

Optimization Wellness Report

Demo Report

ID: WELLDEMO114

Date: 24.02.2025



Dear Jane Smith Demo Report,

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



Your Results

This is your epigenetic report, based on your test results. We believe that the data and information contained herein will help you begin a journey towards a healthier lifestyle. By adopting and adapting our suggestions, you will be able to make positive changes in your daily diet and interaction with the environment that surrounds you.

The results are divided into sections according to the type of information examined. Within each section you will find an overview section to help you interpret the information, so that your attention is directed to the most valuable and relevant information.

On the "Summary of your results" page you will have an overview of the entire report, highlighting the areas you will need to pay most attention to over the duration of your plan.

Your results report is designed to provide maximum clarity on each section and the actions we recommend to optimise your wellness and health.

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

Sincerely,
Zyralife | Christie Steiger

Do you have any questions?



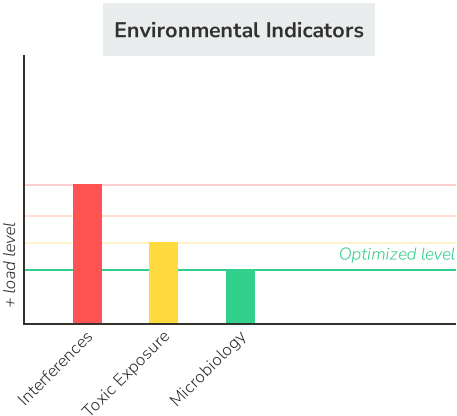
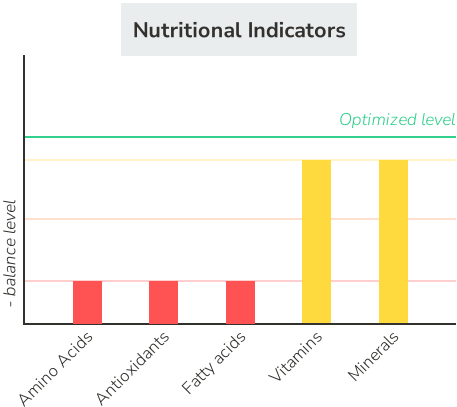
Contact:

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

Amino Acids

Lysine
Isoleucine
Phenylalanine
Cystine

Antioxidants

Vitamin C
Polyphenols
Sulforaphane
Glucosinolate
Selenium

Fatty acids

Linoleic Acid - 6
Arachidonic Acid - 6 (AA)

Interferences

Computer monitor
Radiofrequency
Microwave Oven
ELF (Extremely Low Frequency)

Low Optimization Need

Toxic Exposure

Chemicals and Hydrocarbons

Vitamins

Inositol
Vitamin B12
Vitamin C
Vitamin B6

Minerals

Molybdenum
Manganese

Metabolic Systems Indicators



Why is metabolism so important?

The metabolism of nutrients involves hundreds of reactions that provide our bodies with the energy and materials necessary for proper functioning. A good metabolic rate can help you burn more calories, slow down aging, give you more energy and make you feel better.

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 lifestyle and level of physical activity can determine your energy requirements. That's why knowing the markers that tell us how macronutrients like proteins, fats and sugars are metabolized, and how certain factors like hormonal or gastrointestinal health are impacting you, is so important.

Following a personalized diet that takes into account these requirements will help you increase your energy levels, vitality and reach your goals faster!

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:

- 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 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.

Immune System Indicators

Result:
High Need



The Immune System should be optimized

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



Diet and your Immune System

Each person's immune system varies dramatically based on diet, environmental pollutants, and metabolic disruptors. The indicators on this page are intended to strengthen your own protection system.

Immune support indicators

A nutritionally balanced and personalized diet is essential to maintain and develop a strengthened immune system. Increasing your defenses will help protect you from the worst effects of viral loads and other microbial impacts. Boosting your own immune system is essential to achieve a cellular balance and thus protect your well-being from external aggressions.

This table lists the nutrients that help optimize your immune system. It also highlights metabolic systems and environmental stressors that could unbalance it: **pay attention to the flagged indicators!**

Vitamins	Vitamin A1	Vitamin B1	Vitamin B2	Vitamin B5	Vitamin B6
	Vitamin B9	Vitamin B12	Vitamin C	Vitamin D3	Vitamin E
Minerals	Zinc	Copper	Manganese	Selenium	Iron
Antioxidants	Vitamin C	Selenium	Carotenoids	Flavonoids	Polyphenols
	Superoxide Dismutase (SOD)	Vitamin E	Alpha Lipoic Acid	Coenzyme Q10	
Fatty Acids	Omega 3	Omega 6			
Amino Acids	Cysteine	Glutamine	Glycine	Lysine	Tryptophan
Metabolic interactions	Sleep	Intestine	Cardiovascular Health	Metabolic Stress / Inflammation	Energy Production
	Cellular Hydration				
Environmental toxic exposure	Heavy metals	Chemicals and Hydrocarbons	Electrosensitivity and Radiation		
Microbiology	Spores	Fungus	Parasites	Viral Signal	

Intestinal System Indicators



Take care of your intestinal system!

