ZYRALIFE

Optimization Age Management Report

Demo Report

ID: AGEDP101

Date: 28.02.2025

Dear Jane Smith Demo Report,

Introducing your Age Management Optimization Plan!

Your Results

This report has been designed to optimise and delay ageing as much as possible based on your body's real needs. The indications set out here are intended to provide a simple way to achieve a cellular system that is as little oxidised and inflamed as possible.

Knowing your current state will help you to optimise all your processes towards the search for a state of balance. The environment and its influences, as well as an unbalanced diet that is low in nutrient absorption, are major factors in the expression of the metabolic age of your cells.

To stay young for the longest possible time, it is important to ensure that the processes influenced by epigenetics (nutrition and relationship with the environment) are working in harmony and at their optimal levels.

This information is designed to help you identify many of the common environmental influences and assist you in your food choices, providing you with a 90-day series of recommendations that will help you slow down the natural processes of ageing.

If you have any further questions, don't hesitate to contact us.

Sincerely,
Zyralife | Christie Steiger

Do you have any questions?

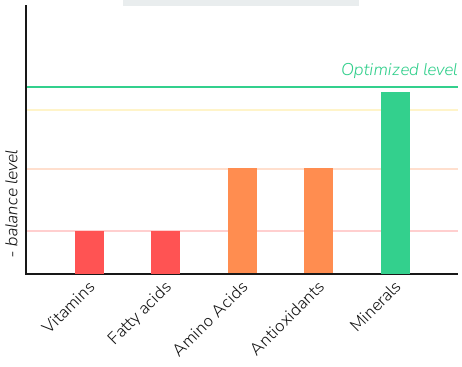
Contact:
Email: connect@zyralife.com

Summary of results

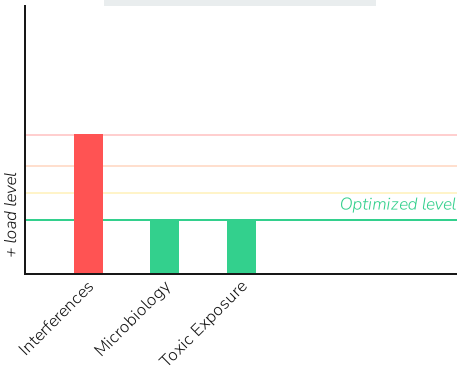
About the results of the Report

The following graphs show the priority level for each epigenetic indicator. The guidance in the report will focus on those indicators that are furthest away from the Optimized Level.

Nutritional Indicators



Environmental Indicators



This test is carried out through qualitative studies. Results are shown according to the need for nutrients at the cellular level (from high to low / optimized need).

Optimization Level:

Optimized *Low Need* *Medium Need* *High Need*

High Optimization Need

Vitamins

Vitamin B3
Vitamin B12
Vitamin K1
Vitamin D3

Fatty acids

Docosahexaenoic Acid - 3 (DHA)
Alpha-Linolenic Acid - 3 (ALA)

Interferences

Traction current 16 2/3 Hz
Mobile telephone, GSM (0,9 GHz)
Magnetic constant field
ELF (Extremely Low Frequency)

Medium Optimization Need

Amino Acids

Glutamic Acid
Glutamine
Cystine
Aspartic Acid

Antioxidants

Coenzyme Q10
Phytoestrogens
Superoxide Dismutase (SOD)
Carotenoids

Metabolic Systems Indicators

Why is metabolism so important?

Nutrient metabolism involves hundreds of reactions that provide our body with the energy and materials needed to function properly. A good metabolic rate can help you burn more calories, give you more energy and slow down ageing!

Beat flaccidity with healthy habits

Understanding metabolic processes in age management is essential to understand the causes that slow down metabolic systems related to essential functions such as detoxification, cell regeneration and tissue maintenance. Understanding how our body processes macronutrients (proteins, fats and sugars) and how factors such as hormonal and gastrointestinal health influence this can help us adapt our habits to optimise our well-being and quality of life in a tailored way. In addition, knowledge of metabolic processes can help prevent and manage certain age-related diseases.

Did you know...?

Cell repair and growth hormone are closely related to the quality of our sleep. Growth hormone enhances tissue regeneration and helps maintain tissues and organs throughout life.

Cellular hydration is achieved when the water we ingest reaches the inside of our cells, protecting us from oxidative stress.

Overnight overexposure to certain electromagnetic frequencies can cause negative changes in your DNA and in the regeneration of your epidermis.

The indicators shown below are important markers to optimize your metabolic system. **Pay attention to the highlighted indicators!**

Metabolic support Indicators	Gastrointestinal System	Brain Health	**Intestine**	Intestinal Microbial Balance	Metabolic Stress / Inflammation
	Immune System	Adrenal System	**Hormonal System**	Energy Production	Fatty Acid Metabolism
	Protein synthesis	**Sugar Metabolism**	Cellular Hydration	**Emotions**	Sleep
	Detox System	Cardiovascular Health	Skeletal Muscle System		

Key factors to take into account

There are certain non-modifiable factors that can alter your metabolism, such as your age, gender, and even your genetics. However, there are factors that can alter your weight and your health, important to take into account:

1. Eating habits: a high consumption of ultra-processed foods, as well as those high in sugar and fat, can cause greater weight gain.

2. Physical Activity: Aerobic exercise is a great way to burn calories, while strength exercise can help you build muscle mass, important for speeding up your metabolism.

3. Rest: Rest can affect your hormones which, in turn, alter your appetite and your food intake. It is important to sleep 7 to 9 hours a day to maintain good health.

How to read your results:

What do the marked indicators mean?

