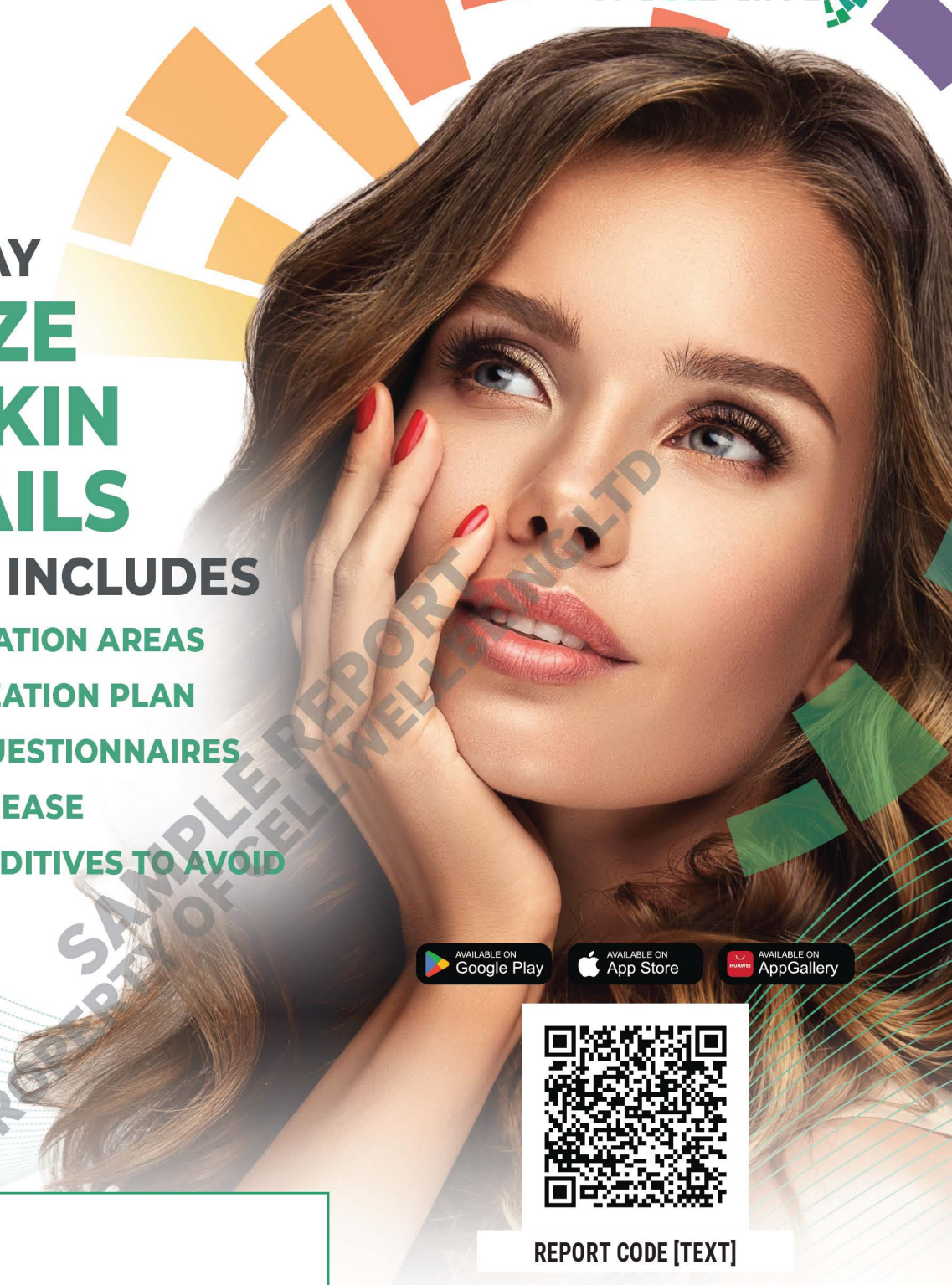
EPIGENETICALLY MAPPED IN GERMANY

CELL WELLBEING™

YOUR 90-DAY OPTIMIZE HAIR, SKIN AND NAILS

YOUR PLAN INCLUDES

- 11 KEY OPTIMIZATION AREAS
- 6 STEP OPTIMIZATION PLAN
- SELF-CHECK QUESTIONNAIRES
- FOODS TO INCREASE
- FOODS AND ADDITIVES TO AVOID



SAMPLE REPORT
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AVAILABLE ON Google Play | AVAILABLE ON App Store | AVAILABLE ON AppGallery

REPORT CODE [TEXT]

This plan created for:

This plan created by:

cell-wellbeing.com

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 HAIR, SKIN AND NAILS REPORT

INTRODUCTION

Welcome to your personalized Optimize Hair, Skin and Nails Plan.

As an internationally recognized educator and creator of extensive programs for both physicians and patients, I continue to see hair, skin and nails changing for people at younger and younger ages.

For the purposes of your program, it's important to know that your body is supported and maintained by the foundational nutritional atmosphere you create. This includes the food you do or do not eat, along with your lifestyle. This foundation plays a key role in the physiology of the body and can vary according to personal epigenetic influences.

To support your youthful self, it is important to ensure all internal and external processes are working in harmony and at their optimal levels.

Your Optimize Hair, Skin and Nails Plan is also designed to highlight many of the common environmental influences that can have an effect on the health, look and feel of your hair, skin and nails. Additionally, this plan will guide your specific food choices with a 90-Day Program to radiate a more youthful you.

Optimization is an awakening process, whereby you become aware of the impact your food choices and the environment have on your body and skin. The positive choices that you make allow you to become responsible for your own youthful destiny.

In 2007, I started my career in Dermatology and, in 2015, I started opening treatment centers across the country while lecturing all around the world on treating hair loss. It's been a privilege over the past 14 years to work with thousands of individual women, men, and children and, as a consequence, see their self-confidence grow and health return. Utilizing this Cell WellBeing analysis has helped catapult the progress of clients in my own practice by unveiling what truly is going on in their system.

Today, I'm just as excited to be a part of Optimize Hair, Skin, and Nails program and to watch you walk into your youthful journey. We hope that you enjoy the results of your Optimize Hair, Skin and Nails plan.

Carly Klein

Carly Klein
President and CEO of National Hair loss (USA)

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The Integumentary System consists of the skin, hair, nails and exocrine glands.

Healthy hair, skin and nails are a general sign of wellbeing. Having adequate nutrients in the diet and avoiding harmful environmental elements can play a pivotal role in the appearance of the hair, skin and nails which are interconnected through the body's own Integumentary System.
Each of these systems are supported by various nutrients, however, it is vital to obtain the correct balance. The chart below indicates those nutrients that are important in optimizing the beauty and vitality of the hair, skin and nails. The items highlighted are those requiring support in the form of increased nutrients and the addressing and elimination of environmental exposures.
The Integumentary System Support Indicator table below highlights in green various indicators that may help to optimize your Hair Skin and Nail system. The table is not intended to be a diagnosis of any issue or condition. If you are concerned about your wellbeing, you should consult your physician before starting a new nutritional or lifestyle / exercise regime.

