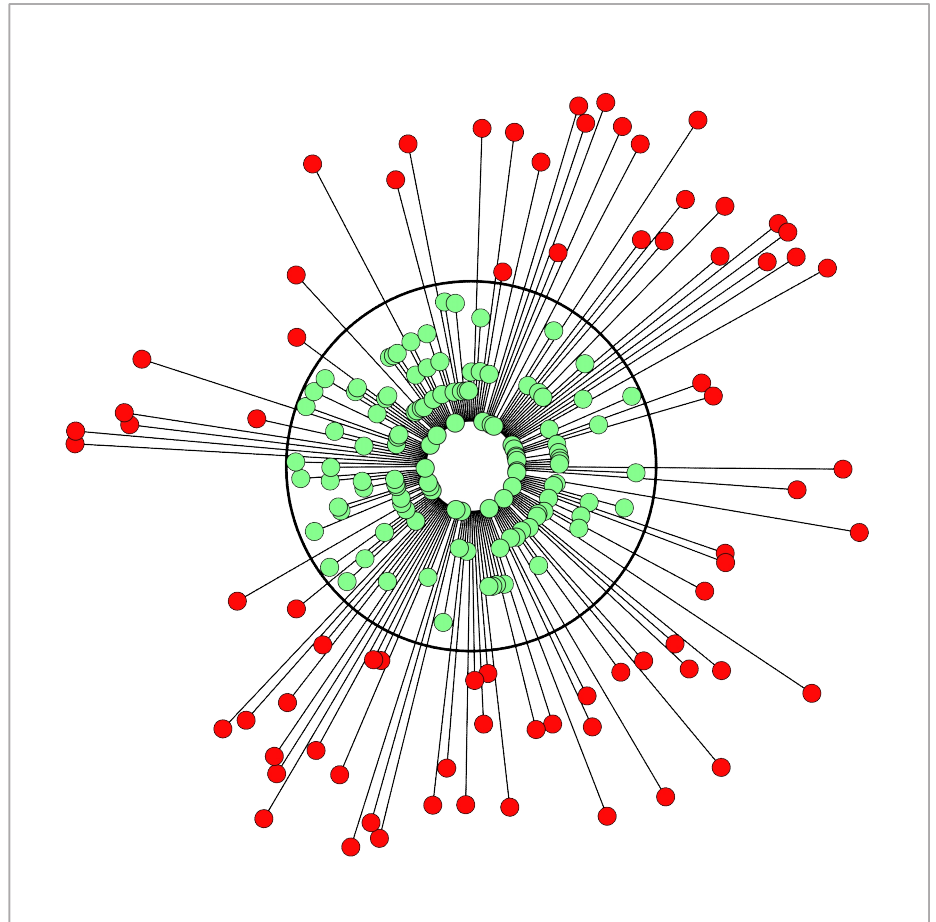


Wellness Report

YOUR DYNAMIC PROFILE

Biomarkers: 195
Range: 7.1

Biomarkers In Range: 119
Biomarkers Out of Range: 76

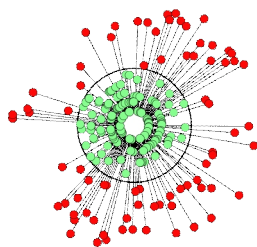


All library items are digital representations (codes) associated with a homeopathic attenuation of the items shown.

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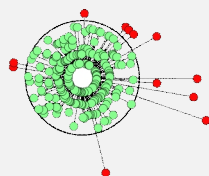
BALANCER VIRTUAL ITEM RE-SCAN RESPONSES

This section of the report shows your top balancer Virtual Items and how many out-of-range biomarkers each balancer progressively brought into range. Each balancer adds to the cumulative amount of biomarkers brought into range.



Baseline

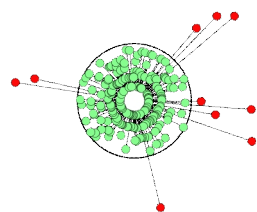
Biomarkers Out of Range: 76



DO - Oregano Touch

Biomarkers Brought Into Range: 64

Category: All doTERRA Products, DO Essential Oils, Products (US)

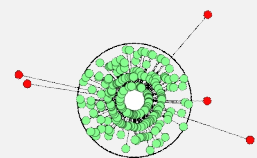


NSP - Lactase Plus

Additional BioMarkers Brought Into Range: 2

Category: All Nature's Sunshine Products, NSP All Products (Excluding Packs), Products (US)

Usage Directions: 1 Capsule 3 times per day

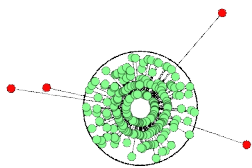


NSP - Ginkgo & Hawthorn Combination

Additional BioMarkers Brought Into Range: 5

Category: All Nature's Sunshine Products, NSP All Products (Excluding Packs), Products (US)

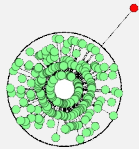
Usage Directions: 1 Capsule 3 times per day



