

Optimization Beauty Report

Demo Report

ID: BEAUTYDP101

Date: 27.02.2025



Dear Jane Smith Demo Report,

**We are delighted to present
you the results of your Beauty
Epigenetic Test!**



About Your Results

Welcome to your personalized hair, skin and nails optimization plan. For best results, you will need to pay attention to the foods you eat, but also to your lifestyle. This foundation plays a key role in the body's physiology and can vary according to personal epigenetic influences.

Taking good care of our appearance is key to feeling good inside and out. Smooth, glowing skin, strong nails, healthy and abundant hair or a well-groomed appearance provide us with well-being. This report will guide you on the habits, needs and attentions that will help you achieve this purpose.

To maintain your youth, it is important to make sure that all internal and external processes are working in harmony and at optimal levels. The Beauty Optimization plan is also designed to highlight many of the common environmental influences that can have an effect on the health, well-being and appearance of your hair, skin and nails. In addition, this plan will guide your specific food choices with a 90-day program that will help you achieve the best version of you.

Optimization is an awakening process, whereby you become aware of the impact your food choices and environment have on your body and your beauty. The positive choices you make, guided by the results of this report, will allow you to be the owner of your own destiny.

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

Sincerely,
Zyralife | Christie Steiger

Do you have any questions?



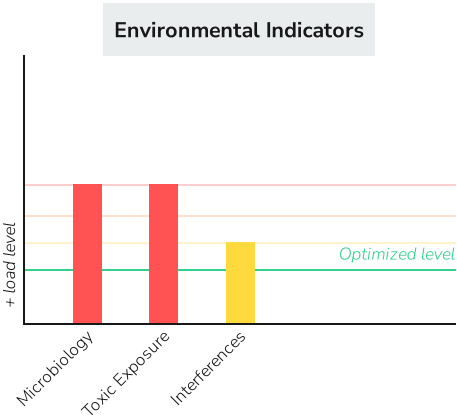
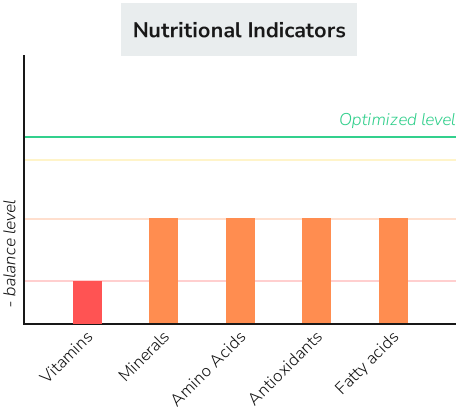
Contact:

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.



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

Toxic Exposure

Chemicals and Hydrocarbons

Vitamins

Vitamin B9
Vitamin C

Microbiology

Post Virus Signal
Fungus

Medium Optimization Need

Minerals

Zinc
Boron

Amino Acids

Valine
Proline
Cysteine

Antioxidants

Polyphenols
Anthocyanidins
Flavonoids

Fatty acids

Gamma Linolenic Acid - 6 (GLA)
Docosahexaenoic Acid - 3 (DHA)

Low Optimization Need

Interferences

Microwave Oven
Electromagnetic Alternating Field

Beauty Indicators for Skin, Hair and Nails



Know what your body really needs

Healthy hair, skin, and nails are general indicators of well-being. Having the right nutrients in your diet and avoiding harmful influence from the environment can play a critical role in the appearance of your hair, skin and nails.

How to interpret the results?

Each of these systems relies on various nutrients, but getting the balance right is vital. The chart below lists the nutrients that are important for optimizing the beauty and vitality of hair, skin, and nails. Highlighted items are those that require support in the form of increased nutrients and treatment and removal of environmental exposures. The integumentary system support indicator chart below highlights several indicators in green that can help optimize the hair, skin, and nail system. The table is not intended to be a diagnosis of any problem or condition*

**If you are concerned about your well-being, you should consult your physician before beginning a new nutritional or lifestyle/exercise regimen.*

Mind this in your nutrition plan



Maintain a Healthy and Balanced diet

What you eat is as important as the products that you put on your skin, hair and nails. Your diet could improve your skin health from the inside out, so a clear complexion begins with eating a healthful diet.



Drink More Water

Both internal and external hydration are the key to a balanced and healthy appearance. You may be using products and oils for moisturizing care, but you need to drink enough water and, importantly, hydrate effectively, as this process ensures good skin and hair condition.



Take Probiotic Foods

Probiotics are "good" bacteria touted to help maintain digestive health and boost the immune system. You can take them in a dietary supplement or get them from food sources, such as yogurt or kefir (fermented milk products).

