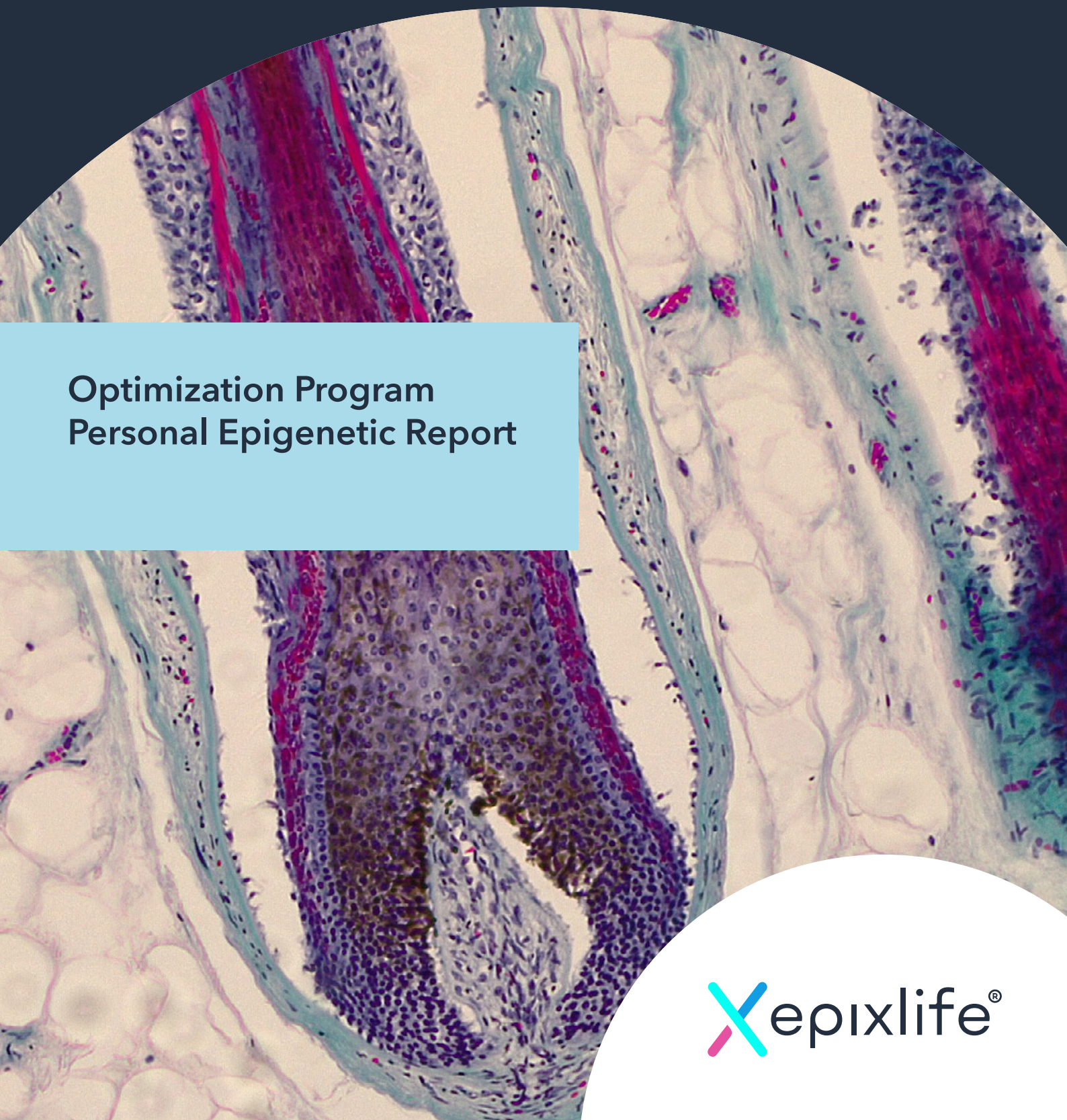
Going to the root...



