Integrative Nutrition Health Coach: Sondra Singleton
Phone: 951.389.4569
Email: sondra@joyfulwellness.net
Appointments: www.joyfulwellness.net

Client: Test Client
Email:
Phone:

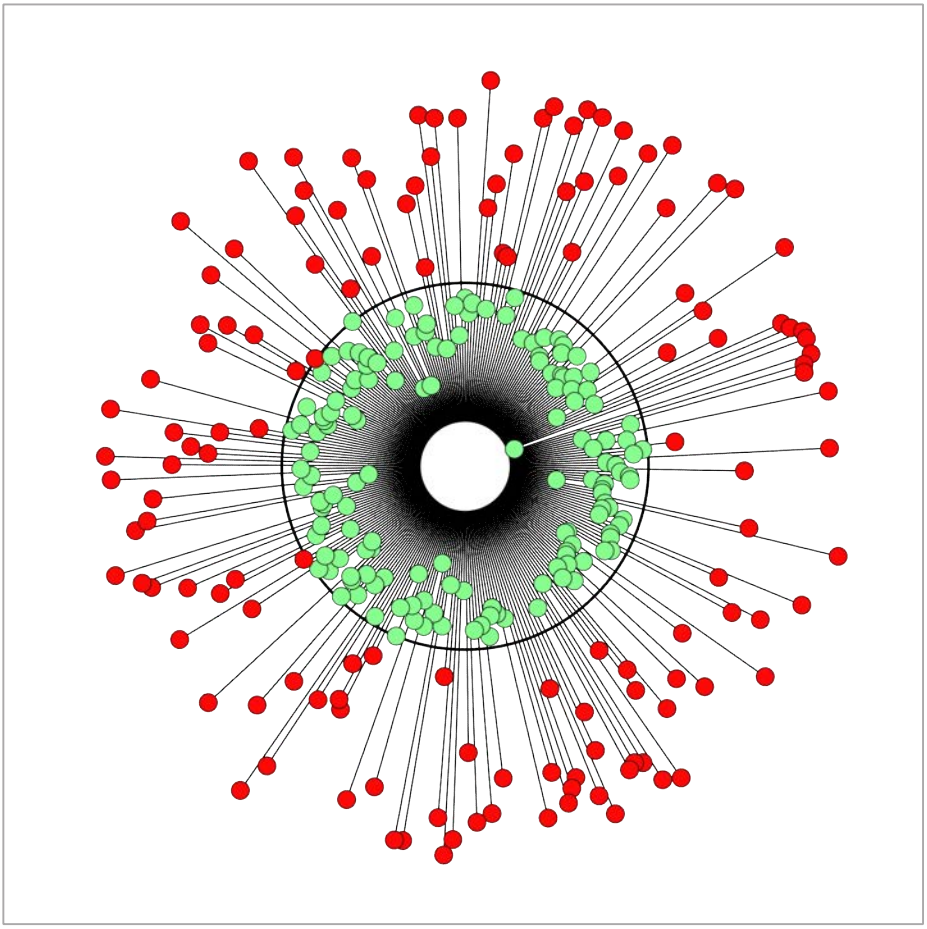
Session Date: 3/23/2020
Range: 6.53
Book your next appointment online!

Today's Immunity for Wellness Report

YOUR DYNAMIC PROFILE

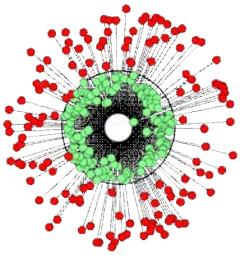
Biomarkers: 285
Range: 6.53

Biomarkers In Range: 149
Biomarkers Out of Range: 136



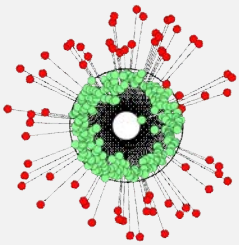
BALANCER VIRTUAL ITEM RE-SCAN RESPONSES

This section of the report shows your top balancer Virtual Items and how many out-of-range biomarkers each balancer progressively brought into range. Each balancer adds to the cumulative amount of biomarkers brought into range.



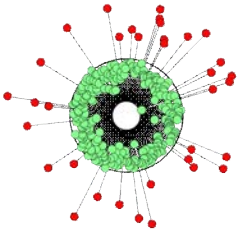
Baseline

Biomarkers Out of Range: 136



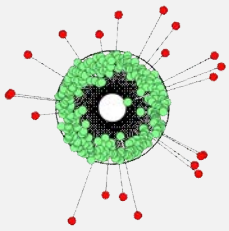
ZUB - Fig Leaf

Biomarkers Brought Into Range: 66
Category: All ZUB Balancers



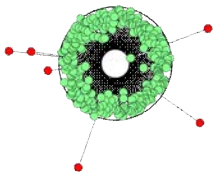
ZUB - Selenium-min

Additional BioMarkers Brought Into Range: 35
Category: All ZUB Balancers



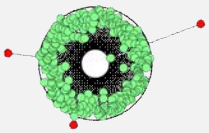
ZUB - Oyster Shell

Additional BioMarkers Brought Into Range: 14
Category: All ZUB Balancers



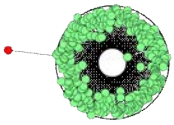
ZUB - Phosphorus-min

Additional BioMarkers Brought Into Range: 15
Category: All ZUB Balancers



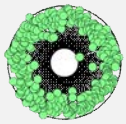
ZUB - Manganese

Additional BioMarkers Brought Into Range: 3
Category: All ZUB Balancers



ZUB - Zincum metallicum

Additional BioMarkers Brought Into Range: 2
Category: All ZUB Balancers



ZUB - Lindera

Additional BioMarkers Brought Into Range: 1
Category: All ZUB Balancers

PRODUCT DESCRIPTIONS

Top balancer Virtual Items are listed in order below along with their respective dR values and detailed product descriptions.

Top Products w/ Description

30.11 ZUB - Fig Leaf

Common Name(s): Fig, Desert Fig, Rock Fig,
Parts Used: Fruit, Stems, Leaves

Actions
•
•
•
•
Health Benefits of
•
•
•
•
Cautions & Contraindications
•
•

28.88 ZUB - Selenium-min

Selenium is a vital antioxidant, especially when combined with vitamin E. As an antioxidant, selenium protects the immune system by preventing the formation of free radicals, which can damage the body. Selenium and vitamin E act synergistically to aid in the production of antibodies and to help maintain a health heart. This trace element is needed for pancreatic function and tissue elasticity.

Selenium is important for:
- its antioxidant capacity,
- the repair of DNA,
- a healthy immune system,
- the prevention of many cancers,
- improving liver function,
- maintaining healthy eyes and eyesight,
- maintaining healthy skin and hair,
- protection against heart and circulatory diseases,
- impeding the aging process,
- detoxifying alcohol and many drugs, including smoke and some fats
- increasing male potency and sex drive.

The deficiency signs and symptoms include:
- cataracts,
- impaired growth,
- heart disease,
- reduced immunity and resistance to infections,
- inflammation of the muscles,
- reduced fertility in men,
- age spots,
- cancerous changes, and
- the reduced ability to detoxify.

Food sources of selenium
Plant foods are the major dietary sources of selenium in most countries throughout the world. The content of selenium in food depends on the selenium content of the soil where plants are grown or animals are raised.

Selenium also can be found in some meats and seafood. Animals that eat grains or plants that were grown in selenium-rich soil have higher levels of

selenium in their muscle. In the U.S., meats and bread are common sources of dietary selenium. Some nuts are also sources of selenium. Selenium occurs in foods such as corn, wheat, and soybean.

Selenium has been used in the following conditions:
- dandruff,
- cancers,
- acne,
- arthritis,
- asthma,
- reduced sperm motility,
- thyroid function,
- kidney problems,
- HIV and AIDS,
- muscular dystrophy, and
- epilepsy.

28.69 ZUB - Oyster Shell

(Other Names: Ostrea sp., Mu Li.)

