EPIGENETICALLY MAPPED IN GERMANY

CELL WELLBEING™

YOUR 90-DAY OPTIMIZE NUTRITION

YOUR PLAN INCLUDES

- 7 KEY OPTIMIZATION AREAS
- 6 STEP OPTIMIZATION PLAN
- SELF-CHECK QUESTIONNAIRES
- FOODS TO INCREASE
- FOODS TO AVOID



SAMPLE REPORT
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REPORT CODE [TEXT]

This plan created for:

This plan created by:

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 NUTRITION FOOD PLAN

AN INTRODUCTION FROM MEDICAL PROFESSIONALS

"Optimize NUTRITION" is a simple, enjoyable and proven system of aligning your environment to optimize your physical, mental and emotional potential.

Your environment controls up to 98% of the way in which many of your genes express themselves. This means the way in which they act physically and control virtually all aspects of your metabolism and your life.

Currently you, and almost everyone else on the planet, are operating below your potential due to the effects of the environment. Processed foods, low nutrient intake, toxins and chemicals, electromagnetic fields and extremely low frequency influences are responsible for a breakdown in the body's normal day to day functions.

These functions are driven basic processes which are crucial to the way in which your physical body expresses. Firstly, the quality of new cells your body creates to repair itself and secondly, the nervous system and enzyme processes which are responsible for all bodily processes.

As the environment controls gene expression it is the most crucial aspect of producing optimized cells, which in turn produce optimized tissues, which in turn produce optimized organs and finally systems and the entire organism – or optimized you!

Your enzyme processes are entirely reliant on a constant supply of vitamins, minerals and amino acids for them to operate. Your nervous system is strongly affected by toxins, additives and EMF/ELF. All of these factors can contribute to a breakdown in metabolic function.

To achieve your potential, you need to ensure that these processes are working at their optimized levels. Anything less the optimum and you feel the effects in a loss of function, which can be reflected in low energy, poor sleep, weak immune, poor concentration, irritability, general aches and pain, slow recovery, susceptibility to injury and more. If left in a sub-optimal state for too long, then this can eventually lead to chronic issues.

The **"Optimize NUTRITION"** program is designed to help identify many of the common environmental influences that could be leading to a less-than-optimum output of your genes, enzymes and metabolic function. Also, to provide you with a 90-Day Plan for dealing with these issues and optimizing yourself through dietary, nutritional and supplement programs.

Optimization is an awakening process, whereby you become aware of the effects of your environment on your body, you feel the positive choices that you make and you become responsible for your own destiny.

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Alfons Meyer, medical doctor

Marcus Stanton, medical doctor

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THIS REPORT IS ONLY VALID FOR THE NEXT 90-DAYS

Your next Optimize Report date is:

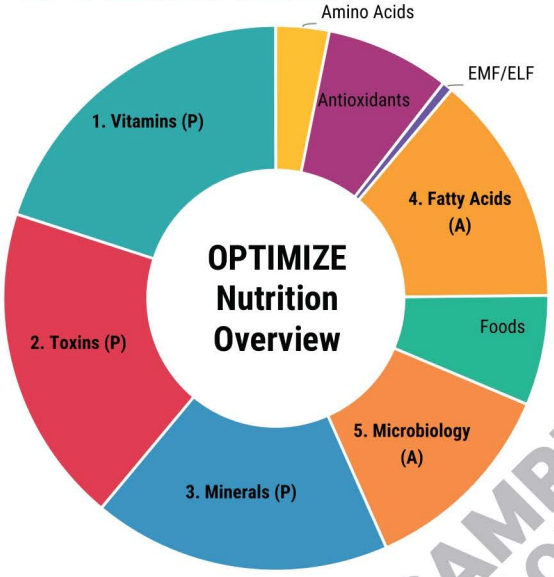
Book today with your provider at:

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	
Peanuts	Grapes, purple
Liquor	Walnut
Pork	Poppy Seeds
Beets	Kidney Beans
Cherry, red	Beer

For full food avoid indicators see table on page 12.

Additives to Avoid Summary	
E 124 Ponceau 4R	E 203 Calciumcorbat, sorbic acid
E 173 Aluminium	E 232 Sodium orthophenylphenate, Orthophenylphenol
E 520 Aluminium sulphate	E 1505 Triethyl citrate
E 559 Aluminium silicate (Kaolin)	E 959 Neohesperidin DC
E 577 Potassium gluconate	E 414 Gum arabic

For further information on food additives see page 14.

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Category	Indicator	Information
Vitamins	Vitamin B2. Vitamin C. Vitamin B9. Vitamin B12	For full results see the chart on page 4. For food sources refer to page 16.
Toxins	Toxic Metals	For full results see the chart on page 9. For food sources refer to page 17.
Minerals	Chromium. Iron. Molybdenum. Selenium	For full results see the chart on page 5. For food sources refer to page 16.
Fatty Acids	Eicosapentaenoic Acid - 3 (EPA)	For full results see the chart on page 6. For food sources refer to page 16.
Microbiology	Bacteria. Parasite. Fungus	For full results see the chart on page 10. For food sources refer to page 17.
Foods	Please refer to the list in your foods table on page 12 and your food additives table on page 14.	For full results see the chart on page 12.
Food Additives	Please refer to the food additives table and link on page 14.	For full results see the chart on page 14.