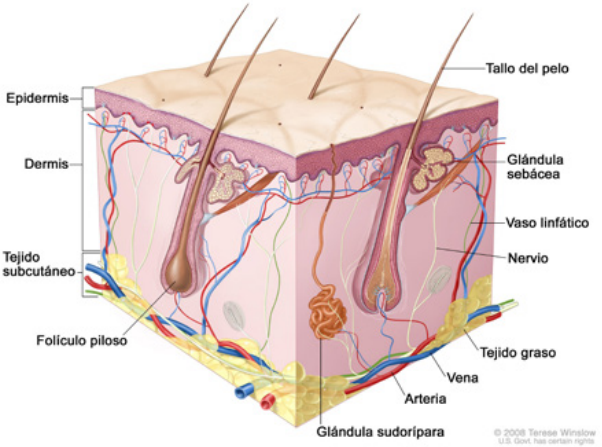
Optimization Program
Personal Epigenetic Report

epixlife®

Reports
by Cell Wellbeing

The reports are generated using epigenetic indicators that result from S-Drive scanning of the hair and not from physical analysis of the hair as such. Such indicators are the result of signals that the genome receives from the environment and not from the activation and deactivation of genes.

The interaction stems from energy-particle interactions[4] through physical entanglement and the body's ability to work under epigenetic coherence[5,6] between the physical state and the emotional state.



Going to the root...

Hair root cells emanate from the same pre-embryonic layer as the nervous system, including the brain[1,2]. And are therefore sensitive to the epigenetic influence of the environment. An example is the ability of the hair to erect due to the contraction of the pili erector muscle, as shown in **Figure 1**, when the body is beset by an internal and/or external stimulus from the environment[3].

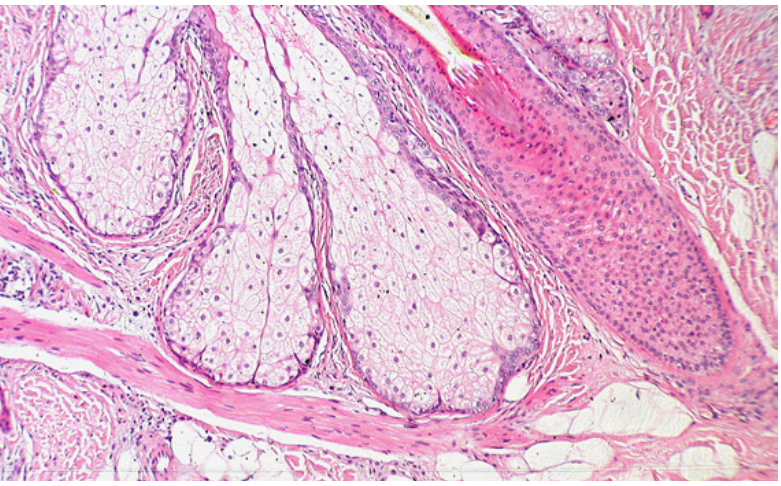


Figure 1. *Base of the pilosebaceous unit: The piliector pili muscle can be seen in the photo on the left as a pink band and can be located in the lower schema on the right side.*

When there is coherence, the signals are clear and audible and the body decodes them as such, allowing biochemical feedback mechanisms to regulate the physiology of the human body[6].

When there is a lack of coherence, due to many intrinsic and extrinsic factors that interfere with the endogenous communication signals within the body's network, the process of disharmony begins to manifest, as signs, until the human body expresses them as symptoms. When symptoms are expressed, the structure and function of the organism are affected and thus there are repercussions on the well-being of the individual.

Many times when this happens, chronic degenerative conditions such as inflammation of tissues and organs, opportunistic infections are declared due to the lack of channeling of the energy necessary to maintain homeostasis[7,8].

