EPIGENETICALLY MAPPED IN GERMANY

CELL WELLBEING™



YOUR 90-DAY OPTIMIZE WEIGHT AND SHAPE

YOUR PLAN INCLUDES

- FAT BURNING INDICATORS
- FOODS TO AVOID
- FOODS TO CONSUME
- RESISTANCE INDICATORS
- HYDRATION SUGGESTIONS
- ENVIRONMENTAL INDICATORS
- PERSONALISED FOOD AND ACTION PLAN

SAMPLE REPORT
PROPERTY OF CELL WELLBEING LTD

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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 WEIGHT & SHAPE WELLBEING

AN INTRODUCTION FROM MEDICAL PROFESSIONALS

"The Optimize Weight & Shape Plan" 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 than optimum and you feel the effects in a loss of function, which can be reflected in low energy, poor sleep, weak immune system, 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 "The Optimize Weight & Shape Plan" 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:

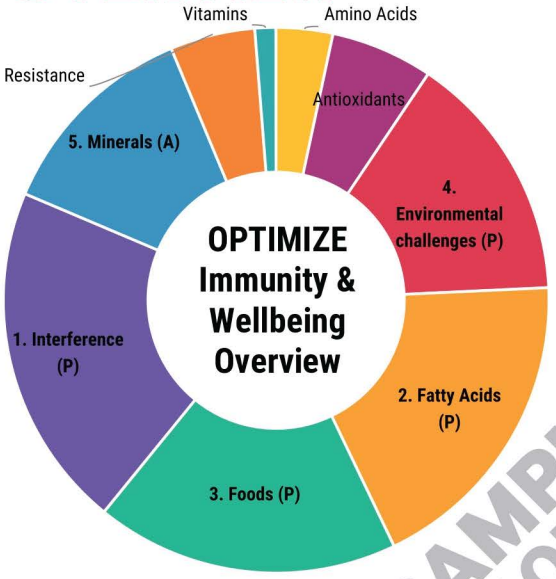
Book today with your provider at:

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



Systems Support Summary
Gut & Intestinal
Energy Production
Liquid Hydration
Detoxification System
For full indicators see page 4.

Foods Restrictions Summary	
Sprouts, alfalfa	Salmon
Cod	Chicken
Venison	Sesame
Lettuce	Beets
Pistachios	Alcohol
For full food restrictions indicators see table on page 19 and food additive avoidance indicators on page 23.	

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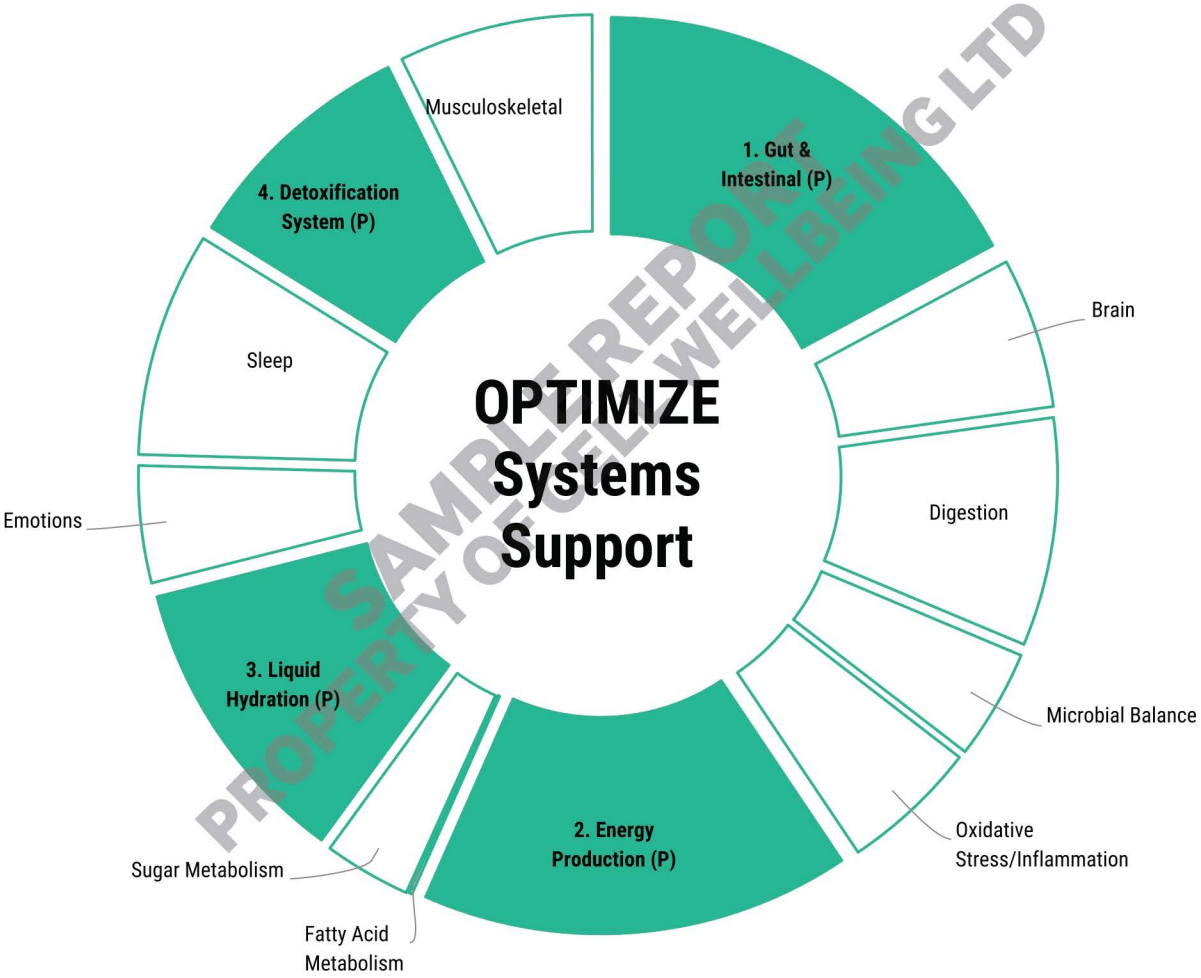
Category	Indicator	Information
Interference	LFR (Low Frequency Radiation). Electrostatic field. Traction current 16 2/3 Hz - Geopathic Stress	For full results see the chart on page 11. For food sources refer to page 22.
Fatty Acids	Alpha-Linolenic Acid - 3 (ALA). Eicosapentaenoic Acid - 3 (EPA)	For full results see the chart on page 16. For food sources refer to page 21.
Foods	Please refer to the foods tables on page 19 and 21 of the plan.	For full results see the chart on page 18.
Environmental challenges	Toxic Metals	For full results see the chart on page 12. For food sources refer to page 22.
Minerals	Iodine. Manganese. Copper. Iron	For full results see the chart on page 15. For food sources refer to page 21.
Additives to Avoid	Please refer to the food additives table and link on page 21.	For full results see the chart on page 21.

