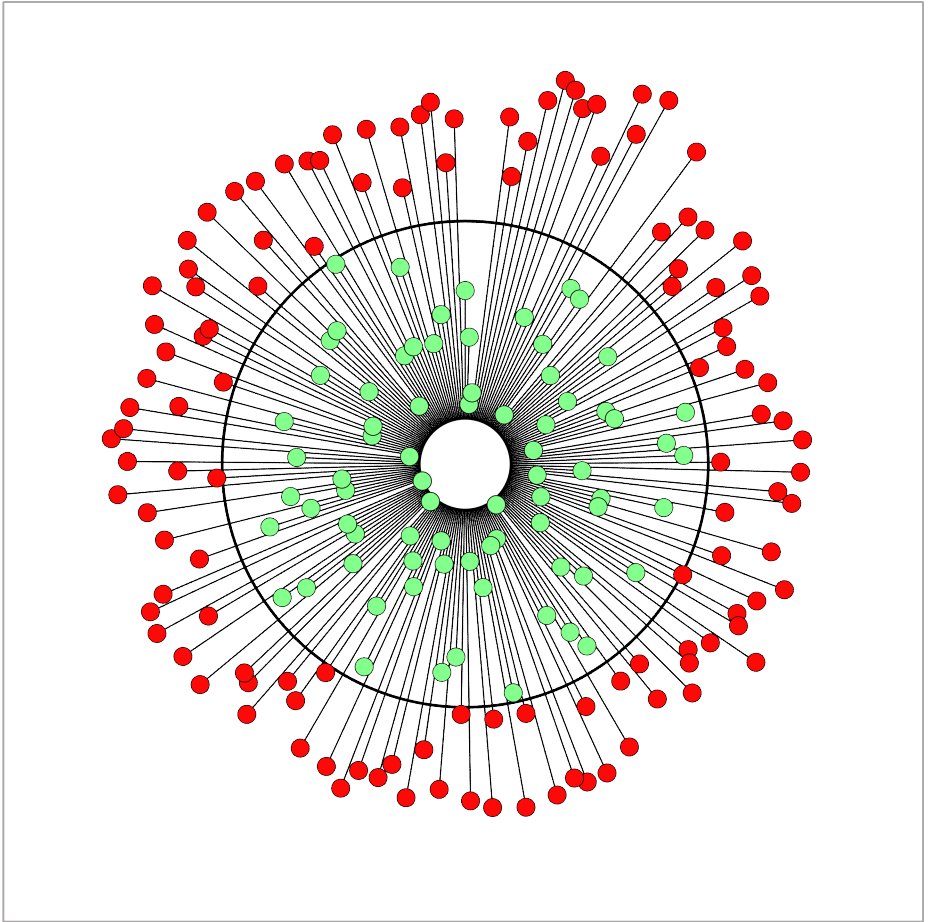


# Wellness Report

## YOUR DYNAMIC PROFILE

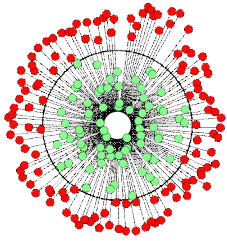
Biomarkers: 197  
Range: 28.92

Biomarkers In Range: 75  
Biomarkers Out of Range: 122



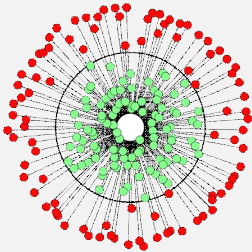
# BALANCER VIRTUAL ITEM RE-SCAN RESPONSES

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



## Baseline

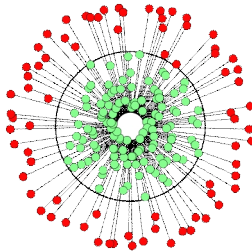
Biomarkers Out of Range: 122



## YG - Jojoba Carrier Oil

Biomarkers Brought Into Range: 28

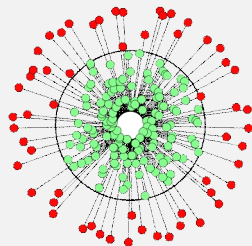
Category: All Youngevity Products, YG Branded Products, YG Essential Oils



## YG - Plant Derived Minerals

Additional BioMarkers Brought Into Range: 19

Category: All Youngevity Products, YG Branded Products, YG Products Excluding Oils

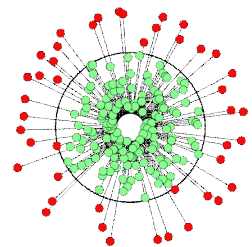


## YG - Ultimate Gluco-Gel

Additional BioMarkers Brought Into Range: 17

Category: All Youngevity Products, YG Branded Products, YG Products Excluding Oils

Usage Directions: 2 Capsules 2 times per day

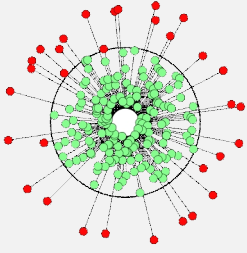


## YG - Beyond Tangy Tangerine 2.0 Citrus Peach Fusion

Additional BioMarkers Brought Into Range: 14

Category: All Youngevity Products, YG Branded Products, YG Products Excluding Oils

Usage Directions: 2 Scoops 1 times per day

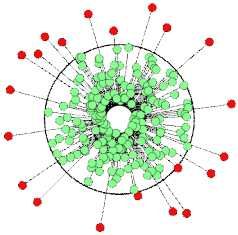


### YG - Ultimate EFA Plus

Additional BioMarkers Brought Into Range: 12

Category: All Youngevity Products, YG Branded Products, YG Products Excluding Oils

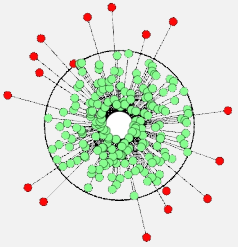
Usage Directions: 1 Capsule 3 times per day



### YG - Dill Blend Essential Oil Blend

Additional BioMarkers Brought Into Range: 11

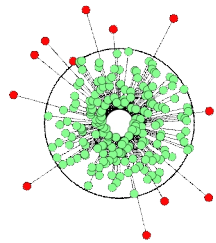
Category: All Youngevity Products, YG Branded Products, YG Essential Oils



### YG - Ultimate Colloidal Silver Plus

Additional BioMarkers Brought Into Range: 4

Category: All Youngevity Products, YG Branded Products, YG Products Excluding Oils



### SOZO - SoZo Nutritional Beverage

Additional BioMarkers Brought Into Range: 5

Category: All Youngevity Products, YG Products Excluding Oils

## PRODUCT DESCRIPTIONS

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



### 100.24 YG - Jojoba Carrier Oil

Jojoba Carrier Oil - 8 oz  
SKU: 67055

Jojoba Seed Blending Oil is the most natural blending oil, used for nourishing all skin types. It is a natural oil (liquid wax) that most closely resembles the oils of your skin.

Safety Note: Consult your healthcare professional if pregnant or nursing.



### 95.91 YG - Plant Derived Minerals

Plant Derived Minerals™ - 32 fl oz  
SKU: 13203

Our bodies need a steady stream of minerals, many in trace amounts, to function properly. Plant Derived Minerals™ are liquid concentrates containing up to 77 minerals from prehistoric plants in their unaltered colloidal form.

When dinosaurs roamed the earth 70 million years ago, they likely walked on soil abundant with minerals. Plants and fruits likely contained at least 77 minerals, which became water-soluble as they transmuted through the root system to become part of a luscious, succulent, vibrant and life-sustaining source of food. Plant-derived minerals have been encapsulated in the earth as a pure food since that time.

