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

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

New/Annual Client Assessment

I want to welcome you here today. The following pages will give you Insight into your health. Reports from your scan provide you with information that may help identify your individual needs such as nutritional support and stressors to your body. Identifying items to which you have an unusual response gives you and your Wellness Partner insight about health and wellness-related
issues that may be keeping you from functioning at a balanced state. It will identify your biological preference for nutrition.

Does one size fit all when it comes to nutritional support? Of course not! your scan can help identify your body's unique positive responses; we call these your biological preferences. Knowing your biological preferences helps you and your Wellness Partner choose the nutritional supplements that will support your individual health needs.

It can help you save money too. There are a lot of good nutritional supplements but you probably don't need them all. Knowing your biological preferences helps you choose products that are right for you. Choosing well means your investment in supplements is more likely to pay off, providing you the benefits you need and saving money on things you don't need.

We look forward to helping you on "Your Path To Wellness"

Wellness Partner Name:_____

Wellness Partner Contact info: _____

Your Next appointment is:_____

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.

	Additives
-3.19	**Chewing Gums**
-3.50	**Sodium Fluoride**
-3.61	**Disodium Guanylate**
-3.70	**Partially Hydrogenated Oils**
-3.99	**Sodium Nitrite**

	Beans & Legumes
-3.43	**Navy Bean (White)**
-3.58	**Soy Cheese**
-5.24	**Tofu**
-7.37	**Fava Bean**
-10.16	**Cannilini Bean (White)**

	Beverages
-4.42	**Alcohol**
-7.77	**Coffee - Decaffeinated**

	Dairy & Egg
-3.06	**Cream Cheese**
-3.75	**Parmesan Cheese**
-4.71	**American Cheese**
-4.87	**Skim Milk**
-5.01	**Whole Milk**

	Fish & Seafood
-2.43	**Haddock**
-3.11	**Halibut**
-4.06	**Flake**
-5.65	**Red Snapper**
-5.86	**Tuna Fish**

	Fruits
-3.16	**Date**
-3.30	**Grape (Red & Green)**
-3.76	**Oranges**

-4.25	**Mandarine Orange**
-4.91	**Blackberry**

Food Colorings	
-18.50	**FD&C Green No.3**

Grains	
-2.94	**Hops**
-4.00	**Oat**
-4.47	**Triticale**
-4.60	**Corn (stored)**
-4.61	**Milo**

Meat & Poultry	
-3.23	**Mutton (Lamb)**
-3.94	**Veal**
-4.09	**Chicken - Dark Meat**
-4.35	**Moose**
-4.53	**Venison**

Misc. Food	
-4.99	**Soy Sauce**
-5.10	**Gliadin**
-5.25	**Mayonnaise**
-5.52	**Rice Vinegar**
-5.80	**Brewers Yeast**

Nightshades	
-2.77	**Okra**
-3.68	**Eggplant**
-5.39	**Cayenne Pepper**
-5.93	**Paprika**
-14.72	**Chili Powder**

Nuts & Seeds	
-2.94	**Hazelnut (Filbert)**
-4.21	**Peanut Butter**
-4.77	**Coconut**
-4.81	**Carroway Seed**
-5.44	**Almond Butter**

Spices & Seasonings	
-2.66	**Nutmeg**
-3.22	**Vanilla**
-3.57	**Pumpkin Spice**
-4.47	**Salt**
-4.84	**Horseradish**

Sugars & Sweeteners	
-2.32	**Beet Sugar**
-3.96	**Date Sugar**

-4.10 **Molasses**
-4.84 **Acesulfame K**
-5.42 **Corn Syrup**

Vegetables

-1.97 **Parsnip**
-3.07 **Leaf Lettuce**
-3.76 **Carrot**
-4.02 **Asparagus**
-4.23 **Bamboo Shoots**

The following are Biological stressor your body responded to. Please review and see if you can recall current exposure to or past exposure to the following stressor. Please make a note next to the item and let your Wellness Partner aware at your next visit. In the Amino Acid and Neurotransmitter sections please review for any issues or symptoms you may be experiencing now or in the past and make a note and let your Wellness Partner aware at your next visit.

Please ask your Wellness Partner for a listing of the "The Big 12" which is available for you.

Amino Acids

-3.42 Ornithine

Since the body can produce ornithine, a deficiency of this non-essential amino acid is rare.

The dosage listed is the Recommended Daily Allowance (RDA), but be aware that this dosage is the minimum that you require per day, to ward off serious deficiency of this particular nutrient. In the therapeutic use of this nutrient, the dosage is usually increased considerably, but the toxicity level must be kept in mind.

In human research involving ornithine, several grams are typically used per day, sometimes combined with arginine.

There are no reported side effects from the use of ornithine, but children, pregnant or nursing mothers, or anybody suffering from schizophrenia should NOT take L-ornithine.

Arginine is needed for the production of ornithine and should be supplied in adequate quantities to the body. Carnitine also enhances the effect of this nutrient.

People recouping after surgery and athletes may benefit from this nutrient.

The body can manufacture ornithine but is abundant in protein foods such as meat, fish, dairy, and eggs.

-3.93 Glycine

Glycine is a sweet tasting, non-essential amino acid that was first isolated in 1820 from gelatin and is also found in good quantity in silk fibroin. This nonessential nutrient can be manufactured from serine and threonine, so dietary intake is not essential.
It is required to build protein in the body and synthesis of nucleic acids, the construction of RNA as well as DNA, bile acids and other amino acids in the body. It is further found to be useful in aiding the absorption of calcium in the body.
It helps in retarding degeneration of muscles since it helps to supply extra creatine in the body. It is also found in fairly large amounts in the prostate fluid and may for this reason be important in prostate health.
The glycine amino acid is also used by the nervous system and its function as an inhibitory neurotransmitter makes it important to help prevent epileptic seizures and it is also used in the treatment of manic depression and hyperactivity.

Few people are glycine deficient, in part because the body makes its own supply of the non-essential amino acids, and because it is abundant in food sources. In a study where men were given extra glycine over a period of time, it reduced the symptoms of prostatic hyperplasia.
If the amino acid serine is required in the body, it can be converted from glycine.

High protein food contains good amounts of glycine and is present in fish, meat, beans, and dairy products.

The dosage listed is the Recommended Daily Allowance (RDA), but be aware that this dosage is the minimum that you require per day, to ward off serious deficiency of this particular nutrient. In the therapeutic use of this nutrient, the dosage is usually increased considerably, but the toxicity level must be kept in mind.

No clear toxicity has emerged from glycine studies, however individuals with kidney or liver disease should not consume high intakes of amino acids without consulting a health care professional.

REFERENCES:

Vitaminstuff.com (2011). Glycine. Retrieved from http://www.vitaminstuff.com/amino-acid-glycine.html

Wikipedia.org (2011). Glycine. Retrieved from http://en.wikipedia.org/wiki/Glycine

-4.32 GABA (Gamma Amino Butyric Acid)

Gamma Amino Butyric Acid (GABA) is the chief inhibitory neurotransmitter that blocks the transmission of an impulse from one cell to another in the central nervous system, which prevents over-firing of the nerve cells. It is also directly responsible for the regulation of muscle tone.
It is also used for brain metabolism and to treat both epilepsy and hypertension where it is thought to induce tranquility in individuals who have a high activity of manic behavior and acute agitation. In combination with inositol and nicotinamide it helps with blocking anxiety and stress related impulses from reaching the motor centers of the brain. Gamma-Amino Butyric Acid can be used to calm a person, much like tranquilizers, but without the possibility of addiction. It has been suggested that a shortage of GABA may cause panic attacks, since an intake of tranquilizers can increase the level of GABA in the body. GABA may also be effective in treating PMS in women. It is sometimes used as sexual a stimulant because of its relaxing capabilities, as well as with prostate problems, since it also assists with the release of sex hormones.

The dosage listed is the Recommended Daily Allowance (RDA), but be aware that this dosage is the minimum that you require per day, to ward off serious deficiency of this particular nutrient. In the therapeutic use of this nutrient, the dosage is usually increased considerably, but the toxicity level must be kept in mind.

Dosage has not been established, but some doctors recommend 200mg four times a day. It is interesting to note that some research suggests that the supplement Kava (a herbal root) causes more GABA receptors to form in the brain.

Toxic levels have not been established, but very high intake of GABA may cause anxiety, tingling of extremities, shortness of breath as well as a numb feeling around the mouth.

REFERENCES:
HealthVitaminsGuide.com (2011). GABA retrieved from http://www.healthvitaminsguide.com/aminoacids/gaba.htm

Wikipedia.org (2011). Gamma-Aminobutyric Acid retrieved from http://en.wikipedia.org/wiki/Gamma-Aminobutyric_acid

-4.40 Aspartic Acid

Aspartic acid, also called asparginic acid. It is one of the nonessential amino acids. It is very important in the urea cycle for the proper elimination of waste products from dietary protein. Aspartic acid also plays an important role in the Citric Acid Cycle (Kreb's Cycle). Its role is to move nicotinamide adenine dinucleotide (NADH) molecules to the mitochondria, where it is used to produce ATP (the fuel that powers cellular activity). High concentrations of NADH in the brain, boosts the production of neurotransmitters needed for normal mental function and hence a sharp mind. Some studies have shown that high levels of aspartic acid increases both stamina and endurance, especially in athletes.

Individuals with poor diets, specially those that consume little protein, may develop a deficiency and experience extreme fatigue and/or depression.

Toxicity and symptoms of high intake are not reported.

Aspartic acid is primarily found in sugar cane and molasses. It can also be found in dairy, beef, and poultry. The artificial sweetener, Aspartame, is made from aspartic acid and phenylalanine.

Dosage listed is the Recommended Daily Allowance (RDA), but be aware that this dosage is the minimum that you require per day, to ward off serious deficiency of this particular nutrient. In the therapeutic use of this nutrient, the dosage is usually increased considerably, but the toxicity level must be kept in mind.

