



Standard Wellness Assessment

This assessment will cover the following items:

The enzyme, probiotic, and vitamin that your body is asking for from a variety of Product companies.

Up to 5 Basic supplements your body is asking for.

The system pack your body is asking for.

Up to 2 weight management items your body is asking for.

Up to 2 Essential Oils your body is asking for.

Up to 3 Bach Flowers and 1 Flower essence from Nature's Sunshine that your body is asking for.

It will also include the following stressors:

Up to 5 Heavy Metals, Chemicals/Pesticides and Household Toxins

25 Food Stressors your body is saying to avoid.

Please See notes in each section for additional information.

Your Wellness Partner is:

Contact Information 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.**

Steelhead Trout -29.51	Guava -28.95	Suet -26.26
Codfish -25.60	Nectarine -24.15	Asparagus -23.93
Turkey - Dark Meat -23.74	Chewing Gums -22.24	Glucose -22.21
White Potato -21.94	Rosemary -21.76	Rabbit -21.64
Yellow Corn -21.60	Raspberry -21.26	Portabella Mushroom -20.33
Fig -19.34	Sodium Metabisulfite -19.32	Ripe Olive -19.13
Veal -19.10	Barley -19.06	Ammonium Alginate -18.87
1% Milk -18.86	Lactic Acid -18.15	Saffron -17.80
Maltose -17.80		

Explanation of Food Stressors

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

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



Please review the following list to see if you or your family including when you were younger and parents are being or are now being exposed to the item. Please make a note and let your Wellness Partner aware. If you are in contact with the item daily it is suggested to avoid or to take appropriate precautions when in contact with the item.

Heavy Metals

-26.33 Titanium -hm

Titanium is a chemical element; in the periodic table it has the symbol Ti and atomic number 22. It is a light, strong, lustrous, corrosion-resistant (including resistance to sea water and chlorine) transition metal with a white-silvery-metallic color. Titanium can be alloyed with other elements such as iron, aluminium, vanadium, molybdenum and others, to produce strong lightweight alloys for aerospace (jet engines, missiles, and spacecraft), military, industrial process (chemicals and petro-chemicals, desalination plants, pulp and paper), automotive, agri-food, medical (prostheses, orthopaedic implants, dental implants), sporting goods, and other applications.

The element occurs within a number of mineral deposits, principally rutile and ilmenite, which are widely distributed in the Earth's crust and lithosphere, and found in almost all living things, rocks, water bodies and soils. The metal is extracted from its principal mineral ores via the Kroll process. Its most common compound, titanium dioxide, is used in the manufacture of white pigments. Other compounds include titanium tetrachloride (used in smoke screens/skywriting and as a catalyst) and titanium trichloride (used as a catalyst in the production of polypropylene).

The two most useful properties of the metal form are corrosion resistance, and the highest strength-to-weight ratio of any metal. In its unalloyed condition, titanium is as strong as steel, yet 45% lighter. There are two allotropic forms and five naturally occurring isotopes of this element; ⁴⁶Ti through ⁵⁰Ti with ⁴⁸Ti being the most abundant (73.8%). Titanium's properties are chemically and physically similar to zirconium.

Titanium metal was not used outside the laboratory until 1946 when William Justin Kroll proved that it could be commercially produced by reducing titanium tetrachloride with magnesium in what came to be known as the Kroll process. Although research continues into more efficient and cheaper processes, the Kroll process is still used for commercial production.

In the 1950s and 1960s the Soviet Union pioneered the use of titanium in military and submarine applications (Alfa Class and Mike Class). Throughout the period of the Cold War, titanium was considered a Strategic Material by the U.S. government, and a large stockpile of titanium sponge was maintained by the Defense National Stockpile Center, which was finally depleted in 2005. Today, the world's largest producer is in Russia, estimated to account for about 29% of the world market share.

In 2006, the U.S. Defense Agency awarded \$5.7 million to a two-company consortium to develop a new process for making titanium metal powder. Under heat and pressure, the powder can be used to create strong, lightweight items ranging from armor plating to components for the aerospace, transportation and chemical processing industries.

Commercial (99.2% pure) grades of titanium have ultimate tensile strengths of about 63,000 psi, equal to that of steel alloys, but are 45% lighter. Titanium is 60% heavier than aluminium, but more than twice as strong as the most commonly used aluminium alloy. Certain titanium alloys (e.g., Beta C) achieve tensile strengths of over 200,000 psi. Titanium loses strength when heated above 430 °C (800 °F).

It is fairly hard (although by no means as hard as some grades of heat-treated steel) and can be tricky to machine due to the fact that it will gall if sharp tools and proper cooling methods are not used.

The most noted chemical property of titanium is its excellent resistance to corrosion; it is almost as resistant as platinum, capable of withstanding attack by acids, moist chlorine gas, and by common salt solutions. Pure titanium is not soluble in water but is soluble in concentrated acids.

Titanium burns when heated in air 610 °C (1,130 °F) or higher, forming titanium dioxide. It is also one of the few elements that burns in pure nitrogen gas, forming titanium nitride. It is weakly attracted to magnets) and has fairly low electrical and thermal conductivity.

Titanium is always bonded to other elements in nature. It is the ninth-most abundant element in the Earth's crust (0.63% by mass) and the seventh-most abundant metal. It is present in most igneous rocks and in sediments derived from them, as well as in living things and natural bodies of water. Its proportion in soils is approximately 0.5 to 1.5%.

Significant titanium-bearing ilmenite deposits exist in western Australia, Canada, New Zealand, Norway, and Ukraine. Large quantities of rutile are mined in North America and South Africa and help contribute to the annual production of 90,000 tons of the metal and 4.3 million tons of titanium dioxide. Total known reserves of titanium are estimated to exceed 600 million tons.



Titanium is used in steel as an alloying element (ferro-titanium) to reduce grain size and as a deoxidizer, and in stainless steel to reduce carbon content. Titanium is often alloyed with aluminium (to refine grain size), vanadium, copper (to harden), iron, manganese, molybdenum, and with other metals. Applications for titanium mill products (sheet, plate, bar, wire, forgings, castings) can be found in industrial, aerospace, recreational, and emerging markets. Powdered titanium is used in pyrotechnics as a source of bright-burning particles.

