Mindfully Well
Holistic Health

Bioresonance Full Scan Results

SAMPLE REPORT

Areas of Most Significant Stress

Below shows **energy imbalances in specific systems of the body that** arose as weakened or stressed symptoms.

You may or may not feel symptoms in this area as often this is a form of detection before symptoms arise.

Stressed: *body is dealing with the imbalance but drawing energy from other areas to compensate*

Weakened: *body may no longer able to compensate for the imbalance (yellow is worse than red)*

Central Nervous System

System/Organ Info	What Stress Can Look Like	Sources/Causes
This system includes your **brain, spinal cord, nerves and vagus nerve** The **hub of regulating every sensation in the body,** both voluntary and involuntary Cells called **neurons carry messages to and from the brain** **<u>The "Four Fs" of Nervous System Stress</u>** **Fight:** angry, aggressive, controlling, bullying, narcissistic, explosive, impulsive **Freeze:** shutdown, difficulty making decisions, procrastinates, isolates, feels stuck/numb, depressed **Flight:** workaholic, perfectionism, overthinking, difficulty with stillness, anxiety/OCD/panic, feels trapped easily **Fawn:** people pleaser, lacks sense of self, poor boundaries with others, overly polite and agreeable, codependency, feels overwhelmed, goes along with others even if it betrays self	Chronic state of fight/flight/freeze Burnout, overwhelmed, stressed Irregular temperature, blood pressure, sweating, and/or heart rate Hypervigilance Anxiety, feeling unsafe, panic attacks, PTSD Depression/shut down Nerve pain *(sciatica)* Numbness/tingling/pins/needles/neuropathy Chronic inflammation Insomnia Communication issues with body systems talking to one another Brain fog, Attention/concentration issues, ADHD Headaches/Migraines Alzheimer's/Dementia/Memory issues Nerve damage by physical injury or swelling *(carpal tunnel syndrome)* Guillain-Barré syndrome Bell's Palsy Parkinson's/ALS/MS	**Emotional/Physical/Sexual:** *Trauma/Stress* **Bacteria:** *Gut/brain axis damage can happen in the CNS through toxins that target brain during infection* **Borrelia:** *burrows into CNS causing stress* **Bartonella:** *huge impact; contributes to mood issues* **Ehrlichia:** *20% of those infected have extensive CNS stress* **Anaplasma** **Streptococcus:** *PANS, PANDAS* **Mycoplasma** **Clostridium:** *Botulinum (botox), Tetani (tetanus), Perfringens* **Molds + Candida:** *Inflammation of nerves and limbic system* **EMFs** **Viruses:** *latch onto nerve endings (Herpes, EBV, Adenovirus, Enterovirus, Arbovirus)* **Chemicals:** *Methanol* **Alcohol:** *brain atrophy and inflammation, decreased function of hippocampus, damage to nervous system* **Heavy Metals:** *latch onto nerve endings (Lead, Aluminum, Mercury, Arsenic)*

Joints/Skeletal System

System/Organ Info	What Stress Can Look Like	Sources/Causes
Bones + Joints: provides the body with support and structure and is an attachment site for muscles **Ligaments:** connective tissue that binds one bone to another **Provides protection for vital organs** *(skull for brain, ribs for heart + lungs)*	Arthritis Inflammation in the joints Pain/stiffness Osteoarthritis Loss of movement function Narrowed joint spaces Bone spurs Cartilage erosions	**Gut Imbalances:** *bacteria, malabsorption of calcium, etc.* **Leaky Gut** **Lung Infections** **Environmental Toxins**: tobacco smoke, stress, caffeine Oxidative stress **Dental Bacteria Imbalances**

The bone is like a **storage warehouse for minerals like calcium and phosphorus** **Blood Cell Production:** bone marrow	Low levels of DHEA + testosterone	**Bacteria**: *Clostridia, Shigella* **Heavy Metals**: Cadmium, Mercury, Lead, Antimony **Parasites:** Crypto, Giardia, Blasto, Entamoeba **Lyme/Co-Infections:** Borrelia, Ehrlichia, Babesia, Rickettsia, Mycoplasma, Bartonella **Mold Exposure**

Stomach

System/Organ Info	What Stress Can Look Like	Sources/Causes
Hollow organ that holds food while it is being mixed with digestive enzymes Cells in the stomach lining release **Hydrochloric acid and enzymes and muscles mix the food** **The stomach empties what is now called "chyme"** into the small intestine In TCM, **stomach time is 7:00am–9:00am**	Stomach issues: *ulcer, indigestion* Bloating or Gas Undigested food in stool Cramping Poor nutrient assimilation Midsection weight gain Food intolerances/sensitivities Inability to eat meat Heartburn Nausea Anxiety/nervousness IBS/IBD Emotional issues: *Difficulty holding on or letting go, feelings of worry, nervousness, anxiety, depression, feeling stuck*	**Infections:** *Parasites, Bacteria or Candida* **Medications/Drugs:** *Antibiotics, BC pills, PPIs, NSAIDS* **Stress/trauma**: *holding onto emotions* **Alcohol** **Low HCL or Digestive Enzymes** **Stress in Liver, Gallbladder and/or Spleen** **Poor Oral Health**: *bacteria in the mouth* **Herbicides/Pesticides** **Processed Food or Food Additives** **Heavy Metals** **History of Food Poisoning**