NSP - Power Greens

Additional BioMarkers Brought Into Range: 1

Category: All Nature's Sunshine Products, NSP All Products (Excluding Packs), Products (US)

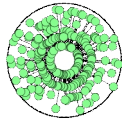


NSP - Vitamin C Citrus Bioflavonoids

Additional BioMarkers Brought Into Range: 3

Category: All Nature's Sunshine Products, NSP All Products (Excluding Packs), Products (US)

Usage Directions: 1 Tablet 3 times per day



NSP - MSM

Additional BioMarkers Brought Into Range: 1

Category: All Nature's Sunshine Products, NSP All Products (Excluding Packs), Products (US)

Usage Directions: 2 Tablets 3 times per day

PRODUCT DESCRIPTIONS

Top balancer Virtual Items are listed in order below along with their respective dR values and detailed product descriptions.



Image Not Found

53.04 DO - Oregano Touch

Oregano Touch™ 10 mL
Part Number: 31770001

Description

Now available in a Touch version, Oregano essential oil is one of the most powerful and potent essential oils available. Carvacol and thymol, the two main chemical components in Oregano essential oil, possess strong purifying properties. Diluted with Fractionated Coconut Oil, Oregano Touch is perfect for those with sensitive skin. Apply to the bottoms of feet to deliver the benefits of Oregano essential oil or rub on skin or nails for its immune supportive effects. doTERRA Oregano Touch delivers the purifying benefits of Oregano essential oil in a gentle formula and convenient roll-on applicator.

Primary Benefits

Provides immune-supportive benefits
Powerful cleansing and purifying agent
Ideal for delivering the benefits of Oregano essential oil
Reduces the appearance of blemishes

Uses

Rub on the bottoms of feet to deliver the benefits of Oregano essential oil.
Apply to skin imperfections.
Use to purify skin and nails when needed.
Apply a small amount to hands and rub together for cleansing benefit.

Directions for Use

Topical Use: Apply to desired area. See additional precautions below.

Cautions

Possible skin sensitivity. Keep out of reach of children. If pregnant or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas.



44.67 NSP - Lactase Plus 1 Capsule 3 times per day

Lactase Plus (100 caps)
Stock No. 1655-2

Millions of people need help digesting milk sugar (lactose). Lactase Plus helps break down milk sugar and protein. It helps relax and soothe the stomach.

Benefits:

Supports the digestive process.
Aids in the breakdown of dairy foods.

How It Works:

Lactase and protease enzymes help people who have difficulty digesting dairy products by aiding the breakdown of milk sugar and milk protein. This is an effective and convenient solution for people with lactose intolerance.

For many people, it's not just the lactose (milk sugar) in dairy products that causes bloating, gas and other discomfort; it's also the protein and fat. Lactase Plus combines lactase, lipase and protease for maximum digestion to minimize discomfort. This product contains an exclusive herbal blend that relaxes and soothes the stomach, and supports digestion.

Ingredients:

Lactase, protease, lipase, beet root fiber, potassium citrate, caraway seed, dandelion root, fennel seed, gentian root and ginger rhizome.

Recommended Use:

Take 1-2 capsules up to 3 times daily before consuming foods and beverages containing lactose.



44.44 NSP - Ginkgo & Hawthorn Combination 1 Capsule 3 times per day

Ginkgo & Hawthorn Combination (100 caps)

Stock No. 909-3 Kosher

This herbal combination supports increased circulation body-wide and helps with oxygen utilization in the heart.

Benefits:

Improves circulation throughout the body.

Provides enhanced enzyme metabolism and oxygen utilization in the heart muscle.

How It Works:

Ginkgo biloba leaf is one of the most popular and well-studied herbs in the world. Its ability to increase circulation has been documented in numerous clinical trials. Ginkgo is a powerful free radical scavenger. It helps protect blood vessels and optimizes the amount of oxygen supplied to brain cells. It may also help support blood flow to the extremities. Hawthorn berries contain flavonoids and other compounds that may benefit the circulatory system, especially the heart. They also contain volatile oils, saponins, alkaloids, vitamins and minerals.

Ingredients:

Hawthorn berries, ginkgo leaves extract and olive leaf extract.

Recommended Use:

Take 1 capsule with a meal three times daily.



38.63 NSP - Power Greens

We get it—there are a TON of greens out there—but nothing like this! Power Greens is the only blend packed with 2 full servings of vegetables, 200+ plant-based nutrients, prebiotic fiber, enzymes, adaptogens, nootropics and immune-boosting herbs. And... it tastes delicious!

- 3X more potent, with 4X more vegetables and fiber, than leading greens products
- Supports energy, recovery, immunity, mood, gut-health and metabolism

Dosage:

Mix one scoop, or one To-Go Pack, per day into 12-16 oz. of water or your favorite beverage, drink and enjoy!

