EPIGENETICALLY MAPPED IN GERMANY

CELL WELLBEING™



YOUR 60-DAY OPTIMIZE PROFESSIONAL TRAINING NUTRITIONAL REPORT

YOUR PLAN INCLUDES

- 9 KEY OPTIMIZATION AREAS
- YOUR TRAINING & ENDURANCE PRIORITIES
- FOODS & ADDITIVES AVOIDANCE RECOMMENDATIONS
- FOODS RECOMMENDATIONS TO INCREASE

SAMPLE REPORT
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DISCLAIMER: None of these statements have been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease or condition. It is intended to provide nutritional food information only.

The digital process does not provide reproducible indicators as it reflects the changing epigenetic environment at the quantum biological level. Nutritional Food Optimization should only be considered every 90 days. It is NOT recommended that a new Nutritional Food Plan be created within this period.

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THE OPTIMIZE PROFESSIONAL TRAINING PROGRAM

AN INTRODUCTION FROM A TRAINING PROFESSIONAL

Your sports and fitness epigenetic optimization assessment is a program built to enhance your personal and physical performance through environmental alignment; ultimately, optimizing your physical, mental and emotional capabilities as it pertains to your sports and fitness lifestyle.

Your environment controls up to 98% of the way in which many of your genes express themselves. This means the way your physical body, personal chemistry reacts and responds to the environment and lifestyle choices you regularly introduce and immerse yourself in.

Currently you and almost everyone else on the planet are operating on a less than optimal and far from a peak performance state. This is all due to the environmental and lifestyle conditions you subject your body to on a daily or regular basis.

This includes processed nutritionals, low bio-available nutrients, toxins, chemicals, not to mention electromagnetic and low frequency waves that are influential and responsible in breaking down the body's ability to optimally repair and function in a peak performance state.

These functions are driven by two very specific processes which are systemic to the way your physical body responds and expresses its capacity to perform. First, the quality of the cells your body creates to repair itself. Second, the enzymatic process which is the catalyst for all body processes, especially in repair, recovery and ultimately peak performance.

As your environment controls gene expression and develops an epigenetic blueprint for your personal gene expression this becomes the most crucial driver in producing an optimized cellular response, which in turn will produce optimal tissue repair that will lead to better performance. Your overall body's system will begin to function at an optimally healthy level which in turn will provide you with the peak performance results you sought after.

To optimize your peak performance, you need to ensure that these processes are operating at optimal levels. If you are not operating at optimal efficiency, you will feel the effects of degraded function. These effects will be reflected in overall loss in energy output, strength levels, reduction in peak focus and concentration, more aches and pains and slower recovery. This will lead to more susceptibility to injury. On the sports and fitness wellness side, you will experience poor sleep capacity, weakened immune function that will lead to more common colds, general increase in irritability levels and an overall lower feeling of wellness. If this is left in a sub-optimal state for too long, it will reduce your capacity to operate at peak performance levels and can lead to chronic health issues over time. Training for fitness and sport takes a substantial amount of resources due to the high levels of inflammation that the body is driven through during peak performance; therefore, you more than the non-sport participant needs to manage and maintain these optimal levels at all times.

The sports and fitness epigenetic optimization program is discussed to help identify many of the common environmental influences that could be leading to a sub-optimal level that places your body in a less than peak performance state. This is ultimately driven by a reduction in genetic and enzymatic output.

The solution is to provide you with a 90-day peak performance plan to identify your needs, increase your optimal physical and bio-chemistry resourcing. This will allow your body to deal with these ongoing changes by utilizing all known dietary and nutritional resources identified in your program.

This peak performance optimization is an awakening process whereby you become aware of the effects of your environment and the positive decisions that you make to become totally responsible for your own sport and fitness destiny.

Welcome to the new epigenetically optimized you!

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Dr Alfons Meyer

Dr Marcus Stanton



THIS REPORT IS ONLY VALID FOR THE NEXT 90-DAYS

Your next Optimize Report date is:

Book today with your provider at:

Phone:

Email:

With any regime change that supports wellness or performance, it is most beneficial to follow a course of reports.
Being optimized means staying in alignment with your epigenetic environment and adjusting your food and nutrient intake to meet your changing needs over time. We recommend that you do this every 90-days as this is a natural cycle the body follows. Don't miss out and book your next report now based on the above date.

PROFESSIONAL TRAINING OPTIMIZATION OVERVIEW



Training Support Summary
Brain
Protein Synthesis
Sleep
Muscle Support
For full support indicators see page 4.

Foods Adjustment Summary	
Alcohol	Garlic
Poppy Seeds	Coffee
Eggs	Pecans
Chili Pepper	Dates
Corn	Grapes, green
For full food adjustment indicators see table on page 25.	

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Category	Indicator	Information
Resistance	Virus	For full results see the chart on page 19. For food sources refer to page 27.
Interference	ELF (Extremely Low Frequency). Electrostatic field. LFR (Low Frequency Radiation). Electromagnetic alternating field	For full results see the chart on page 21. For food sources refer to page 27.
Environmental Challenges	Chemicals and Hydrocarbons	For full results see the chart on page 17. For food sources refer to page 27.
Amino Acids	Threonine. Proline. Methionine. Serine	For full results see the chart on page 15. For food sources refer to page 26.
Fatty Acids	Arachidonic Acid - 6 (AA). Alpha-Linolenic Acid - 3 (ALA)	For full results see the chart on page 11. For food sources refer to page 26.
Foods	Please refer to the foods tables on page 23 and 24 of the plan.	For full results see the chart on page 25.
Additives to Avoid	Please refer to the food additives table and link on page 24.	For full results see the chart on page 24.

THE KEY INDICATORS CHART

The larger the segment in the chart the higher the signature wave resonance intensity, which means the item is more of a **Priority** for you to address. Lesser items are marked **Advisory** or **Consider** and no indication means low relevance. These are indicators of underlying issues, which you should consider addressing using the suggested nutrient intake programs.

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TRAINING SUPPORT ENERGETIC INDICATORS



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The above chart indicates which training systems may require nutritional support by cross referencing the other chart data and comparing the total number of support factors indicated for each system. This is an indicator of a support requirement only and not a diagnosis of any physical malfunction within the any specific system. If you are concerned about the physical function of any of your bodyâs processes, you should seek the help of a qualified health professional.

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ENDURANCE SUPPORT INDICATORS



All athletes require optimal circulation to reach peak performance.

You can support your circulation with good nutrition and some simple exercise and lifestyle choices outlined below.

Optimal Circulation can be supported by specific nutrients, as an athletic individual it is important to receive your nutritional balance on a daily basis. The chart below indicates which nutrients can be important to help optimize circulation. The more of these that appear in the table below the higher level of support the circulation system may require, with your final support level indicated in the column on the right. Remembering this is not a diagnosis of the function of your circulatory systems.