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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SYSTEMS SUPPORT ENERGETIC INDICATORS



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

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Cellular De-Stressing



Cellular destressing and cleansing are natural functions of our molecular system. However, as we age or with insufficient self-care, these processes may deteriorate, rendering the removal of harmful toxins at the cellular level, challenging.

Cellular stress may result from various factors, including a poor diet, consuming stressful foods, oxidative stress, inflammation, exposure to toxins, and other environmental factors. Optimizing the performance of cellular functionality is crucial, as it directly affects the metabolic processes.

Each individual responds differently to various nutritional foods and has unique requirements that impact our epigenetic cellular systems. Additionally, we may be influenced by underlying environmental stressors some of which are highlighted in the table below.

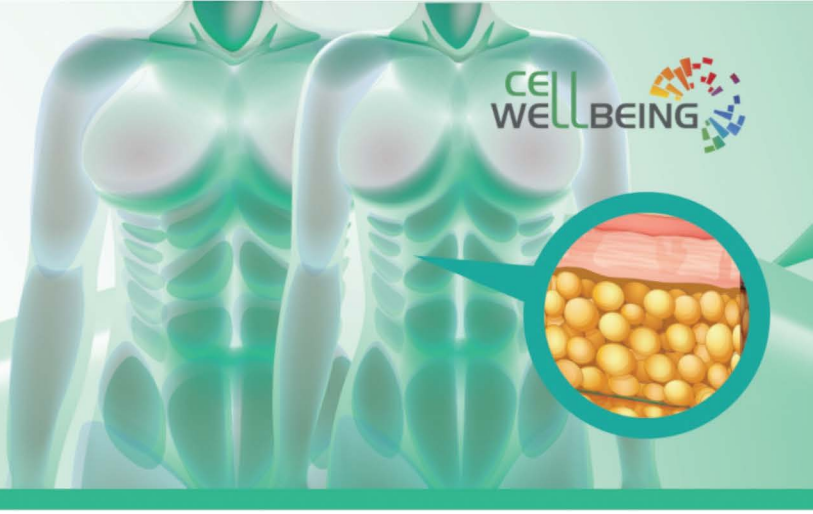
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Vitamins	Betaine	Vitamin B1	Vitamin B2	Vitamin B3	9+ Indicators High Support
	Vitamin B5	Vitamin B6	Vitamin B9	Vitamin B12	
	Vitamin C	Vitamin D3	Vitamin E		
Minerals	Calcium	Chromium	Magnesium	Potassium	5-8 Indicators Moderate Support
	Iron	Iodine			
Antioxidants	Vitamin C	Chromium	Carotenoids	Selenium	
Amino Acids	Carnitine	Glutamine	Arginine	Methionine	
Fatty Acids	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)	Oleic Acid - 9		1-4 Indicators Maintenance Support
Environmental Stressors	Chemicals and Hydrocarbons	Toxic Metals	Radiation	Bacteria	
	EMF/ELFs				

The above chart compares relevant immune data from the other pages. These are indicator's of nutritional optimisation only and not intended to be a diagnosis of any physical malfunction within any specific area. If you are concerned about the physical function of any of your wellness systems processes, you should seek the help of a qualified health professional.

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Fat Burning



In all weight loss processes, the ultimate goal is to reduce body fat levels. There are nutrients that enhance, or in case of imbalance, hinder the fat processing process by accelerating our metabolism and enabling a quicker transformation of fat into energy. By burning or mobilizing stored fatty acids, these nutrients allow us to more efficiently use glucose and fat to produce energy. As a result, fat is lost, and there's an added boost of energy. Key epigenetic modulators in the body fat metabolism processes improve alertness, memory, endurance, and a sense of vigor, while also reducing fatigue. These nutrients can be seen as contributors to accelerating metabolism for fat burning, helping control hunger sensations, and reducing appetite. Additionally, they aid in maintaining normal levels of fats and sugars in the blood.

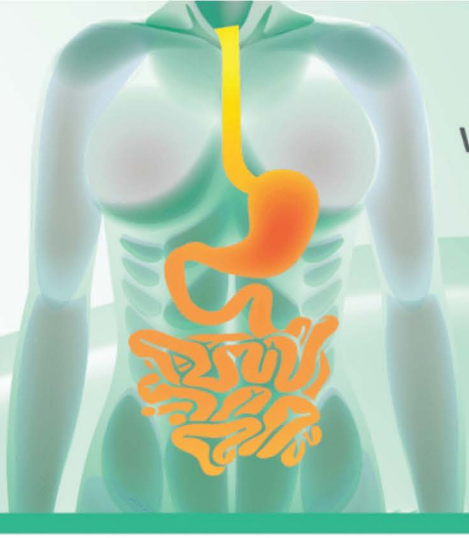
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Vitamins	Vitamin B1	Vitamin B3	Vitamin B6	Vitamin B9	8+ Indicators High Support
	Vitamin B12	Vitamin C	Vitamin D3		
Minerals	Calcium	Copper	Chromium	Magnesium	
	Potassium	Manganese	Selenium	Sodium	
	Zinc	Iodine			3-7 Indicators Moderate Support
Antioxidants	Co-Enzyme Q10	Alpha Lipoic Acid	Selenium	Vitamin C	
Amino Acids	Methionine	Cysteine	Lysine	Valine	
	Arginine	Carnitine	Taurine		
Fatty Acids	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)			1-2 Indicators Maintenance Support
Environmental Stressors	Chemicals and Hydrocarbons	Toxic Metals	Radiation	Bacteria	
	Liquid Hydration	EMF/ELFs			

The above chart compares relevant immune data from the other pages. These are indicator's of nutritional optimisation only and not intended to be a diagnosis of any physical malfunction within any specific area. If you are concerned about the physical function of any of your wellness systems processes, you should seek the help of a qualified health professional.

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Gut Support Indicators



The unprecedented modernization which has taken place over the last three decades has brought with it a massive increase in environmental pollutants. These pollutants have impacted our daily lives in many ways.

One of the biggest impacts has been the stress caused to the Intestinal tract and Gut System. These two areas provide most of our cellular energies and play a major role in our immune systems .The function of these systems are equally important to our memory, as they influences the brains performance.

