

Slim & Fit Optimization Report

Demo Report

ID: SFTDP101

Date: 02.03.2025





Dear Jane Smith Demo Report,

**We are delighted to present
you the results of your
optimization report!**

About this report

This is your personalized epigenetic report, crafted from your test results. Its purpose is to guide you on a transformative journey towards achieving a fit and slim physique. Embracing our tailored suggestions will empower you to make constructive changes in your daily dietary choices and how you engage with your surrounding environment.

The report is segmented to offer insights into various aspects of your genetic information. Each section includes a concise overview to assist you in comprehending the data, directing your focus to the most valuable and pertinent details. The "Summary of your results" page presents a comprehensive snapshot of the entire report, emphasizing key areas that demand your attention throughout your fitness and slimming plan.

Our goal is to provide absolute clarity within each section, accompanied by actionable recommendations to optimize your overall wellness and health. Let this report be your roadmap to a fitter, slimmer, and healthier you.

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

Sincerely,
Zyralife | Christie Steiger

Do you have any questions?



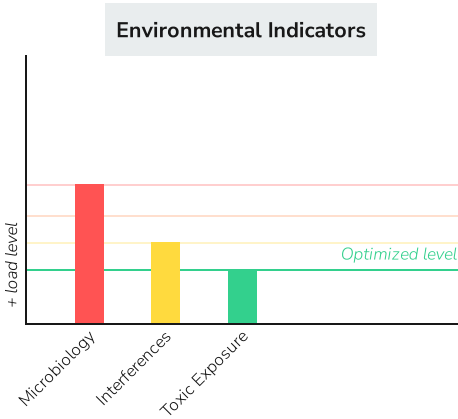
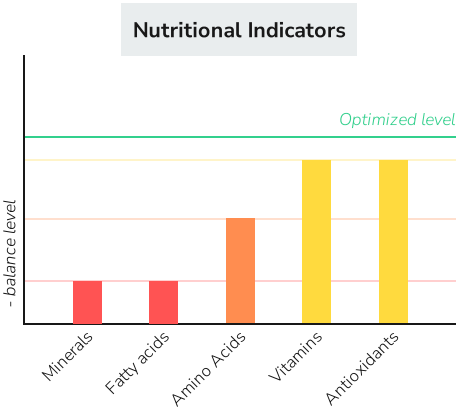
Contact:

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

Minerals

Iron
Zinc
Copper
Calcium

Microbiology

Parasites
Viral Signal
Post Virus Signal

Fatty acids

Eicosapentaenoic Acid - 3 (EPA)
Linoleic Acid - 6

Medium Optimization Need

Amino Acids

Citrulline
Threonine
Histidine
Glycine

Low Optimization Need

Vitamins

Vitamin B2
Vitamin K2

Antioxidants

Anthocyanidins

Interferences

Mobile telephone, GSM (1,8 GHz)

Metabolic Systems



Why is metabolism so important?

Nutrient metabolism involves hundreds of reactions that provide our body with the energy and materials needed for proper functioning. A good metabolic rate can help you burn more calories at rest and metabolize fat better, keeping energy levels optimized.

Result:
High Need



High need for optimization

The imbalance of the metabolic systems provided may be producing an alteration in cellular homeostasis. It is a priority to optimize these systems to promote balance in your body.

About Metabolic Systems

Your eating habits and level of physical activity drive your energy requirements. To enhance the weight loss process, it is important to know the markers that indicate how macronutrients such as proteins, fats and sugars are metabolized, and how they impact factors such as hormonal or gastrointestinal health.

A personalized eating plan based on your epigenetic modulators will help optimize fat metabolism to reach your ideal weight goal in a smart way!

The systems listed below are important markers for optimizing metabolic processes. Pay special attention to the highlighted ones!

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:

- Eating habits:** a high consumption of ultra-processed foods, as well as those high in sugar and fat, can cause greater weight gain.
- 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.
- 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 indicators marked in red mean?

