



Ms Ca

**PERSONALIZED
OPTIMIZATION PLAN
FOR IMMUNITY**




REPORT DATE: 2025-07-24


CREATED BY: Miss Caron Devita


ASSESSMENT OVERVIEW

IT IS NEVER TOO LATE TO START A NEW BEGINNING OF YOUR OWN PUZZLE TO A BETTER WELLBEING

BE PATIENT JUST LIKE A PUZZLE, IT TAKES TIME FOR ALL THE PIECES OF YOUR WELLNESS TO COME TOGETHER.

 SYSTEM OVERVIEW PRIORITIES		READ MORE
1	PROTEIN SYNTHESIS	
2	SUGAR METABOLISM	
3	OXIDATIVE STRESS/INFLAMMATION	
4	HORMONE SYSTEM	

 PRIMARY NUTRITIONAL INDICATIONS		SUB INDICATIONS	FURTHER INFORMATION
1	ANTIOXIDANTS	Selenium, Flavonoids, Phytoestrogen, Superoxide Dismutase	
2	INTERFERENCE	ELF (Extremely Low Frequency), Mobile Telephone, GSM (0,9 GHz), 50 Hz Mains Current	
3	ESSENTIAL FATTY ACIDS	Arachidonic Acid (AA) - (6), Oleic Acid - (9)	
4			
5			

 RECOMMENDED FOOD AVOIDANCE	
1	Beer
2	Cheese
3	Goose
4	Trout
5	Olives
6	Cantaloupe
7	Orange
8	Watermelon
9	Cows Milk
10	Crab



System Support

WELLNESS IS NOT JUST A PUZZLE TO BE SOLVED, IT'S AN ADVENTURE TO BE SAVOURED.

PRIORITIES

- 1 Protein Synthesis
- 2 Sugar Metabolism
- 3 Oxidative Stress/Inflammation
- 4 Hormone System

There are eleven major organ systems in the human organism. They are the integumentary, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary, and reproductive systems.

All systems work in harmony with one another in order to support your overall wellbeing. It is therefore considered wise to maintain all of these individual areas to augment wellness.

Recommendations



RECOMMENDED NUTRITION & PRODUCTS



Berberine HCl

[Buy Now](#)



Bio-D Mulsion Forte 2000 IU's

[Buy Now](#)



Saccharomyces boulardii

[Buy Now](#)



Curcum-RX

[Buy Now](#)



Food Avoidance*

CONNECTING EACH BIT OF THE NUTRITIONAL PUZZLE EVERY DAY RESULTS IN THE PERFECT PICTURE OF YOU.

Summary

1 Beer

2 Cheese

3 Goose

4 Trout

5 Olives

6 Cantaloupe

7 Orange

8 Watermelon

9 Cows Milk

10 Crab



When we are struggling against the foods we ingest, the body will end up using energy from another source in the body to digest and liberate key nutrients. This process leads to a compensation process which will leave another function unable to complete properly and this does not support overall function. So, it is important not only to eat foods which can support the overall status of the body. But also to adjust for foods which might not be best supporting and maintaining normal functions in the short to medium term.

*Note: These food restrictions are underlying stressors and are to be avoided in addition to your known food allergies.



Antioxidants

EVEN THE HARDEST JIGSAW PUZZLE HAS A SOLUTION
LET US HELP YOU FIND YOUR WELLNESS SOLUTION.

PRIORITIES

1

Selenium



2

Flavonoids



3

Phytoestrogen

4

Superoxide Dismutase



Antioxidants are substances that may protect cells in your body from free radical damage that can occur from exposure to certain chemicals, smoking, pollution, radiation and as a by-product of normal metabolism.

Dietary antioxidants include selenium, vitamin A and related carotenoids, vitamins C and E, plus various phytochemicals such as lycopene, lutein, and quercetin.

You can find these antioxidants in many different foods. There are large amounts of antioxidants in fruits, vegetables, nuts, and whole grains and smaller amounts of antioxidants in meats, poultry and fish.