When toxic pollutants enter the gut, dysfunction can occur. Below are some of the pointers which may be of assistance to optimized gut performance. This is not a diagnostic assessment and should not be taken as such. The table below indicates which nutrients can help optimize gut support. The more of the pointers that appear in the table below the higher level of optimization of gut support may be required.

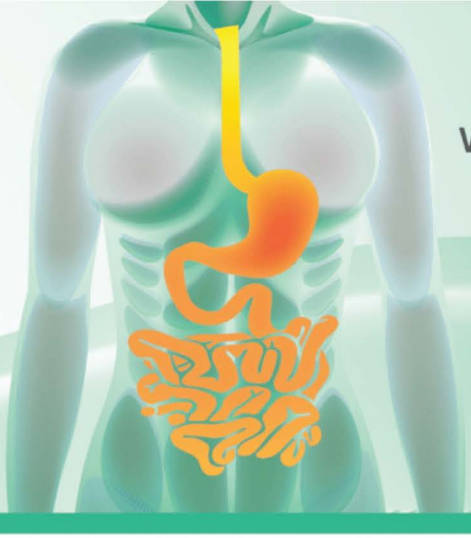
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Vitamins	Betaine	Vitamin D3	Vitamin B12	Vitamin C	7+ Indicators High Support
Minerals	Zinc	Selenium	Molybdenum	Iron	
Antioxidants	Superoxide Dismutase	Sulforaphane	Vitamin C	Selenium	
	Alpha Lipoic Acid				4-6 Indicators Moderate Support
Amino Acids	Histidine	Glutamine	Tryptophan	Cysteine	
Fatty Acids	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)			
Environmental Stressors	Toxic Metals	Chemicals and Hydrocarbons	Radiation	Bacteria	
	Parasite	Fungus	Virus	EMF/ELFs	1-3 Indicators Maintenance Support
Food Intolerances	Wheat	Barley	Rye	Alcohol	
	Corn	Soya Beans	Sugar		

An indication that you may require nutritional support to optimize your Gut Stress is not a diagnosis that you have any issues or condition.

This is not diagnostic and makes no claim that you have any disease, issues or conditions.
If you are concerned about your gut health you should consult your physician before starting a nutrition regime.

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Gut Support

OPTIMIZING THE GUTS PERFORMANCE

Think of your gut like a thriving garden that's vital for your overall well-being. This garden contains both beneficial plants and invasive weeds. Your performance in life depends on nurturing the good plants while keeping the weeds in check. The 'good plants' are the trillions of helpful bacteria in your gut, which break down the food you eat.

The 'weeds' represent harmful elements, like unwanted pathogens, that can take over and disrupt the balance. This disruption often happens due to things like food and or nutritional stressors from your diet, toxins and pollutants such as heavy metals or electromagnetic aggravators.

Your lifestyle choices, the foods you eat, and various environmental factors all play a role in how well your gut functions. When your gut is in good shape, it not only supports your digestion but also influences your overall system and even your brain function. So, optimizing your gut performance is like tending to the garden which in turn promotes optimal performance and wellbeing.

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Gut Support	Suggested Food/Supplement Sources
Gut Support (Prebiotics Day 1-90)	Onions, Asparagus, Garlic, Leeks, Beets, Cabbage, Tomatoes, Berries, Bananas, Apples, Whole grains, Chia Seed, Flax seed.
Gut Support (Probiotics Day 1-90)	Garlic, Celery, Live Yogurt, Vegetable Fibre, Green Apples, Papaya, Bananas, Ginger and Whole Grains.
Gut Support (Optimize Day 1-90)	Aloe Vera, Butyrate, Collagen, Ginger, L-glutamine, Licorice Root, Alpha-Linolenic Acid (ALA), Eicosapentaenoic Acid (EPA), Docosahexaenoic Acid (DHA),Quercetin, Turmeric.
Gut Support (Avoid Day 1-90)	Gluten, Sugar, Highly processed foods and Alcohol, E 171 Titanium Dioxide

In Optimizing gut performance we need to consider

- Reducing Gut Stress levels.
- Enhancing Sleep.
- Avoiding underlying food intolerances, which can stress our own gut flora balance.
- Increase our consumption of both pre and probiotic foods.
- Improving our water quality consumption.
- Reducing the amount of processed foods we consume daily.
- Avoiding chemicals and toxins that we absorb through unwashed vegetables.
- Reducing the chemical agents found in some foods.
- Reducing environmental factors such as water-pollutants and the air we breathe.
- Reducing Electro Magnetic frequencies, and Geopathic stress factors.

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HYDRATION AND TIPS

The body has a complex cellular regulation with a water content that makes up two-thirds of its weight. This water constitutes 85 percent of the blood, 80 percent of the muscle mass, and a quarter of the bone mass. It is important for the body to stay hydrated, to maintain the correct level of water, to allow vital chemical reactions to take place, and for nutrients to be transported to organs and tissues.

The advantages of proper hydration

Hydration plays a crucial role in supporting kidney function and can indirectly assist in weight loss. Here's how good hydration can benefit your kidneys and weight loss efforts:

Appetite Control\: Sometimes, the sensation of thirst can be mistaken for hunger. Staying hydrated can help reduce the likelihood of confusing thirst with hunger, which may lead to overeating and calorie consumption. This can indirectly support weight management.

Kidney Function: Proper hydration is essential for the kidneys to effectively filter waste products and excess substances from the body. When you're well-hydrated, your kidneys can function optimally, which helps maintain overall wellbeing.

Metabolism Support: Staying hydrated can help support your metabolism. When you're adequately hydrated, your body's metabolic processes, including those related to fat metabolism, can function more efficiently. This can potentially aid in weight loss by ensuring your body is burning calories effectively.

Reduced Water Retention: Paradoxically, being dehydrated can lead to water retention, as the body tries to hold onto fluids when it senses a shortage. Adequate hydration helps reduce water retention, which can make you feel less bloated and contribute to temporary weight loss.

Enhanced Exercise Performance: Staying hydrated is crucial for optimal exercise performance. When you exercise effectively, you can burn more calories and build muscle, both of which can aid in weight loss.

It's important to note that while proper hydration is beneficial for overall wellbeing and can indirectly support weight loss, it is not a magic solution for shedding pounds. Weight loss primarily depends on factors such as a balanced diet, regular physical activity, and a consistent calorie deficit (burning more calories than you consume).

Maintaining good hydration supports kidney function, helps regulate appetite, and may improve metabolism, indirectly assisting in weight loss efforts. However, it should be part of a comprehensive approach to weight management, including a healthy diet and exercise routine.

