

# Sport

## Optimization Report

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### Client Example

**ID:** SPORTPIX003

**Date:** 01.04.2022



Dear Client Example,

**We are delighted to present  
you the results of your Test!**



## Your Results

This is your optimization report, based on your test results. We believe that the data and information contained here will help you achieve your goals. Our report has been developed by scientists and experts in epigenetics to help identify the environmental influences that affect us and that could be leading to a low level of performance for athletes.

By adopting and adapting our suggestions, you will be able to improve physical performance through nutritional and environmental adjustments.

Your results are divided into sections according to the type of information analyzed. You will be able to have an overview of the entire Report on the "Summary of your results" page. Within each section, you will find an overview section to ensure that the results are clear and concise and your attention is directed to the most valuable information.

Your results report is designed to provide maximum clarity and the actions we recommend to optimize your well-being and health.

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

Sincerely,  
Epixlife | Wellness Inspires Us

**Do you have any questions?**



Contact:

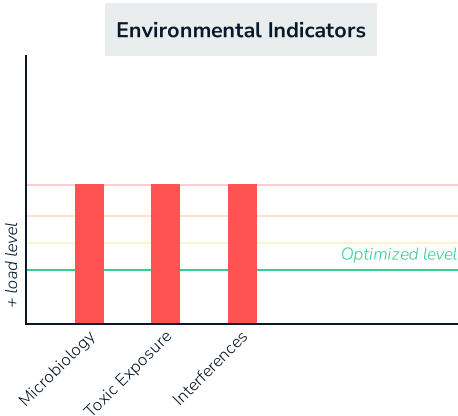
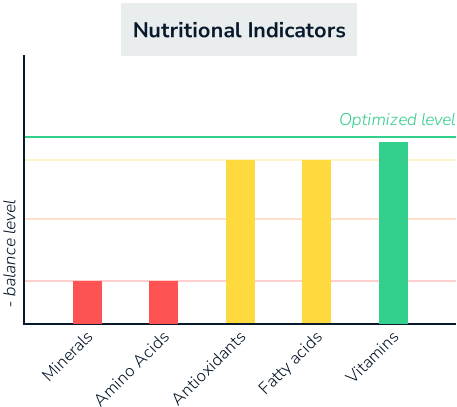
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# Summary of results

## 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

Chemicals and Hydrocarbons

#### Interferences

LFR (Low Frequency Radiation)  
Electrostatic field  
TV screen  
Radiofrequency

#### Microbiology

Viral Signal  
Spores  
Parasites

#### Amino Acids

Carnitine  
Ornithine  
Methionine  
Serine

#### Minerals

Potassium  
Chromium  
Sodium  
Molybdenum

### Low Optimization Need

#### Fatty acids

Alpha-Linolenic Acid - 3 (ALA)

#### Antioxidants

Sulforaphane Glucosinolate

# Metabolic Systems Indicators



## Why is metabolism so important?

The metabolism of nutrients involves hundreds of reactions that provide our bodies with the energy and materials necessary for proper functioning. A good metabolic rate can help you burn more calories, slow down aging, give you more energy and make you feel better.

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 lifestyle and level of physical activity can determine your energy requirements. That's why knowing the markers that tell us how macronutrients like proteins, fats and sugars are metabolized, and how certain factors like hormonal or gastrointestinal health are impacting you, is so important.

Following a personalized diet that takes into account these requirements will help you increase your energy levels, vitality and reach your goals faster!

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.

# Cardiovascular System Indicators

Result:  
High Need



It is necessary to optimize your Cardiovascular System

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



## Take care of your Cardiovascular System!

Poor circulation reduces the body's ability to transport oxygen and nutrients to where they are needed. We can help optimize the circulatory system through good nutrition.

## Indicators for Cardiovascular System Support

The food we eat has a direct impact on the cardiovascular system. Certain eating habits can create disorders related to the heart and its function. Likewise, including certain foods as part of a regular nutrition plan can help to prevent potential disorders in heart function.

The following graph shows the nutrients and indicators that will help you optimize the Cardiovascular System.

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

Vitamins	Vitamin B2	Vitamin D3	Vitamin B6	Vitamin C	Vitamin K1
	Vitamin B12	Vitamin E	Vitamin B3	Vitamin B9	Betaine
	Vitamin K2				
Minerals	Selenium	Iodine	Potassium	Sodium	Magnesium
Antioxidants	Superoxide Dismutase (SOD)	Anthocyanidins	Polyphenols	Flavonoids	Coenzyme Q10
Amino Acids	Taurine	Arginine	Citrulline	Carnosine	Alanine
	Serine	Methionine	Cystine	Lysine	Histidine
	Proline				
Fatty Acids	Alpha-Linolenic Acid - 3 (ALA)	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)	Arachidonic Acid - 6 (AA)	Oleic Acid - 9

# Support indicators for the Muscular System



## What is important for muscle recovery

Building muscle significantly increases metabolism, making it easier to achieve superior performance. Although nutrition alone cannot lead to significant muscle growth, a balanced diet can help maintain or increase muscle mass.