Used in formulas for digestive disturbance, insomnia, and nightsweats, combining with dragon bone, scute, hoelen.

Meridians: Liver, Gallbladder, Kidney.

Effects: Sedative, calms uprushing chi, clears fevers, neutralizes excess stomach acid, astringent.

Uses: Anxiety, insomnia, heartburn, excessive sweating. Combined with dragon bone to treat insomnia, neurosis, epilepsy, and other disorders requiring stronger sedative agents. It is used in astringent formulas for nightsweats and nocturnal emission, and in digestive formulas for heartburn.

28.31 ZUB - Phosphorus-min

(Phosphoricum Acidum)
Phosphorus is needed for bone and tooth formation, cell growth, contraction of the heart muscle, and kidney function. It also assists the body in the utilization of vitamins and the conversion of food to energy. A balance of magnesium, calcium, and phosphorus should always be maintained. If one of these is present in excess or insufficient amounts, it will have adverse effects on the body.

Deficiency: A dietary deficiency of phosphorus in humans is uncommon; phosphorus intake is invariably higher than that of calcium. A vitamin D deficiency can result in reduced serum phosphate levels. Excessive amounts of phosphorus interfere with calcium uptake. A diet consisting of junk food is a common culprit.

Sources: Phosphorus is a component of all cells and therefore is found in abundance in animal tissues. The major food sources are meats, fish, poultry, eggs, milk, and milk products.

27.17 ZUB - Manganese

Manganese is a chemical element that has the symbol Mn and atomic number 25. It is found as the free element in nature (often in combination with iron) and in many minerals. The free element is a metal with important industrial metal alloy uses. Manganese ions are variously colored, and are used industrially as pigments and as oxidation chemicals. Manganese (II) ions function as cofactors for a number of enzymes and the element is thus a required trace mineral for all known living organisms.

Manganese is a grey-white metal, resembling iron. It is a hard metal and is very brittle, fusible with difficulty, but easily oxidized. Manganese metal and its common ions are paramagnetic. This means that, while manganese metal does not form a permanent magnet, it does exhibit strong magnetic properties in the presence of an external magnetic field.

Manganese is essential to iron and steel production by virtue of its sulfur-fixing, deoxidizing, and alloying properties. Steelmaking, including its ironmaking component, has accounted for most manganese demand, presently in the range of 85% to 90% of the total demand. Among a variety of other uses, manganese is a key component of low-cost stainless steel formulations and certain widely used aluminum alloys.

The metal is very occasionally used in coins; the only United States coins to use manganese were the "Wartime" nickel from 1942-1945, and, since 2000, dollar coins. The EU uses manganese in 1 and 2 Euro coins due to greater and cheaper availability.

Some manganese compounds have been added to gasoline to boost octane rating and reduce engine knocking. Manganese dioxide is also used as a reagent in organic chemistry for the oxidation of benzylic alcohols. Manganese is used to decolorize glass (removing the greenish tinge that presence of iron

produces) and, in higher concentration, make an amethyst-colored glass. Manganese oxide is a brown pigment that can be used to make paint and is a component of natural umber. Potassium permanganate is a potent oxidizer and used in chemistry and in medicine as a disinfectant. Manganese phosphating is used for rust and corrosion prevention on steel.

Manganese(IV) oxide (manganese dioxide) was used in the original type of dry cell battery, and is the black material found when opening carbon-zinc type flashlight cells. The same material also functions in newer alkaline batteries (usually battery cells), which use the same basic reaction but a different electrolyte.

The overall level and nature of manganese use in the United States is expected to remain about the same in the near term. No practical technologies exist for replacing manganese with other materials or for using domestic deposits or other accumulations to reduce the complete dependence of the United States on other countries for manganese ore.

The classes of enzymes that have manganese cofactors are very broad and include such classes as oxidoreductases, transferases, hydrolases, lyases, isomerases, ligases, lectins, and integrins. The best known manganese-containing polypeptides may be arginase, the diphtheria toxin, and Mn-containing superoxide dismutase (Mn-SOD), which is the enzyme typically present in eukaryotic mitochondria, and also in many bacteria (this fact is in keeping with the bacterial-origin theory of mitochondria). The Mn-SOD enzyme is probably one of the most ancient, for nearly all organisms living in the presence of oxygen use it to deal with the toxic effects of superoxide, formed from by the 1-electron reduction of dioxygen. Exceptions include a few kinds of bacteria such as Lactobacillus plantarum and related lactobacilli, which use a different non-enzymatic mechanism, involving manganese (Mn^{2+}) ions complexed with polyphosphate directly for this task, indicating how this function possibly evolved in aerobic life.

Vast quantities of manganese exist in manganese nodules on the ocean floor. Attempts to find economically viable methods of harvesting manganese nodules were abandoned in the 1970s.

Manganese dioxide is also used in the manufacture of oxygen and chlorine, and in drying black paints. Manganese is part of the iron group of elements which are thought to be synthesized in large stars shortly before supernova explosion.

Manganese compounds are less toxic than those of other widespread metals such as iron, nickel and copper compounds. However manganese is toxic in excess. Exposure to manganese dusts and fumes should not exceed the ceiling value of 5 mg/m3 for even short periods because of its toxicity level. Manganese posses a particular risk for children due to its propensity to bind to CH-7 receptors. Manganese poisoning has been linked to impaired motor skills and cognitive disorders.

In 2005, a study suggested a possible link between manganese inhalation and central nervous system toxicity in rats. It is hypothesized that long-term exposure to the naturally-occurring manganese in shower water puts up to 8.7 million Americans at risk.

A form of Parkinson's Disease-type neurodegeneration called Manganism has been linked to manganese exposure amongst miners and smelters since the early 19th Century. Allegations of inhalation-induced manganism have been made regarding the welding industry. Manganese exposure is regulated by OSHA.

26.28 ZUB - Zincum metallicum

(Zinc)
The provings picture cerebral depression. The word "fag" covers a large part of zinc action. Tissues are worn out faster than they are repaired. Poisoning from suppressed eruptions or discharges. The nervous symptoms of most importance. Defective vitality. Impending brain paralysis. Period of depression in disease. Spinal affections. Twitchings. Pain, as if between skin & flesh. Great relief from discharges. Chorea, from fright or suppressed eruption. Convulsions, with pale face & no heat. Marked anæmia with profound prostration. It causes a decrease in the number, & destruction of red blood corpuscles. Repercussed eruptive diseases. In chronic diseases with brain & spinal symptoms, trembling, convulsive twitching & fidgety feet are guiding symptoms.

Mind.--Weak memory. Very sensitive to noise. Averse to work, to talk. Child repeats everything said to it. Fears arrest on account of a supposed crime. Melancholia. Lethargic, stupid. Paresis.

Head.--Feels as if he would fall to left side. Headache from the smallest quantity of wine. Hydrocephalus. Rolls head from side to side. Bores head into pillow. Occipital pain, with weight on vertex. Automatic motion of head & hands. Brain-fag; headaches of overtaxed school children. Forehead cool; base of brain hot. Roaring in head. Starting in fright.

Eyes.--Pterygium; smarting, lachrymation, itching. Pressure as if pressed into head. Itching & soreness of lids & inner angles. Ptosis. Rolling of eyes. Blurring of one-half of vision; worse, stimulants. Squinting. Amaurosis, with severe headache. Red & inflamed conjunctiva; worse, inner canthus.

Ears.--Tearing, stitches, & external swelling. Discharge of fetid pus.

Nose.--Sore feeling high up; pressure upon root.

Face.--Pale lips, & corners of mouth cracked. Redness & itching eruption on chin. Tearing in facial bones.

Mouth.--Teeth loose. Gums bleed. Gnashing of teeth. Bloody taste. Blisters on tongue. Difficult dentition; child weak; cold & restless feet.

Throat.--Dry; constant inclination to hawk up tenacious mucus. Rawness & dryness in throat & larynx. Pain in muscles of throat when swallowing.