If some indicators are marked with red on your metabolic chart, they may require special attention and nutritional support when cross-referenced with the other data chart.



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.

Intestinal System Indicators



Take care of your intestinal system!

The intestinal system provides most of the cellular energy and plays a very important role in our nutrient absorption system. Therefore, it is important to have it as optimized as possible to avoid metabolic problems related to weight loss.

Result:
Medium Need



You have to balance your Intestinal System in the medium term

The imbalance of the indicators provided is producing an alteration in your Intestinal System. It is a priority to optimize their levels in the medium term to create a balance in your body.

Intestinal support indicators

The intestinal system provides most of the cellular energy and plays an important role in the metabolism of protein synthesis, sugars and fatty acids. Having this system balanced will promote a correct basal metabolic rate, which is necessary to maintain a high caloric impact at rest. It will also help to avoid fat and fluid retention.

The following chart shows the nutrients and indicators that will help you optimize the Intestinal System.

The following table highlights which indicators can help optimize the intestinal tract: **Pay attention to the marked elements!**

Vitamins	Betaine	Vitamin D3	Vitamin B12	Vitamin C	
Minerals	Zinc	Selenium	Molybdenum	Iron	
Antioxidants	Superoxide Dismutase (SOD)	Sulforaphane Glucosinolate	Vitamin C	Selenium	Alpha Lipoic Acid
Amino Acids	Histidine	Glutamine	Tryptophan	Cysteine	
Fatty Acids	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)			
Environmental Stressors	Electrosensitivity	Chemicals and Hydrocarbons	Heavy metals	Bacteria	Fungus
	Parasites	Viral Signal			
Foods to Avoid	Wheat	Barley	Rye	Alcoholic beverages	Corn
	Soya Beans	Gluten			

Cellular De-Stressing Indicators



Oxidative stress and weight loss

Oxidative stress is a biochemical process that occurs in our brain. It is mainly concentrated in the liver and kidneys, which are responsible, among other functions, of eliminating toxic substances.

Result:
High Need



It is necessary to optimize these indicators

The imbalance of the indicators marked on this page may be producing an alteration of their functions and capabilities. It is a priority to optimize these levels to create a balance in the organism.

About oxidative stress

Free radicals do not cause oxidative damage under normal conditions because cells are provided with antioxidant mechanisms. However, when the capacity of these systems is overwhelmed by oxidative aggressions, we are faced with oxidative stress. In special circumstances such as in weight loss plans, in order to alleviate the damage that free radicals can cause in the organism, it is indicated to protect it by increasing its antioxidant capacity through these key epigenetic modulators.

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

Vitamins	Betaine	Vitamin B1	Vitamin B2	Vitamin B3	Vitamin B5
	Vitamin B6	Vitamin B9	Vitamin B12	Vitamin C	Vitamin D3
	Vitamin E				
Minerals	Calcium	Chromium	Iodine	Magnesium	Potassium
	Iron				
Antioxidants	Vitamin C	Chromium	Carotenoids	Selenium	
Amino Acids	Carnitine	Glutamine	Arginine	Methionine	
Fatty Acids	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)	Oleic Acid - 9		
Environmental stressors	Chemicals and Hydrocarbons	Heavy metals	Radiation	Bacteria	Electrosensitivity

Fat Burning Indicators



Metabolize your fats the smart way

What all weight loss processes are really about is lowering body fat without affecting our muscle mass levels and energy production.

Result:
High Need



It is necessary to optimize these indicators

The imbalance of the indicators marked on this page may be producing an alteration of their functions and capabilities. It is a priority to optimize these levels to create a balance in the organism.

Key nutrients for fat burning

There are nutrients that enhance (or, in case of imbalance, hinder) the process of fat activation, as they accelerate our metabolism and allow us to transform fat into energy more quickly. By burning or mobilizing stored fatty acids, these nutrients allow us to use glucose and lipids more efficiently to produce energy.