## The importance of diet for muscle growth and recovery

The maintenance of muscle mass can be improved with the consumption of nutrients that you can find in the following table. Keep in mind that this is not a diagnosis of how your muscular system is, but it will help prevent muscle and tendon problems derived from a shortage of essential nutrients.

Apart from a balanced diet, optimal rest is the key to achieving improved muscle regeneration. Tasks such as the reconstruction of muscle fibers, the relaxation of the mind, or the secretion of certain hormones (such as the growth hormone), will be carried out during rest time. Healthy sleep leads us to recover much more quickly.

### Some tips for muscle growth



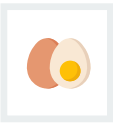
#### Muscle is made up of 70-75% water

That's why it's key to stay properly hydrated. **Drink at least 2L** of water throughout the day. If you exercise, it is recommended to drink 0.2L of water every 15-20 minutes.



#### Isotonic Drinks

They contain **electrolytes** and **carbohydrates** that help rehydrate the body, replenish electrolytes lost through sweat and provide energy to maintain physical performance.



#### Eat proteins after training

After each training session, consume **proteins of high biological value** (lean meats, fish, eggs and legumes) to support the development of your muscles.

The following table indicates which nutrients may be important in helping to optimize muscles and tendons. **The more of these that appear in the box below, the more attention the muscular system will require.**

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
	Methionine	Phenylalanine	Carnitine	Taurine	Lysine
	Tryptophan				
Fatty Acids	Alpha-Linolenic Acid - 3 (ALA)	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)	Alpha Lipoic Acid	

# Epigenetic Markers





# Your Need of Minerals



## It is necessary to boost your Minerals

The imbalance of this indicator may be producing a alteration in your system.

It is a priority to optimize its levels to reach a balance in your body. 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 is necessary to optimize this indicator in the short 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, Apple, Barley, Wild Rice, Cheese, Wheat, Tomato, Beef, Chicken, Broccoli, Turkey, Brewer's Yeast

### Molybdenum

Molybdenum helps the enzyme responsible for iron metabolism to function properly. It is necessary for the production of uric acid and participates in both sulfur and uric acid metabolism. It participates in enzyme systems related to the metabolism of alcohol, drugs and toxins.

Eggs, Oats, Rye, Almonds, Wheat, Parsley, Watercress, Lentils, Rice, Buckwheat, Peas, Chicken, Kidney Beans, Peanuts, Soya Beans, Alfalfa Sprouts, Cashews, Pumpkin Seeds, Edamame, Yogurt, Watermelon Seed, Sunflower Seeds, Chickpeas, Poppy Seeds

### Potassium

Potassium is crucial for cardiac function, digestive function and muscle contraction. It supports normal muscle and neurological function.

Strawberry, Oats, Spelt, Quinoa, Wild Rice, Salmon, Mackerel, Herring, Cod, Clams, Tomato, Rice, Oranges, Buckwheat, Banana, Figs, Beef, Corn, Cows Milk, Oat Bran, Cuttlefish, Brussel Sprouts

### 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



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

## 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.

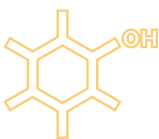
## Foods that supply antioxidant needs

### Sulforaphane Glucosinolate

Sulforaphane glucosinolate is found in vegetables such as broccoli, cabbage, cauliflower and kale. It exhibits antimicrobial, anticancer and chemopreventive properties. It is a strong blood alkalinizer. It is believed that it could protect against diabetes, brain damage, macular degeneration, sun damage, etc.

Watercress, Cauliflower, Cabbage, Broccoli, Leaf Mustard, Brussel Sprouts

# Your Need of Amino Acids



## It is necessary to boost your Amino 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. 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 short 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

### Carnitine

Carnitine plays an important role in energy metabolism, improving energy supply to brain cells and thus increasing resistance to stress. Due to its antioxidant properties, it protects us against stress and reduces the risk of cardiovascular, kidney and eye diseases. It also helps to maintain healthy skin.

Eggs, Oats, Quinoa, Walnuts, Almonds, Cod, Cheese, Cauliflower, Beef, Chicken, Pork, Peanuts, Soya Beans, Sheep Milk, Chickpeas

### Methionine

Methionine is important for protein synthesis. It is a precursor of other amino acids (homocysteine, cysteine, creatine and carnitine), prevents some liver and heart diseases, prevents the accumulation of fats in the arteries. It is also very important for the good condition of nails, skin and hair.