Intestines (Small)

System/Organ Info	What Stress Can Look Like	Sources/Causes
A coiled, 22ft long tube made up of folds and split into three sections Folds lined with **small hair-like structures (microvilli) which absorb our nutrients** Responsible for **breaking down proteins, carbohydrates and fats** using enzymes released by pancreas + bile from liver Also responsible later in the tract for **absorption of nutrients into the bloodstream** **Most of our digestion + nutrient absorption** occur in the small intestine	Stomach issues: ulcer, indigestion Bloating or Gas Constipation or Diarrhea Undigested food in stool Cramping Poor nutrient assimilation Midsection weight gain Food intolerances/sensitivities Inability to eat meat Heartburn Nausea Anxiety/nervousness IBS/IBD Emotional issues: *Difficulty holding on or letting go, feelings of worry, nervousness, anxiety, depression, feeling stuck*	**Infections:** *Parasites, Bacterial overgrowth or Candida* **Medications/Drugs:** *Antibiotics, BC pills, PPIs, NSAIDS* **Stress/trauma**: *holding onto emotions* **Alcohol** **Low HCL or Digestive Enzymes** **Stress in Liver, Gallbladder and/or Spleen** **Poor Oral Health**: *bacteria in the mouth* **Herbicides/Pesticides** **Processed Food or Food Additives** **Heavy Metals** **History of Food Poisoning**

Intestines (Large/Colon)

System/Organ Info	What Stress Can Look Like	Sources/Causes
Processes waste so it can exit the body **5-6 foot long muscular tube** connected to the rectum Bacteria here **break down waste and remove nutrients like water, minerals and fat-soluble vitamins** for reabsorption In TCM: **detox time is 5am-7am**	Bloating or Gas Constipation or Diarrhea Undigested food in stool Cramping Poor nutrient assimilation Midsection weight gain Food intolerances/sensitivities Inability to eat meat Heartburn Nausea Anxiety/nervousness	**Infections:** *Parasites, Bacteria or Candida* **Medications/Drugs:** *Antibiotics, BC pills, PPIs, NSAIDS* **Stress/trauma**: *holding onto emotions* **Alcohol** **Low HCL or Digestive Enzymes** **Stress in Liver, Gallbladder and/or Spleen** **Poor Oral Health**: *bacteria in the mouth* **Herbicides/Pesticides**

	IBS/IBD Emotional issues: *Difficulty holding on or letting go, feelings of worry, nervousness, anxiety, depression, feeling stuck*	**Processed Food or Food Additives** **Heavy Metals** **History of Food Poisoning**

Energetic Toxins: Summary

Your samples have been tested against **thousands of different types of bacteria, chemicals, metals, mold, parasites, and viruses.**

These are resonating toxins, **meaning that the listed toxins show an energetic exposure to that toxin pattern** and can be from more **recent exposure or life-long chronic stress to your system.**

Color Key for Below:	Numbers Went Down Numbers Stayed the Same Numbers Went Up New Toxin ~~Toxin Eliminated/Cleared~~

Parasites	Bacteria	Chemicals	Molds
Babesia	Borrelia #1 Group A Strep	-	Candida #2 Penicillium #3 ~~Mycotoxins~~

Heavy Metals	Viruses	Mycoplasma
Tin	Epstein Barr Virus	-

Energetic Toxins: More Information

Parasites	Notes
Toxocara Canis	• Caused by **ingestion of larvae of the cat roundworm; generally transmitted from animals to humans** • The soil of parks + playgrounds is often contaminated with these eggs • **Humans become infected** by accidentally swallowing dirt with contaminated cat feces or by eating undercooked meat that contain its larvae • **Pet owners are at a higher risk** **Common Symptoms:** • Fever, coughing, wheezing, abdominal pain, inflammation of the eye/retina, dry eyes, burning or itchy eyes, red eyes, vision loss
Hookworms Ancylostoma	• Hookworms can **spend 15 years or more in the small intestine, feeding + reproducing** • Found in moist land and usually **enter body through barefoot skin** • Transported by the blood **to the digestive tract where it lives** • Can **slow physical and mental growth**