The intestinal tract and intestinal system provide most of the cellular energy and play a very important role in our immune system. That is why it is vitally important to have as balanced and optimized a intestinal system as possible.

Result:
High Need



It is necessary to optimize your Intestinal System

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

Intestinal support indicators

The stress caused to the intestinal tract can be one of the greatest impacts on the body. The intestinal system provides most of the cellular energy and plays an important role in the immune system. The function of these systems is equally relevant to memory, as it influences brain performance.

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

Nutritional Markers	Histidine	Tryptophan	Zinc	Cysteine	Betaine
	Superoxide Dismutase (SOD)	Molybdenum	Vitamin D3	Alpha Lipoic Acid	Sulforaphane Glucosinolate
	Omega 3	Selenium	Vitamin B12	Iron	Vitamin C
	Glutamine				
Environmental Stressors	Electrosensitivity	Chemicals and Hydrocarbons	Heavy metals	Bacteria	Fungus
	Parasites	Viral Signal			
Metabolic interactions	Gastrointestinal System	Intestinal Microbial Balance	Metabolic Stress / Inflammation	Detox System	Emotions
	Energy Production	Immune System	Brain Health		
Restricted pro-inflammatory foods	Cows Milk	Eggs	Gluten	Wheat	Barley
	Oats	Corn	Soya Beans	Banana	Alcoholic beverages
	Beer	Added sugars			

Cardiovascular System Indicators

Result:
High Need



It is necessary to optimize your Cardiovascular System

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



Take care of your Cardiovascular System!

Poor circulation reduces the body's ability to transport oxygen and nutrients to where they are needed. We can help optimize the circulatory system through good nutrition.

Indicators for Cardiovascular System Support

The food we eat has a direct impact on the cardiovascular system. Certain eating habits can create disorders related to the heart and its function. Likewise, including certain foods as part of a regular nutrition plan can help to prevent potential disorders in heart function.

The following graph shows the nutrients and indicators that will help you optimize the Cardiovascular System.

The following table indicates which nutrients can help optimize the cardiovascular system: **Pay attention to the marked indicators!**

Vitamins	Vitamin B2	Vitamin D3	Vitamin B6	Vitamin C	Vitamin K1
	Vitamin B12	Vitamin E	Vitamin B3	Vitamin B9	Betaine
	Vitamin K2				
Minerals	Selenium	Iodine	Potassium	Sodium	Magnesium
Antioxidants	Superoxide Dismutase (SOD)	Anthocyanidins	Polyphenols	Flavonoids	Coenzyme Q10
Amino Acids	Taurine	Arginine	Citrulline	Carnosine	Alanine
	Serine	Methionine	Cystine	Lysine	Histidine
	Proline				
Fatty Acids	Alpha-Linolenic Acid - 3 (ALA)	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)	Arachidonic Acid - 6 (AA)	Oleic Acid - 9

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

Inositol

Inositol is essential for the good condition of the cells of the nervous system and the metabolism of fats. It influences our sleep, fertility, circulation, skin, hair and mood.
Tuna, Cantaloupe, Oats, Walnuts, Almonds, Wheat, Rice, Banana, Citrus Fruits, Peanuts, Eggplant, Brewer's Yeast, Wheat Germ

Vitamin B6

Also known as pyridoxine, contributes to the transformation of food into energy, to the formation of blood cells and neurotransmitters. Helps to keep the functions of the nervous and immune system normal and regulates de hormonal activity.
Tuna, Cantaloupe, Salmon, Parsley, Oranges, Papaya, Garlic, Banana, Chicken, Pistachios, Soya Beans, Hazelnuts, Turkey, Flax Seeds, Dandelions, Chives, Sunflower Seeds, Chickpeas

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, Cows Milk, Alfalfa Sprouts, Goat Milk, Sheep Milk, Turkey, Nutritional Yeast, Soybean Milk, Yogurt, Mussels, Deer, Chicken Liver

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, Cantaloupe, Tangerine, Parsley, Tomato, Spinach, Lemon, Oranges, Papaya, Potatoes, Cauliflower, Kiwi, Grapefruit, Currants, Red Pepper, Broccoli, Brussel Sprouts

Your Need of Minerals

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Ca

Result:
Low Need



It is not necessary to optimize the absorption of minerals 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 problem. Minerals are non-organic natural elements that must be absorbed mostly through diet, so that bones, cardiovascular and hormonal functions, among others, work properly. This test is based on a qualitative study, identifying that it may be necessary to optimize this indicator in the long 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

Manganese

Manganese is needed to produce energy and protect cells. We need it to strengthen bones, reproduction, blood clotting and to maintain a healthy immune system.