For the same reason, it is necessary to consider diet, lifestyle and extrinsic environmental conditions, which end up affecting well-being, since their influence affects the energy flow that the body needs, resulting in acute and chronic disharmony.

Entanglement.

The complexity and diversity of interactions both inside and outside the organism at the quantum level is astonishing and very broad as illustrated in **Figure 2**. The concept of entanglement was born in 1935 when Erwin Schrödinger wrote a letter to Albert Einstein congratulating him for what he described in a publication in the journal Physical Review on May 15, 1935 together with two other authors, Boris Podolosky and Nathen Rosen[9].

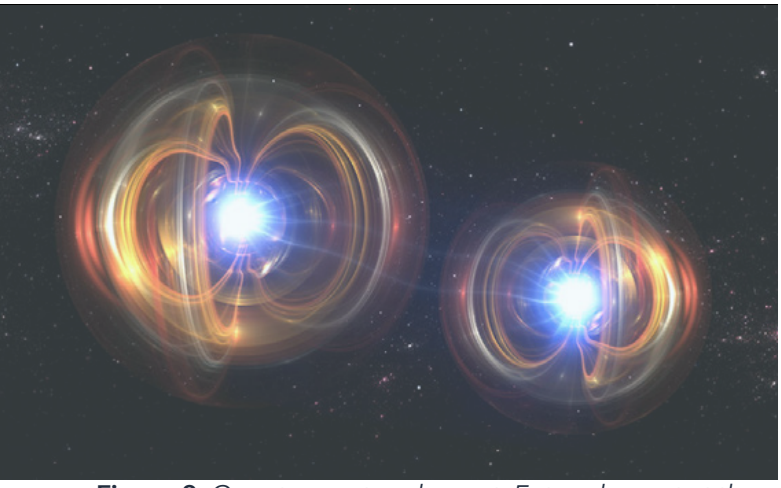


Figure 2. *Quantum entanglement. Entanglement at the physical level occurs when two or more particles, which can be much smaller than electrons such as fermions, quarks, bosons, leptons, gravitons, etc., are found interacting with each other at long distances depending on their relative position, one against the other. Their interaction determines their angular momentum, i.e. their spin, their polarity and furthermore the apparent absence of one determines the presence and position of the other*[10].

After the publication of Einstein, Podolsky and Rosen in 1935 entitled: Can a quantum mechanical description of physical reality be considered incomplete?[9] Erwin Schrödinger wrote a letter to Albert Einstein congratulating him and in it Schrödinger used for the first time the German word Verschänkung which means entanglement[10,11].

Elementary particles are particles without measurable characteristics in terms of their structure and this indicates that they are not formed by other particles. These particles are the fundamental objects of the theory of the quantum field, something we have now been able to demonstrate.[12] Many families and subfamilies of these particles exist and are classified on the basis of their ability to spin. Fermions, for example, have the ability to spin in only one direction, and bosons spin in both directions, including the Higgs Boson[13]. At this level one might expect chaos and maximum entropy as shown in **Figure 2**. Entanglement allows a state of decoherence between elementary particles as vibrational information flows between them.

Quantum systems can become entangled based on various types of interactions. Entanglement is broken when entangled particles become incoherent due to the action of the environment. For example, when a measurement is made[14]. Einstein called this entanglement phenomenon "a surprising action at a distance "[12], and concluded that the accepted quantum mechanical formulation must therefore be incomplete.[6,15]

We now know that entanglement results from self-regulation favoring complexity in simplicity, and simplicity in the complexity of the integration of biological systems, such as the human body, so that it can receive and transmit epigenetic information through entanglement[16].

It is this capability that allows the individual's wave signature to be decoded at the Information Center located in the city of Hamburg in Germany, when it is sent through a secure internet information system via the S Drive. It is in this information center that the hair's epigenetic energetic information is decoded and translated into a report, where the categories that need attention are referenced in priority order, so that disharmony becomes harmony, and discomfort is transformed into wellness. In doing so, the human body is able to live longer and look younger as time goes by.