References:
Medline Plus (2010). Aspartic acid. Retrieved December 15, 2010 from http://www.nlm.nih.gov/medlineplus/ency/article/002234.htm

Vitaminstuff.com (2005). Aspartic acid. Retrieved December 15, 2010 from http://www.vitaminstuff.com/amino-acid-aspartic-acid.html

Wikipedia (2010). Aspartic acid. Retrieved December 15, 2010 from http://en.wikipedia.org/wiki/Aspartic_acid

-4.41 D-Glucosamine

An amino derivative of glucose, occurring in glycosaminoglycans and a variety of complex polysaccharides such as blood group substances. The sulfate salt (Glucosamine sulfate) is used as a popular remedy for osteoarthritis and joint pains.

A typical dose is 1,500mg per day. Since glucosamine is usually derived from shellfish shells, those with shellfish allergy need to beware.

REFERENCES:
Wikipedia.org (2011). Glucosamine retrieved from http://en.wikipedia.org/wiki/Glucosamine

Chemicals & Pesticides

-1.56 Pine Power

[No main description available]

-1.99 Lead Acetate

Lead acetate is a chemical compound, a white crystalline substance with a sweetish taste. It is made by treating litharge (lead oxide (PbO) with acetic acid. Like other lead compounds, it is very toxic.

Lead acetate is soluble in water and glycerin. With water it forms the trihydrate, Pb(CH3COO)2•3H2O, a colorless or white efflorescent monoclinic crystalline substance. Lead acetate is also known as lead acetate, lead diacetate, plumbous acetate, sugar of lead, lead sugar, salt of Saturn, and Goulard's powder (after Thomas Goulard).

The substance is used as a reagent to make other lead compounds and as a fixative for some dyes. In low concentrations, it is the principal active ingredient in progressive types of hair coloring dyes. Lead) acetate is also used as a mordant in textile printing and dyeing, as a drier in paints and varnishes, and in preparing other lead compounds.

Lead acetate, as well as white lead, have been used in cosmetics throughout history, though this practice has ceased in Western countries. It is still used in men's hair coloring products like Grecian Formula.

Lead acetate paper is used to detect the poisonous gas hydrogen sulphide. The gas reacts with lead acetate on the moistened test paper to form a grey precipitate of lead sulphide.

Lead(acetate, among other lead salts, has been reported to cross the placenta and to the embryo leading to fetal mortality. Lead salts also have teratogenic effect in some animal species.

-2.23 Nexa Spray

[No main description available]

-2.39 Zinc Chromate Hydrox

[No main description available]

-2.63 Fensulfothion

Synonyms & Trade Names: DasanitÂ®, Ok O-Diethyl)-(p-methylsulfinyl)phenyl)phosphorathioate, Terracur PÂ®.

It is a brown liquid or yellow oil; a pesticide.
Exposure Routes: Inhalation, skin absorption, ingestion, skin and/or eye contact.

Symptoms: Irritation of the skin, nausea, vomiting, abdominal cramps, diarrhea, salivation, headache, dizziness, lassitude (weakness, exhaustion), rhinorrhea (discharge of thin mucus), chest tightness, blurred vision, Miosis, cardiac irregular, muscle fasciculation, dyspnea (breathing difficulty).

Target Organs: Skin, repertory system, central nervous system, cardiovascular system, blood cholinesterase.

Geopathic Stress & EMF

-2.55 Geo. Stress - Double Grid (Cuprum Metalicum 800X)

[No main description available]

Heavy Metals

-3.34 Europium

Europium is a chemical element in the periodic table that has the symbol Eu and atomic number 63. It was named after the continent Europe. Europium is the most reactive of the rare earth elements; it rapidly oxidizes in air, and resembles calcium in its reaction with water; deliveries of the

metal element in solid form, even when coated with a protective layer of mineral oil, are rarely shiny. Europium ignites in air at about 150 °C to 180 °C. It is about as hard as lead and quite ductile.

There are few commercial applications for europium metal, although it has been used to dope some types of glass to make lasers, as well as being used for screening for Down syndrome and some other genetic diseases. Due to its ability to absorb neutrons, it is also being studied for use in nuclear reactors. Europium oxide (Eu2O3) is widely used as a red phosphor in television sets and fluorescent lamps, and as an activator for yttrium-based phosphors.

Whereas trivalent europium gives red phosphors, divalent europium gives blue phosphors. The two europium phosphor classes, combined with the yellow/green terbium phosphors, give the "trichromatic" lights that are becoming so important to provide economical lighting. It is also being used as an agent for the manufacture of fluorescent glass. Europium fluorescence is used to interogate biomolecular interactions in drug-discovery screens. It is also used in the anti-counterfeiting phosphors in Euro banknotes.

The toxicity of europium compounds has not been fully investigated, but there are no clear indications that europium is highly toxic compared to other heavy metals. The metal dust presents a fire and explosion hazard. Europium has no known biological role.

-3.40 Gallium

Gallium is a chemical element that has the symbol Ga and atomic number 31. A soft silvery metallic poor metal, gallium is a brittle solid at low temperatures but liquefies slightly above room temperature and will melt in the hand. It occurs in trace amounts in bauxite and zinc ores. An important application is in the compounds gallium nitride and gallium arsenide, used as a semiconductor, most notably in light-emitting diodes (LEDs).

Elemental gallium is not found in nature, but it is easily obtained by smelting. Very pure gallium metal has a brilliant silvery color and its solid metal fractures conchoidally like glass. Gallium metal expands by 3.1 percent when it solidifies, and therefore storage in either glass or metal containers is avoided, due to the possibility of container rupture with freezing. Gallium shares the higher-density liquid state with only a few materials like germanium, bismuth, antimony, and water.

Gallium also attacks most other metals by diffusing into their metal lattice. Gallium for example diffuses into the grain boundaries of Al/Zn alloys or steel, making them very brittle. Gallium metal easily alloys with many metals, and was used in small quantities in the core of the first atomic bomb to help stabilize the plutonium crystal structure.

The melting point temperature of 30°C allows the metal to be melted in one's hand. This metal has a strong tendency to supercool below its melting point/freezing point, thus necessitating seeding in order to solidify. Gallium is one of the metals (with caesium, rubidium, francium and mercury) which are liquid at or near normal room temperature, and can therefore be used in metal-in-glass high-temperature thermometers. It is also notable for having one of the largest liquid ranges for a metal, and (unlike mercury) for having a low vapor pressure at high temperatures. Unlike mercury, liquid gallium metal wets glass and skin, making it mechanically more difficult to handle (even though it is substantially less toxic and requires far fewer precautions). For this reason as well as the metal contamination problem and freezing-expansion problems noted above, samples of gallium metal are usually supplied in polyethylene packets within other containers.

Gallium does not crystallize in any of the simple crystal structures. The stable phase under normal conditions is orthorhombic with 8 atoms in the conventional unit cell. The bonding between the nearest neighbors is found to be of covalent character, hence Ga2 dimers are seen as the fundamental building blocks of the crystal. The compound with arsenic, gallium arsenide is a semiconductor commonly used in light-emitting diodes.

High-purity gallium is attacked slowly by mineral acids.

Gallium is found and extracted as a trace component in bauxite, coal, diaspore, germanite, and sphalerite. The United States Geological Survey (USGC) estimates gallium reserves based on 50 ppm by weight concentration in known reserves of bauxite and zinc ores. Some flue dusts from burning coal have been shown to contain small quantities of gallium, typically less than 1 % by weight.

As a component of the semiconductor Gallium arsenide, the most common application for gallium is analog integrated circuits, with the second largest use being optoelectronic devices (mostly laser diodes and light-emitting diodes.) Gallium is used widely as a dopant to dope semiconductors and produce solid-state devices like transistors.

Gallium is the rarest component of new photovoltaic compounds (such as copper indium gallium selenium sulphide or Cu(In,Ga)(Se,S)2, recently announced by South African researchers) for use in solar panels as an alternative to crystalline silicon, which is currently in short supply.

As a wetting, and alloy improvement agent:

- Because gallium wets glass or porcelain, gallium can be used to create brilliant mirrors.
- Gallium readily alloys with most metals, and has been used as a component in low-melting alloys. The plutonium used in nuclear weapon pits is machined by alloying with gallium to stabilize the allotropes of plutonium.
- Gallium added in quantities up to 2% in common solders can aid wetting and flow characteristics.

As part of an energy storage mechanism:
When gallium is alloyed with aluminium it can be used to break the bond between hydrogen and oxygen in water. A reaction occurs when water is added to the alloy which produces hydrogen and aluminium oxide. This could potentially provide a solid hydrogen source for transportation purposes, which would be more convenient than a pressurized hydrogen tank. Resmelting the resultant aluminum oxide and gallium mixture to metallic aluminum and gallium and reforming these into electrodes would constitute most of the energy input into the system, while electricity produced by a hydrogen fuel cell could constitute an energy output. The thermodynamic efficiency of the aluminum smelting process is said to be approximately 50 percent. Therefore, at most no more than half the energy that goes into smelting aluminum could be recovered by a fuel cell.

For liquid alloys:
It has been suggested that a liquid gallium-tin alloy could be used to cool computer chips in place of water. As it conducts heat approximately 65 times better than water it can make a comparable coolant. However given water's benign handling characteristics and plentiful abundance in most developed countries, gallium alloys are only really likely to see use in specialized applications such as cooling supercomputers.

- Gallium is used in some high temperature thermometers.

It has biomedical applications:
- A low temperature liquid eutectic alloy of gallium, indium, and tin, is widely available in medical thermometers (fever thermometers), replacing problematic mercury. This alloy, with the trade name Galinstan (with the "-stan" referring to the tin), has a freezing point of −20°C.

