

Slim & Fit

Optimization Report

Client Example

ID: SFTTEST103

Date: 31.01.2024



Dear Client Example,

We are delighted to present you the results of your optimization report!



About this report

This is your personalized epigenetic report, crafted from your test results. Its purpose is to guide you on a transformative journey towards achieving a fit and slim physique. Embracing our tailored suggestions will empower you to make constructive changes in your daily dietary choices and how you engage with your surrounding environment.

The report is segmented to offer insights into various aspects of your genetic information. Each section includes a concise overview to assist you in comprehending the data, directing your focus to the most valuable and pertinent details. The "Summary of your results" page presents a comprehensive snapshot of the entire report, emphasizing key areas that demand your attention throughout your fitness and slimming plan.

Our goal is to provide absolute clarity within each section, accompanied by actionable recommendations to optimize your overall wellness and health. Let this report be your roadmap to a fitter, slimmer, and healthier you.

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

Sincerely,
Epixlife | Wellness Inspires Us

Do you have any questions?



Contact:

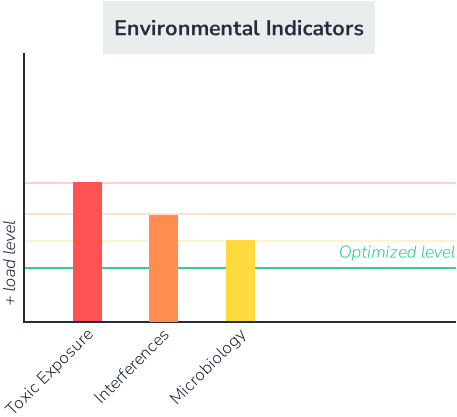
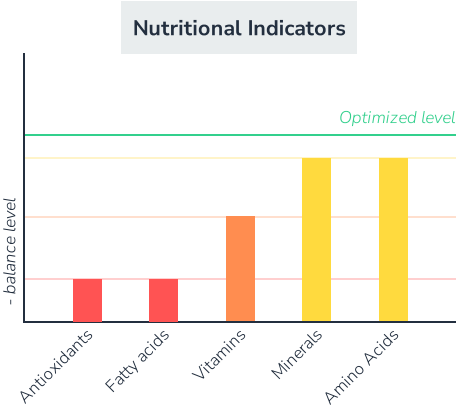
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Summary of results

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

Toxic Exposure

Heavy metals

Fatty acids

Alpha-Linolenic Acid - 3 (ALA)
Oleic Acid - 9

Antioxidants

Coenzyme Q10
Polyphenols
Selenium
Vitamin E

Medium Optimization Need

Interferences

50 Hz Input Current
Mobile telephone, GSM (1,8 GHz)
Magnetic constant field
TV screen

Vitamins

Vitamin B12
Vitamin B5

Low Optimization Need

Microbiology

Post Virus Signal

Amino Acids

Cysteine
Aspartic Acid

Minerals

Chromium

Metabolic Systems



Why is metabolism so important?

Nutrient metabolism involves hundreds of reactions that provide our body with the energy and materials needed for proper functioning. A good metabolic rate can help you burn more calories at rest and metabolize fat better, keeping energy levels optimized.

Result:
High Need



High need for optimization

The imbalance of the metabolic systems provided may be producing an alteration in cellular homeostasis. It is a priority to optimize these systems to promote balance in your body.

About Metabolic Systems

Your eating habits and level of physical activity drive your energy requirements. To enhance the weight loss process, it is important to know the markers that indicate how macronutrients such as proteins, fats and sugars are metabolized, and how they impact factors such as hormonal or gastrointestinal health.

A personalized eating plan based on your epigenetic modulators will help optimize fat metabolism to reach your ideal weight goal in a smart way!

The systems listed below are important markers for optimizing metabolic processes. Pay special attention to the highlighted ones!

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:

- Eating habits:** a high consumption of ultra-processed foods, as well as those high in sugar and fat, can cause greater weight gain.
- 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.
- 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 indicators marked in red mean?

If some indicators are marked with red on your metabolic chart, they may require special attention and nutritional support when cross-referenced with the other data chart.



