin K1.

Minerals

- Zinc
- Copper
- Selenium

Indicators evaluated but not relevant: Manganese, Iron, Iodine.

Fatty Acids

Indicators evaluated but not relevant: Docosahexaenoic Acid - 3 (DHA), Alpha-Linolenic Acid - 3 (ALA), Eicosapentaenoic Acid - 3 (EPA).

Antioxidants

- Vitamin C

Indicators evaluated but not relevant: Polyphenols, Vitamin E, Carotenoids.

Immune System Indicators

Nutrition and immune system

Each child's immune system is largely influenced by their eating habits, environment and metabolic disruptors. The markers on this page are intended to strengthen their immunity.

Result:
High Need

The Immune System should be optimized

The imbalance of the indicators provided is producing an alteration in your Immune System. It is a priority to optimize their levels to create a balance in your body.

A nutritionally balanced and personalized diet is the key to developing a strengthened immune system. Boosting the defenses will help protect the child from the worst effects of viral loads and other microbial impacts. Strengthening the immune system is essential to achieve cellular balance and thus protect well-being from external aggressions.

This table indicates nutrients that can help optimize the immune system and metabolic systems and environmental stressors that could unbalance it:

Vitamins

- Vitamin B6
- Vitamin C

Indicators evaluated but not relevant: Vitamin A1, Vitamin B1, Vitamin B2, Vitamin B5, Vitamin B9, Vitamin B12, Vitamin D3, Vitamin E.

Minerals

- Zinc
- Copper
- Selenium

Indicators evaluated but not relevant: Manganese, Iron.

Antioxidants

- Vitamin C
- Selenium

Indicators evaluated but not relevant: Carotenoids, Flavonoids, Polyphenols, Superoxide Dismutase (SOD), Vitamin E, Alpha Lipoic Acid, Coenzyme Q10.

Fatty Acids

- Omega 6

Indicators evaluated but not relevant: Omega 3.

Amino Acids

- Cysteine

Indicators evaluated but not relevant: Glutamine, Glycine, Lysine, Tryptophan.

Metabolic interactions

- Sleep

Indicators evaluated but not relevant: Intestine, Cardiovascular Health, Metabolic Stress / Inflammation, Energy Production, Cellular Hydration.

Environmental toxic exposure

Indicators evaluated but not relevant: Heavy metals, Chemicals and Hydrocarbons, Electrosensitivity and Radiation.

Microbiology

- Spores
- Fungus

Indicators evaluated but not relevant: Parasites, Viral Signal.

Food restrictions

- Oats

Indicators evaluated but not relevant: Cows Milk, Corn, Wheat OR Barley, Eggs, Banana.

Intestinal System Indicators

Take care of the intestinal system!

The intestinal tract and system provide most of the cellular energy and play a very important role in the immune system. For this reason, it is vital to have an intestinal system that is as balanced and optimized as possible.

Result:
Medium Need

You have to balance your Intestinal System in the medium term

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

Intestinal support indicators

The stress caused to the intestinal tract can be one of the greatest impacts on the body. The intestinal system provides most of the cellular energy and plays an important role in the immune system. The function of these systems is equally relevant to memory, as it influences brain performance.

The following table highlights which indicators can help optimize the intestinal tract: **Pay attention to the marked elements!**

Environmental Stressors

- **Fungus**

Indicators evaluated but not relevant: Electrosensitivity, Chemicals and Hydrocarbons, Radiation, Heavy metals, Bacteria, Parasites, Viral Signal.

Nutritional Markers

- **Zinc**
- **Cysteine**
- **Betaine**
- **Selenium**
- **Vitamin C**

Indicators evaluated but not relevant: Histidine, Tryptophan, Superoxide Dismutase (SOD), Molybdenum, Vitamin D3, Alpha Lipoic Acid, Sulforaphane Glucosinolate, Omega 3, Vitamin B12, Iron, Glutamine.

