



Here are some nutrition and lifestyle suggestions for each category you have selected. The lifestyle decisions you make everyday have a huge impact on your experience of health and wellbeing. Consciously choose to make each day a bit healthier than the last.

Adrenal Support

HERE ARE A FEW THINGS YOU CAN DO TO SUPPORT YOUR ADRENALS...

1. Stay hydrated - Adrenal glands need pure water (minimum ½ oz water/pound of body weight daily)
2. B Vitamins - The adrenals require the B vitamin family to function at their best.
3. Sleep - Get to bed by 10:00pm. The hours before midnight are twice as restorative as those after midnight. The adrenals need at least 5 hours or uninterrupted sleep.
4. Get your salt - Take 1/4 tsp air dried sea salt (Pr. Pink Salt)/day.
5. Get moving - Get some gentle exercise daily. Walking or yoga are great exercises to strengthen the adrenals.

Hormonal Support - Female

HERE ARE A FEW THINGS YOU CAN DO TO SUPPORT YOUR HORMONE BALANCE...

1. Diet- the diet plays an important role in maintaining a healthy hormone balance and with the plethora of refined and hormone laden foods in the market today, its more important then ever to become aware of what we are eating. The hormonal system is very delicate and therefore can easily be put of balance when we are putting the wrong things (especially *xenoestrogens) into the body. To begin, the elimination of white flour, white sugar and unhealthy fats (trans fats, canola oil, lard, soy bean oil) especially fried foods. Secondly, focusing the diet around whole, organic fruits and vegetables, whole grains (quinoa, brown rice, buckwheat, barley, oats), beans, nuts and seeds. Finally, reducing or eliminating dairy (if you do decide to continue eating it- eating only organic, hormone free yogurts, kefir, aged cheeses and raw milks). You can even introduce other milk substitutes such as coconut milk. Another great food that naturally helps to balance hormones are seaweeds (kelp) and flax seeds or oil. * xeno estrogens are substances that have an estrogenic affect on the human body and cause our natural system of hormones to get out of balance- sources are: plastics, pesticides, herbicides, soy (not tempeh or miso) and non-organic dairy and meat.
2. Sleep- Sleep is one of the most important things we do and without 5 hours of straight sleep we cause major stress on our adrenal glands. The adrenal glands are not only responsible for producing adrenaline but they also produce corticosteroid hormones. These include cortisol, corticosterone, androgens (testosterone and aldosterone). Therefore, getting to bed at a reasonable hour and getting 5 straight hours of sleep is vital to a healthy hormone program.
3. Liver Cleansing- The liver is the main processor of the hormones in the body and therefore doing frequent internal and external cleansing therapies is going to be a great way to get your hormones back in track. Using castor oil packs at night over your liver and doing frequent coffee enemas is going to be a added benefit to any hormone program.

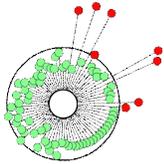
Thyroid Support

HERE ARE 5 SUGGESTIONS TO BOOST YOUR THYROID...

1. Find a well trained holistic dentist to properly remove silver fillings and other toxic dental materials and replace with biocompatible restorative materials. Heavy metals have a dramatic negative impact on the thyroid.
2. Avoid toxic, refined foods, especially soft drinks and refined white sugar, hydrogenated oils and fried foods.
3. Eat more fresh fruits, vegetables and cultured foods.
4. Iodine nourishes the thyroid.

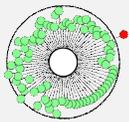
YOUR SYSTEM-SPECIFIC BIOMARKERS

After choosing your areas of focus, we then asked your body for specific feedback regarding areas of stress related to these organs/conditions. Following are the results of this assessment and the amount of balance each product brought to your system. The goal is to bring most of your bio-markers into range to help your innate healing ability function at its best.



Baseline

Biomarkers Out of Range: 8

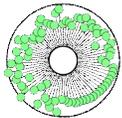


PRL: ChayaPro

Biomarkers Brought Into Range: 7

Category: Hormonal Support - Female, Thyroid Support

Usage Directions: 1 Teaspoon 1 times per day



PRL: AloePro

Additional BioMarkers Brought Into Range: 1

Category: Adrenal Support

Usage Directions: 2 Tablespoons 3 times per day

SYSTEM-SPECIFIC REMEDIES

These are the remedies which showed the most biological preference in supporting the specific systems that you chose to assess. If you are currently on prescription medication or are pregnant or breastfeeding, it is suggested that you review these supplements with your general practitioner before usage.