Stomach.-- Hiccough, nausea, vomiting of bitter mucus. Burning in stomach, heartburn from sweet things. Cannot stand smallest quantity of wine. Ravenous hunger about 11 am (Sulph). Great greediness when eating; cannot eat fast enough. Atonic dyspepsia, feeling as if stomach were collapsed.

Abdomen.--Pain after a light meal, with tympanitis. Pain in spot beneath navel. Gurgling & griping; distended. Flatulent colic, with retraction of abdomen (Plumb). Enlarged, indurated sore liver. Reflex symptoms from floating kidney. Griping after eating.

Urine.--Can only void urine when sitting bent backwards. Hysterical retention. Involuntary urination when walking, coughing or sneezing.

Rectum.--Hard, small, constipated stool. Cholera infantum, with tenesmus; green mucous discharges. Sudden cessation of diarrhea, followed by cerebral symptoms.

Male.--Testicles swelled, drawn up. Erections violent. Emissions with hypochondriasis. Falling off of hair (pubic). Drawing in testicles up to spermatic cord.

Female.--Ovarian pain, especially left; can't keep still (Viburn). Nymphomania of lying-in women. Menses too late, suppressed; lochia suppressed (Puls). Breasts painful. Nipples sore. Menses flow more at night (Bov). Complaints all better during menstrual flow. (Eupion; Lach). All the female symptoms are associated with restlessness, depression, coldness spinal tenderness & restless feet. Dry cough before & during menses.
Respiratory.--Burning pressure beneath sternum. Constriction & cutting in chest. Hoarseness. Debilitating, spasmodic cough; worse, eating sweet things. Child grasps genitals during cough. Asthmatic bronchitis, with constriction, of chest. Dyspnœa better as soon as expectoration appears.

Back.--Pain in small of back. Cannot bear back touched (Sul; Therid; Cinch). Tension & stinging between shoulders. Spinal irritation. Dull aching about the last dorsal or first lumbar vertebræ; worse sitting. Burning along spine. Nape of neck weary from writing or any exertion. Tearing in shoulder-blades.

Extremities.--Lameness, weakness, trembling & twitching of various muscles. Chilblains (Agar). Feet in continued motion; cannot keep still. Large varicose veins on legs. Sweaty. Convulsions, with pale face. Transverse pains, especially in upper extremity. Soles of feet sensitive. Steps with entire sole of foot on floor.

Sleep.--Cries out during sleep; body jerks; wakes frightened, stared. Nervous motion of feet when asleep. Loud screaming out at night in sleep without being aware of it. Somnambulism (Kali phos).

Skin.--Varicose veins, especially of lower extremities (Puls). Formication of feet & legs as from bugs crawling over the skin, preventing sleep. Eczema, especially in the anæmic & neurotic. Itching of thighs & hollow of knees. Retrocession of eruptions.

Fever.--Frequent, febrile shiverings down back. Cold extremities. Night-sweat. Profuse sweat on feet.

Modalities.--Worse, at menstrual period, from touch, between 5 to 7 pm; after dinner, from wine. Better, while eating, discharges, & appearance of eruptions.

Relationship.--Compare: Agaric; Ign; Plumb; Argent; Puls; Helleb; Tuberc. Inimical: Nux; Cham. Compare in amelioration by secretions: Lach; Stan; Mosch. Compare: Zincum aceticum (effects of night-watching & erysipelas; brain feels sore; Rademacher's solution, five-drop doses three times a day in water, for those who are compelled to work, on an insufficient amount of sleep); Zinc, bromatum (dentition, chorea, hydrocephalus); Zinc oxydatum (Nausea & sour taste). Sudden vomiting in children. Vomiting of bile & diarrhea. Flatulent abdomen. Watery stools with tenesmus. Debility after grip. Fiery red face, great drowsiness with dreamlike unrefreshing sleep. Similar to effect of night watching. Mental & physical exertion (Rademacher). Zinc. Sulph, not repeated frequently (high potency) will clear up opacities of the cornea (McFarland). Corneitis; granular lids; tongue paralyzed; cramps in arms & legs; trembling & convulsions. Hypochondriasis due to masturbation; nervous headaches; Zinc cyanatum (as a remedy for meningitis & cerebro-spinal meningitis, paralysis agitans, chorea, & hysteria, it has received some attention); Zinc ars (chorea, anæmia, profound exhaustion on slight exertion. Depression & marked involvement of lower extremities); Zinc carb (post-gonorrhœal throat affections, tonsils swollen, bluish superficial spots); Zinc phos (herpes zoster 1x); Zinc muriat (disposition to pick the bedclothes; sense of smell & taste perverted; bluish-green tint of skin; cold & sweaty); Zinc phos (neuralgia of head & face; lightning-like pains in locomotor ataxia, brain-fag, nervousness, & vertigo; sexual excitement & sleeplessness); Ammon valerian (violent neuralgia, with great nervous agitation); Zinc picricum (facial paralysis; brain-fag, headache in Bright's disease; seminal emissions; loss of memory & energy). Oxide of zinc is used locally as an astringent & stimulant application to unhealthy ulcers, fissures, intertrigo, burns, etc.

Dose.--Second to sixth potency.

23.79 ZUB - Lindera

(Other Names: Lindera strynchifolia, Wu Yao.)

Common in formulas for neurosis, abdominal and chest pain, combining with cyperus, saussurea, cardamon, perilla, magnolia bark.

Meridians: Spleen, Stomach, Lung, Kidney.

Effects: Smoothing flow of chi, analgesic.

Uses: Abdominal and chest pain, failure to digest food completely, vomiting, belching, stroke, headaches, pains in the lower back and legs, neurosis. Lindera is used to normalize the flow of Chi in persons with repressed emotions. It treats pain due to entanglement of Chi and digestive disturbance.

Immunity Support

18.13 **Andrographis Paniculata**
16.84 **Glutathione**
13.08 **Olive Leaf**
12.55 **Shiitake Mushroom**
8.60 **N-acetyl cysteine (NAC)**
7.88 **Astaxanthin**
6.83 **Vitamin B6 (Pyridoxine)**
5.78 **Maitake (Grifola frondosa)**
5.69 **Vitamin E (Tocopherol)**
5.69 **Oregano Oil**

Top Probiotic Strains

14.27 **L. Reuteri**
11.73 **L. Salivarius**
11.53 **Escherichia Coli**
11.10 **L. Acidophilus**
10.54 **L. Gasseri**

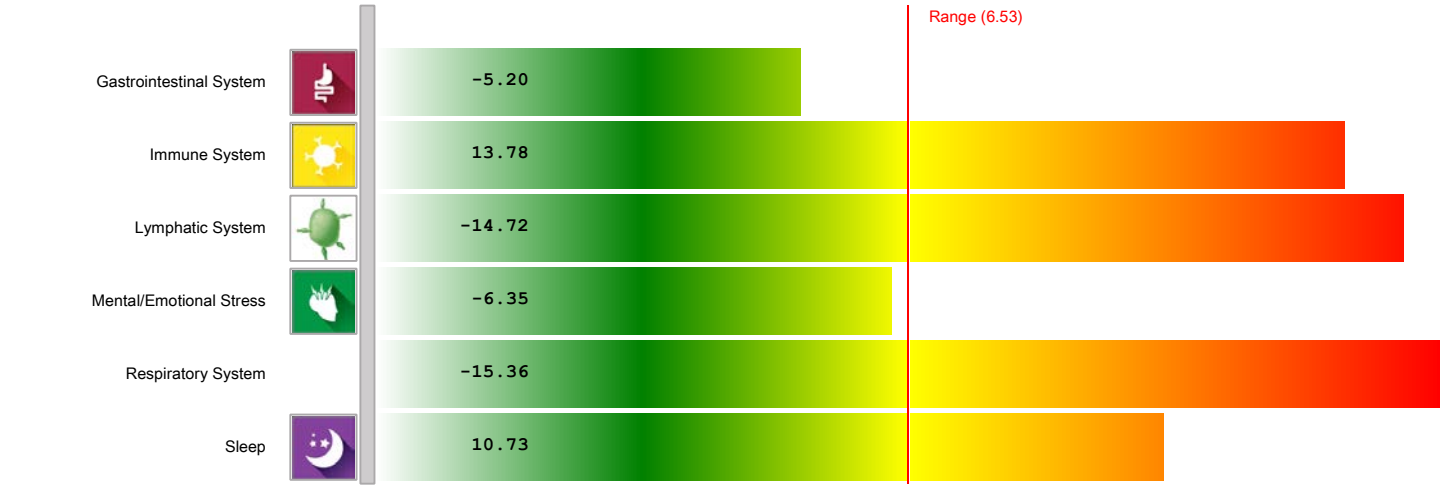
Enzymes

20.34 **Sucrase**
13.41 **Maltase**
11.89 **Alpha-galactosidase**
7.17 **Invertase**
4.79 **Peptidase**

