

UNDERSTANDING THE ROLE OF FAT & WEIGHT



When you are trying to lose weight, you may have been told that you need to wage war on fat. A quick look at the supermarket shelves which are loaded with "fat-free" and "diet" products provides a clear suggestion that fat must be to blame for our excess weight. But here's what you may not realize...

Fat is your friend. You need fat to produce hormones, insulate your brain and nerves, make your hair and skin lustrous, keep your bowels moving, and hundreds of other activities in your body. But one commonly over-looked role of your fat cells is **TOXIN STORAGE!**

Your body is constantly bombarded with toxins. Toxins are anything that is unnatural to the body, including: chemicals, pesticides, heavy metals, bacteria, viruses, parasites, and fungi. You are exposed to toxins through the air you breathe, food you eat, beverages you drink, and anything you rub on your skin. When you have a toxin exposure, your body immediately goes to work on protecting itself. Your body is very wise in that it removes these toxins from your blood and moves them as far away from your core organs as possible. Where does it store these toxic substances? That's right...in your fat cells. The more toxic you are, the more fat cells you need for toxin storage.

This is part of the weight-loss equation for many individuals. Many people work hard to restrict calories, but find that their bodies are not letting go of their fat stores. This may be, in part, because their bodies are in desperate need of these fat cells as storage warehouses for toxins. Quite simply, if your body is too toxic, it won't let go of the fat!

So what do you do? A good place to start is to clean out each of your major detoxification organs. You may want to run the "Cleanse" biosurvey to get started in this process.

Secondly, you will want to reduce your intake of foods to which you are currently showing a stress response. It is very difficult to lose weight when you are repeatedly eating foods which irritate you.

Third, you can work on boosting your metabolism with targeted supplementation.

Lastly, work on reducing your intake of toxins. Here are a few simple ways to get started:

1. **FILTER YOUR WATER** - Most tap water is contaminated with many toxins. At the very least, you will want to filter your drinking and shower water.
2. **EAT ORGANIC** - As much as possible, try to eat organic. The most important foods to eat organic are meat and dairy because toxins become concentrated in animal products.
3. **CLEAN UP YOUR PERSONAL CARE PRODUCTS** - Anything you put on your skin is absorbed into your body. Check your personal care products for safety. There is a great free resource at: www.cosmeticsdatabase.com where you can check out the safety of the personal care products you use on a regular basis. Premier Research Labs also carries a full line of safe and effective personal care products.

NATURAL REMEDIES TO JUMPSTART YOUR METABOLISM

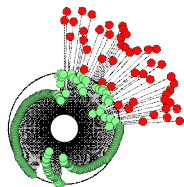
For this assessment, we asked your body for specific feedback regarding areas of stress which may be related to your metabolism and ability to lose weight. Following are the results of that assessment. The circle represents your range, the threshold at which your body starts to throw off a stress response. Each yellow dot is related to a biomarker which is showing a stress response greater than your range and each green dot represents a biomarker which is within your body's range.

The goal of this assessment is to lessen the overwhelming stress on your body to free up your energy. Next to each remedy, you will see the amount of balancing impact it has on your system. Don't worry about bringing every biomarker into balance.



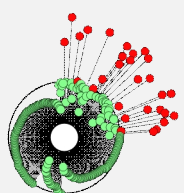
The goal is to lessen your stress to the point where your body has additional energy freed to heal itself and function at its best.

The remedies listed below are those for which your body showed the highest biological preference. They will work best when paired with nutrition and lifestyle recommendations below. Health doesn't come in a bottle...but supplements can give you a great jumpstart when used in conjunction with lifestyle changes.



Baseline

Biomarkers Out of Range: 47

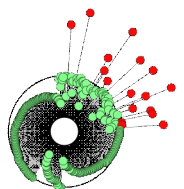


PRL: Glutamine , Pr.

Biomarkers Brought Into Range: 18

Category: Weight Management

Usage Directions: 1 Capsule 3 times per day

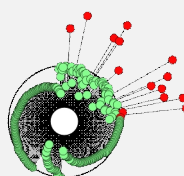


PRL: Coconut Oil

Additional BioMarkers Brought Into Range: 12

Category: Weight Management

Usage Directions: 1 Tablespoon 1 times per day



PRL: FatStat

Additional BioMarkers Brought Into Range: 2

Category: Weight Management

Usage Directions: 1 Capsule 3 times per day

ADDITIONAL INFORMATION ABOUT MY JUMPSTART REMEDIES

Here are the manufacturer's product descriptions for each of your chosen remedies...

5.90 PRL: Glutamine , Pr.

A KEY AMINO ACID, ADVANCED BRAIN, MUSCLE, INTESTINE & MUCOSA SUPPORT* Quantum Glutamine is a key amino acid that supports healthy brain function.* It also acts as a critical neurotransmitter and neuromodulator to help curb sugar and alcohol cravings, while supporting healthy appetite and optimal metabolism.* Glutamine is necessary in the production of glutathione (a key liver nutrient) and supports intestinal

ZYTO[™]

Test Client - 8/20/2018

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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.

mucosal integrity.*

Each Vegetable Capsule Contains:

-L-Glutamine500mg Other Ingredients: Stabilized Rice Protein, Vegetable Cellulose Capsule.

Recommended Use: Adults or children (age 4 and up): Take 1 capsule, 3 times daily.