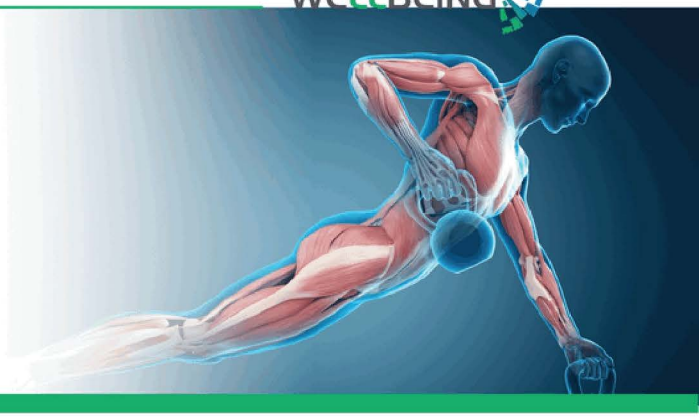
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Circulatory Nutrition Support Indicators An indication that you may require nutritional support to optimize your Circulatory systems is not a diagnosis that you have any issues or condition. If you are concerned about your circulatory health you should consult your physician before starting a nutrition or exercise regime.				
	Selenium	Superoxide Dismutase	Iodine	7+ indicators High Support
	Vitamin B2	Vitamin C	Vitamin E	
	Vitamin D3	Vitamin K1	Vitamin B3	
	Vitamin B6	Vitamin B12	Vitamin B9	
	Taurine	Arginine	Citrulline	
	Carnosine	Alanine	Serine	4-6 Indicators Moderate Support
	Methionine	Cystine	Lysine	
	Histidine	Proline	Co-Enzyme Q10	
	Potassium	Sodium	Flavonoids	
	Anthocyanidins	Polyphenols	Magnesium	
	Betaine	Vitamin K2	Alpha-Linolenic Acid - 3 (ALA)	2-3 Indicators Maintenance Support
	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)	Arachidonic Acid - 6 (AA)	
	Oleic Acid - 9			

1. Exercise	Walk for at least 20 minutes per day at a brisk pace. There are proven benefits between daily walking and your circulatory function.
2. Lifestyle	Cut down or eliminate smoking, alcohol and sugars, these are well known contributors circulatory dysfunction.
3. Other	Lowering stress may help reduce high blood pressure. High blood pressure is the #1 wellness issue in the world.
4. Sexual Health	There is a proven link between sexual health and circulation; related to the elasticity and overall function of the blood vessels. Having good circulatory function has been known to assist in this area.

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MUSCLE SUPPORT INDICATORS



Building muscle significantly increases metabolism, making it easier to achieve superior performance. Although nutrition alone can not lead to significant muscle growth (it will have to be linked to a balanced exercise program for important muscle gains) a healthy diet can help maintain or increase muscle mass. Consuming foods rich in specific nutrients is key to supporting muscle growth and maintaining healthy muscle function.

The correct maintenance of muscle mass can be improved with the contribution of some nutrients that are very important to achieve a daily balance. In the following table, it is indicated that nutrients may be important to help optimize the muscles and tendons. How many more of these appear in the lower box, the muscular system will require more attention. Keep in mind that this is not a diagnosis of how your muscular system is, but it will help prevent muscle and tendon problems derived from a shortage of essential nutrients.

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Muscular Indicators				
	Leucine	Isoleucine	Valine	7+ indicators High Support
	Glutamine	Threonine	Methionine	
	Phenylalanine	Carnitine	Vitamin B3	
The indicator that you may need nutritional support to optimize your muscular system are not a diagnosis, but a marker for a muscular nutritional support. If you have any health problem you should consult a doctor before starting any regimen or exercise.	Vitamin B6	Vitamin B9	Vitamin B12	
	Vitamin C	Potassium	Sodium	4-6 Indicators Moderate Support
	Magnesium	Selenium	Calcium	
	Chromium	Zinc	Copper	
	Alpha-Linolenic Acid - 3 (ALA)	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)	
	Co-Enzyme Q10	Alpha Lipoic Acid	Taurine	2-3 Indicators Maintenance Support
	Lysine	Tryptophan		

1. Exercise	Adequate physical training will produce significant muscle gains. Training with loads and intervals produce improvements in our muscular system.
2. Lifestyle	A protein-rich diet of high biological value will produce an improvement in muscle mass and a correct recovery at the tendon level.
3. Other	Stretching will favor muscle recovery and prevent us from possible micro injuries and shortening of the tendons.
4. Relaxation	An optimal rest is the key to achieve an improved muscle regeneration. Sleeping correctly leads us to recover much more quickly.

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VITAMINS INDICATORS





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CATEGORY INDICATOR CHART

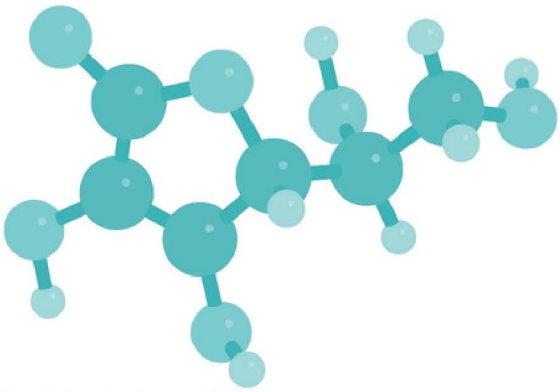
The above chart provides you with an overview of the Vitamins indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your nutritional regime.

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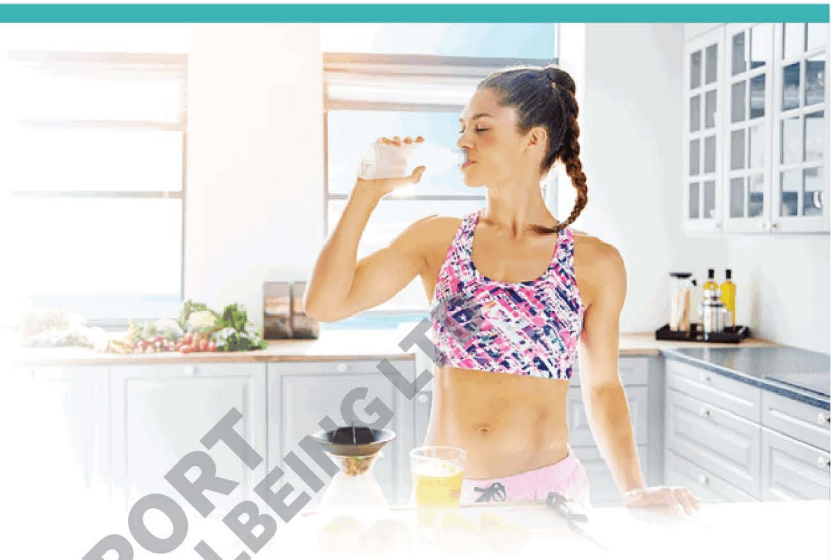
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VITAMINS

ABOUT VITAMINS



Vitamin C molecular model



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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 poor function related problems.