- Gallium salts such as gallium citrate and gallium nitrate are used as radiopharmaceutical agents in nuclear medicine imaging. For these applications, a radioactive isotope such as 67Ga is used. The body handles Ga3+ in many ways as though it were iron, and thus it is bound (and concentrates) in areas of inflammation, such as infection, and also areas of rapid cell division. This allows such sites to be imaged by nuclear scan techniques. This use has largely been replaced by fluorodeoxyglucose (FDG) for positron emission tomography, "PET" scan.

- Gallium nitrate, both oral and topical, is finding use in treating arthritis.

While not considered toxic, the data about gallium is inconclusive. Some sources suggest that it may cause dermatitis from prolonged exposure; other tests have not caused a positive reaction. Like most metals, finely divided gallium loses its luster. Powdered gallium appears gray. When gallium is handled with bare hands, the extremely fine dispersion of liquid gallium droplets which results from wetting skin with the metal may appear as a gray skin stain.

-3.82 Tellurium

Tellurium is a chemical element that has the symbol Te and atomic number 52. A brittle silver-white metalloid which looks like tin, tellurium is chemically related to selenium and sulfur. Tellurium is primarily used in alloys and as a semiconductor.

Tellurium is a relatively rare element, in the same chemical family as oxygen, sulfur, selenium, and polonium (the chalcogens).

When crystalline, tellurium is silvery-white and when it is in its pure state it has a metallic luster. This is a brittle and easily pulverized metalloid. Amorphous tellurium is found by precipitating it from a solution of tellurous or telluric acid (Te(OH)6). However, there is some debate whether this form is really amorphous or made of minute crystals.

Tellurium is a p-type semiconductor that shows a greater conductivity in certain directions which depends on atomic alignment. Chemically related to selenium and sulfur, the conductivity of this element increases slightly when exposed to light.

It can be doped with copper, gold, silver, tin, or other metals. When in its molten state, tellurium is corrosive to copper, iron, and stainless steel.

Tellurium gives a greenish-blue flame when burned in normal air and forms tellurium dioxide as a result.

Metal alloys
It is mostly used in alloys with other metals. It is added to lead to improve its strength and durability, and to decrease the corrosive action of sulfuric acid.

When added to stainless steel and copper it makes these metals more workable. It is alloyed into cast iron for chill control.

Other uses:
- in ceramics.
- in chalcogenide glasses.
- in blasting caps
- Organic tellurides have also been employed as initiators for living radical polymerisation and electron-rich mono- and di-tellurides possess antioxidant activity.

High purity metalorganics of both selenium and tellurium are reported to be obtained by using innovative chemical purification strategy, also called adduct purification. These high purities are often required for semiconductor industry uses.

Semiconductor industry uses:
- Bismuth telluride (Bi2Te3) has found use in thermoelectric devices.
- Tellurium has potential applications in cadmium telluride (CdTe) solar panels. Some of the highest efficiencies for solar cell electric power generation have been obtained by using this material, but this application has not yet caused demand to increase significantly. If some of the cadmium in CdTe is replaced by zinc then CdZnTe is formed which is used in solid-state x-ray detectors.
- Alloyed with both cadmium and mercury, to form mercury cadmium telluride, an infrared sensitive semiconductor material is formed.
Organotellurium compounds such as dimethyl telluride, diethyl telluride, diisopropyl telluride, diallyl telluride and methyl allyl telluride are used as precursors for MOVPE growth of II-VI compound semiconductors. Diisopropyl telluride (DIPTe) is employed as the preferred precursor for achieving the low temperature growth of CdHgTe by MOVPE.

Tellurium was used as a chemical bonder in the making of the outer shell of the first atom bomb. The 1960s brought growth in thermoelectric applications for tellurium, as well as its use in free-machining steel, which became the dominant use.

With an abundance in the Earth's crust similar to platinum, tellurium is, apart from the precious metals, the rarest stable solid element in the earth's crust. Its abundance by mass is less than 0.001 ppm. By comparison, even the rarest of the lanthanides have crustal abundances of 0.5 ppm.

Tellurium is sometimes found in its native (elemental) form, but is more often found as the tellurides of gold (calaverite, krennerite, petzite, sylvanite, and others). Tellurium compounds are the only chemical compounds of gold found in nature, but tellurium itself (unlike gold) is also found combined with other elements (metallic salts). The principal source of tellurium is from anode sludges produced during the electrolytic refining of blister copper. It is a component of dusts from blast furnace refining of lead. Tellurium is produced mainly in the US, Canada, Peru, and Japan.

Tellurium and tellurium compounds should be considered to be mildly toxic and need to be handled with care. Acute poisoning is rare. Tellurium is not reported to be carcinogenic.

Humans exposed to as little as 0.01 mg/m3 or less in air develop "tellurium breath", which has a garlic-like odor. This odor is caused from the metabolization of telluriumby the body.

-3.87 Lutetium

Lutetium is a chemical element with the symbol Lu and atomic number 71. A metallic element, lutetium usually occurs in association with yttrium and is sometimes used in metal alloys and as a catalyst in various processes. A strict correlation between periodic table blocks and chemical series for neutral atoms would describe lutetium as a transition metal because it is in the d-block, but it is a lanthanide according to IUPAC.

Lutetium is a silvery white corrosion-resistant trivalent metal that is relatively stable in air and is the heaviest and hardest of the rare earth elements.

This element is very expensive to obtain in useful quantities and therefore it has very few commercial uses. However, stable lutetium can be used as catalysts in petroleum cracking in refineries and can also be used in alkylation, hydrogenation, and polymerization applications.

Other uses:
- Lutetium-176 (176Lu) has been used to date the age of meteorites.
- Lutetium aluminum garnet (Al5Lu3O12) has been proposed for use as a lens material in high refractive index immersion lithography.
- Cerium-doped lutetium oxyorthosilicate (LSO) is currently the preferred compound for detectors in positron emission tomography (PET.)

Found with almost all other rare-earth metals but never by itself, lutetium is very difficult to separate from other elements. Consequently, it is also one of the most expensive metals, costing about six times as much per gram as gold.

Like other rare-earth metals lutetium is regarded as having a low toxicity rating but it and especially its compounds should be handled with care nonetheless. Metal dust of this element is a fire and explosion hazard. Lutetium plays no biological role in the human body but is thought to help stimulate metabolism.

-4.74 Lithium

Lithium (from Greek λιθος (lithos), stone) is a chemical element with the symbol Li and atomic number 3. It is a soft alkali metal with a silver-white color. Under standard conditions, it is the lightest metal and the least dense solid element. Lithium is the 33rd most abundant element on Earth, but due to its high reactivity only appears there naturally in the form of compounds. It corrodes quickly in moist air, forming a black tarnish. On a commercial scale, lithium metal is produced electrolytically from a mixture of lithium chloride and potassium chloride and typically stored under the cover of oil to prevent reactions with air.

Lithium occurs in a number of pegmatitic minerals, but is also commonly obtained from natural brines. Trace amounts of lithium are present in the oceans and in some organisms, though it serves no apparent biological function in humans. Nevertheless, the neurological effect of the lithium ion Li + makes some lithium salts useful as a class of mood stabilizing drugs.

Lithium and its compounds have several other commercial applications, including heat-resistant glass and ceramics, high strength-to-weight alloys used in aircraft, and lithium batteries. Lithium also has important links to nuclear physics: the splitting of lithium atoms was the first man-made nuclear reaction, and lithium deuteride serves as the fusion fuel in staged thermonuclear weapons.

Like all alkali metals, it has a single valence electron, and will readily lose this electron to become a positive ion. Because of this, lithium reacts easily with water and does not occur as the free element on Earth, although it is less reactive than the other alkali metals.

Lithium is soft enough to be cut with a knife, though this is significantly more difficult to do than cutting sodium. The fresh metal is silver in color, rapidly tarnishing black in air. Lithium has only about half the specific gravity of water, giving solid metal lithium sticks the odd heft of a light/medium wood, such as pine. The metal floats highly in hydrocarbons due to its low density, and jars of lithium in the laboratory are typically composed of black-coated sticks held down in hydrocarbon mechanically by the lid of the jar and other sticks.

When placed over a flame, lithium gives off a striking crimson color, but when it burns strongly, the flame becomes a brilliant white. Lithium will ignite and burn when exposed to water and water vapors in oxygen. It is the only metal that reacts with nitrogen at room temperature. Lithium has a high specific heat capacity, 3582 J/(kg·K), and a great temperature range in its liquid form, which makes it a useful chemical.

Lithium metal is flammable and potentially explosive when exposed to air and especially water, though it is far less dangerous than other alkali metals in this regard. The lithium-water reaction at normal temperatures is brisk but not violent. Lithium fires are difficult to extinguish, requiring special chemicals designed to smother them.

Lithium metal, due to its alkaline tarnish, is corrosive and requires special handling to avoid skin contact. Breathing lithium dust or lithium compounds (which are often alkaline) can irritate the nose and throat; higher exposure to lithium can cause a build-up of fluid in the lungs, leading to pulmonary edema. The metal itself is usually less a handling hazard than the caustic hydroxide produced when it is in contact with moisture. Lithium should be stored in a non-reactive compound such as naphtha or a hydrocarbon.

In humans large amounts are slightly toxic. Lithium appears to be an essential trace element for goats, and possibly rats, suggesting a role in humans by analogy. But this is difficult to determine, due to the difficulty and ethical issues involved with the experiments. When used as a drug, blood concentrations of Li+ must be carefully monitored.

Lithium has been found to be a superconductor below 0.0004 K temperatures. This scientific finding paves the way for development of the theories of the superconductivity since the structure of atomic lattice of lithium is the simplest of all metals.

On Earth, lithium is widely distributed, but because of its reactivity does not occur in its free form. In keeping with the origin of its name, lithium forms a minor part of almost all igneous rocks and is also found in many natural brines. Lithium is the 33rd most abundant element, contained particularly in the minerals spodumene, lepidolite, petalite, and amblygonite. On average, Earth's crust contains 65 ppm (.0007%) lithium.