	Common Symptoms: ● Anemia (Iron), abdominal pain, anal itching
Bacteria	**Notes**
Rickettsia	● Bacteria that causes **Rocky Mountain Spotted Fever** ● **Intracellular bacteria** that is transmitted through **bug bites, in utero or through sexual contact** ● **Very similar in structure to Mycoplasma** in that they are very, very tiny ● Decreases **your immune + lymphatic systems, weakens your body** + makes you **prone to other infections** ● Causes **iron anemia + elevated liver enzymes** ● **Can cause a rash and often gets worse as it's being addressed.** Rash includes small pinkish purple spots, often showing up on wrists, forearms + ankles. The rash may spread to the trunk of your body and soles of your feet. **Common Symptoms:** ● Fever, headache, rash, elevated liver enzymes, kidney inflammation, heart failure, respiratory issues, confusion, seizures, decrease immune system, chills , nausea, vomiting, swollen lymph nodes, abdominal pain, changes in appetite
Bartonella	● Bacterial transmitted by **cats, biting insects like ticks, fleas, lice, and spiders; also through sexual contact + in utero** ● Common **co-infection of Lyme Disease** ● Lives inside white blood cells and is **correlated to autoimmune, thyroid issues, addiction, OCD and seizures** ● Some will literally look like they have **cat scratches or striated, streaky stretch marks** on the body; usually occurs on the lower back and/or kidney area **Common Symptoms:** ● Psoriasis, low grade fever, enlarged lymph nodes, eye infections, severe muscle pain, encephalitis, fatigue, insomnia, memory loss, disorientation, blurred vision, headaches, skin lesions, depression, migraines, severe low blood pressure, joint pain, night sweats, demineralization of teeth and jaw, sleep issues, hallucinations, anger, fits of rage, enlarged salivary glands, varicose veins
Borrelia	● A corkscrew bacteria known for causing **Lyme DIsease** ● Most commonly thought to be transmitted via a **tick bite**, but also has been shown to be transmitted through **other biting insects- mosquitoes, flies, lice, mites, spiders** ● Can also be transmitted **sexually and passed down in utero** ● **Commonly referred to as the "Great Imitator"** due to how hard it is to diagnose based on how vastly different symptoms can be and **can often mimic other conditions** ● It's not uncommon for two people to contract it **but have totally different symptoms** ● **Has the ability to morph into different forms with the goal to evade the immune system** and grab a stronger foothold in your body (*overall an immune system problem)* ● **Burrows deep into the tissues and can trigger various types of autoimmune disease like MS, chronic fatigue syndrome, rheumatoid arthritis and more** **Common Symptoms:** ● Migrating joint pain, weakness in limbs, fatigue, fever, stiffness, swelling, headache, chills, swollen lymph nodes, nerve pain, inflammation of the brain, facial palsy, heart palpitations/irregular heartbeat, numbness and tingling, pins and needles in extremities, stiff crackly joins

	• **Interstitial Cystitis** is often caused by Borrelia: the largest number of microbes are found in the wall of the bladder • Collage Issue: “Borrelia loves collagen; it can look like Fibromyalgia”
Salmonella	• Gram negative **intracellular bacteria** • **Targets and suppresses several aspects of immunity** which allows the persistence of it to stay • Contributes to **bacterial overgrowth and microbiome imbalances** • Some strains **can cause infection in urine, blood, bones, joints or the nervous system** • Some people develop **pain in their joints after the infection has ended** • Other develop **eye irritation or pain while urinating** **Common Symptoms:** • Stomach cramps, fever, diarrhea
Molds	**Notes**
Aspergillus	• Can be grown **outside or in buildings, especially basements and appliance drip pans** • **Primary colonizer:** Can grow within hours to days. This creates long chains of mold growth on surfaces**.** • Also common on **cereals, coffee, wine, dried fruits, nuts, herbal medicine + supplements, food coloring, even bottled water** • The mycotoxins it produces **target the liver and kidneys and can damage DNA + mitochondria** • **Mycotoxins it produces**: aflatoxin, ochratoxin, sterigmatocystin, gliotoxin, and citrinin **Common Symptoms** • Can cause severe asthma when the mold colonizes the lungs • Oxidative stress, fever, chills, cough, shortness of breath, chest pain, lung issues, allergic responses, gastrointestinal tract stress, joint pain, headaches, vision issues, nosebleeds, swelling, fatigue, skin issues, neurological symptoms, kidney issues, liver inflammation
Candida	• A normal type of yeast that is part of our guts an**d is typically kept in check by the immune system and the rest of the microflora** but it is opportunistic, and if given the chance, **it will overgrow and cause numerous symptoms** • **Candida overgrowth is a symptom, NOT a root cause and when overgrows is a sign that something else is going on in the body.** • **Often goes hand-in-hand with mold exposures** as mycotoxins enter the body through inhalation **Common Causes:** • Low stomach acid • Taking antibiotics or PPIs • Pathogens/Infections • Heavy Metal Toxicity • Birth Control Pills • Too much Stress • Alcohol Use • Standard American Diet • Estrogen Dominance • Mold Exposures **Common Symptoms:** • Dandruff, toenail fungus, chronic fatigue, skin disease like eczema, psoriasis, hives, rashes, itching, allergies, bloating, constipation, diarrhea, difficulty concentrating, memory and focus issues, brain fog, forgetting words, mood imbalances, irritability, anxiety,

