

Vegan

Optimization Report

Client Example

ID: VEGAN788T

Date: 06.04.2022



Dear Client Example,

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

Tu Plan Nutricional

de 90 días



Your Results

This is your optimization report, based on your test results. We believe that the data and information contained herein will help you begin a journey towards a healthier lifestyle. By adopting and adapting our suggestions, you will be able to make positive changes in your daily diet and interaction with the environment that surrounds you.

The results are divided into sections according to the type of information examined. Within each section you will find an overview section to help you interpret the information, so that your attention is directed to the most valuable and relevant information.

On the "Summary of your results" page you will have an overview of the entire report, highlighting the areas you will need to pay most attention to over the duration of your plan. Your results report is designed to provide maximum clarity on each section and the actions we recommend to optimise your wellness 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:

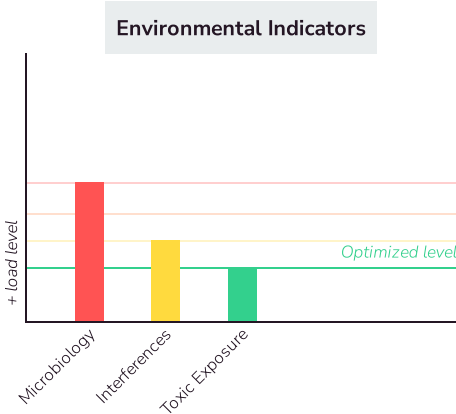
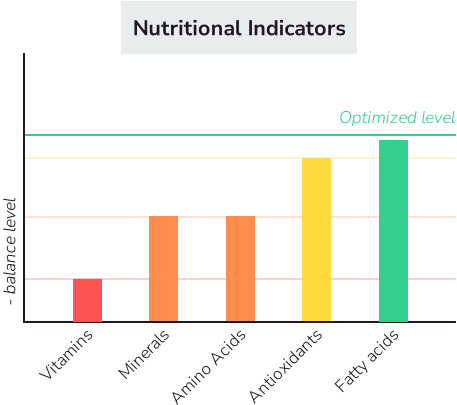
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Summary of results

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

Microbiology

Viral Signal
Spores

Vitamins

Vitamin K2
Vitamin B2
Inositol
Vitamin B5

Medium Optimization Need

Amino Acids

Carnitine
Cystine
Leucine
Threonine

Minerals

Boron
Molybdenum
Silicon
Selenium

Low Optimization Need

Interferences

50 Hz Input Current
Mobile telephone, GSM (0,9 GHz)
Microwave Oven

Antioxidants

Carotenoids
Selenium

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.

Immune System Indicators

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.



Diet and your Immune System

Each person's immune system varies dramatically based on diet, environmental pollutants, and metabolic disruptors. The indicators on this page are intended to strengthen your own protection system.

Immune support indicators

A nutritionally balanced and personalized diet is essential to maintain and develop a strengthened immune system. Increasing your defenses will help protect you from the worst effects of viral loads and other microbial impacts. Boosting your own immune system is essential to achieve a cellular balance and thus protect your well-being from external aggressions.

This table lists the nutrients that help optimize your immune system. It also highlights metabolic systems and environmental stressors that could unbalance it: **pay attention to the flagged indicators!**

Vitamins	Vitamin A1	Vitamin B1	Vitamin B2	Vitamin B5	Vitamin B6
	Vitamin B9	Vitamin B12	Vitamin C	Vitamin D3	Vitamin E
Minerals	Zinc	Copper	Manganese	Selenium	Iron
Antioxidants	Vitamin C	Selenium	Carotenoids	Flavonoids	Polyphenols
	Superoxide Dismutase (SOD)	Vitamin E	Alpha Lipoic Acid	Coenzyme Q10	
Fatty Acids	Omega 3	Omega 6			
Amino Acids	Cysteine	Glutamine	Glycine	Lysine	Tryptophan
Metabolic interactions	Sleep	Intestine	Cardiovascular Health	Metabolic Stress / Inflammation	Energy Production
	Cellular Hydration				
Environmental toxic exposure	Heavy metals	Chemicals and Hydrocarbons	Electrosensitivity and Radiation		
Microbiology	Spores	Fungus	Parasites	Viral Signal	

Intestinal System Indicators



Take care of your intestinal system!