Our bodies need a steady stream of minerals - many in trace amounts - to function properly. Our Plant Derived Minerals™ products are liquid concentrates containing up to 77 minerals from prehistoric plants in their unaltered colloidal form.

SUGGESTED USE: Adults, mix one or two fluid ounces in a small glass of fruit or vegetable juice of your choice. Drink during or after meals, one to three times a day or as desired. For children, reduce amount by two-thirds.

WARNING: If you are pregnant, nursing or taking medications, consult with your healthcare professional before using this product.

KEEP OUT OF REACH OF CHILDREN.

Ingredients:  
Majestic Earth Plant Derived Minerals.



### 95.65 YG - Ultimate Gluco-Gel 2 Capsules 2 times per day

Ultimate Gluco-Gel™ - 120 capsules  
SKU: 21252

Ultimate Gluco-Gel™ is the ultimate way to get your daily dose of gelatin, which contains collagen, a main building block of bone matrix, cartilage, ligaments, tendons and connective tissue. For best results, we suggest using this product as part of a full nutritional program that also includes Ultimate Classic®, Plant Derived Minerals™ and Ultimate Daily™.

DIRECTIONS: Take two capsules, two times a day, or as directed by your healthcare professional.

WARNING: If you are pregnant nursing or taking medications consult your healthcare professional before using this product.  
KEEP OUT OF REACH OF CHILDREN

Ingredients:  
Manganese, Gelatin, Glucosamine Sulfate 2KCl, Rice Flour, Gelatin Capsules, Vegetables Stearate.

95.42 **YG - Beyond Tangy Tangerine 2.0 Citrus Peach Fusion 2 Scoops 1 times per day**

BTT 2.0 Citrus Peach Fusion - 480 g canister  
SKU: USYG100075



With over 8000 ORAC certified organic ingredients and synergizing cofactors to maximize vitamin and mineral uptake Beyond Tangy Tangerine 2.0 is the most advanced multi-vitamin mineral complex on the market. Beyond Tangy Tangerine 2.0 provides you with: energy boosting nutrients PuriGenic antioxidant support PrePro prebiotic and probiotic blend over 500(+)mg of natural amino acids and increased potencies of most vitamins and minerals for optimal wellness.

WARNING: If you are pregnant nursing or taking medications consult your healthcare professional before using this product.

KEEP OUT OF REACH OF CHILDREN.

For dietary supplement use only.

**Ingredients:**

Vitamin A, Vitamin C, Vitamin D-3, Vitamin E, Vitamin K, Thiamin, Riboflavin, Niacin, Vitamin B-6, Folate, Vitamin B-12, Biotin, Pantothenic Acid, Calcium, Iron, Magnesium, Zinc, Selenium, Copper, Chromium, Potassium, Organic Trace Minerals, Glucosamine, MSM, Chondroitin Sulfate, Organic Amino Acid Complex, Inositol, PuriGenic Multifaceted Free Radical Defense System (Proprietary Blend: Organic Amla bioflavonoids, selenium (as selenomethionine), grape seed extract), Beet Root Extract, PrePro Prebiotic and Probiotic, Co-enzyme Q10, Boron, RejuvaSweet Naturally Sweet Branched and Linear Chained Cellular Energy Concentrates, natural flavor and color, organic stevia, Acacia Gum.

94.93 **YG - Ultimate EFA Plus 1 Capsule 3 times per day**

Ultimate EFA Plus™ - 90 soft gels  
SKU: 20989



Ultimate EFA Plus is a proprietary blend of essential fatty acids from Borage, Flax and Fish Oils. Used as part of a healthy diet, essential fatty acids may support the body in many ways, especially cardiovascular health.

DIRECTIONS: Take one soft gel three times a day or as directed by your healthcare professional.

WARNING: If you are pregnant, nursing or taking medications, consult your healthcare professional before using this product. This product contains ingredients derived from Anchovy and/or Sardine and/or Pollock.

KEEP OUT OF REACH OF CHILDREN.

**SUPPLEMENTAL FACTS:**

Typical Average Fatty Acid Profile, Alpha Linolenic Acid, Omega, Linolenic Acid, Oleic Acid, Gamma Linolenic Acid, Eicosapentaenoic Acid, Docosahexaenoic Acid, Fish Oil (Anchovy, Sardines, or Pollock), Organic Flax Seed Oil, Gelatin, Glycerin, Borage Seed Oil, Purified Water, Sunflower Oil, Mixed Tocopherols.

92.48 **YG - Dill Blend Essential Oil Blend**

Dill Blend Essential Oil Blend - 10ml  
SKU: 67082



Dill Blend is a combination of both Dill Seed and Dill Weed and is non-toxic, non-sensitizing and non-irritating; one of the gentlest oil blends. It is beneficial in supporting the digestive, respiratory and renal systems. Gently rubbing on a child's tummy or bottom of feet can help relieve vomiting and stomach cramps. If you don't like the "pickle" scent, add a drop of Ginger. It works well with Coriander for balancing blood sugar.

Key Emotions: Versatility, Trust, Sensible, Credible and Reminiscent

Safety Notes: Not recommended for pregnant women. Recommend dilution for children under 3 years.

91.49 **YG - Ultimate Colloidal Silver Plus**

Ultimate Colloidal Silver Plus™  
SKU: USYG100401



Colloidal silver is known for its immune-supporting properties. Colloidal Silver Plus™ is a dietary supplement with 5ppm per dose of pure silver. Proprietary technology is used to produce smaller particles that are more effective at smaller doses.

**Ingredients:**

Purified Water, Pure Micro Fine Silver in Suspension.



90.98 **SOZO - SoZo Nutritional Beverage**

SoZo® Nutritional Beverage  
SKU : USS1000044

The SoZo® Nutritional Beverage is an all-natural dietary supplement drink that supplies the antioxidant equivalent of 21 servings of fruits and vegetables in 3 fl. oz.

The SoZo® Nutritional Beverage is an all-natural dietary supplement drink with no artificial preservatives, flavors or sweeteners. It is made from a combination of powerful proprietary blends, including CoffeeBerry® and VitaVeggie®, which supply the antioxidant equivalent of 21 servings of fruits and vegetables in 3 fl. oz.

- Made from 97% Juice
- Rich in antioxidants
- Supports anti-aging\*
- Supports a healthy cardiovascular system\*
- Helps combat free radicals\*

**Ingredients:**

SoZo® Proprietary Blend: Açai puree, CoffeeBerry® Forte Dried Whole Fruit Concentrate, VitaBerry® Plus Fruit Blend (grape seed extract, wild blueberry, quercetin, resveratrol, wild bilberry, raspberry, cranberry, prune, tart cherry, strawberry), FruitX-B® calcium fructoborate, VitaGrape grape seed extract, VitaVeggie® Vegetable Blend (broccoli sprout concentrate, onion extract, tomato, broccoli, carrot, spinach, kale, Brussels sprout), Açai, VitaGranate® pomegranate extract, Ashwaganda extract, Camu Camu powder, Capaucu puree, SoZo® Fruit Blend: Pear Juice concentrate, White Grape Juice concentrate, Apple Juice concentrate, Pomegranate Juice concentrate, strawberry juice concentrate, Yumberry Juice concentrate, Purified water, red radish concentrate (color), natural flavors, citric acid, gellan gum.