After reviewing the data in your report alongside all other criteria, it has been deemed essential to flag these indicators as important to support your metabolic system.

Do the marked indicators refer to any kind of disorder?

This is only a supporting indicator and is not intended to be a diagnosis of any physical malfunction within any specific area.

Do I need to consult a professional?

If you are concerned about the functioning of any of your body systems or processes you should consult a qualified health professional.

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Detox Indicators

What is "conscious detox"?

An approach that involves healthy and conscious eating, physical activity and emotional care. It is about eliminating toxins from the body naturally, without resorting to extreme products or treatments, and promoting a balanced and sustainable lifestyle in the long term.

Result:
Low Need

Low need for Detox Optimization

The imbalance of the indicators provided is producing an alteration in your Immune System. You should consider optimization in the long term to create a balance in your body.

How to interpret the results?

Our bodies are constantly being exposed to intoxication, both from food and the environment. Typically, the water, air, chemicals and also the food we eat on a regular basis are loaded with pollutants or toxins. We are often unaware of the level of toxin accumulation we face in our bodies every day, but if you pay attention, you may be able to identify some signs that you need to cleanse your body with a detox approach. We will help you identify the nutrient needs that assist you in eliminating the toxins that build up in your body.

The more items highlighted in the table below, the higher the level of support is required.

Vitamins	Betaine	Inositol	Vitamin A1	Vitamin B1	**Vitamin B3**
	Vitamin B5	Vitamin B6	**Vitamin B12**	Vitamin C	**Vitamin D3**
	Vitamin E	Vitamin K2			
Minerals	Calcium	Chromium	Copper	Iodine	Iron
	Magnesium	Molybdenum	Selenium	Zinc	
Antioxidants	Alpha Lipoic Acid	Anthocyanidins	**Carotenoids**	**Coenzyme Q10**	Flavonoids
	Phytoestrogens	Polyphenols	**Superoxide Dismutase (SOD)**	Sulforaphane Glucosinolate	
Amino Acids	Cysteine	Histidine	Methionine	Ornithine	Threonine
	Arginine	Valine			
Fatty Acids	**Docosahexaenoic Acid - 3 (DHA)**	Eicosapentaenoic Acid - 3 (EPA)			
Environmental stressors	Heavy metals	Chemicals and Hydrocarbons	Radiation	Bacteria	

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Cellular Boost Indicators

Feed your cells with what they need the most

Many of the body's core mechanisms, crucial to the processes of ageing, are sustained and maintained by our nutritional habits. These processes are the main drivers of the body's physiology and vary according to our epigenetic influences.

Result:
Low Need

You should consider Cellular Regeneration optimization

The imbalance of the indicators provided may produce an alteration in your Cellular Regeneration. You should consider optimization in the long term to create a balance in your body.

How to boost cell regeneration?

Each of these systems relies on various nutrients, but getting the balance right is vital. The chart below lists the nutrients that could assist you in your quest for a more youthful glow and vitality. Highlighted items are those that require support in the form of increased nutrients and treatment and removal of environmental exposures. The table of cellular system support indicators below highlights in green several indicators that can help reverse the aging process. The table is not intended as a diagnosis of any problem or condition.

The more items highlighted in the table below, the higher the level of support is required.

Vitamins	Vitamin A1	Vitamin B1	Vitamin B2	Vitamin B3	Vitamin B5
	Vitamin B6	Vitamin B9	Vitamin B12	Vitamin C	Vitamin D3
	Vitamin E	Vitamin K2	Biotin	Inositol	
Minerals	Iodine	Iron	Selenium	Zinc	Magnesium
	Calcium				
Antioxidants	Vitamin C	Vitamin E	Alpha Lipoic Acid	Coenzyme Q10	Zinc
Fatty Acids	Alpha-Linolenic Acid - 3 (ALA)	Arachidonic Acid - 6 (AA)	Eicosapentaenoic Acid - 3 (EPA)	Oleic Acid - 9	Gamma Linolenic Acid - 6 (GLA)
Amino Acids	Arginine	Cysteine	Lysine	Methionine	Taurine
Environmental stressors	Radiation	Heavy metals	Chemicals and Hydrocarbons	ELF (Extremely Low Frequency)	Bacteria
	Spores				

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Tonicity and Firmness Indicators

Muscle tone and firmness

The quality of protein and elastic fibres is essential for maintaining skin firmness and overall muscle tone. When these decline, furrows and other changes appear that affect the appearance of the face and body silhouette. Through the epigenetic indicators to be boosted, we will seek to increase the production of proteins that favour muscle firmness.

Result:
Low Need

You should consider Firmness and Tonicity optimization

The imbalance of the indicators provided may produce an alteration in your Firmness and Tonicity markers. You should consider optimization in the long term to create a balance in your body.

Muscle tone, an ally against ageing

Tonicity is a state of physiological tension constantly present in the muscles, in order to keep these tissues active without generating movement. It is achieved by the exchange of action produced by the muscle fibres to avoid lack of firmness. With ageing, this muscle firmness decreases due to several physiological and lifestyle factors. One of the main factors is a decrease in muscle mass, due to a reduction in muscle protein synthesis, a reduced ability to absorb nutrients and a decrease in insulin sensitivity. Good muscle tone will be a great support for the musculoskeletal system that provides stability, shape, support and movement.