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.

Intestinal System Indicators



Take care of your intestinal system!

The intestinal system provides most of the cellular energy and plays a very important role in our nutrient absorption system. Therefore, it is important to have it as optimized as possible to avoid metabolic problems related to weight loss.

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 intestinal system provides most of the cellular energy and plays an important role in the metabolism of protein synthesis, sugars and fatty acids. Having this system balanced will promote a correct basal metabolic rate, which is necessary to maintain a high caloric impact at rest. It will also help to avoid fat and fluid retention.

The following chart shows the nutrients and indicators that will help you optimize the Intestinal System.

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

Vitamins	Betaine	Vitamin D3	Vitamin B12	Vitamin C	
Minerals	Zinc	Selenium	Molybdenum	Iron	
Antioxidants	Superoxide Dismutase (SOD)	Sulforaphane Glucosinolate	Vitamin C	Selenium	Alpha Lipoic Acid
Amino Acids	Histidine	Glutamine	Tryptophan	Cysteine	
Fatty Acids	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)			
Environmental Stressors	Electrosensitivity	Chemicals and Hydrocarbons	Heavy metals	Bacteria	Fungus
	Parasites	Viral Signal			
Foods to Avoid	Wheat	Barley	Rye	Alcoholic beverages	Corn
	Soya Beans	Gluten			

Cellular De-Stressing Indicators

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.



Oxidative stress and weight loss

Oxidative stress is a biochemical process that occurs in our brain. It is mainly concentrated in the liver and kidneys, which are responsible, among other functions, of eliminating toxic substances.

About oxidative stress

Free radicals do not cause oxidative damage under normal conditions because cells are provided with antioxidant mechanisms. However, when the capacity of these systems is overwhelmed by oxidative aggressions, we are faced with oxidative stress. In special circumstances such as in weight loss plans, in order to alleviate the damage that free radicals can cause in the organism, it is indicated to protect it by increasing its antioxidant capacity through these key epigenetic modulators.

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

Vitamins	Betaine	Vitamin B1	Vitamin B2	Vitamin B3	Vitamin B5
	Vitamin B6	Vitamin B9	Vitamin B12	Vitamin C	Vitamin D3
	Vitamin E				
Minerals	Calcium	Chromium	Iodine	Magnesium	Potassium
	Iron				
Antioxidants	Vitamin C	Chromium	Carotenoids	Selenium	
Amino Acids	Carnitine	Glutamine	Arginine	Methionine	
Fatty Acids	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)	Oleic Acid - 9		
Environmental stressors	Chemicals and Hydrocarbons	Heavy metals	Radiation	Bacteria	Electrosensitivity

Fat Burning Indicators



Metabolize your fats the smart way

What all weight loss processes are really about is lowering body fat without affecting our muscle mass levels and energy production.

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.

Key nutrients for fat burning

There are nutrients that enhance (or, in case of imbalance, hinder) the process of fat activation, as they accelerate our metabolism and allow us to transform fat into energy more quickly. By burning or mobilizing stored fatty acids, these nutrients allow us to use glucose and lipids more efficiently to produce energy.

The key epigenetic modulators in body fat metabolism processes should be optimized to enhance this process.

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

Vitamins	Vitamin B1	Vitamin B3	Vitamin B6	Vitamin B9	Vitamin B12
	Vitamin C	Vitamin D3			
Minerals	Calcium	Copper	Chromium	Magnesium	Potassium
	Manganese	Selenium	Sodium	Zinc	Iodine
Antioxidants	Coenzyme Q10	Alpha Lipoic Acid	Selenium	Vitamin C	
Amino Acids	Methionine	Cysteine	Lysine	Valine	Arginine
	Carnitine	Taurine			
Fatty Acids	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)			
Environmental stressors	Chemicals and Hydrocarbons	Heavy metals	Radiation	Bacteria	Electrosensitivity

Hydration and weight loss

Importance of water for metabolism

Losing weight (and more specifically body fat) depends on a combination of different factors, such as nutrition, appetite and metabolism. The water we drink influences all of them.