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Vitamins Markers	Vitamin A1	Vitamin B1	Vitamin B2	1	15+ Total Value High Support
	Vitamin B3	Vitamin B5	Vitamin B6		
	Vitamin B9	Vitamin B12	Vitamin C		
	Vitamin D3	Vitamin E	Vitamin K1		
	Vitamin K2	Biotin	Inositol		
Minerals Markers	Iodine	Iron	Selenium	3	8-14 Total Value Moderate Support
	Zinc	Magnesium	Calcium		
Antioxidants Markers	Vitamin C	Vitamin E	Alpha Lipoic Acid	1	
	Co-Enzyme Q10				
Fatty Acids Markers	Alpha-Linolenic Acid - 3 (ALA)	Arachidonic Acid - 6 (AA)	Eicosapentaenoic Acid - 3 (EPA)	0	
	Oleic Acid - 9	Gamma Linoleic Acid - 6 (GLA)			
Amino Acids	Arginine	Cysteine	Lysine	0	1-7 Total Value Maintenance Support
	Methionine	Taurine			
Environmental Stressors	Radiation	Toxic Metals	Chemicals and Hydrocarbons	0	
	EMF/ELFs	Bacteria	Moulds/Spores		
			Total Value	5	

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HAIR OPTIMIZATION

Healthy Hair, Skin and Nails are an outward sign that our internal systems are operating at an optimal level. Genes play a role in our hair type, sustainability and volume, though we can control some elements of our hair outlook with proper nutrition and by controlling unwanted environmental exposures.

Ensuring that we maintain the correct balance of nutrients required for healthy hair is vital. We now have the ability to identify potential deficiencies and respond to those needs through the Hair, Skin and Nails personalized report.

• Hair is made of columns of tightly packed dead keratinocytes (cells that produce keratin, a type of protein)
• Hair consists of 3 major parts: the follicle, root, and shaft



SKIN OPTIMIZATION

Skin needs the right balance of nutrients to maintain its glow. Your skin is the body largest organ and acts as a barrier that protects the rest of your body from environmental elements. A balanced nutritional food intake helps support and feed the skin which helps keep your skin to look young and age well.

Your body's turns the proteins you eat into building blocks called amino acids and reuses them to make other proteins, including the collagen and keratin that form the structure of skin. Amino acids are also known to help replace old skin cells. These, together with other vital nutrients, support the overall health and appearance of our skin.

• The skin consists of three layers: the epidermis, dermis, and subcutaneous tissue, with the epidermis on the outer surface and the subcutaneous tissue being the deepest
• The skin functions to protect the body from the exterior environment



NAIL OPTIMIZATION

Whether you realize it or not, nail health can be a pretty strong indicator of your overall wellbeing. A balanced variety of nutrients in food can support your nails and even help to take them from being dry and brittle, to looking vital and strong.

The nail body is formed on the nail bed and protects the tips of our fingers and toes as they are the farthest extremities of the body. Our nails often experience the maximum mechanical stress in our daily lives, so giving them the nutritional support they need is important for appearance but also to protect our fingers and toes!

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THIS REPORT IS ONLY VALID FOR THE NEXT 90-DAYS

Your next Optimize Report date is:

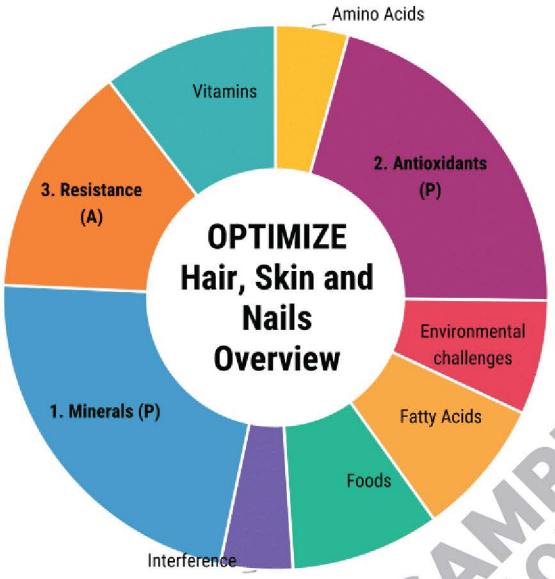
Book today with your provider at:

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.

KEY OPTIMIZATION OVERVIEW



Foods to Avoid Summary	
Yams	Avocado
Cherry, red	Peppers, green
Currants	Cod
Turkey	Wild Rice
Walnut	Chili Pepper
For full food avoid indicators see table on page 22.	

Additives to Avoid Summary	
E 219 Sodium methyl-para-hydroxybenzoate (PHB-Ester)	E 405 Propylene glycol alginate, Alginate
E 413 Tragacanth	E 327 Calcium lactate (salts from lactic acid)
E 334 tartaric acid (L+), tartaric acid	E 472 f Mixed acetic and tartaric acid esters
E 492 Sorbitan tristearate	E 476 Polyglycerol polyricinoleate
E 212 Potassium benzoate, benzoic acid	E 628 Dipotassium guanylate, Guanylate
For further information on food additives see page 23	

SAMPLE REPORT
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Category	Indicator	Information
Minerals	Iron. Calcium. Iodine. Boron	For full Results see page 8. For food sources see pages 9 and 25
Antioxidants	Phytoestrogen. Superoxide Dismutase. Flavonoids. Alpha Lipoic Acid	For full Results see page 12. For food sources see pages 13 and 25
Resistance	Virus. Fungus	For full Results see page 18. For food sources see pages 19 and 26
Foods	Please refer to the foods tables on page 25 and 26 of the plan.	For full Results see page 22.
Additives to Avoid	Please refer to the food additives table and link on page 23.	For full Results see page 23.