Vitamins serve primarily as regulators of metabolic functions, many of which are important to sports and fitness performance. Depending upon the nature of their specific sport or fitness these examples are strength training, speed training, power training, endurance training. Athletes may utilize various doses in certain vitamins in an attempt to increase specific metabolic processes important to improved performance. The basis underlying the use of each vitamin depends upon its specific metabolic function in relation to the sports and fitness.

VITAMINS ROLE IN TRAINING SUPPORT

Vitamins role in sports and fitness for example, Vitamin A functions to maintain vision and ocular focus. Thiamine, niacin and pantothenic acid are all involved in muscle cell energy metabolism. Niacin blocks free fatty acid release. Pyridoxine is involved in the synthesis of hemoglobin and other oxygen transfer proteins. Vitamin C and E are antioxidants that help prevent the destruction of the red blood cell membrane during exercise. These are just a few of the possible metabolic functions of vitamins which have specific applications to sports and fitness. Obtaining adequate vitamins, including the use of supplements, may also be prudent behavior for athletes. Research has shown that vitamin efficiency may improve peak physical performance and the prudent use of vitamins can provide insurance against a suboptimal diet and or the elevated demands of intense physical activity. Thus limiting the effects of oxidative stress in individuals participating in high intensity athletic performance and general overall heavy exercise.
In conclusion, an overall well balanced nutritional diet with some supplemental support has shown to assist in supporting heavy exercise and peak performance amongst athletes and regular fitness participants.

VITAMIN RICH FOODS

- Dairy
- Seeds and Nuts
- Lentils
- Chickpeas
- Green Vegetables
- Grains
- Peppers
- Chicken
- Turkey
- Fish
- Eggs
- Apricots

**There are many other foods but these are some of the common examples.*

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MINERALS INDICATORS

Consider - Increase Intake





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CATEGORY INDICATOR CHART

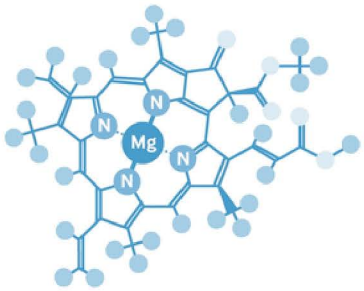
The above chart provides you with an overview of the Minerals indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your nutritional regime.

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MINERALS

ABOUT MINERALS



Magnesium molecular model



All nut varieties are a good source of minerals.

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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. 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.

Minerals are essential or a wide variety of metabolic and physiologic processes in the human body. Some of the physiologic roles of minerals are important to athletes and fitness participants and sports and fitness training. The use of minerals in diet and supplementation may help enhance exercise capacity and peak sports performance.

MINERALS ROLE IN TRAINING SUPPORT

Minerals role in sports and fitness includes but not limited to muscle contraction, oxygen transport, cardiovascular response, enzyme activation, immune support, antioxidant activity, bone health and acid balance. A mineral deficiency may impair exercise and sports performance. As female athletes are more prone to iron deficiency, United States Olympic Committee and many international Olympic Committees recommend that female athletes regularly test their hemoglobin levels for inefficiency. Optimal calcium nutrition for bone health is also important for female athletes and fitness participants. In general support supplementation with calcium, magnesium, iron, zinc, copper and selenium, chromium, boron and to a minimum degree vanadium can support optimal sports and fitness function in healthy athletes and fitness participants, but not enhance performance. However, these do not enhance body composition, muscle strength and endurance but may add an optimal level of support in repair and recovery. In addition, improvements have been achieved in maximal oxygen uptake (vo2) max and aerobic endurance following the use of phosphate salt.
In conclusion, the balanced intake of these minerals will provide a supportive resource and depending upon the individual athletes and fitness participants, it may also enhance exercise and overall peak sports performance.

MINERAL RICH FOODS

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

**There are many other foods but these are some of the common examples.*

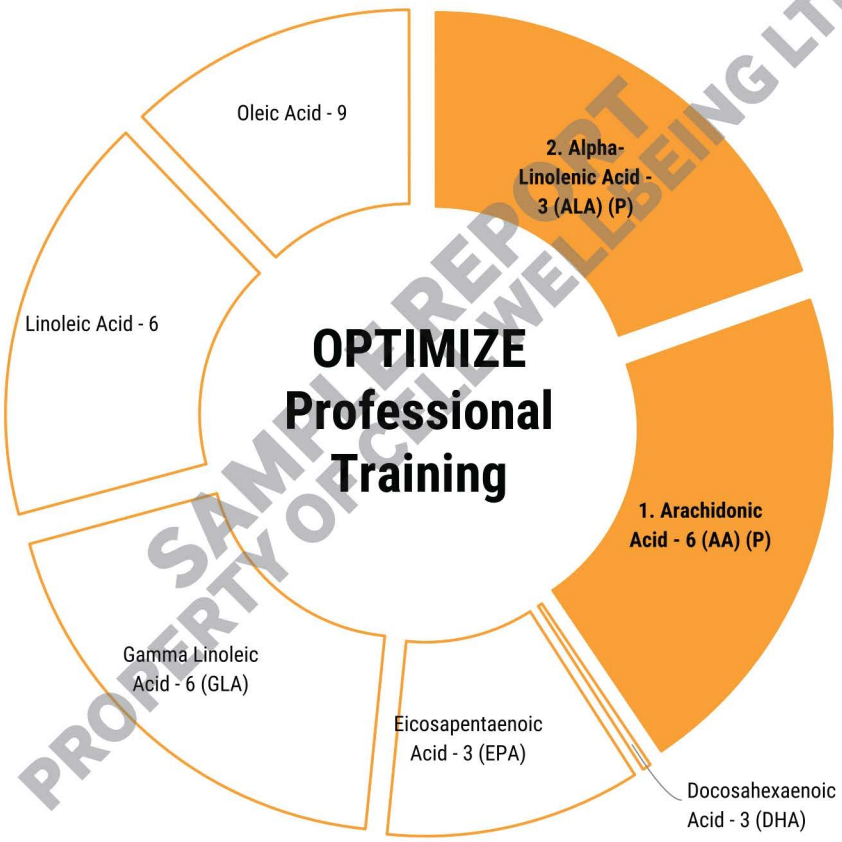
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FATTY ACIDS INDICATORS

Priority - Increase Intake





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CATEGORY INDICATOR CHART

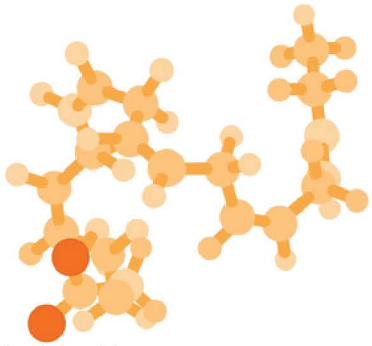
The above chart provides you with an overview of the EFAs indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your nutritional regime.