Ingredient:

Whole Food Blend: spinach leaf, spirulina, chlorella, artichoke leaf extract, organic strawberry fruit, organic raspberry fruit, organic broccoli flower, organic carrot root, organic tomato fruit, organic kale leaf, organic broccoli sprout, organic sour cherry fruit, organic cranberry fruit.

Digestive Health Blend: apple fruit fiber, acacia fiber, xanthan gum, multi-enzyme blend (amylase, protease, cellulase, lipase, lactase), carrot root fiber, blueberry fruit fiber, cranberry fruit fiber.

Immune Boost Blend: orange juice solids, ascorbic acid, orange peel extract, orange peel oil, elderberry fruit

Mood-Enhancing Adaptogen Blend: choline bitartrate, schisandra fruit extract, maca root powder, rhodiola root extract.

Antioxidant Blend: green tea leaf extract, quercetin, turmeric root extract, sodium copper chlorophyllin, grapefruit peel extract, bilberry fruit extract.



32.51 NSP - Vitamin C Citrus Bioflavonoids 1 Tablet 3 times per day

Vitamin C Citrus Bioflavonoids (500 mg) (90 tabs)

Stock No. 1646-4 Kosher

Get 500 mg vitamin C per tablet with Citrus Bioflavonoids. Support your immune system and quench dangerous free radicals.

Benefits:

Supports the immune system.

Protects against free radical damage.

Aids in collagen production.

Provides 500 mg vitamin C per tablet.

How It Works:

Vitamin C performs many functions involving the immune system and tissue development. It is involved in iron absorption and in the syntheses of enzymes, hormones and proteins. The adrenal glands need large amounts of this nutrient in order to support immunity and help produce energy. Vitamin C is easily washed from the body and needs to be replaced constantly. Without vitamin C, the body cannot make collagen, the substance that holds the body's cells together and maintains skin integrity. Vitamin C works best with attending bioflavonoids, which help protect the body from free radical damage.

Ingredients:

ZYTO™

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500 mg Vitamin C per tablet (835% of the Daily Value), calcium, phosphorus, grapefruit bioflavonoid extract, hesperidin, lemon bioflavonoid extract, orange bioflavonoid extract, rutin and rose hips extract.

Recommended Use:

Take 1-2 tablets with a meal three times daily.



32.35 **NSP - MSM 2 Tablets 3 times per day**

MSM (90 tabs)

Stock No. 4059-4

MSM is a natural organic form of dietary sulfur. It strengthens connective tissues and supports healthy joints.

Benefits:

Supports the structural and circulatory systems.

Strengthens connective tissues.

Supports healthy joints.

Maintains structure of proteins.

How It Works:

Methylsulfonylmethane, or MSM, is a naturally occurring organic form of dietary sulfur used by the body. MSM is a significant component of many of the body's proteins, hormones, enzymes and tissues. It helps maintain protein structure and cellular function, helps maintain circulation, and assists the body in certain immune functions. MSM helps fortify connective tissues and maintain healthy joints. In addition, it scavenges free radicals, helps regulate elimination and may help create a healthy internal environment.

Ingredients:

1,500 mg MSM per serving.

Recommended Use:

Take 2 tablets with a meal three times daily.

4 CORE BODY SYSTEMS FOR WELLNESS



The 4 core systems that are critical to maintaining health are:

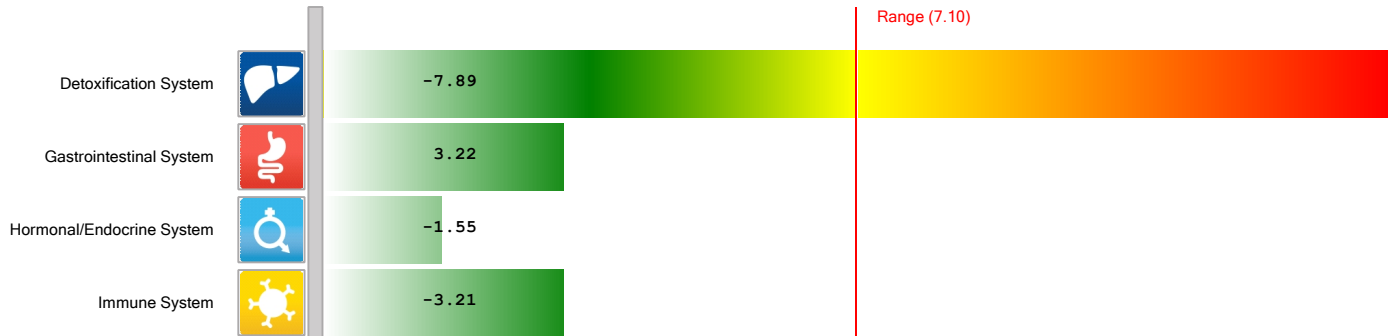
1. Detoxification System
2. Gastrointestinal System
3. Hormonal/Endocrine System
4. Immune System

Why These 4?