The Key Indicators Chart

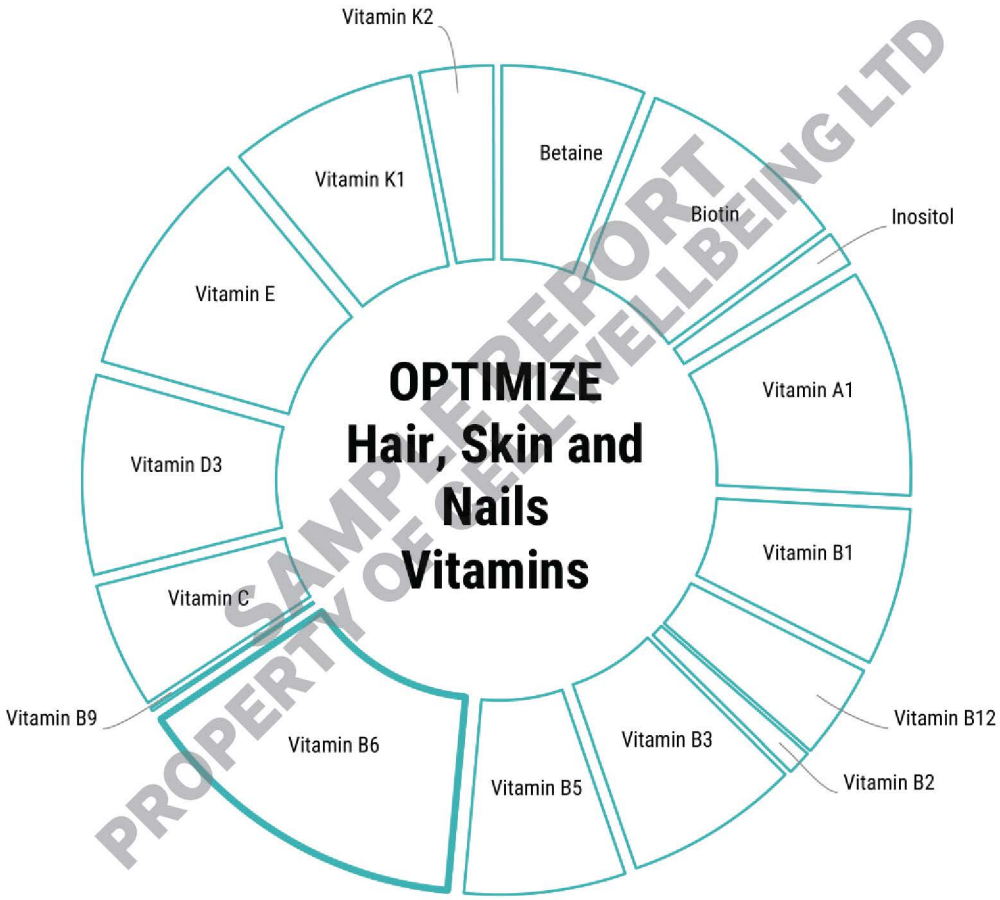
The larger the segment in the chart, the higher the epigenetic relevancy indicator, which means the item is more of a **Priority** for you to address. Lesser items are marked **Advisory** or **Consider** and no indication means low relevance. These are indicators of underlying issues, which you should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

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VITAMINS INDICATORS

Consider - Increase Intake





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Category Indicator Chart

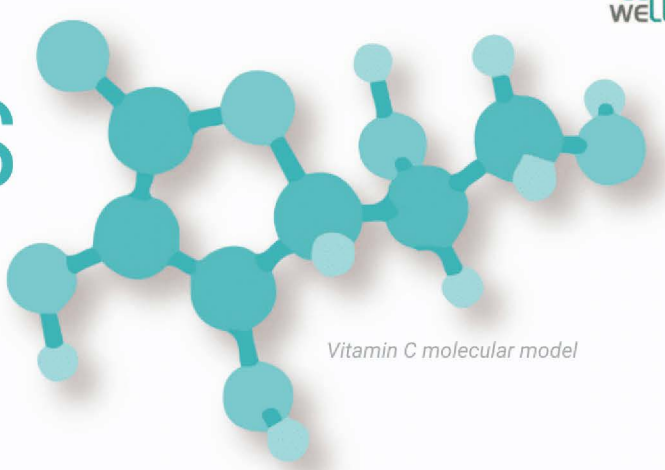
The above chart provides you with an overview of the Vitamins indicators which are specific to you. If this category is marked with a (Priority, Advisory or Consider), then these are items which you might wish to address through your nutritional food regime.

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VITAMINS

ABOUT VITAMINS



Vitamin C molecular model

Vitamins play a critical role in supporting our overall health. Often, signs of vitamin deficiencies may include such things as brittle hair or nails, dry scalp or dandruff, hair loss and uneven skin texture.

Consuming foods rich in vitamins will ensure proper hair and nail growth, as well as an improved structure of the skin, reduced dryness and improved elasticity and can help prevent premature aging of the skin.

SAMPLE REPORT
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HOW VITAMINS SUPPORT HAIR, SKIN AND NAILS

Vitamin A: strengthens skin cells & has been shown to prevent hair loss.
Vitamin B1 & B2: nourishes hair follicle cells.
Vitamin B5: gives hair flexibility, strength, shine and reduces hair loss.
Vitamin B6: assists in preventing dry scalp.
Vitamin B9: stimulates hair growth, reduces graying.
Vitamin B12: slows down hair loss.
Vitamin C: protects hair follicles, strengthens collagen for skin, hair & nails.
Vitamin E: promotes hair growth, strengthens skin cells and elasticity.
Vitamins K1 & K2: improves skin elasticity, stimulates hair growth.
Biotin: essential in preventing hair loss & strengthens nails.
Inositol: stimulates hair and nail growth.

VITAMIN SUPPORT FOODS

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

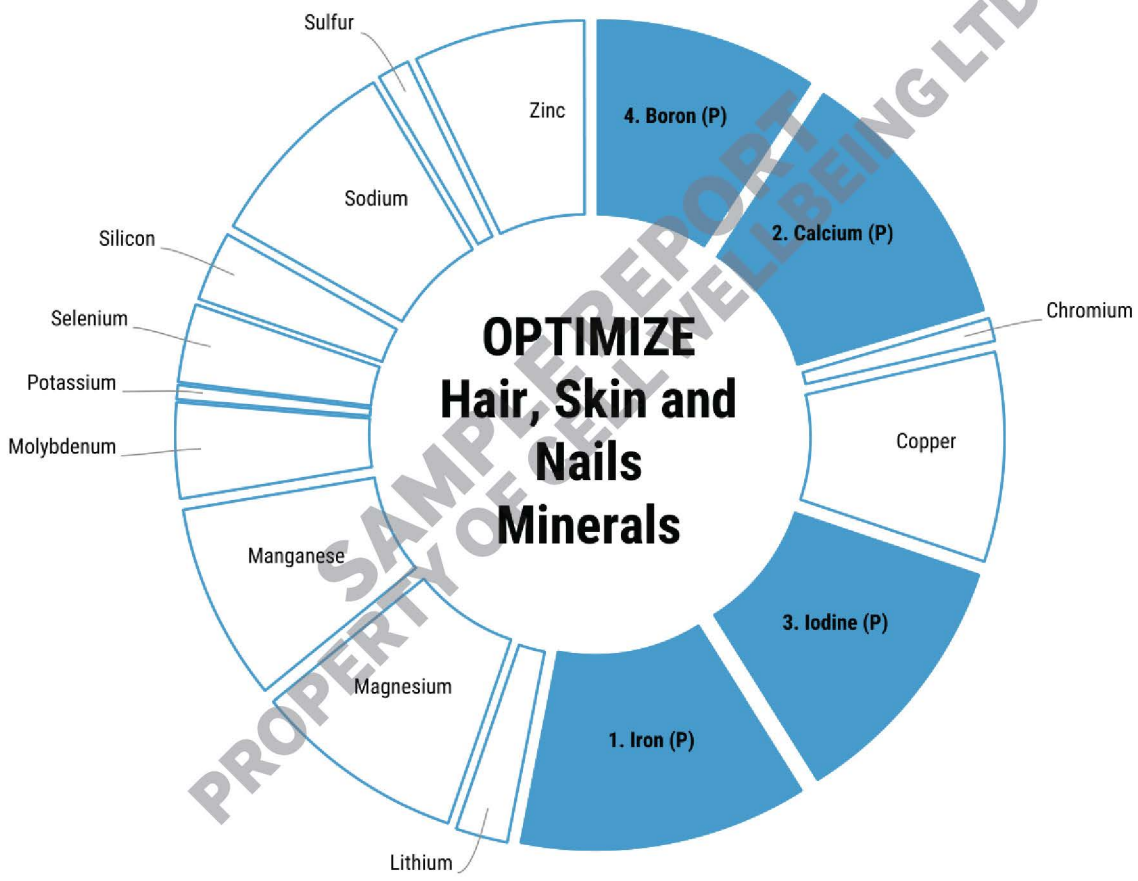
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MINERALS INDICATORS