The key epigenetic modulators in body fat metabolism processes should be optimized to enhance this process.

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

Vitamins	Vitamin B1	Vitamin B3	Vitamin B6	Vitamin B9	Vitamin B12
	Vitamin C	Vitamin D3			
Minerals	Calcium	Copper	Chromium	Magnesium	Potassium
	Manganese	Selenium	Sodium	Zinc	Iodine
Antioxidants	Coenzyme Q10	Alpha Lipoic Acid	Selenium	Vitamin C	
Amino Acids	Methionine	Cysteine	Lysine	Valine	Arginine
	Carnitine	Taurine			
Fatty Acids	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)			
Environmental stressors	Chemicals and Hydrocarbons	Heavy metals	Radiation	Bacteria	Electrosensitivity

Hydration and weight loss

Importance of water for metabolism

Losing weight (and more specifically body fat) depends on a combination of different factors, such as nutrition, appetite and metabolism. The water we drink influences all of them.

Reasons why proper hydration is so important in weight loss processes



Water stimulates metabolism

Basal metabolism, the energy our body consumes at rest, is the key to weight loss. For example, we know that restricting calories slows metabolism, decreasing the effects of dieting. Water, on the other hand, can speed up metabolism. The reason is that water stimulates thermogenesis, the production of heat in the body, especially when it is cold. The body has to expend energy to heat the liquid to body temperature, and the more energy the body expends, the faster the metabolism will work (30% faster with water at 20 degrees).



Water suppresses appetite

Our organism has mechanisms that have been perfected by evolution, which tell us when we are hungry or when we are satisfied. We know that there are foods, such as sugar, that sabotage the satiety mechanism, while proteins are necessary for us to feel full. In addition, the brain often confuses thirst, triggered by mild dehydration, with hunger. Water in sufficient quantity dilates the stomach and decreases appetite.



If you drink water, you are not drinking sugars.

It should be taken into account that sugary drinks, processed juices or soft drinks are the main sources of excess calories in patients' eating habits. If instead of quenching our thirst with one of these, we drink quality water, we are avoiding ingesting about 150 kcal per drink. If, for example, we drink four calorie drinks a day, we would be reducing approximately 600 kcal. and avoiding sugars which are the real blockers of body fat loss.



The body needs water to burn fat

Increasing water intake increases lipolysis, the process by which the body burns fat for energy. This has to do with hormonal changes (hormone production also requires water) and with transport components of key epigenetic modulators like **B vitamins**, **fatty acids**, etc.



Water calms stress

Or rather, lack of water increases stress. When you are dehydrated, you may experience symptoms such as fatigue, dizziness and confusion. Lack of hydration has been found to be associated with drowsiness and reduced alertness. Several studies have shown that dehydration increases the production of cortisol, the stress hormone. And stress leads us to eat fatty and refined foods to satiate emotional anxiety.



Water improves physical performance

When we move our body we are accelerating the consumption of energy, and therefore, the consumption of water needed for those tissues that have to work extra hard. We also lose electrolytes, minerals including **sodium**, **potassium** and **magnesium**, which we need for muscles to function. When muscle cells are dehydrated, they tend to break down protein faster at the expense of fat and build muscle mass more slowly. This makes training without water less effective.



Water prevents fluid retention

Fluid retention is simply an undue accumulation of water (or other fluids) in our body. This phenomenon occurs, specifically, when this excessive fluid accumulation occurs not only in body tissues, but also in the circulatory system and body cavities. This unbalanced mechanism leads our body to an imbalance of electrolytes (alteration in the water regulation system) that will vary the natural behavior of fluids within the body, which is why they tend to accumulate subcutaneously, especially in areas such as: lower abdomen, ankles, wrists, etc ... increasing the total weight and the feeling of swelling. In this alteration of the fluid regulation system, the kidneys play an important role, controlling not only the volumes of water excreted (water balance), but also **sodium** and **potassium** concentrations and fluid pH levels. Proper hydration rich in nutritional modulators such as minerals and electrolytes will prevent this imbalance.