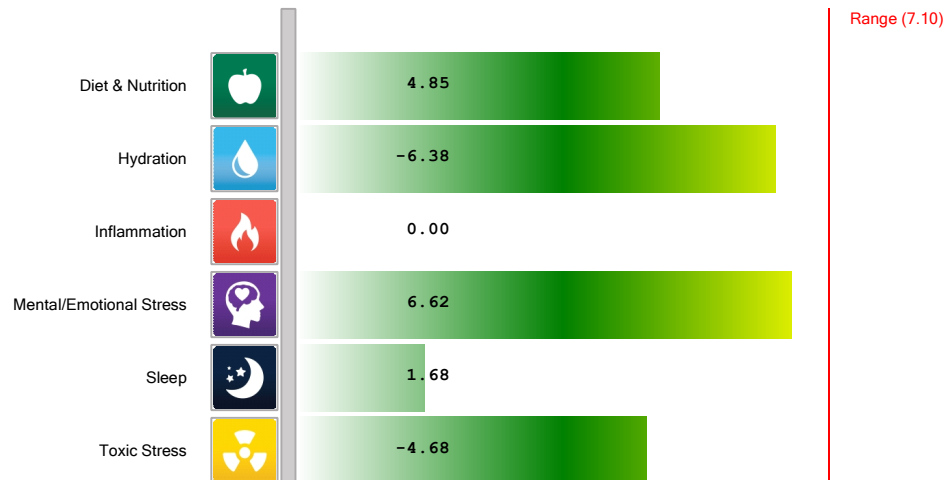
Whether you are very ill, seeking to prevent illness, or just trying to improve your overall health or fitness levels, it is important to evaluate these four systems. How these systems function both independently and interdependently has a profound influence on your health. If one or more is compromised, the negative effects spill over to all other systems, creating a chain of events that can greatly impact your overall health.

If you are serious about preventing health problems or creating an environment where the body can heal, you are cheating yourself out of success if you do not focus on these systems.

STRESSOR VIRTUAL ITEM RESPONSES: 4 CORE SYSTEMS



STRESSOR VIRTUAL ITEM RESPONSES: LIFESTYLE AREAS



DETOXIFICATION SYSTEM



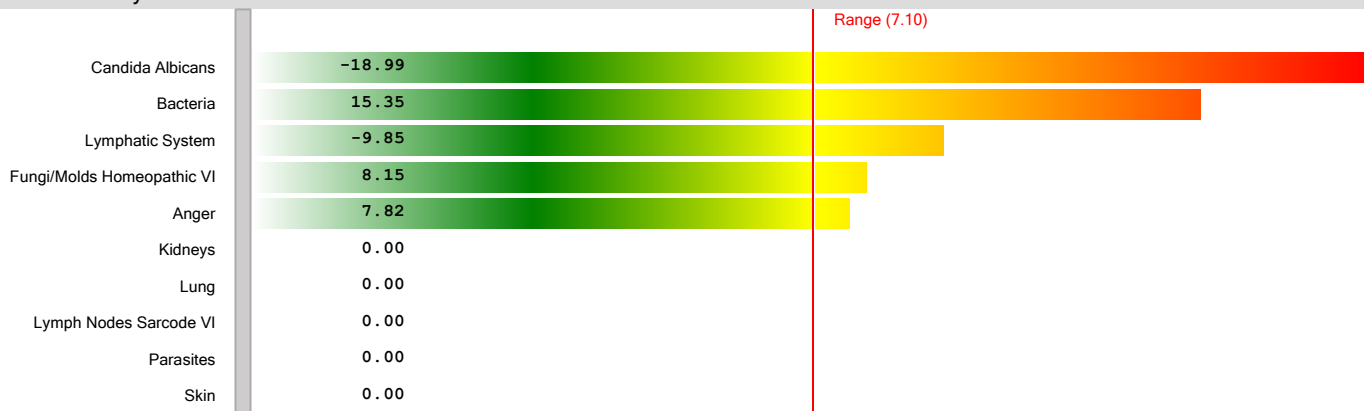
A toxin is any substance that causes harm in the body. Never before in human history have we been exposed to as many toxins as we are now.

If your body's ability to process these toxins—detoxification—is compromised, the dominoes will fall on your core functional systems and your health will suffer, with the quiet stirrings of chronic illness taking hold.

Fortunately, there are everyday things you can do to cleanse the body of toxins, strengthen the detoxification system, and prevent toxic overload.

The body has an amazing capacity to process and dispose of toxins. However, like any waste disposal system, it has limitations; chronic illness is the consequence when the body's capacity to process toxins is hindered. Impaired detoxification impacts us on a cellular level. Toxic build up will slow you down, zap your zest for life, and limit basic metabolic functions.