Titanium dioxide is the most commonly used compound of titanium.

About 95% of titanium ore extracted from the Earth is destined for refinement into titanium dioxide (TiO₂), an intensely white permanent pigment used in paints, paper, toothpaste, and plastics. It is also used in cement, in gemstones, as an optical opacifier in paper, and a strengthening agent in graphite composite fishing rods and golf clubs.

Pure titanium dioxide has a very high index of refraction and an optical dispersion higher than diamond.

Recently titanium has increased in use, including: air purifiers (as a filter coating); in film used to coat windows on buildings that can purify the air or keep window surfaces clean; hammer heads; tennis rackets, golf clubs, lacrosse stick shafts; cricket, hockey, lacrosse, and football helmet grills; and bicycle frames and components; eyeglass frames; titanium backpacking equipment, including cookware, eating utensils, lanterns and tent stakes; horseshoes; and jewelry.

Because it is biocompatible, titanium is used in a gamut of medical applications including surgical implements and implants that can stay in place for up to 20 years; dental implants which can remain in place for over 30 years; and other implant applications.

Naturally occurring titanium is composed of 5 stable isotopes; ⁴⁶Ti, ⁴⁷Ti, ⁴⁸Ti, ⁴⁹Ti and ⁵⁰Ti with ⁴⁸Ti being the most abundant (73.8% natural abundance). Eleven radioisotopes have been characterized, with the most stable being ⁴⁴Ti with a half-life of 63 years, ⁴⁵Ti with a half-life of 184.8 minutes, ⁵¹Ti with a half-life of 5.76 minutes, and ⁵²Ti with a half-life of 1.7 minutes. All of the remaining radioactive isotopes have half-lives that are less than 33 seconds and the majority of these have half-lives that are less than half a second.

Titanium is non-toxic even in large doses and does not play any natural role inside the human body. An estimated 0.8 milligrams of titanium is ingested by humans each day but most passes through without being absorbed. It does, however, have a tendency to bio-accumulate in tissues that contain silica. An unknown mechanism in plants may use titanium to stimulate the production of carbohydrates and encourage growth. This may explain why most plants contain about 1 part per million (ppm) of titanium, food plants have about 2 ppm and horsetail and nettle contain up to 80 ppm.

-26.17 **Lead-hm**

Lead Toxicity

Lead is practically everywhere in today's environment. It enters our bodies from many sources. Lead poisoning victims usually become anemic. Their symptoms usually persist for about 2 weeks from time of exposure, then settle into the organs, bones & even hair. We still do not know the long-term effects of lead exposure.

Lead poisoning symptoms are commonly overlooked by doctors and are not properly diagnosed as lead poisoning, since they are vague.

Dr. Claire Patterson of the California Institute of Technology did a study in 1965 called "Contaminated and Natural Lead Environments of Man," which offered first hand proof that high lead levels in industrial nations are man-made and endemic. In fact, the study showed that the average bone lead level of a deceased person today averages approximately 1000 times higher than that of deceased people who lived 400-500 years ago.

Lead in food - After phasing out lead in gasoline, reducing lead levels in food should be our greatest health priority. Lead intake from fresh vegetables and fruits can be reduced by thorough washing and by peeling root vegetables. Food produced close to heavy traffic or lead-emitting industries will have more lead. Fertilizers with sewage sludge added to them may boost soil lead levels - check with the supplier. Lead in processed foods is picked up at various stages from growing to packaging. There are estimates that 13 to 22 per cent of our dietary lead intake is from lead-soldered food cans. Unfortunately, the U.S. does not regulate and test for lead in all canned foods. Food in cans with lead-soldered seams can be dangerous, particularly cans that contain acidic substances such as fruit juices and some vegetables. Imported canned goods are more likely to have soldered seams. Cans with round bottoms (extruded cans) are safe and do not have a seam or use lead.

Symptoms: Abdominal pain, ADD, adrenal insufficiency, allergies, anemia, anxiety, arthritis, blindness, cardiovascular disease, autism, colic, constipation, convulsions, depression, dyslexia, epilepsy, fatigue, gout, hallucinations, headaches, hostility, hyperactivity, hypertension, hypothyroidism, impotence, liver dysfunction, hyperkinesis, mental retardation, mood swings, menstrual problems, muscular dystrophy, multiple sclerosis, nephritis, nightmares, nausea, numbness, Parkinson's disease, poor concentration, psychosis, renal dysfunction, restlessness,



schizophrenia, seizures, stillbirths, SIDS, tooth decay, vertigo, weight loss.

Sources: Air pollution, ammunition, auto exhaust, batteries, containers for corrosives, contaminated soil, cosmetics, fertilizers, foods (if grown in lead contaminated soil) hair dyes, insecticides, lead based paint, lead-glazed pottery, pesticides, solder, tobacco smoke, water (if transported via lead pipes).

-21.93 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 (USGS) 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 aluminium 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 ^{67}Ga is used. The body handles Ga^{3+} 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.

-19.98 **Germanium**

Germanium is a chemical element in the periodic table that has the symbol Ge and atomic number 32. This is a lustrous, hard, silver-white metalloid that is chemically similar to tin. Germanium forms a large number of organometallic compounds and is an important semiconductor material used in transistors.

Germanium is a hard, grayish-white element that has a metallic luster and the same crystal structure as diamond. In addition, it is important to note that germanium is a semiconductor, with electrical properties between those of a metal and an insulator. In its pure state, this metalloid is crystalline, brittle and retains its luster in air at room temperature. Zone refining techniques have led to the production of crystalline germanium for semiconductors that have an impurity of only one part in 1010. Along with gallium, bismuth, antimony and water, it is one of the few substances that expands as it solidifies. The oxide form, Germanium dioxide, also has the unusual property of having a high refractive index for visible light, but transparent to infrared light.

Unlike most semiconductors, germanium has a small band gap, allowing it to efficiently respond to infrared light. It is therefore used in infrared spectrometers and other optical equipment which require extremely sensitive infrared detectors. Its oxide's index of refraction and dispersion properties make germanium useful in wide-angle camera lenses and in microscope objective lenses.