Nutrition.

Nutrition is of fundamental importance to maintain wellness in any individual. There is a popular saying that we are what we eat, and this is by no means the case. We are what our body absorbs. The rest of the unabsorbed food is eliminated through sweat, feces, vomit, diarrhea and urine.

Toxins that are not discarded by the elimination process accumulate in the body, mainly in the hypodermis or endodermis, which is the deepest layer of the skin that is made up of adipocytes better known as fats. The toxins that accumulate in the liver end up creating a system that stops working in harmony, thus generating a metabolic dysfunction known as metabolic syndrome characterized by obesity and constituting a sign known as fatty liver[18].

The food groups are a source of nutrients that play an important role in biochemical regulation and physiological events in the human body, ranging from chromosomal elongation to hormone regulation and free radical formation. When the body has the quantity and quality of nutrients required to function optimally, it is then that processes occur at the quantum level so that the body can maintain its natural hemostatic state by utilizing energy optimally.

On the other hand, when cellular processes cease to operate optimally due to the lack of information flow caused by the interference of intrinsic and extrinsic environmental factors, the body seeks to compensate through entanglement by using metabolic energy from one system to another and then transferring it to the dysfunctional system in order to compensate for such dysfunctionality[20].

This process involves more energy than is needed to maintain homeostasis, and for this reason the pH is affected, turning the body into an acidic state susceptible to bacterial opportunism and therefore to infection[21].

Disharmony.

The loss of information resulting from environmental interference and opportunistic microbialism severely affects the electromagnetic fields in the body as well as the way the body manages energy[20,21]. The result is eventual disharmony, leading to the progression of diseases that can be symptomatic and asymptomatic, as well as acute and chronic.

When the human body malfunctions, it stops operating in the energetic range established by harmony, and therefore allows a deficit, resulting in physiological, biochemical and biophysical changes that eventually express themselves as symptoms, such as fever, inflammation, dehydration, discomfort, aches, pains, etc.

Therefore, we need to provide the body with adequate nutrition to compensate for the energetic demands of the body, as shown in **Figure 3**, so that both extrinsic and intrinsic communication allows us to reestablish harmony through the heart. Thus it is important to nourish not only the body but also to nourish our emotional and spiritual being[22].

Figure 3. *Compensation through quantum entanglement. This scheme represents the quantum view of the system, which is not based solely on*

deficiencies nor on the thermal and physiochemical characteristics of the nutrients that the body absorbs, but is based on the informational state of the intrinsic and extrinsic factors of the environment that affect the body causing interference and ultimately disharmony.

The nutrients that are highlighted in the report are those that have the greatest benefit in improving the energetic state of the body, thus assisting in the maintenance of homeostasis and allowing the body to readapt to the internal micro and external macro environment without developing pathophysiological responses that may result from the readaptive process. When a pathophysiological response results from this process it is known as a healing crisis, which means that the body is undergoing a detoxification process[23].

Toxins

The human body pays a price for constant exposure to endotoxins and exotoxins, and this interferes with our natural state of well-being over time. Simply dealing with toxins requires a great deal of effort and takes a toll on the resources the body relies on to maintain the natural state of wellness, resulting in oxidative stress[23] and subsequent free radical formation due to pH changes in the internal and intracellular microenvironment. Once this occurs, the door practically opens for microbial opportunism and the human body develops chronic infections, mainly caused by fungi and bacteria. In unison, this situation can potentially cause mental, emotional and even spiritual disturbances[23,24].

Substances resulting from oxidative stress are homocysteine, cortisol, adrenaline, increased creatinine phosphate kinase (CPK) and deficiency of vitamins B3, B6 and B12, as well as the release of histamine from sebaceous cells and the release of cytokinins that lead the body to develop a chronic inflammatory process[24]. The consequent energy demand and the release of superoxide dismutase as well as glutathione peroxidase are due to the energy compensation mechanism on a biochemical, biophysical and physiological level. And it is the result reflected in the aging process that results over time and is caused by oxidation, cellular dehydration and environmental factors, rather than by the genome itself and the damage caused to DNA25-27.