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Summary

Keeping your body's internal water balance in check is essential for maintaining a healthy weight and shape. Hydrating your cells helps reduce stress on your body and is a key factor in reaching your weight goals. Not all water is equal, so it's important to think about how you consume it. While pure spring water untouched by man-made electromagnetic waves or chemicals is ideal, it's not always easy to find. In our view, drinking water from glass bottles (rather than plastic) at room temperature, sipping it steadily throughout the day, is a smart choice for your overall well-being.

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WEIGHT MANAGEMENT PROTOCOLS

For effective weight management, achieving a balanced daily food intake is essential. You could consider this simple guideline to help you maintain your own balanced diet:



• 33% from Vegetables:

Consume a variety of colorful vegetables, whether they're raw or cooked. They provide a rich source of essential vitamins, minerals, and dietary fiber.

• 33% from Fruits, Nuts, Seeds:

Incorporate an assortment of fruits, nuts, seeds, and healthy fats into your diet. This mix satisfies your sweet cravings while delivering vital nutrients.

• 33% from Carbs or Protein-Rich Foods:

Tailor your Carbs and or Protein – Rich food intake based on your dietary preferences and specific needs as recommended by your own specialist. You can choose from wholesome carbohydrates, such as whole grains, or opt for protein-rich foods like lean meats, fish, tofu, or legumes.

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• Avoid Processed Foods, Especially Those with Fructose:

• Reduce your intake of processed foods, particularly those containing high fructose levels. These can have a negative impact on your overall weight loss.

• It's crucial to consult with a nutritionist or healthcare professional in order that they can recommend and create a personalized dietary plan that aligns with your unique needs.

***PLEASE NOTE:**

Ensure that your daily food choices exclude any allergenic foods and avoid the underlying food stressors identified in your Weight and Shape report.

Remember, a balanced diet is a key factor in successful weight management. By following these guidelines, you're taking a significant step toward achieving your health and fitness goals.

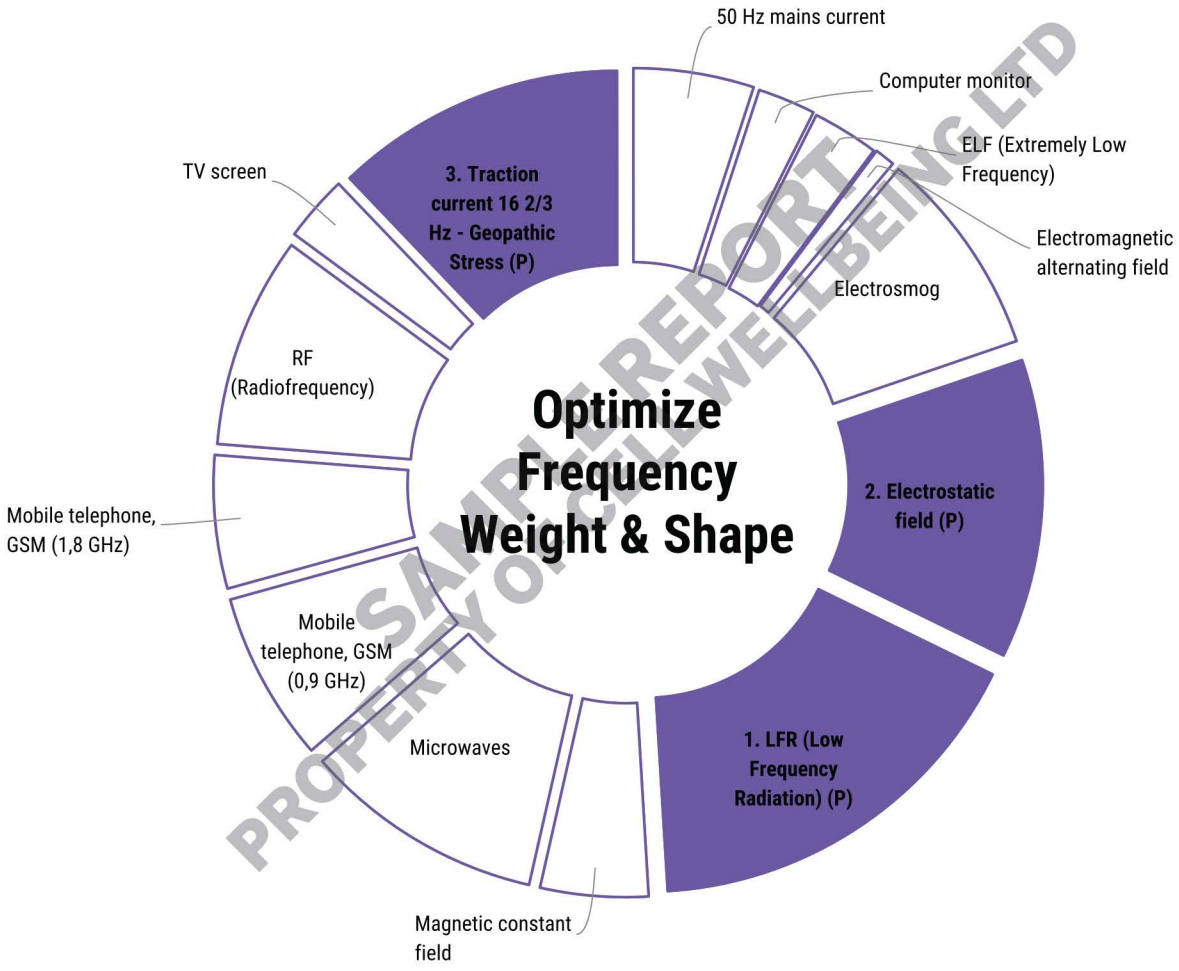
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FREQUENCY INTERFERENCE INDICATORS

Priority - Reduce Exposure

See page 24 for further information





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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.