Reasons why proper hydration is so important in weight loss processes



Water stimulates metabolism

Basal metabolism, the energy our body consumes at rest, is the key to weight loss. For example, we know that restricting calories slows metabolism, decreasing the effects of dieting. Water, on the other hand, can speed up metabolism. The reason is that water stimulates thermogenesis, the production of heat in the body, especially when it is cold. The body has to expend energy to heat the liquid to body temperature, and the more energy the body expends, the faster the metabolism will work (30% faster with water at 20 degrees).



Water suppresses appetite

Our organism has mechanisms that have been perfected by evolution, which tell us when we are hungry or when we are satisfied. We know that there are foods, such as sugar, that sabotage the satiety mechanism, while proteins are necessary for us to feel full. In addition, the brain often confuses thirst, triggered by mild dehydration, with hunger. Water in sufficient quantity dilates the stomach and decreases appetite.



If you drink water, you are not drinking sugars.

It should be taken into account that sugary drinks, processed juices or soft drinks are the main sources of excess calories in patients' eating habits. If instead of quenching our thirst with one of these, we drink quality water, we are avoiding ingesting about 150 kcal per drink. If, for example, we drink four calorie drinks a day, we would be reducing approximately 600 kcal. and avoiding sugars which are the real blockers of body fat loss.



The body needs water to burn fat

Increasing water intake increases lipolysis, the process by which the body burns fat for energy. This has to do with hormonal changes (hormone production also requires water) and with transport components of key epigenetic modulators like **B vitamins**, **fatty acids**, etc.



Water calms stress

Or rather, lack of water increases stress. When you are dehydrated, you may experience symptoms such as fatigue, dizziness and confusion. Lack of hydration has been found to be associated with drowsiness and reduced alertness. Several studies have shown that dehydration increases the production of cortisol, the stress hormone. And stress leads us to eat fatty and refined foods to satiate emotional anxiety.



Water improves physical performance

When we move our body we are accelerating the consumption of energy, and therefore, the consumption of water needed for those tissues that have to work extra hard. We also lose electrolytes, minerals including **sodium**, **potassium** and **magnesium**, which we need for muscles to function. When muscle cells are dehydrated, they tend to break down protein faster at the expense of fat and build muscle mass more slowly. This makes training without water less effective.



Water prevents fluid retention

Fluid retention is simply an undue accumulation of water (or other fluids) in our body. This phenomenon occurs, specifically, when this excessive fluid accumulation occurs not only in body tissues, but also in the circulatory system and body cavities. This unbalanced mechanism leads our body to an imbalance of electrolytes (alteration in the water regulation system) that will vary the natural behavior of fluids within the body, which is why they tend to accumulate subcutaneously, especially in areas such as: lower abdomen, ankles, wrists, etc ... increasing the total weight and the feeling of swelling. In this alteration of the fluid regulation system, the kidneys play an important role, controlling not only the volumes of water excreted (water balance), but also **sodium** and **potassium** concentrations and fluid pH levels. Proper hydration rich in nutritional modulators such as minerals and electrolytes will prevent this imbalance.

Epigenetic Markers



Your Need of Vitamins



Result:
Medium Need



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

The imbalance of this indicator is not causing an alteration in your system immediately, however, it may be useful to optimize it in the medium term to avoid major imbalances. Vitamins are essential catalyst compounds for the proper cellular and metabolic functioning. Our tests are qualitative studies and have identified that it may be necessary to optimize this indicator in the medium 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

Vitamin B5

Also known as pantothenic acid, contributes to the breaking down of fats, carbohydrates and proteins to obtain energy, also to the normal functioning of mental performance, blood cell, cholesterol, vitamin D and neurotransmitters formation. It's soluble in water and destroyed under high temperatures.

Eggs, Oats, Wild Rice, Walnuts, Salmon, Cheese, Beef, Lamb, Chicken, Pork, Cashews, Sheep Milk, Flax Seeds, Yogurt, Sunflower Seeds, Pecans

Vitamin B12

Vitamin B12 or cyanocobalamin is mainly stored in the liver and reserves can last for 3 to 5 years in our body. It participates in the metabolism of fats, carbohydrates and protein synthesis. It is indispensable for the formation of red blood cells, for the regeneration of all tissues and body growth. It is essential for a correct development of the nervous system and participates in the synthesis of neurotransmitters.