Metabolic interactions

- **Gastrointestinal System**
- **Immune System**

Indicators evaluated but not relevant: Microbial Balance, Metabolic Stress / Inflammation, Detox System, Emotions, Energy Production, Brain Health.

Restricted pro- inflammatory foods

Indicators evaluated but not relevant: Wheat, Barley, Rye, Corn.

Cardiovascular System Indicators

Optimize Circulation

Poor circulation reduces the body's ability to transport oxygen and nutrients to where they are needed. Without a doubt, this is one of the most important systems in the body of all living beings.

Result:
Medium Need

You have to balance your Cardiovascular System in the medium term

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

The foods they eat directly impact the cardiovascular system. Certain eating habits can create specific physical problems related to the heart and its function. Similarly, including certain circulatory-positive foods in a regular nutrition plan can help prevent potential conditions.

The following table indicates which nutrients can help optimize the cardiovascular system: **Pay attention to the marked indicators!**

Vitamins

Vitamin B6	**Vitamin C**
Vitamin B3	**Betaine**

Indicators evaluated but not relevant: Vitamin B2, Vitamin D3, Vitamin K1, Vitamin B12, Vitamin E, Vitamin B9, Vitamin K2.

Minerals

Selenium

Indicators evaluated but not relevant: Iodine, Potassium, Sodium, Magnesium.

Antioxidants

Indicators evaluated but not relevant: Superoxide Dismutase (SOD), Anthocyanidins, Polyphenols, Flavonoids, Coenzyme Q10.

Amino Acids

Serine

Indicators evaluated but not relevant: Taurine, Arginine, Citrulline, Carnosine, Alanine, Methionine, Cystine, Lysine, Histidine, Proline.

Fatty Acids

Indicators evaluated but not relevant: Alpha-Linolenic Acid - 3 (ALA), Docosahexaenoic Acid - 3 (DHA), Eicosapentaenoic Acid - 3 (EPA), Arachidonic Acid - 6 (AA), Oleic Acid - 9.

Epigenetic Markers

Your Need of Vitamins

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.

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

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 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 disolves 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 B6

Also known as pyridoxine, contributes to the transformation of food into energy, to the formation of blood cells and neurotransmitters. Helps to keep the functions of the nervous ans immune system normal and regulates de hormonal activity.

Salmon, Parsley, Oranges, Papaya, Banana, Raisins, Chicken, Cantaloupe, Pistachios, Soya Beans, Hazelnuts, Turkey, Tuna, Flax Seeds, Dandelions, Chives, Sunflower Seeds, Pig Liver, Chickpeas

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

Your Need of Minerals

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.

Result:
Low Need

It is not necessary to optimize the absorption of minerals 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 a greater future problem. Minerals are non-organic natural elements that must be absorbed mostly through diet, so that bones, cardiovascular and hormonal functions, among others, work properly. This test is based on a qualitative study, identifying that it may be necessary to optimize this indicator in the long 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

Foods that supply mineral needs

Copper

Copper helps to assimilate and utilize iron. It is necessary in enzymatic reactions and in the production of ATP (energy). It participates in the maintenance of the immune system and in the formation of connective tissue, melanin, myelin and is essential for the proper functioning of the nervous system. It also maintains the proper functioning of the thyroid gland.

Quinoa, Crab, Salmon, Oysters, Wheat, Spinach, Asparagus, Millet, Beef, Cashews, Turkey, Pig Liver, Sweet Potato, Chia Seeds

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

Sulfur

Sulfur is necessary for the formation of collagen. It improves liver function, fat and carbohydrate metabolism and contributes to the natural purification of the body. It also regulates blood glucose levels, improves digestive function and contributes to cerebral oxygenation.