The Key Indicators Chart

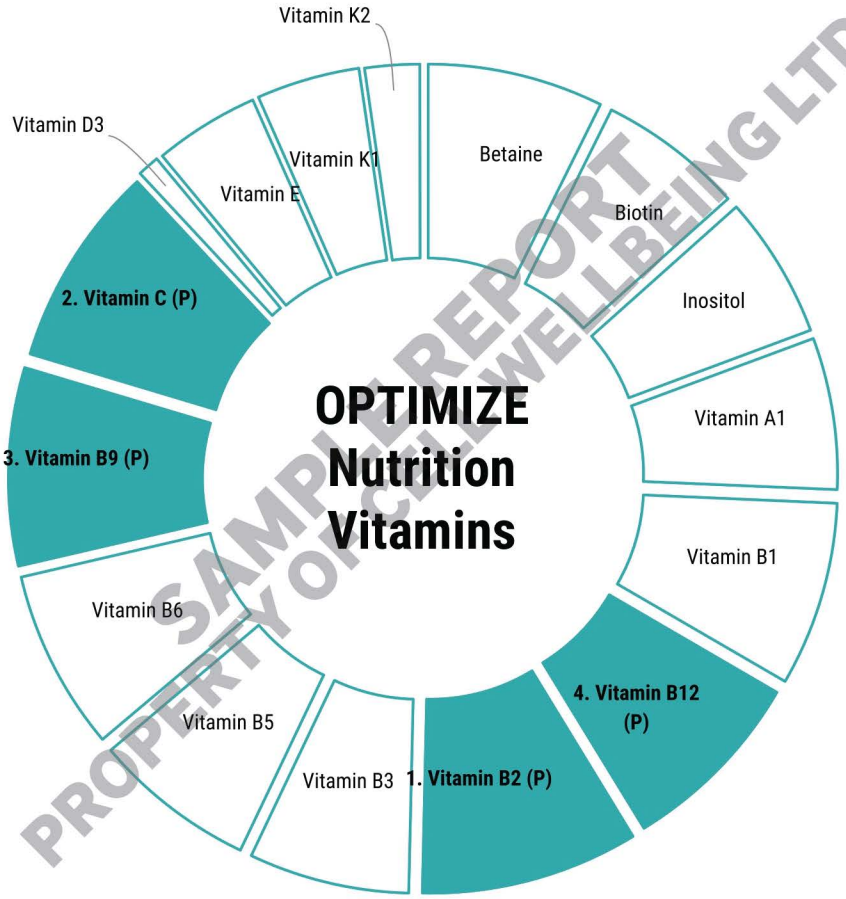
The larger the segment in the chart, the higher the epigenetic relevancy indicator, which means the item is more of a **Priority** for you to address. Lesser items are marked **Advisory** or **Consider** and no indication means low relevance. These are indicators of underlying issues which you should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

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VITAMINS INDICATORS

Priority - 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.

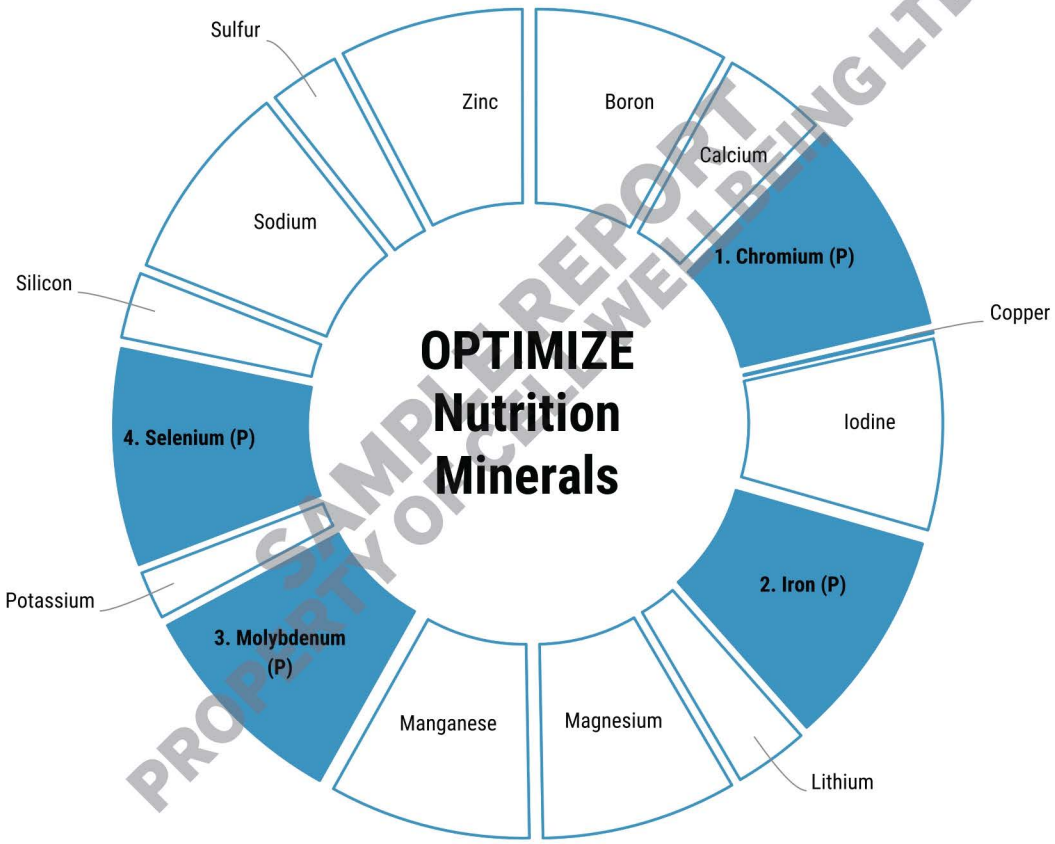
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MINERALS INDICATORS

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.