Eggs, Clams, Oysters, Beef, Rabbit, Chicken, Cows Milk, Alfalfa Sprouts, Goat Milk, Sheep Milk, Turkey, Nutritional Yeast, Soybean Milk, Yogurt, Mussels, Chicken Liver

Your Need of Minerals



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

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

Chromium

Chromium is a mineral that we get from the diet. It is important in the breakdown of fats and carbohydrates. It stimulates the synthesis of fatty acids and cholesterol. It also helps in the action of insulin and the breakdown of glucose.

Eggs, Oats, Barley, Wild Rice, Cheese, Wheat, Onion, Beef, Chicken, Turkey, Brewer's Yeast

Your Need of Antioxidants



Result:
High Need

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 E

Vitamin E functions as an antioxidant protecting cells, tissues and organs against the harmful effects of free radicals. It also inhibits pernicious blood clotting, which can block blood flow, and regulates the opening of blood vessels. It can be easily destroyed by heat and oxygen from the air, so it should not be overheated or consumed raw.

Sunflower Seed Oil, Almonds, Kiwi, Mango, Pistachios, Peanuts, Hazelnuts, Dandelions, Soya Oil, Coriander, Sunflower Seeds, Pine Nuts, Pecans

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, Rice, Buckwheat, Peas, Beef, Chicken, Soya Beans, Corn, Turkey, Tuna, Brewer's Yeast, Oat Bran, Edamame, Cuttlefish, Mussels

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.

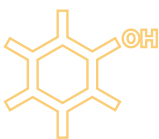
Salmon, Millet, Buckwheat, Wild strawberry, Beef, Chicken, Pork, Soya Beans, Tuna, Trout, Soya Oil, Wheat Germ, Oat Bran

Polyphenols

Polyphenols are antioxidant compounds that fight against free radicals in our body. They have anti-allergic and anti-inflammatory functions. They protect the brain against dementia and prevent some types of cancer.

Blueberry, Strawberry, Walnuts, Almonds, Artichoke, Hazelnuts, Flax Seeds, Green Tea, Pecans

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

Aspartic Acid

Aspartic acid contributes to muscle development, functions as a potent liver detoxifier, is essential in the production and release of hormones (luteinizing hormone and growth hormone) and in the normal functioning of the nervous system.

Eggs, Crab, Brazil Nuts, Cod, Shrimp, Lentils, Chicken, Pork, Pistachios, Soya Beans, Hazelnuts, Turkey, Tuna, Yogurt, Sugar Cane

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, Onion, Millet, Beef, Lamb, Chicken, Soya Beans, Tuna, Black Soya Bean, Brussel Sprouts

Your Need of Fatty Acids



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)

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

Alpha-Linolenic Acid - 3 (ALA)

Alpha-linolenic acid-3 (ALA) is an essential Omega-3 fatty acid. It is important for preventing inflammation, for the development of our brain and retina. It is incorporated into cell membranes and promotes healthy blood vessels. It can generate energy, maintain the nervous system and form ketone bodies, important for preserving cognition in older adults.

Walnuts, Olive Oil, Peanuts, Pumpkin Seeds, Soya Oil, Flaxseed Oil, Chia Seeds

Oleic Acid - 9

Oleic acid-9 is an essential Omega-9 fatty acid. It contributes to the reduction of cardiovascular diseases and strokes. Increasing HDL ("good" cholesterol) and decreasing LDL ("bad" cholesterol) favors platelet elimination in the arterial walls, reducing the risk of heart attacks and cardiovascular accidents. It also reduces arterial hypertension and has an anti-inflammatory effect.