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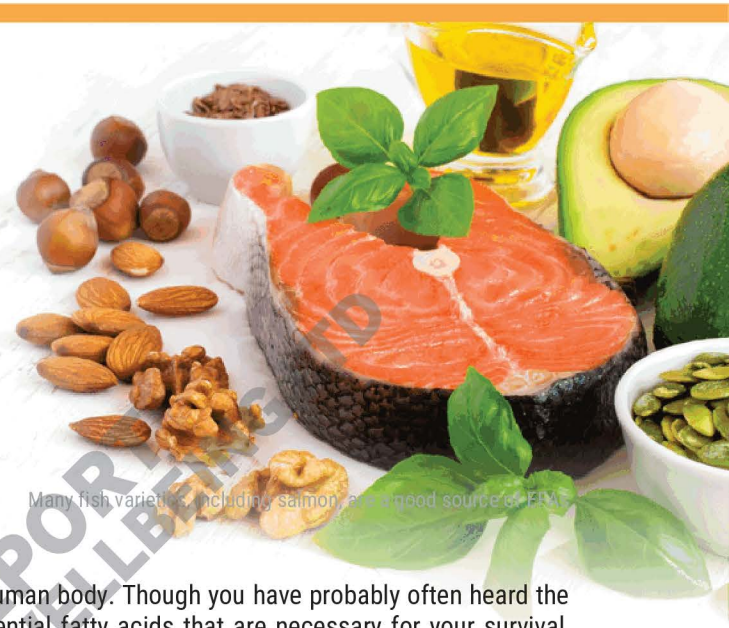
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FATTY ACIDS

ABOUT FATTY ACIDS



Omega 3 molecular model



Many fish varieties, including salmon, are a good source of EPA

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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.

We all have heard this and if you are an athlete or fitness enthusiast, you have heard it more than anyone else. What is it you ask? "Fats make you Fat!" As a result, many people have become fat phobics, especially athletes and fitness people. The nutritional resources of essential fatty acids are completely necessary and indispensable in a sport and fitness lifestyle plan. A low fat, non-inclusive essential fatty acid diet will lead to a stunt in a young athlete's growth, create a low energy output and may assist in aggressively aging the skin and the connective tissues of the body. The reduction of testosterone levels is measurably lower.

ESSENTIAL FATS PLAY A NECESSARY ROLE IN SPORTS AND FITNESS SUPPORT

Essential fats role in sports and fitness support unlike carbohydrates that stimulate insulin and fat production in the athletic body, a regular blend of the EFA's, 3.6.9 per day may: Enhance Stamina, improve muscular development, increase overall anaerobic production, allow for more frequent training, without over training symptoms, speed recovery from exhaustion and training sessions, speed healing of injuries, help improve sleep, improve concentration, improve skin appearance, improve cardiovascular function and much more.
What's also amazing is that EFA's play a role in turning genes for fat reduction on and turning them off, it also plays a significant role in balancing hormonal function. It regulates energy burn for production and reduces excess stores as it lowers triglycerides in the blood. An EFA program helps an athlete and bodybuilder during he or she's dieting down phases as they are getting ready for competitions. In this process, insulin and blood sugar levels are balanced, reducing cravings, binges and unnecessary carbohydrates.
In conclusion EFA's do not provide quick energy for athletes and fitness participants like carbohydrates do, however they create a balanced and slower steadier energy production from the fats in the body. This approach and the use of EFA's are essential in every athlete and fitness participant's life, as well as every man women and child on earth.

FATTY ACIDS RICH FOODS

Non-Vegetarian
- Sardines
- Salmon
- Shrimp
- Mackerel
- Herring
- Trout

Vegetarian
- Flaxseed
- Walnuts
- Tofu
- Hemp Seed

**There are many other foods but these are some of the common examples.*

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ANTIOXIDANTS INDICATORS



Consider - Increase Intake



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CATEGORY INDICATOR CHART

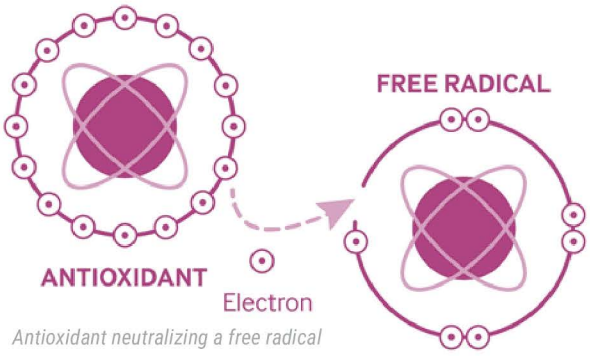
The above chart provides you with an overview of the Antioxidants indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your nutritional regime.

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ANTIOXIDANTS

ABOUT ANTIOXIDANTS



Antioxidant neutralizing a free radical



Many berry varieties, including blueberries, are a good source of antioxidants

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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.

Sports and fitness is a highly oxidative process on the body, riddled with a lot of potential free radical damage, so antioxidants simply help to protect the body from these free radicals and helps assist the body in mitigating some of the oxidative stress that occurs during and after the sports and fitness process. For example, antioxidants such as vitamin C, vitamin E, CoQ10, glutathione and alpha lipoic acid are important supplements for athletes and exercise enthusiasts alike.

ANTIOXIDANTS ROLE IN TRAINING SUPPORT

Antioxidants role in sports and fitness support is that exercise is a highly oxidative process and Antioxidant compounds help alleviate this process, studies have shown that the antioxidants in many fruits and vegetables and whole grains can help prevent the kind of damage they cause. In sports it is often said that defense wins championships. In nutrition, antioxidants provide a powerful defense against attacking molecules called free radicals, which damage muscles through a chemical process called oxidation. Free radicals play a role in cellular and muscle inflammation: they also may lower resistance to colds, flu, and other inflammatory disorders. Antioxidants offer protection against oxidative damage, helping muscles recover faster after intense games, practices, and workouts. Antioxidants also boost your immune system, so you are not side-lined by sickness, causing you to miss practices, games and workouts ultimately reversing your hard earned training gains. If you would like to have the best support and performance benefits, start consuming antioxidant rich foods and drinks on a regular basis. This will help you promote muscle recovery, reduction in potential muscle damage and help build muscle between workouts and events. In conclusion: This will lead you to your ultimate success better sports and fitness performance through the proper use of antioxidant resources. Antioxidants are key to a championship performance.