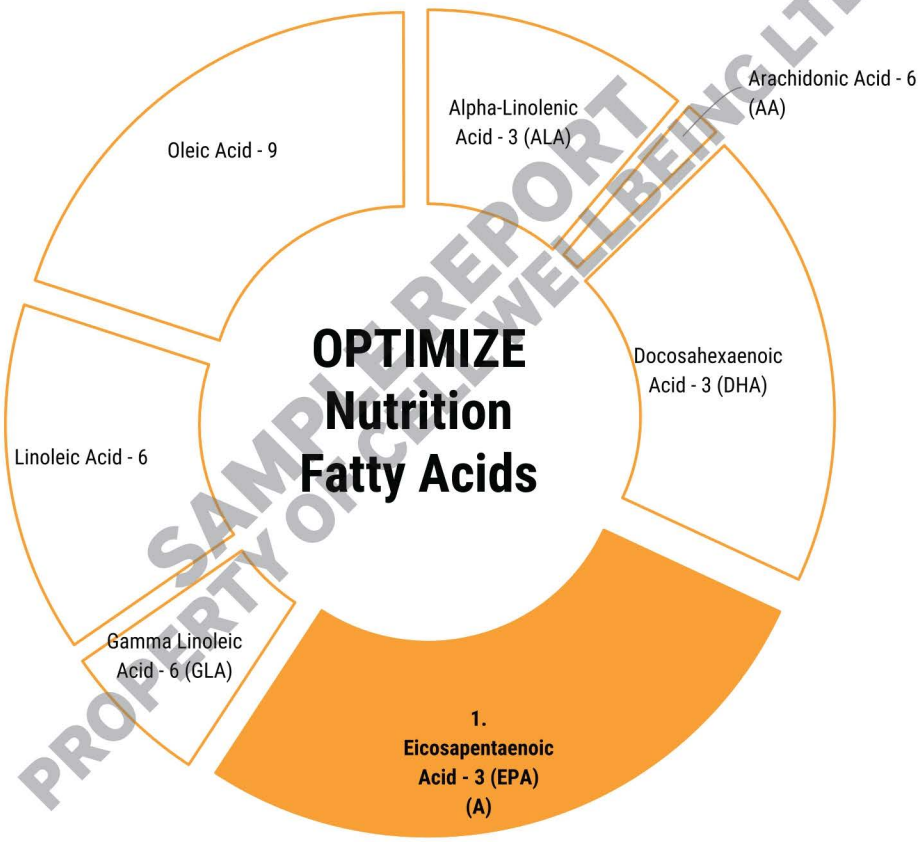
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FATTY ACIDS INDICATORS

Advisory - 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 food regime.

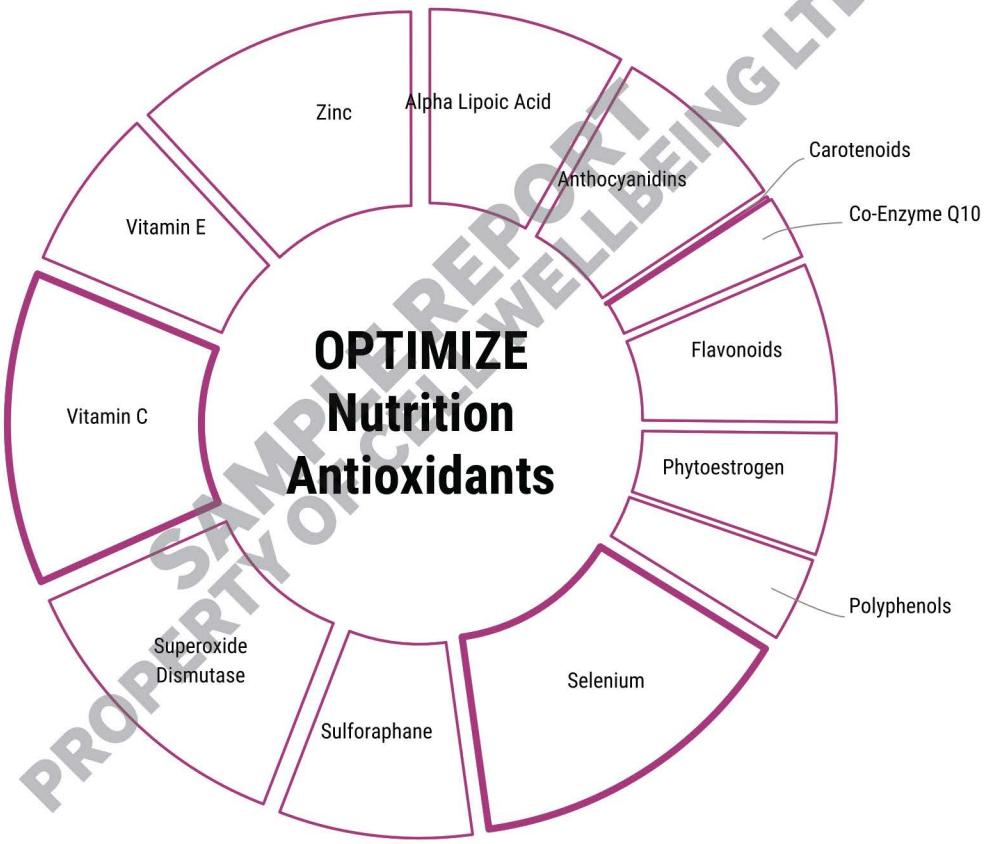
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ANTIOXIDANTS INDICATORS

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 food regime.