	depression, vaginal infections, rectal or vaginal itching UTIs, and/or an intense and insatiable sugar/carbohydrate cravings, asthma/hay fever, joint/muscle pain, fungal infections of the nails/skin, white coating on tongue, ear and throat infections, headaches/migraines, weight imbalances (gain/loss) • **Can severely limit methylation activity** (aka detox abilities)
Penicillium	• **Found outdoors** in soil, decaying plant debris, compost, grains + citrus fruit • Found in **damp indoor environments usually due to faulty ventilation systems** • **Can thrive in low humidity and found indoors** on wallpaper, wallpaper glue, carpet, pain, fabrics, contaminate leather goods and other textiles, house dust, and water damaged buildings • Can cause **liver, kidney and spleen toxicity** • Used to **develop the drug Penicillin** which was introduced as an antibiotic in the 1940s • **Mycotoxins include:** Ochratoxin A, Mycophenolic Acid (MPA), and Sterigmatocystin **Common Symptoms:** • Allergic reactions, coughing, shortness of breath, chronic sinusitis, sneezing, a runny nose, hives, swelling in the throat, anaphylaxis, stress in liver, kidney, lungs, nervous system, endocrine system, and immune suppression
Cladosporium	• **Most common mold in the world;** can grow in both warm and cold conditions • **Found indoors** in dark, damp and moist areas with water leaks or damage, humid surfaces, in heating or cooling ducts; also found in **fabrics, wood, carpet, wallpaper** • **Found outdoors** on dead vegetation, tomatoes, spinach and bananas • **Produces mycotoxin** Sterigmatocystin **Common Symptoms:** • Allergies, eye issues, skin rash/lesions, hives, asthma, lung stress, infections, sinusitis and other infections
Heavy Metals	**Notes**
Tin	• **No human physiological role** • Tin can **combine with other chemicals to form compounds** • Interferes with: **Zinc, Copper, Calcium, Vitamin B2, Vitamin E, Sulfur** **Common Symptoms:** • Chronic Fatigue, Nervous System Damage, Impaired Neurotransmitters, Male Infertility, Abdominal pain, Convulsions + Tremors, Breathlessness/Cough/Decreased Pulmonary function, Diarrhea + Vomiting, Dizziness, Eye irritation, Eye Soreness, Headaches, Hallucinations, Heart palpitations, Kidney + Liver Issues, Peripheral neuropathy, Sweating, Skin irritation/rashes **Common Sources:** • Canned foods + beverages (especially the ones contained acidic foods/beverages like tomato) • Drinking Water, Brewer's Yeast, Cereal grains, Dental amalgams, Fungicides, Landfills, Licorice, Some soaps, Toothpaste, Polishes
Chemicals	**Notes**
n/a	

Viruses	Notes
n/a	
Mycoplasma	**Notes**
n/a	

Food + Environmental Sensitivities

Your samples have been tested against over **500 food and environmental sensitivities** and below are **the items that came up bio-energetically sensitive.** Over time as the body rebalances**, some of these energetic sensitivities may change due to changes in stress levels, microbial activity, and avoidance of certain foods**

What If I Actively Avoid Certain Foods?

If you actively avoid something you are sensitive to and don't consume it, there is a lesser chance of it showing up as a sensitivity. *(Example: if you avoid pineapple because you don't feel well when you eat it and it's been a few months since you've consumed it, it may not be detected as a sensitivity because there has not been a presence of it in your body recently).*

However if it DOES show up despite not eating it, it is likely a true, deeper sensitivity.

What if The Foods/Items Below Don't Seem to Impact Me?

If you actively avoid something you are sensitive to and don't consume it, there is a lesser chance of it showing up as a sensitivity. *(Example: if you avoid pineapple because you don't feel well when you eat it and it's been a few months since you've consumed it, it may not be detected as a sensitivity because there has not been a presence of it in your body recently).*

However if it DOES show up despite not eating it, it is likely a true, deeper sensitivity.

