

Wellness

Optimization Report

Client Example

ID: WELLDEMO115

Date: 26.03.2025



Dear Client Example,

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



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:

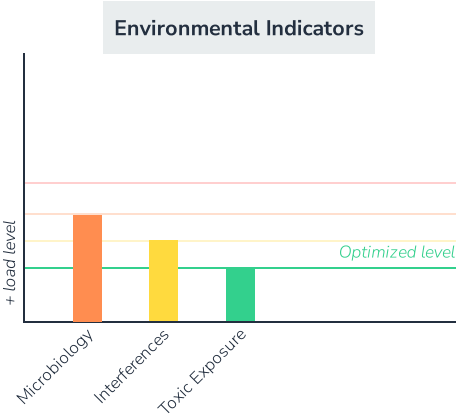
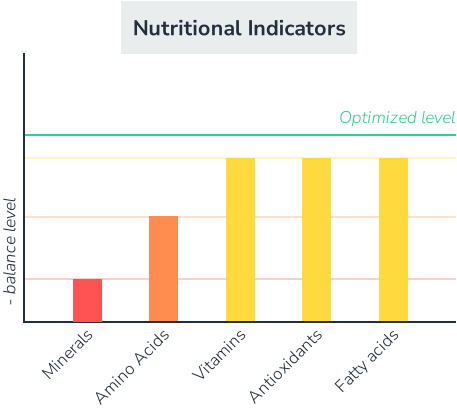
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Summary of results

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

Minerals

Potassium
Silicon
Selenium

Medium Optimization Need

Microbiology

Parasites

Amino Acids

Alanine
Glutamine
Proline
Cysteine

Low Optimization Need

Interferences

50 Hz Input Current
Electrostatic field
Magnetic constant field
ELF (Extremely Low Frequency)

Fatty acids

Arachidonic Acid - 6 (AA)

Antioxidants

Alpha Lipoic Acid

Vitamins

Vitamin B9
Inositol

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:

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

How to read your results:



What do the 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:
Medium Need



You have to balance your Intestinal System in the medium term

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

Intestinal support indicators

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

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

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



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.

Result:
Medium Need



You have to balance your Cardiovascular System in the medium term

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

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:
Low Need

It is not necessary to optimize the absorption of Vitamins 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 future problems. Vitamins are essential catalyst compounds for the proper cellular and metabolic functioning. This test is based on a qualitative study, identifying that it may be necessary to optimize this indicator in the long 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, Rice, Banana, Peanuts, Tuna, Brewer's Yeast

Vitamin B9

Vitamin B9 or folic acid is essential for growth and development. It is necessary for the proper functioning of the nerves, brain and immune system; for the formation of blood cells in the bone marrow; maintains homocysteine levels (associated with chronic conditions); and for normal growth of maternal tissue during pregnancy. It is easily destroyed by heat.

Eggs, Oats, Quinoa, Wild Rice, Salmon, Asparagus, Lemon, Rice, Papaya, Buckwheat, Banana, Avocado, Chicken, Peanuts, Corn, Sheep Milk, Oat Bran, Leaf Mustard, Sunflower Seeds

Your Need of Minerals



Result:
High Need



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

Potassium

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

Strawberry, Oats, Quinoa, Wild Rice, Salmon, Mackerel, Herring, Cod, Rice, Buckwheat, Banana, Figs, Beef, Corn, Cows Milk, Oat Bran

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, Wild Rice, Brazil Nuts, Parsley, Asparagus, Rice, Buckwheat, Mushrooms, Peas, Beef, Chicken, Soya Beans, Corn, Turkey, Tuna, Brewer's Yeast, Oat Bran, Edamame

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, Wild Rice, Asparagus, Millet, Lentils, Rice, Banana, Soya Beans, Green Beans, Oat Bran

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.

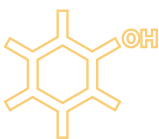
Foods that supply antioxidant needs

Alpha Lipoic Acid

Alpha lipoic acid is an important antioxidant and hypoglycemic, which can control and limit free radicals in the body. It promotes cell regeneration, converts glucose into energy, increases skin elasticity, prevents and reverses the premature aging process, stimulates the immune system and removes heavy metals from the body.