ANTIOXIDANT RICH FOODS

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

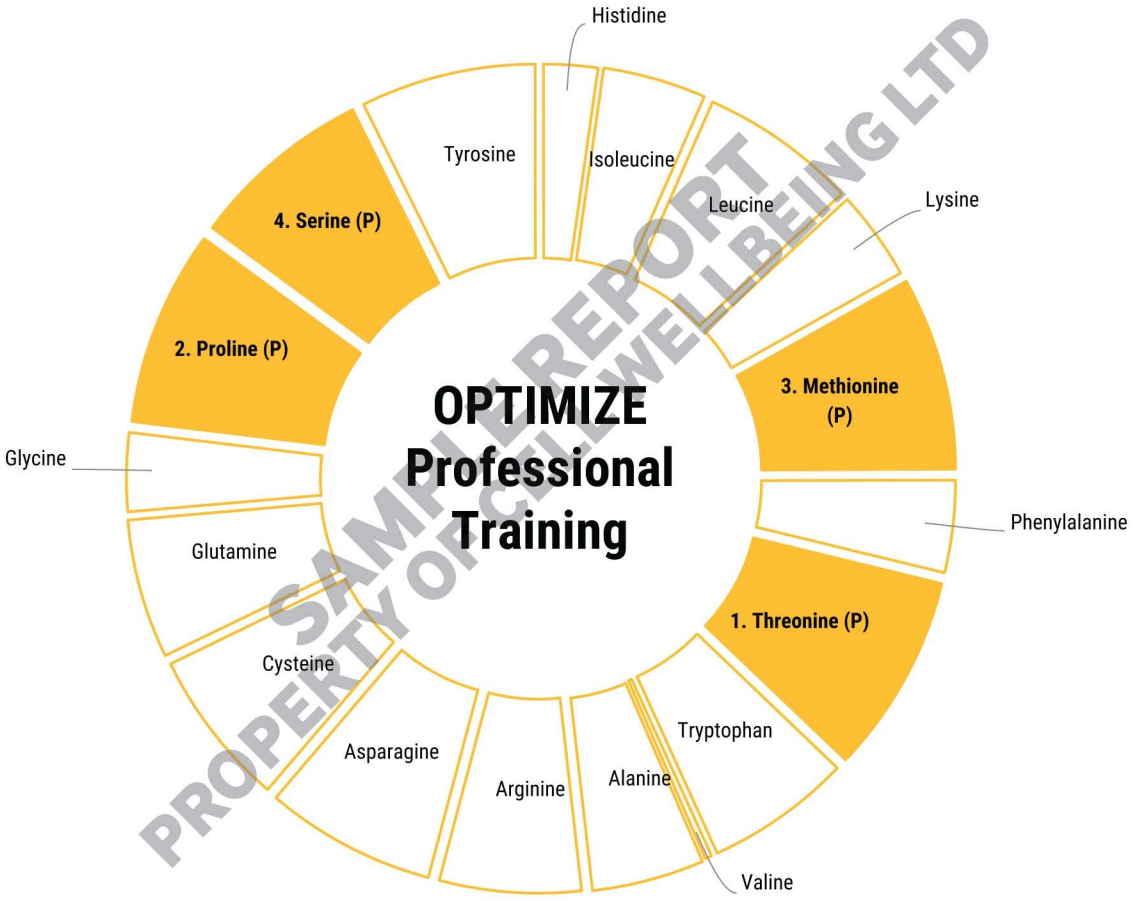
**There are many other foods but these are some of the common examples.*

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AMINO ACIDS INDICATORS





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CATEGORY INDICATOR CHART

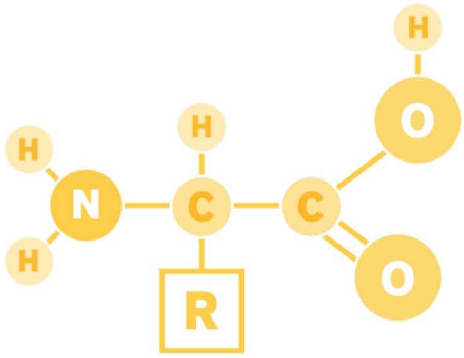
The above chart provides you with an overview of the Amino Acids indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your nutritional regime.

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AMINO ACIDS

ABOUT AMINO ACIDS





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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.

Athletes and Fitness participants have long realized that the proper nutritional balance, may it be from foods and or nutritional supplementation are absolutely necessary to improve sports and fitness performance and recovery. To properly assess whether a certain nutritional approach might actually benefit performance, exercise physiologists, biochemists and all types of nutritional professionals have committed substantial time and research to the study of the body's nutrient needs and the nutrient stores of athletes and all types of fitness participants.

AMINO ACIDS ROLE IN TRAINING SUPPORT

These resources also support the building blocks of overall muscle proteins, energy sourcing for skeletal muscle support for endurance exercise and endurance sports performance. Ultimately these resources are the support, repair and recovery system for the rigors of a sports and fitness lifestyle. The proper understanding and use of this information will be key to achieving peak athletic and overall fitness performance.

This has led to a proliferation of useful ergogenic (stamina, performance and recovery) supplements. There are a few categories of nutritional ergogenic resources: In Conclusion: In our assessment and research process we were able to ascertain the proper support and direction that participants should take as they enhance their knowledge and put into focus the right programming they need to support the proper Amino Acid protocols for the best peak performance results.

AMINO ACID RICH FOODS

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

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ENVIRONMENTAL CHALLENGE INDICATORS

Priority - Reduce Load





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Category Indicator Chart

The above chart provides you with an overview of the Toxins indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your nutritional food regime.

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ENVIRONMENTAL CHALLENGES

ABOUT CLEANSING FOODS



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.

To help support and maintain a clean and optimized system, we require foods which support this process.

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There are many foods which can support your body's daily cleansing needs and which will help to maintain the systems at their optimum function. Typical cleaning foods are green foods, wholefoods, nuts, seeds and herbs. But there are many and it's important to get good selection of different foods which have this ability into your nutritional food intake.

BALANCING ENVIRONMENTAL EXPOSURES

The body has systems which are designed to help it cleanse itself of accumulated waste. Certain foods can support the systems which carry out this function and ensure that they do not get over burdened. You have organs and systems which can assist with your help. You need a wide variety of foods to help support and maintain the myriad of underlying cleansing mechanisms which will in turn support optimized Wellness.

CLEANSING FOODS

- Beets
- Sweet Potatoes
- Lemon
- Green Leafy Vegetables
- Apple
- Garlic
- Onions
- Nuts and seeds
- Probiotics

If there are foods recommended for you, see the tables on page 28.