For ideal health, you may want to add these remedies to your foundational basics by running bio-survey #1: FOUNDATIONAL HEALTH. Here is some additional information from the product manufacturer about each of your chosen remedies...

15.56 PRL: ChayaPro

ADAPTOGENIC BOTANICAL FORMULA QUANTUM-STATE, FULL BODY REJUVENATION, INCLUDING IMMUNITY, BRAIN & HORMONE BALANCE* Amla Royale™ is a centuries-old, broad-spectrum ayurvedic formula called chyavanprash with powerful adaptogenic and free radical scavenging effects.* When taken regularly, this supplement promotes healthy mood, well being, immunity, digestion, lungs and brain function, especially hypothalamic support.* All botanicals are specially grown in India and prepared specifically for this ancient formula. This formula has its origin thousands of years before Christ. Stories tell of God directly providing this formula to Saint Chyavana to revitalize his shattered health. Saint Chyavana was dearly loved by God, and through this formula, he was rejuvenated.*

1 Teaspoon Contains:

ZYTO™

Test Client - 3/27/2020

Page 2 of 3

The ZYTO Hand Cradle has been cleared by the FDA for the measurement of galvanic skin response. ZYTO software has not undergone FDA review for effectiveness. ZYTO technologies are not intended to be used in the diagnosis, cure, treatment, mitigation, or prevention of any disease or medical condition. The diagnosis and treatment of medical conditions should only be undertaken by qualified medical professionals. ZYTO professional software provides general wellness information and should not be used without the involvement of a licensed healthcare professional. ZYTO products have not been the subject of controlled clinical trials to establish their effectiveness and their use is not a generally accepted medical practice by the traditional medical establishment. If you have any questions regarding ZYTO technology or our products please contact us at info@zyto.com.

Royalty Chyavanprash™ . . 6.6g Jaggery, Amla (fruit) (Phyllanthus emb.), Unheated Honey, Ghee, Coconut Oil, Curcuma ang. (rhizome), Piper lon. (fruit), Gmelina arb. (bark), Aegle marm. (fruit), Adhatoda bed. (whole), Premna ser. (leaf), Boerhaavia dif. (whole), Solanum mel. (whole), Fritillaria roy. (bulb), Terminalia che. (fruit), Sida rho. (root, stem), Pseudarthria vis. (root), Atylosia goi. (fruit), Liliun pol. (bulb), Malaxis acu. (pseudobulb), Malaxis mus. (pseudobulb), Polygonatum mul. (rhizome), Prunus cer. (fruit), Inula rac. (root, stem), Kaempferia gal. (rhizome), Ipomoea pan. (root), Tinospora cor. (stem), Kaempferia rot. (root), Asclepias cur. (root), Stereospermum sua. (bark), Oroxylum ind. (root, bark), Desmodium gan. (bark), Solanum xan. (whole), Tribulus ter. (fruit), Cyperus rot. (root), Phaseolus tri. (leaf), Phyllanthus nir. (whole), Holostemma ada. (root), Vitis vin. (fruit), Elettaria car. (seed), Cinnamomum zey. (bark), Mesua fer. (fruit), Cinnamomum tam. (leaf) Other Ingredients: None

Recommended Use: Adults or children (age 4 and up): Take 1 teaspoon daily, especially in the morning. For those who are sensitive or weak, you may dissolve 1 teaspoon in warm water with 1/2 teaspoon organic butter.

12 oz Thick Botanical Preserves

8.98 **PRL: AloePro**

QUANTUM-STATE, CERTIFIED ORGANIC ALOE AS CLOSE AS IT GETS TO EATING FRESH ALOE RIGHT IN THE FIELD This 100% aloe liquid provides the complete array of aloe's inherent beneficial properties and is unheated and completely intact, making it superior to other forms. This supplement is made from the Aloe barbadensis species which is known to promote highly effective immune support (such as mannose, 2 ml/ serving). Quantum Aloe Drink is 100% pure, hand-filleted aloe without questionable preservatives or water added; all liquid present is from the aloe's inner leaf only.

-2 Tablespoons Contain: Proprietary Blend 1 oz Certified Organic Aloe Vera Barbadensis (inner leaf gel and pulp), Citric Acid, Grapefruit Seed Extract (Citrus grandis)

-Other Ingredients: None

-Recommended Use. Adults or children (age 1 and up): Take 2 tablespoons, 3 times daily in 2 oz. water, juice or naturally carbonated spring water for a great taste. For special programs recommended by your practitioner, 2 tablespoons may be taken 9 times daily.

32 fl oz/ bottle

This is the end of the product manufacturer descriptions.