Grains	Notes
Gluten	• Possibly due to **mold or mycotoxin exposure** • Can show up due to **Borrelia and other tick borne toxins** • When **a lot of inflammation in the body** or **autoimmune issues** • **Digestive system stress, low enzymes** especially amylase • Also can show up if eat a lot of **non-organic grains** *(pesticides/herbicides/fungicides)* • Some grains are high in **oxalates which stress out the kidneys**
Corn	• Corn often shows up in cases of **mold toxicity** *(corns are moldy in nature)* • Can show up due to **Borrelia and other tick borne toxins** • When **a lot of inflammation in the body** or **autoimmune issues** • **Digestive system stress, low enzymes** especially amylase • Also can show up if eat a lot of non-organic grains **(pesticides/herbicides/fungicides)**
Nuts/Seeds	**Notes**
Peanuts	• Peanut often shows up in cases of **mold toxicity** *(peanuts are moldy in nature)* • **Are goitrogenic** and may have an **impact on the thyroid,** disrupting body's ability to use iodine • Are high in **oxalates which stress out the kidneys** • Low enzymes like **lipase and protease** to break down the fats/proteins • May also indicate **liver/gallbladder stress** • May indicate **mold in the home** *(nuts tend to be moldy)* • High **glyphosate levels in the body** *(due to non-organic nut intake)*
Cashews	• Are high in **oxalates which stress out the kidneys** • Low enzymes like **lipase and protease** to break down the fats/proteins

	• May also indicate **liver/gallbladder stress** • May indicate **mold in the home** *(nuts tend to be moldy)* • High **glyphosate levels in the body** *(due to non-organic nut intake)*
Walnuts	• Low enzymes like **lipase and protease** to break down the fats/proteins • May also indicate **liver/gallbladder stress** • May indicate **mold in the home** *(nuts tend to be moldy)* • High **glyphosate levels in the body** *(due to non-organic nut intake)*
Legumes	**Notes**
Kidney Beans	• Usually shows up when a **really stressed digestive system** • Are high in **oxalates which stress out the kidneys** • Linked with **low hormones like CCK** • Often have **higher levels of glyphosate** • Need higher levels of enzymes like **cellulase to break them down**
Dairy + Alternatives	**Notes**
All Dairy (Cow)	• A dairy sensitivity is an **immune response to one or more protein-based components of cow's milk** • This is o**ne of the most common sensitivities** on clients scan • Usually an **immune response** to one or more protein-based components of cow's milk and **responding to it as a "foreign invader" and generating an inflammatory response** • Often linked to **low lactase productio*n*** *(the enzyme needed to break down dairy- sometimes called lactose intolerance*) • Also linked to lack of enzyme **lipase for fat digestion, signifying malabsorption** • Sometimes linked to **parasites:** often can reverse this sensitivity after parasite cleansing • **May induce autoimmune response via "molecular mimicry"** (*looking similar to body's molecules)* which causes the body to attack itself. • **Usually happens due to leaky gut as well** (*allowing molecules of food through that shouldn't be)*
Soy Milk	• **Xenoestrogen exposure/estrogen dominance** • Poor **methylation or congestion in the liver** • Hard to digest with a **compromised digestive system** and **low enzyme production** • Legumes and beans often times have **higher glyphosate levels** • Are high in **oxalates which stress out the kidneys** • **Are goitrogenic** and may have an **impact on the thyroid,** disrupting body's ability to use iodine
Fish/Meat/Seafood	**Notes**
ALL Seafood	• Often comes up if there is a **congested liver or gallbladder** • Often comes up when **parasitic load/overgrowth** • **Eating raw/undercooked seafood exposes you to parasites** (*sushi)* • Possible **sulfation issues** (*liver stress)* • Lack of enzyme **lipase for fat digestion** • Share allergenic protein structures with **dust, mold, dust mites or cockroaches** • High **heavy metals in the body like mercury**
Fruits	**Notes**
Watermelon	• Often comes up with **candida, mold and/or yeast issues** • Also can show up in high amounts if **blood sugar issues** • May be linked to **pollen sensitivity** *(itching/burning/stinging sensations of the mouth/throat/tongue)*
Cantaloupe	• Often comes up with **candida, mold and/or yeast issues** • Also can show up in high amounts if **blood sugar issues** • May be linked to **pollen sensitivity** *(itching/burning/stinging sensations of the mouth/throat/tongue)*