Germanium transistors are still used in some stompboxes by musicians who wish to reproduce the distinctive tonal character of the "fuzz"-tone from the early rock and roll era, most notably the Dallas Arbiter Fuzz Face. Vintage stompboxes known to contain germanium transistors have shown marked increases in collector value for this reason alone.

Germanium is a highly important infra-red optical material and can be readily cut and polished into lenses and windows. It is used particularly as the front optic in thermal imaging cameras working in the 8 to 14 micron wavelength range for passive thermal imaging and for hot-spot detection in military and fire fighting applications. The material has a very high refractive index (4.0) and so needs to be anti-reflection coated. Particularly, a very hard special antireflection coating of diamond-like carbon (DLC) (refractive index 2.0) is a good match and produces a diamond-hard surface that can withstand much environmental rough treatment.

The alloy Silicon germanide (silicon-germanium, or SiGe) is rapidly becoming an important semiconductor material, for use in high speed integrated circuits. Circuits utilizing the properties of Si-SiGe junctions can be much faster than those using silicon alone.

High purity germanium single crystal detectors can precisely identify radiation sources (e.g. for airport security). Germanium substrate wafers for high-efficiency multi-junction solar cells for space applications. Certain compounds of germanium have low toxicity to mammals, but have toxic

effects against certain bacteria. This property makes these compounds useful as chemotherapeutic agents.

Germanium is useful for single crystal neutron or synchrotron X-ray monochromator for beamlines. The reflectivity has advantages over silicon in neutron and High energy X-ray applications. High purity Germanium crystals are used in detectors for gamma spectroscopy.

FDA research has concluded that germanium, when used as a nutritional supplement, presents potential human health hazard.

In recent years germanium has seen increasing use in precious metal alloys. In sterling silver alloys, for instance, it has been found to reduce firescale, increase tarnish resistance, and increase the alloy's response to precipitation hardening.

Germanium is obtained commercially from zinc ore processing smelter dust and from the combustion by-products of certain coals. A large reserve of this element is therefore in coal sources.

Pure germanium is known to spontaneously extrude very long screw dislocations, referred to as germanium whiskers. The growth of these whiskers is one of the primary reasons for the failure of older diodes and transistors made from germanium, as, depending on what they end up touching, they may lead to an electrical short.

-19.05 **Cadmium**

Cadmium is a chemical element with the symbol Cd and atomic number 48. It is a common impurity in zinc, and it is most often isolated during the production of zinc.

Zinc sulfide ores are roasted in the presence of oxygen, converting the zinc sulfide to the oxide. Zinc metal is produced either by smelting the oxide with carbon or by electrolysis in sulfuric acid. Cadmium is isolated from the zinc metal by vacuum distillation. If the zinc is smelted, or cadmium sulfate is precipitated out of the electrolysis solution.

Characteristics

Cadmium is a soft, malleable, ductile, toxic, bluish-white bivalent metal. It is similar in many respects to zinc, but reacts to form more complex compounds. The most common oxidation state of cadmium is +2, though rare examples of +1 can be found.

One particular isotope of cadmium, ¹¹³Cd, absorbs neutrons with very high probability if they have an energy below the cadmium cutoff and transmits them readily otherwise. The cadmium cutoff is about 0.5 eV.

Neutrons with energy below the cutoff are deemed slow neutrons, distinguishing them from intermediate and fast neutrons.

About three-quarters of cadmium is used in batteries (especially Ni-Cd batteries), and most of the remaining quarter is used mainly for pigments, coatings, and plating, and as stabilizers for plastics.

Other uses include:

- In some of the lowest-melting alloys
- In bearing alloys, due to a low coefficient of friction and very good fatigue resistance
- In electroplating (6% cadmium)
- In many kinds of solder
- As a barrier to control nuclear fission
- In black and white television phosphors and in the blue and green phosphors for color television picture tubes
- As a photoconductive surface coating for photocopier drums. (Cadmium Sulphide)

In paint pigments: Cadmium forms various salts, with cadmium sulfide being the most common. This sulfide is used as a yellow pigment. Cadmium selenide can be used as red pigment, commonly called cadmium red. To painters that work with the pigment, cadmium yellows, oranges, and reds are the most potent colors to use. In fact, during production, these colors are significantly toned down before they are ground with oils and binders, or blended into watercolors, gouaches, acrylics, and other paint and pigment formulations.

These pigments are toxic, and it is recommended to use a barrier cream on the hands to prevent absorption through the skin when working with them. Cadmium blue, green, and violet do not exist.

Uses

-In some semiconductors such as cadmium sulfide, cadmium selenide, and cadmium telluride, which can be used for light detection or solar cells. HgCdTe is sensitive to infrared.



-In PVC as stabilizers.

-In molecular biology, used to block voltage-dependent calcium channels from fluxing calcium ions.

-It is also used in combination with other metals, forming compounds.

-A role of cadmium in biology has been recently discovered. A cadmium-dependent carbonic anhydrase has been found in marine diatoms. Cadmium does the same job as zinc in other anhydrases, but the diatoms live in environments with very low zinc concentrations, thus biology has taken cadmium rather than zinc, and made it work. The discovery was made using X-ray absorption fluorescence spectroscopy (XAFS), and cadmium was characterized by noting the energy of the X-rays that were absorbed.

Naturally occurring cadmium is composed of 8 isotopes. For two of them, natural radioactivity was observed, and three others are predicted to be radioactive but their decays were never observed due to extremely long half-life times. The two natural radioactive isotopes are ^{113}Cd (beta decay, half-life is 7.7×10^{15} years) and ^{116}Cd (two-neutrino double beta decay, half-life is 2.9×10^{19} years). The other three are ^{106}Cd , ^{108}Cd (double electron capture), and ^{114}Cd (double beta decay; only lower limits on their half-life times have been set).

At least three isotopes - ^{110}Cd , ^{111}Cd , and ^{112}Cd - are absolutely stable. Among the isotopes absent in the natural cadmium, the most long-lived are ^{109}Cd with a half-life of 462.6 days, and ^{115}Cd with a half-life of 53.46 hours. All of the remaining radioactive isotopes have half-lives that are less than 2.5 hours, and the majority of these have half-lives that are less than 5 minutes. This element also has 8 known meta states, with the most stable being $^{113\text{m}}\text{Cd}$ ($t_{1/2}$ 14.1 years), $^{115\text{m}}\text{Cd}$ ($t_{1/2}$ 44.6 days), and $^{117\text{m}}\text{Cd}$ ($t_{1/2}$ 3.36 hours).