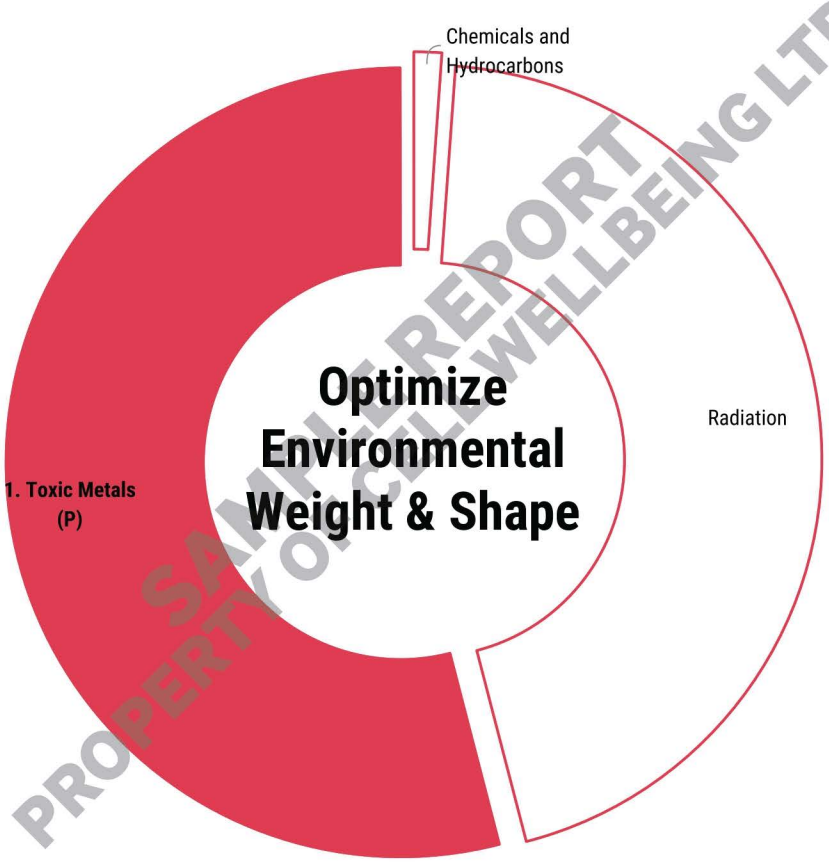
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ENVIRONMENTAL CHALLENGE INDICATORS

Priority - Reduce Load

See page 25 for further information





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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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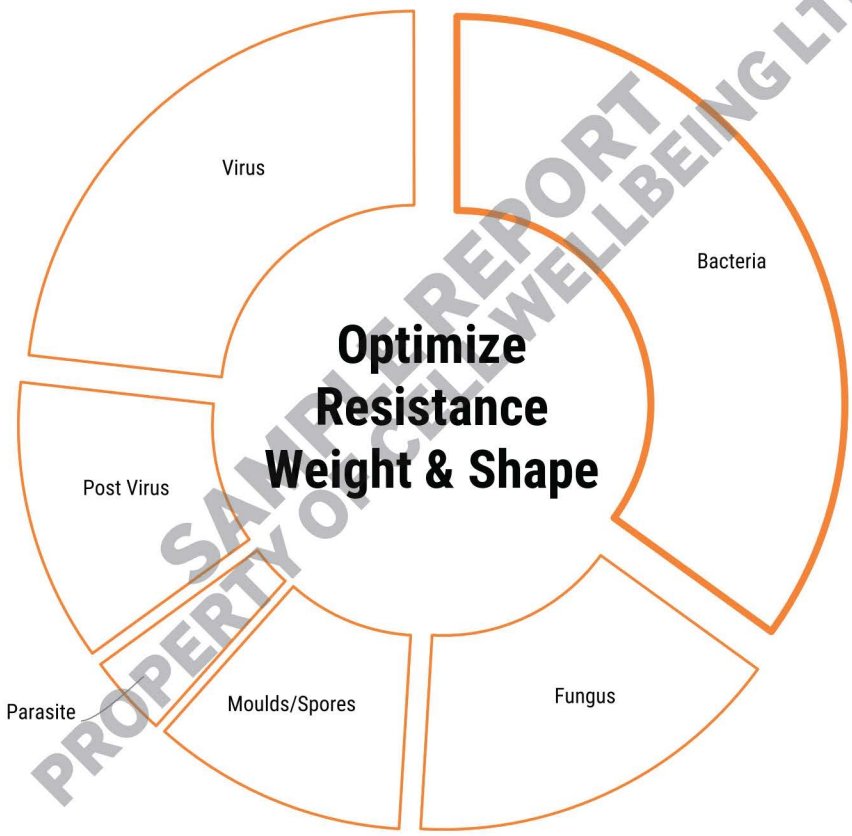
RESISTANCE INDICATORS

Consider - Reduce Load

See page 26 for further information



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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.

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.

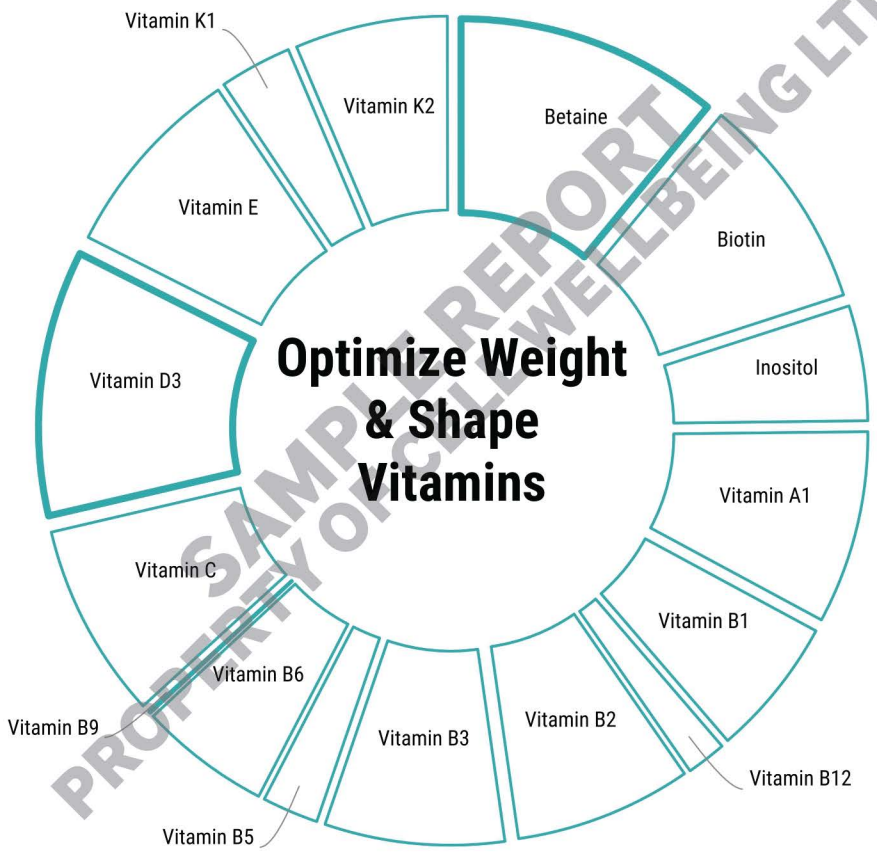
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VITAMINS INDICATORS

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.

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.