Since the end of World War II, lithium metal production has greatly increased. The metal is separated from other elements in igneous mineral such as those above, and is also extracted from the water of mineral springs.

It is an important ingredient in cathode materials, used in rechargeable and single-use batteries because of its high electrochemical potential, light weight, and high current density. Large quantities of lithium are also used in the manufacture of organolithium reagents, especially n-butyllithium which has many uses in fine chemical and polymer synthesis.

Lithium salts such as lithium carbonate (Li2CO3), lithium citrate, and lithium orotate are mood stabilizers. They are used in the treatment of bipolar disorder, since unlike most other mood altering drugs, they counteract both mania and depression. Lithium can also be used to augment other antidepressant drugs. It is also sometimes prescribed as a preventive treatment for migraine disease and cluster headaches.

The active principle in these salts is the lithium ion Li+, which interacts with the normal function of sodium ions to produce numerous changes in the neurotransmitter activity of the brain. Therapeutically useful amounts of lithium are only slightly lower than toxic amounts, so the blood levels of lithium must be carefully monitored during treatment.

Common side effects include muscle tremors, twitching, ataxia, nephrogenic diabetes insipidus (polyuria and polydipsia) and seizures. Most of the side-effects are a result caused by the increased elimination of potassium.

Lithium chloride and lithium bromide are extremely hygroscopic and frequently used as desiccants. It stearate is a common all-purpose high-temperature lubricant. Lithium is an alloying agent used to synthesize organic compounds.

Lithium is used as a flux to promote the fusing of metals during welding and soldering. It also eliminates the forming of oxides during welding by absorbing impurities. This fusing quality is also important as a flux for producing ceramics, enamels, and glass.

Lithium is sometimes used in glasses and ceramics including the glass for the 200-inch (5.08 m) telescope at Mt. Palomar.

Alloys of the metal with aluminium, cadmium, copper, and manganese are used to make high performance aircraft parts.

Lithium niobate is used extensively in telecommunication products, such as mobile phones and optical modulators, for such components as resonant crystals.

The high non-linearity of lithium niobate also makes a good choice for non-linear optics applications.

Lithium metal is used as a reducing agent in some types of methamphetamine production, particularly in illegal amateur “meth labs.”

Lithium hydroxide is an efficient and lightweight purifier of air. In confined areas, such as aboard spacecraft and submarines, the concentration of carbon dioxide can approach unhealthy or toxic levels. Lithium hydroxide absorbs the carbon dioxide from the air by reacting with it to form lithium carbonate. Any alkali hydroxide will absorb CO2, but lithium hydroxide is preferred, especially in spacecraft applications, because of the low formula weight conferred by the lithium.

Some jurisdictions limit the sale of lithium batteries, which are the most readily available source of lithium metal for ordinary consumers. Carriage and shipment of some kinds of lithium batteries may be prohibited aboard certain types of transportation (particularly aircraft), because of the ability of most types of lithium batteries to fully discharge very rapidly when short-circuited, leading to overheating and possible explosion. However, most consumer lithium batteries have thermal overload protection built-in to prevent this type of incident, or their design inherently limits short-circuit currents.

Neurotransmitters

-4.38 Norepinephrine

Norepinephrine is the catecholemine precursor to adrenalin and is a natural component of all mammalian life forms. In therapy Norepinephrine is used for depression and hypertension. Other areas where it is useful is in tachycardia and hyperhydrosis (excessive sweating).

-5.08 Phenylethylamine

It is becoming evident that phenylethylamine (PEA) plays a role in the commonly reported 'runners high', thought to be linked to cerebral-endorphin activity. There is a consensus that physical activity has antidepressant effects.

PEA is an endogenous neuro-amine that has been linked to the regulation of physical energy, mood, and attention. Monoamine oxidase B selectively metabolises PEA to phenylacetic acid. There is evidence that PEA and phenylacetic acid levels are very low in the biological fluids of depressed patients.

Studies on urinary excretion of phenylacetic acid show that about 60 percent of unipolar and bipolar patients have lower than normal levels. Administration of PEA or its precursor L-phenylalanine, in conjunction with selegiline, a selective monoamine oxidase B inhibitor, has been reported to alleviate depression and to produce improvements in mood.

PEA controls depression in 60% of depressed persons--the same percentage as all major antidepressants such as Prozac--but it is less toxic

This reduction in PEA metabolism with depression has been confirmed by four different research groups who studied psychiatric patients.

PEA may be related to endorphins, driven by the parasympathetic nervous system which is directly dependant upon the way we breathe. There is probably also a need for adequate foods containing PEA so that we get it synergized and balanced with other natural live substances.

Foods containing a high level of phenylethylamine include Meat, fish, and poultry: Bacon, hot dogs, frozen fish, gravy, ham, mackerel (tinned), meat juices, meat loaf, offal, pork, sardines (tinned) Dairy: Mild cheeses. Condiments: Meat extracts, soy sauce, vinegar, Worcestershire sauce. Sweets and sweeteners: Cocoa, milk chocolate, white chocolate.

Foods containing very high levels of phenylethylamine--Vegetables: Sauerkraut, spinach. Nuts: Butternut Meat and fish and poultry: Any form of dried, pickled, salted, or smoked fish and meat. Anchovies, beef liver, fish roe, pies and pasties, processed fish products (such as fish fingers, cakes, paste), salami, sausages, tuna (tinned). Dairy: Virtually all cheeses including brie, camembert, cheddar, cheshire, Danish blue, edam, emmental, gloucester, gouda, gruyere, jarlsberg, leicester, mozarella, parmesan, processed cheese, provolone, roquefort, stilton, Swiss, wensleydale. Sweets: Dark chocolate. Condiments: Hydrolysed protein, miso, tempeh, yeast extracts. Beverages: Chocolate flavored drinks, cocoa, cola type drinks, orange juice.

-5.17 L-Glutamic Acid

L-Glutamic acid decarboxylase (GAD) is an enzyme necessary for the synthesis of the inhibitory neurotransmitter GABA in GABAergic nerve endings. In the presence of pyridoxal phosphate as cofactor, the enzyme decarboxylates glutamate to yield GABA and CO2. In experimental animals, administration of drugs to inhibit GAD invariably leads to epileptic seizures.

Synonyms: (+)-glutamic acid; (+)-L-glutamic acid; 2-Aminoglutaric acid; E; Glu; Glutamic acid; Glutaminic acid; L-Glutamic Acid; L-Glutaminic acid; (S)-(+)-Glutamic Acid;

-5.24 Taurine

Taurine is a liver component usually found with cholic acid in bile. Taurine is also found in oysters and mussels. Some studies show it to be the chief ingredient in the bile of meat eating mammals. In therapy Taurine has been used for stimulating liver function and as a detoxifier as well as for improved digestive enzyme performance.

-5.62 L-Dopa

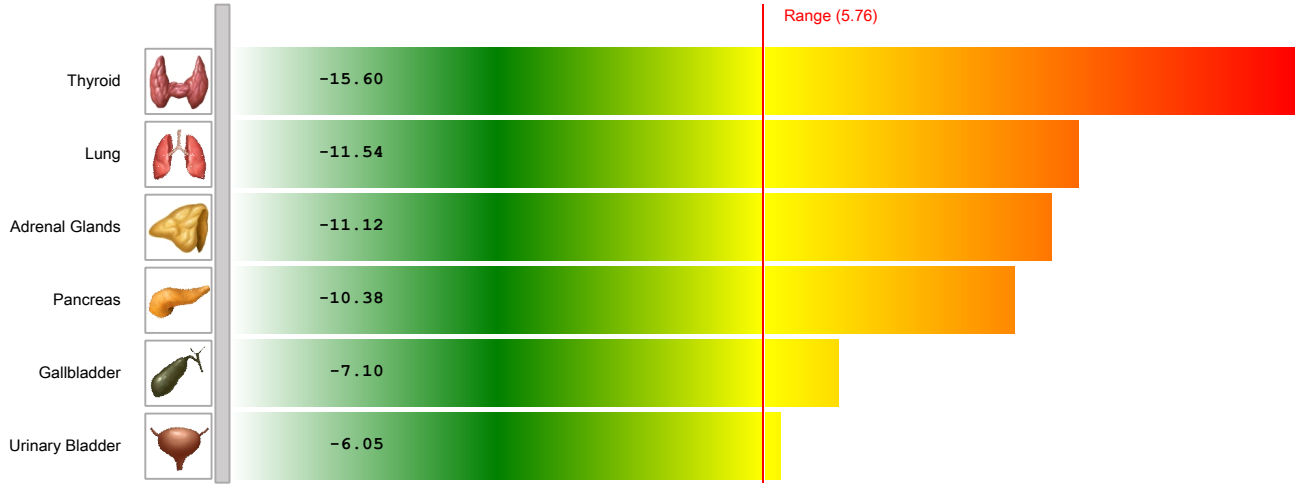
L-DOPA is one of the basic neurotransmitters of the brain but is also found in several foods. In therapy L-Dopa has been used for chronic depression, arrhythmia and some of the symptoms of Parkinson's disease.

TOP 7 ORGAN BIOMARKERS

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.



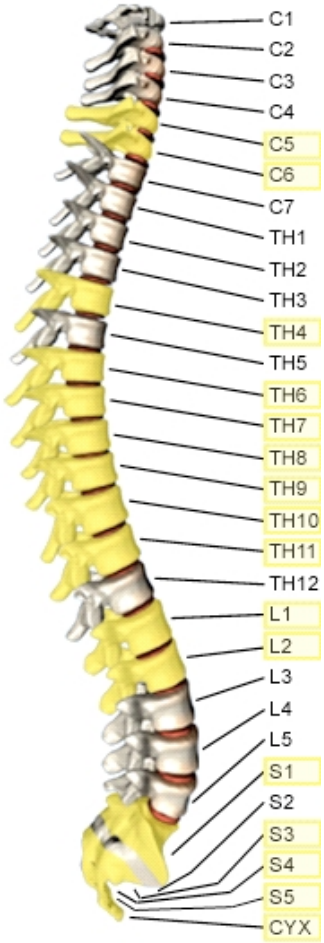
VERTEBRAE

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.