Buckwheat, Oats, Apricot, Wild Rice, Walnuts, Almonds, Clams, Oysters, Ginger, Parsley, Spinach, Rice, Oranges, Garlic, Avocado, Hazelnuts, Coffee, Turmeric, Flax Seeds, Pumpkin Seeds, Oat Bran, Water Chestnuts, Pine Nuts, Chia Seeds, Macadamia Nuts

Molybdenum

Molybdenum helps the enzyme responsible for iron metabolism to function properly. It is necessary for the production of uric acid and participates in both sulfur and uric acid metabolism. It participates in enzyme systems related to the metabolism of alcohol, drugs and toxins.

Watermelon Seed, Buckwheat, Eggs, Oats, Rye, Almonds, Wheat, Parsley, Watercress, Lentils, Rice, Potatoes, Chicken, Kidney Beans, Peanuts, Soya Beans, Alfalfa Sprouts, Cashews, Pumpkin Seeds, Edamame, Yogurt, Sunflower Seeds, Chickpeas, Poppy Seeds

Your Need of Antioxidants



It is necessary to boost your Antioxidants

The imbalance of this indicator may be producing a alteration in your system. 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 is necessary to optimize this indicator in the short 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

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, Cantaloupe, Tangerine, Parsley, Tomato, Spinach, Lemon, Oranges, Papaya, Potatoes, Cauliflower, Kiwi, Grapefruit, Currants, Red Pepper, Broccoli, Brussel Sprouts

Selenium

Selenium is involved in the proper functioning of the thyroid gland. It is a great antioxidant. It is essential for the proper functioning of the immune system, because it increases the production of white blood cells. It also neutralizes the effect of heavy metals and promotes the growth of hair and nails.

Buckwheat, Tuna, Eggs, Barley, Wild Rice, Brazil Nuts, Lobsters, Oysters, Parsley, Rice, Garlic, Mushrooms, Beef, Chicken, Broccoli, Soya Beans, Corn, Turkey, Brewer's Yeast, Oat Bran, Edamame, Chives, Cuttlefish, Mussels

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.

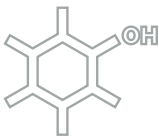
Blueberry, Purple Grapes, Walnuts, Almonds, Artichoke, Raspberry, Hazelnuts, Flax Seeds, Green Tea

Sulforaphane Glucosinolate

Sulforaphane glucosinolate is found in vegetables such as broccoli, cabbage, cauliflower and kale. It exhibits antimicrobial, anticancer and chemopreventive properties. It is a strong blood alkalinizer. It is believed that it could protect against diabetes, brain damage, macular degeneration, sun damage, etc.

Cabbage, Watercress, Cauliflower, Broccoli, Leaf Mustard, Brussel Sprouts

Your Need of Amino Acids



It is necessary to boost your Amino 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. 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 is necessary to optimize this indicator in the short 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

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, Beef, Chicken, Goat Milk, Oatmeal, Yogurt, Sunflower Seeds

Phenylalanine

Phenylalanine stimulates the production of endorphins, dopamine, epinephrine and norepinephrine, which are essential for a correct functioning of the central nervous system. In addition, it helps to control the sensation of hunger and improves the speed and reaction of reflexes.

Buckwheat, Tuna, Eggs, Oats, Wild Rice, Walnuts, Brazil Nuts, Almonds, Coconut, Salmon, Lobsters, Wheat, Wheat noodles, Millet, Rice, Potatoes, Mushrooms, Kiwi, Banana, Avocado, Grapefruit, Pistachios, Peanuts, Cashews, Flax Seeds, Pumpkin Seeds, Fennel Seeds, Wheat Germ, Oat Bran, Sunflower Seeds, Sturgeon, Cuttlefish, Chia Seeds, Macadamia Nuts

Isoleucine

Isoleucine contributes to blood glucose regulation and wound healing, as well as to the proper functioning of the immune system. It is also important in the detoxification of wastes such as ammonia and is essential for the formation of hemoglobin and red blood cells.