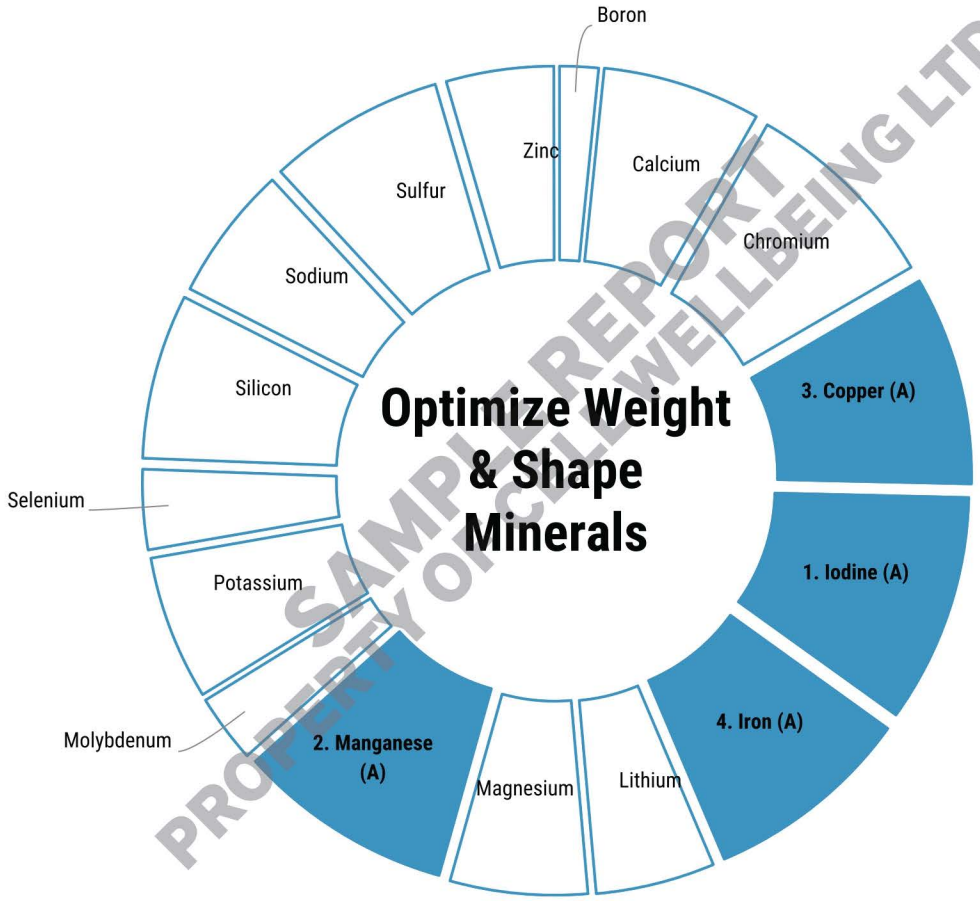
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MINERALS INDICATORS



Advisory - Increase Intake

See page 28 for further information



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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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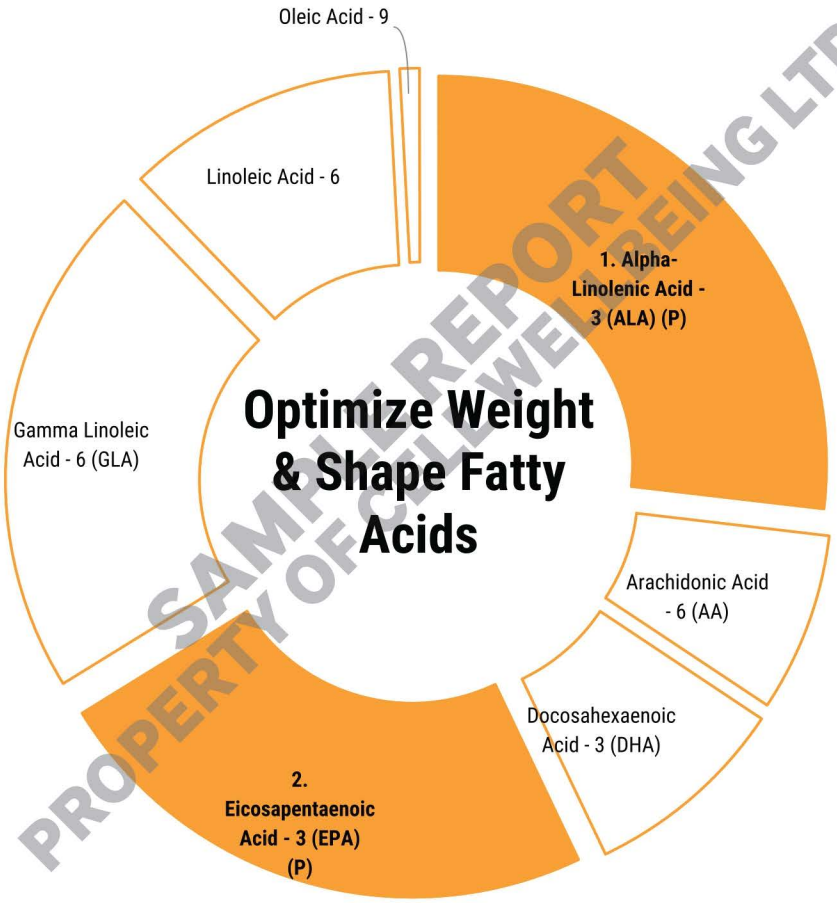
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FATTY ACIDS INDICATORS



Priority - Increase Intake

See page 29 for further information



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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.

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.