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				

Beauty Secrets

Skin

There is a multibillion-dollar industry dedicated to products that keep your skin looking its best, and which claim to fight signs of aging. **But moisturizers only go skin deep, and aging develops at a deeper, cellular level.**

Skin needs the right balance of nutrients to maintain its glow. The body converts proteins into amino acids and reuses them to make other proteins, such as collagen and keratin that make up the structure of the skin. Amino acids are also known to help replace old skin cells. These, along with other vital nutrients, contribute to the overall health and appearance of our skin.

A balanced nutritional intake helps maintain and nourish the skin, helping it to look youthful and age well.

Hair

Healthy hair, skin, and nails are an outward sign that our internal systems are functioning at an optimal level. While factors such as age, genetics and hormones also affect hair growth, optimal nutrient intake is key.

We can control some elements of our hair appearance with **proper nutrition, which includes proteins and key nutrients for hair, such as Vitamins A, B, C, D, E, Iron, Zinc**, and by controlling unwanted environmental exposures. Making sure we maintain the correct balance of nutrients needed for healthy hair is vital. Now we have the ability to identify potential deficiencies and respond to those needs through the Personalised Hair, Skin and Nails Epigenetic report.

Nails

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

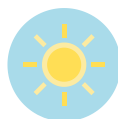
Our nails often experience the most mechanical stress in our daily lives, so giving them the nutritional support they need is important for their appearance, but also to protect our fingers. **If your nails are susceptible to breaking and damage, it could be any of the following factors:**

- Iron / Magnesium deficiency / Vitamin B deficiency
- Over-use of nail polish or acrylics
- Constant wetting and drying of nails
- Overexposure to moisture or chemicals

Comprehensive approach to beauty

To achieve the maximum results from your Beauty Optimization Plan, you need to take into account the different factors that can influence the quality of your skin, hair and nails, both from the inside (nutritional intake, water supply) and from the outside (stress, environment, cosmetic products).

Some tips for infinite beauty



Protect your skin from the sun

To protect yourself from sun exposure, always use sunscreen with an SPF of at least 15, seek shade between the hours of 10 a.m. and 2 p.m., and wear clothing that covers your skin, such as wide-brimmed hats.



Get your beauty sleep

Getting your beauty sleep will banish those dark circles around your eyes and improve your skin tone, and, best of all, it is free. Try to get an early night and sleep for a full 7 hours to look your best.



Reduce Stress

It is known that chronic stress can lead to hard structure dysfunction and DNA damage. Relaxing your nervous system will visibly impact the appearance of your skin.



Eat healthy

Your hair is made of proteins and amino acids. It needs the right nutrition to grow well and maintain itself. Eggs, berries, nuts, fish, green leafy vegetables or sweet potatoes are some of the many great foods for healthy hair.



Wash Your Hair Regularly

Washing your hair regularly ensures that your scalp and hair is free of dirt and excess oil. If you have extremely dry hair, limit your washing to twice a week. If you have an oily scalp, washing your hair on alternate days can help.



Dry Your Hair Naturally

Excessive heat styling can damage your hair scalp. Limit it to important events, if you have to style. Air drying or towel drying after shampoo is the best way to go. Never sleep in wet hair or comb wet hair. Harsh rubbing with a towel can damage the cuticle of your hair. Be gentle.



Moisturize Your Nails

Just like skin, your nails need moisture in order to remain healthy. You can moisturize with petroleum jelly, vitamin E, or cuticle cream. Rub these into your nails and cuticles for the best results.



Try Natural Nail Strengthening Treatments

You can help to improve your nails by applying coconut oil, apple cider vinegar, jojoba oil, almond oil, or olive oil. The best vitamin for nails is vitamin E - it helps promote nail health by preventing yellow, cracked, and peeling nails.



Maintain Hygiene

Healthy nails are clean nails. For good nail hygiene, keep the underside of your nails clean by scrubbing them with soap and water. This helps get rid of any grime and bacteria that could damage your nails.

Epigenetic Markers



Your Need of Vitamins



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

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.

Foods that supply vitamin needs

Vitamin B9

Vitamin B9 or folic acid is essential for growth and development. It is necessary for the proper functioning of the nerves, brain and immune system; for the formation of blood cells in the bone marrow; maintains homocysteine levels (associated with chronic conditions); and for normal growth of maternal tissue during pregnancy. It is easily destroyed by heat.