The known isotopes of cadmium range in atomic mass from 94.950 (^{95}Cd) to 131.946 u (^{132}Cd). The primary decay mode before the second-most-abundant stable isotope, ^{112}Cd , is electron capture, and the primary modes after are beta emission and electron capture. The primary decay product before ^{112}Cd is element 47 (silver), and the primary product after is element 49 (indium).

Toxicity

Cadmium is an occupational hazard associated with industrial processes such as metal plating and the production of nickel-cadmium batteries, pigments, plastics, and other synthetics. The primary route of exposure in industrial settings is inhalation. Inhalation of cadmium-containing fumes can result initially in metal fume fever but may progress to chemical pneumonitis, pulmonary edema, and death.

Cadmium is also a potential environmental hazard. Human exposures to environmental cadmium are primarily the result of the burning of fossil fuels and municipal wastes. There have been notable instances of toxicity as the result of long-term exposure to cadmium in contaminated food and water.

In the decades following World War II, Japanese mining operations contaminated the Jinzu River with cadmium and traces of other toxic metals. As a consequence, cadmium accumulated in the rice crops growing along the riverbanks downstream of the mines. The local agricultural communities consuming the contaminated rice developed Itai-itai disease and renal abnormalities, including proteinuria and glucosuria.

Cadmium is one of six substances banned by the European Union's Restriction on Hazardous Substances (RoHS) directive, which bans carcinogens in computers.

Cadmium and several cadmium-containing compounds are known carcinogens and can induce many types of cancer.

Current research has found that cadmium toxicity may be carried into the body by zinc binding proteins; in particular, proteins that contain zinc finger protein structures. Zinc and cadmium are in the same group on the periodic table, contain the same common oxidation state (+2), and when ionized are almost the same size. Due to these similarities, cadmium can replace zinc in many biological systems, in particular, systems that contain softer ligands such as sulfur. Cadmium can bind up to ten times more strongly than zinc in certain biological systems, and is notoriously difficult to remove. In addition, cadmium can replace magnesium and calcium in certain biological systems, although these replacements are rare.

Tobacco smoking is the most important single source of cadmium exposure in the general population. It has been estimated that about 10% of the cadmium content of a cigarette is inhaled through smoking. The absorption of cadmium from the lungs is much more effective than that from the gut, and as much as 50% of the cadmium inhaled via cigarette smoke may be absorbed.

On average, smokers have 4-5 times higher blood cadmium concentrations and 2-3 times higher kidney cadmium concentrations than non-smokers. Despite the high cadmium content in cigarette smoke, there seems to be little exposure to cadmium from passive smoking. No significant effect on blood cadmium concentrations could be detected in children exposed to environmental tobacco smoke.



Please review the following list to see if you or your family including when you were younger and parents are being or are now being exposed to the item. Please make a note and let your Wellness Partner aware. If you are in contact with the item daily it is suggested to avoid or to take appropriate precautions when in contact with the item.

Chemicals/Pesticides

-27.59 Hypoxanthine

C₅H₄N₄O

Hypoxanthine is a naturally occurring purine derivative.

It is occasionally found as a constituent of nucleic acids where it is present in the anticodon of tRNA in the form of its nucleoside inosine.

It is one of the products of the action of xanthine oxidase on xanthine, though more normally in purine degradation, hypoxanthine is formed from oxidation of xanthine by xanthine oxidase.

It is a purine derivative in muscles and tissues in a stage of urea and uric acid formation and is normally in urine in small amounts. It is also formed during protein decomposition.

Hypoxanthine is a spontaneous deamination product of adenine. Because of its resemblance to guanine, the spontaneous deamination of adenine can lead to an error in DNA transcription/replication.

-25.19 Anthracene

(C₁₄H₁₀)

Synonyms: anthracin, paranaphthalene, green oil, tetra olive N2G

Anthracene is a solid polycyclic aromatic hydrocarbon consisting of three fused benzene rings derived from coal-tar. Anthracene is used in the artificial production of the red dye alizarin, in wood preservatives, insecticides, and coating materials. Anthracene is colorless but exhibits a blue (400-500 nm peak) fluorescence under ultraviolet light.

Anthracene can also have a hydroxyl group to form 1-hydroxyanthracene and 2-hydroxyanthracene, homologous to phenol and naphthol, and hydroxyanthracene is also called anthrol, and anthracenol. Hydroxyanthracene derivatives are pharmacologically active, and are contained in aloe for example.

Anthracene is an organic semiconductor. It is used as a scintillator for detectors of high energy photons, electrons and alpha particles. Plastics such as polyvinyltoluene can be doped with anthracene to produce a plastic scintillator that is approximately water equivalent for use in radiation therapy dosimetry. Anthracene's emission spectrum peaks at between 400 nm and 440 nm.

The dust may irritate eyes, throat, nose or lungs. May act as a sensitizer. A possible tumor promotor.

-23.67 Fumaric Acid

HO₂CCH=CHCO₂H

This colorless crystalline compound is one of two isomeric unsaturated dicarboxylic acids, the other being maleic acid wherein the carboxylic acid groups are cis. It has a fruit-like taste. The salts and esters of fumaric acid are known as fumarates.

Fumaric acid, when added to food products, is denoted by E number E297.

Fumaric acid is found in fumitory (*Fumaria officinalis*), bolete mushrooms (specifically *Boletus fomentarius* var. *pseudo-ignarius*), lichen, and Iceland moss.

Fumarate is an intermediate in the citric acid cycle used by cells to produce energy in the form of adenosine triphosphate (ATP) from food. It is formed by the oxidation of adenylysuccinate by the enzyme succinate dehydrogenase. Fumarate is then converted by the enzyme fumarase to malate. Human skin naturally produces fumaric acid when exposed to sunlight. Fumarate is also a byproduct of the urea cycle.

Medicine

Fumaric acid esters are sometimes used to treat psoriasis. Side-effects include kidney or gastrointestinal disorders, as well as skin flushing; these are mainly caused by excess intake. Decreased white blood cell counts have been reported with prolonged use.