The table below indicates which nutrients may be important in helping to optimise tone and firmness. **The more of these that are highlighted in the table below, the more attention this group of indicators requires.**

Vitamins	Vitamin B6	Vitamin B9	Vitamin C	**Vitamin B3**	**Vitamin B12**
Minerals	Zinc	Manganese	Copper	Selenium	Sodium
	Calcium	Potassium	Chromium		
Antioxidants	**Coenzyme Q10**				
Amino Acids	Leucine	Isoleucine	Valine	**Glutamine**	Threonine
	Arginine	Phenylalanine	Carnitine	Taurine	Lysine
	Tryptophan				
Fatty Acids	**Alpha-Linolenic Acid - 3 (ALA)**	**Docosahexaenoic Acid - 3 (DHA)**	Eicosapentaenoic Acid - 3 (EPA)		

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Elasticity Indicators

The importance of elasticity

Elasticity is the skin's ability to quickly return to its original state after being contracted or stretched. Elastic skin will be the perfect ally against fine lines, as it will be less prone to damage from constant and repetitive facial movements.

Result:
Low Need

You should consider optimizing your Elasticity Indicators

The imbalance of the indicators provided is producing an alteration in your Elasticity Indicators. You should consider optimization in the long term to create a balance in your body.

Firm skin, youthful skin

Compared to other tissues, the skin is mainly composed of extracellular components: water, collagen and elastin. These give it its structural and mechanical properties: elasticity and viscoelasticity. This forms a dense gelatinous mass that incorporates the fibres and cells of the dermis and is responsible for the skin's viscoelasticity and turgidity. In contrast, the fibrous component, consisting mainly of elastin and collagen, is responsible for the skin's elasticity and tensile strength. One of the main factors in the loss of elasticity is a decrease in the production of collagen and elastin, two proteins that are essential. With age, the production of these proteins decreases and the skin loses its ability to stretch and return to its original shape.

The following table indicates which nutrients may be important in helping to optimize elasticity. **The more of these that appear in the box below, the more attention this group of indicators will require.**

Vitamins	Vitamin A1	Vitamin B1	Vitamin B2	**Vitamin B3**	Vitamin B5
	Vitamin B6	Vitamin B9	**Vitamin B12**	Vitamin C	**Vitamin D3**
	Vitamin E	**Vitamin K1**	Vitamin K2	Biotin	Inositol
Minerals	Iodine	Iron	Selenium	Zinc	Magnesium
	Calcium				
Antioxidants	Vitamin C	Vitamin E	Alpha Lipoic Acid	**Coenzyme Q10**	
Fatty Acids	**Alpha-Linolenic Acid - 3 (ALA)**	Arachidonic Acid - 6 (AA)	Eicosapentaenoic Acid - 3 (EPA)	Oleic Acid - 9	Gamma Linolenic Acid - 6 (GLA)
Amino Acids	Arginine	Cysteine	Lysine	Methionine	Taurine
Environmental stressors	Radiation	Heavy metals	Chemicals and Hydrocarbons	**ELF (Extremely Low Frequency)**	Bacteria
	Spores				

Epigenetic Markers

Your Need of Vitamins

Vitamins and optimal health

The body's processes require a variety of vitamins to function at its optimum level. Vitamins are a key part of enzymatic processes, and are drivers of all metabolic processes of the body.

Result:
High Need

It is necessary to boost your Vitamins

The imbalance of this indicator may be producing a alteration in your system. It is a priority to optimize its levels to promote balance in your body. Vitamins are essential catalyst compounds for the proper cellular and metabolic functioning.
Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short term.

Personalized vitamin need

The following list presents the vitamins that have been evaluated. The marked elements are those indicators that need to be optimized.

- Betaine
- Biotin
- Inositol
- Vitamin A1
- Vitamin B1
- Vitamin B2
- Vitamin B3
- Vitamin B5
- Vitamin B6
- Vitamin B9
- Vitamin B12
- Vitamin C
- Vitamin D3
- Vitamin E
- Vitamin K1
- Vitamin K2

Foods that supply vitamin needs

Vitamin B3

Also known as niacin, contributes to the normal functioning of the nervous system and in the metabolism of energy production. It helps mucous membranes and skin to keep its normal state, contributes to DNA repair and in the response to stress. It's not very sensitive to heat but it disolves when cooked with water.

Tuna, Sunflower Seed Oil, Wild Rice, Almonds, Salmon, Mackerel, Lentils, Mushrooms, Banana, Beef, Chicken, Peanuts, Flounder, Turkey, Yogurt, Sunflower Seeds, Pine Nuts, Pig Liver, Chia Seeds, Macadamia Nuts

Vitamin B12

Vitamin B12 or cyanocobalamin is mainly stored in the liver and reserves can last for 3 to 5 years in our body. It participates in the metabolism of fats, carbohydrates and protein synthesis. It is indispensable for the formation of red blood cells, for the regeneration of all tissues and body growth. It is essential for a correct development of the nervous system and participates in the synthesis of neurotransmitters.

Eggs, Clams, Oysters, Mushrooms, Beef, Rabbit, Chicken, Alfalfa Sprouts, Goat Milk, Sheep Milk, Turkey, Nutritional Yeast, Soybean Milk, Yogurt, Mussels, Deer, Chicken Liver, Pig Liver

Vitamin D3

Vitamin D maintains healthy bones and teeth. It plays an important role in the nervous, muscular and immune systems. It also maintains a healthy level of calcium and phosphorus in the blood. We can synthesize it through daily sun exposure (at least 10-15 minutes), in addition, it needs bile salts for its absorption.

Tuna, Eggs, Salmon, Cheese, Oranges, Mushrooms, Fish Oil, Pig Liver

Vitamin K1

Vitamin K is a group of vitamins that share similar chemical structures, vitamin K1 and K2 . They help blood clot, maintain bone health and normal blood clotting. They can be synthesized by intestinal bacteria and about half of the requirement can be obtained this way.