Eggs, Oats, Quinoa, Wild Rice, Brazil Nuts, Seaweed, Salmon, Mackerel, Rice, Buckwheat, Beef, Corn, Flounder, Sheep Milk, Turkey, Tuna, Oat Bran, Sturgeon

### 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 metabolism 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

### 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

# 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

### 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, Spinach, Olive Oil, Raspberry, Peanuts, Pumpkin Seeds, Soya Oil, Flaxseed Oil, Chia Seeds, Pumpkin

# 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

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

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:  
High Need



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

## 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





### Chemicals and Hydrocarbons

We are currently exposed to numerous chemical compounds found in the environment and in the products we consume. These compounds can enter our bodies through the skin, gastrointestinal tract or respiratory tract. Most of the hydrocarbons found in our planet are naturally found in crude oil, where decomposed organic matter provides an abundance of carbon and hydrogen. With hydrocarbons we can manufacture paints, resins, adhesives, glues, inks, etc. Chemicals of natural origin are present in practically everything around us. Synthetic chemicals, on the other hand, are used in multiple products such as food production, chemical fertilizers, pesticides, herbicides, and antibiotics, among others.

Celery, Brussel Sprouts

### Possible contraindications of spirulina and chlorella

Consult your doctor before the consumption of these products.

- |   |   |
|---|---|
|  <p>They can cause sensitivity in people with allergies or sensitivity to fish, iodine, or mold.</p> |  <p>They are not recommended during pregnancy and lactation, as they are not indicated for children.</p>   |
|  <p>Not recommended in people who are taking immunosuppressive or anticoagulant medication.</p>      |  <p>If you take medication regularly, they can reduce the efficacy of drugs or minimize their effects.</p> |

# Electro- magnetic Charge



**It is necessary to focus on reducing the accumulated electromagnetic charge**

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 protect our body.  
Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short 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

### 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.

### LFR (Low Frequency Radiation)

Low-frequency radiation (LFR) is non-ionizing radiation. They have hardly any effect on health and skin, as long as the exposure time is not high. They are usually found in: long distance communication, aircraft beacons, navigation systems, weather stations and time signal stations.

### 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.

### 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.



## 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.



Sunflower Seed Oil



Purple Grapes



Quinoa



Liquor



Almonds



Carrot



Honeydew



Goose



Lettuce



Macadamia Nuts

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

A balanced and healthy diet will always lead to a more favorable result. However, consuming processed, precooked and foods that aren't fresh will always lead to an increased intake of chemical substances such as food additives, which will lead to a decrease in performance when practicing sports.

### 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 631	Disodium inosinate	E 630	Inosinic acid
E 576	Sodium gluconate	E 528	Magnesium hydroxide
E 515	Potassium sulfates	E 495	Sorbitan monopalmitate
E 354	Calcium tartrate	E 350	Sodium malates
E 335	Sodium tartrates	E 160f	Ethyl ester of beta-apo-8'-carotenic acid (C 30)

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



Broccoli



Parsley



Spinach



Cauliflower



Chives



Bean sprouts



Cabbage



Brussel Sprouts



Kale



Watercress



Arugula



Bok choy



Leaf Mustard



Pumpkin



Tomato



Pickles



Ginger



Alfalfa Sprouts



Celery

### Fruits



Kiwi



Raspberry



Banana



Figs



Oranges



Strawberry



Apple

### Dairy & eggs



Eggs



Sheep Milk



Cheese



Yogurt



Cows Milk

### Meat products



Beef



Pork



Chicken



Turkey

Legumes



Soya Beans



Chickpeas



Beans



Lentils



Green Beans



Edamame



Kidney Beans



Peas



Natto

Fish / Seafood



Cod



Salmon



Sardines



Mackerel



Sturgeon



Tuna



Anchovies



Flounder



Cuttlefish



Clams



Herring



Crab

Nuts & seeds



Walnuts



Peanuts



Sesame Seeds



Brazil Nuts



Pumpkin Seeds



Pistachios



Cashews



Chia Seeds



Flax Seeds



Poppy Seeds



Watermelon Seed

Cereals



Oatmeal



Oats



Oat Bran



Buckwheat



Corn



Rice



Wild Rice



Spelt



Wheat



Barley



Rye

Fat & oils



Flaxseed Oil



Soya Oil



Olive Oil



Coconut Oil

Plants



Seaweed



Turmeric

## Others



Tofu



Brewer's Yeast



Salt



Soy sauce

## 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 foods that support the cardiovascular system every day — [Section 01](#)
- 5 Make sure that you consume daily the foods to support your Muscular System — [Section 01](#)
- 6 Try to reduce the impact of Electromagnetic Fields and Toxic Exposure — [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.

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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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**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](http://www.epixlife.com)