Epigenetic Markers



Your Need of Vitamins



Result:
Low Need



It is not necessary to optimize the absorption of Vitamins in the next 90 days

The imbalance of this indicator is not producing an alteration in your system.
However, it would be wise to balance its small cellular needs to avoid future problems. Vitamins are essential catalyst compounds for the proper cellular and metabolic functioning.
This test is based on a qualitative study, identifying that it may be necessary to optimize this indicator in the long 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 B2

Also known as riboflavin, plays an important role in cell growth, development and function. It participates in the production of blood cells and transforms food into energy. It does not suffer under high temperatures.

Eggs, Almonds, Seaweed, Salmon, Cheese, Spinach, Mushrooms, Avocado, Beef, Chicken, Pork, Broccoli, Green Beans, Sheep Milk, Yogurt, Deer, Pig Liver

Vitamin K2

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.

Eggs, Cheese, Beef, Chicken, Pork, Olive Oil, Soya Beans, Soya Oil

Your Need of Minerals



It is necessary to boost your Minerals

The imbalance of this indicator may be producing a alteration in your system.

It is a priority to optimize its levels to reach a balance in your body. 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 is necessary to optimize this indicator in the short 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

Calcium

Calcium plays an important structural role as it is an integral part of bones and teeth. It regulates the heartbeat and collaborates in the circulation of blood through the blood vessels. It also participates in the transmission of nerve impulses, influences the release of hormones and enzymes, and participates in the absorption of vitamin D.

Almonds, Cheese, Watercress, Red cherry, Pistachios, Soya Beans, Sheep Milk, Soya Oil, Yogurt, Sunflower Seeds, Squid, Chickpeas, Chia Seeds

Copper

Copper helps to assimilate and utilize iron. It is necessary in enzymatic reactions and in the production of ATP (energy). It participates in the maintenance of the immune system and in the formation of connective tissue, melanin, myelin and is essential for the proper functioning of the nervous system. It also maintains the proper functioning of the thyroid gland.

Quinoa, Crab, Salmon, Oysters, Wheat, Spinach, Asparagus, Millet, Potatoes, Mushrooms, Beef, Cashews, Turkey, Pig Liver, Sweet Potato, Chia Seeds

Iron

Iron stores and transports oxygen to all tissues. It helps in the normal formation of red blood cells, hemoglobin, protects cells against the harmful effects of free radicals. It contributes to the normal functioning of energy-producing metabolism and the immune system.

Eggs, Purple Grapes, Walnuts, Almonds, Beets, Beef, Chicken, Kidney Beans, Cashews, Turkey, Pine Nuts, Pig Liver, Chickpeas, Macadamia Nuts

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, Peanuts, 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



Result:
Low Need



It is not necessary to optimize the absorption of antioxidants in the next 90 days

The imbalance of this indicator is not producing an alteration in your system.

However, it would be wise to balance its small cellular needs to avoid a greater future burden. Antioxidants are chemical substances that help stop or limit the damage caused by free radicals, in addition to protecting us against oxidative stress. This test is based on a qualitative study, identifying that it may be necessary to optimize this indicator in the long 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.

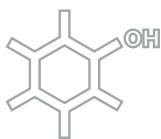
Foods that supply antioxidant needs

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, Blackberry, Eggplant, Goji Berries, Hawthorn Berries

Your Need of Amino Acids



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

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

Citrulline

Citrulline is a precursor of another amino acid, arginine and nitric oxide. It also aids in protein synthesis, helps blood pressure and improves blood flow.

Watermelon, Walnuts, Almonds, Salmon, Onion, Pumpkin

Glycine

Glycine is essential in the healing process and is involved in the production of collagen and phospholipids in the tissues of our body. It promotes the production of growth hormone, and also helps prevent infectious diseases. It also helps to a good brain function.