Tuna, Eggs, Spinach, Kiwi, Banana, Avocado, Broccoli, Soya Beans, Soya Oil, Leaf Mustard, Brussel Sprouts

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Your Need of Antioxidants

What antioxidants can you include in your diet to minimize the effect of free radicals?

Antioxidants are fighters against free radicals that can damage our own biological molecules (proteins, lipids, nucleic acids and others) due to the reactivity that they form inside the cell.

Result:
Medium Need

It is not a priority to boost the absorption of antioxidants in the next 90 days

The imbalance of this indicator is not causing an alteration in your system immediately, however, it is necessary to optimize it in the medium term to avoid major imbalances.
Antioxidants are chemical substances that help stop or limit the damage caused by free radicals, in addition to protecting us against oxidative stress.
Our tests are qualitative studies and have identified that it may be necessary to optimize this indicator in the medium term.

Personalized antioxidant need

The following list presents the antioxidants that have been evaluated. The marked elements are those indicators that need to be optimized.

- Alpha Lipoic Acid
- Anthocyanidins
- Vitamin C
- Vitamin E
- Carotenoids
- Selenium
- Coenzyme Q10
- Flavonoids
- Phytoestrogens
- Polyphenols
- Superoxide Dismutase (SOD)
- Sulforaphane Glucosinolate
- Zinc

Foods that supply antioxidant needs

Carotenoids

Carotenoids are natural pigments that give yellow and red color to flowers, vegetables and fruits. They can reduce oxidative stress due to their antioxidant effect. Their consumption is associated with a lower risk of some chronic diseases. They promote mental and brain health by stimulating brain connections and optimizing cognitive performance. They also contribute to eye health.

Apricot, Tangerine, Almonds, Watercress, Spinach, Oranges, Carrot, Mango, Lettuce, Red Pepper, Broccoli, Green Beans

Coenzyme Q10

Coenzyme Q10 is naturally produced by the body, but its production decreases as we age. It protects against free radical damage and is involved in celullar energy production. It is beneficial in treating heart disease and congestive heart failure. It lowers blood pressure and isolated systolic hypertension, prevents headaches and strengthens the immune system.

Buckwheat, Tuna, Salmon, Spinach, Millet, Oranges, Wild strawberry, Beef, Chicken, Pork, Soya Beans, Trout, Soya Oil

Phytoestrogens

Phytoestrogens are found in vegetables and are similar to human estrogens. They have antioxidant properties. They prevent bone mass loss. They decrease total and LDL cholesterol levels.

Blueberry, Strawberry, Apple, Lentils, Rice, Carrot, Peas, Soya Beans, Alfalfa Sprouts, Flax Seeds, Green Tea, Soybean Milk

Superoxide Dismutase (SOD)

Superoxide dismutase (SOD) is probably the most powerful natural antioxidant we can find. It is a great ally to reduce the damage caused by oxidative stress and excess free radicals in the skin. In addition, it has an anti-inflammatory effect, as it reduces pain in people with arthritis and is decisive in combating arteriosclerosis.

Cabbage, Cantaloupe, Spinach, Peas, Broccoli, Cashews, Pumpkin Seeds, Wheat Grass, Leaf Mustard, White melon, Chickpeas, Brussel Sprouts

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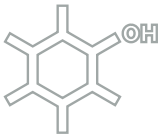
Your Need of Amino Acids



Amino acids and cell renewal

No body process takes place without essential amino acids. Amino acids make our body build new cells and restore all damaged tissues. Amino acids also help strengthen the body and promote the production of various hormones, antibodies, and enzymes.

Result:
Medium Need

It is not a priority to boost the absorption of Amino Acids in the next 90 days

The imbalance of this indicator is not causing an alteration in your system immediately, however, it is necessary to optimize it in the medium term to avoid major imbalances.
Amino acids are essential substances for our development since they are fundamental elements for the synthesis of proteins, and are precursors of other nitrogenous compounds.
Our tests are qualitative studies and have identified that it may be necessary to optimize this indicator in the medium term.

Personalized amino acid need

The following list presents the amino acids that have been evaluated. The marked elements are those indicators that need to be optimized.

- Glutamic Acid
- Arginine
- Asparagine
- Aspartic Acid
- Alanine
- Carnitine
- Carnosine
- Cysteine
- Cystine
- Citrulline
- Phenylalanine
- Glycine
- Glutamine
- Histidine
- Isoleucine
- Leucine
- Lysine
- Methionine
- Ornithine
- Proline
- Serine
- Taurine
- Threonine
- Tyrosine
- Tryptophan
- Valine

Foods that supply amino acid needs

Glutamic Acid

Glutamic acid stimulates the production of different neurotransmitters; promotes the development of protein synthesis; is a precursor of muscle building; regulates acid/base balance in the kidney and urea production in the liver; and participates in the absorption of glucose, minerals and fatty acids.

Eggs, Cod, Cheese, Spinach, Mushrooms, Beef, Lamb, Chicken, Pork, Sheep Milk, Turkey, Sunflower Seeds

Aspartic Acid

Aspartic acid contributes to muscle development, functions as a potent liver detoxifier, is essential in the production and release of hormones (luteinizing hormone and growth hormone) and in the normal functioning of the nervous system.

Cabbage, Tuna, Eggs, Crab, Brazil Nuts, Cod, Shrimp, Spinach, Asparagus, Lentils, Chicken, Pork, Pistachios, Soya Beans, Hazelnuts, Turkey, Yogurt, Sugar Cane

Cystine

Cystine is part of skin, hair, bones and connective tissue and is an important antioxidant that can help prevent premature aging. It protects the liver and brain against toxins absorbed from alcohol and tobacco. It also contributes to the detoxification of radiation and heavy metals.