# 4 CORE BODY SYSTEMS FOR WELLNESS



The 4 core systems that are critical to maintaining health are:

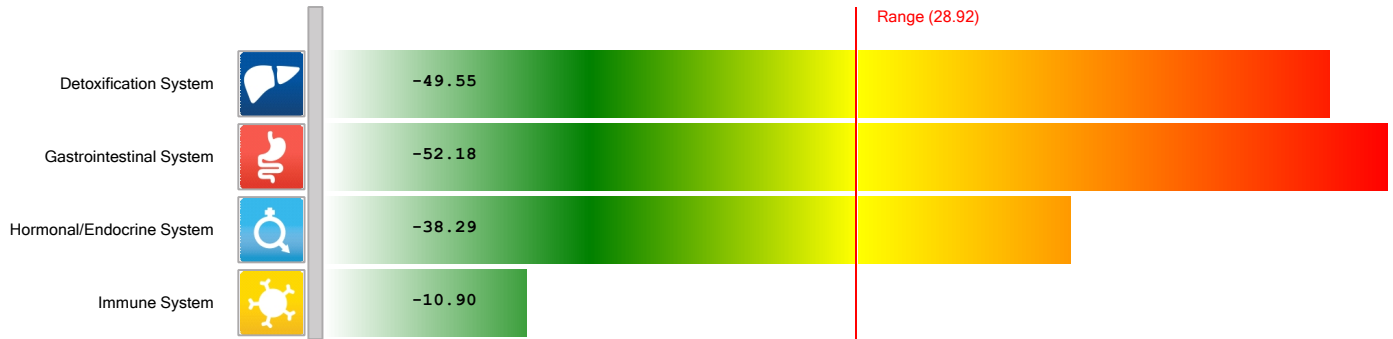
1. Detoxification System
2. Gastrointestinal System
3. Hormonal/Endocrine System
4. Immune System

Why These 4?

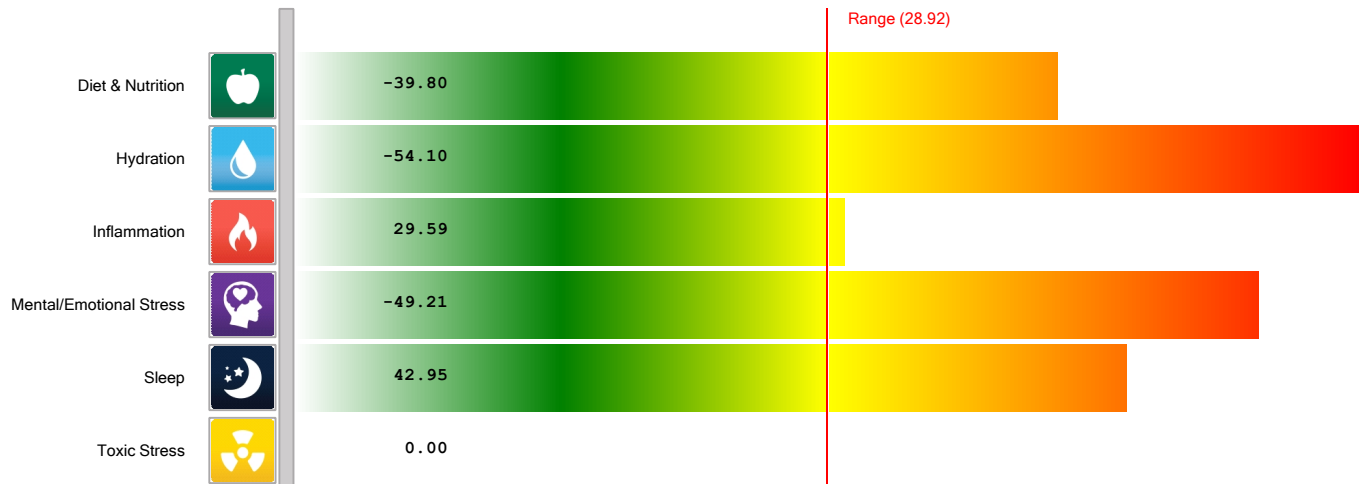
Whether you are very ill, seeking to prevent illness, or just trying to improve your overall health or fitness levels, it is important to evaluate these four systems. How these systems function both independently and interdependently has a profound influence on your health. If one or more is compromised, the negative effects spill over to all other systems, creating a chain of events that can greatly impact your overall health.

If you are serious about preventing health problems or creating an environment where the body can heal, you are cheating yourself out of success if you do not focus on these systems.

## STRESSOR VIRTUAL ITEM RESPONSES: 4 CORE SYSTEMS



## STRESSOR VIRTUAL ITEM RESPONSES: LIFESTYLE AREAS



# DETOXIFICATION SYSTEM



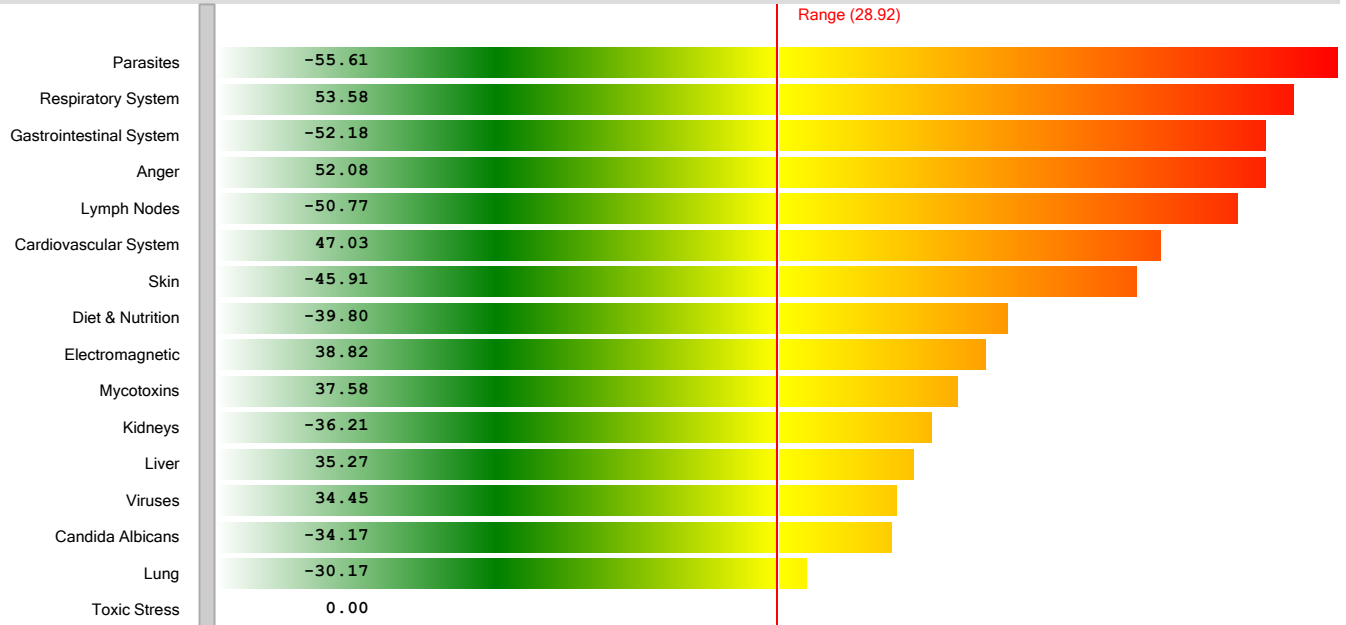
A toxin is any substance that causes harm in the body. Never before in human history have we been exposed to as many toxins as we are now.