Buckwheat, Eggs, Oats, Quinoa, Crab, Wild Rice, Salmon, Shrimp, Spinach, Asparagus, Lemon, Rice, Oranges, Banana, Chicken, Corn, Sheep Milk, Oat Bran, Leaf Mustard, Sunflower Seeds, Cuttlefish, Mussels, Brussel Sprouts

Vitamin C

Vitamin C or ascorbic acid contributes to the formation of collagen; to the formation and normal function of bones, teeth, cartilage, skin, blood vessels, the nervous and immune systems; it protects against oxidative damage; and it aids in wound healing.

Cabbage, Strawberry, Tangerine, Parsley, Tomato, Spinach, Lemon, Oranges, Potatoes, Cauliflower, Kiwi, Grapefruit, Peas, Currants, Red Pepper, Broccoli, Brussel Sprouts

Your Need of Minerals

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Ca



It is recommended to boost the absorption of Minerals 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. Minerals are non-organic natural elements that must be absorbed mostly through diet, so that bones, cardiovascular and hormonal functions, among others, work properly. Our tests are qualitative studies and have identified that it may be necessary to optimize this indicator in the medium term.

Personalized mineral need

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

- Boron
- Calcium
- Chromium
- Copper
- Iodine
- Iron
- Lithium
- Magnesium
- Manganese
- Molybdenum
- Potassium
- Selenium
- Silicon
- Sodium
- Sulfur
- Zinc

Make sure your body gets a sufficient amount of minerals!

They are essential substances for the proper functioning of the organism. The body uses minerals for many functions, including keeping the bones, heart and brain functioning optimally.

Foods that supply mineral needs

Boron

Boron is essential for the metabolism of calcium, copper, magnesium and phosphorus. All of these are important for proper bone and joint health. It is also essential for the utilization of vitamin D, contributing to improve calcium absorption.

Cabbage, Walnuts, Brazil Nuts, Almonds, Honey, Lentils, Dates, Raisins, Chicken, Soya Beans, Cows Milk, Cashews, Coffee, Flax Seeds, Sunflower Seeds, Chickpeas

Zinc

Zinc is involved in body maintenance and regulation systems. It is basic for the formation of insulin and proteins. It favors the production of lymphocytes and the activation of certain hormones. It helps in wound healing and is involved in DNA and RNA synthesis. It is essential for the correct functioning of smell and taste. It is also essential for reproduction and fertility.

Buckwheat, Oats, Rye, Quinoa, Crab, Wild Rice, Lobsters, Cheese, Clams, Oysters, Asparagus, Celery, Lentils, Rice, Potatoes, Mushrooms, Beef, Chicken, Soya Beans, Cashews, Sheep Milk, Turkey, Pumpkin Seeds, Wheat Germ, Oat Bran, Edamame, Yogurt, Sunflower Seeds, Pine Nuts, Cuttlefish, Mussels, Chickpeas, Chia Seeds, Pecans

Your Need of Antioxidants



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

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.

Foods that supply antioxidant needs

Anthocyanidins

Anthocyanidins are antioxidants that belong to the flavonoid group. They protect the capillaries of the retina; they have a beneficial role for eyesight. They help to strengthen the cardiovascular system. They have a powerful antioxidant effect. They also help fight colds, infections and allergies and have anticarcinogenic properties.

Purple Grapes, Purple plum, Raspberry, Blackcurrant, Eggplant, Goji Berries, Hawthorn Berries

Flavonoids

Flavonoids are the largest class of plant polyphenols. They are powerful antioxidants that fight free radicals which cause oxidative stress in the body. They also possess anti-inflammatory characteristics that support the immune system.

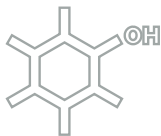
Blueberry, Tangerine, Seaweed, Lime, Parsley, Onion, Tomato, Lemon, Oranges, Wild strawberry, Grapefruit, Raspberry, Lettuce, Red cherry, Red Pepper, Broccoli, Black tea, Brewer's Yeast, Green Tea

Polyphenols

Polyphenols are antioxidant compounds that fight against free radicals in our body. They have anti-allergic and anti-inflammatory functions. They protect the brain against dementia and prevent some types of cancer.

Blueberry, Purple Grapes, Strawberry, Walnuts, Almonds, Artichoke, Raspberry, Flax Seeds, Green Tea, Pecans

Your Need of Amino Acids



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

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.

Foods that supply amino acid needs

Cysteine

Cysteine has an antioxidant function, as it protects our organism against damage caused by radiation, and the liver and brain from the action of different toxins (such as those from cigarettes, alcohol or drugs). It also promotes fat burning, participates in muscle formation and delays aging.