Priority - Increase Intake





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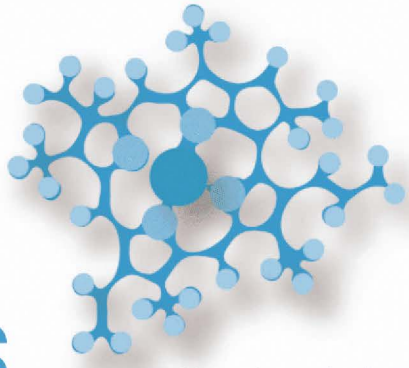
Category Indicator Chart

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 food regime.

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MINERALS



Magnesium molecular model

ABOUT MINERALS

Minerals are key nutrients that help to stabilize the cell membrane structures in our bodies. These cells are the foundation to our overall wellbeing. In addition, they affect hair growth/hair loss, along with many aspects of skin and nails health and vitality.

Many of these minerals also act as anti-oxidants in the body to reduce free radical damage that may stifle hair and nail growth or cause a multitude of skin related issues.

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HOW MINERALS SUPPORT HAIR, SKIN AND NAILS

Calcium: stimulates hair growth, nail and skin strength.

Iodine: reduces dry skin, brittle nails and splitting hair.

Iron: supports skin elasticity and hair growth.

Magnesium: creates hair growth by stimulating follicle.

Selenium: supports healthy hair, skin and nails.

Zinc: stimulates hair growth; prevents hair loss.

MINERAL SUPPORT FOODS

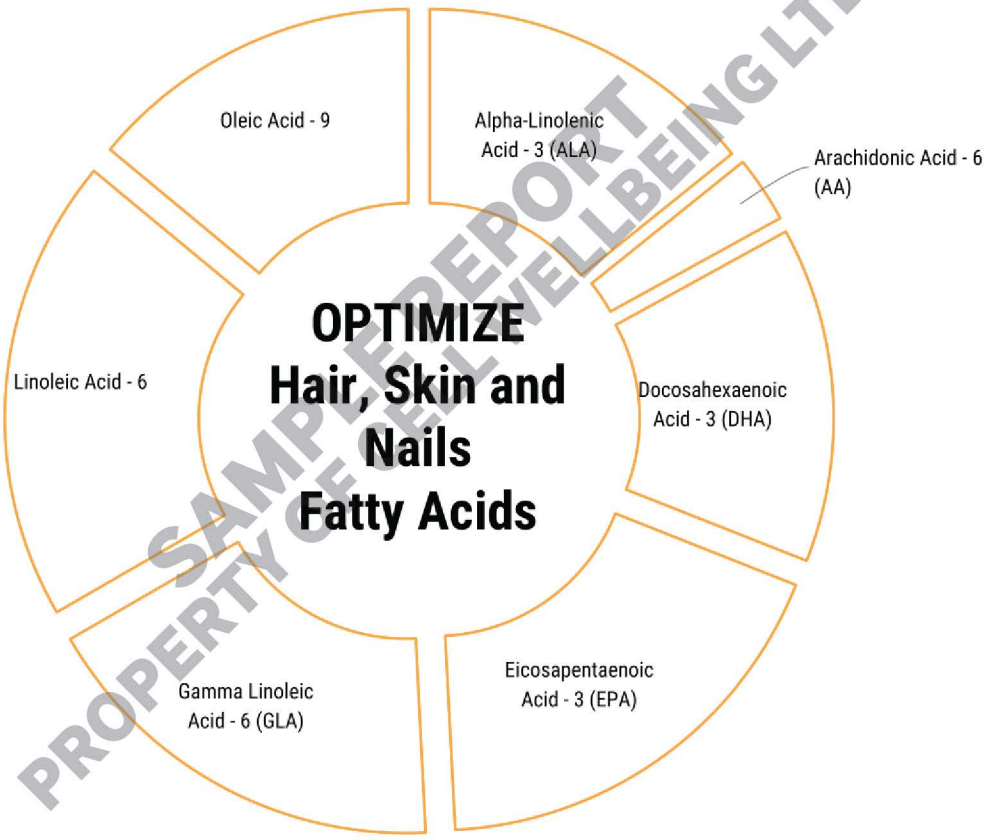
- **Green Leafy Vegetables**
- **Nuts (all)**
- **Whole Grains**
- **Fish**
- **Shellfish**
- **Broccoli**
- **Cabbage**
- **Kale**
- **Brown Rice**
- **Eggs**
- **Mushrooms**
- **Seaweed**
- **Lentils**
- **Beans**
- **Tomatoes**

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FATTY ACIDS INDICATORS





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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 food regime.

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FATTY ACIDS



Omega 3 molecular model

ABOUT FATTY ACIDS

Consuming omega fatty acids can help to improve your hair, skin and nails from the inside out.

Omegas are filled with nutrients and proteins that not only support hair growth but also improve hair density, look and texture.

Consuming a balanced range of omegas can also support the skin and nails by reducing inflammation, which is often manifested as dry, itchy skin or lack of nail growth.

Omegas also improve skin elasticity and seal in moisture, keeping skin soft and supple and assisting in reducing wrinkles.

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

SAMPLE REPORT
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HOW FATTY ACIDS SUPPORT HAIR, SKIN AND NAILS

Alpha Linoleic Acid: stimulates hair growth, reduces skin inflammation.
Arachidonic Acid: prevents hair loss and dry, scaly skin.
Eicosapentaenoic Acid (EPA): boosts hair growth, accelerate wound healing.
Gamma Linoleic Acid: Stimulates hair growth, reduces skin inflammation and dryness.
Oleic Acid: dry/dull skin, helps hair growth and scalp conditions.