If your body's ability to process these toxins—detoxification—is compromised, the dominoes will fall on your core functional systems and your health will suffer, with the quiet stirrings of chronic illness taking hold.

Fortunately, there are everyday things you can do to cleanse the body of toxins, strengthen the detoxification system, and prevent toxic overload.

The body has an amazing capacity to process and dispose of toxins. However, like any waste disposal system, it has limitations; chronic illness is the consequence when the body's capacity to process toxins is hindered. Impaired detoxification impacts us on a cellular level. Toxic build up will slow you down, zap your zest for life, and limit basic metabolic functions.

## Detoxification System Stressors



## Top Detoxification Balancers

- 85.20 **YG - Zinc FX**
- 85.08 **YG - Earth Scent Essential Oil Blend**
- 81.64 **YG - CardioBeets**
- 81.02 **YG - Ultimate Super Cell Protector**
- 80.95 **T2L - TrueDetox Tea**



# GASTROINTESTINAL SYSTEM

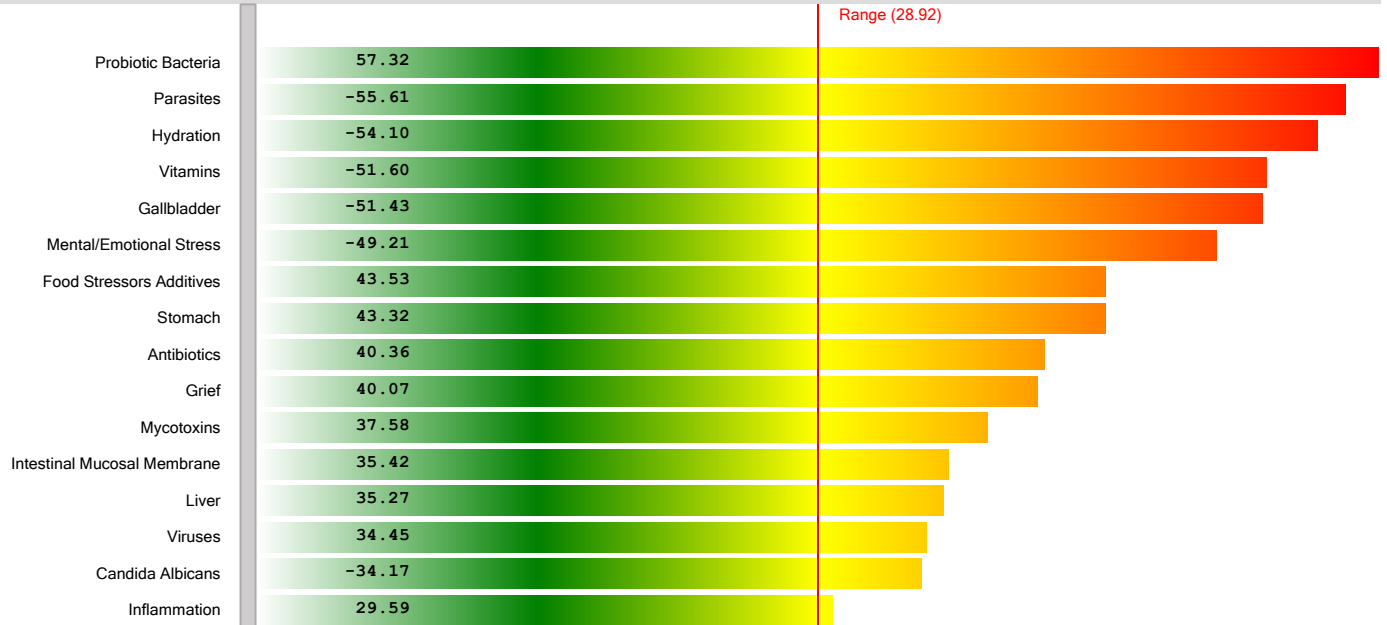


The saying "You are what you eat" can be said more accurately; "You are what you digest"! However, if digestive function is compromised, it's not just your body's nutrient status that suffers. The health of the gut greatly impacts brain function, hormone balance, immune regulation, and so much more...

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

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

## Gastrointestinal System Stressors



## Top Gastrointestinal Balancers

- 95.65 **YG - Ultimate Gluco-Gel**
- 95.42 **YG - Beyond Tangy Tangerine 2.0 Citrus Peach Fusion**
- 92.48 **YG - Dill Blend Essential Oil Blend**
- 87.11 **YG - Ultimate OPC-T**
- 85.37 **YG - Glucogenix**

# HORMONAL/ENDOCRINE SYSTEM

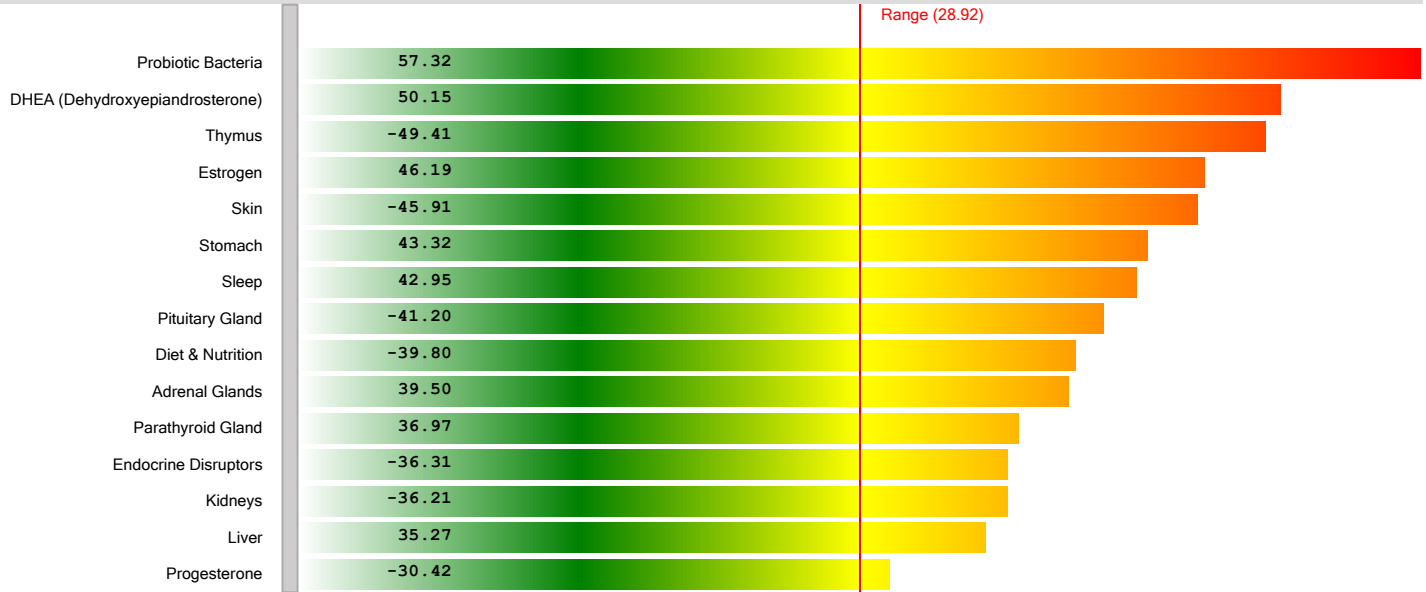


Hormones are chemical messengers that travel through your bloodstream and enter tissues, where they turn on switches to the genetic machinery that regulates everything from reproduction to emotions to your sense of well-being. The body's system of hormone production is formally known as the Endocrine System.