RECOMMENDED NUTRITION & PRODUCTS



BioProtect™

Buy Now ▶



Aqueous Selenium™

Buy Now ▶



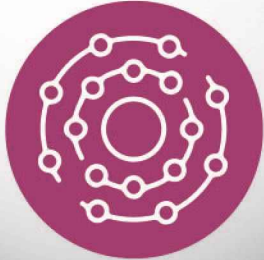
Bio-C Plus 1000™

Buy Now ▶



ResveraSirt-HP® (30c)

Buy Now ▶



Antioxidants

EVEN THE HARDEST JIGSAW PUZZLE HAS A SOLUTION LET US HELP YOU FIND YOUR WELLNESS SOLUTION.

Antioxidants are substances that may protect cells in your body from free radical damage that can occur from exposure to certain chemicals, smoking, pollution, radiation and as a by-product of normal metabolism. Dietary antioxidants include selenium, vitamin A and related carotenoids, vitamins C and E, plus various phytochemicals such as lycopene, lutein, and quercetin.

You can find these antioxidants in many different foods. There are large amounts of antioxidants in fruits, vegetables, nuts, and whole grains.

HOW ANTIOXIDANTS SUPPORT WELLNESS

Our body's produce a lot of free oxygen molecules and other by-products, which can lead to oxidative stress. Anti-oxidants are a key part in the processes which supports the body to deal with these issues. You need a wide variety of antioxidants to help support your body to deal with oxidation and which will in turn support optimized Wellness.

ANTIOXIDANT SUPPORT FOODS

- Peppers
- Blueberries
- Cranberries
- Tomatoes
- Nuts and Seeds
- Spinach
- Broccoli
- Cabbage
- Apricots
- Onion
- Garlic



Interference

CONNECTING EACH BIT OF THE NUTRITIONAL PUZZLE EVERY DAY RESULTS IN THE PERFECT PICTURE OF YOU.

PRIORITIES

- 1 ELF (Extremely Low Frequency)
- 2 Mobile Telephone, GSM (0,9 GHz)
- 3 50 Hz Mains Current

When we are struggling against the foods we ingest, the body will end up using energy from another source in the body to digest and liberate key nutrients. This process leads to a compensation process which will leave another function unable to complete properly and this does not support overall function. So, it is important not only to eat foods which can support the overall status of the body. But also to adjust for foods which might not be best supporting and maintaining normal functions in the short to medium term.



RECOMMENDED NUTRITION & PRODUCTS



Vital Life-Systemic-DX

[Buy Now](#)



Vital Life-Intra-Cell

[Buy Now](#)



GI-Resolve

[Buy Now](#)



Lipoic Acid Plus

[Buy Now](#)



Interference

CONNECTING EACH BIT OF THE NUTRITIONAL PUZZLE EVERY DAY RESULTS IN THE PERFECT PICTURE OF YOU.

Modern day electrical supply and technologies are largely powered by or utilize frequencies at the very low spectrum range. These are considered non-ionizing forms of EM radiation in the 50Hz to 1GHz range. There are many forms of natural frequency like visible light or ultra violet, even the body and its cells have a very weak frequency field. Modern forms of frequency appear not to be very compatible with the body's own fields and this is starting to create knock on effects for wellness. These factors can interfere with everyday communication within your body and you should be eating a wide variety of foods which can support and maintain normal function.

REDUCE EXPOSURE TO FREQUENCY INTERFERENCE

As of yet, we do not fully understand the effects that our modern electrical environments are having on our wellness processes. However, it is clear that there is some effect and that it would be wise to start introducing foods which can help support the body and maintain systems which may come under pressure from the electrical appliances which we use on a daily basis both at home and work. Structured water may support cellular communication and help conserve energy in the system.

INTERFERENCE SUPPORT FOODS

- Spirulina
- Vitamin D3
- Curcumin
- EFAs
- Calcium
- Melatonin
- B Vitamins
- Sulfur



Essential Fatty Acids

THE WELLNESS PUZZLE IS NOT A DEAD-END, LIFE IS A PUZZLE, AND CHANGING YOUR DIET WILL HELP COMPLETE THE PUZZLE.

PRIORITIES

1 Arachidonic Acid (AA) - (6)

2 Oleic Acid - (9)



Fatty acids, as they sound, are fats that are necessary within the human body. Though you have probably often heard the word 'fats' and associated it with bad health, there are some essential fatty acids that are necessary for your survival.