An army of antioxidant substances such as structured water, enzymes such as secretin, pancreatin, glutathione peroxidase, glutathione reductase, vitamin C, vitamin D, etc., help to protect the body from the detrimental effect of oxidation.

It is therefore imperative to identify how the body can be helped to lower toxicity levels and thus facilitate the energy flow necessary to restore the natural state of well-being.

Food

The over-processing of food and the convenience of the fast food industry have compromised our state of well-being. There is a high degree of malnutrition in the world because not everything we eat nourishes us.

The digestive system is now known as the enteric nervous system because it has a number of neurotransmitters comparable to that of the brain. It is imperative to take care of this system by selecting the type of foods that produce a benefit to the body instead of foods that contribute to the deterioration of health.

The ingestion of processed foods, artificial sweeteners, additives, preservatives, flavorings, artificial colorings and above all the indiscriminate use of sugar have contributed considerably to the establishment of degenerative chronic diseases such as diabetes myelitus, osteoporosis and morbid obesity[27].

There are three physiological and immunological conditions that result from the indiscriminate consumption of processed foods that affect our state of well-being. These are: sensitivity, intolerance and allergic reaction.[28]

Allergies have immunological implications, via the production of antibodies or immunoglobulins and substances that induce the inflammatory process such as histamine. The system most affected by this is the enteric nervous system[28,29] shown in **Figure 4**, particularly the intestine.

Figure 4. The enteric nervous system. *This schematic shows a real brain where the synthesis of neuropeptides that are responsible for our emotional well-being takes place. These substances are known as the molecules of emotion and were first described by pharmacologist and psychoneuroimmunologist Dr. Candice Pert.30*

When we evaluate foods at a quantum level we are not looking at the effect of inflammatory markers and high titers of antibodies, nor are we evaluating the action of inflammation-mediating substances such as the effect of arachidonic acid and its derivatives, such as the metabolites of the cyclooxygenase (COX) pathway, nor the effect of histamine that is associated with food allergy testing.

Our approach is at the quantum level, and therefore we focus on enthalpy-reducing and entropy-increasing foods, which are energetic states of physiology and labiochemistry. In short, what we are evaluating is the management of energy during the digestive process.

Food Evition.

In many cases the avoidance of certain foods correlates well with enteric nervous system tolerances and sensitivities. Many of these foods may be considered healthy. However, their frequent and indiscriminate ingestion can lead to intolerance and compromise the functioning of the digestive process.

Reducing consumption and in some cases avoiding the ingestion of these foods for a period of 90 days, allows the restoration of the innate harmony that the human body has by reestablishing intestinal homeostasis[33], allowing the reactivation of the intestinal flora. It is important to maintain a natural harmonic state during the daily ingestion of foods. It is advisable to eat a greater amount of raw foods such as vegetables and fruits and to reduce processed, canned and frozen foods as much as possible.

Foods should be as fresh as possible and avoid consuming fruits purchased in grocery stores such as supermarkets because fruits and vegetables purchased in these places have been refrigerated for months before distribution and therefore lack nutritional value.

EMFs / ELFs.

The effect of electromagnetic interference from the environment significantly affects cells and the energetic processes occurring within them, particularly in the mitochondria...

The effect of electromagnetic interference from the environment significantly affects cells and the energetic processes occurring within them, particularly in the mitochondria...
Our cells are surrounded by electromagnetic frequencies that are literally talking. Thanks to the epigenetic signals they receive, our cells respond to environmental stimuli. One of the best known frequencies is 7.83 Hz corresponding to the so-called Schumann Frequency, which plays a fundamental role in reading and decoding the signals received by the proteins of the genome.