Tuna, Eggs, Lentils, Oranges, Avocado, Peas, Beef, Chicken, Pork, Goat Milk, Yogurt, Sunflower Seeds

Glutamine

Glutamine is important for protein synthesis, immune function and intestinal mucosal function. In addition, it is a source of energy, can improve insulin sensitivity and helps us build and maintain muscle tissue, which is why it is used by some athletes.

Cabbage, Eggs, Crab, Lobsters, Cod, Shrimp, Parsley, Spinach, Lentils, Beets, Peas, Beef, Chicken, Kidney Beans, Soya Beans, Prawn, Goat Milk, Sheep Milk, Mussels, Chickpeas

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Your Need of Fatty Acids

Essential fatty acids and cell change

Studies indicate that long-term exclusion of fat from your diet can lead to several serious metabolic disorders. We will review in depth the 7 main groups of fatty acids that participate daily in the continuous formation of cells.

Result:
High Need

It is necessary to boost your Fatty acids

The imbalance of this indicator is producing an alteration in your system.
It is a priority to optimize its levels to promote balance in your body. Fatty acids are the basic components for the breakdown of fats and their functions are directly related to energy storage, lipid metabolism, blood coagulation, blood pressure and the regulation of inflammatory processes.
Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short term.

Personalized EFAs need

The following list presents the essential fatty acids that have been evaluated. The marked elements are those indicators that need to be optimized.

- Alpha-Linolenic Acid - 3 (ALA)
- Arachidonic Acid - 6 (AA)
- Docosahexaenoic Acid - 3 (DHA)
- Gamma Linolenic Acid - 6 (GLA)
- Oleic Acid - 9
- Linoleic Acid - 6
- Eicosapentaenoic Acid - 3 (EPA)

Foods that supply Fatty Acid needs

Alpha-Linolenic Acid - 3 (ALA)

Alpha-linolenic acid-3 (ALA) is an essential Omega-3 fatty acid. It is important for preventing inflammation, for the development of our brain and retina. It is incorporated into cell membranes and promotes healthy blood vessels. It can generate energy, maintain the nervous system and form ketone bodies, important for preserving cognition in older adults.

Spinach, Olive Oil, Raspberry, Peanuts, Pumpkin Seeds, Soya Oil, Flaxseed Oil, Chia Seeds, Pumpkin

Docosahexaenoic Acid - 3 (DHA)

Docosahexaenoic acid - 3 (DHA) is necessary for the normal development and function of the retina. It has a neuroprotective function against inflammation and oxidative stress in neuronal tissue, as it is the main component of the myelin which protects and maintains neurons. It is beneficial for our cells and cardiocirculatory, neuropsychiatric and digestive processes among others.

Tuna, Eggs, Almonds, Seaweed, Salmon, Cod, Oysters, Trout, Hemp Seed Oil, Fish Oil, Water Chestnuts, Mussels, Chia Seeds, Brussel Sprouts

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Electro-magnetic Charge

What we do not see but is affecting us...

Electromagnetic fields, both high and low frequency, are fields artificially generated by electrical installations (household appliances or devices connected to the alternate distribution network, even when they are turned off) and by wireless data transmission (mobile phones, transmitting antennas, cordless phones, wifi, WLAN, etc.).

Result:
High Need

It is necessary to focus on reducing the accumulated electromagnetic charge

The imbalance of this indicator is producing an alteration in your system.
Exposures to electromagnetic charges are affecting your cellular and metabolic balance. We must reduce exposure to these loads and protect our body.
Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short term.

Personalized EMC indicators

The following list presents the electromagnetic load indicators that have been evaluated. The items marked are those indicators that need to be optimized.

- Electromagnetic Alternating Field
- Electrosensitivity
- Electrosmog
- Electrostatic field
- ELF (Extremely Low Frequency)
- LFR (Low Frequency Radiation)
- Magnetic constant field
- Microwave Oven
- Mobile telephone, GSM (0,9 GHz)
- Mobile telephone, GSM (1,8 GHz)
- Radiofrequency
- Traction current 16 2/3 Hz
- TV screen
- Computer monitor
- 50 Hz Input Current

More about these indicators

ELF (Extremely Low Frequency)

Extremely low frequency electromagnetic fields (ELF EMF) are in the range of 0-300 Hz. The frequency of power grid lines is 50 or 60 Hz; making them the main sources of all electrical equipment used in daily life, such as computer screens, anti-theft devices and security systems, among others.

Magnetic constant field

A magnetic field is a force field created as a result of the movement of electric charges (flow of electricity). Constant magnetic fields are generated by a magnet or by the constant flow of electricity, for example in household appliances using direct current (DC), and are different from fields that change over time, such as electromagnetic fields generated by household appliances using alternating current (AC) or by cell phones, etc.

Mobile telephone, GSM (0,9 GHz)

Digital mobile telephony uses service in two frequency bands, 900 MHz and 1,800 MHz. The radiation emitted by the antenna of a mobile telephone equipment can pass through tissues and its energy is absorbed by them.

Traction current 16 2/3 Hz

These are traction currents that work connected to 15 kV catenaries and at a frequency of 16 2/3 Hz, a relatively low value. It is used in: railways, railway lines and train stations, among others.