Tuna, Eggs, Oats, Quinoa, Wild Rice, Onion, Millet, Garlic, Beef, Lamb, Chicken, Red Pepper, Broccoli, Soya Beans, Black Soya Bean, Brussel Sprouts

Proline

Proline is an essential component of collagen, which is very important for the health of skin, bones and tendons. Proline is used in the prevention of arthritis and in the strengthening of joints and tendons. In addition, it can help us maintain and strengthen the heart muscles.

Cabbage, Tuna, Eggs, Salmon, Cheese, Shrimp, Oysters, Watercress, Asparagus, Mushrooms, Sheep Milk, Yogurt, Cuttlefish

Valine

Valine is responsible for promoting normal human growth, tissue repair, muscle mass growth and blood sugar regulation.

Tuna, Walnuts, Salmon, Mackerel, Cheese, Mushrooms, Peas, Beef, Chicken, Pork, Pistachios, Cashews, Flax Seeds, Pumpkin Seeds, Oatmeal, Yogurt, Cuttlefish, Chia Seeds

Your Need of Fatty Acids



Result:
Medium Need



It is not a priority to boost the absorption of fatty 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.

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 may be necessary to optimize this indicator in the medium 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)

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.

Foods that supply Fatty Acid needs

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

Gamma Linolenic Acid - 6 (GLA)

Gamma Linolenic Acid-6 is part of the Omega-6 essential fatty acids. Together with omega 3 and 6 fatty acids it plays a crucial role in brain formation and normal growth and development. It also produces hormone-like substances, which play a beneficial role in inflammation and pain.

Sunflower Seed Oil, Blackcurrant, Hemp Seed Oil, Flaxseed Oil

Microbiology Indicators



It is necessary to balance your intestinal flora

The imbalance of this indicator is producing an alteration in your system.
The balance of your intestinal flora must be improved immediately since it depends on a set of living beings that make up your gastrointestinal system: bacteria, parasites, fungi, spores and a myriad of micro-organisms that make your system work in balance. This allows correct nutrient absorption and proper functions of the immune system. Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short term.

Personalized microbiome indicators

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

- **Spores**
- **Fungus**
- **Post Virus Signal**
- Bacteria
- Viral Signal
- Parasites

The intestinal microbiota, key for good health

The Intestinal Microbiota influences energy metabolism due to its ability to increase the human capacity to metabolize nutrients and obtain calories from the diet, as well as to regulate the absorption of sugars and lipids and their deposition in peripheral tissues.

Recommended foods to strengthen the microbiome

Fungus

Fungi cannot synthesize their own nutrients since they lack chlorophyll, which forces them to live as parasites, mainly of plants and, to a lesser extent, of animals. Pathogenic fungi can affect any organ, but the most common are infections called superficial mycoses or dermatomycosis. These are usually benign in nature and mainly affect the outer layers of the scalp, skin, nails or mucous membranes, equally in both sexes, at all ages, although some of them appear more frequently in childhood, ringworms of the scalp and fungal infections of the nails are seen more frequently in adults.

Cabbage, Blueberry, Spinach, Garlic, Yogurt

Post Virus Signal

A virus is a particle of genetic code, DNA or RNA, encapsulated in a protein vesicle. Viruses cannot replicate on their own. They need to infect cells and use the components of the host cell to produce copies of themselves. Often times the virus damages or kills the host cell in the process of multiplying. Viruses have been found in every ecosystem on Earth. Scientists estimate that they outnumber bacteria by 1 to 10. Since viruses do not have the same biology as bacteria, they cannot be fought with antibiotics.

Honey, Ginger, Garlic, Kiwi, Yogurt

Toxic Exposure





It is necessary and a priority to reduce environmental toxic exposure

The imbalance of this indicator is producing an alteration in your system. Exposures to Chemicals and Hydrocarbons, Heavy Metals, or Radiation are intoxicating your cells and affecting your cellular and metabolic balance. It is necessary to start with a chelation process that allows the body to detoxify and create a fully optimized environment. Our tests are qualitative studies and have identified that it is necessary to optimize this indicator in the short term.

Personalized Toxic Exposure indicators

The following list presents the indicators of toxic exposure that have been evaluated. The marked items are those indicators that need to be optimized.

- Electrosensitivity and Radiation
- Chemicals and Hydrocarbons
- Heavy metals
- Radiation

How is the environment affecting you?

Industrial and mining activity releases toxic metals (lead, mercury, cadmium, arsenic, and chromium) and radiation into the environment, which can be very harmful to human health and most forms of life.