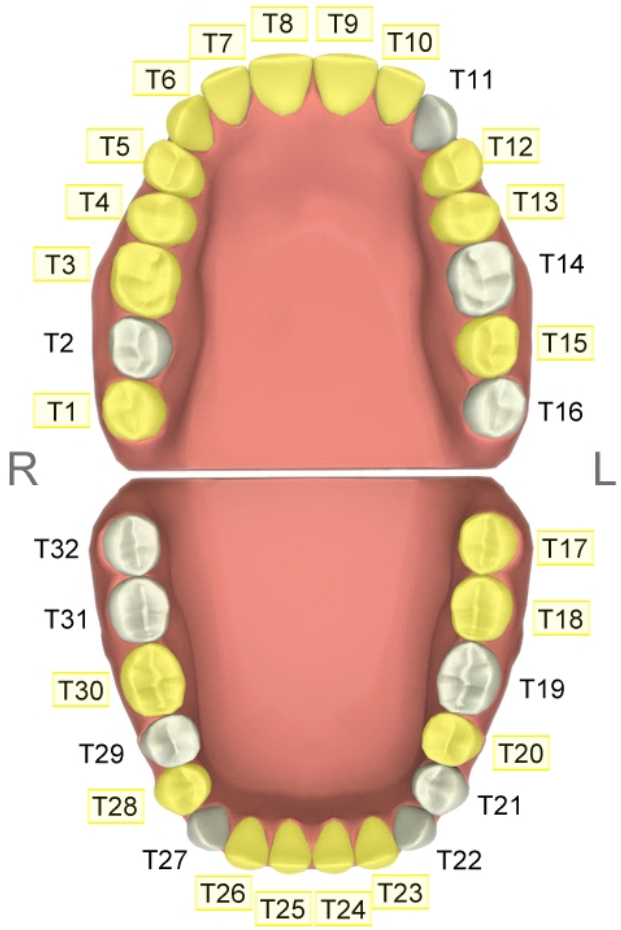
	Before Products	After Products
C 1		
TH 3		
TH 4	-12.31	
TH 5		
TH 6	-17.86	
TH 7	21.44	
TH 8	-5.79	
TH 9	17.88	
TH 10	5.83	
TH 11	-6.00	
TH 12		
C 2		
L 1	5.80	
L 2	-7.50	
L 3		
L 4		
L 5		
S 1	11.66	
S 2		
S 3	5.77	
S 4	-16.17	
S 5	10.45	
C 3		
COCCYX-s	-15.95	
C 4		
C 5	12.86	
C 6	-11.66	
C 7		

TH 1			
TH 2			

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.



	Before Products	After Products
T 01 / 8+		11.29
T 02 / 7+		
T 03 / 6+		-22.61
T 04 / 5+		-22.28
T 05 / 4+		-5.87
T 06 / 3+		-11.38
T 07 / 2+		-25.98
T 08 / 1+		-5.79
T 09 / +1		-14.32
T 10 / +2		11.24
T 11 / +3		
T 12 / +4		-13.34
T 13 / +5		-21.72
T 14 / +6		
T 15 / +7		5.93
T 16 / +8		
T 17 / -8		-13.13
T 18 / -7		5.87
T 19 / -6		
T 20 / -5		-16.25
T 21 / -4		
T 22 / -3		
T 23 / -2		8.56
T 24 / -1		7.52
T 25 / 1-		5.97
T 26 / 2-		5.99
T 27 / 3-		
T 28 / 4-		-14.14
T 29 / 5-		
T 30 / 6-		-7.31
T 31 / 7-		
T 32 / 8-		

T 07 / 2+

Lateral incisor upper right, 2RU, international 12, 2+

Joints, Organs, and Glands: Right: Posterior knee, Sacroiliac joint, Posterior ankle, Sinus: Frontal pharyngeal tonsil. Pineal. Left kidney, Bladder, Ovary, Uterus, Prostate, Testicle, Rectum, Genito-Urinary System.

TCM Meridians: L2, L3, S3, S4, S5, Coccyx

Emotions: Fear, shame, guilt, broken will, shyness, helpless, deep exhaustion.

Sense Organ: Frontal sinus

Endocrine Organs: Pineal Glands

Vertebrae: L2, L3, S3, S4, S5, Coccyx

Thyroid

The thyroid gland is a small gland, normally weighing less than one ounce, located in the front of the neck. It is made up of two halves, called lobes, that lie along the windpipe (trachea) and are joined together by a narrow band of thyroid tissue, known as the isthmus

The function of the thyroid gland is to take iodine, found in many foods, and convert it into thyroid hormones: thyroxine (T4) and triiodothyronine (T3). Thyroid cells are the only cells in the body which can absorb iodine. These cells combine iodine and the amino acid tyrosine to make T3 and T4. T3 and T4 are then released into the blood stream and are transported throughout the body where they control metabolism (conversion of oxygen and calories to energy). Every cell in the body depends upon thyroid hormones for regulation of their metabolism. The normal thyroid gland produces about 80% T4 and about 20% T3, however, T3 possesses about four times the hormone "strength" as T4.

The thyroid gland is under the control of the pituitary gland, a small gland the size of a peanut at the base of the brain (shown here in orange). When the level of thyroid hormones (T3 & T4) drops too low, the pituitary gland produces Thyroid Stimulating Hormone (TSH) which stimulates the thyroid gland to produce more hormones. Under the influence of TSH, the thyroid will manufacture and secrete T3 and T4 thereby raising their blood levels. The pituitary senses this and responds by decreasing its TSH production. One can imagine the thyroid gland as a furnace and the pituitary gland as the thermostat. Thyroid hormones are like heat. When the heat gets back to the thermostat, it turns the thermostat off. As the room cools (the thyroid hormone levels drop), the thermostat turns back on (TSH increases) and the furnace produces more heat (thyroid hormones).

The pituitary gland itself is regulated by another gland, known as the hypothalamus. The hypothalamus is part of the brain and produces TSH Releasing Hormone (TRH) which tells the pituitary gland to stimulate the thyroid gland (release TSH). One might imagine the hypothalamus as the person who regulates the thermostat since it tells the pituitary gland at what level the thyroid should be set.

Source: http://www.endocrineweb.com/conditions/thyroid/how-your-thyroid-works

T 03 / 6+

First molar upper right, 6RU, international 16, 6+

Joints, Organs, Glands: Right: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary-Oropharynx, Larynx, esophagus. Rt side of Stomach. #2 Parathyroid. #3 Thyroid. Right Breast.

TCM Meridians: Stomach, Pancreas.

Emotions: Anxiety, Self-Punishment, Broken power, Hate, Low self-worth, Obsessed.

Sense Organ: Maxillary Sinus

Endocrine Organs: Thyroid, Mammary Gland, right

Vertebrae: T11, T12, L1

T 04 / 5+

Second premolar upper right, 5RU, international 15, 5+

Joints, Organs, Glands: Right shoulder, elbow, hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Right lung. Right side of large intestine. #4 Right Breast.

TCM Meridians: Lung, Large intestine

Emotions: Chronic grief, Overcritical, Sadness, Controlling, Feeling trapped, Dogmatic, Compulsive, Uptight.

Sense Organ: Ethmoid Cels

Endrocine Organs: Thymus

Vertebrae: C5, C6, C7, T2, T3, T4, L4, L5

T 13 / +5

Second premolar upper left, 5LU, international 25, +5

Joints, Organs, and Glands: Left: Shoulder, Elbow, Hand (radial), foot, big toe. Sinus: Paranasal ad Ethmold, Bronchus, Nasal, Left Lung. Left side--Llarge intestine. #13 Left Breast.

TCM Meridians: Lung, left; Large intestine

Emotions: Chronic Grief, Overcritical, Sadness, Controlling, Feeling trapped, Dogmatic, Compulsive, Uptight.

Sense Organ: Ethmoid cells

Endocrine Organs: Thymus

Vertebrae: C5, C6, C7, T2, T3, T4, L4, L5

Lung

The Lungs are paired organs in the chest that perform respiration. Each human has two lungs. Each lung is between 10 and 12 inches long. The two lungs are separated by a structure called the mediastinum. The mediastinum contains the heart, trachea, esophagus, and blood vessels. The lungs are covered by a protective membrane called the pulmonary pleura.

Lung function normally peaks in the late teens and early twenties. After the early twenties, lung function declines about 1 percent a year over the rest of a person's lifetime. Lung function decreases about 2 percent a year for people who smoke.

Each day, a person takes about 23,000 breaths, which bring almost 10,000 quarts of air into your lungs. The inhaled air contains several gases, including oxygen, that cells need to function. With each breath, fresh oxygen to the blood, which then carries it to the cells. The main function of the lungs is respiration.

Respiration is the process of oxygen from incoming air entering the blood, and carbon dioxide, a waste gas from the metabolism of food leaving the blood.

Diseases that affect the Lungs
- Mesothelioma and asbestosis are diseases that affect the lungs. They are caused inhalation of asbestos.
- Common infectious diseases of the lung include pneumonia, tuberculosis, lung cancer, cystic fibrosis, and emphysema.
- A pulmonary embolism is a sudden blockage in a lung artery.
- Chronic Beryllium Disease is a serious and sometimes fatal lung disease.
- Silicosis is very serious and sometime fatal lung disease.
- Black Lung Disease is a disease that often affects coal miners.