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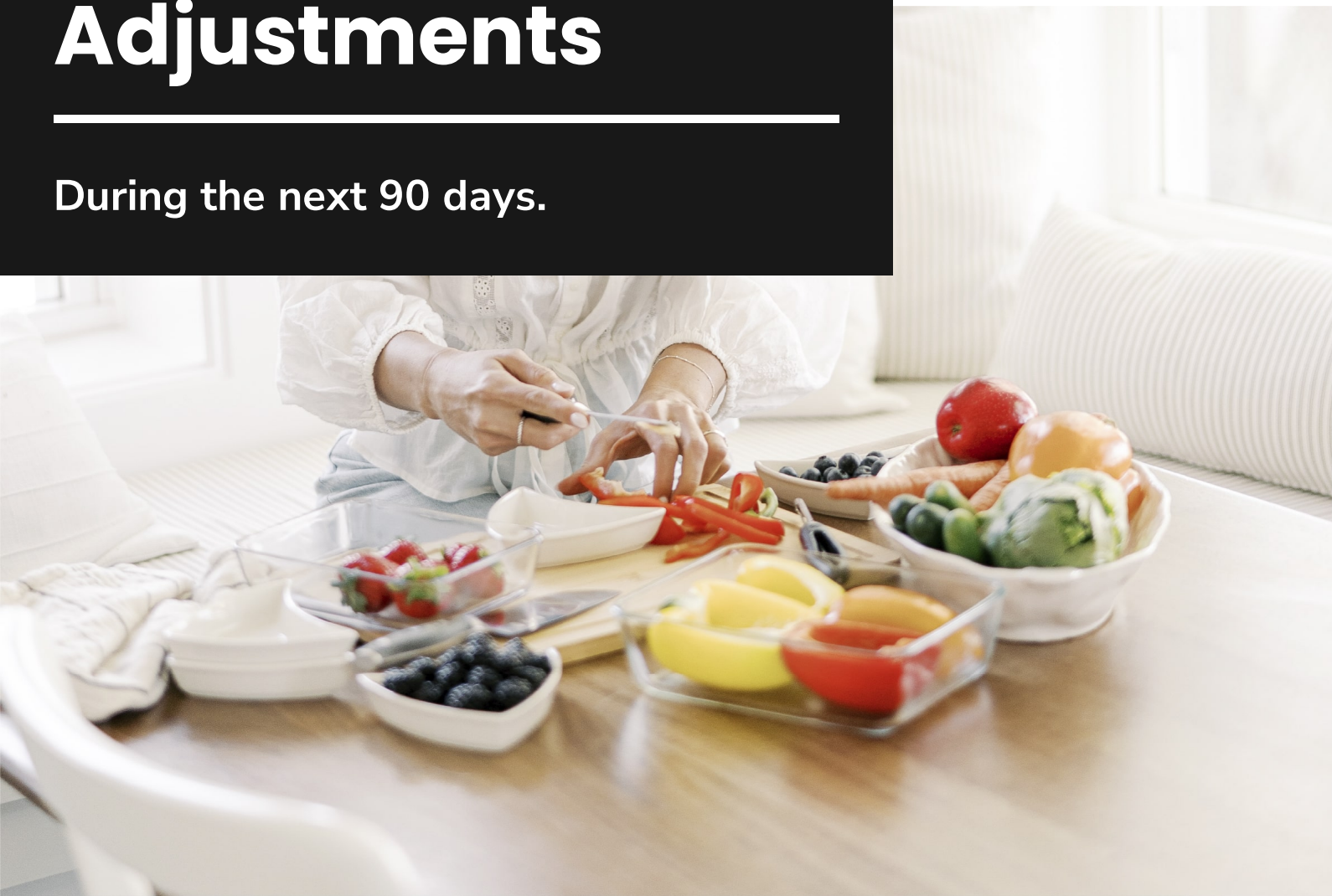
03

Dietary Adjustments

During the next 90 days.



Foods to Avoid for the next 90 days

Avoid them only for 90 days!

The purpose of showing food sensitivity in the Test is NOT to permanently eliminate these foods from the diet, but to optimize your digestive system. At the end of the 90 day elimination process, you can gradually reintroduce these foods into your diet.

Why do I have to avoid these foods?

Although the foods that must be adjusted in the diet contain nutrients that can be very valuable, our energy levels can be affected when the body allocates more resources than it should to digest them. There are foods that should be avoided since, on occasion, they could reverse the benefit of others, cause stress to the digestive system or negatively affect the metabolism and the immune system.

By consuming the right foods, the body may have a difficult time digesting the food we eat in this cell cycle and will end up using energy from another body source to digest and release key nutrients. Avoiding these foods for 90 days will help prevent the energy deficit that can occur when trying to absorb them.

As we move on to the next cell cycle, the body's needs may change and food sensitivities will change accordingly.

Frequently asked questions

How is temporary food sensitivity expressed?

The body struggles with the food we digest and ends up using energy from another body source to digest and release key nutrients. These processes can occur asymptomatically or with evident reactions.

"But I've never eaten..."

If you have never had these foods, even better. But if you start eating them for the next 90 days there could be problems.

"But you recommend similar foods!"

Food sensitivities are very specific, so even if the food is similar (e. g. mussels and clams), as long as it does not appear in the foods to avoid, it can be consumed without any issue.

Foods to Avoid

The foods that you should avoid during the next 90 days, as they could cause digestive and immune system stress.

Avoid them only for 90 days!

Foods marked in red should only be avoided for the next 90 days. If you have ANY known ALLERGY, you should continue to avoid these foods at all times.

If you consume any of the indicated foods on a daily basis, try to substitute them with others that can bring you similar benefits. The food list refers to indicators of epigenetic relevance and NOT to any physical intolerance or allergy. Please continue to avoid all foods that affect you physically.

Known Allergy

You may already have a known allergy, so let's help you understand these results.