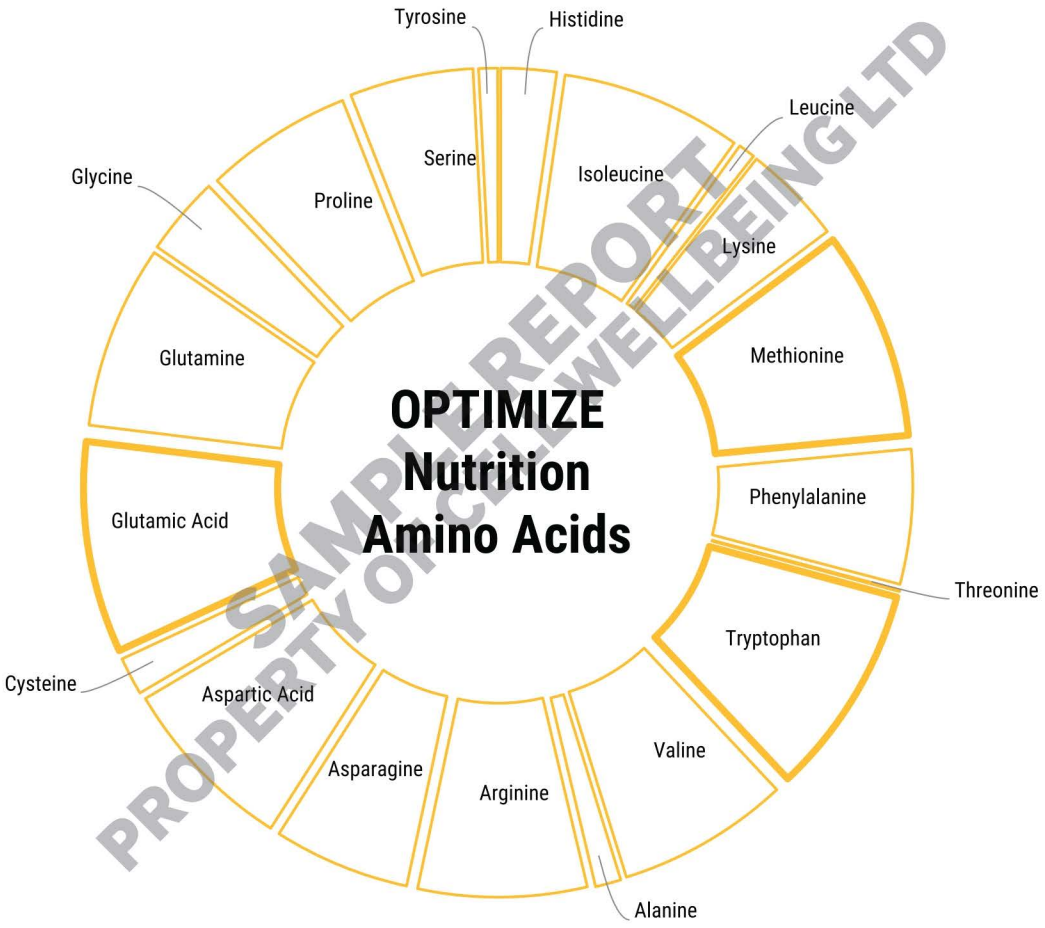
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AMINO ACIDS INDICATORS

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.

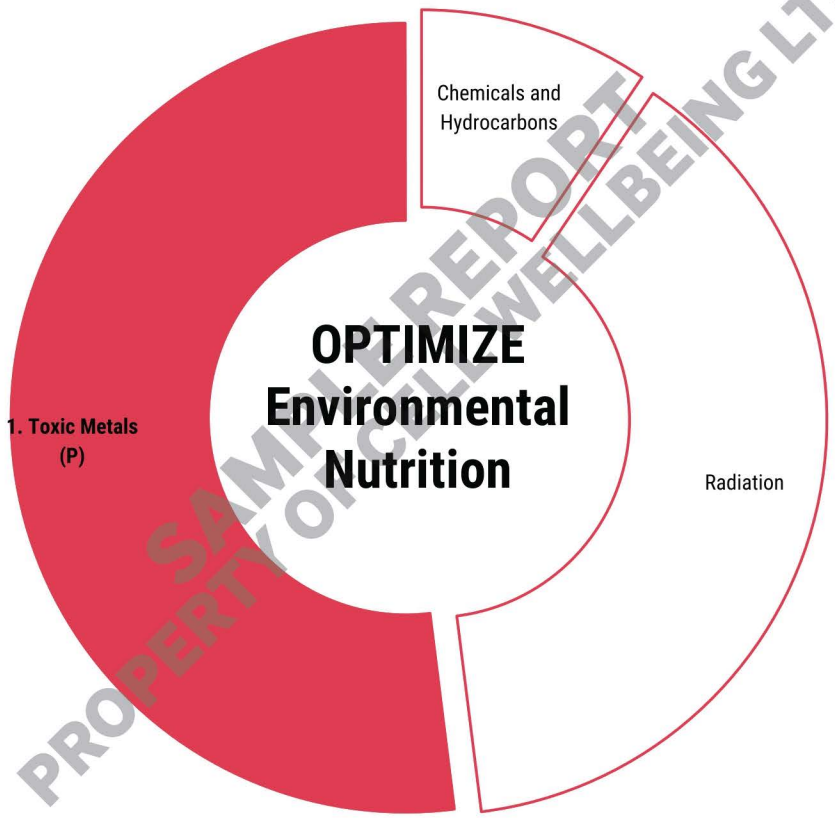
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ENVIRONMENTAL CHALLENGE INDICATORS

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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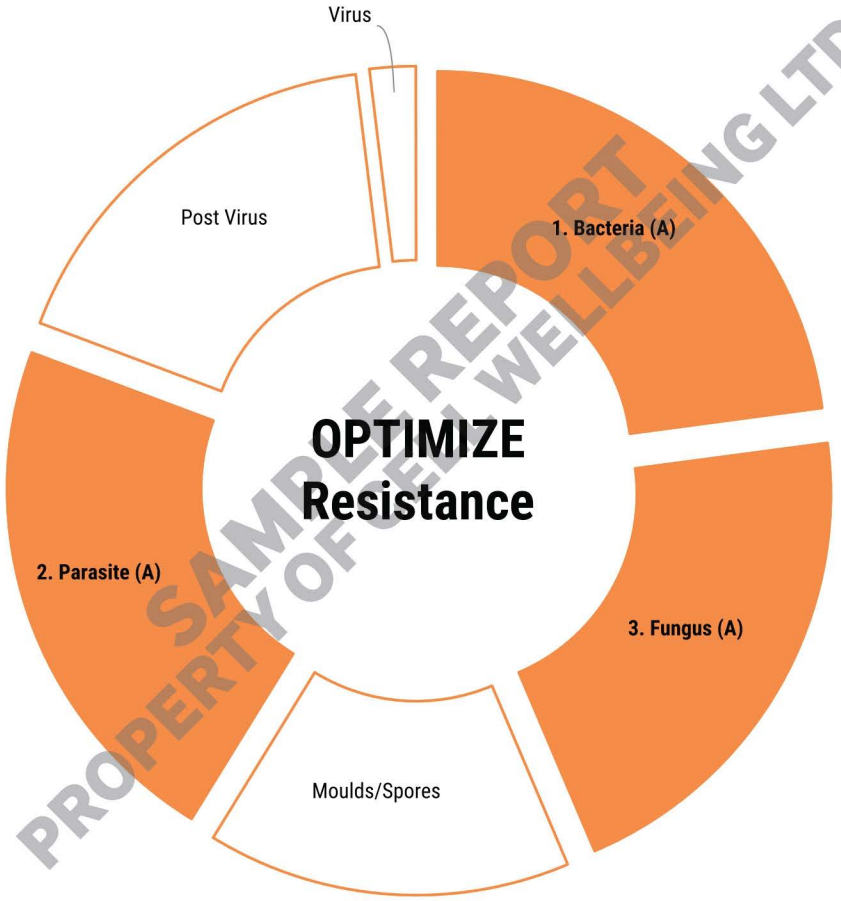
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RESISTANCE INDICATORS