FATTY ACID SUPPORT FOODS

Non-Vegetarian	*Vegetarian*
• Sardines	• Flaxseed
• Salmon	• Walnuts
• Shrimp	• Tofu
• Mackerel	• Hemp Seed
• Herring	
• Trout	

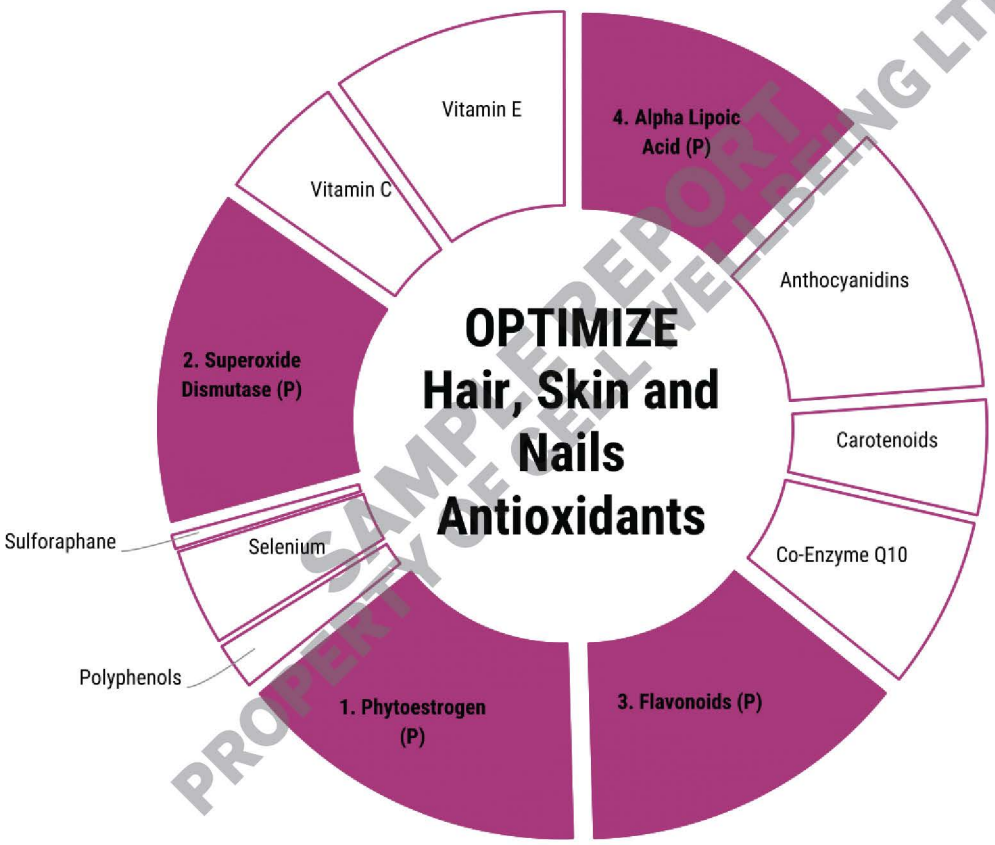
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ANTIOXIDANTS INDICATORS

Priority - Increase Intake





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Category Indicator Chart

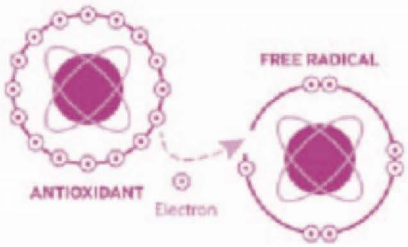
The above chart provides you with an overview of the Antioxidants indicators which are specific to you. If this category is marked with a (Priority, Advisory or Consider), then these are items which you might wish to address through your nutritional food regime.

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ANTIOXIDANTS

ABOUT ANTIOXIDANTS



Antioxidant neutralizing a free radical

Antioxidants are substances that may protect cells in your body from free radical damage that can occur from exposure to certain chemicals, smoking, EMF's and/or radiation.

Antioxidants also assist the body's own detoxification systems.

Consuming antioxidants could play a key role in supporting your hair, skin and nails by enhancing skin cell rejuvenation and collagen synthesis.

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

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HOW ANTIOXIDANTS SUPPORT HAIR, SKIN AND NAILS

Vitamin C: reduces free radical damage to skin, improves elasticity.
Vitamin E: protects against environmental exposure such as EMF's.
Alpha Lipoic Acid: impacts skin wrinkling, fine lines and hair growth.
Co-Enzyme Q10: improves circulation for hair & nails growth, supports collagen production.
Selenium: reduces scalp dryness, improves skin elasticity and nails strength.
Zinc: reduces hair loss, protects skin from UV damage, strengthens nails.

ANTIOXIDANT SUPPORT FOODS

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

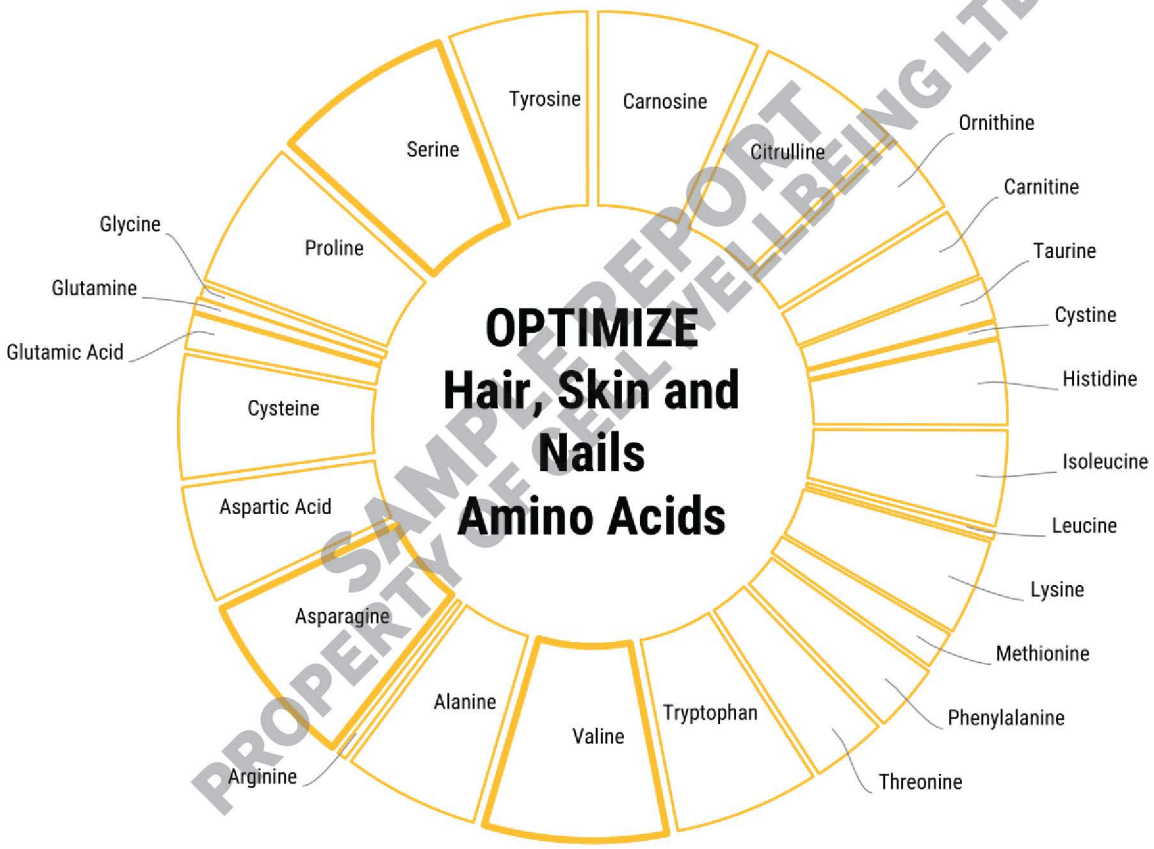
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AMINO ACIDS INDICATORS