Scenario 1

The food you are allergic / intolerant to is listed as a food sensitivity:

This means that, in addition to an allergy, that food also negatively affects the flow of energy and the absorption of other nutrients. If you have already eliminated this food from your diet, you do not need to do anything else. If you haven't eliminated it yet, you should consider doing so, but we do not recommend reintroducing it after the elimination diet.

Scenario 2

The food you are allergic / intolerant to does NOT appear as a food sensitivity:

This means that it does not negatively affect the flow of energy, which does not contradict or question your allergy to this food. This does NOT mean that you should reintroduce the food into your diet, as you have to respect the previous symptoms or test results in relation to those allergies. Remember that our test does not analyze allergies or intolerances.

Your Sensitivity to Additives

Additives in your daily nutrition

Better nutritional choices will always lead to optimized wellness, and natural, unprocessed, and hand-cooked foods will always be ideal. Therefore, a proper understanding of how additives affect health is crucial to maintaining optimal well-being.

Additives to Avoid for you

To optimize your wellbeing you should avoid consuming the following additives for the next 90 days.

Food additives are added to foods and beverages to change their color, taste, or texture. You should know that apart from reading the labels of the products, you have to understand and be able to choose the best resources for your health.

E 640	Glycine and its sodium salt	**E 631**	Disodium inosinate
E 626	Guanylic acid	**E 528**	Magnesium hydroxide
E 475	Polyglycerol esters of fatty acids	**E 436**	Polyoxyethylene sorbitan tristearate (Polysorbate 65)
E 433	Polyoxyethylene sorbitan monooleate (Polysorbate 80)	**E 354**	Calcium tartrate
E 321	Butylated hydroxytoluene (BHT)	**E 341**	Calcium phosphates

The list shown at the top presents a summary of the Food Additive indicators that should be avoided in a special way for at least a period of 90 days. Although it is advisable to always avoid most Food Additives.

We also recommend avoiding:

High Fructose Corn Syrup (HFCS / AMAF):

This additive can produce a poor cardiovascular response, poor blood sugar control, and high body fat gain. Unfortunately, it is found in many energy drinks and bars.

Aspartame:

A very popular additive that is considered to be an exotoxin. Regular use of this substance may alter certain functions of the central nervous system, which could negatively affect the well-being and balance of the body. In high doses, this substance can lead to lack of concentration, diffuse cognitive function and brain fog that would negatively affect well-being.

Monosodium glutamate:

This is a hydrolyzed protein found in many energy bars and supplements, such as the proteins in whey or textured proteins. This is used to trick your tongue into feeling that these bars and drinks taste better than they actually do. They are found in most pre-made foods and are highly harmful.

Artificial colors:

They can cause false, involuntary physical responses and hyperactivity. This artificial coloring is found in many energy and energy drinks, and most industrially processed foods.

Nutrimental Optimization

What does "nutrimental" refer to?

The nutrimental information of food is the total nutritional content of the food. Increasing the consumption of foods with nutrients that our body needs will lead us to optimize our well-being.

Foods rich in your nutrient requirements

A balanced and, most importantly, personalized diet will depend on the knowledge of our nutritional needs. Based on your epigenetic profile, we indicate which nutrients you might need to boost and show you a list of foods that can help you meet your specific needs. This does not mean that you must necessarily include these foods in your routine, we simply show you those that could help you in your quest to maximize the balance of the organism.

This list of foods is based on the indicators that are most relevant to this report. If there are any known allergies or intolerances, continue avoiding those specific foods.

Vegetables


Spinach


Mushrooms


Alfalfa Sprouts


Brussel Sprouts


Pumpkin


Kale


Beets


Parsley


Cabbage


Avocado


Asparagus


Broccoli


Leaf Mustard


Carrot


Red Pepper


Lettuce


Watercress

Fruits


Wild strawberry


Oranges


Banana


Raspberry


Kiwi


Apple


Blueberry


Strawberry


White melon


Cantaloupe


Tangerine


Apricot


Mango

Dairy & eggs


Yogurt


Eggs

Sheep Milk

Goat Milk


Cheese

Meat products


Kidney


Pork


Beef


Chicken


Pig Liver

Turkey

Rabbit

Chicken Liver

Deer

Lamb

Any advice on foods to avoid in this report is not related to food allergies. Consult a health professional for advice about allergies. If you know that you are ALLERGIC to certain foods, you should always avoid them.

Legumes


Soya Beans


Lentils


Beans


Kidney Beans


Chickpeas


Peas


Green Beans

Fish / Seafood


Trout


Salmon


Tuna


Flounder


Mackerel


Oysters


Mussels


Sardines


Octopus


Clams


Cod


Shrimp


Crab


Prawn


Lobsters

Nuts & seeds


Peanuts


Sunflower Seeds


Chia Seeds


Sesame Seeds


Pine Nuts


Almonds


Macadamia Nuts


Water Chestnuts


Pumpkin Seeds

Pistachios


Hazelnuts


Brazil Nuts


Flax Seeds


Cashews

Cereals


Buckwheat


Millet


Wild Rice


Rice

Fat & oils

Soya Oil

Sunflower Seed Oil

Fish Oil

Hemp Seed Oil

Flaxseed Oil

Olive Oil

Plants

Seaweed

Sugar Cane

Wheat Grass

Any advice on foods to avoid in this report is not related to food allergies. Consult a health professional for advice about allergies. If you know that you are ALLERGIC to certain foods, you should always avoid them.

Drinks


Soybean Milk


Green Tea

Others


Nutritional Yeast


Tofu

Why are these foods recommended?

This list of recommended foods has been customized based on the results of your test. By including these ingredients in your daily nutritional intake, you can help improve your well-being in a natural way, as they have been selected according to the results of your report.