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.

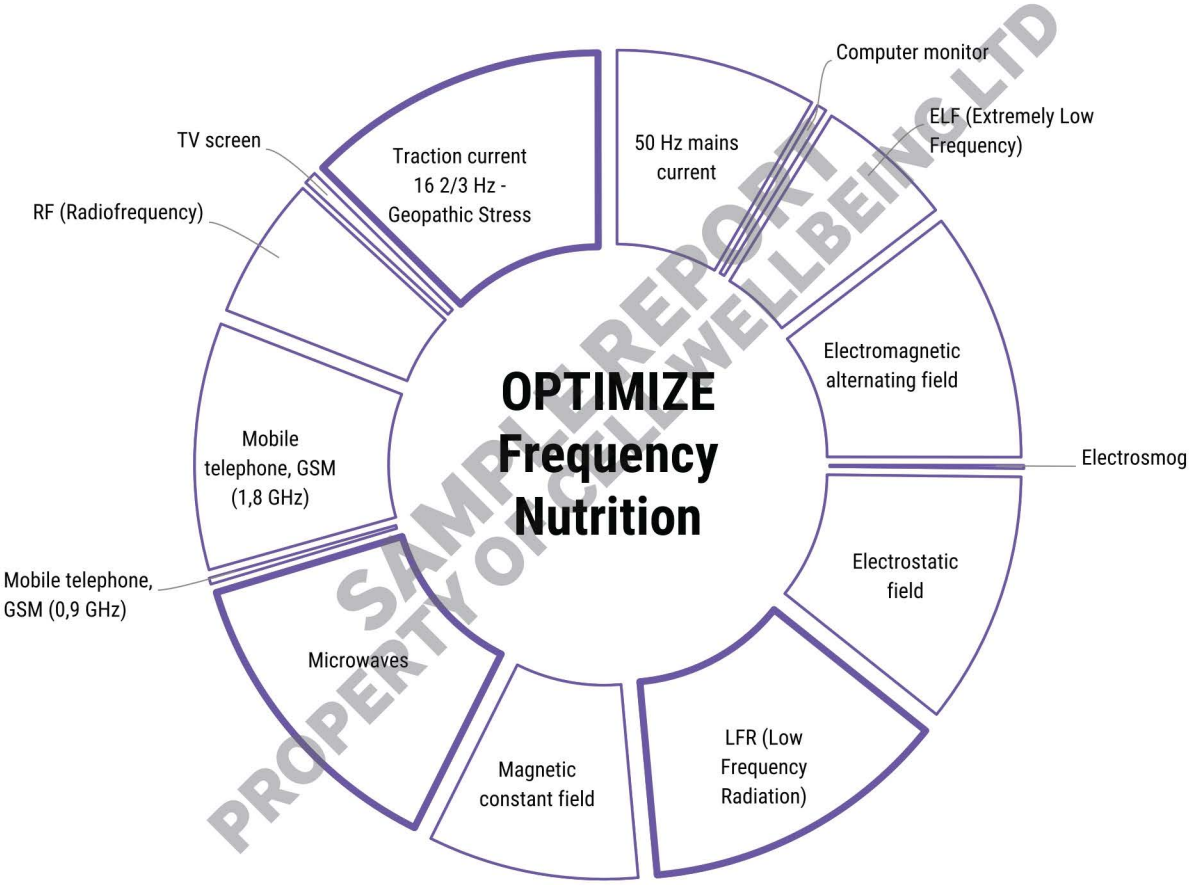
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FREQUENCY INTERFERENCE INDICATORS

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.

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90 DAY FOOD RESTRICTION

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.

Consider - Avoidance Recommended

DAIRY	Banana	Pomegranate	Pistachios	Leek
Cheese	Blackberry	Raspberry	Poppy Seeds	Lettuce
Cows Milk	Blueberry	Rhubarb	Safflower	Mushroom
Eggs	Cantaloupe	Strawberry	Sesame	Olives
Goats Milk	Cherry, red	Tangerine	Soya Beans	Onion
Sheep Milk	Currants	Watermelon	Sunflower	Parsnip
BEVERAGES	Dates	GRAINS	Walnut	Peas
Beer	Elderberry	Barley	VEGETABLES	Peppers, green
Chocolate	Figs	Buckwheat	Sprouts, alfalfa	Potatoes
Coffee	Gooseberry	Millet	Artichoke	Pumpkin
Liquor	Grapefruit	Oats	Asparagus	Red Pepper
Tea, black	Grapes, green	Quinoa	Avocado	Soya Beans
Wine	Grapes, purple	Rice	Beets	Spinach
FISH	Honeydew	Rye	Broccoli	Sprouts, bean
Clams	Kiwi	Spelt	Brussel Sprouts	Tomatoes
Cod	Lemon	Wheat	Cabbage	Yams
Crab	Lime	Wild Rice	Carrot	Zucchini
Herring	Loganberry	NUTS/SEEDS	Cauliflower	MEATS
Flounder	Mango	Almond	Celery	Beef
Salmon	Mulberry	Brazil Nuts	Chili Pepper	Chicken
Shrimp	Orange	Cashew	Corn	Duck
Sole	Papaya	Coconut	Cucumber	Goose
Trout	Peach	Hazelnut	Eggplant	Lamb
Tuna	Pear	Lentils	Garbanzo Beans	Pork
FRUIT	Pineapple	Macadamia Nuts	Garlic	Turkey
Apple	Plum,yellow	Peanuts	Green Beans	Venison
Apricot	Plums, purple	Pecans	Kidney Beans	