Food

ZYTO™

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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.

Fumaric acid is a food acidulant used since 1946 because it is non-toxic. It is generally used in beverages and baking powders where purity is required. It is used as a substitute for tartaric acid and occasionally in place of citric acid. It is also used to add sourness to candy, similar to the way malic acid is used. It is an antioxidant.

Chemistry

The chemical properties of fumaric acid can be anticipated from its component functional groups. This weak acid forms a diester, it undergoes additions across the double bond, and it is an excellent dienophile.

For the manufacture polyhydric alcohols and synthetic resins.

Other uses

Fumaric acid is used in the manufacture of polyester resins and polyhydric alcohols and as a mordant for dyes.

-21.26 **Fantastic All Purpose Cleaner**

[No main description available]

-20.80 **Asulox**

A post-emergence herbicide for annual grass control in sugar cane, turf, ornamentals, Christmas tree plantations and non-cropland. It has a low toxicity and is not believed to be a skin irritant. It may act as a respiratory irritant if inhaled. Wear protective glasses. Asulox has a short persistence time in soils.

Please review the following list to see if you are using the item or a similar item by another brand. Please finish using the item and it is recommended to buy a cleaner safer item next time you purchase that type of item. Please ask your Wellness Partner for a listing of the "The Big 12" which is available for you.

Household Chemicals

-16.25 **DEA, MEA, TEA**

DEA (Diethanolamine), MEA (Monoethanolamine) & TEA (Triethanolamine): Skin and eye irritants, causing contact dermatitis. Easily absorbed through the skin and accumulates in body organs, even the brain. Used to create foam in products like shampoo, shaving creams, and bubble bath. According to Dr. Samuel Epstein (Professor of Environmental Health at the University of Illinois) repeated skin applications of DEA-based detergents resulted in a major increase in the incidence of liver and kidney cancer.

-14.88 **Styrene**

Styrene, also known as vinyl benzene as well as many other names, is an organic compound with the chemical formula $C_6H_5CH=CH_2$. Under normal conditions, this aromatic hydrocarbon is an oily liquid. It evaporates easily and has a sweet smell, although common impurities confer a less pleasant odor. Styrene is an important precursor to polystyrene, an important synthetic material.

Low levels of styrene occur naturally in plants as well as a variety of foods such as fruits, vegetables, nuts, beverages, and meats. It is produced in industrial quantities from benzene and ethylene via the intermediate ethylbenzene.

The production of styrene in the United States was increased dramatically during the 1940's to supply the war needs for synthetic rubber. Because the styrene molecule has a vinyl group with a double bond, it can polymerize. It is used as a monomer to make plastics such as polystyrene, ABS, styrene-butadiene (SBR) rubber, styrene-butadiene latex, SIS (styrene-isoprene-styrene), S-EB-S (styrene-ethylene/butylene-styrene), styrene-divinylbenzene (S-DVB), and unsaturated polyesters. These materials are used in rubber, plastic, insulation, fiberglass, pipes, automobile parts, food containers, and carpet backing.

Styrene is classified as a possible human carcinogen by the Environmental Protection Agency (EPA) and by the International Agency for Research on Cancer (IARC).

-10.22 **Asbestos**

Asbestos is defined as a group of impure magnesium silicate minerals which occur in fibrous form. It is a mineral fiber that has been used commonly in a variety of building construction materials for insulation and as a fire-retardant. EPA and CPSC have banned several asbestos products. Manufacturers have also voluntarily limited uses of asbestos. Today, asbestos is most commonly found in older homes, in pipe and furnace insulation materials, asbestos shingles, millboard, textured paints and other coating materials, and floor tiles.

Elevated concentrations of airborne asbestos can occur after asbestos-containing materials are disturbed by cutting, sanding or other remodeling activities. Improper attempts to remove these materials can release asbestos fibers into the air in homes, increasing asbestos levels and endangering people living in those homes.

-8.42 **Isopropyl Alcohol**

Isopropyl alcohol (also isopropanol, iso, rubbing alcohol, or the abbreviation IPA) is a common name for 2-propanol, a colorless, flammable chemical compound with a strong odor. It has the chemical formula C_3H_8O and is the simplest example of a secondary alcohol, where the alcohol carbon is attached to two other carbons. It is an isomer of propanol.

Isopropyl alcohol is produced by combining water and propylene. There are two processes for achieving this: indirect hydration (sulfuric acid process) and direct hydration. The former process, which can use low quality propylene, predominates in the USA while the latter process, which requires high-purity propylene, is more commonly used in Europe.

Pure (anhydrous) isopropyl alcohol is made by azeotropic distillation of the "wet" isopropyl alcohol using either diisopropyl ether or cyclohexane as azeotroping agents.

Sterilizing pads typically contain a 60-70% solution of isopropanol in water. Isopropyl alcohol is also commonly used as a cleaner and solvent in industry. It is also used as a gasoline additive for dissolving water or ice in fuel lines. Although Isopropanol is sometimes sold as "Isopropyl Rubbing Alcohol, 70% (or 90%)" and "Isopropyl Rubbing Alcohol, 99%" (harder to find but generally more useful for experimenters & cleaning uses), there is no isopropyl alcohol in the United States Pharmacopeia formula for rubbing alcohol, U.S.P. It is used as a disinfectant, and is a common solvent.

Isopropanol is a major ingredient in "dry-gas" fuel additive. In significant quantities, water is a problem in fuel tanks as it separates from the gasoline and can freeze in the supply lines at cold temperatures. The isopropanol does not remove the water from the gasoline. Rather, the isopropanol solubilizes the water in the gasoline. Once soluble, the water does not pose the same risk as insoluble water as it will no longer accumulate in the supply lines and freeze.

It is also a very good cleaning agent and often used for cleaning electronic devices such as contact pins (like those on ROM cartridges), magnetic tape deck and floppy disk drive heads, the lenses of lasers in optical disc drives (e.g. CD, DVD) and removing thermal paste from CPUs. It is also used to clean LCD and glass computer monitor screens (at some risk to the anti-reflection coating of the screen), and used by many music shops to give second-hand or worn records newer looking sheens. It cleans white boards very well and other unwanted ink related marks. Isopropyl alcohol also works well at removing smudges, dirt, and fingerprints from cell phones and PDAs.