Without them, you could cause serious damage to different systems within the body. However, essential fatty acids are also not usually produced naturally within the body. This means that you have to obtain essential fatty acids by adding them to your diet.



RECOMMENDED NUTRITION & PRODUCTS



Neural Revive

[Buy Now](#)



Beta Plus™ (90t)

[Buy Now](#)



BioMega-1000

[Buy Now](#)



Optimal EFAs® Caps

[Buy Now](#)



Essential Fatty Acids

THE WELLNESS PUZZLE IS NOT A DEAD-END, LIFE IS A PUZZLE, AND CHANGING YOUR DIET WILL HELP COMPLETE THE PUZZLE.

Fatty acids, as they sound, are fats that are necessary within the human body. Though you have probably often heard the word 'fats' and associated it with bad health, there are some essential fatty acids that are necessary for your survival.

Without them, you could cause serious damage to different systems within the body. However, essential fatty acids are also not usually produced naturally within the body. This means that you have to obtain essential fatty acids by adding them to your diet

HOW FATTY ACIDS SUPPORT WELLNESS

Many processes in the body require EFAs in order to function at their optimum level. EFAs are a key part in supporting the cell membranes and brain and nervous system of the body. Other regulatory processes require EFAs and they have protective qualities. You need a wide daily intake of EFAs to help support and maintain the myriad of underlying mechanisms which will in turn support optimized Wellness.

FATTY ACID SUPPORT FOODS

- Vegetarian
- Flaxseed
- Walnuts
- Tofu
- Hemp
- Seed Oil



Resistance Advisory

RECREATING YOUR OWN OPTIMAL WELLBEING IS RATHER LIKE PIECING TOGETHER A JIGSAW-PUZZLE. AT THE START THERE IS NO SENSE OF WHERE EACH PART CONNECTS, YET YOUR PERSISTENCE CREATES THE PERFECT RESULT.

PRIORITIES

1 Fungus



2 Parasite



3 Virus



Our environment has changed dramatically since the industrial revolution and one of the biggest changes has come about in the area of man-made elements. We can accumulate many influences which are not well tolerated by the body and which we should get rid of through the body's natural elimination processes. However, these processes were not designed to cope with the amount and variety of man-made elements which they now have to. It requires extra support from your diet.



RECOMMENDED NUTRITION & PRODUCTS



A.D.P.® (60t)

[Buy Now](#)



Caprin™ (100c)

[Buy Now](#)



BiomeBalance
(Dysbiocide)

[Buy Now](#)



FC-Cidal™

[Buy Now](#)



Resistance

RECREATING YOUR OWN OPTIMAL WELLBEING IS RATHER LIKE PIECING TOGETHER A JIGSAW-PUZZLE. AT THE START THERE IS NO SENSE OF WHERE EACH PART CONNECTS, YET YOUR PERSISTENCE CREATES THE PERFECT RESULT.

On a daily basis our body's come under attack by micro-organisms that can weaken our ability to defend ourselves.

We have natural processes which are designed to enable us to resist these attacks and there are many foods which can support our natural ability to defend against these invaders.

By eating a diet rich in certain foods, you can keep your natural resistance in good shape and allow your body to naturally defend itself. Typical foods groups which can support this natural process are, herbs, fruits, vegetables, prebiotics and probiotics. An overall good healthy diet, with moderate exercise will maintain good resistance and support the normal function of your defensive systems

KEEPING OUR RESISTANCE STRONG

Your body has an entire system dedicated to naturally resisting outside invaders and providing good protection to your cells and organs.

This system requires a good overall and balanced nutritional intake to support it and help maintain all aspects of defense. There are other certain foods which can actively boost the system and help the body produce more elements which can resist invaders.

RESISTANCE SUPPORT FOODS

- Garlic
- Ginger
- Pineapple
- Elderberry
- Onions
- Coconut Oil
- Pumpkin Seeds
- Broccoli



Amino Acids **Consider**

ON-GOING WELLNESS IS LIKE A JIGSAW PUZZLE, IT CAN TAKE A LONG TIME TO PEACE IT TOGETHER CORRECTLY, HOWEVER WITH GUIDANCE IN THE END, IT IS ALWAYS WORTH YOUR EFFORT.