Detoxification System Stressors



Top Detoxification Balancers

- 53.04 **DO - Oregano Touch**
- 32.51 **NSP - Vitamin C Citrus Bioflavonoids**
- 28.26 **NSP - Pau D'Arco Capsules**
- 27.63 **NSP - Liquid Chlorophyll**
- 25.63 **NSP - Protease Plus**

GASTROINTESTINAL SYSTEM

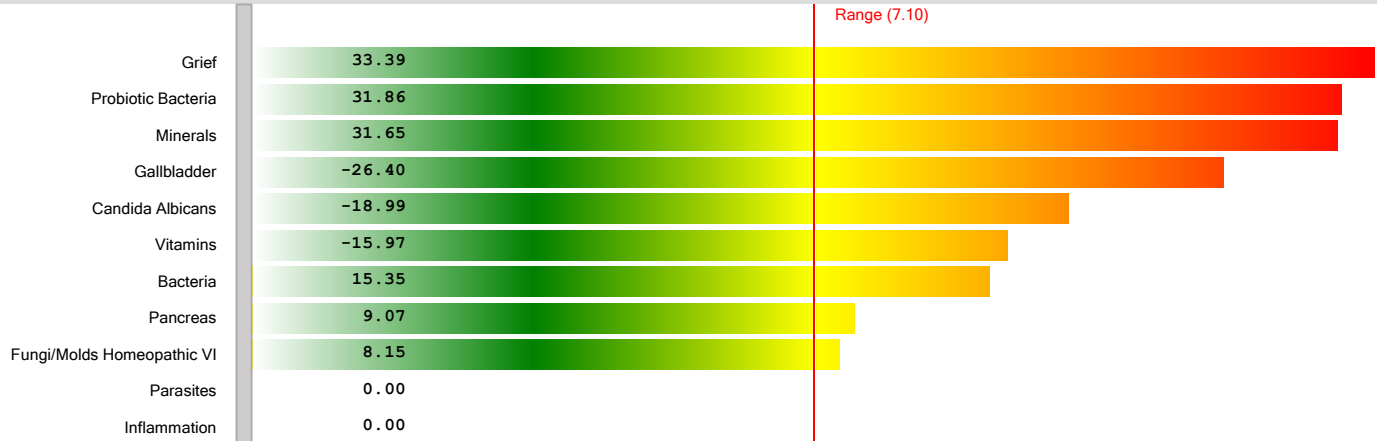


The saying "You are what you eat" can be said more accurately; "You are what you digest"! However, if digestive function is compromised, it's not just your body's nutrient status that suffers. The health of the gut greatly impacts brain function, hormone balance, immune regulation, and so much more...

The Gastrointestinal System, which handles your digestive function, also contains a vast mucosal barrier. Gut inflammation and a compromised mucosal barrier can be caused by bacterial and parasitic infections, food additives, environmental toxins, mental & emotional stress, and a host of other stressors. This can severely limit digestion, lead to inflammation in other areas of the body, and have a huge negative impact on the Immune System and Hormonal/Endocrine System.

In order for your body's cells, tissues, and organs to get both proper nutrition and eliminate toxins, your digestive organs need to be supported in a way that eliminates any stress that compromises this amazing system.

Gastrointestinal System Stressors



Top Gastrointestinal Balancers

- 53.04 **DO - Oregano Touch**
- 44.67 **NSP - Lactase Plus**
- 32.35 **NSP - MSM**
- 29.33 **NSP - Solstic Twenty-Four**
- 28.26 **NSP - Pau D'Arco Capsules**

HORMONAL/ENDOCRINE SYSTEM

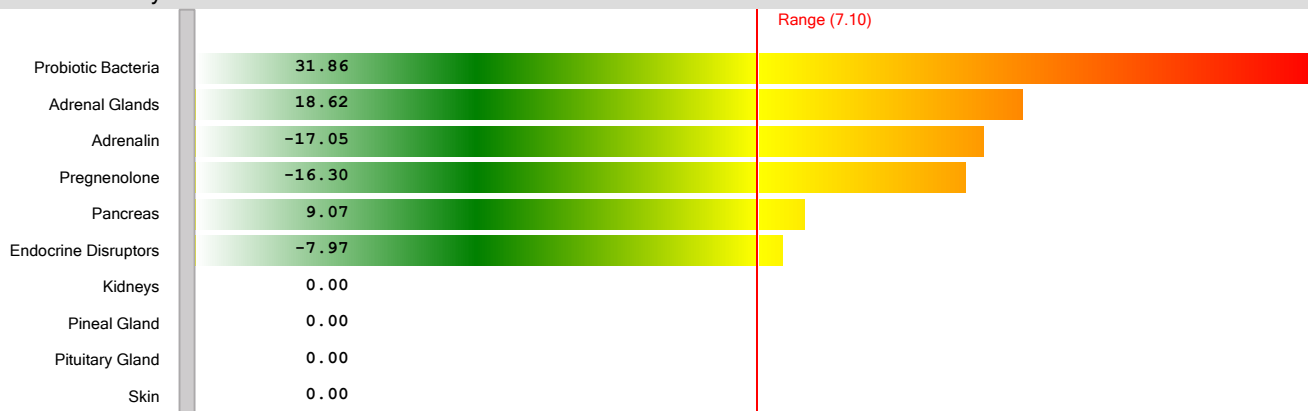


Hormones are chemical messengers that travel through your bloodstream and enter tissues, where they turn on switches to the genetic machinery that regulates everything from reproduction to emotions to your sense of well-being. The body's system of hormone production is formally known as the Endocrine System.