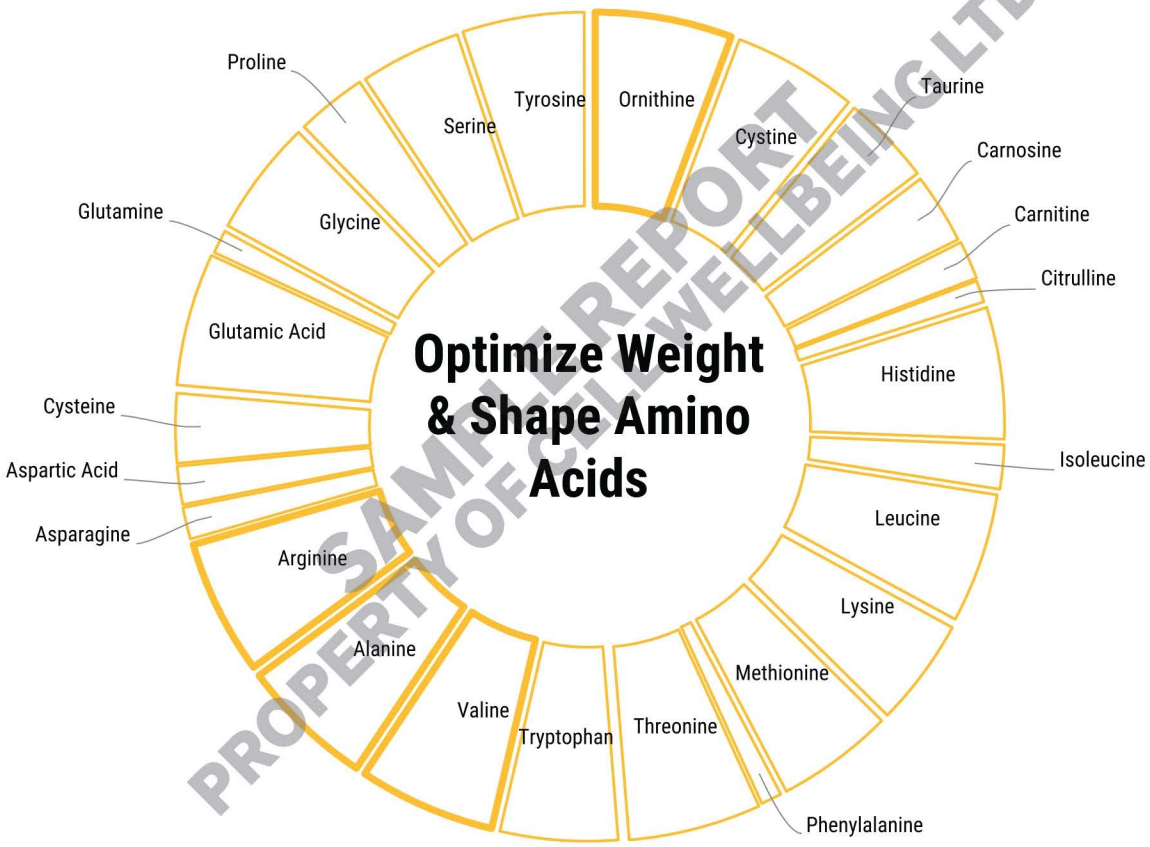
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AMINO ACIDS INDICATORS



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.

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.

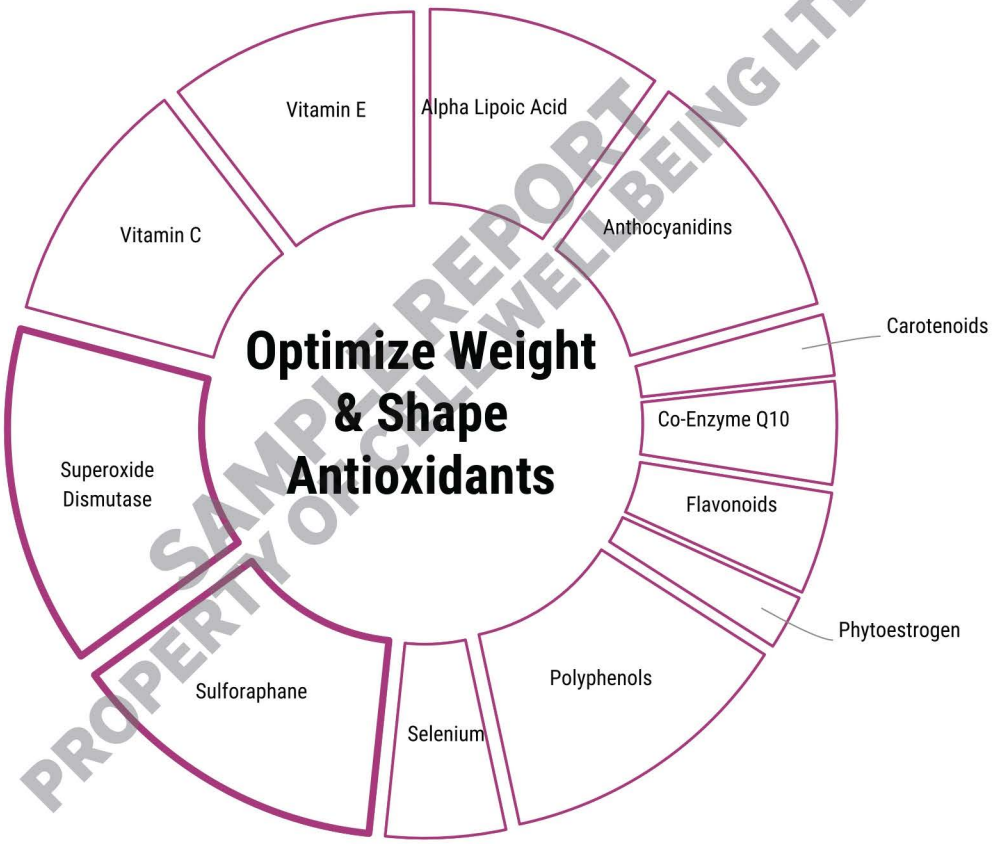
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ANTIOXIDANTS INDICATORS



Consider - Increase Intake

See page 31 for further information



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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.

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 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.

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Foods Restrictions

Sprouts, alfalfa	Salmon
Cod	Chicken
Venison	Sesame
Lettuce	Beets
Pistachios	Alcohol



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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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.

Sprouts, alfalfa	Cod	Venison	Lettuce	Pistachios
Salmon	Chicken	Sesame	Beets	Alcohol

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 Gut Support Guidance

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 21 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 22 for the specific foods and recommendations suggested for you.

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90 DAY OPTIMIZE IMMUNITY & WELLBEING FOODS