Adrenal Glands

In mammals, the adrenal glands (also known as suprarenal glands) are the triangle-shaped endocrine glands that sit on top of the kidneys. They are chiefly responsible for regulating the stress response through the synthesis of corticosteroids and catecholamines, including cortisol and adrenaline.

In humans, the adrenal glands are found at the level of the 12th thoracic vertebra and receive their blood supply from the adrenal arteries.

The adrenal gland is separated into two distinct structures, both of which receive regulatory input from the nervous system:

Adrenal medulla
The adrenal medulla is the central core of the adrenal gland, surrounded by the adrenal cortex. The chromaffin cells of the medulla are the body's main source of the catecholamine hormones adrenaline (epinephrine) and noradrenaline (norepinephrine). These water-soluble hormones, derived from the amino acid tyrosine, are part of the fight-or-flight response initiated by the sympathetic nervous system. These secretions are released directly no the blood.

Adrenal cortex
The adrenal cortex is devoted to the synthesis of corticosteroid hormones from cholesterol. Some cells belong to the hypothalamic-pituitary-adrenal axis and are the source of cortisol synthesis. Other cortical cells produce androgens such as testosterone, and others regulate water and electrolyte concentrations by secreting aldosterone.

In contrast to the direct innervations of the medulla, the cortex is regulated by neuroendocrine hormones secreted by the pituitary gland and hypothalamus, as well as by the reninangiotensin system.

TH 6
TH6 Vertebra, Thoracic

Meridians: Spleen-meridian (yin), Stomach-meridian (yang).

Connections: Stomach, Muscles, Pancreas, Pancreas.

Possible Problems: Stomach troubles including nervous stomach, indigestion, hear burn, dyspepsia, etc. Digestive problems, Diabetes. Too much HCl = Ulcer. Too little HCl = Indigestion. Digestive enzymes influence HCL balance.

Pancreas
The pancreas is a glandular organ that secretes digestive enzymes (internal secretions) and hormones (external secretions). In humans, the pancreas is a yellowish organ about 7 inches (17.8 cm) long and 1.5 inches. (3.8 cm) wide. The pancreas lies beneath the stomach and is connected to the small intestine at the duodenum.

The pancreas contains enzyme producing cells that secrete two hormones directly into the bloodstream, insulin and glucagon. together insulin and glucagon regulate the level of glucose in the blood. Insulin lowers the blood sugar level and increases the amount of glycogen (stored carbohydrate) in the liver. Glucagon slowly increases the blood sugar level if it falls too low. If the insulin secreting cells do not work properly, diabetes occurs.

The pancreas produces the body's most important enzymes. The enzymes are designed to digest foods and break down starches.

- Proteases Digestion of proteins is initiated by pepsin in the stomach, but the bulk of protein digestion is due to the pancreatic proteases. Several proteases are synthesized in the pancreas and secreted into the lumen of the small intestine. The two major pancreatic proteases are trypsin and chymotrypsin.
Trypsin and chymotrypsin digest proteins into peptides and peptides into smaller peptides, but they cannot digest proteins and peptides to single amino acids. Some of the other proteases from the pancreas, for instance carboxypeptidase, have that ability, but the final digestion of peptides into amino acids is largely the effect of peptidases on the surface of small intestinal epithelial cells.

- Pancreatic Lipase A major component of dietary fat is triglyceride, or neutral lipid. A triglyceride molecule cannot be directly absorbed across the intestinal mucosa. It must first be digested into a 2-monoglyceride and two free fatty acids by pancreatic lipase, which is delivered into the lumen of the gut as a constituent of pancreatic juice. Bile salts (from the liver) are an essential part of this process.

- Amylase The major dietary carbohydrate is starch, a storage form of glucose in plants. Amylase (technically alpha-amylase) is the enzyme that hydrolyses starch to maltose (a glucose-glucose disaccharide), as well as the trisaccharide maltotriose and small branchpoints fragments called limit dextrins. The major source of amylase is pancreatic secretions.

In addition to the proteases, lipase and amylase, the pancreas produces a host of other digestive enzymes, including ribonuclease, deoxyribonuclease, gelatinase, and elastase.

TCM - Conception Meridian

The Conception Meridian is also called the Ren Meridian (or channel). It arises from the lower abdomen and emerges from the perineum. It runs anteriorly to the pubic region and ascends along the interior of the abdomen, passing through Guanyuan (C-4) and the other points along the front midline to the throat. Running further upward, it curves around the lips, passes through the cheek and enters the infraorbital region (Chengqi, St-1). The points of this channel are 24 in number.

T 20 / -5

Second premolar lower left, 5LL, international 35, -5

Joints, Organs, and Glands: Left: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary. Oropharynx, Larynx, esophagus. Left side of stomach. #21 Ovaries, Testes, Left Breast.

TCM Meridians: Spleen, Stomach

Emotions: Anxiety, Self punishment, Broken Power, hate, Low self-worth, Obsessed.

Sense Organ: Maxillary Sinus

Endocrine Organs: Lymph vessels

Vertebrae: T11, T12, L1

S 4

S4 Vertebra, Sacral
The spinal cord stops in the lower thoracic spine and the nerve roots for the lumbar, sacral, and coccyx come off the bottom of the cord like a "horse's tail" (cauda equina). The nerves run through channels in the bone and exit from their specified vertebrae.

The sacrum, below the lumbar vertebraes, is a large, irregular, triangular shaped bone made up of five fused vertebrae. The cuada equina extends into the sacrum and the sacral nerves (S1 - S5) exit the canal through bony foramina.

The five sacral nerves serve the back of the legs, buttocks, and genitalia

COCCYX-s

Coccyx.Termination of spine, 'tail bone'

Connections: Rectum, Anus.

Possible Problems: Hemorrhoids, Itching of anus, Pain on sitting.

TCM - Gall Bladder Meridian

BLADDER CHANNEL OF FOOT-SHAOYANG
The Gall Bladder Channel of Foot-Shaoyang originates from the outer canthus (Tongziliao, G-1), ascends to the corner of the forehead (Hanyan, G-4), then curves downward to the retroauricular region (Fengchi, G-20) and runs along the side of the neck in front of the Sanjiao Channel of Hand-Shaoyang to the shoulder. Turning back, it traverses and passes behind the Sanjiao Channel of Hand-Shaoyang down to the supraclavicular fossa.

The retroauricular branch arises from the retroauricular region and enters the ear. It then comes out and passes the preauricular region to the posterior aspect of the outer canthus.
The branch arising from the outer canthus runs downward to Daying (St-5) and meets the Sanjiao Channel of Hand-Shaoyang in the infraorbital region. Then, passing through Jiache (St-6), it descends to the neck and enters the supraclavicular fossa where it meets the main channel. From there it further descends into the chest, passes through the diaphragm to connect with the liver and enters its pertaining organ, the gall bladder. Then it runs inside the hypochondriac region, comes out from the lateral side of the lower abdomen near the femoral artery at the inguinal region. From there it runs superficially along the margin of the pubic hair and goes transversely into the hip region (Huantiao, G-30).

The straight portion of the channel runs downward from the supraclavicular fossa, passes in front of the axilla along the lateral aspect of the chest and through the free ends of the floating ribs to the hip region where it meets the previous branch. Then it descends along the lateral aspect of the thigh to the lateral side of the knee. Going further downward along the anterior aspect of the fibula all the way to its lower end (Xuanzhong, G-39), it reaches the anterior aspect of the external malleolus. It then follows the dorsum of the foot to the lateral side of the tip of the 4th toe (Foot-Qiaoyin,

G-44).

The branch of the dorsum of the foot springs from Foot-Linqi (G-41), runs between the 1st and 2nd metatarsal bones to the distal portion of the great toe and terminates at its hairy region (Dadun, Liv-1), where it links with the Liver Channel of Foot-Jueyin.

T 09 / +1

Central incisor upper left, 1LU, international, 21, +1

Joints, Organs, and Glands: Left: Posterior knee, Sacroilic joint, Posterior ankle. Sinus: Frontal Pharyngeal Tonsil. Preneal. Left kidney. bladder, ovary, uterus, prostate, testicle, rectum. Gastro-urinary system.

TCM Meridians: Kidney, Bladder

Emotions: Fear, shame, Guilt, Broken will, Shyness, Helpless, Deep exhaustion.

Sense Organ: Frontal sinus

Endocrine Organs: Pineal Gland

Vertebrae: L2, L3, S3, S4, S5, Coccyx

T 28 / 4-

First premolar lower right, 4RL, international 44, 4-

Joints, Organs, and Glands: Right: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary. Oropharynx, Larynx, esophagus. Left side of stomach. #21 Ovaries, Testes, Left Breast.

TCM Meridians: Spleen, Stomach

Emotions: Anxiety, Self punishment, Broken Power, hate, Low self-worth, Obsessed.

Sense Organ: Maxillary Sinus

Endocrine Organs: Gonad (Testes or Ovaries)

Vertebrae: T11, T12, L1

T 12 / +4

First premolar upper left, 4LU, international 24, +4

Joints, Organs, and Glands: Left: Shoulder, Elbow, Hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid, Bronchus, Nasal, Left Lung. Left side--Large intestine. #13 Left Breast.

TCM Meridians: Lung, left; Large intestine

Emotions: Chronic Grief, Overcritical, Saddness, Controlling, Feeling trapped, Dogmatic, Compulsive, Uptight.

Sense Organ: Ethmoid cells

Endocrine Organs: Pituitary, Posterior Lobe

Vertebrae: C5, C6, C7, T2, T3, T4, L4, L5

T 17 / -8

Third molar (wisdom tooth) lower left 8LL, international 38, -8

Joints, Organs, and Glands: Left: Shoulder, elbow, hand (ulnar), Sacroiliac, foot, toes. Middle Ear. Left heart. Jejunum. Ileum, CNS. Anterior

pituitary

TCM Meridians: Heart, Small intestines, Circulation, Triple Warmer.