Tuna, Salmon, Cod, Cheese, Wheat, Lentils, Beef, Chicken, Cows Milk, Flounder, Goat Milk, Sheep Milk, Turkey, Pumpkin Seeds, Wheat Germ

Lysine

Lysine is extremely important for normal growth and muscle remodeling. It participates in protein synthesis. Contributes to the protection of the intestines against stressful stimuli, contamination with bacterial and viral pathogens, etc.

Buckwheat, Tuna, Eggs, Oats, Barley, Crab, Wild Rice, Walnuts, Brazil Nuts, Almonds, Salmon, Cod, Cheese, Shrimp, Millet, Lentils, Rice, Beef, Chicken, Pistachios, Peanuts, Cashews, Trout, Brewer's Yeast, Wheat Germ, Oat Bran, Sunflower Seeds, Pine Nuts, Sea Bass

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

Arachidonic Acid - 6 (AA)

Arachidonic acid-6 is essential for brain growth and basic for the synthesis of certain prostaglandins (involved in the inflammatory response). It also plays a protective role in neuronal aging and provides fluidity and flexibility to membranes. It is necessary for the function of the nervous, skeletal and immune systems. In addition, it protects against infections and tumors.

Eggs, Sunflower Seed Oil, Walnuts, Salmon, Beef, Lamb, Chicken, Pumpkin Seeds, Sunflower Seeds

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, Peanuts, Cows Milk, Soya Oil, Flaxseed Oil, Yogurt, Sunflower Seeds, Pine Nuts

Toxic Exposure



Result:
Low Need



Reducing the environmental toxins in the short term is not a priority

It is convenient to address this indicator in the long term so that it does not generate a greater imbalance in the future. 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. This test is based on a qualitative study, identifying that it may be necessary to optimize this indicator in the long 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.

- 

They can cause sensitivity in people with allergies or sensitivity to fish, iodine, or mold.
- 

They are not recommended during pregnancy and lactation, as they are not indicated for children.
- 

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



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

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

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.

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.

Radiofrequency

Radiofrequency is used in aircraft and ship communications, shortwave radio, cordless telephones, satellites, radio transmission, radio astronomy and remote sensing. Radiofrequency is also used as an aesthetic treatment, to combat flaccidity of the face or body.

Computer monitor

The three risk factors presented by computers are: radiation, static electricity and ionization; and screens are the main source of 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

?

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.



Olives



Green grapes



Strawberry



Quinoa



Asparagus



Figs



Peas



Pork



Green Beans



Pecans

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 904	Shellac	E 901	Beeswax, white and yellow
E 576	Sodium gluconate	E 551	Silicon dioxide
E 511	Magnesium chloride	E 309	Delta-tocopherol
E 231	Orthophenyl phenol	E 214	Ethyl p-hydroxybenzoate
E 174	Silver	E 160b	Annatto, Bixin, Norbixin

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

							
Eggplant	Alfalfa Sprouts	Mushrooms	Potatoes	Parsley	Kale	Watercress	Garlic
							
Onion	Celery	Brussel Sprouts	Avocado	Ginger	Spinach	Broccoli	Cauliflower
							
Tomato	Cabbage	Red Pepper	Chives	Artichoke	Arugula	Bok choy	Leaf Mustard

Fruits

							
Cantaloupe	Citrus Fruits	Banana	Coconut	Grapefruit	Kiwi	Oranges	Apricot
							
Currants	Papaya	Lemon	Tangerine	Blueberry	Raspberry	Purple Grapes	

Dairy & eggs

							
Yogurt	Eggs	Sheep Milk	Cows Milk	Goat Milk	Cheese		

Meat products

							
Rabbit	Turkey	Chicken Liver	Beef	Kidney	Chicken	Deer	Lamb

Legumes



Beans



Edamame



Soya Beans



Natto



Lentils



Chickpeas



Kidney Beans

Fish / Seafood



Tuna



Oysters



Mussels



Sardines



Octopus



Clams



Salmon



Cod



Trout



Sea Bass



Crab



Shrimp



Flounder



Sturgeon



Cuttlefish



Anchovies



Lobsters

Nuts & seeds



Peanuts



Walnuts



Almonds



Sesame Seeds



Poppy Seeds



Watermelon Seed



Pumpkin Seeds



Cashews



Sunflower Seeds



Pine Nuts



Brazil Nuts



Pistachios



Fennel Seeds



Chia Seeds



Flax Seeds



Macadamia Nuts



Water Chestnuts



Hazelnuts

Cereals



Rice



Oats



Wheat



Wheat Germ



Buckwheat



Rye



Wild Rice



Oat Bran



Barley



Millet



Wheat noodles



Oatmeal



Corn

Fat & oils



Flaxseed Oil



Soya Oil



Sunflower Seed Oil

Plants



Clove



Turmeric



Dandelions

Drinks



Soybean Milk



Coffee



Green Tea

Others



Brewer's Yeast



Nutritional Yeast



Tofu



Cocoa

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.

