



Comprehensive Wellness Solutions  
865-226-9484  
info@comprehensivewellnesssolutions.com

Client: Test Client  
Session Date: 8/20/2018

#### Follow-Up Assessment

WELCOME BACK! The following pages will give you a comparison in Food and Emotions. We look forward to continuing to help you on "Your Path To Wellness".

Wellness Partner Name: \_\_\_\_\_

Wellness Partner Contact info: \_\_\_\_\_

Your Next appointment is: \_\_\_\_\_



Test Client - 8/20/2018

Page 1 of 10

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.

You do not have to have ever eaten or be eating any ingredient for it to appear on this list. Please avoid as many items as possible for the next 30 days.

This Food Biosurvey records your body's responses to 485 food VSIs (Virtual Stimulus Items). Each VSI is a computer signature that has been linked to, and represents a particular food. Your response to each food VSI is scored with a negative number and your most extreme responses will be shown on this report per section. Negative responses are referred to as biological aversion to the item.

Even though this is NOT a food allergy test, you may wish to avoid those foods whose VSIs you have a negative response to.

Please review your prior assessment to see which items are showing on each one are repeated and watch those to see how you feel when you consume the item.

#### Additives

- 25.15 **Sodium Nitrite**
- 16.79 **TBHQ**
- 14.30 **Ammonium Hydroxide**
- 13.84 **Butylparaben**
- 13.34 **Heptylparaben**

#### Beans/Legumes

- 17.02 **Black Bean**
- 10.59 **Haricot Bean**
- 10.06 **White Bean**
- 7.16 **Soy Cheese**
- 5.94 **Soy Milk**

#### Beverage

- 17.74 **Whiskey Liquor**
- 14.47 **Cola/Soft Drinks**
- 12.76 **Dunkel Beer**
- 11.52 **Gin Liquor**
- 8.02 **Bock Beer**

#### Dairy/Eggs

- 27.82 **Sheep Milk**
- 25.06 **Sour Cream**
- 23.49 **Monterey Jack Cheese**
- 17.66 **Frozen Yogurt**
- 14.47 **Margarine**

#### Fish/Seafood

- 19.98 **Calamari or Squid**
- 18.03 **Turbot**
- 15.45 **Trout**
- 10.77 **Whitefish**
- 9.82 **Clam**

#### Fruits



-28.60 **Lime**  
 -23.27 **Kiwi**  
 -18.57 **Banana**  
 -14.57 **Raisin**  
 -10.99 **Watermelon**

#### Food Coloring

-6.46 **FD&C Blue No.1**  
 -5.88 **FD&C Red No.3**

#### Grains

-15.25 **Brown Rice**  
 -11.36 **Triticale**  
 -10.09 **Quinoa**  
 -7.77 **Organic Wheat**  
 -6.40 **Bran Rice**

#### Meats/Poultry

-17.03 **Goose**  
 -15.72 **Turkey - White Meat**  
 -14.26 **Rabbit**  
 -9.77 **Moose**  
 -8.01 **Chicken - Dark Meat**

#### Misc Foods

-15.90 **Bakers Yeast**  
 -12.84 **Rice Vinegar**  
 -10.28 **Gliadin**  
 -6.62 **Soy Sauce**  
 -6.26 **Black Olive**

#### Nightshades

-19.48 **Pepper - Green Red Orange & Yellow**  
 -15.73 **Blueberry**  
 -15.35 **Red Potato**  
 -15.33 **Tomato**  
 -13.44 **Artichoke**

#### Nuts/Seeds

-24.77 **Hazelnut (Filbert)**  
 -19.13 **Peanut Butter**  
 -13.80 **Filberts (Hazelnut)**  
 -8.25 **Pistachio**  
 -6.66 **Sesame Seed**

#### Spices/Seasonings

-29.97 **Thyme**  
 -17.57 **Black Pepper**  
 -17.30 **Clove**  
 -14.84 **Paprika**