Eggs, Crab, Seaweed, Salmon, Lobsters, Oysters, Watercress, Spinach, Lentils, Rice, Potatoes, Peas, Beef, Lamb, Chicken, Pork, Kidney Beans, Peanuts, Soya Beans, Corn, Yogurt

Histidine

Histidine is involved in the synthesis of proteins, hormones and carnosine. It is necessary for the formation of myelin sheaths of nerve fibers. It contributes to the detoxification of some heavy metals as it acts as a chelator (abductor) and also participates in the formation of red and white blood cells.

Eggs, Salmon, Lentils, Mushrooms, Peas, Beef, Chicken, Pork, Peanuts, Soya Beans, Cows Milk, Flounder, Goat Milk, Sheep Milk, Pumpkin Seeds, Chickpeas

Threonine

Threonine is essential for the correct metabolization of fats, especially in the liver, in addition to preventing their accumulation. It is required for the formation of healthy bones and teeth and is a constituent of antibodies. It is also necessary for the synthesis of certain neurotransmitters.

Eggs, Seaweed, Salmon, Mackerel, Cheese, Clams, Watercress, Carrot, Banana, Beef, Lamb, Chicken, Pork, Peanuts, Soya Beans, Cashews, Sheep Milk, Turkey, Flax Seeds, Pumpkin Seeds, Yogurt, Sunflower Seeds, Sturgeon, Cuttlefish, Wild Boar

Your Need of Fatty Acids



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)

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

Linoleic Acid - 6

Linoleic acid-6 is a fatty acid essential for the proper functioning of our body. It has a protective, structural and regulatory function in cells. It participates in the formation of hormones. It promotes an adequate and correct immune response by our immune system. It also contributes and participates in the correct balance of the blood fat profile, helps regulate metabolism and blood coagulation.

Eggs, Brazil Nuts, Cheese, Olive Oil, Peanuts, Cows Milk, Soya Oil, Flaxseed Oil, Yogurt, Sunflower Seeds, Pine Nuts, Pecans

Eicosapentaenoic Acid - 3 (EPA)

Eicosapentaenoic acid - 3 (EPA) is an omega-3 fatty acid. It is involved in the reduction of inflammation and regulation of the circulatory system. It supports cardiovascular health and may have a correlation with depression or attention deficit syndrome. It lowers blood glucose and is one of the main mood stabilizers.

Walnuts, Seaweed, Salmon, Mackerel, Olive Oil, Hazelnuts, Trout, Hemp Seed Oil, Flax Seeds, Fish Oil, Chia Seeds

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

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, Kiwi, Yogurt

Viral Signal

Finally, once viruses manage to pass the physical barriers imposed by the skin, they confront the innate and adaptive immune system. Still, when someone recovers from a virus, there are persistent "signals" emitted primarily from the gut. The immune system is likely to control these unwanted viruses. The body's natural defense system (immune system) is vital to combat these attacks because it can then reduce the activation of a virus and fight a converted virus.

Parsley, Spinach, Kiwi, Broccoli, Oatmeal

Parasites

Intestinal parasitism occurs when a species lives within the host in the intestinal tract. They can be ingested with poorly washed fruits, dirty hands, poorly preserved food, etc. Hands should be washed with plenty of water before preparing food or eating and after going to the toilet. There are different types of intestinal parasites and they come in many sizes and shapes.

Ginger, Onion, Turmeric, Pumpkin Seeds, Coconut Oil

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

Mobile telephone, GSM (1,8 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.

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 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!"