Consider - Increase Intake



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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 food regime.

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AMINO ACIDS

ABOUT AMINO ACIDS



Amino acids found in dietary protein are the building blocks of collagen, elastin and keratin - the structural substances that make up healthy hair, skin and nails.

Hair is primarily made up of keratin which regulates its strength, volume and moisture and also prevents graying.

Amino Acids support collagen production in the skin, helping to maintain the skin's hydration, texture and overall appearance along with stimulating the strength and growth of our nails.

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HOW AMINO ACIDS SUPPORT HAIR, SKIN AND NAILS

Arginine: repairs damage to skin from UV's, promotes growth and thickness of hair.

Cysteine: impacts nail growth and strength, supports skin elasticity.

Lysine: together with Zinc, promotes collagen production for hair, skin & nails.

Methionine: improves tone and elasticity of skin, promotes healthy hair & nails.

Taurine: supports increase in keratin to help strengthen hair & nails.

AMINO ACID SUPPORT FOODS

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

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ENVIRONMENTAL CHALLENGE INDICATORS





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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 are now expose to. This requires extra support from your diet.

Toxic metals, radiation and chemicals can effect our bodies in dramatic ways and our hair, skin and nails are not immune to the impact of these environmental influences. While the true detrimental affect is on our overall health, the outward impact on our physical appearance can also be quite challenging. Identifying and ridding the body of these influences is important and consuming key nutrients may help protect the body in many ways.

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BALANCING ENVIRONMENTAL EXPOSURES

Chemicals / Hydrocarbons: may be reflected in skin rashes or irritation or scalp inflammation which could lead to dry/brittle hair and hair loss.

Toxic metals: certain metals may contribute to hair loss, some natural detox occurs through the skin which can result in rashes or irritation.

Radiation: drying to skin, nails become brittle and leads to hair thinning or loss.

CLEANSING SUPPORT FOODS

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

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RESISTANCE INDICATORS

Advisory - 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 bodies come under attack by air and water born 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 that can support our natural ability to defend against these invaders.

A number of skin syndromes can be caused by mold, bacteria, fungus and viruses which may also have an effect on our hair and nails. In most cases, these invade keratinized tissue which is the predominant protein in these systems.

While various treatments exist to remedy these issues, strengthening our natural resistance and optimizing our immunity system can assist in fighting these foreign invaders.



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KEEPING OUR RESISTANCE STRONG

Mold: may cause a deep impact on skin producing raw, sensitive and discolored skin.

Fungus or Bacteria: has been known to cause thick, cracked or discolored nails, scaly hair patches, bald spots or lesions on the skin.

Parasites: come in a variety of forms, some lead to rashes of varying forms on skin, can cause bald patches if located on scalp.

RESISTANCE SUPPORT FOODS

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

For specific foods that maybe recommended for you see page 26.

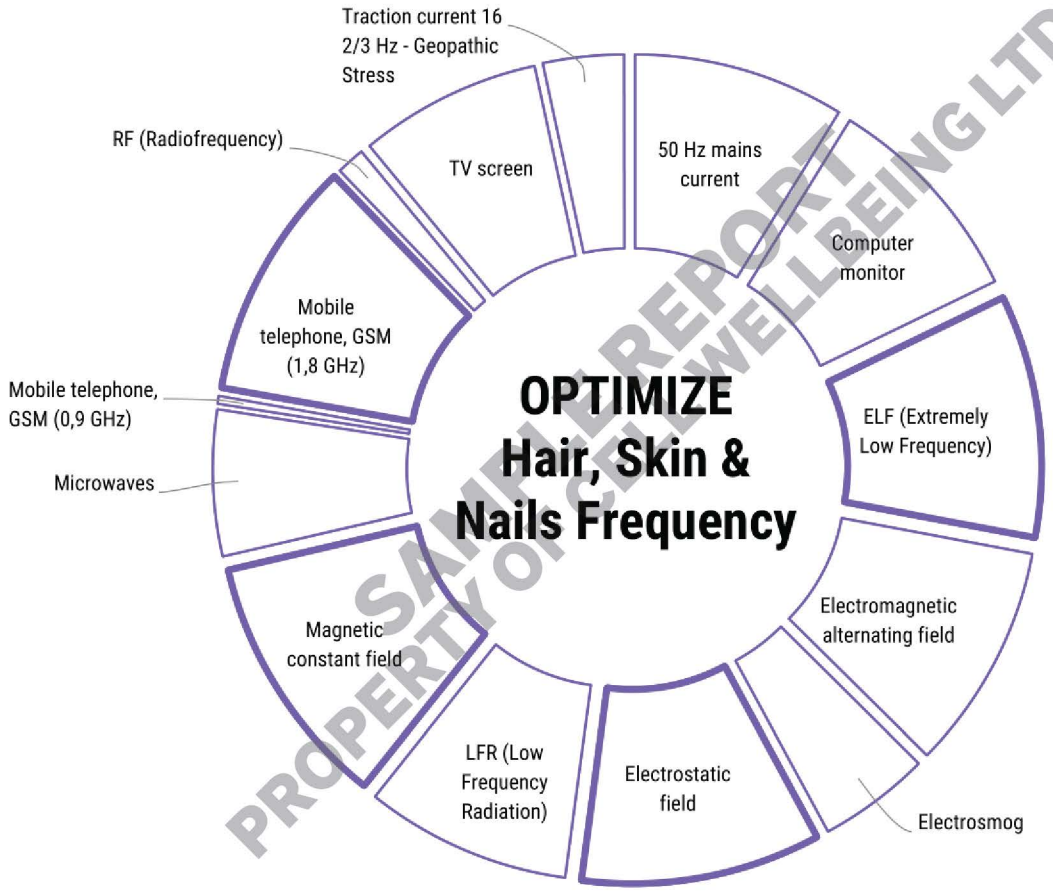
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FREQUENCY INTERFERENCE INDICATORS

Consider - Reduce Exposure





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Category Indicators Chart

The above chart provides you with an overview of the Frequency Interference 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 food regime.