-13.88 **Spearmint**

#### Sugars

-24.54 **Sweet & Low**

-14.67 **Glucose**

-13.12 **Sucrose**

-12.70 **Equal**

-11.30 **Beet Sugar**

#### Vegetables

-22.37 **Palm Hearts**

-19.49 **Iceberg Lettuce**

-18.21 **Watercress**

-14.78 **Bamboo Shoots**

-13.98 **Cabbage**



## Organ Biomarker

This graph depicts your top 7 organ biomarkers. Our goal is to lower these stress values with nutritional and lifestyle modifications. Don't worry if you don't see your area of chief complain in this list. Our bodies are complex and every organ and system relies on another for ideal functioning. For example, let's say that you have digestive symptoms. You may not see the stomach or intestines as your highest stressors, but instead see the pancreas or gallbladder. This may occur because digestion relies on adequate production of enzymes from the pancreas or bile output from the gallbladder. Remember...we are simply measuring stress responses in the body. This biosurvey does not diagnose or treat any illness or disease. Our primary goal is to reduce the stress on your body so your body's innate healing ability can function at peak efficiency.

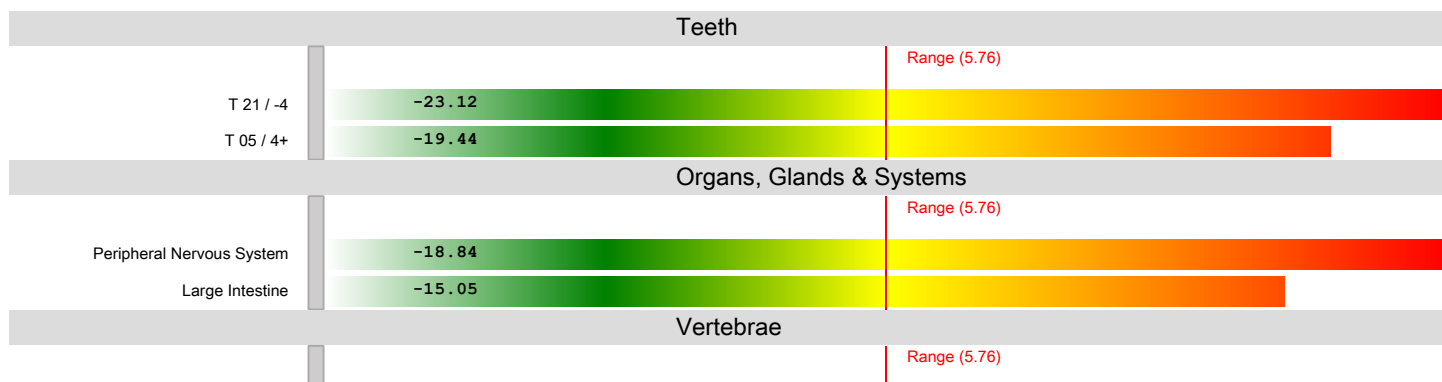
## Vertebrae

This reports displays the stress biomarkers in your spine. The spine is a critical part of your body's functioning, as it houses and protects the nerve communication pathway between the brain and the rest of the body. Areas of the spine may become stressed from physical, chemical, or emotional overload. The yellow highlighted vertebrae indicate those levels which are showing a stress response. If you have any vertebrae highlighted in red, these are areas where the stress response was not reduced with your foundational supplement regimen. It is quite common to see quite a few vertebral levels stressed, as the spine serves as the major communication pathway between the brain and the rest of the body. If you have recently been adjusted and see stress at the levels of your adjustment, this may be a temporary stress response as your muscles and ligaments are readjusting to their new position. Remember...every part of your body is intimately connected with one another and stress in one part of the body affects the whole. The good news is that the converse is true as well. When you reduce stress in one part of the body, those health benefits are shared across the entire body and improve your overall health and wellbeing. This technology does not diagnose or treat subluxation of the spine. Vertebral biomarkers may show stress as a result of local stress to a vertebrae but also as a reflex from corresponding tissues or organs. Please see a trained professional for accurate diagnosis and treatment of spinal subluxation.