Hormones can be thought of as the chemical force that animates you physically, mentally, and emotionally. Balanced levels are necessary for the optimal function of numerous physiological processes.

In today's world, there are many environmental chemicals that act as endocrine disruptors that have a significant impact on your body's ability to utilize hormones both correctly and efficiently. In addition, there are many food and water additives that also impact Endocrine/Hormonal health. Being aware of and avoiding these toxins and stressors when possible will be a proactive step to improving your overall health.

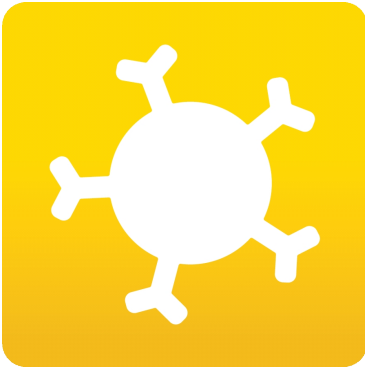
## Hormonal/Endocrine System Stressors



## Top Hormonal/Endocrine Balancers

- 95.65 **YG - Ultimate Gluco-Gel**
- 85.20 **YG - Zinc FX**
- 85.08 **YG - Earth Scent Essential Oil Blend**
- 84.58 **ITS - CoQ10 Plus E**
- 79.41 **YG - Y-23 Immune Essential Oil Blend**

# IMMUNE SYSTEM



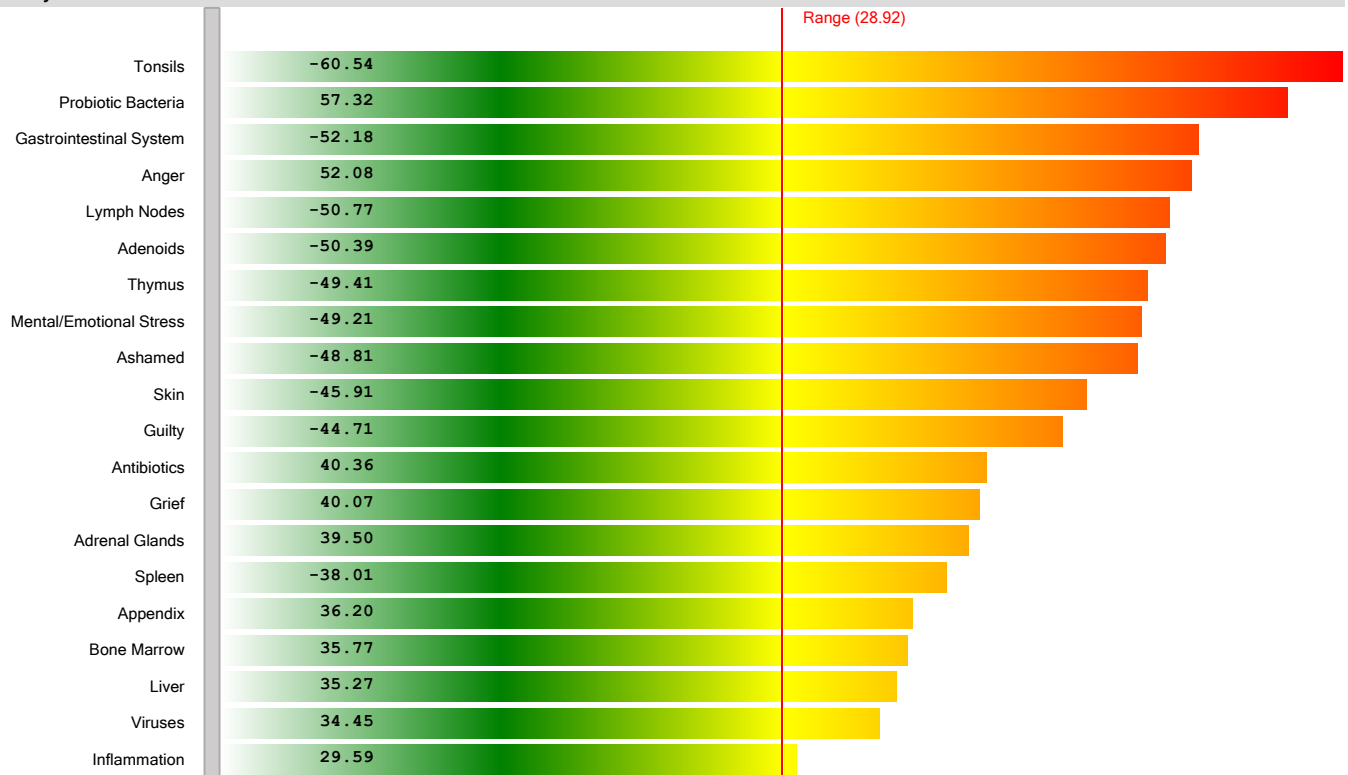
The first line of defense against disease-causing microorganisms is the skin and mucosal barriers. Behind this is a complex defensive system. Collectively these parts are known as the immune system.

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

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

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

## Immune System Stressors



## Top Immune System Balancers

- 95.91 **YG - Plant Derived Minerals**
- 95.42 **YG - Beyond Tangy Tangerine 2.0 Citrus Peach Fusion**
- 94.93 **YG - Ultimate EFA Plus**
- 91.49 **YG - Ultimate Colloidal Silver Plus**
- 90.98 **SOZO - SoZo Nutritional Beverage**

## DIET & NUTRITION



Regardless of the diet you follow, the primary goal should always be the same: maintaining good blood sugar (glucose) control. You can achieve and maintain optimal health only when you are on a diet that promotes hormone balance; that balance depends on a steady blood sugar level. Eating the proper combination of proteins, fats, and carbohydrates regularly and in moderate amounts helps to sustain that balance.

Clinically speaking, blood sugar control occurs when insulin and glucagon, two hormones produced by the pancreas, are in balance. Carbohydrate consumption and the resulting rise in blood sugar induce the stimulation of insulin, the hormone responsible for lowering blood sugar and storing excess blood sugar as fat. Protein consumption induces the stimulation of glucagon, the hormone that promotes the mobilization and utilization of fat for energy and, in the process, raises blood sugar.

Insulin and glucagon are antagonists, meaning that the secretion of one acts to balance or modulate the effects of the other. Above-average levels of insulin caused by a diet high in sugar, processed foods, and unhealthy fats are associated with almost every disease known to mankind, especially cancer, diabetes, and cardiovascular disease.

Signs of low blood sugar consist of headaches, brain fog, shakiness, fatigue, worry, carbohydrate cravings, and lethargy.

Signs of high blood sugar consist of anxiety, racing mind, nervous energy, headache, difficulty thinking and concentrating, and cravings for protein or fat.

If your blood sugar is low, you will mobilize cortisol to break down muscle, organ, and bone tissue—not fat—to ensure that a constant supply of blood sugar is delivered to your brain and the rest of your body. In effect, your body digests itself to continue operating. If your blood sugar is sustained at high levels, metabolism becomes chaotic and blood vessels may become damaged, which in turn creates a cascade of undesirable events. Stable blood sugar levels, on the other hand, form a strong foundation for hormone balance and homeostasis.