Eggs, Watermelon, Peach, Crab, Walnuts, Brazil Nuts, Almonds, Lobsters, Cheese, Asparagus, Cauliflower, Cabbage, Beef, Chicken, Duck, Broccoli, Cows Milk, Turkey, Yogurt, Sunflower Seeds

Zinc

Zinc is involved in body maintenance and regulation systems. It is basic for the formation of insulin and proteins. It favors the production of lymphocytes and the activation of certain hormones. It helps in wound healing and is involved in DNA and RNA synthesis. It is essential for the correct functioning of smell and taste. It is also essential for reproduction and fertility.

Oats, Rye, Quinoa, Crab, Wild Rice, Lobsters, Cheese, Clams, Oysters, Asparagus, Celery, Lentils, Rice, Buckwheat, Beef, Chicken, Peanuts, Soya Beans, Cashews, Sheep Milk, Turkey, Pumpkin Seeds, Wheat Germ, Oat Bran, Edamame, Yogurt, Sunflower Seeds, Pine Nuts, Cuttlefish, Mussels, Chickpeas, Chia Seeds, Pecans

Your Need of Antioxidants

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.

Result:
Low Need

It is not necessary to optimize the absorption of antioxidants 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 a greater future burden. Antioxidants are chemical substances that help stop or limit the damage caused by free radicals, in addition to protecting us against oxidative stress.
This test is based on a qualitative study, identifying that it may be necessary to optimize this indicator in the long 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

Foods that supply antioxidant 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

Your Need of Amino Acids

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.

Result:
Medium Need

It is not a priority to boost the absorption of Amino Acids 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.
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 may be necessary to optimize this indicator in the medium 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

Foods that supply amino acid needs

Cysteine

Cysteine has an antioxidant function, as it protects our organism against damage caused by radiation, and the liver and brain from the action of different toxins (such as those from cigarettes, alcohol or drugs). It also promotes fat burning, participates in muscle formation and delays aging.

Eggs, Oats, Quinoa, Wild Rice, Millet, Beef, Lamb, Chicken, Red Pepper, Broccoli, Soya Beans, Tuna, Black Soya Bean, Brussel Sprouts

Leucine

Leucine is important for the health of our muscles, so it is recommended for sport practice. It can stimulate protein synthesis, increase insulin levels in the blood, thus regulating our glucose levels and is important for energy production.

Eggs, Oats, Rye, Wheat, Millet, Beef, Chicken, Pork, Corn, Cows Milk, Goat Milk, Sheep Milk, Tuna, Pumpkin Seeds, Wheat Germ, Oat Bran, Wheat Bran, Sunflower Seeds, Chickpeas

Serine

Serine is found in various proteins and is important for protein function. It is also essential for lipid and fatty acid metabolism, muscle growth and the proper functioning of the immune system, as well as DNA and RNA.

Eggs, Walnuts, Seaweed, Salmon, Cheese, Clams, Parsley, Cauliflower, Peas, Beef, Chicken, Pork, Bean sprouts, Kidney Beans, Pistachios, Peanuts, Soya Beans, Cashews, Turkey, Tuna, Flax Seeds, Pumpkin Seeds, Edamame, Chives, Cuttlefish, Chickpeas, Chia Seeds

Valine

Valine is responsible for promoting normal human growth, tissue repair, muscle mass growth and blood sugar regulation.

Walnuts, Salmon, Mackerel, Cheese, Peas, Beef, Chicken, Pork, Pistachios, Peanuts, Cashews, Tuna, Flax Seeds, Pumpkin Seeds, Oatmeal, Yogurt, Cuttlefish, Chia Seeds

Your Need of Fatty Acids

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.

Result:
High Need

It is necessary to boost your Fatty acids

The imbalance of this indicator is producing an alteration in your system.
It is a priority to optimize its levels to promote balance in your body. 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.
Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short 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)

Foods that supply Fatty Acid needs

Gamma Linolenic Acid - 6 (GLA)

Gamma Linolenic Acid-6 is part of the Omega-6 essential fatty acids. Together with omega 3 and 6 fatty acids it plays a crucial role in brain formation and normal growth and development. It also produces hormone-like substances, which play a beneficial role in inflammation and pain.