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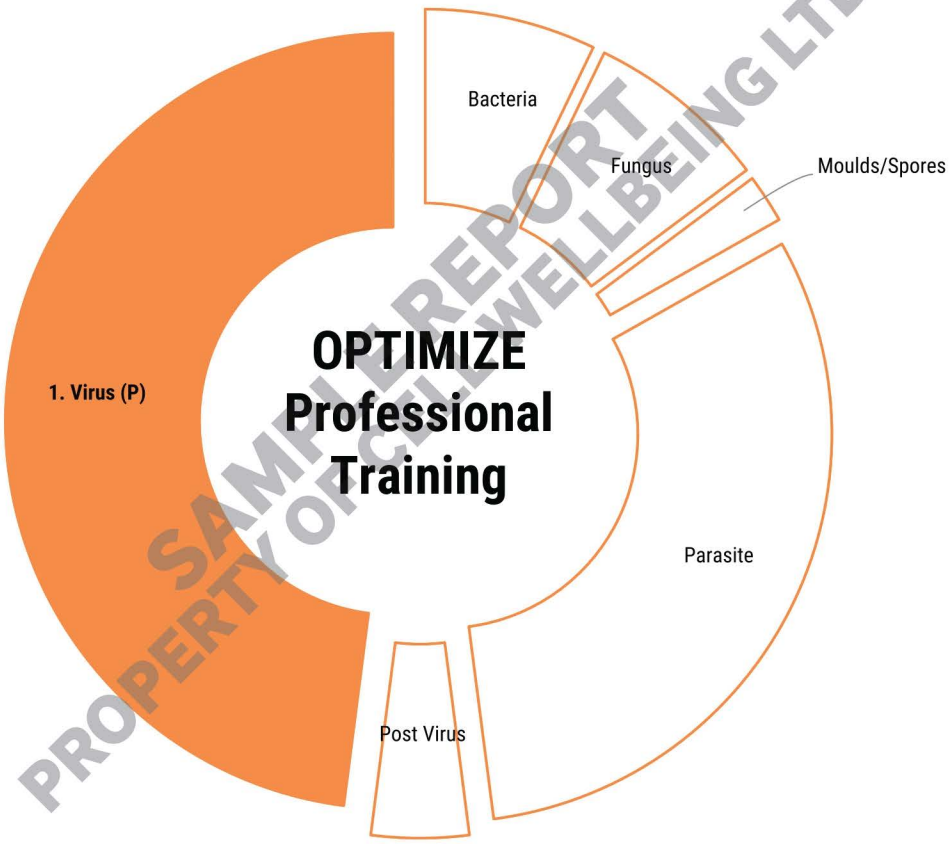
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RESISTANCE INDICATORS



Priority - Reduce Load

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Category Indicator Chart

The above chart provides you with an overview of the Microbiology indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your nutritional food regime.

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RESISTANCE FOODS

ABOUT RESISTANCE FOODS



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.

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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 FOODS

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

For specific foods that maybe recommended for you see page 28.

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INTERFERENCE INDICATORS



Priority - Reduce Exposure



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CATEGORY INDICATOR CHART

The above chart provides you with an overview of the EMF and ELF indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are considered items which you might wish to address through your nutritional regime.

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INTERFERENCE INDICATORS

ABOUT ELECTROMAGNETIC FREQUENCIES & EXTREMELY LOW FREQUENCIES





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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 EM radiation like visible light or ultraviolet, even the body and its cells have a very weak EM field. Modern forms of EM radiation appear not to be very compatible with the body's own EM fields and this is starting to create health concerns.

You're Sports and Fitness body is under a constant barrage of EMF and ELF frequencies. An Athlete or exercise participant has what we call the dual threat which is the constant inflammatory state the bodies are subjected to. During regular exercise and sports performance and the amplified stress of EMF and ELF frequencies that add that dual compound affect. The physical body is becoming stressed now in ways we can directly measure and suggest directions to a peak performance state.

WHY PROFESSIONAL TRAINING PARTICIPANTS SHOULD REDUCE INTERFERENCE EFFECTS

Sports and Fitness participants are no different than any other person. A lot of these EMF and ELF frequencies passing through us are creating an enormous irritation in our limbic brain. The brain perceives the threat to its very survival so it responds by supporting a negative adrenal response. Due to the dual threat scenario, all athletes and exercise participants are already stressing their adrenals; a large percentage of fitness and sports participants may already be in over training mode to begin with. This EMF and ELF environment has proven to be a triggering effect that could amplify and may assist in causing over- training syndrome. This syndrome affects a large portion of the sports and fitness training world. In conclusion the good news is that we are all EMF beings and we were created as humans to have the capacity to ground EMF frequency in our environment due to the electrical conductivity of our amazing bodies. All living systems are based in electromagnetic energy, every cell in your body is creating an electromagnetic field. However, the problem is that every athlete and fitness participant encounters a plethora of frequencies on many different spectrums that the human body has never encountered before. Do your best to avoid as much exposure to all known frequencies because as of now, we do not have the science available to comprehensively protect the human body.

FOODS FOR SUPPORT

- Green leafy vegetables
- Asparagus
- Broccoli
- Cabbage
- Tofu
- Sesame
- Poppy Seed
- Flax seed
- Walnut
- Pumpkin seeds
- Salmon
- Mackerel
- Curcumin

**There are many other sources but these are some of the common examples.*

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FOOD ADJUSTMENTS

WARNING – THIS IS NOT A FOOD ALLERGY TEST.
The foods listed here should be avoided for the next 90-days only. ALL KNOWN ALLERGIES must continue to be avoided at all times.

ABOUT FOOD ADJUSTMENT

Most of the details in this report are about foods which you should increase in your daily dietary intake. That's because foods support and maintain all of the key functions of the body in relation to wellness and sports and fitness performance.

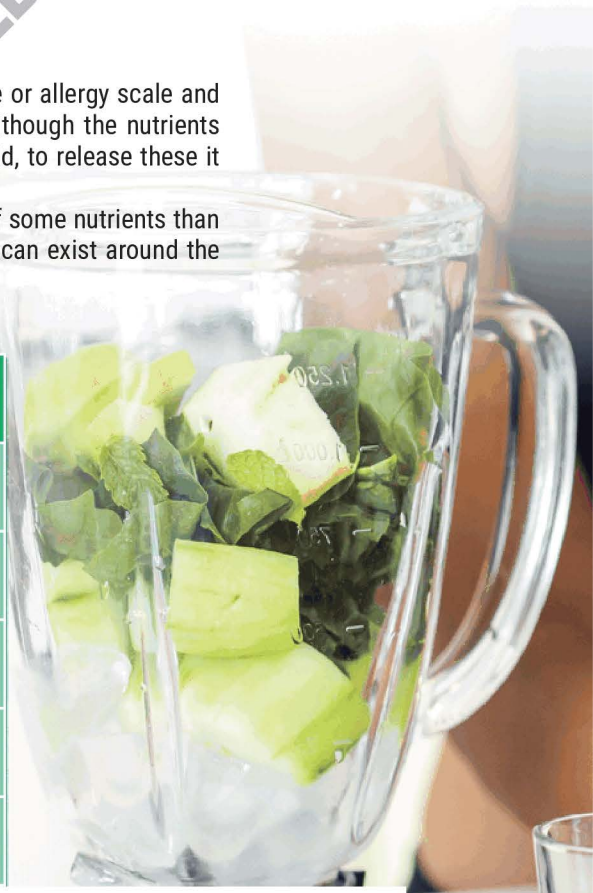
There are foods which should equally be avoided as they have the ability to have the reverse impact on us from time to time. This can be because we lack the ability to properly digest them or that we are getting too much of certain foods and creating imbalances in nutrient intake.
Brushing up on the facts, learning all you can about your food is often the key to staying safe and living well. After all we are what we eat – better still we are what we absorb!