Detox Foods

Chemicals and Hydrocarbons

We are currently exposed to numerous chemical compounds found in the environment and in the products we consume. These compounds can enter our bodies through the skin, gastrointestinal tract or respiratory tract. Most of the hydrocarbons found in our planet are naturally found in crude oil, where decomposed organic matter provides an abundance of carbon and hydrogen. With hydrocarbons we can manufacture paints, resins, adhesives, glues, inks, etc. Chemicals of natural origin are present in practically everything around us. Synthetic chemicals, on the other hand, are used in multiple products such as food production, chemical fertilizers, pesticides, herbicides, and antibiotics, among others.

Onion, Celery, Garlic, Brussel Sprouts

Possible contraindications of spirulina and chlorella

Consult your doctor before the consumption of these products.

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They can cause sensitivity in people with allergies or sensitivity to fish, iodine, or mold.
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They are not recommended during pregnancy and lactation, as they are not indicated for children.
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Not recommended in people who are taking immunosuppressive or anticoagulant medication.
- 

If you take medication regularly, they can reduce the efficacy of drugs or minimize their effects.

Electro- magnetic Charge



Result:
Low Need



It is not necessary to focus on reducing the accumulated electromagnetic charge in the short term

It is good to address this indicator in the long term so that it does not create an imbalance in the future.

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 follow a process to protect our body from them. Our Tests are qualitative studies and have identified that it is necessary to optimize this indicator in the long 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

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.).

More about these indicators

Electromagnetic Alternating Field

The magnetic field produced by alternating currents (AC) can induce a weak flow of electrical currents in the body. However, in most situations such currents are estimated to be smaller than the electrical currents produced naturally by the brain, nerves and heart. Among the household appliances that generate this magnetic field are the hair dryer, the electric shaver, the electric toothbrush, the hair removal machine, the washing machine, the refrigerator, etc.

Microwave Oven

Microwaves are high-frequency radio waves, part of the electromagnetic spectrum. Microwaves are reflected, transmitted or absorbed by materials in their paths. They are often found in: microwave ovens, GPS, speed cameras, radar, antennas, 3G phones, wireless LAN (wi-fi), telecommunications, satellite and cosmic radiation.

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

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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 asymptotically 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.



Cantaloupe



Olives



Apple



Apricot



Papaya



Avocado



Rhubarb



Blackberry



Peanuts



Hazelnuts

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 1518	Triacetin, glycerin triacetate or 1,2,3-triacetyl glycerol	E 1440	Hydroxypropyl starch
E 1420	Acetylated starch	E 900	Polydimethylsiloxane (PDMS)
E 631	Disodium inosinate	E 482	Calcium stearoyl-2-lactylate
E 433	Polyoxyethylene sorbitan monooleate (Polysorbate 80)	E 412	Guar gum
E 341	Calcium phosphates	E 263	Calcium acetate

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



Brussel Sprouts



Leaf Mustard



Spinach



Asparagus



Garlic



Onion



Celery



Mushrooms



Cabbage



Watercress



Broccoli



Red Pepper



Potatoes



Parsley



Cauliflower



Tomato



Ginger



Artichoke



Eggplant



Kale



Lettuce

Fruits



Oranges



Lemon



Banana



Blackcurrant



Raisins



Currants



Strawberry



Kiwi



Grapefruit



Tangerine



Blueberry



Raspberry



Purple Grapes



Purple plum



Red cherry



Wild strawberry



Lime

Dairy & eggs



Eggs



Sheep Milk



Cheese



Yogurt



Cows Milk

Meat products



Chicken



Beef



Pork



Lamb



Turkey

Legumes



Beans



Peas



Soya Beans



Chickpeas



Edamame



Lentils

Fish / Seafood



Mussels



Crab



Salmon



Shrimp



Cuttlefish



Tuna



Trout



Oysters



Herring



Cod



Anchovies



Mackerel



Lobsters



Octopus



Clams

Nuts & seeds



Sunflower Seeds



Almonds



Water Chestnuts



Chia Seeds



Walnuts



Pumpkin Seeds



Pistachios



Cashews



Flax Seeds



Sesame Seeds



Black Soya Bean



Pine Nuts



Pecans



Dates



Brazil Nuts

Cereals



Rice



Oat Bran



Oats



Quinoa



Buckwheat



Corn



Wild Rice



Oatmeal



Millet



Wheat Germ



Rye

Fat & oils

Sunflower Seed
Oil

Flaxseed Oil



Hemp Seed Oil



Fish Oil

Plants



Borage



Seaweed



Clove



Hawthorn Berries



Goji Berries

Drinks



Coffee



Green Tea



Black tea

Others



Tofu



Honey



Cocoa



Brewer's Yeast

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.



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 Make sure you consume foods to support the Beauty 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!

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