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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 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 effect a person from the severe to the very mild but all have the ability to affect the wellness processes.

There are foods which you could be eating which show NO physical signs and symptoms of being a problem 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 and these foods are best restricted in the short term and up to 90-days.

ENERGY FLOW

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

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HOW FOOD RESTRICTIONS SUPPORT NUTRITION

By removing foods in the short to medium term which might be contributing to a compensation in the energy flow of the body, we free it up to operate more efficiently. Each food that you adjust for (adjustment is different from avoidance) will better support the body and you will notice this difference both digestively and in the overall energy status of the body.
Food adjustment means replacing some foods with others which are better suited to support the body's wellness processes. You can find a list of foods to adjust for and foods to eat more of on pages 26, 29 and 30 of this report.

PLEASE NOTE: Any indication in this report of an underlying food restrictions 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 these.



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FOOD ADDITIVE AVOIDANCE

Consider - Avoidance Recommended

Food Additives Indicators	
E 124 Ponceau 4R	E 203 Calciumcorbat, sorbic acid
E 173 Aluminium	E 232 Sodium orthophenylphenate, Orthophenylphenol
E 520 Aluminium sulphate	E 1505 Triethyl citrate
E 559 Aluminium silicate (Kaolin)	E 959 Neohesperidin DC
E 577 Potassium gluconate	E 414 Gum arabic

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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:

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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.

Peanuts	Liquor	Pork	Beets	Cherry, red
Grapes, purple	Walnut	Poppy Seeds	Kidney Beans	Beer

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

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 29 for foods recommended for you.

Step 6

START Day 60

The final step of the optimize immunity & wellbeing 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 30 for the specific foods and recommendations suggested for you.

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90 DAY OPTIMIZE NUTRITION FOODS

PLEASE EXCLUDE THE FOODS TO AVOID ON PAGE 13, 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)
Chromium	Brewer's yeast, brown rice, cheese, whole grains, dried beans, blackstrap molasses, beef, chicken, eggs, mushrooms, potatoes, parsnip, capsicum, molasses
Iron	Spirulina, kelp, pumpkin seeds, sesame seeds, cocao, brazil nuts, cashew nuts, almonds, meat, fish, poultry, lentils and beans, grains
Molybdenum	Beans, cereal grains, dark green leafy vegetables, legumes, lentils, split peas, green peas, cauliflower, spinach, brown rice
Selenium	Grains, brazil nuts, brewer's yeast, broccoli, brown rice, chicken, dairy products, garlic, kelp, molasses, onions, salmon, seafood, tuna, vegetables, wheat germ and whole grains, alfalfa, burdock root, cayenne, chamomile, fennel seed, nettle, parsley, butter, shiitake mushrooms, herring, turkey, peppermint
Vitamin B2	Cheese, leafy green vegetables, almonds, asparagus, okra, chard, cottage cheese, yoghurt, eggs, mackerel, sardines, mushrooms, split peas, chicken
Vitamin C	Blackcurrants, berries, green leafy vegetables, cabbage, spinach, broccoli, tomatoes, peppers, kiwi fruit, citrus fruits, kale, blackcurrant, guava
Vitamin B9	Black eyed peas, lentils, chick peas, lima beans, spinach, asparagus, lettuce, pak choi, collard greens, avocado, broccoli, mango, oranges, pomegranate
Vitamin B12	Sardines, mackerel, salmon, trout, tuna, lamb, milk, eggs and poultry, nori
Eicosapentaenoic Acid - 3 (EPA)	Mackerel, salmon, sardines, tuna, flax seeds
Glutamic Acid	Pasta, Peanut Flour, Asparagus, Almond Nuts, Fresh Eggs, Dairy, FISH-Cod, Tuna and Salmon
Tryptophan	Egg, spirulina, cod, salmon, cheese, pork, turkey, chicken, beef, lamb, white rice
Methionine	Spirulina, cheese, beef, lamb, chicken, tuna, sardines, sunflower seeds, garlic, onion, egg yolks and sarsaparilla

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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 FOODS

PLEASE EXCLUDE THE FOODS TO AVOID ON PAGE 13, 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)
Microbiology Foods	Bacteria	Garlic, Ginger, Fermented Foods, Lemon, Horseradish, Pineapple, Tumeric, Honey (manuka), cabbage
Microbiology Foods	Parasite	Pumpkins seeds, pomegranate, papaya, garlic, horseradish, thyme, cayenne pepper, spring onions
Microbiology Foods	Fungus	Garlic, Ginger, Onions, seaweed, pumpkin seeds, cayenne pepper
Toxin Foods	Toxic Metals	Pectin foods – (apples, bananas, grapes, carrots, cabbage - all organic), Cilantro, wheatgrass, barley grass, chlorella, garlic, avocado, nuts and seeds, probiotic wholefoods

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Optimize Indicator (STEP 6 – Frequency Interference)	Suggested Food/Supplement Sources
EMF/ELF (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
EMF/ELF (Water Day 1-90)	Good quality drinking water for cell optimization. (Avoid tap water, plastic bottled water or water of an unknown source)
EMF/ELF (Essential Fatty Acids Day 1-90)	Salmon, mackerel, sardines, herring, trout, flax seed, walnut, pumpkin seeds, hemp seeds

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	
STAMINA	Very Low											High	
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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
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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

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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LOWER BACK PAIN	Extreme											Never
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TOTAL

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OPTIMIZED NUTRITION IS THE KEY TO WELLNESS

NUTRITION SUPPORTS & MAINTAINS

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



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WHAT COULD BE STOPPING YOU FROM GETTING OPTIMIZED NUTRITION?