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ADJUSTING FOODS

Foods that should be adjusted are not normally found on the typical intolerance or allergy scale and there may be no immediate signs that they not supporting normal function. Although the nutrients they contain maybe valuable, when the body takes more resources then it should, to release these it puts the body into an energy deficit.
We are creatures of 'eating' habit and that means that we will be getting more of some nutrients than others and we need to re-balance our intake and reduce the energy deficit that can exist around the foods we eat.

Foods Restrictions	
Alcohol	Garlic
Poppy Seeds	Coffee
Eggs	Pecans
Chili Pepper	Dates
Corn	Grapes, green



The food indicators list is from the signature wave intensity measurement and NOT a physical intolerance or allergy. Please continue to avoid foods that you know physically affect you. Please avoid these foods in RED for a 90 day period.

Any indication in this report of an underlying food sensitivity does not relate to physical food Allergies. For allergy advice seek a medical professional. If you know you are ALLERGIC to foods, you must always avoid them.

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FOOD ADDITIVE AVOIDANCE ROLE IN PROFESSIONAL TRAINING

Consider - Avoidance Recommended

Food Additives Indicators	
E 966 Lactite	E 472 e Mono- and diacetyltartaric acid esters
E 406 Agar	E 481 Sodium stearoyl-2-lactylate
E 415 Xanthan gum	E 402 Potassium alginate, Alginate
E 306 Natural tocopherols (Vitamin E)	E 407 a Eucheuma algae, treated
E 171 Titanium dioxide	E 340 Monopotassium phosphate, Dipotassium p. Tripotassium p.

An athletic person is no different than any other human when it comes to their overall health, the best choices will always lead to a healthier result. However, a poor choice for a sports and fitness participant will almost guarantee that he or she will have poor performance in their individual sports and fitness endeavors.
Therefore, the proper understanding of how food additives affect performance is crucial in reaching optimal sports and fitness peak performance. Here are some of the important food additive avoidances that we recommend. You must know that beyond reading labels on products you must understand and be able to choose the best resources for an optimal health or peak performance.
Here are some of the food additive avoidances we recommend:

1. **High Fructose Corn Syrup (HFCS)** It has been implicated in affecting poor cardiovascular response, poor blood sugar management and body fat gain. Unfortunately, it is found in many popular sports performance drinks, energy drinks and energy bars.
2. **Aspartame**: An unsafe however very popular food additive, considered to be an "excitotoxin, regular use of this substance may distort a brains cellular function and affect neurotransmitters. At the minimal this substance may lead to poor focus, cloudy cognitive function and brain fog that will adversely affect a peak performance state.
3. **Monosodium Glutamate**: This is a hydrolyzed protein, it is in many energy bars and protein supplements, such as whey protein isolates or textured proteins. This is utilized to fool the tongue into thinking these bars and shakes have a better taste profile than they may have.
4. **Artificial Colors**: They may cause false involuntary physical responses and hyperactivity during sports and fitness performance. These artificial colorings are found in many sports, energy and protein drinks. As well as nutrition and energy bars and many consumable sports and fitness supplements.

In conclusion the best way to achieve good health and peak sports performance is to avoid these unhealthy ingredients, as well as all of the additive indicators that appear in your personalize sports and fitness epigenetic assessment results. Please note: Always read your food and supplement labels and as a helpful baseline and try to follow the USA FDA GRAS list. This stands for Generally Recognized as Safe: This is a USA /FDA designation that a chemical and or a substance added to a food is recognized as safe. This information has been provided so you may understand and be able to navigate food additives, so you may achieve peak sports and fitness performance in the best health.

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The above list provides you with an overview of the food additives avoidance indicators for the client named in this report. It is recommended that the foods additives listed are avoided for the foreseeable future (minimum 90-day period).

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90 DAY PERSONAL TRAINING SUPPORT PLAN
THIS REPORT IS ONLY VALID FOR THE NEXT 90-DAYS

Your next Optimize Report date is:

Book today with your provider at:

Phone:

Email:

With any regime change that supports wellness or performance, it is most beneficial to follow a course of reports.
Being optimized means staying in alignment with your epigenetic environment and adjusting your food and nutrient intake to meet your changing needs over time. We recommend that you do this every 90-days as this is a natural cycle the body follows. Don't miss out and book your next report now based on the above date.

Step 1

START Day 1

The first and simplest step to nutritional foods optimization for peak sports and fitness results is to avoid foods which may not be supporting the body's peak sports and fitness nutritional needs. Dealing with foods like these can deplete your body's energy needs and may reduce absorption of key nutrients which are necessary to support and maintain peak sports and fitness functions. See the table provided below for foods that you should consider reducing and or avoiding for the next 90 days during your sports and fitness nutrition training cycle.

Alcohol	Poppy Seeds	Eggs	Chili Pepper	Corn
Garlic	Coffee	Pecans	Dates	Grapes, green

Step 2

START Day 1

The second step on your journey through your nutritional food optimization to help you achieve peak sports and fitness results is to ensure that your environment is one that supports peak performance outcomes. By not placing yourself into a less than optimal environment you will not have to add additional resources, such as useless sports supplements or any artificial means of performance enhancements that your body may not be able to process and support.
By utilizing these links below you will have access to key information which can help you understand what additional sports and fitness lifestyle changes that may be necessary and or any additional resources you must consider to assist you in achieving peak sports and fitness performance.

CLICK Here for more EMF/ELF Information

CLICK Here for more Toxins Information

CLICK Here for more Food Additives Information

Step 3

START Day 1

The third step in the peak sports and fitness optimization process is to make sure that you are able to get enough nutrients from the foods that you are consuming to completely support and maintain your peak performance sports and fitness body. By introducing a quality systemic enzyme it will help you breakdown, absorb and deliver key nutrients that can be readily released in resourcing energy metabolism and the body's natural repair mechanisms.
Another key component to assist in the body's peak performance optimization is a quality probiotic. This may further assist you in efficiently resourcing the body's needs to digest, absorb, regulate key functions and ultimately repair so that it can regenerate rapidly and repeat the daily functions and training that is necessary for peak sports and fitness performance.