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page is not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

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FREQUENCY

INTERFERENCE



ABOUT INTERFERENCE FOODS

Modern day electrical supply and technologies are largely powered by or utilize frequencies known as EMF's or ELF's. These include devices such as cell phones, computers/tablets, household appliances and other energy transmission equipment such as power lines, communication towers and more. There are also many forms of natural frequency including visible or ultra violet light which effect the body and its cells.

Man-made or modern forms of frequency appear not to be very compatible with the body's own fields and this is increasingly having potentially adverse affects on our health and wellness.

These factors can interfere with everyday communication within your body. You should be eating a wide variety of foods which can support and maintain normal function and combat these EMF exposures.

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REDUCE EXPOSURE TO FREQUENCY INTERFERENCE

EMF / ELF's: can contribute to hair loss, slow hair regrowth, cause skin damage and color changes in nails.

EMF / ELF's: may also deplete key nutrients that protect hair, skin and nails from oxidative stress.

INTERFERENCE SUPPORT FOODS

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

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page is not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

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FOOD RESTRICTIONS

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



ABOUT FOOD RESTRICTIONS

There are many different levels at which foods can affect a person, from the very mild to severe, but all have the ability to affect the wellness process. There are foods you could be eating which show NO physical signs or symptoms of being a challenge, but which are not supporting the body's needs as they take up more energy to digest than the body gets in return. This puts pressure on the entire system. Therefore, these foods are best restricted for the next 90-days.

ENERGY FLOW

When we are struggling to digest the foods we consume, the body will end up using energy from another source to digest and release key nutrients. This process leads to a compensation process within the body limiting other functions ability from being able to complete their specific cycle.

Therefore, it is important to eat foods which can support the overall status of the body and adjust for foods which might not be best in supporting and maintaining normal functions.

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FOOD RESTRICTIONS	
Yams	Avocado
Cherry, red	Peppers, green
Currants	Cod
Turkey	Wild Rice
Walnut	Chili Pepper

The food indicators list is from the epigenetic relevancy indicators and NOT a physical intolerance or allergy. Please continue to avoid foods that you know physically affect you. Please restrict these foods for a 90 day period.

Any indication in this report of an underlying food restriction 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.*** *Please refer to Food Restrictions page.*

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FOOD ADDITIVE AVOIDANCE

Consider - Avoidance Recommended

E 219 Sodium methyl-para-hydroxybenzoate (PHB-Ester)

E 405 Propylene glycol alginate, Alginate

E 413 Tragacanth

E 327 Calcium lactate (salts from lactic acid)

E 334 tartaric acid (L+), tartaric acid

E 472 f Mixed acetic and tartaric acid esters

E 492 Sorbitan tristearate

E 476 Polyglycerol polyricinoleate

E 212 Potassium benzoate, benzoic acid

E 628 Dipotassium guanylate, Guanylate

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ABOUT FOOD ADDITIVES
The best choices will always lead to optimized wellness and natural, unprocessed, home cooked food will always be best.

Therefore, the proper understanding of how food additives affect wellness is crucial in reaching your wellness goals. 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 wellness.

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 foods, 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 brain's cellular function and affect neurotransmitters. At a minimum, this substance may lead to poor focus, cloudy cognitive function and brain fog that could adversely affect a peak wellness state.
3. Monosodium Glutamate: This is a hydrolyzed protein, it is in may energy bars and protein supplement, such as whey protein isolates or textured proteins and pre-prepared foods. 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. These artificial colorings are found in many sports, energy and protein drinks and everyday foods, as well as nutrition and energy bars and many consumable sports and fitness supplements.

In conclusion, the best way to achieve optimized wellness is to avoid these unhealthy ingredients, as well as all of the additive indicators that appear in your personalize plan and listed above. This is just the tip of the iceberg and designed to bring to your attention to the issue of processed foods. Please note: Always read your food labels and as a helpful baseline, 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 to assist you in understanding more about, and navigating around food additives, helping to achieve more optimized wellness.

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 OPTIMIZE 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 easiest step to optimizing is to restrict foods which might be causing stress to your body's digestive or immune system. Dealing with some foods can drain the body's energy resources and stop the absorption of nutrients which are crucial to enzyme and metabolic function. See the table below for foods that you should restrict for a minimum of 90-days.

Yams	Cherry, red	Currants	Turkey	Walnut
Avocado	Peppers, green	Cod	Wild Rice	Chili Pepper

Step 2

START Day 1

The second step of optimization is to avoid Environmental challenges, Interference indicators and food additive, which could be compromising your enzyme function through key nutrient depletion and contributing to poor cellular expression. Use the links below to download documents which will indicate common sources of these so that you can easily avoid them.

CLICK Here for more EMF/ELF Information

CLICK Here for more Toxins Information

CLICK Here for more Food Additives Information

CLICK Here for more Gut Support Guidance

CLICK Here for more Hair Skin and Nails nutritional information

Step 3

START Day 1

Step 3 of the optimizing process is to ensure that you are absorbing enough nutrients from the foods you are eating in order to fully support all of the enzymes processes in the body. A good quality systemic enzyme can support the breakdown of foods in the stomach so that nutrients can be readily released for the body to process and use. A natural multi-strain probiotic will further assist with the breakdown and absorption of nutrients from the food you eat and ensure that the body's daily nutritional needs are supported.

Step 4

START Day 1

The next step for optimization is to ensure that the quality of your drinking water will support your body's need for hydration and waste removal and detoxing from EMFs. Water containing high levels of toxins (typical tap water) cannot be readily used by the body for its key functions. Ensure that you have a regular source of good quality drinking water and drink 1 to 2 liters daily.

Step 5

START Day 1

The next step for optimization is to increase your dietary intake of the foods which will help address the priority and advisory nutritional indicators highlighted in your report. This will help you to meet your body's nutritional needs and all around enzyme and metabolic functions, thereby supporting your wellness. See table Step 5 on page 25 for foods recommended for you.

Step 6

START Day 60

The final step of the Optimize Hair, Skin and Nails Plan is to support your body to deal with the Environmental Challenges or Resistance and Interference indicators which could be contributing to poor cellular expression and metabolic function. See the table on page 26 for the specific foods and recommendations suggested for you.