The world we live in is literally full of man-made non-ionizing frequencies. These frequencies coming from cell phone antennas, computer use, air conditioning systems, WiFi, routers and other electronic conveniences to which we are already very accustomed, are constantly affecting cellular energy management.

Reducing exposure to radiation from WiFi, computer monitors, telephones, mobile antennas and air conditioning systems is crucial to maintaining an optimal communication system within the human body. The signals emitted by these devices are affecting the signals that are transmitted intra- and extracellularly and the way they are decoded and translated to induce appropriate physiological responses to the stimulus[34-35].

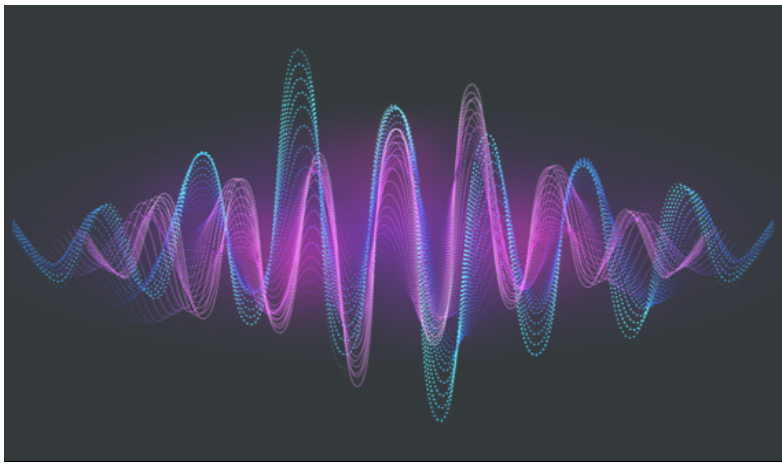


Figure 5. *Electromagnetic radiation In 2010, it was made public that radiation levels emanating from electrical devices exceed the levels identified as tolerable and this correlates with the increase in brain tumors and the rising incidence of autism.*

Interference causes disturbances in the DNA and this interrupts the energetic flow for the adequate translation of signals from the micro and macroenvironment, which can potentially be expressed as mutations in the DNA, accentuating the expression of chronic degenerative conditions in which the lack of harmonic functioning of the human body prevails[35-37].

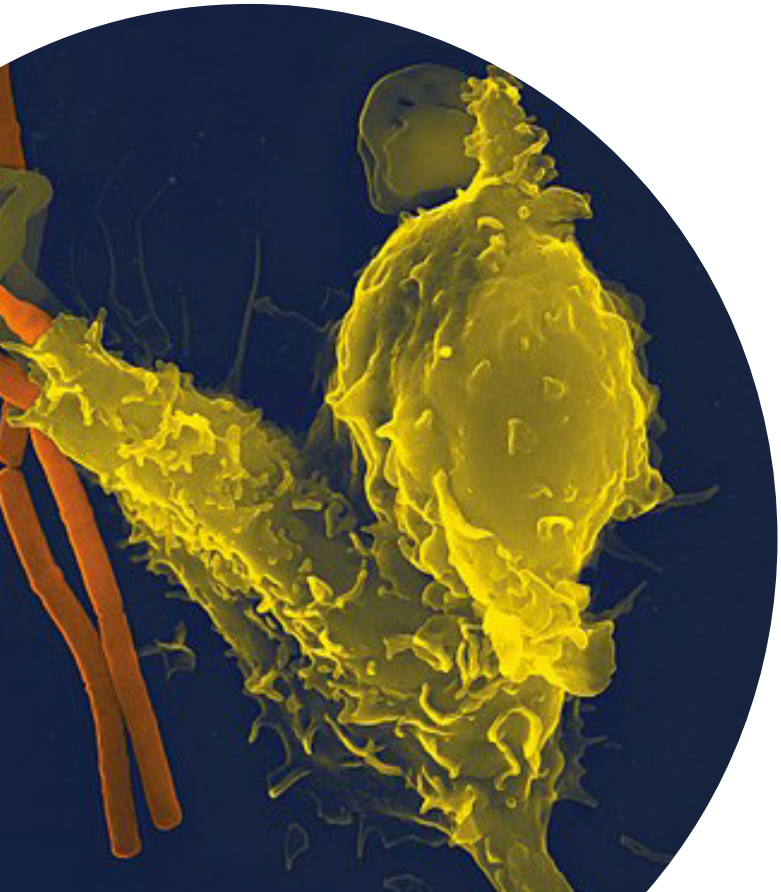
The list of the types of frequencies that are in the outline of the report are those that most strongly affect intra- and extracellular signals and therefore need to be avoided as far as possible.