Step 4

START Day 1

The fourth step in achieving the ultimate optimized peak performance state is to make sure the quality of your drinking water will support your body's peak performance sports and fitness needs. During sports and fitness performance your body has a very important need for proper cellular hydration and efficient cellular waste removal. During peak performance training the use of the best hydration resource is clean drinking water that is what the body requires, not sports drinks with additives, not enhanced supplement waters that are full of use less toxins. Even the use of tap water can be full of toxins in our municipal water supplies. Your body will reject these resources in the form of low oxygen saturation, cramping and aggressive lactic acid fatigue during active performance. To avoid this scenario you have to have a quality water resource such as steam distilled water that will replenish and hydrate on a cellular level. As distilled water travels through the body that is made up of over 70% water, it will absorb inorganic materials, toxins that have built up in the joints and organs and flush them out of your body. Ultimately your body will feel lighter and more energized; it will help sharpen mental focus and performance. Improve oxygen delivery, help transport and increase key nutrient delivery mechanisms. This is exactly what is needed to help in achieving peak sports and fitness performance.

Step 5

START Day 1

The fifth and final step in your plan to optimize and reach your peak sports and fitness objectives is to make clear and certain that you maintain a strong dietary intake of foods that will help address the priority and advisory nutritional indicators highlighted in your report. In review of all recommendations in steps one through four, it also important that the use of support catalysts such as systemic enzymes, probiotics and steam distilled water to help the body balance and repair itself. Once the body is balanced and is absorbing the key nutrients and cellular resources, you will be able cleanse effectively and be able to resist certain negative epigenetic influences and better retain all the positive epigenetic influences. Then you are well on your way to an optimized peak performance sports and fitness lifestyle.

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90 DAY PERSONAL FOOD SUPPORT PLAN

PLEASE EXCLUDE THE FOODS TO AVOID ON PAGE 23, FROM THE RECOMMENDED FOODS BELOW

Optimize Indicator (STEP 5 - Nutrition)	Suggested Food Sources Day 1-90 (introduce as many foods as you can, at least 2 for each indicator)
Threonine	Meats, dairy products, eggs, wheat germ, nuts, beans, almonds, chickpeas
Proline	Spirulina, cheese, rye, wheat germ, chicken, lamb, beef, dairy products, eggs
Methionine	Spirulina, cheese, beef, lamb, chicken, tuna, sardines, sunflower seeds, garlic, onion, egg yolks and sarsaparilla
Serine	Meats, dairy products, Spirulina, lentil, kidney beans, mung beans, tuna, chicken, beef, cheese, wheat gluten, peanuts, soy
Arachidonic Acid - 6 (AA)	Chicken, turkey, eggs, beef, halibut, salmon
Alpha-Linolenic Acid - 3 (ALA)	Walnuts, flax seeds, beef, lamb, butter, milk, cheese (full fat)
Zinc	Chicken, beans, nuts, oysters, beef, lamb, pecan nuts, pine nuts, pumpkin seeds, whole grains
Potassium	Fish, fruit, legumes, vegetables, whole grains, apricots, avocados, bananas, lima beans, brown rice, dates, figs, garlic, nuts, spinach, yams, nettle, sage
Polyphenols	Fruit, tea, red wine, green apples, apricots, blackberries, cranberries, mangoes, cloves, star anise, blackrurrant, capers, black olives, dark chocolate
Sulforaphane	Broccoli and broccoli sprouts, cauliflower, cabbage, cress, bok choy, brussels sprouts
Superoxide Dismutase	Wheat, barley grass, wheat grass, broccoli, brussels sprouts, cabbage, cantaloupe melon

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If you find adding the suggested foods to your diet difficult, then you can choose to supplement your diet with nutritional supplements. Supplementation is not a replacement for eating a balanced and healthy diet but can be a way of helping to increase your intake of specific nutrients or nutrient groups. When taking supplements for toxin and microbiological support you should seek the advice of a qualified health professional who can advise you on the products and processes involved.

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90 DAY PERSONAL FOOD SUPPORT PLAN

PLEASE EXCLUDE THE FOODS TO AVOID ON PAGE 23, FROM THE RECOMMENDED FOODS BELOW

Optimize Indicator (STEP 6 - Cleansing and Resistance)	Indicator	Suggested Food Sources Day 60-90 (introduce as many foods as you can, at least 2 for each indicator)
Resistance Foods	Virus	Elderberry, green tea, garlic, fermented foods, green leafy vegetables, ginger, broccoli, aloe vera, pineapple
Environmental Foods	Chemicals and Hydrocarbons	Pectin foods – (apples, bananas, grapes, carrots, cabbage - all organic), Cilantro, wheatgrass, barley grass, chlorella, avocado, asparagus, fresh fruits/veg (organic), Greens, Beets, Probiotics wholefoods

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Optimize Indicator (STEP 5 - Interference)	Suggested Food/Supplement Sources
Interference (Calcium Day 1-90)	Salmon, sardines, dark green leafy vegetables, almonds, asparagus, blackstrap molasses, brewer's yeast, broccoli, cabbage, carob, kale, mustard greens, figs, tofu, watercress, chickweed, chicory, flaxseed, kelp, parsley, sesame, poppy seed
Interference (Water Day 1-90)	Good quality drinking water for cell optimization. (Avoid tap water, plastic bottled water or water of an unknown source)
Interference (Essential Fatty Acids Day 1-90)	Salmon, mackerel, sardines, herring, trout, flax seed, walnut, pumpkin seeds, hemp seeds, soy bean

If you find adding the suggested foods to your diet difficult, then you can choose to supplement your diet with nutritional supplements. Supplementation is not a replacement for eating a balanced and healthy diet but can be a way of helping to increase your intake of specific nutrients or nutrient groups. When taking supplements for toxin and microbiological support you should seek the advice of a qualified health professional who can advise you on the products and processes involved.

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PROFESSIONAL TRAINING OPTIMIZED NUTRITION IS THE KEY TO PEAK PERFORMANCE



WHAT NUTRITION DOES FOR YOUR BODY...

- **Powers** up all the body's processes
- Boosts the body's **immune** system
- Helps to **eliminate toxins** from your body
- Assists in maintaining optimal **body mass**
- Promotes optimal **cardiovascular** response
- Enhances the body's ability to achieve **better sleep**
- Ultimately increasing the body's capacity to achieve **peak performance**

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What could be stopping you from reaching your PROFESSIONAL TRAINING 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.

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IT'S NOW TIME TO OPTIMIZE YOUR PROFESSIONAL TRAINING GOALS TO ACHIVE PEAK PERFORMANCE!

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Thank You for investing your time and resources to get your Optimize Professional Training game plan.

Empower yourself today to take the NEXT step in your quest in achieving optimal peak performance. Let's do this!

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