Vegetables	Notes
Iceberg Lettuce	• May show up due to **pesticides use in non-organic lettuce** • **Usually a stress to the system because there is no nutrients in it;** basically a non-food
Romaine Lettuce	• May show up due to **pesticides use in non-organic lettuce** • **Usually a stress to the system because there is no nutrients in it;** basically a non-food
Spices + Herbs	**Notes**
Garlic	• Usually due to **GI distress + digestion issues** • Spices can be **high in heavy metals + pesticides if not organic**
Sugars	**Notes**
High Fructose Corn Syrup	• Linked to **liver stress** + **non-alcoholic fatty liver disease** • Often shows up with **blood sugar issues** • Also can flag with **mold, candida, and yeast issues** • Also linked to **low enzymes like amylase**
White Sugar	• Often shows up with **blood sugar issues** • Also can flag with **mold, candida, and yeast issues** • Linked to **low enzymes like amylase**
Beverages	**Notes**
n/a	
Additives + Ingredients	**Notes**
MSG	• Short for **monosodium glutamate**, common **food additive used to enhance flavor** • Commonly used in **stock (bouillon), soups, ramen, gravy, condiments and Asian foods** • Can cause **headaches, worsen asthma, chest pain, heart palpitations, nausea, flushing, mood changes, and difficulty breathing**
Sodium Nitrate	• Most commonly found in processed meats: **bacon, beef jerky, ham, hot dogs, lunch meat, salami and smoked fish** • High in **histamine** *(mold connection)*
Environmental	**Notes**
Cleaning Supplies/Household Chemicals	• Usually due to **endocrine/hormone disrupting chemicals in them** • **Liver stress;** liver has to process these chemicals and if already overburdened can cause issues
Radon Gas	• A chemical element and alkaline **earth metal that is used in nuclear medicine** • **You cannot see or smell it** even at high levels you may be unknowingly inhaling or drinking it • It was used in the 1970s in **glow in the dark paints, toothpastes, hair creams, and food** • **Radon, a byproduct of radium,** comes from the decay of uranium and thorium found in varying amounts in **soil, rock, plants and water.** • It can be **present in buildings** *(especially basements)* • It can be **inhaled, swallowed, or rarely through emitted radiation** • Has your home been **tested for radon?** Can come through cracks in foundation • Can also show up in **water supply** in areas of high radium + uranium **Common Symptoms:** • Long term exposure can lead to increased risk of lung and bone issues, anemia, cataracts, broken teeth, reduced bone growth, jaw necrosis • It can remain in your lungs for months and gradually enter the bloodstream, making it

	possible to accumulate in bone
Radon Testing	Radon is a chemical element and alkaline earth metal that comes from the decay of uranium and thorium and is found in varying amounts in soil, rock, plants, water supply and even indoors (*usually basements).* **The issue is that you cannot see or smell and even at high levels you may be unknowingly inhaling or drinking it.** . **It can enter your home through cracks in the foundation, plumbing, sump pits and is prevalent in energy-efficient homes.** Radon is more prevalent in some states than others and a **first step is checking the EPA's radon zone map** (*but I wouldn't necessarily rely on the map alone).* **Testing Home for Radon:** Generally this is done in the process of buying your home, but if it didn't happen or it has been many years, you have two options: **Buy a test that is approved by the EPA or state approved** (*can get at home improvement stores).* There are two kinds of tests: long-term and short-term. **The short-term kits stay in your home for 2-7 days whereas the long-term kits stay for 90 days**. **The long-term kits will give you a more accurate assessment of your home's radon levels.** *OR* **Have a certified professional come into the home for a more accurate read.** They can also give guidance on the best mitigation techniques/systems. **If you find you have high levels + need mitigation:** **Get at least 3 different quotes** *(the pricing on these systems can vary greatly).*
Mold	• This can be from either **outside or inside the home** • **If mold also comes up as a toxin in the system, this is significant** *(examples include Candida, molds like Aspergillus, fungus like trichophyton, etc),* • If we can **reduce the mold from the system, the sensitivity may reduce too**

Nutrient Imbalances: **Vitamins**

Vitamins are water and fat-soluble, depending on their type and work as **antioxidants, detoxification + methylation supports and some hormonally in the body**. Below are the **vitamins you are energetically showing as most deficient in:**

Vitamins	Notes
Vitamin B6	• Essential for absorption and utilization of many other nutrients and hormones **When low may manifest as:** • Changes in mood, anxiety, irritability, anxiety, depression, confusion, muscle pain, low energy, worsening PMS issues, anemia
Vitamin C	Important for **immune, liver, endocrine (adrenals), integumentary, locomotor systems** • Critical for the **synthesis of collagen** which forms connective tissue, blood vessels, cartilage, muscle and collagen in bones • Supports **cognitive functioning** by the synthesis of carnitine, amino acids, hormones, serotonin, and norepinephrine • **Helps facilitate the absorption of iron**, protein metabolism, and the appropriate release of white blood cells • Acts as an **antioxidant** • **Promotes TH1, suppressing TH2,** decreases EOS infiltration, **decreases mast cell degranulation, prevents histamine release** • Whole food vitamin C contains ascorbic acid, rutin, bioflavonoids, P factor, J factor, K factor, ascorbinogen, and the tyrosinase enzyme which contains bioavailable copper. **When low may manifest as:**

	• Weakened immune system, poor liver detoxification, stressed adrenal glands, bruising, weakness, fatigue, skin issues, muscle pain, irritability, swollen gums, dry/splitting hair/nails, frequent nosebleeds, swollen/painful joints, depression, weight changes
Vitamin E	• **Antioxidant that protects cell membranes** against oxidative damage, lipid peroxidation, improves mitochondrial respiration, decreases proinflammatory cytokines, and decreases EOS infiltration into lung tissue • Opposes **negative effects of estrogen, and decreases progesterone burn rate** • **inhibits TH2 response** • Increases the **conversion of linoleic acid into saturated fat** • Protects against the **damaging effects of excess iron and calcium** **When low may manifest as:** • Stress in skin, weakened ability to rid body of excess estrogens, muscle weakness, loss of muscle mass, visual issues, weak immune system, balance issues, cognitive difficulties, digestive issues, hair loss