### Diet & Nutrition Stressors



### Top Diet & Nutrition Balancers

- 95.91 **YG - Plant Derived Minerals**
- 95.65 **YG - Ultimate Gluco-Gel**
- 95.42 **YG - Beyond Tangy Tangerine 2.0 Citrus Peach Fusion**
- 94.93 **YG - Ultimate EFA Plus**
- 90.98 **SOZO - SoZo Nutritional Beverage**

# HYDRATION



Water is life. You need water to eliminate toxic substances, produce digestive enzymes, maintain healthy skin, hair, and organs, and to help your body absorb essential vitamins, minerals, and natural sugars. Water also regulates body temperature, stimulates metabolism, and helps promote regularity. Fluids other than pure water don't act the same as water in your body, and they don't meet your needs for hydration like water does. Most people are slightly dehydrated from relying on other fluids besides water for their fluid intake. Coffee, tea, alcohol, and sodas (or any other caffeinated beverages) don't count; they're diuretics, which means they actually remove water and nutrients from the body.

Chronic dehydration has been linked to the following symptoms and disease processes:

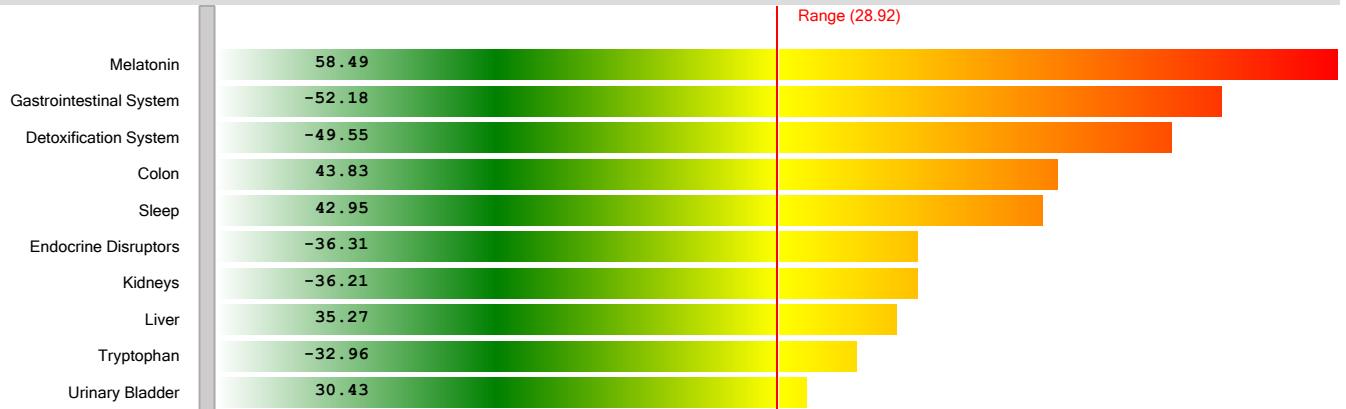
- Fatigue
- Constipation
- Headaches
- Indigestion
- Muscle and joint aches and pains
- High blood pressure
- Depression
- Allergies
- Lack of mental clarity
- Skin issues
- Excess weight

To prevent dehydration, drink as many ounces of water every day equal to half your body weight in pounds (e.g., body weight 150 pounds = 75 ounces of water a day). Use more water in hot weather or after strenuous exercise. When you're actually drinking enough water, your urine will be essentially clear.

Many digestive problems, joint and muscle issues, problems with fatigue, and even your complexion will clear up with the use of more water, especially when you limit or eliminate fluids that actually dehydrate your body (sodas/caffeinated beverages/alcohol).

It's okay to drink some water with meals because digestive enzymes are hydrolytic (activated by water). So drinking a little water with meals is fine. The bulk of the water you drink throughout the day, however, is best taken between meals. (1)

## Hydration Stressors



## Top Hydration Balancers

- 100.24 **YG - Jojoba Carrier Oil**
- 90.98 **SOZO - SoZo Nutritional Beverage**
- 86.86 **PJ - Projoba Full Hair Oil**
- 76.15 **HFX - Hydration - Sleep**
- 75.86 **YG - Super Greens**

# INFLAMMATION



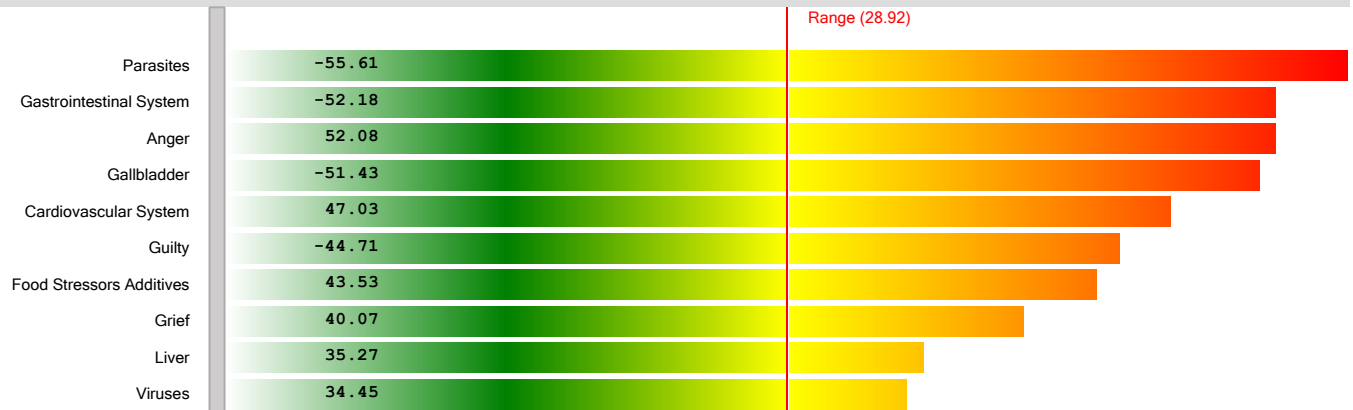
Acute Inflammation is the body's natural response to injury or infection. It's normally short in duration and it recedes as the body heals. The purpose of acute inflammation is to aid the body in healing.

When the body is injured, inflammation helps to improve the blood flow to the area generally resulting in redness, warmth, and/or swelling. The cells and nerves then send out signaling molecules called inflammatory cytokines to the immune system to attract white blood cells and aid in the healing process. As the healing progresses, anti-inflammatory cytokines are produced to turn off the inflammation process once the body has healed. Overall, acute inflammation helps by increasing the blood flow and immune response which then heals damaged cells, removes infection, and protects the body during the healing process.

Chronic Inflammation is consistent, low grade, or systematic. Scientists believe that is caused by faulty signaling to the immune system resulting in an unorganized white blood cell response. Since there's not an injury to be healed, the white blood cells become confused and begin to attack healthy organs and tissue. Over time, chronic inflammation can cause significant damage to the body and can be an underlying cause of disease or significantly impact existing diseases such as:

- Cancer
- Heart disease
- Diabetes
- Obesity
- Auto-Immune Disorders
  - Rheumatoid arthritis
  - Inflammatory Bowel diseases (ulcerative colitis, Crohn's)
  - Lupus
  - Asthma
- Depression
- Allergies (2)

## Inflammation Stressors



## Top Inflammation Balancers

- 95.65 **YG - Ultimate Gluco-Gel**
- 94.93 **YG - Ultimate EFA Plus**
- 91.49 **YG - Ultimate Colloidal Silver Plus**
- 90.98 **SOZO - SoZo Nutritional Beverage**
- 90.43 **YG - Ultimate Vision Fx**

# MENTAL/EMOTIONAL STRESS



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

Mental and emotional responses to stimuli are referred to as limbic responses. The limbic system of the brain, sometimes called the emotional nervous system, moderates your moods, maintains homeostasis, and helps form memories.

