

## A Few Examples from the Wellness Discovery Report



**Personalized Wellness**

**Discovery Report for**

*(client name)*

### **Executive Summary** (partial except)

Your results indicate that the primary areas needing support involve energy production, immune and lymphatic function, digestion and nutrient absorption, nervous system balance, and antioxidant protection. These systems work closely together, and when one area becomes stressed or inefficient, it can impact many aspects of overall wellness.

### **Top Areas Needing Support (usually we prioritize the top 4 - 6)** (partial except)

#### **1. Hormone & Metabolic Regulation**

##### **What this area does:**

Your hormone system helps regulate metabolism, appetite, fluid balance, energy production, sleep, reproductive health, and communication between many systems throughout the body.

##### **Symptoms Commonly Associated With This Area**

- Weight management challenges
- Energy fluctuations
- Fluid retention
- Sleep disturbances
- Hormonal imbalance symptoms
- Changes in appetite
- Reduced resilience

##### **Support For This Included In Your Customized Remedies:**

- Pituitary gland support (master hormone regulation center)
- Leptin support (healthy appetite and metabolism signaling)
- Luteinizing Hormone pathways (hormonal communication support)
- Somatotropin support (growth hormone and tissue repair pathways)
- Vasopressin support (healthy fluid balance regulation)

## **Supplement Recommendations (partial except)**

The following supplement was identified as a potential area of support based on your analysis and has been selected to complement your customized remedies.

### **Drainpar**

**Dosage:** 10 drops under tongue, 3 times daily

**Purpose:** Supports healthy drainage and elimination pathways and may help relieve occasional fatigue and bloating.

### **Your Wellness Discovery Report Includes:**

- ✓ Executive Summary
- ✓ Information about your Customized Remedies
- ✓ Supplement Recommendations
- ✓ Understanding your Results
- ✓ Top Areas Needing Support
- ✓ Next Steps
- ✓ **Approximately 6 Pages of Individualized Results**

### **From A Recent Client –**

*“I was surprised at how thorough the report was. My consultation with Linda was amazing and I learned so much! I am on patch # 3 and feeling so much better than before I tested!*

*After reading my results I noted that all the issues in my body were not things I had been focused on. Now, I feel I am on the right path. My energy levels are up, I have a sense of calm in my body- perhaps cortisol level has dropped? I would recommend Total You Health to everyone who is seeking answers for poor health.”* Becky K.

### **More Than A Report**

Your Wellness Discovery Report is only part of the process. Every client also receives a personal results review where we explain your findings, discuss additional insights such as neurotoxins and detox support when applicable, answer your questions, and help you understand your next steps.