Any advice on foods to avoid in this report is not related to food allergies. Consult a health professional for advice about allergies. If you know that you are ALLERGIC to certain foods, you should always avoid them.

Your next steps

The path to your best version begins here

You've already read all the results, what goes next? As we said at the beginning of the report, we believe these results can be the start of your journey to a healthier life.

1. Avoid your Food Sensitivities for 90 days — Section 03
2. Stop consuming the food additives flagged in the report — Section 03
3. Increase your intake of Recommended Foods — Section 03
4. Organize your meals creatively, combining recommended ingredients — Section 03
5. Pay attention to Detox, Cellullar Boost, Tonicity and Elasticity indicators — Section 01
6. Try to reduce the impact of Electromagnetic Fields and Toxic Exposure — Section 02
7. Follow the Personalized Recommendations from your professional — Details on page 1

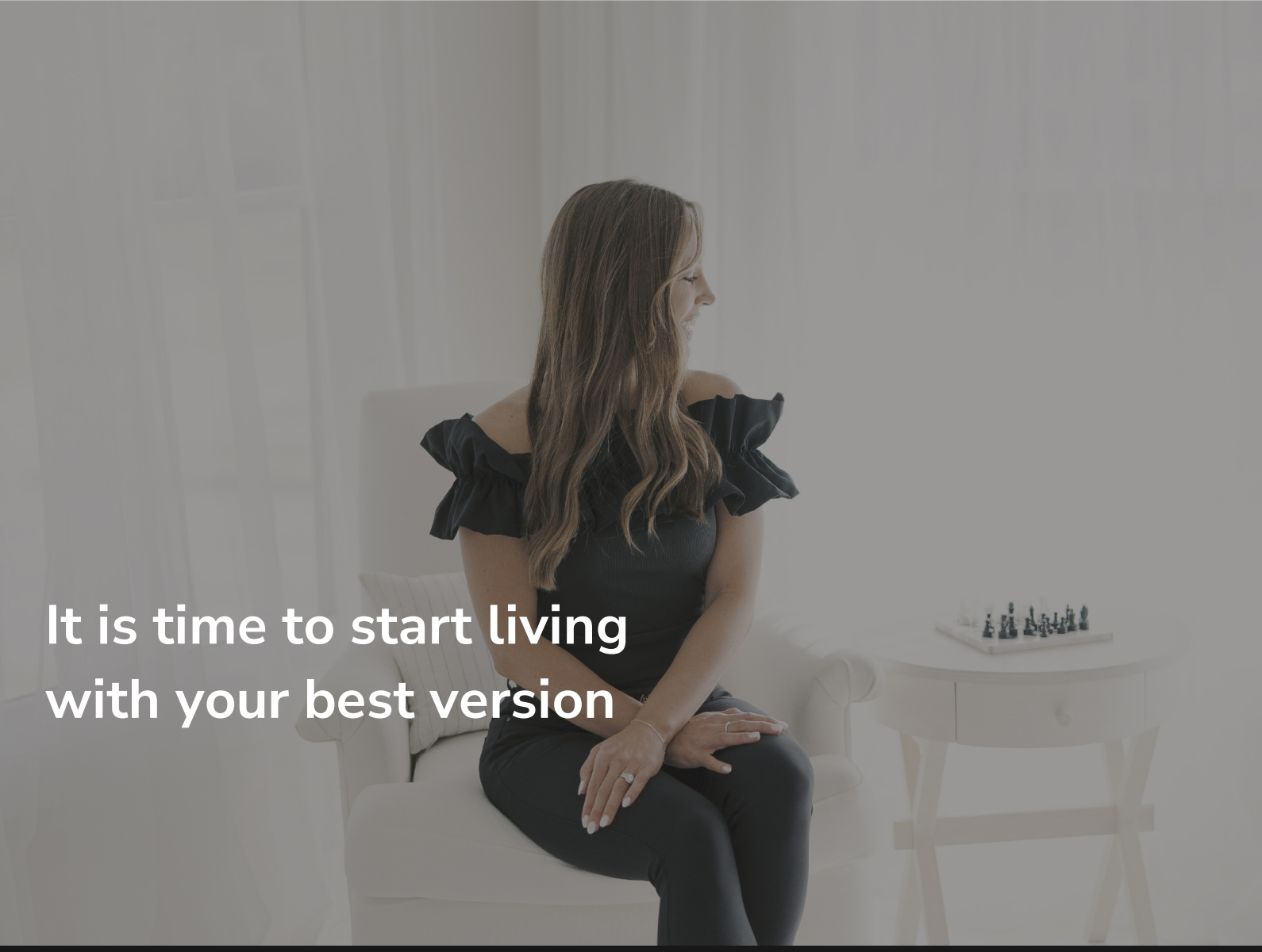
Write down your aims and objectives

We recommend that you write your goals in a simple way, that they are specific, achievable, realistic and measurable. For example: Go for a walk every other day, at least 1 hour for the next 3 months. For the next two weeks, drink at least 3 glasses of water during the day.

I promise to follow the recommended indications from _____ (dd/mm/yyyy)

until _____ (dd/mm/yyyy) for a total of 90 days.

_____ (Your Signature)



It is time to start living with your best version

Thank you for placing your trust in our program!

Disclaimer:

This product is not intended to diagnose, treat, cure or prevent any disease or condition. The advice and recommendations in this report are solely the responsibility of its holder. It is very important to consult with a competent and fully informed health care professional when making decisions concerning your health, as the information contained in this document should be interpreted by a qualified professional. Your well-being should always be in good hands. Information obtained through Cell-Wellbeing's S-Drive technology. To know more, visit www.epixlife.com