FOUNDATIONS FOR IMMUNE SYSTEM WELLNESS

NEW TEXT ON FOUNDATIONS AND 12 BODY SYSTEMS

STRESSOR VIRTUAL ITEM RESPONSES: TODAY'S IMMUNITY FOUNDATIONAL STRESSORS



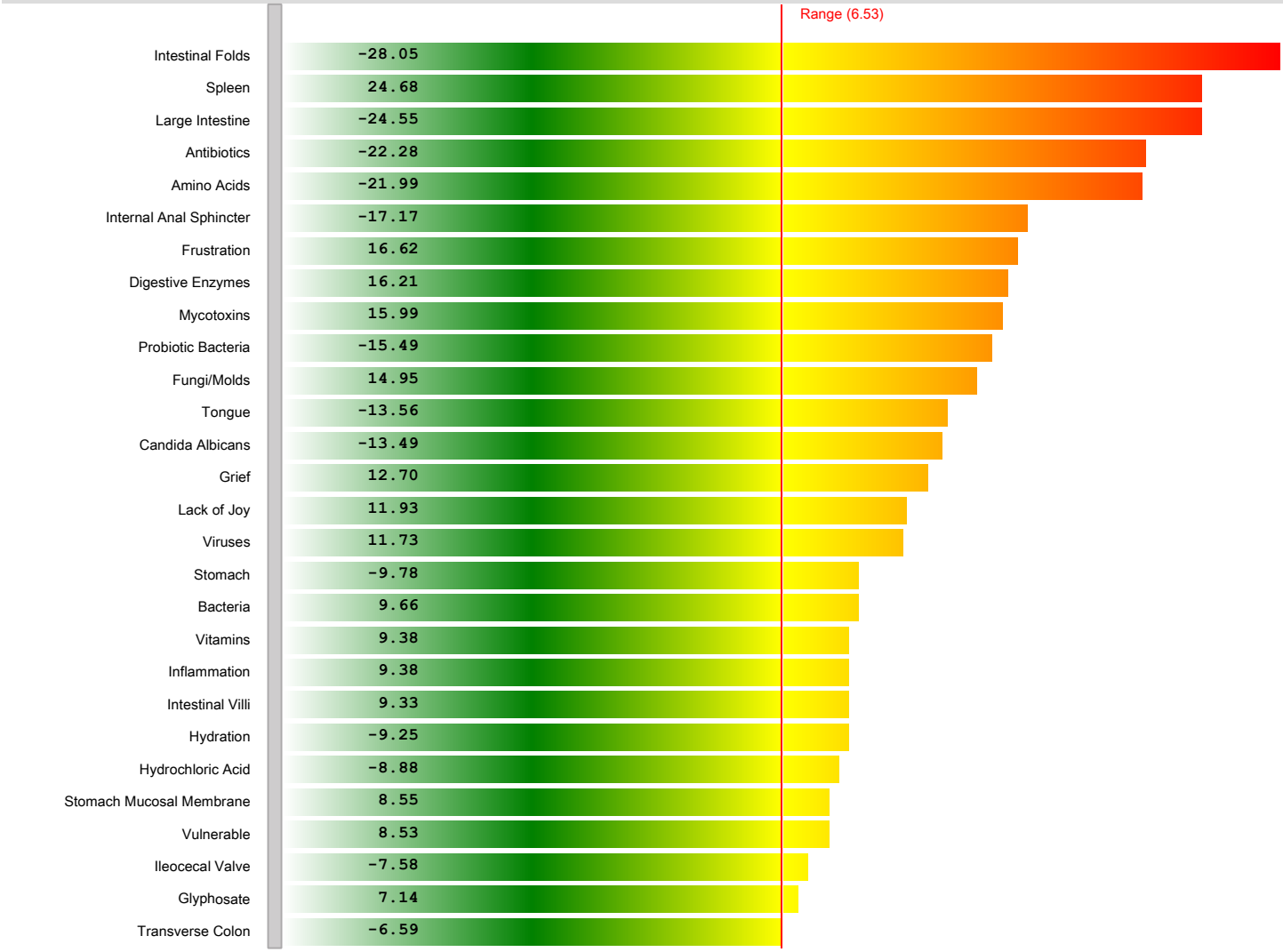
GASTROINTESTINAL SYSTEM

The saying "You are what you eat" can be said more accurately; "You are what you digest"! However, if digestive function is compromised, it's not just your body's nutrient status that suffers. The health of the gut greatly impacts brain function, hormone balance, immune regulation, and so much more…

The Gastrointestinal System, which handles your digestive function, also contains a vast mucosal barrier. Gut inflammation and a compromised mucosal barrier can be caused by bacterial and parasitic infections, food additives, environmental toxins, mental & emotional stress, and a host of other stressors. This can severely limit digestion, lead to inflammation in other areas of the body, and have a huge negative impact on the Immune System and Hormonal/Endocrine System.

In order for your body's cells, tissues, and organs to get both proper nutrition and eliminate toxins, your digestive organs need to be supported in a way that eliminates any stress that compromises this amazing system. (3)

Gastrointestinal System Stressors



IMMUNE SYSTEM

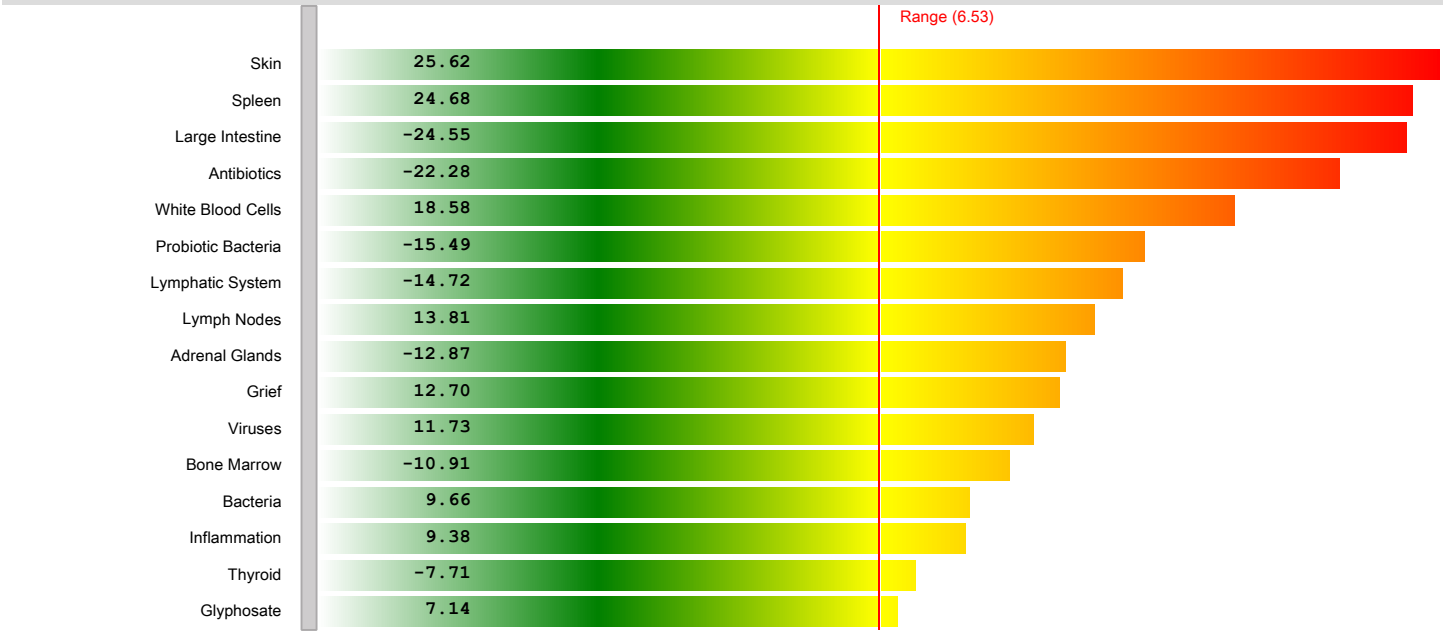
The first line of defense against disease-causing microorganisms is the skin and mucosal barriers. Behind this is a complex defensive system. Collectively these parts are known as the immune system.