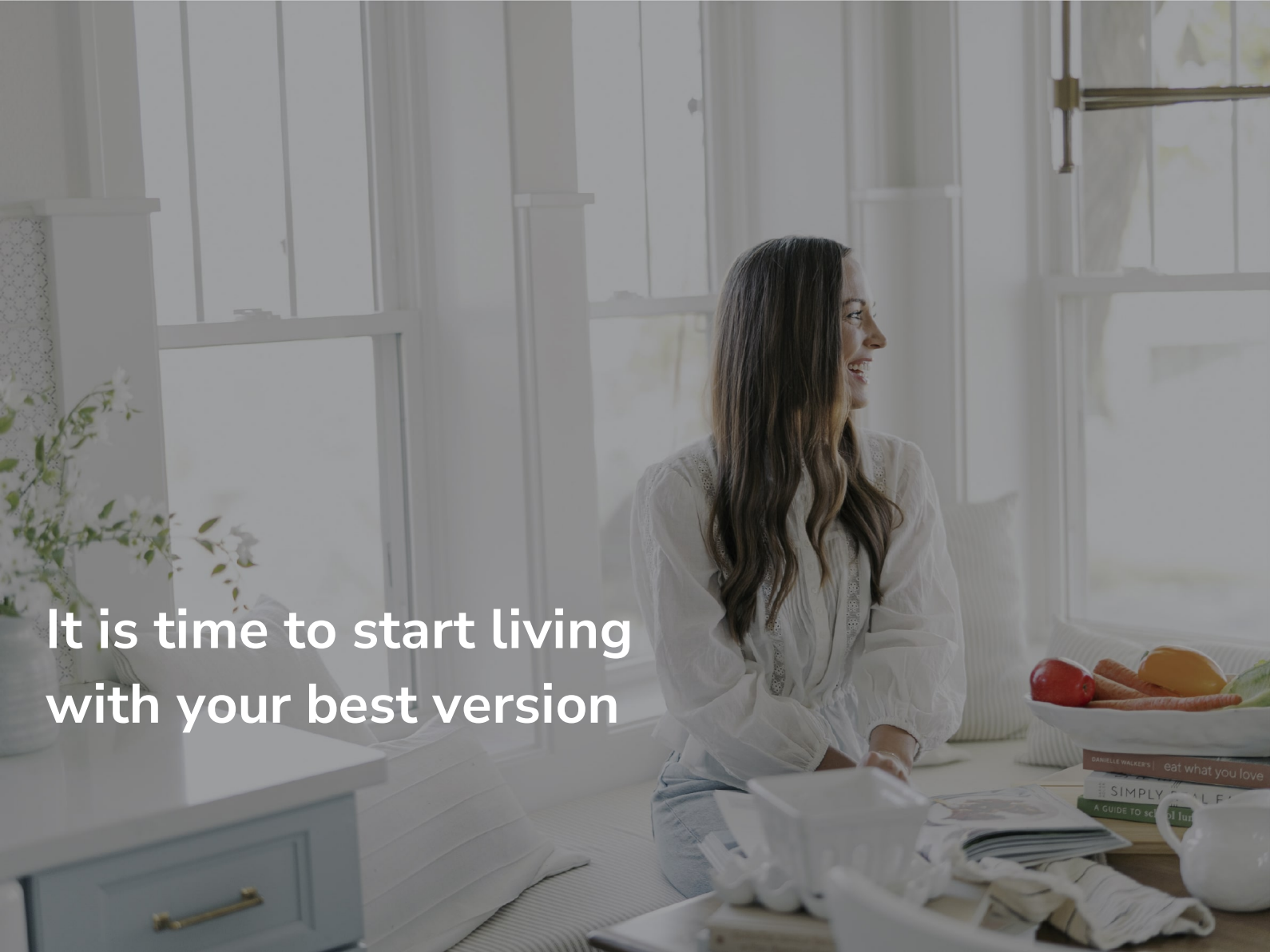
- 1 Avoid your Food Sensitivities for 90 days — [Section 03](#)
- 2 Stop consuming the food additives flagged in the report — [Section 03](#)
- 3 Increase your intake of Recommended Foods — [Section 03](#)
- 4 Make sure you consume food to support your Microbiome daily — [Section 02](#)
- 5 Make sure 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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