Microbiota and Immunity.

The human body is made up of trillions of cells and there are trillions of microorganisms within it, most of them found in the enteric nervous system. The human body is virtually teeming with microorganisms and there is an established mutually beneficial coexistence called commensalism between host and parasite. The microflora is composed of probiotic organisms which are bacteria that contribute to our health by synthesizing vitamins, proteins, enzymes and amino acids that the human body is not able to synthesize on its own, thus contributing to the optimal state of well-being.

Infections are the consequence of a microbial opportunism where bacteria, fungi, viruses and parasites take advantage of physiological changes in the body caused by a change in the micro and macro environment resulting in pH changes. In this way the body's energy demand is increased leading to increased opportunism[33].

The body's energy management system is controlled by the liver, when there is an action that warrants stimulation of the immune system[38], the spleen and thymus orchestrate the necessary response to trigger an immune response which is of the humoral type, with the respective production of antibodies which are proteins called immunoglobulins, also of the cellular type mediated by T lymphocytes or CDs and finally with the activation of the complement system involving a cascade of reactions that lead to an optimal defense mechanism of the organism.



This process uses an enormous amount of energy. Ingesting the right foods that stimulate the immune function of the liver, together with the regeneration of blood cells in the marrow of the long bones of the body, makes it possible to maintain homeostasis. opportunism that allows the invasion of tissues and cells by pathogenic microorganisms is constantly stalking the body as it causes infections.

An effective mechanism in preventing microbial invasion is phagocytosis as shown in **Figure 6**. Energy management is therefore of vital importance to maintain an immune system[39] in optimal condition in order to maintain our innate state of well being.
Figure 6. A single neutrophil shown in yellow ingesting a bacterium in orange, as part of the stimulation of the cellular immune response.

Synopsis.

The orchestration of many environmental factors affecting the physiology, biochemistry and biophysics of the human body lead to an energetic crisis that involves compensatory mechanisms and fungal and bacterial opportunism, mediated by the inflammatory process that culminates in the loss of the natural state of well-being of the human body.

With the increase of food and nutrients suggested in the report, the human body is able to restore harmony through cellular optimization at the quantum level, by means of entanglement.

Summary.

This indicates the most important categories and the order of priority to be followed. These are not related to any disease, they are only prioritized based on the quantum indicators of the collective elements of the respective categories. It is impossible to compare these physically quantifiable indicators and the quantities of the elements available to the body. On a quantum level we only relate the best way to manage the intrinsic energy flow of the body.

High Optimization Need (Priority)
These are the most important categories to be addressed with priority as they have much relevance to the energy status of the person being examined and is a function of their feedback indicators corresponding to the time the hair was scanned. It is advised that these be added to the diet or supplemented in the 90-day period according to the optimization plan.

Medium Optimization Need (Advisable)
These indicators are of secondary importance, but still have a moderate level of importance to the individual whose hair was scanned. It is advised that these be added to the diet or supplements for the 90-day period according to the optimization plan.

Low Optimization Need (To Consider)
There may also be some elements that are only of medium importance, but should still be contemplated to improve the overall situation. These changes can be induced with medical supervision or by health professionals, depending on the elements that need to be addressed and the changes in diet and nutrition, counseling in the categories described may be necessary.

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