The immune system neutralizes or destroys microorganisms and the toxins created by them wherever they attack the body via the extensive lymphatic system (comprised of the spleen, thymus gland, tonsils, bone marrow, and other organs and tissues). The network of lymph vessels (capillaries and lymphatics) drains the clear body fluid known as lymph from the tissues into the bloodstream. Special white blood cells that originate in bone marrow, known as lymphocytes, along with antibodies (proteins that neutralize foreign objects), are primarily responsible for carrying out the work of the immune system.

The first line of immune defense is called the mucosal barrier. Mucous membranes are an integral part of the immune system. They form a protective barrier between the interior of the body and the outside environment. The mucosal barrier is permeable and allows nutrients into the body while protecting it from infectious agents, allergens, and other harmful substances. If testing reveals that mucosal immunity is impaired, therapies should be initiated to rebuild it.

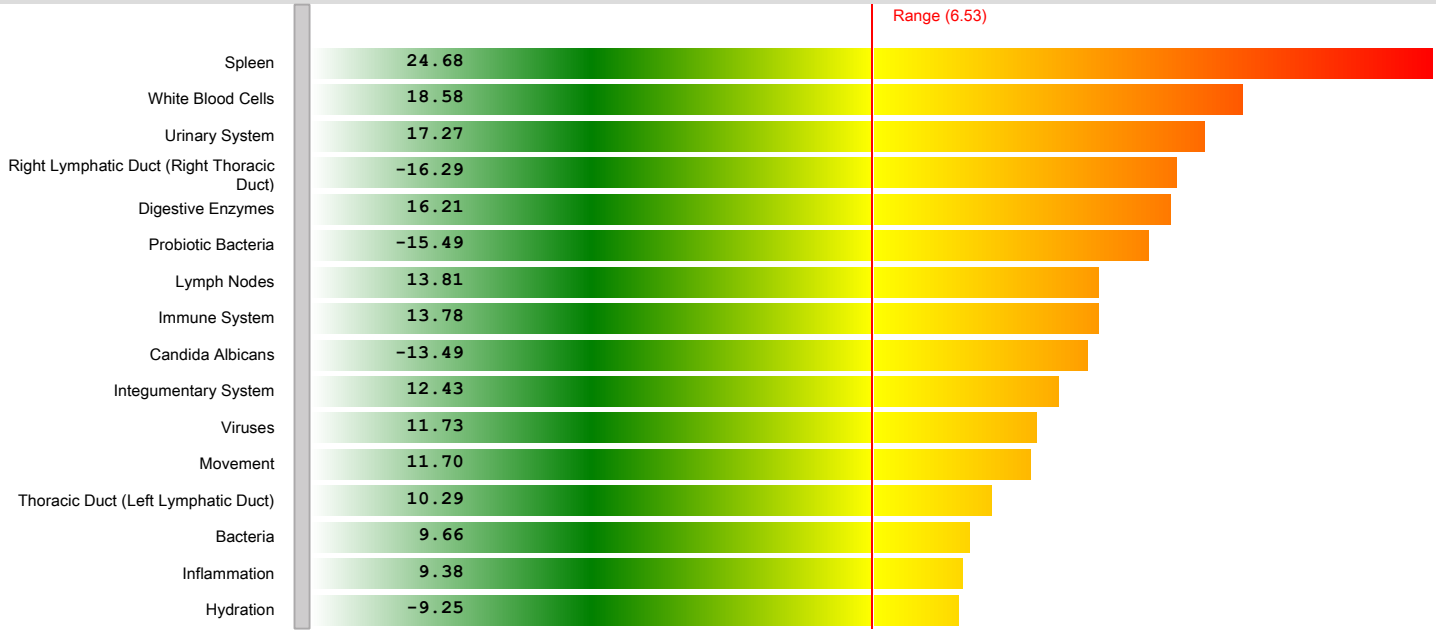
In addition to evaluating mucosal immunity, it is relevant to assess cell-mediated immunity and humoral immunity. Cell-mediated immunity works by the activation of specialized cells called macrophages and natural killer cells, which destroy intracellular pathogens (disease-causing microorganisms). Humoral immunity is the aspect of immunity that involves antibodies. Knowing the status of these immune components provides a comprehensive understanding of one's ability to fight infectious agents, defend against toxic exposures such as chemicals and heavy metals, and kill aberrant cancer cells. (5)

Immune System Stressors



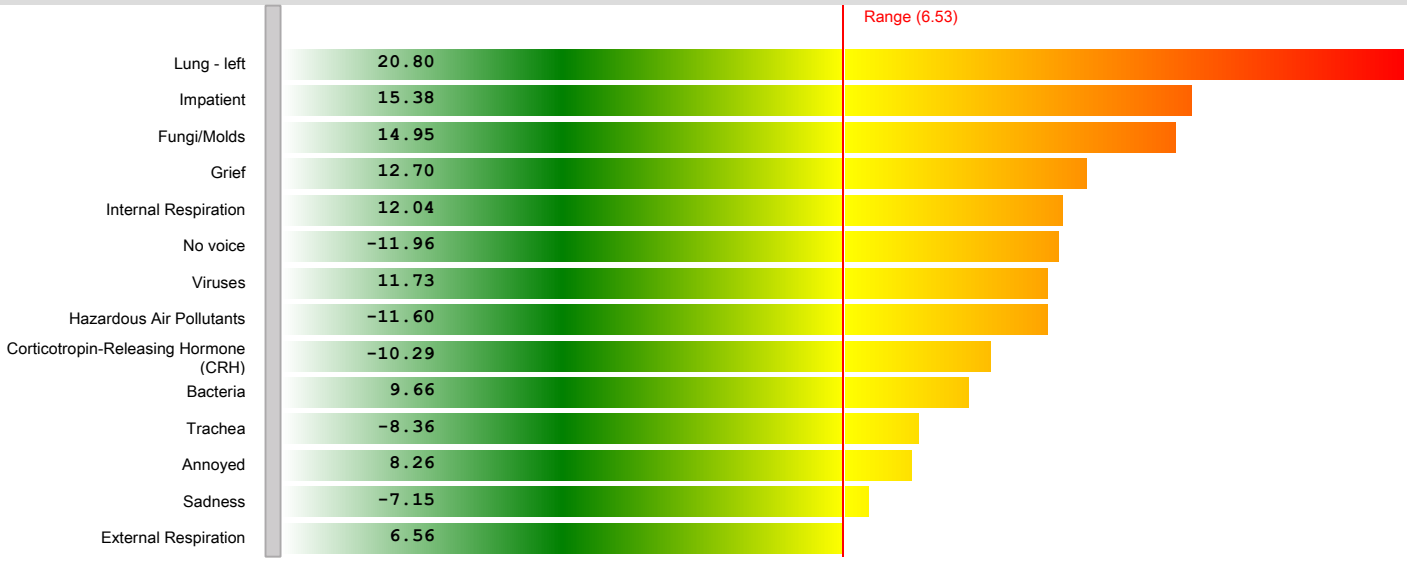
LYMPHATIC SYSTEM

Lymphatic System Stressors



RESPIRATORY SYSTEM

Respiratory System Stressors



MENTAL/EMOTIONAL STRESS

While you can't always control what happens to you, you can control how you react to it. Channeling your emotions in a consciously positive way helps you to dramatically decrease the negative impact of stressful events. Learning how to do this is part of personal growth—mental and emotional, as well as spiritual. Integrating relaxation exercises such as meditation and deep breathing into your daily routine can make a dramatic improvement in your entire life, giving you the resolve to positively channel your emotions.