## TEETH

Many of us may not realize it, but the impact of the health of our teeth is not confined to our mouth. Each tooth sits on an energy pathway called a meridian. These meridians connect to all of the organs and glands of our body. When we have stress in a tooth, we also experience stress in the energy pathways to which the tooth is connected. For example, research has now documented that bacteria and stress on certain teeth can result in infection and stress on the heart and other organs. The opposite is also true. When we have stress in an organ, the corresponding tooth may be more susceptible to decay or infection. This is why it is important to find a dentist which understands this holistic connection between the health of your teeth and the health of your body.

The teeth highlighted in yellow display those which relate to organs, vertebrae, or meridians which are currently exhibiting a stress response. If you have any teeth highlighted in red, these areas of stress were not reduced with your foundational supplements. Just like the vertebrae, each tooth can display stress as a result of local stress to the tooth or a reflex pattern from a connected meridian or organ pathway. Only a trained dentist can make a diagnosis of tooth decay, infection, or injury.





Please compare the Organs, Glands, Systems, Vertebrae and Teeth to your prior assessment. Please make a note next to those which are repeated from your prior assessments(s) to this one.

The following list are emotional essences your body is asking for. Please review each one and identify an event, place, person, time period, situation etc that comes to mind and make a note by each one. Please ask your Wellness Partner if you need further clarification on an item that appears. Each essence does not always have to be you. It can be a family member, friend or someone of influence from childhood etc.

#### Flower Essence

##### 15.26 **NSP - Be Courageous (Vented Fear Formula)**

Be Courageous (Vented Fear Formula) (2 fl oz)

Stock No. 8786-0

Be Courageous "Vented Fear" flower remedy may help build courage and confidence.

#### Benefits:

May assist with courage and self confidence.

May help with indecisiveness, uncertainty and nervous tension.

#### How It Works:

Flower Essences are liquid extracts developed for modern issues of emotional and physical stress

#### Ingredients:

Mountain Pride (*Penstemon newberryi*), Aspen (*Populus tremula*), Scleranthus (*Scleranthus annuus*), Mimulus (*Mimulus guttatus*), Cerato (*Ceratostigma willmottianum*), Blackberry (*Rubus armeniacus*), Red Clover (*Trifolium pratense*), vegetable glycerin and purified water.

#### Recommended Use:

Take 10–15 drops under the tongue every 10–15 minutes or as needed until symptoms improve. Then decrease to every 1–2 hours, then to four times daily until symptoms are relieved. For children under 4, consult your health care professional. Avoid any contact with dropper to eliminate product contamination.

#### Bach Flower Combination

##### 5.49 **Olive**

Olive is for those who are exhausted in body and mind after a long period of strain through personal difficulties, an intense period of study or work, a long illness, or nursing someone else for a long time. It is a good remedy for convalescence.

Olive is characterized by exhaustion to the point of tears, when all reserves of strength and energy have run out. Everything is an effort; one tires easily, and life lacks zest. Sufferers no longer enjoy their work or the leisure activities in which they formerly took pleasure.

Sufferers find they need a lot of sleep. As a result of being over tired the body may be functioning below par.

The positive potential of Olive is restoration of strength, vitality and interest in life. Positive Olive people no longer exhaust their own reserves of strength but listen to their inner guidance and recognize the needs of their body. They are able to maintain their peace of mind even when forced to remain inactive.

##### 5.39 **Centaur**

Centaur is for people who find it hard to say no. They let themselves be imposed on and even bullied by others. They are usually timid, quiet, and rather passive, with little strength of will. Anxious to please, they give in to others out of subservience rather than willing co-operation. Although dissatisfied with this state of affairs, they will deny their own wishes or vocation rather than risk a confrontation. Anxious to 'do the right thing', they are easily influenced by what other people dictate.

Drained by others and out of touch with their own assertiveness, they tend to lack energy and tire easily.

The positive potential of Centaur is shown in people who serve willingly and unobtrusively, but without denying their own needs. They can express and defend their own opinions and mix well in company. Above all, they are in touch with what they want and can now follow their own path with determination and energy, unhampered by the opinions of others.

##### 4.49 **Larch**



Larch is for lack of self-confidence, for people who won't even try because they are sure in advance that they will fail. They suffer from feelings of inferiority. They are secretly aware they have potential ability but refuse to acknowledge it, thereby avoiding the risk of failure.