Sunflower Seed Oil, Blackcurrant, Hemp Seed Oil, Flaxseed Oil

Microbiology Indicators

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.

Result:
High Need

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

Recommended foods to strengthen the microbiome

Spores

Spores are the way of reproduction of molds, one of the main types of fungi that usually develops in humid places and with little light. The presence of fungi can produce allergic reactions that create symptoms such as nasal congestion, eye irritation or slow breathing. In some cases, more severe reactions such as fever and breathing difficulties may occur.

Ginger, Turmeric

Fungus

Fungi cannot synthesize their own nutrients since they lack chlorophyll, which forces them to live as parasites, mainly of plants and, to a lesser extent, of animals. Pathogenic fungi can affect any organ, but the most common are infections called superficial mycoses or dermatomycosis. These are usually benign in nature and mainly affect the outer layers of the scalp, skin, nails or mucous membranes, equally in both sexes, at all ages, although some of them appear more frequently in childhood, ringworms of the scalp and fungal infections of the nails are seen more frequently in adults.

Blueberry, Spinach, Cabbage, Yogurt

Post Virus Signal

A virus is a particle of genetic code, DNA or RNA, encapsulated in a protein vesicle. Viruses cannot replicate on their own. They need to infect cells and use the components of the host cell to produce copies of themselves. Often times the virus damages or kills the host cell in the process of multiplying. Viruses have been found in every ecosystem on Earth. Scientists estimate that they outnumber bacteria by 1 to 10. Since viruses do not have the same biology as bacteria, they cannot be fought with antibiotics.

Honey, Ginger, Kiwi, Yogurt

Electro-magnetic Charge

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.).