Nutrient Imbalances: **Minerals**

Minerals are often referred to as the **"spark plugs of life"** and absorption takes place in the small intestine (*thus if digestion issues, likely going to have mineral imbalances)*. Minerals and heavy metals have inverse relationships- **the more heavy metals, the less minerals.** Below are the **minerals you are energetically showing as most deficient in:**

Minerals	Notes
Copper Low/Poor Absorption	• Extremely important mineral in the body, **but it must be in a usable form** • Involved in the **electron transport chain** • The body's **primary anti-fungal, anti-mold and anti-bacterial mineral** • important for hemoglobin synthesis **(i.e. important for iron utilization)** • Needed for **neurotransmitter activity, immune system health, cardiovascular health, synthesis of collagen and elastin** **When low may manifest as:** • Fatigue, High/Low Blood Pressure, Hair loss, Stretch marks, Artery wall Weakness, Anxiety, Irritability, Nervousness, Aggressive Behavior, Brittle Nails, Autism/ADD/ADHD, Paleness, Wrinkles/saggy skin, Premature gray hair, Vision loss, Varicose veins
Boron Low	• Increases **absorption and regulates calcium, magnesium, and phosphorous levels, making it important for bone formation and healthy teeth** • **Largest concentration is found within the parathyroid gland** *(responsible for controlling calcium)* • Assists with **insulin sensitivity and blood sugar regulation** • Is **protective against parasite and fungal overgrowth** • Protects against **pesticide-causing inflammation** • Boosts the impact of **sex hormones** and their balance- **like progesterone, testosterone + estrogen** • Helps to maintain **memory and brain function** **When low may manifest as:** • Low hormones, vaginal dryness, hot flashes, Muscle cramps, poor sleep, joint inflammation, weak bones, tooth decay, brain fog, poor memory, aging skin, worsened PMS or menopausal issues, weak muscles, restless leg syndrome

Nutrient Imbalances: **Enzymes**

Enzymes help **process chemical reactions in the body** and are essential for **cellular metabolism, digesting food, muscle + nerve function**. Require certain conditions (temperature + ph range) to work properly.

Enzymes	Notes
Protease	• **Breaks down protein from meals** into smaller polypeptides or amino acids, protein catabolism *(breaking down old proteins),* and cell signaling • **If low in protease and lipase, this can lead to blood sugar issues.** Felt most in the digestive system. • **Might need to spread out consumption of things** like meat, protein, fish, protein drinks, nuts, etc. **When low may manifest as:** • Poor digestion of proteins, insomnia, anxiety, weakened bones, joint pain, mood swings, blood sugar issues, slow healing of infections, water retention, PMS

Nutrient Imbalances: **Amino Acids**

Amino acids **are what proteins are broken down into** to be used in the body. **Essential for muscle growth/repair, protein synthesis, regulation of blood flow and the liver's ability to detox.** There are **essential amino acids**, which we need to get through our diet and **non-essential** which the body can make on its own

Amino Acid	Notes
Cysteine	• Important for the **methylation process as it is needed to form glutathione** • **Any detox pathway can be affected by low cysteine** *(Liver, kidneys, lymph, lungs, skin, and digestion)* • **A building block of glutathione** along with glutamine and glycine • Helps to **break up mucus, works as an expectorant** • Regulates glutamate levels, which **impacts the neurons in the central nervous system** • Has **antioxidant properties** **When low may manifest as:** • Water retention, muscle loss, skin issues, fatigue, liver stress, sluggish detoxification

Hormone Imbalances

Your samples were tested against hormones that show your energetic imbalances. **Keep in mind that imbalances can stem from many factors such as stress, diet, lifestyle, poor digestion, lack of enzymes, and toxins.**

Hormone	Notes
Cortisol High	• **Cortisol is a steroid hormone made in the adrenal cortex** and in the right amounts is anti-inflammatory and inhibits cytokine storms • Often referred to as the **"stress hormone"** • Secretion is controlled by the **hypothalamus, the pituitary gland, and the adrenal gland** • Cortisol in small doses can be a good thing, but **chronically high cortisol can eventually lead you to burnout** **When high may manifest as:** • Feeling frazzled, lower abdomen belly weight, poor sleep, feels exhausted during day • and more awake at night, high mental/emotional stress **How to Balance:** • No high intensity exercise (focus on yoga, pilates, walking, gentle swimming) • Avoid high stress situations
Adrenaline (Epinephrine)	• Released by **adrenal glands in response to stressor** • Increases your **heart rate, elevates blood pressure and increases energy** • **The activation of the sympathetic nervous system stimulates its production + release (fight/fight)**