Olives, Walnuts, Brazil Nuts, Almonds, Chestnut, Cheese, Beef, Chicken, Pork, Olive Oil, Peanuts, Hazelnuts, Sheep Milk, Soya Oil, Pine Nuts, Macadamia Nuts

Microbiology Indicators



Result:
Low Need



It is not necessary to balance your intestinal flora in the short term

It is not necessary to balance your gut flora immediately, however, it is advisable to address it in the long term to avoid the imbalance. The balance of your intestinal flora 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 nutritional absorption and creates a boosted immune system. This test is based on a qualitative study, identifying that it may be necessary to optimize this indicator in the long 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

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

Toxic Exposure



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.



It is necessary and a priority to reduce environmental toxic exposure

The imbalance of this indicator is producing an alteration in your system. 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. Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short 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

Detox Foods


Heavy metals


Heavy metals are found in nature and their levels have been increasing due to environmental pollution. Many are essential (such as cobalt, iron and zinc) for our health, but in low concentrations. In high concentrations they can be harmful to our body. They can be found in pesticides and therefore in food, water, as well as in industrial emissions, eye drops, disinfectants, paint, ink/toner, aluminum utensils, antiperspirants, cosmetics, etc. The influence that the entry of metals into the organism will have is different depending on the condition of each individual.


Lemon, Leaf Mustard, 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:
Medium Need



No need to focus on decreasing accumulated electromagnetic charge 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 a major future problem.

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 medium 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

Magnetic constant field

A magnetic field is a force field created as a result of the movement of electric charges (flow of electricity). Constant magnetic fields are generated by a magnet or by the constant flow of electricity, for example in household appliances using direct current (DC), and are different from fields that change over time, such as electromagnetic fields generated by household appliances using alternating current (AC) or by cell phones, etc.

Mobile telephone, GSM (1,8 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.

TV screen

TV sets emit extremely low-frequency electromagnetic field radiation around them, although new LCD, LED or plasma models have significantly reduced the radiation. Fortunately, nowadays the electromagnetic fields generated by flat panel displays usually meet the Swedish TCO safety certification, and their degree of impact on users is much lower.

50 Hz Input Current

High frequency is a term used to describe a type of electric current, i.e. a current with a higher frequency than the standard 50 Hz found in single-phase and three-phase power supply. Such an electric current is the current flowing through an electronic device.

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.



Yams
(Sweet
Potato)



Apple



Rye



Onion



Garlic



Artichoke



Honeydew



Goose



Pistachios



Brussel
Sprouts

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 965	Maltitol	E 900	Polydimethylsiloxane (PDMS)
E 528	Magnesium hydroxide	E 527	Ammonium hydroxide
E 514	Sodium sulfate	E 406	Agar
E 354	Calcium tartrate	E 202	Potassium sorbate
E 142	Green S	E 127	Erythrosine

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



Ginger



Leaf Mustard



Alfalfa Sprouts

Fruits



Wild strawberry



Blueberry



Strawberry



Kiwi



Lemon



Mango

Dairy & eggs



Cheese



Sheep Milk



Eggs



Yogurt



Cows Milk



Goat Milk

Meat products



Kidney



Pork



Beef



Chicken



Turkey



Rabbit



Chicken Liver



Lamb

Legumes



Soya Beans



Peas



Edamame



Beans



Lentils

Fish / Seafood



Trout



Salmon



Tuna



Mussels



Cuttlefish



Lobsters



Anchovies



Oysters



Sardines



Octopus



Clams



Crab



Cod



Shrimp

Nuts & seeds



Flax Seeds



Hazelnuts



Walnuts



Almonds



Pecans



Chia Seeds



Pumpkin Seeds



Peanuts



Brazil Nuts



Chestnut



Macadamia Nuts



Pine Nuts



Sunflower Seeds



Cashews



Black Soya Bean



Sesame Seeds

Cereals



Buckwheat



Millet



Wild Rice



Corn



Rice



Quinoa

Fat & oils



Soya Oil



Flaxseed Oil



Olive Oil



Olives



Sunflower Seed Oil

Plants



Clove



Dandelions



Coriander



Sugar Cane

Drinks



Green Tea



Soybean Milk

Others



Cocoa



Brewer's Yeast



Honey



Tofu



Nutritional 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.



Your next steps

The path to your best version begins here

You've already read all the results, now what? As we said in 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

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)



It is time to start living
with your best version

Thank you for placing your trust in our program!



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