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

More about these indicators

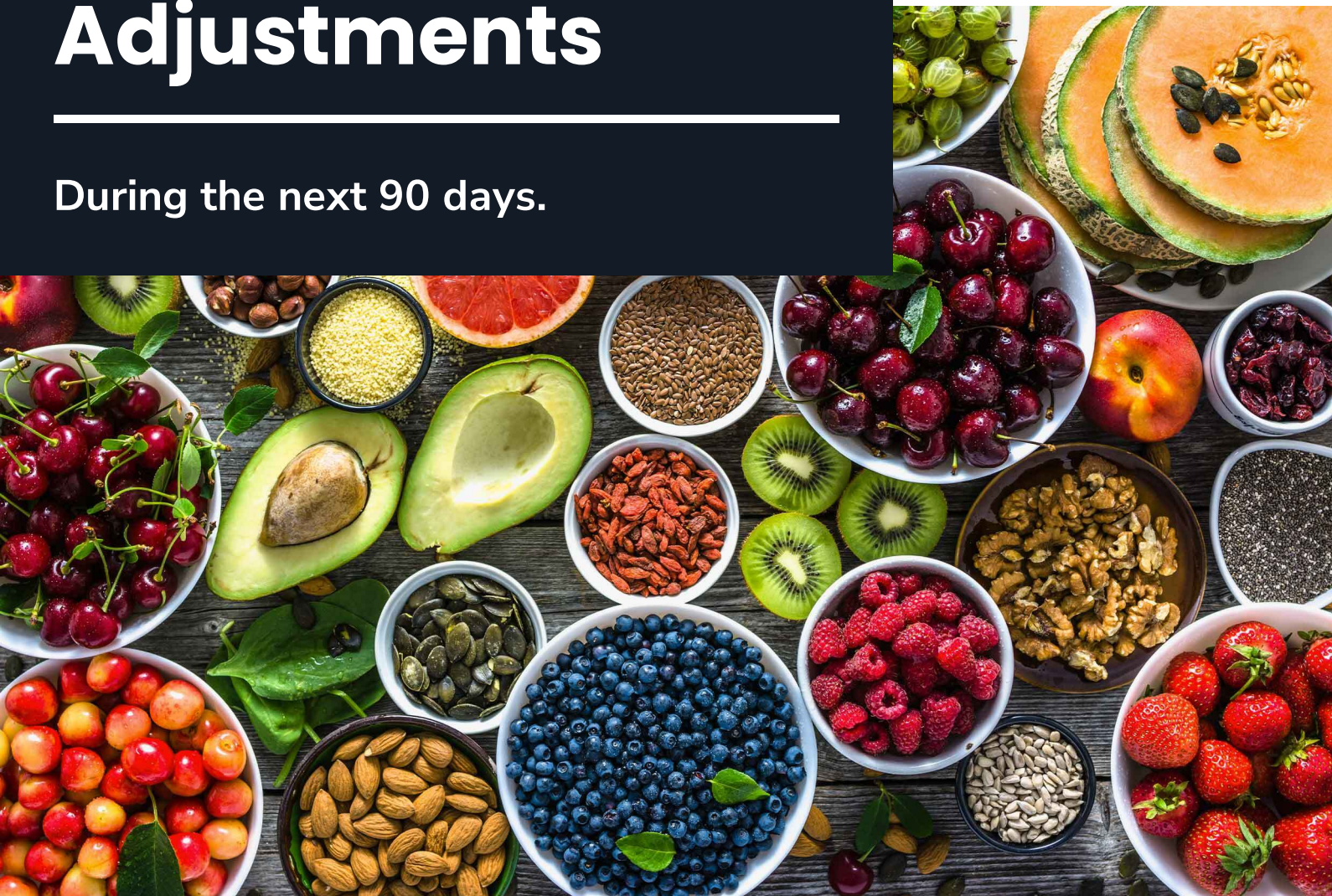
Electromagnetic Alternating Field

The magnetic field produced by alternating currents (AC) can induce a weak flow of electrical currents in the body. However, in most situations such currents are estimated to be smaller than the electrical currents produced naturally by the brain, nerves and heart. Among the household appliances that generate this magnetic field are the hair dryer, the electric shaver, the electric toothbrush, the hair removal machine, the washing machine, the refrigerator, etc.

03

Dietary Adjustments

During the next 90 days.



Foods to Avoid for the next 90 days

Avoid only for 90 days!

The goal of identifying food sensitivities is not to permanently eliminate them from the diet, but to reduce their enzymatic load. At the end of the 90-day elimination process, these foods can be gradually reintroduced into the diet.

Why avoid these foods?

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

When consuming the indicated foods, the body may have difficulties digesting the food we ingest in this cellular cycle and will end up using energy from another bodily source to digest and release the key nutrients. Avoiding these foods for 90 days will help prevent the energy deficit that can occur when trying to absorb them.

As the next cellular cycle progresses, the body's needs 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 asymptomatically or with evident reactions.

"They've never eaten this before..."

If these foods have never been consumed, even better. We recommend continuing to avoid them for 90 days.

"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

We show the foods that should NOT be consumed during the next 90 days, as they may cause digestive and immune 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.


Loganberry


Oats


Tomato


Potatoes


Pineapple


Rhubarb


Elderberry


Bean sprouts


Red Pepper


Pistachios

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

In the case of a known allergy, there are 2 scenarios:

Scenario 1

The food to which they are allergic/intolerant appears as a food sensitivity:

This means that, in addition to an allergy, the food also negatively affects the flow of energy and the absorption of other nutrients. If you have already eliminated this food from the diet, you don't 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 to which they are allergic/intolerant 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 the allergy to this food. This DOES NOT mean that the food should be reintroduced into the diet, as previous symptoms or test results regarding those allergies must be respected. Remember that this report does not analyze allergies or intolerances.

Sensitivity to Additives

Additives in Daily Nutrition

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

Additives to Avoid

To optimize their well-being, they should avoid consuming the following additives for the next 90 days:

Food additives are added to food and beverages to modify their color, flavor, or texture. You should know that, aside from reading product labels, you need to understand and be able to choose the best resources for their health.