PLEASE EXCLUDE THE FOODS TO AVOID ON PAGE 19, 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)
Alpha-Linolenic Acid - 3 (ALA)	Walnuts, flax seeds, beef, lamb, butter, milk, cheese (full fat)
Eicosapentaenoic Acid - 3 (EPA)	Mackerel, salmon, sardines, tuna, flax seeds
Iodine	Sea fish, shellfish, seaweed, algae, eggs, lettuce, spinach, cereals, grains, kelp
Manganese	Wheat germ, pecan nuts, whole wheat pasta, pumpkin seeds, sweet potatoes, pineapple, oysters, blackstrap molasses, tomato juice, blackberries, grape juice, spinach, brown rice, almonds, tofu, tea, rye, barley, buckwheat, pecan nuts, brazil nuts, sunflower seeds
Copper	Whole grains, almonds, green leafy vegetables, oysters, crab, sunflower seeds, pine nuts, olives, hazelnuts
Iron	Spirulina, kelp, pumpkin seeds, sesame seeds, cocao, brazil nuts, cashew nuts, almonds, meat, fish, poultry, lentils and beans, grains
Ornithine	Meat, fish, dairy and eggs
Valine	Meats, dairy products, eggs, butter beans, chickpeas, lentils, peanuts, almonds
Superoxide Dismutase	Wheat, barley grass, wheat grass, broccoli, brussels sprouts, cabbage, cantaloupe melon
Vitamin D3	Swiss Cheese, oysters, sardines, cod liver oil, mackerel, herring, salmon, maitake and portabella mushrooms, eggs, sunlight
Arginine	Spirulina , wheat germ, buckwheat, dairy products (cottage cheese, ricotta, non-fat dry milk, skim yoghurt), beef, pork, chicken, nuts (coconut, pecans, cashews, walnuts, almonds, Brazil nuts, hazel nuts, peanuts), seeds (pumpkin, sesame, sunflower), poultry (chicken and turkey), seafood (halibut, lobster, salmon, crab, shrimp, snails, tuna in water), chick peas.
Betaine	Whole wheat, wheat bran, wheat germ, spinach, beetroot, broccoli, spinach
Alanine	Spirulina, Beef, Lamb, Almonds, Cucumber, Spinach, Capsicum, Carrot
Sulforaphane	Broccoli and broccoli sprouts, cauliflower, cabbage, cress, bok choy, brussels sprouts

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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 IMMUNITY & WELLBEING FOODS

PLEASE EXCLUDE THE FOODS TO AVOID ON PAGE 19, 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	Bacteria	Garlic, Ginger, Fermented Foods, Lemon, Horseradish, Pineapple, Tumeric, Honey (manuka), cabbage
Environmental 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
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

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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FOOD ADDITIVE AVOIDANCE

Priority - Avoidance Recommended

Food Additives Indicators	
E 304 Ascorbyl palmitate/Ascorbyl stearate	E 104 Quinoline yellow
E 326 Potassium lactate (salts from lactic acid)	E 631 Disodium ionisate, Ionisate
E 912 Montanic acid ester	E 263 Calcium acetate, salt of acetic acid
E 535 Sodium ferrocyanide	E 310 Propyl gallate (Gallate)
E 300 Ascorbic acid (L-) (vitamin C)	E 461 Methylcellulose

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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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FREQUENCY INTERFERENCE

ABOUT INTERFERENCE FOODS



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.

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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 22 for specific foods

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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 FOODS

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

If there are foods recommended for you, see the tables on page 22.

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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.



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.

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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 FOODS

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

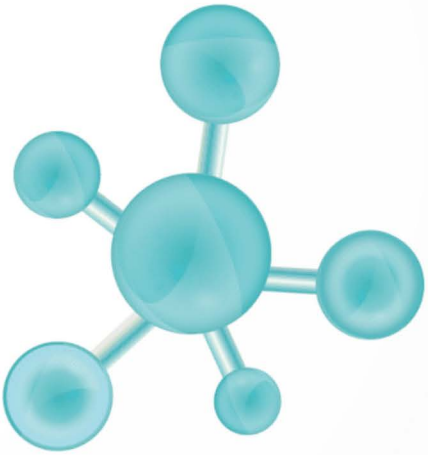
For specific foods that maybe recommended for you see page 22.

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VITAMINS

ABOUT VITAMINS



Vitamin C molecular model



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.

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HOW VITAMINS SUPPORT WELLNESS

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 SUPPORT FOODS

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

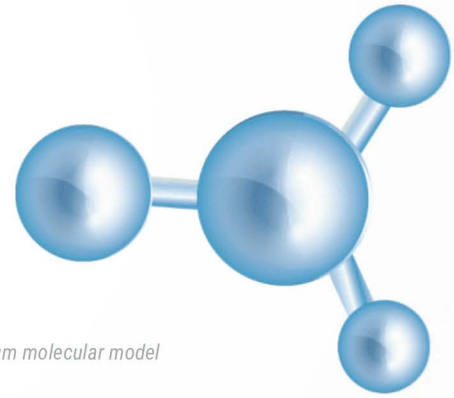
**There are many other foods but these are some of the common examples.*

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MINERALS

ABOUT MINERALS



Magnesium molecular model

All nut varieties 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 WELLNESS

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 SUPPORT FOODS

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

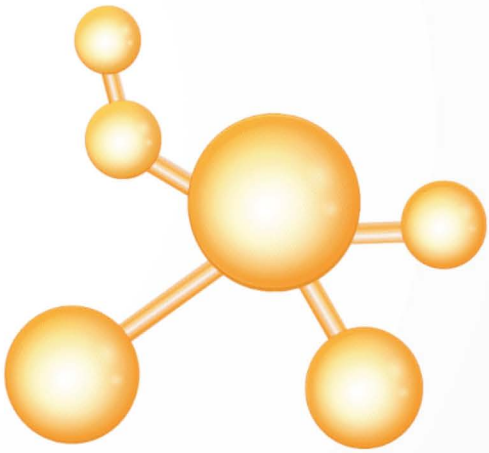
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FATTY ACIDS

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 WELLNESS

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 ACID SUPPORT FOODS

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

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AMINO ACIDS

ABOUT AMINO ACIDS



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.

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HOW AMINO ACIDS SUPPORT WELLNESS

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 SUPPORT FOODS

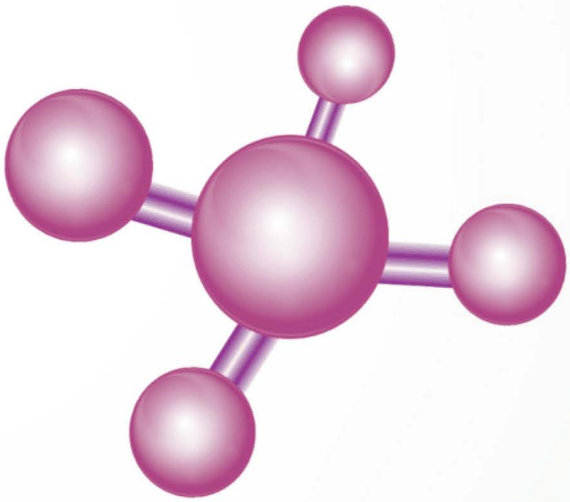
- Meat
- Dairy
- Seeds
- Lentils
- Chickpeas
- Green Vegetables
- Grains
- Nuts
- Spirulina
- Poultry
- Seafood
- Onion
- Garlic
- Peppers

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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 WELLNESS

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 SUPPORT FOODS

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

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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

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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
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. **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
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

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
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

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

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

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

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

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Thank you for investing in your personalized weight and shape nutritional food plan.

We're delighted to be a part of your journey towards a slimmer, more youthful, and vibrant you in the months ahead.

cell-wellbeing.com

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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.

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