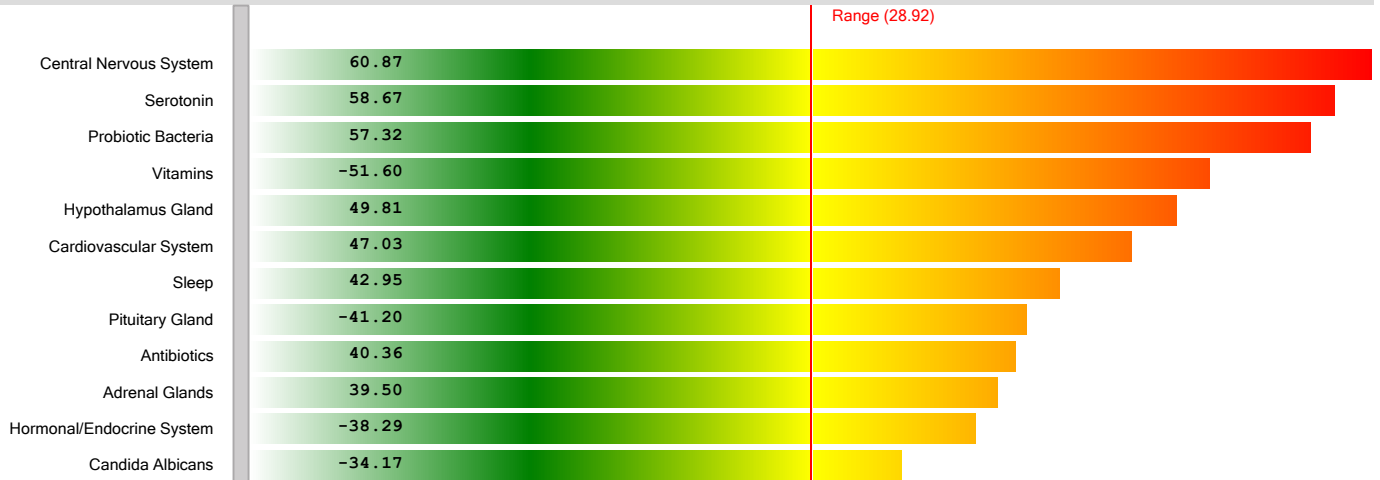
The hypothalamus is a principal limbic structure whose primary purpose is to maintain homeostasis in the body—meaning that it returns systems within your body to their “set points.” Specifically, the hypothalamus regulates hunger, thirst, levels of pain and pleasure, sexual satisfaction, and aggressive or defensive behavior.

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

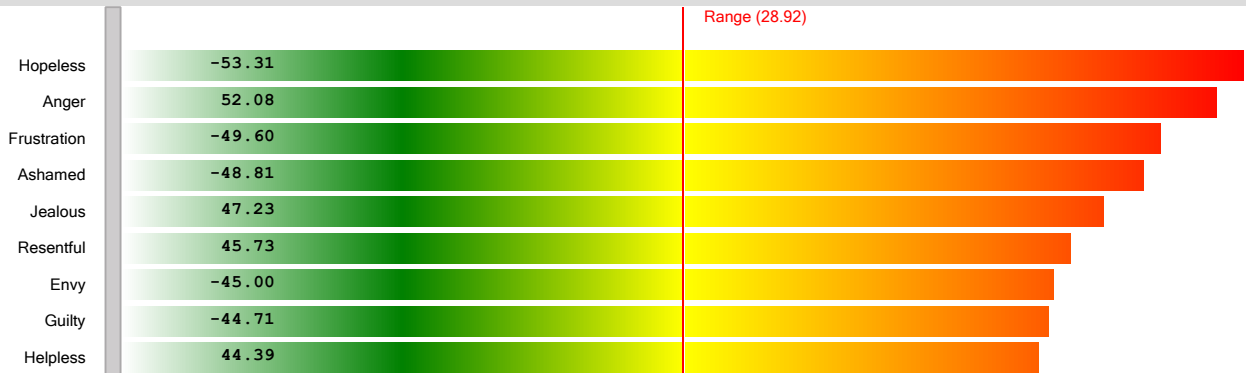
The hypothalamus detects the rising level of the target organ's hormones then sends either hormonal or electrical messages to the pituitary gland. In response, the pituitary gland releases hormones, which travel through the bloodstream to a target endocrine gland, instructing it to stop producing its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

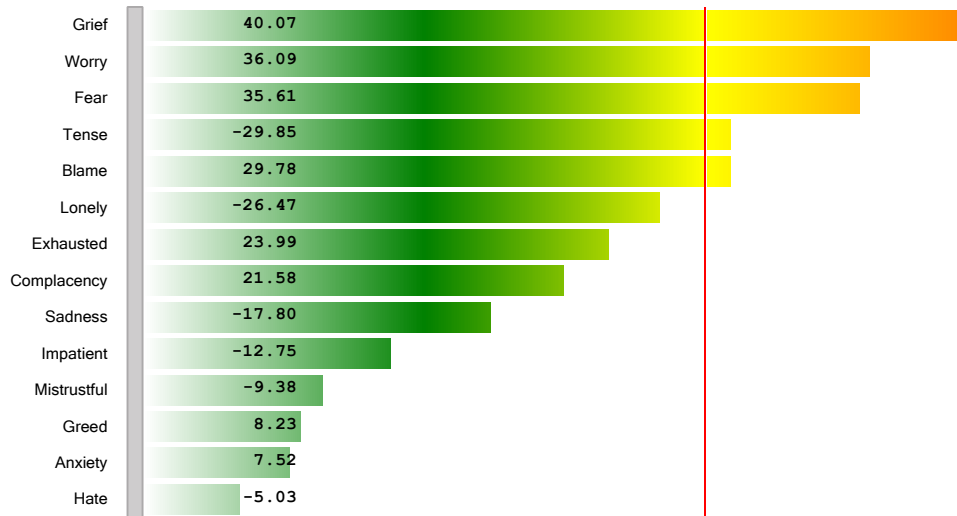
The hypothalamus—under the control of your thoughts, feelings, and attitude—sends instructions through the autonomic nervous system and the pituitary gland. The autonomic nervous system regulates blood pressure, heart rate, breathing, digestion, and sweating, and serves other vital functions. The pituitary gland releases hormones that cause other endocrine glands, such as the adrenal glands and the thyroid, to secrete their hormones. The hypothalamus, therefore, is the principal intermediary between the nervous and endocrine systems—your body's two major control systems. (3)

## Mental & Emotional Stressors



## Emotion Stressors





**Top Mental/Emotional Balancers**

- 95.91 **YG - Plant Derived Minerals**
- 95.65 **YG - Ultimate Gluco-Gel 2 Capsules 2 times per day**
- 95.42 **YG - Beyond Tangy Tangerine 2.0 Citrus Peach Fusion 2 Scoops 1 times per day**
- 94.93 **YG - Ultimate EFA Plus 1 Capsule 3 times per day**
- 92.48 **YG - Dill Blend Essential Oil Blend**