E 102	Tartrazine	**E 957**	Thaumatin
E 541	Sodium aluminium phosphate	**E 402**	Potassium alginate
E 354	Calcium tartrate	**E 337**	Sodium potassium tartrate
E 333	Calcium citrates	**E 308**	Gamma-tocopherol
E 220	Sulphur dioxide	**E 221**	Sodium sulphite

The list shown at the top presents a summary of the Food Additive indicators that should be specifically avoided for at least a 90-day period. Although it is always recommended to 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 nutritional information of foods is the set of their nutritional content. Increasing the consumption of foods with the nutrients the body needs will help optimize their well-being.

Foods rich in their nutritional requirements

Maintaining a balanced and, above all, personalized diet will depend on the knowledge we have about nutritional needs. Based on the epigenetic profile, it indicates which nutrients should be enhanced and provides a list of foods that can help meet specific needs. This does not mean that you must obligatorily include these foods in their routine; we simply show you those that could help in the pursuit of maximizing the balance of the body.

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


Chives


Cauliflower


Parsley


Asparagus


Celery


Cabbage


Arugula


Broccoli


Kale


Sweet Potato


Spinach


Ginger


Brussel Sprouts

Fruits


Blackcurrant


Watermelon


Peach


Kiwi


Banana


Papaya


Oranges


Cantaloupe


Raisins


Blueberry


Currants


Strawberry


Lemon


Grapefruit


Tangerine

Dairy & eggs


Cheese


Yogurt

Sheep Milk

Goat Milk


Cows Milk


Eggs

Meat products


Beef


Chicken


Pork


Turkey


Duck


Pig Liver


Lamb

Any advice on foods to avoid in this report is not related to food allergies. Consult a health professional for advice about allergies. If you know that you are ALLERGIC to certain foods, you should always avoid them.

Legumes


Peas


Chickpeas


Beans


Soya Beans


Edamame


Kidney Beans


Lentils

Fish / Seafood


Tuna


Anchovies


Salmon


Cuttlefish


Mackerel


Clams


Oysters


Crab


Lobsters


Octopus


Mussels


Flounder


Shrimp


Cod


Trout

Nuts & seeds


Pumpkin Seeds


Walnuts


Cashews


Flax Seeds


Peanuts


Chia Seeds


Sesame Seeds


Sunflower Seeds


Pine Nuts


Pecans


Almonds


Brazil Nuts


Hazelnuts


Macadamia Nuts


Black Soya Bean

Cereals


Millet


Corn


Wild Rice


Rice


Quinoa


Buckwheat

Fat & oils


Sunflower Seed Oil

Flaxseed Oil


Hemp Seed Oil

Plants


Seaweed


Borage


Turmeric


Dandelions

Others


Tofu


Cocoa


Honey


Brewer's Yeast

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.

Next steps

The path to their best version begins here

Once the report is read, what comes next? As we mentioned at the beginning of the document, we believe that these results can be the start of the journey toward 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. Make sure you consume food to support your Microbiome daily — Section 02
5. Make sure that you consume the foods to reduce the Toxic Exposure — Section 02
6. Try to reduce the impact of Electromagnetic Fields — Section 02
7. Contact your professional if you have any doubts about your report — Details on page 1