Isopropyl alcohol vapor is heavier than air and is highly flammable with a very wide combustible range. It should be kept away from heat and open flame. When mixed with air or other oxidizers it can explode through deflagration.

Isopropyl alcohol is oxidized by the liver into acetone. Symptoms of isopropyl alcohol poisoning include flushing, headache, dizziness, CNS depression, nausea, vomiting, anesthesia, and coma. Use in well-ventilated areas and use protective gloves while using. Poisoning can occur from ingestion, inhalation, or absorption.

Long term application to the skin can cause defatting.

Overdoses may cause a fruity odor on the breath as a result of its metabolism to give acetone (which is not further metabolised). While large quantities of isopropanol can be fatal if left untreated, it is not nearly as toxic as methanol or ethylene glycol.

-8.02 **Fragrances**

Mostly synthetic ingredients, fragrances can indicate the presence of up to 4,000 separate ingredients, many toxic and carcinogenic. Symptoms reported to the FDA include headaches, dizziness, allergic rashes, skin discoloration, violent coughing and vomiting, and skin irritation. Clinical observation proves fragrances can affect the central nervous system, causing depression, hyperactivity, irritability, inability to cope, and other behavioral changes.

Following are the supplements for which your body showed the highest biological preference. Your foundational regimen is a combination of digestive support and foundational nutrition. The last page of this report you will see how each item is beneficial according to your body and you see a graphic which displays the number of biomarkers that each supplement brought into range. Your comparative assessment highlights only those products which balanced the largest number of bio-markers. Your complete list of foundational supplements is listed below.

The recommended dosage is based on a 150-pound adult. Please use your common sense to dose accordingly. If you are pregnant, breastfeeding, or on any prescription medications, please see your primary physician before starting any supplement program.

Digestive Enzymes

5.64 **NSP - Sunshine Heroes Whole Foods Papayazyme**

Sunshine Heroes Whole Foods Papayazyme (90 chewable tablets)
Stock No. 3345-3

Sunshine Heroes Whole Foods Papayazyme supports digestive health, aids intestinal function and strengthens immune response.

Benefits:

Supports the digestive and immune systems.
Aids digestion and intestinal function.
Strengthens immune response.

How It Works:

Digestive enzymes are protein complexes that are essential for food digestion. They break down foods into nutrients that can be absorbed and used to build all body systems, including cells, tissues, organs, glands, hormones, etc. There are three main categories of digestive enzymes: proteolytic enzymes that digest protein, amylases for carbohydrate digestion and lipases to break down fat. Whole Foods Papayazyme combines pineapple and papaya fruits—whole food sources of digestive enzymes—and is fortified with additional digestive enzymes, including proteolytic amylase for healthy digestion of most food types. Whole Foods Papayazyme provides digestive enzymes at levels that are safe for chewing and gentle enough for children.

Ingredients:

Bromelain, alpha-amylase, papain, papaya fruit concentrate, pineapple fruit juice concentrate and the Sunshine Heroes Protector Shield blend.

Recommended Use:

Chew 1 tablet (children under 4) or 2 tablets (children over 4) before meals as a dietary supplement.

Probiotic

5.35 **TE - Plantadophilus™**

Plantadophilus™

Health Benefits: Transformation's Plantadophilus supports immune health, digestive health, and regular elimination.

RECOMMENDED USAGE:

Take three (3) capsules at bedtime

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or as directed by healthcare practitioner. Take with adequate liquid. Vegetable two-piece capsules may be pulled apart and ingredients mixed with food.

Must be refrigerated to retain optimum activity.

Vitamin and Mineral

4.81 NSP - Super Supplemental Vitamin & Mineral

Super Supplemental Vits & Mins 120 tablets

Product Code: 1817

Looking for just one comprehensive daily nutrition product? - Choose Super Supplemental. This best-selling multi vitamin and mineral combination provides 100% of most of your recommended daily vitamin & mineral requirements along with micronutrients from super-foods with important antioxidants. And great value for two month's supply of our customer's favourite multivitamins.

BENEFITS OF SUPER SUPPLEMENTAL

Super Supplemental contains a wide range of vitamins and minerals that augments any diet

Super Supplemental's formula provides complete, balanced nutrition that offers 100% of the recommended daily requirements of most vitamins and a full complement of minerals essential for good health

It supplies the body with micronutrients from super-foods and contains important carotenoid antioxidants lutein and lycopene that support tissues throughout the body

Balanced nutrients are often in short supply during periods of physical stress or convalescence, or in a diet consisting of mostly processed foods.

Supplementing your diet with Super Supplemental can help fill the void.

USE: Take 1 tablet with a meal twice daily.

SAFETY INFORMATION

This product contains Iron, which, if taken in excess, may be harmful to very young children. This product contains vitamin A in the form of Retinol and is not suitable for use in pregnancy. Do not exceed the stated recommended daily dosage.

ACTIVE INGREDIENTS: See label tab.

Product Line Supplement

5.75 NSP - Nature's Cortisol Formula®

Benefits:

- May help with reaction to stress.
- May help maintain cortisol levels that are already within the normal range.
- May help maintain blood glucose levels already within the normal range.

Researchers have begun to notice a connection between cortisol levels and weight-management indicators, such as calorie consumption and weight gain.

Cortisol is a hormone produced in the adrenal glands in response to stress. It promotes the formation of glucose, which is used as fuel during stressful situations. Nature's Cortisol Formula contains Relora® to help the body manage stress and maintain cortisol levels already within the normal range.

Other key ingredients—banaba, holy basil, chromium and vanadium—help maintain blood glucose levels already within the normal range. This product also features DHEA, a hormone precursor that interacts with the adrenal glands, and which subsequently may help to lower cortisol production.

Nature's Cortisol Formula also features decaffeinated green tea extract (60% EGCG), L-theanine (supports the body during times of stress) and calcium ascorbate.



NOTE: Not for use by individuals under the age of 18 years.

Adults: Take 1 capsule with a meal three times daily.

5.73 **NSP - P-14**

P-14 (100 capsules)

Stock No. 1023-0

Benefits:

Contains mucilaginous herbs that soothe irritated mucous membranes.