PRIORITIES

1 Asparagine

2 Carnitine

3 Glutamine



4 Alanine



Protein is needed by every living organism, and next to water, makes up the largest portion of our body weight since it is contained in muscles, organs, hair, etc.

The protein used in making up the body is not directly derived from diet, but the dietary protein is broken down into amino acids, and the body then re-constitute these amino acids into the specific proteins needed.

Enzymes and hormones regulating body functions are also proteins. Amino acids are used in most body processes from regulating the way the body works to how the brain functions—they activate and utilize vitamins and other nutrients.



RECOMMENDED NUTRITION & PRODUCTS



Amino Sport™

[Buy Now](#)



Amino Acid Quick-Sorb™

[Buy Now](#)



Neuro-5-HTP Plus™

[Buy Now](#)



L-Lysine HCl (Amino Acid)

[Buy Now](#)



Amino Acids

ON-GOING WELLNESS IS LIKE A JIGSAW PUZZLE, IT CAN TAKE A LONG TIME TO PEACE IT TOGETHER CORRECTLY, HOWEVER WITH GUIDANCE IN THE END, IT IS ALWAYS WORTH YOUR EFFORT.

Protein is needed by every living organism, and next to water, makes up the largest portion of our body weight since it is contained in muscles, organs, hair, etc. The protein used in making up the body is not directly derived from diet, but the dietary protein is broken down into amino acids, and the body then re-constitute these amino acids into the specific proteins needed.

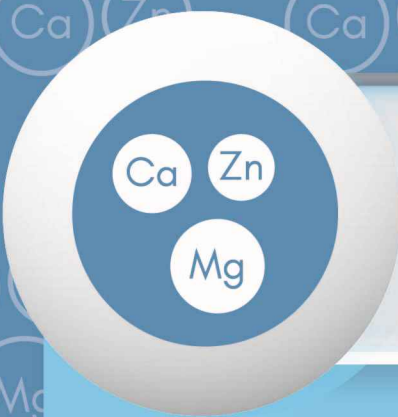
Enzymes and hormones regulating body functions are also proteins. Amino acids are used in most body processes from regulating the way the body works to how the brain functions—they activate and utilize vitamins and other nutrients.

HOW AMINO ACIDS SUPPORT WELLNESS

Many processes in the body are supported by amino acids in order to function at their optimum level. Amino acids are a key part in the enzyme processes and the protein building which the body needs for everyday maintenance. You need a wide variety of amino acids to help support and maintain the myriad of underlying mechanisms which will in turn support optimized Wellness.

AMINO ACID SUPPORT FOODS



- Seeds
- Lentils
- Chickpeas
- Green Vegetables
- Grains
- Nuts
- Spirulina
- Poultry
- Onion
- Garlic
- Peppers



Minerals **Consider**

LINK ALL THE SMALL PIECES OF THE PUZZLE TO CREATE THE PERFECT PICTURE.

PRIORITIES

- 1 Copper 
- 2 Selenium 
- 3
- 4

Minerals are important for your body to stay healthy. Your body uses minerals for many different jobs, including building bones, making hormones and regulating your heartbeat. There are two kinds of minerals: macro-minerals and trace minerals. Macro-minerals are minerals your body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulphur.

Your body needs just small amounts of trace minerals. These include iron manganese, copper, iodine, zinc, cobalt and selenium. The best way to get the minerals your body needs is by eating a wide variety of foods. However, even when eating a varied diet you often do not receive all of the required minerals and in the quantities the body needs. A broad spectrum mineral supplement should be considered.



RECOMMENDED NUTRITION & PRODUCTS



Multi-Mins™ Iron & Copper Free (120t)

[Buy Now](#) ▶



Electrolyte Forte

[Buy Now](#) ▶



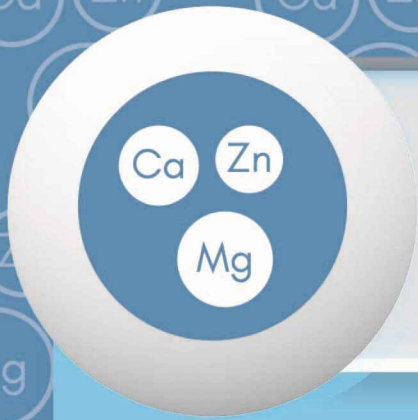
Mg-Zyme™ (Magnesium)

[Buy Now](#) ▶



Mo-Zyme Forte™

[Buy Now](#) ▶



Minerals

LINK ALL THE SMALL PIECES OF THE PUZZLE TO CREATE THE PERFECT PICTURE.