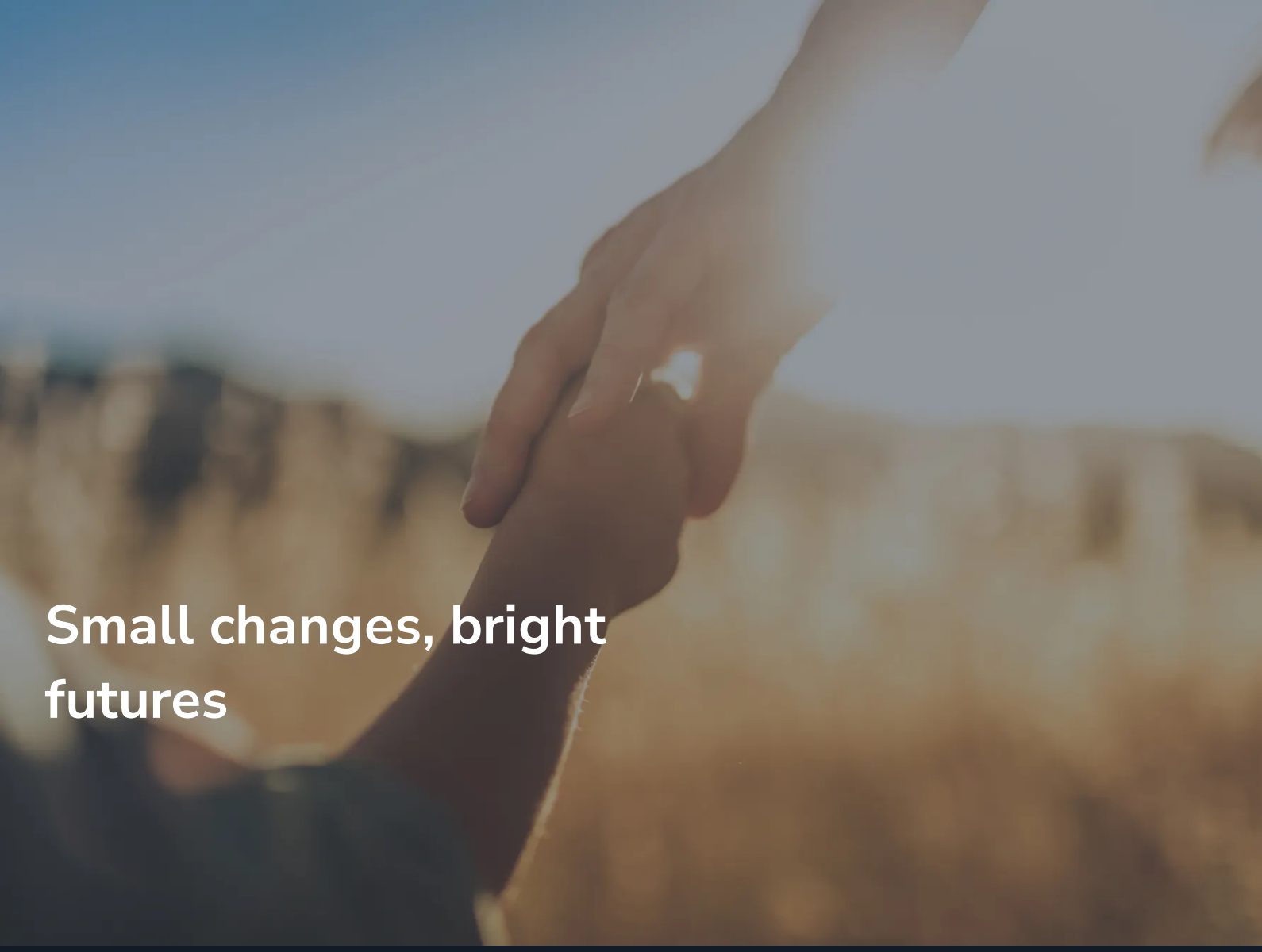
Write down your aims and objectives

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)



Small changes, bright futures

Thank you for placing your trust in our program!

epixlife®
Wellness Inspires Us

www.epixlife.com

Disclaimer:

This product is not intended to diagnose, treat, cure or prevent any disease or condition. The advice and recommendations in this report are solely the responsibility of its holder. It is very important to consult with a competent and fully informed health care professional when making decisions concerning your health, as the information contained in this document should be interpreted by a qualified professional. Your well-being should always be in good hands. Information obtained through Cell-Wellbeing's S-Drive technology. To know more, visit www.epixlife.com