This is also a useful remedy for anyone who lacks confidence before examinations, interviews, driving tests, etc. (see also Rescue Remedy).

The positive potential of Larch is expressed in people who are determined, capable, with a realistic sense of self esteem, unworried about failure or success. They are aware of their own potential and work towards achieving it. They are able to take the initiative, to take risks, and refuse to accept the word 'can't'. They use their critical faculties sensibly.

#### 1.61 **Wild Rose**

Wild Rose is indicated for those who are resigned to an unpleasant situation, whether illness, a monotonous life or uncongenial work. They do not complain and are too apathetic to get well, change their occupation or enjoy simple pleasures. Although their situations are unsatisfactory, they are not actually unhappy and make no effort to change their circumstances. This makes them rather dull as companions and unable to fulfill their potential.

When ill, they are over-accepting of medical prognoses such as 'you must learn to live with it'. They are resigned, rather than depressed, at the prospect and accept life the way it is. They lack energy and ambition.

The positive potential of Wild Rose is a lively interest in life, work and the world in general. Resignation gives way to ambition and a sense of purpose, good health and enjoyable friendships. Positive Wild Rose people accept responsibility for their own lives and circumstances and use their initiative to make changes.



Please ask your Wellness Partner for usage instructions for Essential Oils. It will assist in how to apply and where the oil properly.

#### YL Essential Oils

##### 22.73 YL - Aroma Life™ Essential Oil

Aroma Life™ combines the harmonizing effects of ylang ylang with known powerhouses cypress, helichrysum, and marjoram. Pulsing with life, this vibrant blend energizes your life force. It is best applied over heart energy - front and/or back.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician.

Ingredients: Cypress (*Cupressus sempervirens*), marjoram (*Origanum majorana*), Helichrysum (*Helichrysum italicum*), and ylang ylang (*Cananga odorata*) in a base of sesame seed oil.

#### NSP Essential Oils

##### 30.51 NSP - Rosemary Essential Oil

Rosemary Pure Essential Oil (*Rosemarinus officinalis*, steam-distilled) has a strong aroma that is balancing, invigorating, revitalizing and regenerating.

It conditions the scalp and has been used for centuries on oily hair and skin.

Note: Do not use near eyes or mucous membranes. Dilute well before applying topically. May irritate the skin.

Not for use during pregnancy or on those with high blood pressure or epilepsy.

## Color Therapy

Color can be described as light "visible radiant energy" of certain wavelengths. Photoreceptors in the retina, called cones, translate this energy into colors. The retina contains three kinds of cones: one for blue, one for green, and one for red. We perceive other colors by combining these colors.

Clearly, the color you choose for your clothes and for your home, office, car, and other surroundings can have a profound effect on you. Colors have been known to ease stress, to fill you with energy, and even to alleviate pain and other physical problems. The effects of color on our moods, health, and way of thinking have been studied by scientists for years. Even an individual's preference for one color over another may be related to the way that color makes the individual feel. The Following Colors are what your body is asking for.

### Color

#### 16.65 **Purple**

Indications: Vascular, Dilation of blood vessels, depresses kidney action, induces sleep, lowers body temperature, indigestion.

#### 11.55 **Orange (Color)**

Indications: Calcium deficiency, asthmas and respiratory disorders, cramps and spasms, aid to digestion, thyroid, liver, nerve tension, increases gland activity, blood pressure, alcoholic problems, lungs, bronchitis. Activates the thyroid, depresses the parathyroid gland, digestion, sluggish colon, intestines, menstrual cramps, carbuncles and abscesses to the head, liver, spleen, stomach complaints, kidney stones and gravel, gallstones, gout, rheumatism and arthritis.

#### 11.30 **Green - Turquoise**

Indications: Sympathetic Nervous System, kidneys and liver. Stimulates the pituitary, dissolves blood clots, builds muscles, tissues and skin, gallbladder (gallstones), fevers and inflammation, soothing, calming. Produces a favorable change in the processes of nutrition and repair in recent disorders, (acute alternative). Brain depressant. Skin tonic. Rebuilds burned skin, (antipyretic).