Emotions: Loneliness, Acute grief, Humiliated, trapped, Inhibited, Greed, Not lovable.

Sense Organ: Ear

Endocrine Organs: Peripheral Nervous System

Vertebrae: C7, T1, T5, T6, S1, S2

Gallbladder

The gallbladder (or sometimes gall bladder) is a pear-shaped organ that stores bile (or gall) until the body needs it for digestion.

The gallbladder is about 10-12 cm long and appears dark green because of the bile. It is connected to the liver and the duodenum by the biliary tract. Most digestion occurs in the duodenum.

The cystic duct connects the gallbladder to the common hepatic duct to form the common bile duct. This joins the pancreatic duct, and enters through the hepatopancreatic ampulla at the major duodenal papilla.

The different layers of the gallbladder are as follows:
- The gallbladder has a simple columnar epithelial lining characterized by recesses called Aschoff's recesses, which are pouches inside the lining.
- Under the epithelium there is a layer of connective tissue (lamina propria).

- Beneath the connective tissue is a wall of smooth muscle (muscularis muscosa) that contracts in response to cholecystokinin, a peptide hormone secreted by the duodenum. There is essentially no submucosa separating the connective tissue from serosa and adventitia.

The gallbladder stores about 50ml of bile (1.7 US fluid ounces / 1.8 Imperial fluid ounces), which is released when food containing fat enters the digestive tract, stimulating the secretion of cholecystokinin (CCK). The bile, produced in the liver; emulsifies fats and neutralizes acids in partially digested food.

As bile is stored becomes more concentrated, increasing its potency and intensifying its effect on fats.

Cholestasis is the blockage in the supply of bile into the digestive tract. It can be intrahepatic (the obstruction is in the liver) or extrahepatic (outside the liver). It can lead to jaundice and is identified by the presence of an elevated bilirubin, which is mainly conjugated.

Biliary colic is when a gallstone blocks either the common bile duct or the duct leading into it from the gallbladder.

Up to 25% of all people have gallstones (cholelithiasis), composed of lecithin and bile acids. These can cause abdominal pain, usually in relation with a meal, as the gallbladder contracts and gallstones pass through the bile duct.

Acute or chronic inflammation of the gallbladder (cholecystitis) causes abdominal pain. 90% of cases of acute cholecystitis are caused by the presence of gallstones. The actual inflammation is due to secondary infection with bacteria of an obstructed gallbladder, with the obstruction caused by the gallstone.

When gallstones obstruct the common bile duct (choledocholithiasis), the patient develops jaundice and liver cell damage. This can be a medical emergency, requiring endoscopic or surgical treatment such as a cholecystectomy. Most gall stones are eventually passed naturally, though the passing is typically quite painful.

A rare clinical entity is ileus (bowel) obstruction by a large gallstone (or gallstone ileus). This condition develops in patients with longstanding gallstone disease, in which the gallbladder forms a fistula with the digestive tract. Large stones pass into the bowel, and generally block the gut at the level of Treitz' ligament or the ileocecal valve, two narrow points in the digestive tract. The treatment is surgical.

Cancer of the gallbladder is a rare but highly fatal disease. It has been associated with gallstone disease, estrogens, cigarette smoking, alcohol consumption, and obesity. Despite aggressive modern surgical approaches, advanced imaging techniques, and endoscopy, nearly 90% of patients

die from advanced stages of this disease and experience pain, jaundice, weight loss, and ascites.

Uterus
The uterus or womb is the major female reproductive organ. One end, the cervix, opens into the vagina; the other is connected on both sides to the fallopian tubes.

The main function of the uterus is to accept a fertilized ovum which becomes implanted into the endometrium, and derives nourishment from blood vessels which develop exclusively for this purpose. The fertilized ovum becomes an embryo, develops into a fetus and gestates until childbirth. Due to anatomical barriers such as the pelvis, the uterus is pushed partially into the abdomen as it expands during pregnancy. Even in pregnancy the mass of a human uterus amounts to only about a kilogram (2.2 pounds).

The uterus is located inside the pelvis immediately dorsal (and usually somewhat rostral) to the urinary bladder and ventral to the rectum. Outside of pregnancy, its size in humans is several centimeters in diameter.

Layers
The layers, from innermost to outermost, are as follows:
Endometrium (the lining of the uterine cavity). The endometrium builds a lining periodically which, if no pregnancy occurs, is shed or reabsorbed. Shedding of the endometrial lining is responsible for menstrual bleeding throughout the fertile years of a female and for some time beyond. In other mammals there may be cycles set as widely apart as six months or as frequently as a few days.

The uterus mostly consists of smooth muscle, known as myometrium. The innermost layer of myometrium is known as the junctional zone, which becomes thickened in adenomyosis.
perimetrium. The loose surrounding tissue is called the perimetrium.

The uterus is surrounded by peritoneum. It is held in place by several peritoneal, of which the following are the most important (there are two of each):
- uterosacral ligament connect between the posterior cervix and the sacrum of pelvis.
- The cardinal ligaments connect between the the side of the cervix and the ischial spines

TH 4
TH4 Vertebra, Thoracic

Meridians: Liver-meridian (yin), Gallbladder-meridian (yang).

Connections: Gall bladder, common duct.

Possible Problems: Gall bladder conditions, jaundice, shingles.

C 6
C6 Vertebra, Cervical

Connections: Parotid Gland, Acromio-clavicular Joint, Thyroid, Tonsils, Neck muscles, Parotid, Sublingual, Shoulder.

Possible Problems: Tonsils, Croup, Stiff neck, Upper arm pains, Whooping cough, Goiter.

T 06 / 3+
Canine upper right, 3RU, international 13, 3+

Joints, Organs, and Glands: Sinus: Siphenoid Palatine, Tonsil
Hip, Eye, Kidney, Back of knee, Foot

TCM Meridians: Liver, Gallbladder

Emotions: Anger, Resentment, Frustration, Blaming, Incapable of taking action, Manipulative.

Sense Organ: Eye

Endocine Organs: Pituitary, posterior lobe

Vertebrae: T9, T10

Urinary Bladder

The urinary bladder is a hollow, muscular, and distensible (or elastic) organ that sits on the pelvic floor in mammals. It is the organ that collects urine excreted by the kidneys prior to disposal by urination. Urine enters the bladder via the ureters and exits via the urethra.

In males, the bladder is superior to the prostate, and separated from the rectum by the rectovesical excavation.

In females, the bladder is separated from the rectum by the rectouterine excavation, and it is separated from the uterus by the vesicouterine excavation.

The ureters enter the bladder diagonally from its dorsolateral floor in an area called the trigone, which is a triangular shaped area. The urethra exits at the lowest point of the triangle of the trigone.

Apex: The Median umbilical ligament connects to the apex of the bladder.

Neck: The Neck is connected to the pubic bone by the pubovesical ligament in women, and by the puboprostatic ligament in men.

The detrusor muscle is a layer of the urinary bladder wall made of smooth muscle fibers arranged in spiral, longitudinal, and circular bundles. When the bladder is stretched, this signals the parasympathetic nervous system to contract the detrusor muscle. This encourages the bladder to expel urine through the urethra.

For the urine to exit the bladder, both the autonomically controlled internal sphincter and the voluntarily controlled external sphincter of the urethra must be opened. Problems with these muscles can lead to incontinence.

The desire to urinate usually starts when the bladder reaches around 75% of its working volume. If the subject is distracted the desire can fade and return with more urgency as the bladder continues to fill.

L 2

L2 Vertebra, Lumbar

Connections: Large intestine, Appendix, Abdomen, Upper leg, Skin.

Possible Problems: Problems with Appendix, Stomach cramps, Difficult breathing, Hyper-acidity, Varicose veins.

T 30 / 6-

First molar lower right, 6RL, international 46, 6-

Joints, Organs, and Glands: Right: Shoulder, elbow, hand (radial), knee, foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Left lung. Left side Large intestine.

TCM Meridians: Lung, Large Intestine

Emotions: Chronic grief, overcritical, sadness, controlling, feeling trapped, dogmatic, compulsive, uptight.

Sense Organ: Ethmoid cells (air cells located in the ethmoid bone of the nose.)

Endocrine Organs: Veins

Vertebrae: C5, C6, C7, T2, T3, T4, L4, L5

TH 11

TH11 Vertebra, Thoracic

Meridians: Kidney-meridian (yin), Bladder-meridian (yang).

Connections: Skin, Kidney, Urinary tract.

Possible Problems: Skin conditions like Acne, Spots, Pimples, Eczema, Boils, Raw skin, Psoriases, etc. Auto intoxication. (Needs more water, does not drink enough).

T 05 / 4+

First premolar upper right, 4RU, international 14, 4+

Joints, Organs, and Glands: Right shoulder, elbow. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Right lung. Right side of large intestine. Hip.

TCM Meridians: Lung, Large Intestine

Emotions: Chronic grief, Overcritical, Sadness, Controlling, Feeling trapped, Dogmatic, Compulsive, Uptight.

Sense Organ: Eye

Endocrine Organs: Pituitary, posterior lobe

Vertebrae: C5, C6, C7, T2, T3, T4, L4, L5

TH 8

TH8 Vertebra, Thoracic

Meridians: Spleen-meridian (yin), Stomach-meridian (yang).

Connections: Spleen, Stomach, Blood, Muscles, Liver.

Possible Problems: Spleen problems, Stomach troubles, Hiccoughs, Weakness In immune system.

T 08 / 1+

Central incisor upper right, 1RU, international, 11, 1+

Joints, Organs, and Glands: Right: Posterior knee, Sacroiliac joint, Posterior ankle, Sinus: Frontal pharyngeal tonsil. Pineal. Left kidney, Bladder, Ovary, Uterus, Prostate, Testicle, Rectum, Genito-Urinary System.