Capsicum is traditionally used in Herbal Medicine to aid digestion.

How It Works:

P-14 is a herbal combination containing 13 time-honoured botanicals to primarily support the digestive and intestinal system. P-14 contains the mucilaginous herbs slippery elm, mullein and marshmallow which have a soothing effect on the irritated mucous tissues in the body, including the gastrointestinal tract.

Ingredients:

Medicinal Ingredients: Each capsule contains Taraxacum officinale (dandelion) root 80 mg; Allium sativum (garlic) bulb 67 mg; Hydrastis canadensis (goldenseal) root and rhizome 50 mg; Barosma betulina (buchu) leaf 45 mg of a 3:1 extract; Juniperus communis (juniper) berry 33 mg; Verbascum thapsus (mullein) leaf 31 mg; Achillea millefolium (yarrow) aerial parts 28 mg; Ulmus rubra (slippery elm) bark 27 mg; Capsicum annuum (capsicum) fruit 26 mg; Althaea officinalis (marshmallow) root 19 mg; Urtica dioica (nettle) leaf 17 mg; Quercus alba (white oak) stem inner bark 14 mg and Glycyrrhiza glabra (licorice) root and stolon 13 mg. Non-medicinal Ingredients: Gelatin and silicon dioxide.

Recommended Use:

Dosage (adults): Take 2 capsules twice daily with food 2 hours before or after taking other health products.

5.72 **NSP - Rose Hips**

Rose Hips come from the rose plant—they are what remains after the petals fall off. Historically they have been used as a source of vitamin C and contain other vitamins.

Each capsule contains 560 mg rose hips.

Take 2 capsules with a meal three times daily.

5.72 **NSP -Kudzu & St. John's Wort Concentrate**

Kudzu/St. John's Wort Combination. There is evidence that links diadzin, a constituent of Kudzu, to the potential reduction in alcohol consumption.

Hypericin, an active constituent in St. John's wort, supports the nervous system. There is evidence that links hypericin to the alleviation of stress.

Each capsule of Kudzu/St. John's Wort Combination contains 1 mg of daidzin and 1 mg hypericin.

NOTE: While taking this product, avoid exposure to strong sunshine and tanning rays (tanning salons). Consult your health care provider before using this product if you are taking prescription anti-depressive drugs, including selective serotonin uptake inhibitors, as well as any MAO inhibitors.

Adults: Take 1 capsule with a meal three times daily.

5.68 **NSP - APS II® w/ White Willow Bark**

APS II® with White Willow Bark provides nutrients that aid proper nervous system function. White willow bark contains salicin, a compound chemically similar to salicylic acid. Salicin appears to help prevent the production of prostaglandins.

Valerian root provides additional nervous system support, including promoting feelings of relaxation. APS II with

White Willow Bark is a source of trace amounts of calcium and magnesium.

Its ingredients include:

White willow bark

Lettuce leaves

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Valerian root
Capsicum fruit

Take 2 capsules with a meal three times daily

Weight Management

5.21 NSP - Nature's Cortisol Formula®

Benefits:

- May help with reaction to stress.
- May help maintain cortisol levels that are already within the normal range.
- May help maintain blood glucose levels already within the normal range.

Researchers have begun to notice a connection between cortisol levels and weight-management indicators, such as calorie consumption and weight gain.

Cortisol is a hormone produced in the adrenal glands in response to stress. It promotes the formation of glucose, which is used as fuel during stressful situations. Nature's Cortisol Formula contains Relora® to help the body manage stress and maintain cortisol levels already within the normal range.

Other key ingredients—banaba, holy basil, chromium and vanadium—help maintain blood glucose levels already within the normal range. This product also features DHEA, a hormone precursor that interacts with the adrenal glands, and which subsequently may help to lower cortisol production.

Nature's Cortisol Formula also features decaffeinated green tea extract (60% EGCG), L-theanine (supports the body during times of stress) and calcium ascorbate.

NOTE: Not for use by individuals under the age of 18 years.

Adults: Take 1 capsule with a meal three times daily.

4.96 NSP - Sweet FX™

Sweet FX™ (90 caps)
Stock No. 3068-3

Neutralize sugar and stress with Sweet FX. This formula contains L-arabinose, which helps block the complete absorption of sugar, and L-theanine to improve mood.

Benefits:

- Helps block the absorption of sugar*
- Supports healthy blood sugar levels already in the normal range*
- Reduces stress and helps improve your mood*

How It Works:

L-arabinose—found naturally in some foods, L-arabinose is a unique monosaccharide, or simple sugar, that helps lessen the absorption of sugar in the body. In studies, taking L-arabinose with a high-carbohydrate meal seems to both delay and reduce peaks in blood glucose and insulin levels. Blood sugar control can play an important role in reducing feelings of hunger, making it easier to stick to a healthy diet.

L-theanine—this unique amino acid found in teas, especially green tea (*Camellia sinensis*), increases the brain's alpha wave activity, which seems to improve mood and encourage feelings of relaxation and calm without drowsiness. In studies, taking L-theanine has been associated with improvements in both mental alertness and stress response. Stress reduction can make it easier to avoid "emotional eating."

Cinnamon—a potent antioxidant, cinnamon (*Cassia cinnamon bark extract*) has been shown to help maintain already-normal, healthy blood sugar and insulin levels in overweight individuals.

Ingredients:

L-arabinose, L-theanine, Cassia cinnamon bark extract

Recommended Use:



Take 3 capsules once daily, preferably before your largest meal, which for most people is dinner.

*These statements have not been evaluated by the Food and drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

System Pack

5.66 NSP - Respiratory System Pack

Respiratory System Pack (30 day)

Stock No. 5386-2

Try our targeted supplements for respiratory system health. Support lungs, sinuses and bronchials with powerful formulas.

Benefits:

Supports the lungs and sinuses.

Strengthens the bronchial system.

How It Works:

Lung Support TCM acts as a tonic to moisten and nourish the tissues of the respiratory tract, particularly the lungs. Bronchial Formula is designed to nourish the lungs and bronchi and to offer general protection to the respiratory tract. ALJ helps to soothe tissues. It supports healthy lung function, especially during seasonal changes.