Hormones can be thought of as the chemical force that animates you physically, mentally, and emotionally. Balanced levels are necessary for the optimal function of numerous physiological processes.

In today's world, there are many environmental chemicals that act as endocrine disruptors that have a significant impact on your body's ability to utilize hormones both correctly and efficiently. In addition, there are many food and water additives that also impact Endocrine/Hormonal health. Being aware of and avoiding these toxins and stressors when possible will be a proactive step to improving your overall health.

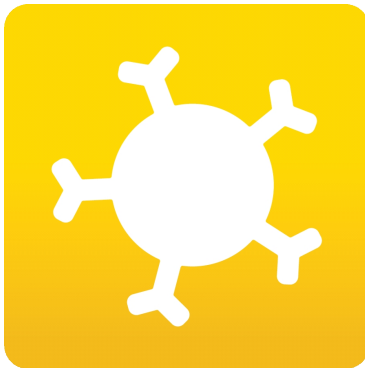
Hormonal/Endocrine System Stressors



Top Hormonal/Endocrine Balancers

- 44.44 **NSP - Ginkgo & Hawthorn Combination**
- 38.63 **NSP - Power Greens**
- 32.51 **NSP - Vitamin C Citrus Bioflavonoids**
- 26.98 **NSP - Super GLA Oil Blend**
- 26.40 **NSP - Natural Changes**

IMMUNE SYSTEM



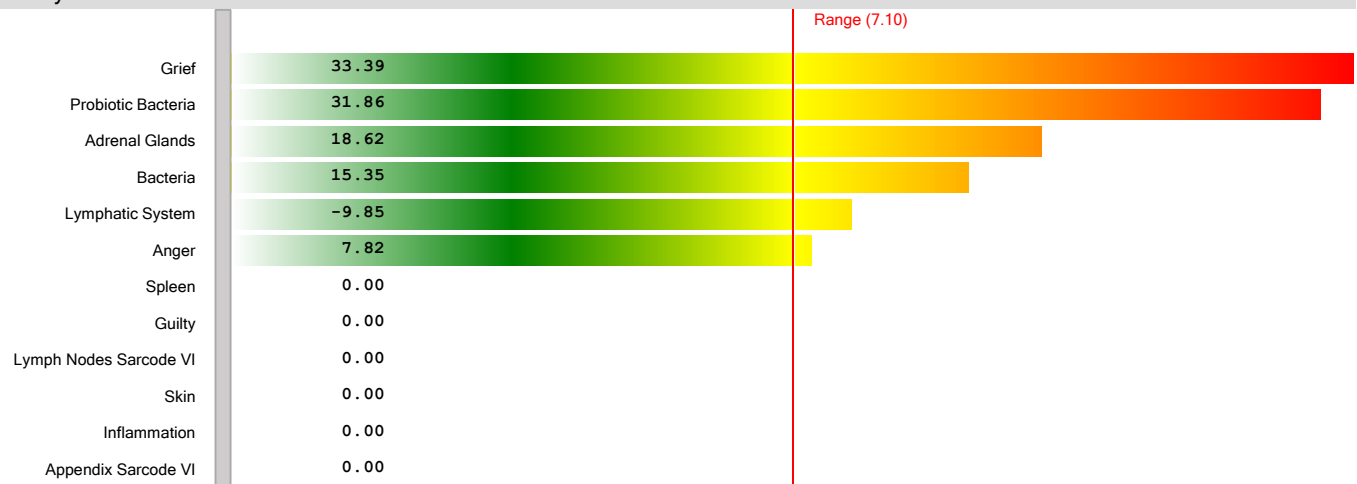
The first line of defense against disease-causing microorganisms is the skin and mucosal barriers. Behind this is a complex defensive system. Collectively these parts are known as the immune system.

The immune system neutralizes or destroys microorganisms and the toxins created by them wherever they attack the body via the extensive lymphatic system (comprised of the spleen, thymus gland, tonsils, bone marrow, and other organs and tissues). The network of lymph vessels (capillaries and lymphatics) drains the clear body fluid known as lymph from the tissues into the bloodstream. Special white blood cells that originate in bone marrow, known as lymphocytes, along with antibodies (proteins that neutralize foreign objects), are primarily responsible for carrying out the work of the immune system.

The first line of immune defense is called the mucosal barrier. Mucous membranes are an integral part of the immune system. They form a protective barrier between the interior of the body and the outside environment. The mucosal barrier is permeable and allows nutrients into the body while protecting it from infectious agents, allergens, and other harmful substances. If testing reveals that mucosal immunity is impaired, therapies should be initiated to rebuild it.