# SLEEP



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

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

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

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

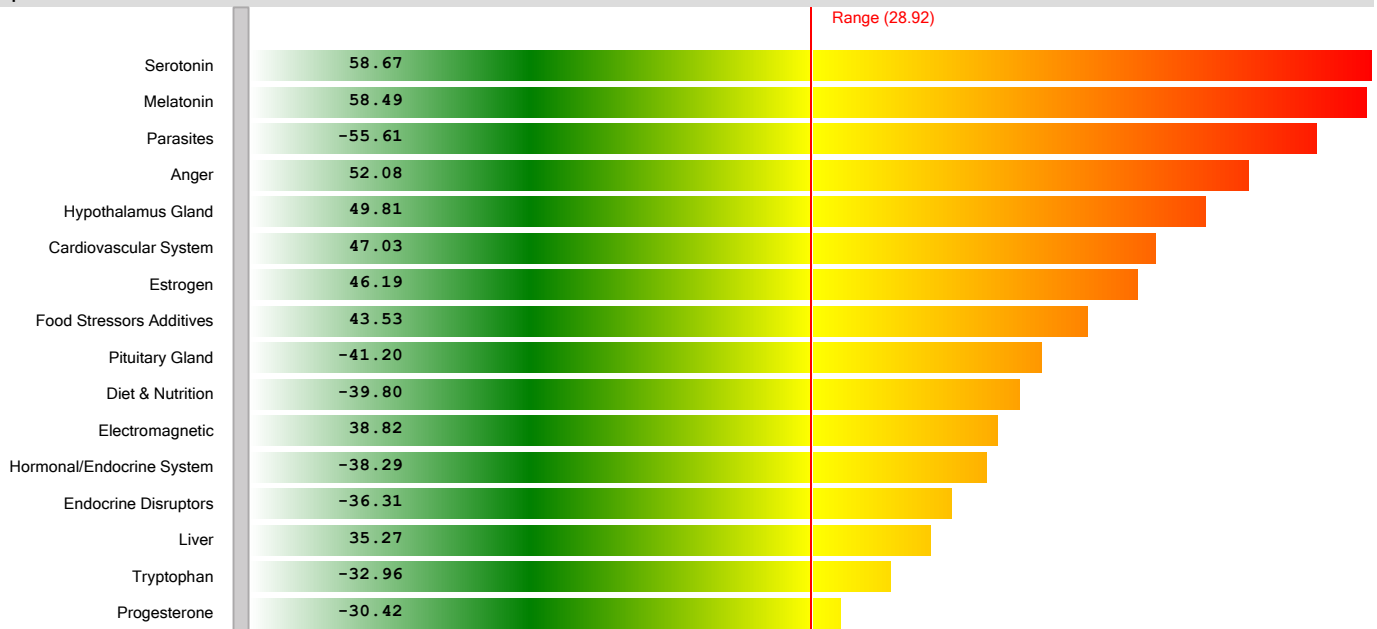
It's interesting to note that we live in a time where the days are extended with artificial light, which creates a shorter dark cycle. By shortening the dark cycle, we deprive ourselves of sleep. To lengthen this cycle, try sleeping in a room that is completely dark. A dark sleeping environment supports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

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

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

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

## Sleep Stressors



## Top Sleep Balancers

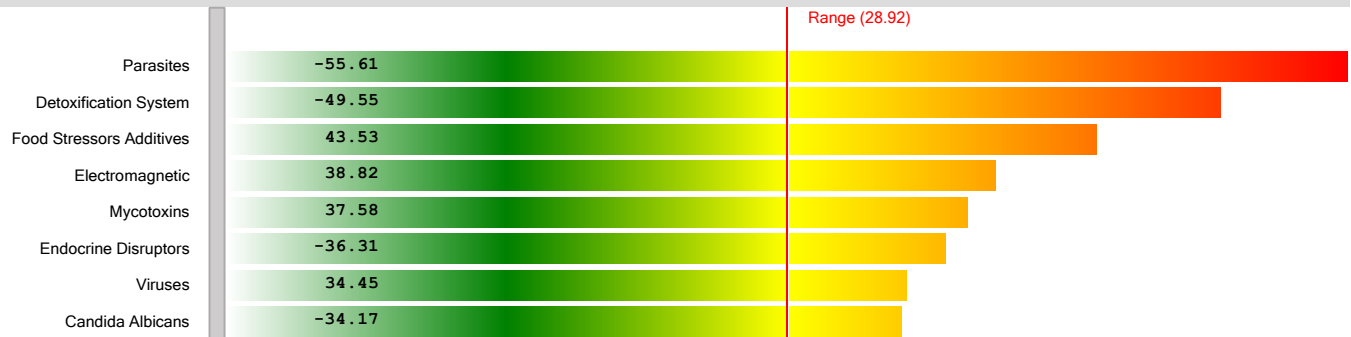
- 85.08 **YG - Earth Scent Essential Oil Blend**
- 79.41 **YG - Y-23 Immune Essential Oil Blend**
- 79.28 **YG - Fir Balsam Essential Oil**
- 76.15 **HFX - Hydration - Sleep**
- 75.36 **YG - Oregano & Lavender Essential Oil Blend**

## TOXIC STRESS



Many of the toxic substances that enter the body are fat-soluble, which means they dissolve only in fatty or oily solutions and not in water. This makes them difficult for the body to excrete. Toxins may be stored for years in fatty tissues, and are released during times of exercise, stress, or fasting. During the release of these toxins, symptoms such as headaches, poor memory, stomach pain, nausea, fatigue, dizziness, and heart palpitations can occur. (4)

### Toxic Stress Stressors



### Top Toxic Stress Balancers

- 89.94 **RYL - RVB300** 1 Capsule 1 times per day
- 80.13 **NAP - Trim Body Shake**
- 76.15 **HFX - Hydration - Sleep**
- 60.79 **FL - TAIGreens**
- 56.65 **PJ - Pollen Burst Plus Daily Liver Formula** 2 Tablets 1 times per day



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

### 83.53 **Tuning Fork Therapy**

Just as music effects the psyche, singular and specifically applied frequencies can impact the organs and systems of the body. Tuning Fork Therapy applies these principles to restore balance and harmony within the body.

### 82.74 **Steam Shower**

Steam showers can be used therapeutically for respiratory and sinus conditions such as asthma, bronchitis, and allergies. Steam showers may also assist in detoxifying the body and improving circulation throughout the body, leaving a patient feeling revitalized and relaxed. It may also improve and hydrate the skin, soothe sore muscles and joints and treat cellulite.

### 73.82 **Thai Body**

Thai Body work is a 2500 year old Ayurvedic based body science. It helps de-stress and is great for sore muscles and joints. A practitioner uses acupressure, reflexology, rocking, and slow assisted stretching. A client is fully clothed, on a cushioned mat on the floor.

### 73.00 **ZYTO SCAN**

Getting a ZYTO biocommunication scan is a simple and painless process. Simply place your hand on the ZYTO hand cradle while a scan is run. During the scan, subtle energetic impulses are introduced to your body through multiple input channels including the hand cradle. Your body will naturally respond to this communication and the ZYTO software records each response.

Scans are organized into what are called biosurveys. You've probably filled out a survey before; a series of questions that you provide answers to. A biosurvey is essentially the same thing, only you don't answer the 'questions' consciously, your body answers them directly. With biocommunication scanning, the 'question' is the Virtual Stimulus Item or (Virtual Items) and your response, which is recorded and analyzed by the ZYTO software, is a change in the electrical properties of your skin.

Different biosurveys will include different Virtual Items. Some biosurveys are general in nature and include Virtual Items concerned with overall wellness, others include Virtual Items relating to specific areas of the body or body processes, and some may deal with environmental factors like toxins or allergens.

Health practitioners use ZYTO products to help them make better decisions for their patients and clients. That's why ZYTO technology is referred to as decision support technology. It's important to note that ZYTO scans do not treat or diagnose.

### 72.20 **Wellness Coaching**

Whether you want to lose weight, build strength, release pain, feel better, sleep deeper, or improve health, we don't want to waste time, money or energy on your healing journey. You need an accountability coach and consultations to short circuit your journey to wellness.