Ingredients:

Lung Support TCM, Bronchial Formula and ALJ.

Recommended Use:

Take the contents of one AM packet with breakfast; take the contents of one PM packet with your evening meal. Follow this pattern for 30 days.



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

Essential Oils

5.11 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.

4.77 NSP - Clove Bud Essential Oil

Pure Essential Oil (*Eugenia caryophyllata*, steam-distilled, organic) has traditionally been used for its powerful and penetrating properties.

It is useful for those who want to inspire feelings of rest and relaxation.

Note: Not for use during pregnancy or on children under 2.

Clove essential oil is a strong skin irritant, dilute well before applying topically.

3.60 NSP - Oregano Wild Essential Oil

Oregano, Wild Pure Essential Oil (*Origanum campactum*, steam-distilled) is stimulating and warming.

It contains compounds useful for conditioning the skin.

Always dilute well before topical application. Use a concentration of less than 2 percent (15 drops per tablespoon of NSP massage oil).

Blend Wild Oregano oil with other essential oils before diffusing.

Note: For external use only. Do not use during pregnancy or on children under 5.



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 Essences

5.10 **NSP - Keep Cool**

Keep Cool (Vented Anger Formula) (2 fl oz)

Stock No. 8784-2

Our popular Keep Cool "Vented Anger" formula may help the body with feelings of anger and irritability.

Benefits:

May assist the body with feelings of anger and irritability.

May also assist with empathy and communication

How It Works:

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

Ingredients:

Calendula (*Calendula officinalis*), Snapdragon (*Antirrhinum majus*), Impatiens (*Impatiens glandulifera*), Grape Vine (*Vitis vinifera*), Willow (*Salix vitellina*), Holly (*Ilex aquifolium*), Tiger Lily (*Lilium tigrinum*), 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

5.71 **Sweet Chestnut**

Sweet Chestnut is for agonizing mental anguish, described by Dr Bach as 'the hopeless despair of those who feel they have reached the limit of their endurance.' It may take the form of intense sorrow, sufferers can feel almost destroyed by it. Dejection is accompanied by a sense of loneliness and the feeling that the future is bleak and utterly hopeless.

People in need of Sweet Chestnut may feel on the point of nervous breakdown, though not suicidal. There may be the feeling that God has forsaken them.

This state may follow a bereavement, or years of difficulty, suffered bravely and uncomplainingly.

The positive potential of Sweet Chestnut is liberation from despair and despondency. Though external circumstances may not have changed, they can now be faced with optimism and peace of mind. This may be aided by the discovery or recovery of faith in a higher power and a sense of inner support.

5.57 **Holly**

Holly is for people who can be bad-tempered, hard-hearted, even cruel and on occasions violent. Inside, they are suffering - often for no good cause. They find it difficult to open their hearts to love.

The negative Holly state is full of hatred, envy and jealousy. Suffering, perhaps unconsciously from insecurity. Holly people are suspicious and aggressive. They lack the ability to love and feel a generalized anger towards their fellows.

Holly is a good remedy for children who are jealous of their siblings.

The positive potential of Holly is a generous-hearted person, able to give without making demands for any return. Such people are compassionate, loving and loveable, willing to share and unpossessive, even when having personal problems themselves. Upheld by a sense of inner harmony, they

take genuine pleasure in other people's success. Dr Bach wrote: 'Holly protects us from everything that is not Universal Love. Holly opens the heart and unites us with Divine Love'.

5.51 Vervain

Vervain is for those with fixed principles and ideas, which they are confident are right and which they rarely change; those needing Vervain are determined but highly strung, over-achieving and keyed-up. They put unnecessary effort into everything they undertake, pushing themselves beyond their physical limits. Their minds race ahead of events; they take on too much work and try to tackle too many jobs at once.

Those people are strong-willed and hold strong views. Sensitive to injustice and dedicated to causes, often self-sacrificially, their own-enthusiasm can be fanatical, so that they alienate potential allies and converts.

They may suffer from lack of sleep due to their active minds and inability or unwillingness to relax. Demonstrative in speech and movement, they can be irritable, frustrated and annoyed over matters of principle.

The positive potential of Vervain is the person who is calm, wise, tolerant and able to relax. Although they hold strong views, they can change them when appropriate and do not need to impose them on others. They take a broad view of life and events.

Positive Vervain people understand, as Dr Bach wrote: 'It is by being rather than doing that great things are accomplished.'

	Baseline	(35)	(16)	TE - Plantadophilus™	(9)	(7)	NSP - Nature's Cortisol Formula®	(2)	NSP - P-14	(1)	NSP - Rose Hips	(1)	NSP - Kudzu & St. John's Wort Concentrate	(1)	NSP - APS II® w/ White Willow Bark	(0)
Gallium		-21.93	5.90		16.63	5.94		-16.44		15.83		-8.94		20.34		
Rosemary		-21.76	-14.33		-19.00	8.06		-11.59								
Hypoxanthine		-27.59	22.85		9.65	-9.23										
Raspberry		-21.26	-14.97		19.04	8.55										
Lactic Acid		-18.15	-13.89		13.39	7.57										
Lead-hm		-26.17	-10.40		-20.60	-7.54										
Ripe Olive		-19.13	-5.87		10.08	5.87										
Asulox		-20.80	5.79		-8.51											
Rabbit		-21.64	15.06		-7.03											
Turkey - Dark Meat		-23.74	19.53													
Titanium -hm		-26.33	15.37													
Ammonium Alginate		-18.87	14.35													
Germanium		-19.98	-10.53													
Asparagus		-23.93	-8.89													
Veal		-19.10	6.49													
Chewing Gums		-22.24	-5.83													
Steelhead Trout		-29.51														
Guava		-28.95														
Suet		-26.26														
Codfish		-25.60														
Anthracene		-25.19														
Nectarine		-24.15														
Fumaric Acid		-23.67														
Glucose		-22.21														
White Potato		-21.94														
Yellow Corn		-21.60														
Fantastic All Purpose Cleaner		-21.26														
Portabella Mushroom		-20.33														
Fig		-19.34														
Sodium Metabisulfite		-19.32														
Barley		-19.06														
Cadmium		-19.05														
1% Milk		-18.86														
Saffron		-17.80														
Maltose		-17.80														