The intestinal tract and intestinal system provide most of the cellular energy and play a very important role in our immune system. That is why it is vitally important to have as balanced and optimized a intestinal system as possible.

Result:
Low Need



Low need for optimization

The imbalance of the indicators provided might be producing an alteration in your Intestinal System. You should consider optimization in the long 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!**

Nutritional Markers	Histidine	Tryptophan	Zinc	Cysteine	Betaine
	Superoxide Dismutase (SOD)	Molybdenum	Vitamin D3	Alpha Lipoic Acid	Sulforaphane Glucosinolate
	Omega 3	Selenium	Vitamin B12	Iron	Vitamin C
	Glutamine				
Environmental Stressors	Electrosensitivity	Chemicals and Hydrocarbons	Heavy metals	Bacteria	Fungus
	Parasites	Viral Signal			
Metabolic interactions	Gastrointestinal System	Microbial Balance	Metabolic Stress / Inflammation	Detox System	Emotions
	Energy Production	Immune System	Brain Health		
Restricted pro-inflammatory foods	Cows Milk	Eggs	Gluten	Wheat	Barley
	Oats	Corn	Soya Beans	Banana	Alcoholic beverages
	Beer	Added sugars			

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

Epigenetic Markers



Your Need of Vitamins



Result:
High Need



It is necessary to boost your Vitamins

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

Personalized vitamin need

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

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

Vitamins and optimal health

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

Foods that supply vitamin needs

Inositol

Inositol is essential for the good condition of the cells of the nervous system and the metabolism of fats. It influences our sleep, fertility, circulation, skin, hair and mood.

Oats, Walnuts, Almonds, Wheat, Rice, Banana, Raisins, Citrus Fruits, Cantaloupe, Peanuts, Eggplant, Brewer's Yeast, Wheat Germ

Vitamin B2

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

Almonds, Seaweed, Spinach, Broccoli, Green Beans

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.

Oats, Wild Rice, Walnuts, Broccoli, Cashews, Flax Seeds, Sunflower Seeds, Pecans

Vitamin K2

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

Olive Oil, Soya Beans, Soya Oil

Your Need of Minerals



Result:
Medium Need

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

The imbalance of this indicator is not causing an alteration in your system immediately, however, it is necessary to optimize it in the medium term to avoid major imbalances. Minerals are non-organic natural elements that must be absorbed mostly through diet, so that bones, cardiovascular and hormonal functions, among others, work properly. Our tests are qualitative studies and have identified that it may be necessary to optimize this indicator in the medium term.

Personalized mineral need

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

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

Make sure your body gets a sufficient amount of minerals!

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

Foods that supply mineral needs

Boron

Boron is essential for the metabolism of calcium, copper, magnesium and phosphorus. All of these are important for proper bone and joint health. It is also essential for the utilization of vitamin D, contributing to improve calcium absorption.

Apple, Walnuts, Brazil Nuts, Almonds, Lentils, Dates, Raisins, Peanuts, Soya Beans, Hazelnuts, Cashews, Coffee, Flax Seeds, Sunflower Seeds, Chickpeas

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.

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

Barley, Wild Rice, Brazil Nuts, Parsley, Asparagus, Rice, Buckwheat, Peas, Broccoli, Soya Beans, Corn, Brewer's Yeast, Oat Bran, Edamame, Chives

Silicon

Silicon is involved in regenerative processes through the production of collagen and other basic molecules such as elastin. It is key to provide connective tissues with elasticity and consistency, preventing sclerosis due to tissue calcification. It also protects the inner wall of the arteries, helps maintain skin elasticity and allows calcium fixation.

Oats, Barley, Wild Rice, Wheat, Asparagus, Millet, Lentils, Rice, Banana, Pineapple, Mango, Soya Beans, Green Beans, Oat Bran, Oatmeal

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

Carotenoids

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

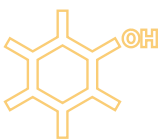
Apricot, Tangerine, Almonds, Watercress, Tomato, Spinach, Oranges, Carrot, Mango, Lettuce, Broccoli, Green Beans

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.

Barley, Wild Rice, Brazil Nuts, Parsley, Asparagus, Rice, Buckwheat, Peas, Broccoli, Soya Beans, Corn, Brewer's Yeast, Oat Bran, Edamame, Chives

Your Need of Amino Acids



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

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.