Minerals are important for your body to stay healthy. Your body uses minerals for many different jobs, including building bones, making hormones and regulating your heartbeat.

There are two kinds of minerals: macro-minerals and trace minerals.

Macro-minerals are minerals your body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulphur. Your body needs just small amounts of trace minerals. These include iron manganese, copper, iodine, zinc, cobalt and selenium. The best way to get the minerals your body needs is by eating a wide variety of foods. However, even when eating a varied diet you often do not receive all of the required minerals and in the quantities the body needs. A broad spectrum mineral supplement should be considered.

HOW MINERALS SUPPORT WELLNESS

Many processes and structures in the body require minerals in order to function at their optimum level. Minerals are a key part in the enzyme processes which are the drivers behind all of the body's metabolic processes. They also play a role in structure, muscle action and nerve transmission. You need a wide variety of minerals to help support and maintain the myriad of underlying mechanisms which will in turn support optimized Wellness.

MINERAL SUPPORT FOODS


- Green Leafy Vegetables
- Nuts (all)
- Whole Grains
- Broccoli
- Cabbage
- Kale
- Brown Rice
- Mushrooms
- Seaweed
- Lentils
- Beans
- Tomatoes



Vitamins **Consider**

IT IS NOT ABOUT THE PIECES OF THE PUZZLE BUT HOW THEY WORK TOGETHER.

PRIORITIES

- 1 Vitamin A1 
- 2 Vitamin B6 
- 3 Biotin
- 4 Vitamin B3 

Vitamins are organic compounds which are needed to sustain life. You get vitamins from food, because the human body either does not produce enough of them or none at all. An organic compound contains carbon.

When an organism (living thing) cannot produce enough of an organic chemical compound that it needs in tiny amounts, and has to get it from food, it is called a vitamin.

Vitamins play a vital role in the enzymatic processes of your body and a shortage of them in your diet can cause a host of wellness related problems.



RECOMMENDED NUTRITION & PRODUCTS



Aqueous Multi-Plus™

[Buy Now](#) ▶



Bio-Multi Plus™ Fe & Cu Free (270)

[Buy Now](#) ▶



Bio-Immunozyne Forte™ (90t)

[Buy Now](#) ▶



GlucoBalance®

[Buy Now](#) ▶



Vitamins

IT IS NOT ABOUT THE PIECES OF THE PUZZLE BUT HOW THEY WORK TOGETHER.

Vitamins are organic compounds which are needed to sustain life. You get vitamins from food, because the human body either does not produce enough of them or none at all. An organic compound contains carbon. When an organism (living thing) cannot produce enough of an organic chemical compound that it needs in tiny amounts, and has to get it from food, it is called a vitamin. Vitamins play a vital role in the enzymatic processes of your body and a shortage of them in your diet can cause a host of wellness related problems.

HOW VITAMINS SUPPORT WELLNESS

Many processes in the body require a variety of vitamins in order to function at their optimum level. Vitamins are a key part in the enzyme processes, which are the drivers behind all of the body's metabolic processes. You need a wide variety of vitamins to help support and maintain the myriad of underlying mechanisms, which will in turn support optimized wellness. The best source of vitamins you can get is from the foods you eat, where the vitamins are present with other nutrients which work synergistically to support your wellness.