Nutrient Intake

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

Processed Foods

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

Convenience

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

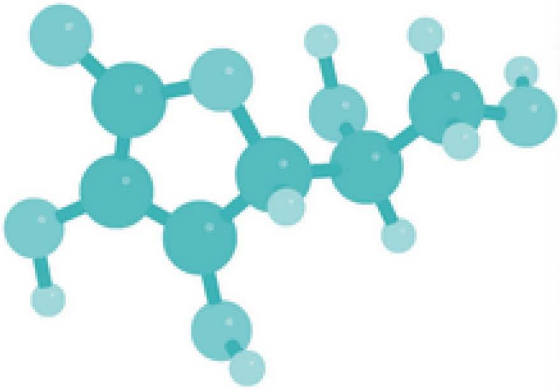
Lifestyles

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

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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 wellness related problems.

HOW VITAMINS SUPPORT NUTRITION

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

VITAMIN RICH FOODS

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

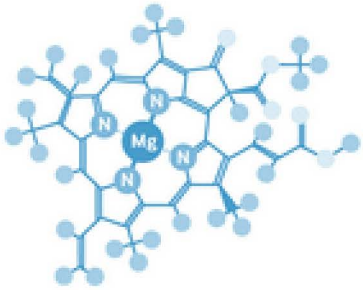
**There are many other foods but these are some of the common examples.*

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MINERALS

ABOUT MINERALS



Magnesium molecular model



Green vegetables are a good source of minerals.

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

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

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HOW MINERALS SUPPORT NUTRITION

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

MINERAL RICH FOODS

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

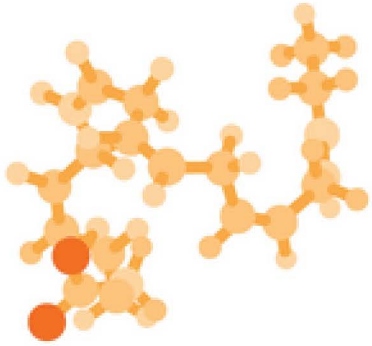
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FATTY ACIDS

ABOUT FATTY ACIDS



Omega 3 molecular model



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

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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.

HOW FATTY ACIDS SUPPORT NUTRITION

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

FATTY ACIDS RICH FOODS

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

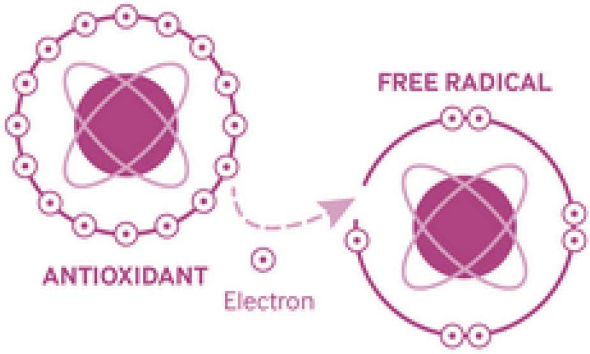
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ANTIOXIDANTS

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.

HOW ANTIOXIDANTS SUPPORT NUTRITION

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

ANTIOXIDANT RICH FOODS

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

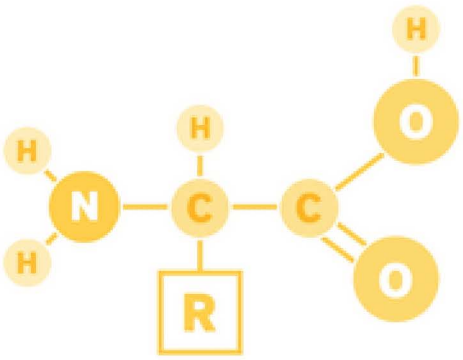
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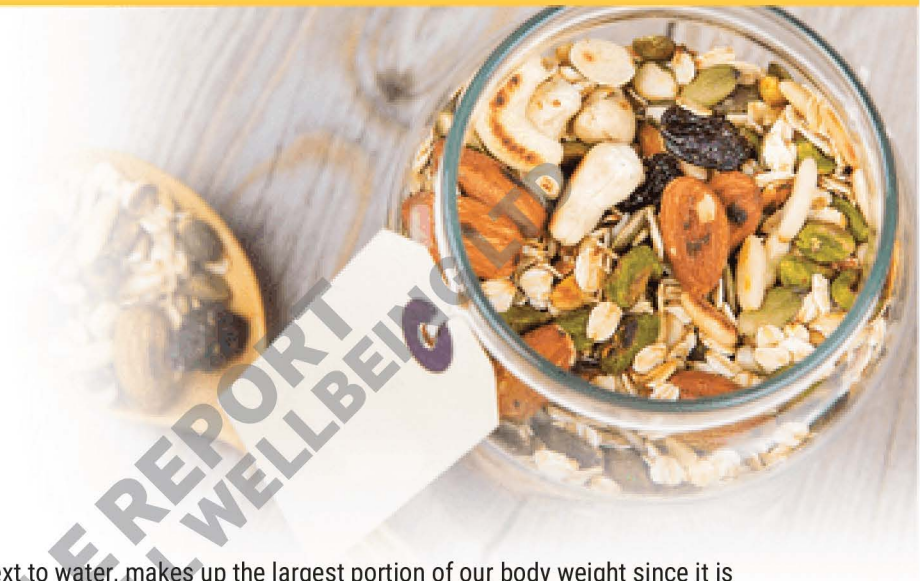
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AMINO ACIDS

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.