Oats, Walnuts, Almonds, Cauliflower, Peanuts, Soya Beans, Chickpeas

Cystine

Cystine is part of skin, hair, bones and connective tissue and is an important antioxidant that can help prevent premature aging. It protects the liver and brain against toxins absorbed from alcohol and tobacco. It also contributes to the detoxification of radiation and heavy metals.

Lentils, Oranges, Peas, Oatmeal, Sunflower Seeds

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.

Oats, Rye, Wheat, Millet, Corn, Pumpkin Seeds, Wheat Germ, Oat Bran, Wheat Bran, Sunflower Seeds, Chickpeas

Threonine

Threonine is essential for the correct metabolization of fats, especially in the liver, in addition to preventing their accumulation. It is required for the formation of healthy bones and teeth and is a constituent of antibodies. It is also necessary for the synthesis of certain neurotransmitters.

Seaweed, Watercress, Carrot, Banana, Peanuts, Soya Beans, Cashews, Flax Seeds, Pumpkin Seeds, Sunflower Seeds

Microbiology Indicators



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

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

Electro- magnetic Charge



Result:
Low Need

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

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

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

Personalized EMC indicators

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

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

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

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

More about these indicators

Microwave Oven

Microwaves are high-frequency radio waves, part of the electromagnetic spectrum. Microwaves are reflected, transmitted or absorbed by materials in their paths. They are often found in: microwave ovens, GPS, speed cameras, radar, antennas, 3G phones, wireless LAN (wi-fi), telecommunications, satellite and cosmic radiation.

Mobile telephone, GSM (0,9 GHz)

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

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.

Dietary Adjustments

During the next 90 days.



Foods to Avoid for the next 90 days

Avoid them only for 90 days!

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

Why do I have to avoid these foods?

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

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

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

Frequently asked questions

?

How is temporary food sensitivity expressed?

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

?

"But I've never eaten..."

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

?

"But you recommend similar foods!"

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

Foods to Avoid

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

Avoid them only for 90 days!

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



Quinoa



Celery



Pomegranate



Pear



Cabbage



Rhubarb



Elderberry



Red Pepper



Safflower



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 1518	Triacetin, glycerin triacetate or 1,2,3-triacetyllycerol	E 1202	Polyvinylpyrrolidone
E 948	Oxygen	E 900	Polydimethylsiloxane (PDMS)
E 632	Dipotassium inosinate	E 523	Aluminium ammonium sulfate
E 404	Calcium alginate	E 312	Dodecyl gallate
E 230	Biphenyl, diphenyl	E 129	Allura red AC

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.

Recommended Foods

Add these Foods to your daily diet!















We ask you to increase the consumption of these Foods during the next 90 days to solve your nutritional deficiencies. These foods contain the nutrients that your body needs.

Recommended Foods based on your cellular need












It's easy to be hesitant about food choices, but our test wants to make it easier. The analysis of your epigenetic profile has given us the information about what nutrients you need and that is why we prepared a list of foods that will help you feel much better. Add them to your shopping list and get creative while you cook: you will eat healthier and more delicious food. (If you are allergic to any of these products, do not forget to avoid them at all times. Choose substitutes!)

The list of food indicators comes from the indicators that are relevant to your program. Continue to avoid foods that you know to physically affect you.

Vegetables

							
Broccoli	Parsley	Spinach	Cauliflower	Watercress	Carrot	Lettuce	Tomato
							
Ginger	Kale	Alfalfa Sprouts	Asparagus	Chives	Eggplant		

Fruits

							
Kiwi	Oranges	Banana	Tangerine	Apricot	Mango	Raisins	Apple
							
Pineapple	Cantaloupe	Citrus Fruits					

Legumes



Soya Beans



Chickpeas



Beans



Peas



Lentils



Green Beans



Edamame



Natto



Kidney Beans

Nuts & seeds



Almonds



Walnuts



Peanuts



Sunflower Seeds



Pumpkin Seeds



Sesame Seeds



Flax Seeds



Cashews



Dates



Brazil Nuts



Hazelnuts



Poppy Seeds



Watermelon Seed



Pecans

Cereals



Oatmeal



Oats



Oat Bran



Wheat



Wheat Bran



Wheat Germ



Millet



Corn



Rye



Buckwheat



Rice



Wild Rice



Barley

Fat & oils



Soya Oil



Olive Oil

Plants



Seaweed



Turmeric

Drinks



Coffee

Others



Tofu



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.



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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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