In addition to evaluating mucosal immunity, it is relevant to assess cell-mediated immunity and humoral immunity. Cell-mediated immunity works by the activation of specialized cells called macrophages and natural killer cells, which destroy intracellular pathogens (disease-causing microorganisms). Humoral immunity is the aspect of immunity that involves antibodies. Knowing the status of these immune components provides a comprehensive understanding of one's ability to fight infectious agents, defend against toxic exposures such as chemicals and heavy metals, and kill aberrant cancer cells.

Immune System Stressors



Top Immune System Balancers

- 53.04 **DO - Oregano Touch**
- 44.67 **NSP - Lactase Plus**
- 38.63 **NSP - Power Greens**
- 32.51 **NSP - Vitamin C Citrus Bioflavonoids**
- 32.35 **NSP - MSM**

DIET & NUTRITION



Regardless of the diet you follow, the primary goal should always be the same: maintaining good blood sugar (glucose) control. You can achieve and maintain optimal health only when you are on a diet that promotes hormone balance; that balance depends on a steady blood sugar level. Eating the proper combination of proteins, fats, and carbohydrates regularly and in moderate amounts helps to sustain that balance.

Clinically speaking, blood sugar control occurs when insulin and glucagon, two hormones produced by the pancreas, are in balance. Carbohydrate consumption and the resulting rise in blood sugar induce the stimulation of insulin, the hormone responsible for lowering blood sugar and storing excess blood sugar as fat. Protein consumption induces the stimulation of glucagon, the hormone that promotes the mobilization and utilization of fat for energy and, in the process, raises blood sugar.

Insulin and glucagon are antagonists, meaning that the secretion of one acts to balance or modulate the effects of the other. Above-average levels of insulin caused by a diet high in sugar, processed foods, and unhealthy fats are associated with almost every disease known to mankind, especially cancer, diabetes, and cardiovascular disease.

Signs of low blood sugar consist of headaches, brain fog, shakiness, fatigue, worry, carbohydrate cravings, and lethargy.

Signs of high blood sugar consist of anxiety, racing mind, nervous energy, headache, difficulty thinking and concentrating, and cravings for protein or fat.

If your blood sugar is low, you will mobilize cortisol to break down muscle, organ, and bone tissue—not fat—to ensure that a constant supply of blood sugar is delivered to your brain and the rest of your body. In effect, your body digests itself to continue operating. If your blood sugar is sustained at high levels, metabolism becomes chaotic and blood vessels may become damaged, which in turn creates a cascade of undesirable events. Stable blood sugar levels, on the other hand, form a strong foundation for hormone balance and homeostasis.



- Top Diet & Nutrition Balancers
- 44.44 NSP - Ginkgo & Hawthorn Combination
 - 38.63 NSP - Power Greens
 - 32.51 NSP - Vitamin C Citrus Bioflavonoids
 - 29.33 NSP - Solstic Twenty-Four
 - 28.39 NSP - Super Omega-3 EPA



HYDRATION



Water is life. You need water to eliminate toxic substances, produce digestive enzymes, maintain healthy skin, hair, and organs, and to help your body absorb essential vitamins, minerals, and natural sugars. Water also regulates body temperature, stimulates metabolism, and helps promote regularity. Fluids other than pure water don't act the same as water in your body, and they don't meet your needs for hydration like water does. Most people are slightly dehydrated from relying on other fluids besides water for their fluid intake. Coffee, tea, alcohol, and sodas (or any other caffeinated beverages) don't count; they're diuretics, which means they actually remove water and nutrients from the body.

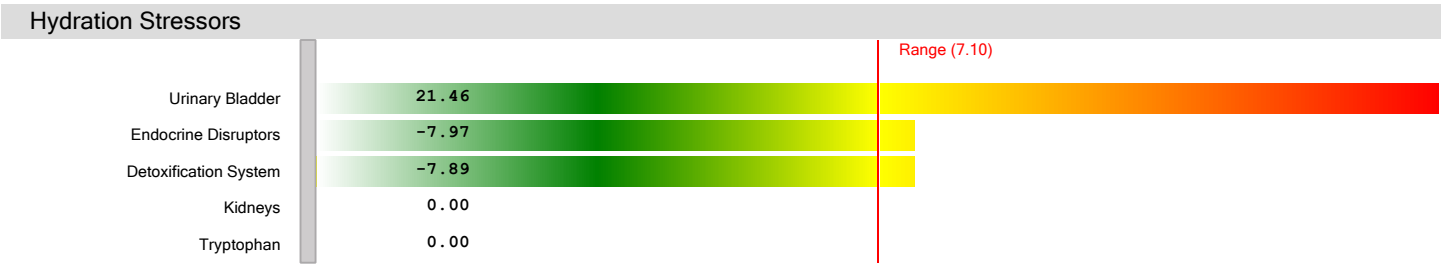
Chronic dehydration has been linked to the following symptoms and disease processes:

- Fatigue
- Constipation
- Headaches
- Indigestion
- Muscle and joint aches and pains
- High blood pressure
- Depression
- Allergies
- Lack of mental clarity
- Skin issues
- Excess weight

To prevent dehydration, drink as many ounces of water every day equal to half your body weight in pounds (e.g., body weight 150 pounds = 75 ounces of water a day). Use more water in hot weather or after strenuous exercise. When you're actually drinking enough water, your urine will be essentially clear.