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90 DAY OPTIMIZE NUTRITION FOOD RECOMMENDATIONS

PLEASE EXCLUDE THE FOODS TO AVOID ON PAGE 22, 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)
Iron	Spirulina, kelp, pumpkin seeds, sesame seeds, cocao, brazil nuts, cashew nuts, almonds, meat, fish, poultry, lentils and beans, grains
Phytoestrogen	Nuts, Garlic, Sesame Seeds, Peaches, Cruciferous Vegetables, Tofu, Cereals, Multigrain Bread, Miso Paste, Tempeh
Calcium	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
Superoxide Dismutase	Wheat, barley grass, wheat grass, broccoli, brussels sprouts, cabbage, cantaloupe melon
Flavonoids	Apples, apricots, blueberries, pears, raspberries, strawberries, black beans, cabbage, onions, parsley
Iodine	Sea fish, shellfish, seaweed, algae, eggs, lettuce, spinach, cereals, grains, kelp
Alpha Lipoic Acid	Spinach, broccoli, sweet potatoes, potatoes, yeast, tomatoes, peas, brussels sprouts, carrots, beets, and rice bran
Boron	Tomato, apples, carrots, grapes, raisins, dark green leafy vegetables, raw nuts, pears, prunes, whole grains
Vitamin B6	Avocados, bananas, fortified cereals, walnuts, peanuts, pecans, cashews, chestnuts, hazelnuts, lentils, potatoes, salmon, shrimp, beef, potato, spinach, broccoli, sunflower seeds, tuna, brewer's yeast, green peas, wheat germ
Valine	Meats, dairy products, eggs, butter beans, chickpeas, lentils, peanuts, almonds
Serine	Meats, dairy products, Spirulina, lentil, kidney beans, mung beans, tuna, chicken, beef, cheese, wheat gluten, peanuts
Asparagine	Pineapple, orange, grapefruit, ginger, tomato, blackcurrant, Dairy, poultry, meat, eggs, Asparagus, legumes, nuts, seeds, whole grains

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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 Environmental Challenges and Resistance Indicators 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 OPTIMIZE NUTRITION FOOD RECOMMENDATIONS

PLEASE EXCLUDE THE FOODS TO AVOID ON PAGE 22, 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
Resistance Foods	Fungus	Garlic, Ginger, Onions, seaweed, pumpkin seeds, cayenne pepper

Optimize Indicator (STEP 6 – Frequency 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

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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 Environmental Challenges and Resistance Indicators 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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SELF-CHECK PROGRESS

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

DAY 1

DATE

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

TOTAL

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SELF-CHECK PROGRESS

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

DAY 30

DATE

REACTION	SCALE	1	2	3	4	5	6	7	8	9	10	SCORE
TIRED	Extremely											Never
TEMPERAMENT	Racy											Calm
A LITTLE SNAPPY	Very Bad Tempered											Placid
A LITTLE EMOTIONAL	Highly											Balanced
FOOD DOESN'T DIGEST	Uncomfortable											No Problem
SHORT TERM MEMORY	Forget Easily											Great Memory
SUGAR CRAVINGS	Love Sweets											Don't Need Sugar
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VOICE	Very Deep											Soft
HIGHLY STRUNG	Volatile											Calm
IRRITABLE BOWEL SYNDROME	Bad											No
SLEEP PATTERNS	Poor											Very Good
NUMBER OF HOURS OF SLEEP	10 or More											5—8
RESTLESS LEGS	Often											Never
LOWER BACK PAIN	Extreme											Never
WIND/BLOATING	Often											Never

TOTAL

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SELF-CHECK PROGRESS

The process of optimizing varies for everyone and it's important to keep a track of the changes over time. The more optimized you become, the more difficult it can become to remember how things used to be. Keeping a record of your journey helps you to quantify the changes and motivates you to keep them. **Now is the time to book yourself for a re-scan, which should be as close as possible to the end of the 90-days and after you have completed the final self-check.**

DAY 60

DATE

REACTION	SCALE	1	2	3	4	5	6	7	8	9	10	SCORE
TIRED	Extremely											Never
TEMPERAMENT	Racy											Calm
A LITTLE SNAPPY	Very Bad Tempered											Placid
A LITTLE EMOTIONAL	Highly											Balanced
FOOD DOESN'T DIGEST	Uncomfortable											No Problem
SHORT TERM MEMORY	Forget Easily											Great Memory
SUGAR CRAVINGS	Love Sweets											Don't Need Sugar
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LOWER BACK PAIN	Extreme											Never
WIND/BLOATING	Often											Never

TOTAL

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SELF-CHECK PROGRESS

Compare your self-check questionnaires from day 1 to day 90 to get a feel for some of the tangible changes that optimization can bring about. Changes can vary but should generally be on an upward trend. If changes are occurring, then you can see for yourself that the process of optimizing is boosting your enzymes function, helping your genes to produce better cells, promoting an adaptable nervous system and improving your overall metabolic function. **Now get your re-scan and keep up the good work and continue to Optimize.**

DAY 90

DATE

REACTION	SCALE	1	2	3	4	5	6	7	8	9	10	SCORE
TIRED	Extremely											Never
TEMPERAMENT	Racy											Calm
A LITTLE SNAPPY	Very Bad Tempered											Placid
A LITTLE EMOTIONAL	Highly											Balanced
FOOD DOESN'T DIGEST	Uncomfortable											No Problem
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THE OPTIMIZE HAIR, SKIN AND NAILS PROGRAM

The Hair, Skin and Nail program is a game changer for optimizing your overall wellbeing. This report provides a unique snapshot of your system - how you are responding to foods, intolerances and imbalances. Instead of choosing vitamins without your own body's internal data, you can now understand exactly what nutrients YOU need.

Having adequately balanced nutrients in the diet and avoiding harmful environmental elements can play a pivotal role in the appearance of the hair, skin and nails.

Diet and environmental factors controls up to 98% of the way in which we age! Currently, almost everyone on the planet is operating at a sub optimal nutritional level due to the effects of the processed foods, low nutrient intake, poor absorption and environmental influences, both at home and at work.

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PERSONALIZED NUTRITION FOOD PLAN

Nutrient Intake

Genetic key nutrients in food are less common 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.





Lifestyles

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



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.

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THE BEAUTY AND VITALITY OF YOUR HAIR, SKIN AND NAILS ARE OFTEN A REFLECTION OF THE FOODS YOU CONSUME AND THE LIFESTYLE YOU LEAD...

OPTIMIZE YOURSELF TODAY!

SAMPLE REPORT
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Thank you for investing your time and resources into optimizing yourself.

empower your youthfulness and take the quantum leap to optimal aging.

cell-wellbeing.com

DISCLAIMER:

The statements contained within this report have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease or condition.

Advice and recommendations given in this report or in personal consultation by phone, email, in-person, online coaching, or otherwise, are at the reader's sole discretion and risk. Information presented in this report is not to be interpreted as any kind of attempt to prescribe or practice medicine. You should see a qualified, licensed doctor before starting any nutritional or diet program.

No product offerings made as a result of this report are intended to treat, diagnose, cure, or prevent any disease. You should always consult with a competent, fully-informed medical professional or health practitioner when making decisions having to do with your health. You are advised to investigate and educate yourself about any health-related actions and choices you make.

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