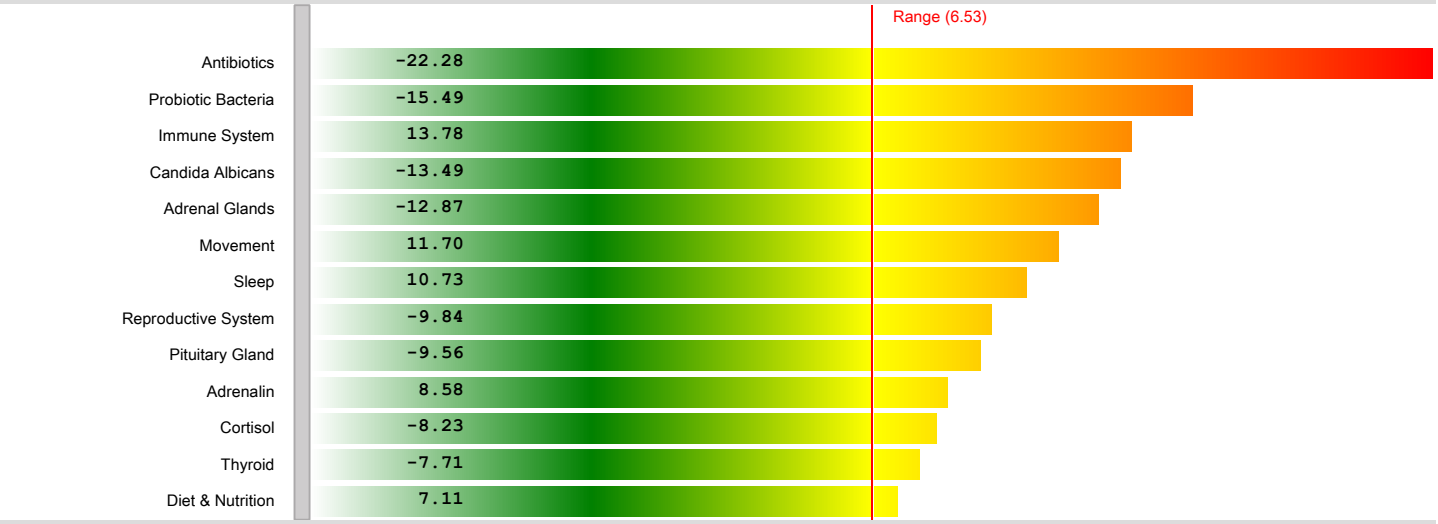
Mental and emotional responses to stimuli are referred to as limbic responses. The limbic system of the brain, sometimes called the emotional nervous system, moderates your moods, maintains homeostasis, and helps form memories.
The hypothalamus is a principal limbic structure whose primary purpose is to maintain homeostasis in the body—meaning that it returns systems within your body to their "set points." Specifically, the hypothalamus regulates hunger, thirst, levels of pain and pleasure, sexual satisfaction, and aggressive or defensive behavior.

The hypothalamus is known as the master switchboard because it's the part of the brain that controls the endocrine system. The pituitary gland, which hangs by a thin stalk from the hypothalamus, is called the master gland of the body because it regulates the activity of the endocrine glands.

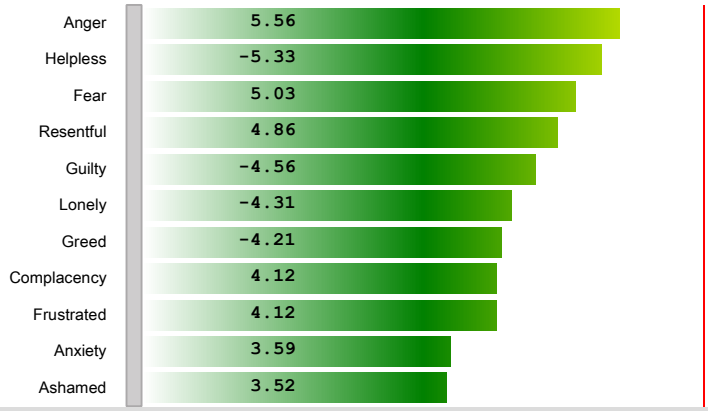
The hypothalamus detects the rising level of the target organ's hormones then sends either hormonal or electrical messages to the pituitary gland. In response, the pituitary gland releases hormones, which travel through the bloodstream to a target endocrine gland, instructing it to stop producing its hormones.

The hypothalamus—under the control of your thoughts, feelings, and attitude—sends instructions through the autonomic nervous system and the pituitary gland. The autonomic nervous system regulates blood pressure, heart rate, breathing, digestion, and sweating, and serves other vital functions. The pituitary gland releases hormones that cause other endocrine glands, such as the adrenal glands and the thyroid, to secrete their hormones. The hypothalamus, therefore, is the principal intermediary between the nervous and endocrine systems—your body's two major control systems. (10)