HOW AMINO ACIDS SUPPORT NUTRITION

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

AMINO ACID RICH FOODS

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

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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 required to. This requires extra support from your diet.

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

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.

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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 SUPPORT

- 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 30.

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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 SUPPORT

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

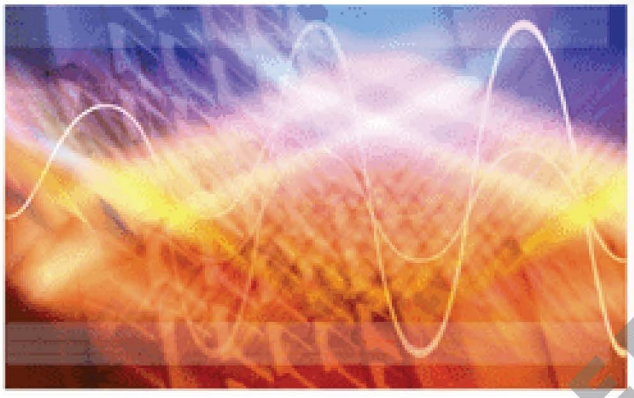
For specific foods that maybe recommended for you see page 30.

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FREQUENCY INTERFERENCE

ABOUT INTERFERENCE FOODS





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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 frequency like visible light or ultra violet, even the body and its cells have a very weak frequency field. Modern forms of frequency appear not to be very compatible with the body's own fields and this is starting to create knock on effects for wellness. These factors can interfere with everyday communication within your body and you should be eating a wide variety of foods which can support and maintain normal function.

REDUCE EXPOSURE TO FREQUENCY INTERFERENCE

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

INTERFERENCE SUPPORT FOODS

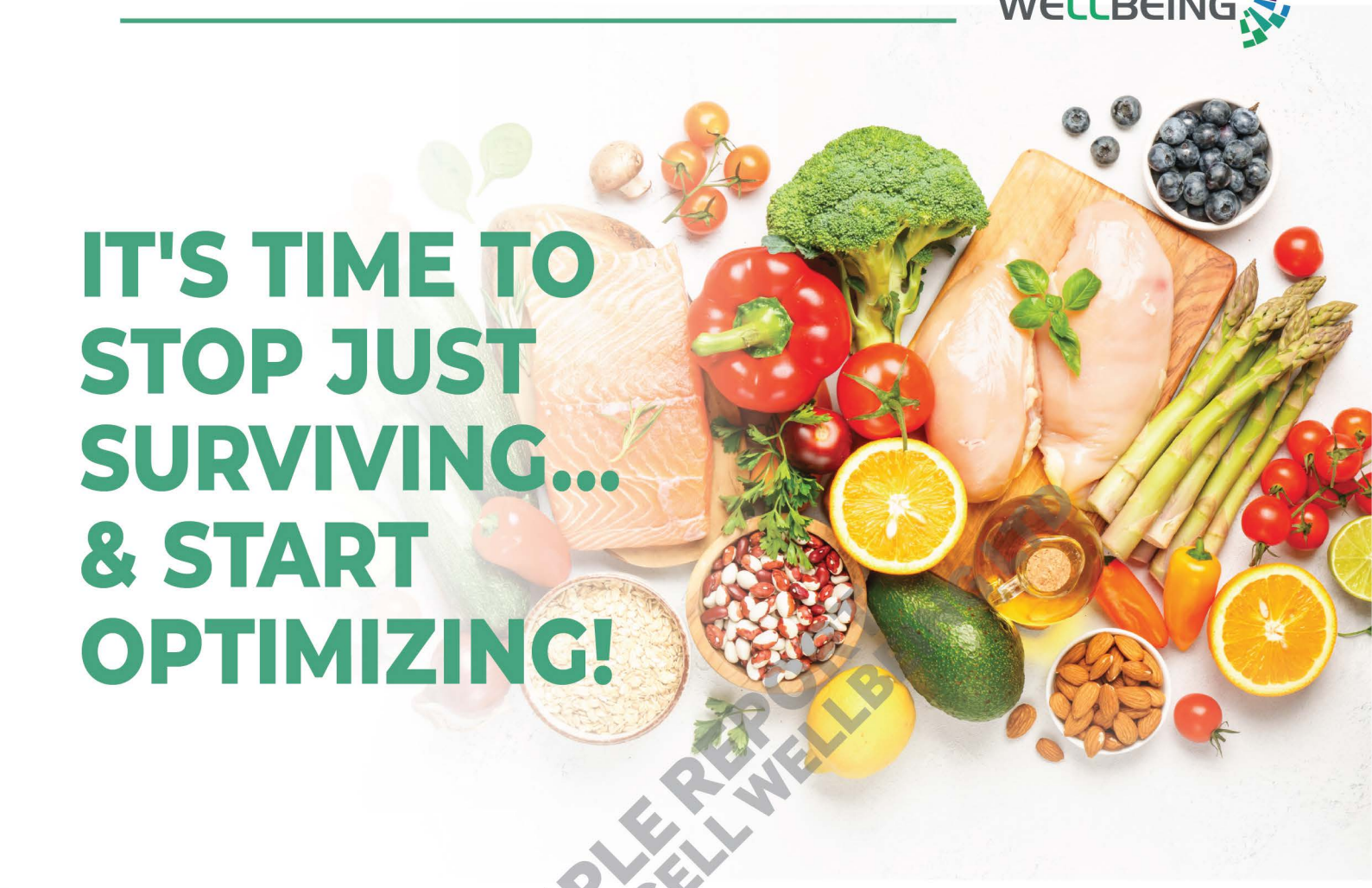
- Spirulina
- Vitamin D3
- Curcumin
- EFAs
- Calcium
- Melatonin
- B Vitamins
- Sulfur

See page 30 for specific foods

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



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Thank you for investing your time and resources to get your 'Optimize NUTRITION' nutritional food plan.

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

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