VITAMIN SUPPORT FOODS

- Seeds and Nuts
- Lentils
- Chickpeas
- Green Vegetables
- Grains
- Red Peppers
- Apricots

SELF-CHECK PROGRESS

The process of optimizing varies for everyone and it's important to keep a track of the changes over time. The more optimized you become, the more difficult it can become to remember how things used to be. Keeping a record of your journey helps you to quantify the changes and motivates you to keep them. **At that start, be sure to schedule the 4 dates that you are going to complete the questionnaires, helping to ensure you give yourself enough time to complete this thoughtfully.**

DAY 1											DATE		
REACTION	SCALE	1	2	3	4	5	6	7	8	9	10	SCORE	
TIRED	Extremely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Never	<input type="text"/>
TEMPERAMENT	Racy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calm	<input type="text"/>
A LITTLE SNAPPY	Very Bad Tempered	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Placid	<input type="text"/>
A LITTLE EMOTIONAL	Highly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Balanced	<input type="text"/>
FOOD DOESN'T DIGEST	Uncomfortable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No Problem	<input type="text"/>
SHORT TERM MEMORY	Forget Easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Great Memory	<input type="text"/>
SUGAR CRAVINGS	Love Sweets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Don't Need Sugar	<input type="text"/>
STAMINA	Very Low	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	High	<input type="text"/>
COLD HANDS OR FEET	Very Cold	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Normal	<input type="text"/>
FEELING OF HOPELESSNESS	Depressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Life is Good	<input type="text"/>
MIGRAINE	Extreme	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No Headaches	<input type="text"/>
THRUSH	Frequently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Never	<input type="text"/>
BOWEL MOVEMENTS	Irregular	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Frequent/Normal	<input type="text"/>
CONSTIPATION	10 Days Apart	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Every Day	<input type="text"/>
APPETITE	Always Snacking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Never Hungry	<input type="text"/>
ACNE	Extreme	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Nil	<input type="text"/>
VOICE	Very Deep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Soft	<input type="text"/>
HIGHLY STRUNG	Volatile	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calm	<input type="text"/>
IRRITABLE BOWEL SYNDROME	Bad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No	<input type="text"/>
SLEEP PATTERNS	Poor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Very Good	<input type="text"/>
NUMBER OF HOURS OF SLEEP	10 or More	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5-8	<input type="text"/>
RESTLESS LEGS	Often	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Never	<input type="text"/>
LOWER BACK PAIN	Extreme	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Never	<input type="text"/>
WIND/BLOATING	Often	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Never	<input type="text"/>
TOTAL											<input type="text"/>		

SELF-CHECK PROGRESS

The process of optimizing varies for everyone and it's important to keep a track of the changes over time. The more optimized you become, the more difficult it can become to remember how things used to be. Keeping a record of your journey helps you to quantify the changes and motivates you to keep them. **At that start, be sure to schedule the 4 dates that you are going to complete the questionnaires, helping to ensure you give yourself enough time to complete this thoughtfully.**

DAY 20											DATE		
REACTION	SCALE	1	2	3	4	5	6	7	8	9	10	SCORE	
TIRED	Extremely											Never	
TEMPERAMENT	Racy											Calm	
A LITTLE SNAPPY	Very Bad Tempered											Placid	
A LITTLE EMOTIONAL	Highly											Balanced	
FOOD DOESN'T DIGEST	Uncomfortable											No Problem	
SHORT TERM MEMORY	Forget Easily											Great Memory	
SUGAR CRAVINGS	Love Sweets											Don't Need Sugar	
STAMINA	Very Low											High	
COLD HANDS OR FEET	Very Cold											Normal	
FEELING OF HOPELESSNESS	Depressed											Life is Good	
MIGRAINE	Extreme											No Headaches	
THRUSH	Frequently											Never	
BOWEL MOVEMENTS	Irregular											Frequent/Normal	
CONSTIPATION	10 Days Apart											Every Day	
APPETITE	Always Snacking											Never Hungry	
ACNE	Extreme											Nil	
VOICE	Very Deep											Soft	
HIGHLY STRUNG	Volatile											Calm	
IRRITABLE BOWEL SYNDROME	Bad											No	
SLEEP PATTERNS	Poor											Very Good	
NUMBER OF HOURS OF SLEEP	10 or More											5-8	
RESTLESS LEGS	Often											Never	
LOWER BACK PAIN	Extreme											Never	
WIND/BLOATING	Often											Never	
TOTAL													

OPTIMIZED NUTRITION IS THE KEY TO WELLNESS

NUTRITION SUPPORTS & MAINTAINS

- Many body processes
- Better resistance
- Sleep patterns
- Cleansing
- Optimum weight and shape
- Performance
- Energy Production

WHAT COULD BE STOPPING YOU FROM GETTING OPTIMIZED NUTRITION?