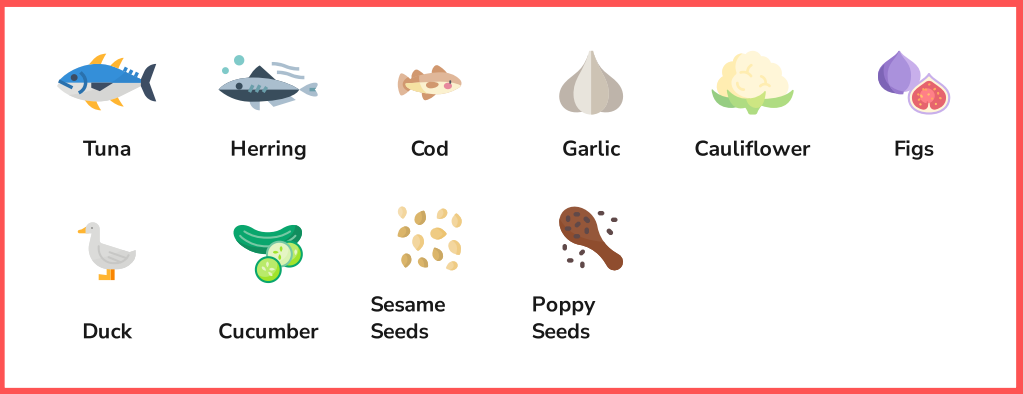
Food sensitivities are very specific, so even if the food is similar (e. g. mussels and clams), as long as it does not appear in the foods to avoid, it can be consumed without any issue.

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.



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 101	Riboflavin, Vitamin B2, lactoflavin	E 900	Polydimethylsiloxane (PDMS)
E 493	Sorbitan monolaurate	E 452	Polyphosphates
E 404	Calcium alginate	E 356	Sodium adipate
E 337	Sodium potassium tartrate	E 315	Erythorbic acid
E 234	Nisin	E 216	Propyl p-hydroxybenzoate

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.

Nutritional Optimization

What does "nutritional" refer to?

The nutritional 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

							
Pumpkin	Onion	Spinach	Mushrooms	Avocado	Broccoli	Beets	Ginger
							
Watercress	Carrot	Potatoes	Asparagus	Celery	Sweet Potato	Kale	Parsley
							
Eggplant							

Fruits

							
Watermelon	Purple Grapes	Banana	Red cherry	Kiwi	Purple plum	Blackcurrant	Blackberry
							
Raspberry							

Dairy & eggs

							
Eggs	Cheese	Yogurt	Sheep Milk	Cows Milk	Goat Milk		

Meat products

							
Beef	Pork	Pig Liver	Kidney	Chicken	Deer	Turkey	Lamb
							
Wild Boar							

Legumes

							
Green Beans	Kidney Beans	Chickpeas	Soya Beans	Peas	Beans	Lentils	Edamame
							
Natto							

Fish / Seafood

							
Salmon	Mackerel	Sardines	Trout	Cuttlefish	Sturgeon	Anchovies	Clams
							
Flounder	Oysters	Lobsters	Crab	Octopus	Mussels	Squid	

Nuts & seeds

							
Almonds	Walnuts	Cashews	Pine Nuts	Macadamia Nuts	Pumpkin Seeds	Hazelnuts	Chia Seeds
							
Flax Seeds	Sunflower Seeds	Pecans	Brazil Nuts	Peanuts	Pistachios		

Cereals

							
Rice	Corn	Wheat Germ	Wild Rice	Rye	Oats	Oat Bran	Quinoa
							
Buckwheat	Millet	Wheat	Oatmeal				

Fat & oils

							
Coconut Oil	Olive Oil	Fish Oil	Hemp Seed Oil	Flaxseed Oil	Soya Oil		

Plants

							
Seaweed	Turmeric	Hawthorn Berries	Goji Berries				

Others



Tofu



Cocoa



Honey

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, now what? As we said in 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 Make sure you consume food to support your Microbiome daily — [Section 02](#)
- 5 Make sure that you consume the foods to reduce the Toxic Exposure — [Section 02](#)
- 6 Try to reduce the impact of Electromagnetic Fields — [Section 02](#)
- 7 Contact your professional if you have any doubts about your report — [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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