Beef, Chicken, Hemp Seed Oil, Nutritional Yeast, Flaxseed Oil, Edamame, Chicken Heart, Chia Seeds

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

Alanine

Alanine is a component of virtually all proteins and peptides synthesized in the body. It facilitates the use of amino acids in the liver during situations such as fasting or traumatic stress. It participates in glucose metabolism, regulates blood glucose levels and is involved in nitrogen transport together with glutamine.

Eggs, Salmon, Cod, Mushrooms, Beef, Chicken, Soya Beans, Cows Milk, Sheep Milk, Turkey, Tuna, Trout

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

Glutamine

Glutamine is important for protein synthesis, immune function and intestinal mucosal function. In addition, it is a source of energy, can improve insulin sensitivity and helps us build and maintain muscle tissue, which is why it is used by some athletes.

Eggs, Cod, Parsley, Lentils, Peas, Beef, Chicken, Soya Beans, Corn, Cows Milk, Sheep Milk

Proline

Proline is an essential component of collagen, which is very important for the health of skin, bones and tendons. Proline is used in the prevention of arthritis and in the strengthening of joints and tendons. In addition, it can help us maintain and strengthen the heart muscles.

Eggs, Salmon, Cheese, Watercress, Asparagus, Mushrooms, Sheep Milk, Tuna, Yogurt

Your Need of Fatty Acids



Result:
Low Need



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

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

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

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

Personalized EFAs need

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

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

Essential fatty acids and cell change

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

Foods that supply Fatty Acid needs

Arachidonic Acid - 6 (AA)

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

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

Microbiology Indicators



Result:
Medium Need



You have to balance your intestinal flora in the medium term

It is not necessary to balance your intestinal flora immediately, but it is advisable to address it in the medium term to avoid an underlying imbalance.

Flora imbalance could produce some alteration in your system in the future. We recommend you to boost the balance of the microbiota, as it depends on a set of living beings that make up your gastrointestinal system, bacteria, parasites, fungi, spores and a host of microorganisms that make your system work in balance. This allows for proper nutritional absorption and a boosted immune system.

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

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, Onion, Turmeric, Pumpkin Seeds, Coconut Oil

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

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.

ELF (Extremely Low Frequency)

Extremely low frequency electromagnetic fields (ELF EMF) are in the range of 0-300 Hz. The frequency of power grid lines is 50 or 60 Hz; making them the main sources of all electrical equipment used in daily life, such as computer screens, anti-theft devices and security systems, among others.

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.

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

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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.



Crab



Dates



Cabbage



Honeydew



Pineapple



Mango



Bean sprouts



Kidney Beans



Alfalfa Sprouts



Pumpkin

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 554	Sodium aluminium silicate	E 553b	Talc
E 536	Potassium ferrocyanide	E 513	Sulfuric acid
E 422	Glycerol	E 327	Calcium lactate
E 316	Sodium erythorbate	E 260	Acetic acid
E 228	Potassium hydrogen sulfite	E 131	Patent blue V

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



Mushrooms



Parsley



Watercress



Asparagus



Onion



Ginger



Leaf Mustard



Avocado

Fruits



Banana



Figs



Strawberry



Lemon



Papaya

Dairy & eggs



Eggs



Sheep Milk



Cows Milk



Cheese



Yogurt

Meat products



Chicken



Beef



Turkey



Chicken Heart



Lamb

Legumes



Soya Beans



Beans



Lentils



Peas



Edamame



Green Beans

Fish / Seafood



Tuna



Cod



Anchovies



Trout



Salmon



Sardines



Mackerel



Herring

Nuts & seeds



Chia Seeds



Walnuts



Sunflower Seeds



Pumpkin Seeds



Brazil Nuts



Peanuts



Almonds



Black Soya Bean

Cereals



Corn



Rice



Oat Bran



Oats



Buckwheat



Quinoa



Wild Rice



Millet

Fat & oils



Flaxseed Oil



Hemp Seed Oil



Sunflower Seed Oil



Coconut Oil

Plants



Turmeric

Others



Tofu



Nutritional Yeast



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