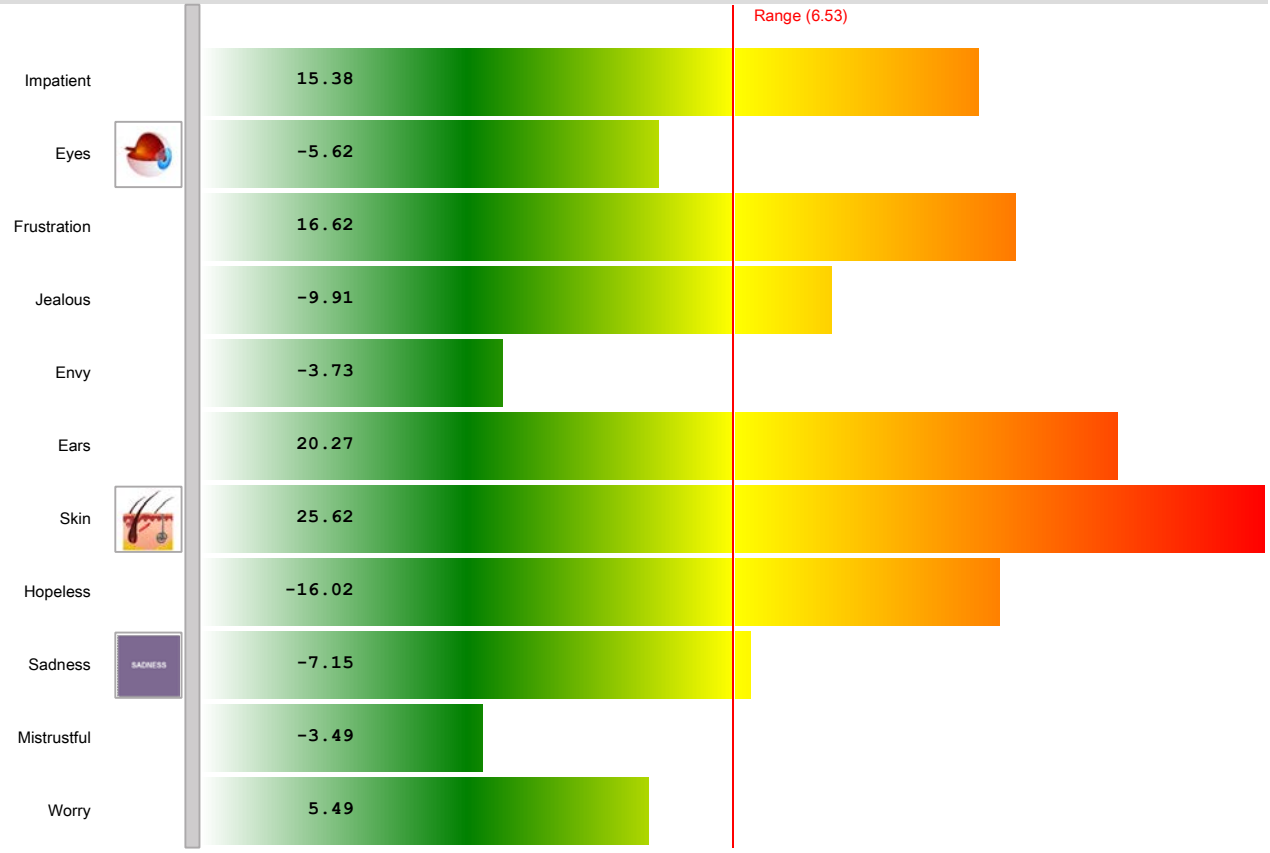
Mental & Emotional Stressors



Emotion Stressors



Emotions & Organs Connection



SLEEP

Ample rest for the body is critical, yet an estimated 68% of the United States population has insomnia. They take more than 20 minutes to fall asleep, they wake up periodically throughout the night, or they wake up and are unable to fall back to sleep. These sleep patterns fit the clinical definition of insomnia, a major source of chronic stress that promotes a chronic stress response and compromises the hormone, immune, digestive, and detoxification systems.

Cortisol, DHEA, progesterone, melatonin, human growth hormone, estrogens, and testosterone all depend on quality sleep, as do neurotransmitters in the brain that can regenerate only with deep sleep. Poor sleep interferes with virtually all body functions and undermines homeostasis.

You can't have optimal health and longevity if you are not sleeping well.

The hormone, immune, digestive, and detoxification systems are hardwired to your internal "clock," or circadian rhythm. The circadian clock in mammals is located in the hypothalamus. In modern society, we have chosen to ignore this basic law of nature, attempting to bend this physiological imperative to our own needs and desires. We pay a hefty price for disturbing the internal clock and sleep cycle.

It's interesting to note that we live in a time where the days are extended with artificial light, which creates a shorter dark cycle. By shortening the dark cycle, we deprive ourselves of sleep. To lengthen this cycle, try sleeping in a room that is completely dark. A dark sleeping environment supports the body's ability to regenerate.

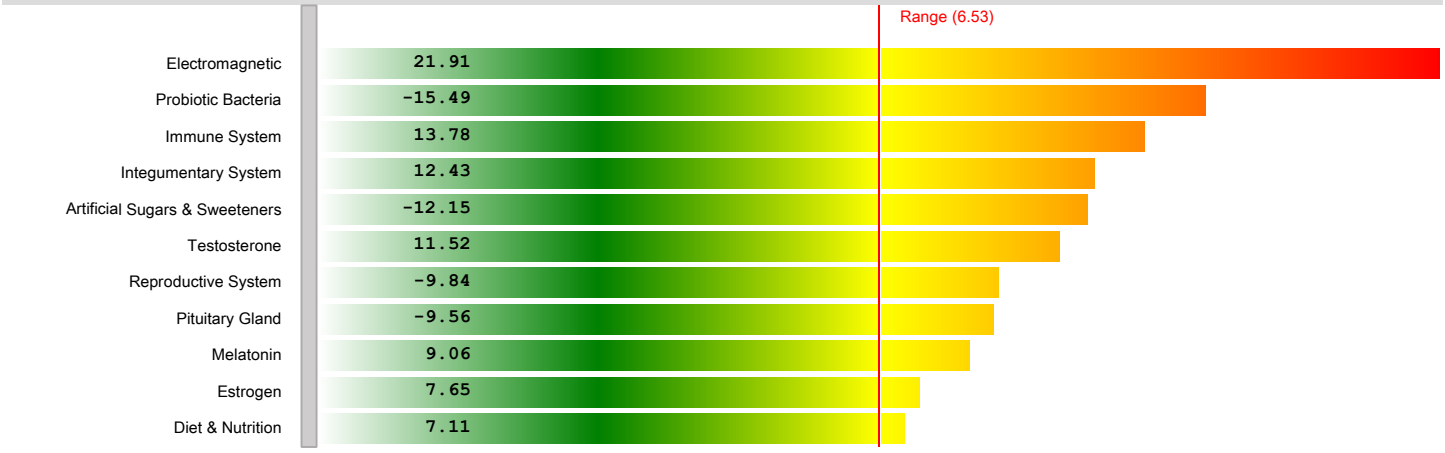
Another reason we are sleeping less, in addition to indoor lighting and multitasking lifestyles, is the universal acceptance and abuse of caffeine.

Caffeine junkies are caught in a vicious cycle of inadequate nightly recovery. The more caffeine you consume, the worse your sleep will be as a result of hormone disturbance, and your tendency to increase caffeine consumption rises, further robbing you of adequate sleep, and so on. If you insist on drinking coffee or other stimulants such as "energy" drinks, caffeinated teas, and sodas, limit your consumption to about 8 ounces and take these substances before noon to minimize their interference with your sleep.

Poor blood sugar control may be a factor in your inability to rest and recover given the highs and lows at play with your nervous system and hormone levels. Exercise can support your ability to get a good night's sleep, or can interfere with it. Both over exercising, such as pushing yourself to run even when you're tired, injured, or experiencing pain, or exercising during times when you should be resting can feed this problem.

Emotion is another lifestyle component that affects the quality of your sleep. If you are easily upset and carry around the negative emotions of the day, your mind will be busy and your body will be on alert. Learn to breathe deeply throughout your day and do not internalize negative experiences. (11)

Sleep Stressors



SERVICES

Your positive responses indicate a stronger coherent response, or preference, for the service Virtual Items shown here.

20.89 **Neural Therapy (including Trigger-point)**

Neural therapy is a medical approach that diagnoses and treats local disturbances of the autonomic nervous system. The foci of disturbance, called interference fields, are electrophysiologically unstable and emit abnormal neurological signals to which the autonomic nervous system reacts.

19.98 **Art Therapy**

Exact definitions of art therapy may vary due to its dual origins in art and psychotherapy. Nevertheless, art therapy often focuses on dealing with the art-making process as therapeutic in and of itself ("art as therapy").

Current art therapy includes a vast number of approaches, such as: Person-Centered, Cognitive, Behavior, Gestalt, Narrative, Adlerian, Family (Systems) and more. The tenets of art therapy involve humanism, creativity, reconciling emotional conflicts, fostering self awareness, and personal growth.

18.92 **Blood Test**

A blood test is a laboratory analysis performed on a blood sample that is usually extracted from a vein in the arm using a needle, or via fingerprick. Blood tests are used to determine physiological and biochemical states, such as disease, mineral content, drug effectiveness, and organ function. They are also used in drug tests.

18.74 **Hormone Therapies**

Hormone therapy, or hormonal therapy, is the use of hormones in medical treatment.

16.74 **Intravenous Vitamin C (IVC) (high dosage)**

This therapy introduces high doses of vitamin C intravenously to allow the body to absorb higher doses than would be possible with a similar dose taken orally. This therapy has been used in conjunction with chemotherapy to enhance the chemo's ability to kill cancer cells while possibly providing some protection to healthy cells within the body.