Nutrient Intake

Many soils are depleted of key nutrients and those that do exist are much lower than a generation ago. Even a healthy diet may not provide you with enough nutrients.

Processed Foods

These foods have a very low nutritional value. Known as empty calories/carbs, they actually create a deficit of key nutrients for the body.

Convenience

We like convenience in certain foods but it can come at a cost. The easiest of options often have the lowest of nutritional values.

Lifestyles

Lifestyles of high stress deplete the body of many nutrients and, when combined with other factors, leave many people malnourished of micro-nutrients.

FAQS

Q. Is this report a treatment plan for my illness?

A. NO, the report is not intended for the treatment or cure of any condition or illness.

Q. What are epigenetic factors?

A. Epigenetics is the study of the everyday influences in your diet, environment and lifestyle that affect how your genes express. In some cases, up to 98% of gene expression (the way the body is physically, mentally and emotionally) is controlled by the environment in which you live.

Q. Does that mean that I can control my genes?

A. To a large degree yes, genes have the ability to express in a number of ways, sometimes thousands of ways for the same gene. By changing the environment, you can find the best gene expression to support your wellness.

Q. Are the nutrients listed deficiencies?

A. No, not necessarily as we are not physically measuring the amount of the nutrient to compare with deficiency tables. You could be within normal levels by conventional measure but still require more of a certain nutrient because of a lifestyle factor, like exercise for example.

Q. What are you measuring?

A. The system is not a measurement as it does not have a scale by which data can be compared. Through the process of resonance, we determine the relevancy of an item by the ability of the system to detect resonance within the digital sample and reflect this in the size of the chart segment.

Q. What is resonance?

A. When two systems have frequencies which are comparable they come into resonance. When the opera singer hits a note which resonates with the glass, it is able to absorb the energy from that note, until so much is stored, that the glass shatters.

Q. Is the largest segment the most important?

A. Only within the context of the chart that it is in. As a chart can only add up to 100% of the total picture for that category, you cannot compare a chart with 3 categories with one that has 17.

Q. What does an outlined segment mean?

A. Those segments with outlines are designated as 'consider' items, which still have moderate relevance but are not priority issues.

Q. What does an outlined segment mean?

A. Those segments with outlines are designated as 'consider' items, which still have moderate relevance but are not priority issues.

Q. Are the foods listed allergies?

A. No, we are not physically assessing immune response to the foods and they are not on the allergy spectrum. If there are foods to which you know or suspect you are allergic, then you should avoid these even if they are not on your restrictions list.

Q. Why should I restrict certain foods?

A. There are some foods to which we have limited genetic experience, we often have natural aversions to these. There are others which we eat too much of because we are creatures of habit and from time to time certain foods are just not compatible with our lifestyles. These foods are best restricted for a 60-day period.

Q. Are the toxins in my 'Environmental Challenges' chart poisoning me?

A. The system does not physically measure toxins in the body and so cannot be used to confirm their presence. The resonance can be epigenetic in nature meaning that the toxins could cause some poor gene expression if exposure does occur.

Q. My report says I have parasites; can you prove it?

A. When you change your diet, environment and lifestyle, it takes time for the body to react physically. After 60-days your body has gone through a reasonable support cycle and can be effectively checked again.

Q. Why do I need a follow up report, surely they will be the same?

A. At a pure epigenetic level the body is homeodynamic, which means constantly adapting to the environment in a non-linear way. As we age, changes jobs, eat differently, get married, have kids, read a different paper, start exercising, stop exercising and hundreds upon hundreds of different daily/weekly/monthly changes, so our bodies need supporting in different ways.

Q. When will I notice the change?

A. That's impossible to say as there are so many variables and each person and set of circumstances is unique. You should notice change within the first 20 days but it can take up to 60 days and even beyond in some cases.

IT'S TIME TO STOP JUST SURVIVING... & START OPTIMIZING!

Thank you for investing your time and resources to get your Myoptimizer nutritional food plan.

Empower yourself and take the quantum leap towards optimal nutritional support today!