TCM Meridians: L2, L3, S3, S4, S5, Coccyx

Emotions: Fear, shame, guilt, broken will, shyness, helpless, deep exhaustion.

Sense Organ: Frontal sinus

Endocrine Organs: Pineal Glands

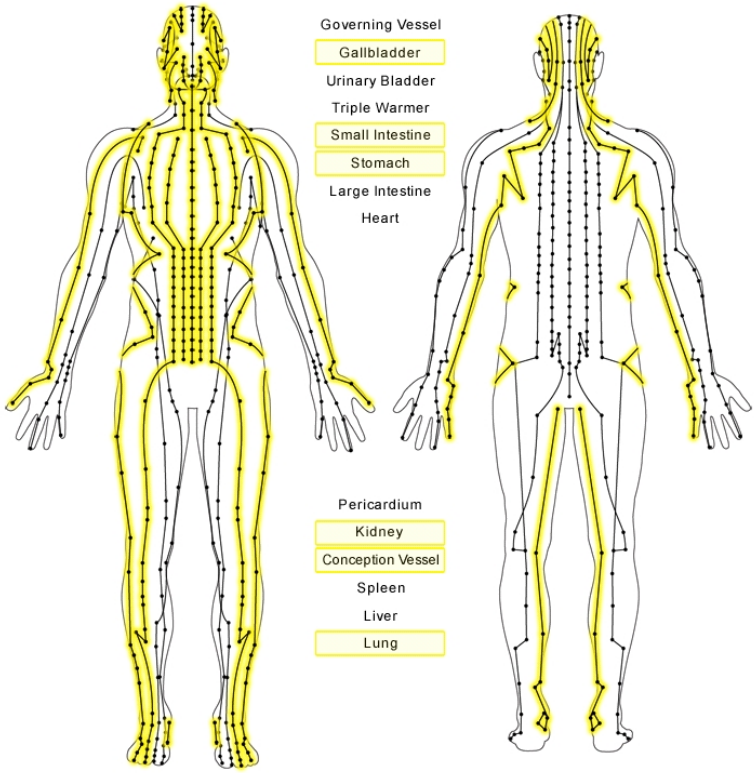
Vertebrae: L2, L3, S3, S4, S5, Coccyx

TCM MERIDIANS

Just like we have channels for our blood and lymph, our body also has channels which regulate energy flow to the organs and glands. These energy pathways are called meridians. Energy flow in these pathways can become blocked and interfere with ideal functioning of the related organs or systems. Acupuncture and many other natural healing modalities work by influencing energy flow through these meridians.

The meridians highlighted in yellow are areas which are displaying a stress response which may be related to your organs, teeth, or vertebrae. If you have any red highlighted areas, these are meridians whose stress response was not reduced as a result of your foundational nutrition.

Like all parts of the body, our goal is to reduce stress on the meridian pathways to free up the natural healing ability of the body.



	Before Products	After Products
TCM - Governing Meridian		
TCM - Kidney Meridian	7.10	
TCM - Conception Meridian	-16.51	
TCM - Spleen Meridian		
TCM - Liver Meridian		
TCM - Lung Meridian	8.80	
TCM - Gall Bladder Meridian	-14.81	
TCM - Urinary Bladder Meridian		
TCM - Triple Warmer Meridian		
TCM - Small Intestine Meridian	7.43	
TCM - Stomach Meridian	5.86	
TCM - Heart Meridian		
TCM - Pericardium Meridian		

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

NSP - Find Strength
Find Strength (Suppressed Anger Formula) (2 fl oz)
Stock No. 8781-4

This flower remedy may help the body deal with occasional emotional distress and feelings of unworthiness.

Benefits:
May assist with feelings of unworthiness.
May help the body with emotional strength and help deal with occasional emotional stress.

How It Works:
Flower Essences are liquid extracts developed for modern issues of emotional and physical stress.

Ingredients:
Mariposa Lily (Calochortus leichtlinii), Pine (Pinus sylvestrus), Scarlet Monkeyflower (Mimulus cardinalis), Centaury (Centaurium erythraea), Fuschia (Fuschia magellanica), Pink Yarrow (Achillea millefolium var. rubra), Goldenrod (Solidago californica), 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 Flowers

14.56 **Centaury**

Centaury 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 Centaury 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.

13.78 **Mustard (Bach)**

Mustard is for sudden depression which descends out of the blue and lifts just as suddenly for no apparent reason. This gloom can be very severe; it is like the descent of a cold dark fog, overcastting everything and destroying normal cheerfulness. The sufferer is completely taken over by gloom and unable to shake it off at will.

The positive potential of Mustard is the return of joy, supported by an inner stability and peace which cannot be shaken or destroyed under good circumstances or bad.

8.44 **Oak**

Oak people are normally brave, strong and reliable; they need Oak when their inner strength wanes and fatigue takes over. They keep going, whatever happens, ignoring their tiredness. Driven by a strong sense of duty, they are helpful to others, conscientious and reliable. They are patient, sometimes plodding, and will not allow themselves to relax if there is work to be done; instead they struggle on obstinately when over-tired (see also Rock-Water and Vervain).

The resultant loss of innate strength may lead to depression, frustration and other stress symptoms. These people have a sense of failure when ill but are ceaseless in their efforts to recover.

Positive potential Oak people are normally strong, often the mainstay of their family or working group. They possess enormous endurance, persistence, patience and reserves of energy, and can stand up to a good deal of stress. Oak restores their energy and helps them to recognize the need to take time off to relax and look after themselves as well as their duties.

6.05 Walnut

Walnut is for those who find it difficult to adapt to change or who are over-sensitive to certain ideas, atmospheres and influences. It is the remedy for times of major life changes - teething, puberty, pregnancy, divorce, menopause, changes of religion, moving a job or home, giving up an addiction or breaking away from old ties and restrictions, also for the regrets caused by change - loss of friends and familiar circumstances, ageing, bereavement, approaching death, etc.

Those in need of Walnut have definite ideals and ambitions and are keen to move forward in life but are held back or side-tracked by the influence of a stronger personality, by restrictive circumstances, by family ties or links with the past. They may be temporarily affected by another's personality or problems: it is useful for therapists, healers and counselors dealing with emotionally troubled or draining clients.

The positive potential of Walnut is the ability to move forward and remain steadfast to one's path in life, free of the past and to make necessary changes in life, carrying plans through despite discouragement, objections or ridicule from others.

It is the remedy that provides constancy and protection from the influence of others.

5.64 Beech

Beech is for people who are constantly making criticisms, intolerant of other people's shortcomings and unable to make allowances. They find it hard to see the good in others. They have a strong sense of their own superiority, can be judgmental and arrogant and are easily irritated by other people's mannerisms or habits. They are convinced that they are always in the right and everyone else in the wrong (see also Impatiens).

The positive potential of Beech is tolerance and a sense of compassion for and unity with others' the positive Beech person can see the good in others despite their imperfections.

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

NSP Essential Oils

2.14 NSP -Breathe Free

Description: Breathe Free Pure Essential Oil Blend (Geranium, Niaouli BIO, Peppermint and Rosemary). Lightly apply this clearing and stimulating blend to the forehead and behind the ears and neck.

Note: Do not use during pregnancy or with high blood pressure or epilepsy.

Not for use on children under 2.

4.03 NSP -Tei-Fu Essential Oil

Tei-Fu® Essential Oil 0.17 fl. oz.
Stock No. 1618-7

Invigorate your mind and stimulate your respiratory system with Tei Fu Essential Oil blend.

Benefits:
Invigorates the mind.
Stimulates the respiratory system.
Is cleansing, refreshing and softening.
Contains mood-enhancing scents.

How It Works:
Tei Fu Essential Oil was developed and perfected using the wisdom and experience of Chinese herbalists. It is based on decades of Chinese herbal knowledge. Tei Fu Oil can be used for a wide variety of applications, especially where the refreshing, invigorating properties of essential oils are desired. Avoid contact with eyes, nose and other sensitive areas.

Ingredients:
Safflower oil, menthol, wintergreen oil, camphor and other essential oils.

Recommended Use:
Apply 1–4 drops to desired area and rub in as an aid in conditioning skin.

YLO Essential Oils

5.74 YL - Ginger Essential Oil

Ginger (Zingiber officinale) has a warm, spicy fragrance that is energizing. Supportive of the digestive system, ginger is commonly used to soothe, comfort, and balance digestive discomfort.* It may also be used to enhance the flavor of foods. Ginger has an approximate ORAC of 992,571 (TE/L). TE/L is expressed as micromole Trolox equivalent per liter.

Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck, genital area, etc. Keep out of reach of children. Avoid using on infants and very small children.

5.47 YL - Aroma Siez™ Essential Oil

Aroma Siez™ is a relaxing blend that is excellent for massaging away life's little discomforts. Well suited for use after exercise or at the end of a trying day, it also provides soothing comfort for the head, neck, and tired feet.

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

Ingredients: Basil (Ocimum basilicum), marjoram (Origanum majorana), lavender (Lavandula angustifolia), peppermint (Mentha piperita), and

cypress (Cupresses sempervirens).

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.

19.37 **Magenta**

Indications: Emotional equilibrator, and auric builder, systemic front. Builds and equilibrates functional activity of the heart, blood circulatory system, kidneys and adrenals, , also the systemic front and back, reproductive system, kidneys.

9.91 **Scarlet**

Indications: Kidney and adrenal stimulant, increases functional activity of the arteries. General stimulant. Raises blood pressure by three effects: Contracts the blood vessels, (vasoconstrictor), increases the heart rate, stimulates activity of the kidneys and adrenals, also the systemic front and back. Accelerates fetal expulsion at time of delivery, (ecbolic). Emotional stimulant. Builds the sex powers by increasing sensitivity and desire when deficient, (aphrodisiac). Stimulates the reproductive system, and menstrual function, (emmennagogue).