Fluctuates, but mostly High	**When high may manifest as:** • Sweating, dizziness, weakness, anxiety, nervousness, agitation, headaches, pale skin, arrhythmias, chest pain, nausea
Melatonin Low	• Melatonin is a **hormone that your brain produces in the pineal gland** in response to darkness • Thought to be the **oldest antioxidant in existence** and has been found in bacteria that evolved several billion years ago • Helps with the timing of your **circadian rhythms (24-hour internal clock) and with sleep** • Also helps with **immune function, managing blood pressure and cortisol levels, improving mitochondrial health,** has a role in **regulating homeostasis, oxidative stress and inflammation** • Many studies show it can help with **symptoms of acid reflux** • Being exposed to **light at night can block melatonin production** • Melatonin production **declines with age** **When low may manifest as:** • Feeling awake instead of sleepy after 10pm, trouble sleeping, forgetfulness, tired during the day, higher likelihood of getting colds and flus, restless legs, intestinal symptoms: pain, hyperactivity, intestinal spasms, blood sugar imbalances, thyroid hormone imbalances **Possible Causes:** • Lack of sunlight, too much bluelight, alcohol, shift work, taking medications like aspirin, ibuprofen, Motrin, Aleve, propranolol, calcium channel blockers **How to Balance:** • no artificial light 30 minutes before bed *(tv, computer, phone)* • Get sun exposure • Hot bath at night before bed • Reduce EMFs at bedtime • Reduce caffeine • Eat food rich in tryptophan
Progesterone Low	• A steroid hormone made by the corpus luteum of the **ovary at ovulation, and in smaller amounts by the adrenal glands** • Prepares endometrium for **potential of pregnancy after ovulation** • **Prohibits uterus muscle contractions** that would cause body to reject egg • **Higher body temperature** *(especially post-ovulation)* **When low may manifest as:** • Weight gain, low libido, mood swings, depression, PMS, irregular periods, heavy bleeding, miscarraige, breast tenderness, fibrocystic breasts, endometriosis, bloating, poor sleep, gallbladder stress **Possible Causes:** • Age (perimenopause + menopause), elevated estrogen, chronic inflammation, low cholesterol, mitochondrial dysfunction, stressed thyroid, stealth infections, high stress, chronic insomnia/lack of sleep, over exercising, nutrient malabsorption, uncontrolled diabetes/blood sugar issues, birth control pills,

Complementary Therapies

Your samples were tested against **different types of complementary therapies** and modalities that mitigate stress. **May be beneficial to incorporate alongside your protocol**

Type	Notes
Exercise	• High Intensity Workouts 2x week

Sauna (Far Infrared)	• 1x per week • See my Sauna Guide for tips!
Meditation	• Find a practice/app that works for you!
Breath Work	• Tons of free videos on YouTube with breathing practices • One style to try is Buteyko Breathing
Journaling	• Journaling is seen as a type of release for emotions/stressors of physically getting it out of your body and onto the page

Emotional Scan Results

Your samples were tested **emotionally for what energies are resonating with you.** These are things that **EMOTIONALLY may be getting in the way of full healing**

Emotional Scan	Notes
Chakra 2nd That is Affected by Emotions	• Located just below the navel and relates to **sexuality, emotions, and vulnerability issues** • Strong emotions of **love, hate, rage, excitement** are found in this chakra.
Affirmation Daily Mantras to Start Telling Yourself	• God will lead me to all things good. • I am good. • I am worthy.
Body System How + Where This Manifests in Your Physical Body	• **Endocrine System:** Balance System

Essential Oils
That Can Help With Emotions
	• **Tangerine Essential Oil**
	  ○ Uplifting yet calming aroma
	  ○ Supports **healthy immunity, respiration + digestion**
	  ○ **Add 1-2 drops to your water** to support the immune system
	  ○ To boost energetic feelings and uplift mood, **place one to two drops in the palm of your hand, rub together, and cup over your nose and mouth for 30 seconds**, or diffuse throughout the room.
	• **Rose Essential Oil**
	  ○ One of the most precious + sought-after essential oils in the world
	  ○ Can be used as a perfume, helper for skin, mood booster

Blockages/Mindset Tendencies That You Are Feeling/Getting in the Way of Healing	• Individual is overprotective of those she loves. • Individual holds on to past hurt and can't forgive. • Individual wants to let go of anxiety but can't.
Triggers Things Causing You Emotional Imbalances	• Family • Trust • Betrayal • Anxiety • Grief • Negative Thoughts

Misc. Notes

The following was provided **as additional insights from your scan and could be helpful to your healing:**

Multivitamin	• Need for a multivitamin
Gluten Free	• Need for a gluten-free diet; see protocol for tips
Inflammation	• A lot of inflammation in the body • Eat anti-inflammatory diet