100 Vcaps/ bottle

5.83 PRL: Coconut Oil

QUANTUM-STATE, VIRGIN, RAW & UNPROCESSED COCONUT OIL FROM KERALA, INDIA Unrefined coconut oil is one of the most versatile, healthiest oils in the world.* Due to its high smoke point, it is excellent for cooking and sautéing and also blends well with other oils. Our oil is 100% raw, unrefined, non-GMO, virgin coconut oil from Kerala, India, which is considered the finest source of coconut oil in the world. It is not bleached, deodorized or hydrogenated, like most commonly available coconut oils that are typically damaged and best avoided. Premier Coconut Oil is easily digested with a luscious, full coconut flavor and aroma. It is an example of first-class nutrition that is an ideal oil for baby foods and is an impressive source of medium chain fatty acids (65%, 9 g/ serving) that support healthy immune response.* In addition, coconut oil promotes healthy weight management.*

1 Tablespoon Contains: Unrefined Coconut Oil . 14g Yielding: Calories . . . 120 Calories from Fat . . 120 Total Fat . . 14g Saturated Fat . . 12g Monounsaturated Fat . 1g Polyunsaturated Fat . . 1g Other Ingredients: None

Recommended Use: Adults age 11 and Up: Take 1 tablespoon daily mixed in smoothies, salad dressings, grain dishes, sauces, desserts, snacks, etc.

-Infants & children (age 10 & under): take 2 teaspoons daily mixed in food.

1 lb 2 oz

5.57 PRL: FatStat

THERMOGENIC BOTANICAL FAT BURNER THE "LEAN BODY EFFECT," LEAN MUSCLE MASS & HIGH ENERGY* This master formula delivers the "lean body" thermogenic effect which promotes steady, efficient fat burning.* FatStatTM doesn't cause harsh weight loss effects or contain over-stimulating ephedra. Instead, our broad spectrum super nutrient formula promotes healthy hormone balance and helps to cleanse the intestines and liver.* FatStatTM also promotes lean muscle mass and boosts energy levels.*

Each Vegetable Capsule Contains:

-Thermo-Burn SupportTM 285mg Nopal Cactus (pads) (Opuntia ficus-indica), Chrysin, CLA (Conjugated Linoleic Acid, vegetable source), Garcinia Extract (80%) (fruit) (Garcinia cambogia), Noni (fruit, seed) (Morinda citrifolia), MCP (Modified Citrus Pectin)

-Thermo-BurnTM 184mg Natto Kinase Enzyme Extract, Green Tea Extract (leaf) (90%) (Camellia sinensis), Guarana Seed Extract (Paullinia cupana), Bitter Melon (Gourd) (Momordica charantia), Turmeric (rhizome) (Curcuma longa) Other Ingredients: Vegetable Cellulose Capsule.

Recommended Use: Adults or children (age 6 and up): Take 1 capsule, 3 times daily after meals. For special programs recommended by your practitioner, take up to 10 individual servings daily (1 serving = 1 capsule). Exceptional results when taken daily with Lean-Body Whey Protein Blend. For superior fat-burning effects, a regular exercise program is also recommended.

90 Vcaps/ bottle

This is the end of the product manufacturer descriptions.

LIFESTYLE CHANGES

Here are some lifestyle recommendations to get you started:

1. GET MOVING - The primary lifestyle recommendation to jumpstart your metabolism is to get moving...physically, mentally, and emotionally. Physically, get some exercise every single day. Contrary to popular belief, exercise is meant to energize, not fatigue. Exercise to only 50% of your capacity. A good rule of thumb is to exercise to the point where you can still breathe through your nose and/or carry on a conversation. Mentally, challenge yourself with new activities—learn a new



skill, solve some puzzles or take a class. Emotionally, welcome new relationships in your life by making it a point to meet people.

2. **EAT YOUR BIGGEST MEAL AT NOON** - Start your day with a light breakfast. Eat your biggest meal at lunch, and a lighter meal for dinner. Taking 1-2 tsp of Amla Royale in the morning helps enhance digestion and revs up the metabolism. Stop eating at least 2 hours before bedtime.

3. **ELIMINATE DAILY** - Daily elimination is very important to prevent wastes from accumulating in the body. It is essential that you are moving your bowels at least once per day. Cleanse Blend or Laxagen are very helpful in keeping the bowels moving. Remember, for bowel regularity you need the 5 basics: water, healthy salt, probiotics, fiber, and oils. Start your day by drinking a glass of hot water. This will stimulate a bowel movement.

4. **CENTER YOURSELF** - Set aside about 30 minutes each day for meditation, to help balance the heart, mind and emotions and to enhance body-mind-spirit coordination.

5. **CLEANSE THE BODY** - Here's a trick for weight loss. Boil a pot of pure, filtered water for 15 minutes. Put this water in a thermos and sip on it throughout the day. This cleanses the body and dramatically boosts metabolism. You may also want to consider running the CLEANSE biosurvey to cleanse each of your detoxification organs. Cleansing can dramatically boost your weight loss efforts.

6. **REDUCE IRRITATING FOODS** - It is very difficult to lose weight when you eat foods to which you are sensitive. It is suggested to reduce your intake of foods which irritate you.

FOODS TO TEMPORARILY MINIMIZE WHILE REDUCING WEIGHT



The following list of foods are those to which you are showing an elevated stress response. These foods are best reduced or avoided while you are working on losing weight. This does not mean that you are necessarily "allergic" to these foods, but rather they are eliciting a stress response from your body which may make it more difficult for you to lose weight. As always, if you are pregnant, breastfeeding, or currently on prescription medication, please see your primary physician before making any dietary or lifestyle changes.

Almond
Bakers Yeast
Banana
Beef
Cashew Nut
Chocolate
Date
Duck
Filberts (Hazelnut)
Hazelnut (Filbert)
Kapha Body Type
Lime
Peanut
Pistachio
Salt
Sardine
Soy Milk
Winter Squash
Zucchini