NOSODES, PROBIOTIC BACTERIA, ENZYMES and Other IMMUNE SUPPORT ITEMS

Potentized Items Included in the OUTPUT

-29.30 **Jinin Virus**
28.59 **Bac Welchi**
-28.22 **Influenza Virus B (Hong Kong)**
-27.65 **Haemophilus Ducreyi**
27.18 **Fusarium Trichiella**
26.97 **Bunnamwera**
26.95 **Bacteroides Gingivalis**
-26.43 **Actinomyce Temcomitan**
-26.38 **Fusarium**
-26.32 **Bermuda Grass Smut**
-26.20 **Hepatitis New**
25.57 **Herpes Type VI**
25.27 **Aspergillus**
25.25 **Grippe V 84**
-24.87 **Grippe VA2**

24.68 Candida Tropicalls
24.60 Penicillium Implacatum
24.58 Bacteroides Fragilis*
-24.15 Rhodotorula mucilaginosa
-24.14 Bacteroides Putredinus
-23.83 Haemophilus Influenza
-23.79 Coxsackie Virus A
23.75 Fusarium solani
-23.32 Borrelia Berbera
-23.25 Gonococcinum
20.34 Sucrase
18.13 Andrographis Paniculata
16.84 Glutathione
14.27 L. Reuteri
13.41 Maltase
13.08 Olive Leaf
12.55 Shiitake Mushroom
11.89 Alpha-galactosidase
11.73 L. Salivarius
11.53 Escherichia Coli
11.10 L. Acidophilus
10.54 L. Gasseri
9.54 B. coagulans
8.60 N-acetyl cysteine (NAC)
7.97 L. Bulgaricus
7.88 Astaxanthin
7.75 B. Lactis
7.59 B. infantis
7.17 Invertase
6.83 Vitamin B6 (Pyridoxine)

Biomarker Progress Report

	Baseline	(136)	ZUB - Fig Leaf	(70)	ZUB - Selenium-min	(35)	ZUB - Oyster Shell	(21)	ZUB - Phosphorus-min	(6)	ZUB - Manganese	(3)	ZUB - Zincum metallicum	(1)	ZUB - Lindera	(0)
Corticotropin-Releasing Hormone (CRH)		-10.29		-11.52		8.44		-13.98		15.34		9.84		-14.40		
TCM - Stomach Meridian		-18.15		9.24		-18.37		21.53		12.33		18.39				
Digestive Enzymes		16.21		-13.68		-9.58		-26.51		17.06		-7.16				
Blame		-18.61		7.80		-8.20		12.80		-13.73						
Cortisol		-8.23		-25.47		10.72		13.31		9.38						
Movement		11.70		-13.01		-12.54		8.36		7.37						
TCM - Governing Meridian		-9.74		19.03		-11.34		-19.97								
Pesticides/Insecticides		-17.57		9.90		-17.75		17.40								
L 4		-12.94		16.16		-8.82		16.73								
Exhausted		9.28		14.18		-9.39		16.12								
TCM - Pericardium Meridian		16.19		6.60		10.33		-14.68								
Adrenal Glands		-12.87		16.55		-12.64		-13.77								
T 30 / 6-		-13.42		-14.19		-7.91		13.45								
T 31 / 7-		10.99		20.78		-17.14		12.91								
Annoyed		8.26		12.21		-12.90		12.50								
C 4		24.51		8.85		-9.55		10.81								
Viruses		11.73		-18.31		-13.90		-10.25								
Adenosine Triphosphate (ATP)		10.87		12.40		14.72		-9.92								
Hopeless		-16.02		11.08		10.12		9.83								
Large Intestine		-24.55		-6.58		19.86		8.19								
Power Lines		9.84		8.43		16.17		7.99								
DHEA (Dehydroxyepiandrosterone)		-17.14		-8.95		26.37										
Hydration		-9.25		10.07		19.26										
TH 8		-16.82		-11.76		17.64										
TCM - Heart Meridian		-17.98		14.85		15.99										
Thyroid		-7.71		6.82		15.95										
T 26 / 2-		-18.10		-10.26		-15.92										
TH 9		-21.23		9.99		-13.31										
TH 10		10.25		-11.13		-12.25										
Stomach Mucosal Membrane		8.55		10.57		-11.12										
L 3		-7.94		8.84		-9.35										
TH 1		11.89		16.96		8.60										
Tobacco		-15.55		7.88		-8.53										
Ingredients Derived From GMO's		13.19		-20.20		7.87										
Probiotic Bacteria		-15.49		21.80		7.71										
Transverse Colon		-6.59		27.02												
Sleep		10.73		26.51												
C 5		-8.66		21.93												
TCM - Urinary Bladder Meridian		15.19		-21.23												
TH 12		11.30		-20.77												
Vulnerable		8.53		19.00												
TH 11		20.60		-18.84												
Tense		8.69		18.27												
Frustration		16.62		-16.92												

Testosterone		11.52		16.87								
Hypothalamus Gland		-21.85		16.40								
Lung - left		20.80		15.44								
Reproductive System		-9.84		15.24								
Lymph Nodes		13.81		-14.56								
Sleep Apnea Obstructive		-16.29		14.02								
Food Chemicals & Additives		15.01		13.93								
Chemicals		7.59		-13.21								
T 27 / 3-		-9.42		13.05								
Trachea		-8.36		12.23								
Urinary System		17.27		11.63								
Ears		20.27		11.36								
Artificial Sugars & Sweeteners		-12.15		10.40								
Mycotoxins		15.99		-10.26								
Fungi/Molds		14.95		-9.97								
Ileocecal Valve		-7.58		9.63								
Sadness		-7.15		9.47								
Nicotine		6.95		9.29								
L 2		19.67		9.07								
S 1		-17.70		-8.59								
Caffeine		-16.17		-8.54								
Lack of Joy		11.93		8.47								
Other Allergens		12.05		8.35								
Respiratory System		-15.36		8.15								
Acetylcholine Chloride		20.46		-8.02								
Laundry Detergent Chemicals		14.18		-7.94								
Intestinal Folds		-28.05										
Skin		25.62										
Spleen		24.68										
T 19 / -6		23.41										
S 3		22.80										
Antibiotics		-22.28										
Amino Acids		-21.99										
Electromagnetic		21.91										
Heavy Metals		21.74										
TCM - Liver Meridian		19.60										
Epidermals		19.53										
TH 5		-19.53										
White Blood Cells		18.58										
T 06 / 3+		18.23										
TCM - Small Intestine Meridian		-18.00										
Internal Anal Sphincter		-17.17										
TH 4		16.69										
Herbicides		16.54										
Right Lymphatic Duct (Right Thoracic Duct)		-16.29										
TCM - Triple Warmer Meridian		16.15										
TCM - Kidney Meridian		15.88										
Impatient		15.38										

Lymphatic System	-14.72
Foods As Stressors	14.44
Immune System	13.78
Tongue	-13.56
Candida Albicans	-13.49
Glucagon	13.00
Histamine	12.79
Grief	12.70
Integumentary System	12.43
Internal Respiration	12.04
No voice	-11.96
Sad	11.82
Hazardous Air Pollutants	-11.60
Glucose (GLU)	10.92
Bone Marrow	-10.91
Hate	10.69
Thoracic Duct (Left Lymphatic Duct)	10.29
T 18 / -7	-10.13
Jealous	-9.91
Circulatory System	9.89
C 6	9.78
Stomach	-9.78
Bacteria	9.66
Pituitary Gland	-9.56
T 09 / +1	-9.54
Vasopressin	9.40
Vitamins	9.38
Inflammation	9.38
Adrenocorticotropic Hormone (ACTH)	9.34
Intestinal Villi	9.33
Geopathic Stress	-9.25
Melatonin	9.06
Hydrochloric Acid	-8.88
Adrenalin	8.58
Hormones	-7.90
Estrogen	7.65
TH 2	-7.28
TH 3	-7.21
T 03 / 6+	7.15
Alarm Clock	7.15
Glyphosate	7.14
Diet & Nutrition	7.11
Thyroid-Stimulating Hormone (TSH)	6.75
External Respiration	6.56