Many digestive problems, joint and muscle issues, problems with fatigue, and even your complexion will clear up with the use of more water, especially when you limit or eliminate fluids that actually dehydrate your body (sodas/caffeinated beverages/alcohol).

It's okay to drink some water with meals because digestive enzymes are hydrolytic (activated by water). So drinking a little water with meals is fine. The bulk of the water you drink throughout the day, however, is best taken between meals. (1)



- Top Hydration Balancers
- 29.33 NSP - Solstic Twenty-Four
 - 21.05 NSP - Silver Shield Rescue Gel
 - 20.85 NSP - SF
 - 19.13 NSP - Guggul Lipid
 - 18.59 NSP - Marine Glo Collagen



INFLAMMATION

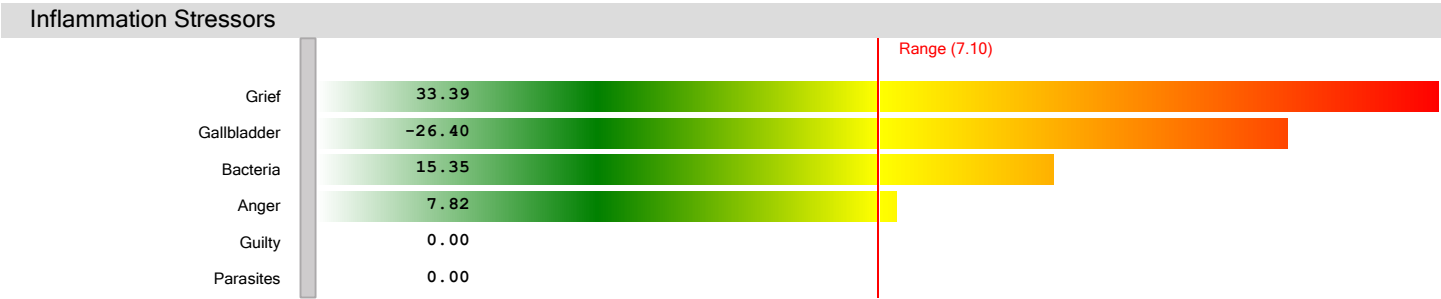


Acute Inflammation is the body’s natural response to injury or infection. It’s normally short in duration and it recedes as the body heals. The purpose of acute inflammation is to aid the body in healing.

When the body is injured, inflammation helps to improve the blood flow to the area generally resulting in redness, warmth, and/or swelling. The cells and nerves then send out signaling molecules called inflammatory cytokines to the immune system to attract white blood cells and aid in the healing process. As the healing progresses, anti-inflammatory cytokines are produced to turn off the inflammation process once the body has healed. Overall, acute inflammation helps by increasing the blood flow and immune response which then heals damaged cells, removes infection, and protects the body during the healing process.

Chronic Inflammation is consistent, low grade, or systematic. Scientists believe that is caused by faulty signaling to the immune system resulting in an unorganized white blood cell response. Since there’s not an injury to be healed, the white blood cells become confused and begin to attack healthy organs and tissue. Over time, chronic inflammation can cause significant damage to the body and can be an underlying cause of disease or significantly impact existing diseases such as:

- Cancer
- Heart disease
- Diabetes
- Obesity
- Auto-Immune Disorders
 - Rheumatoid arthritis
 - Inflammatory Bowel diseases (ulcerative colitis, Crohn’s)
 - Lupus
 - Asthma
- Depression
- Allergies (2)



- Top Inflammation Balancers
- 44.67 **NSP - Lactase Plus**
 - 44.44 **NSP - Ginkgo & Hawthorn Combination**
 - 32.51 **NSP - Vitamin C Citrus Bioflavonoids**
 - 32.35 **NSP - MSM**
 - 29.33 **NSP - Solstic Twenty-Four**



MENTAL/EMOTIONAL STRESS



While you can't always control what happens to you, you can control how you react to it. Channeling your emotions in a consciously positive way helps you to dramatically decrease the negative impact of stressful events. Learning how to do this is part of personal growth—mental and emotional, as well as spiritual. Integrating relaxation exercises such as meditation and deep breathing into your daily routine can make a dramatic improvement in your entire life, giving you the resolve to positively channel your emotions.

Mental and emotional responses to stimuli are referred to as limbic responses. The limbic system of the brain, sometimes called the emotional nervous system, moderates your moods, maintains homeostasis, and helps form memories.

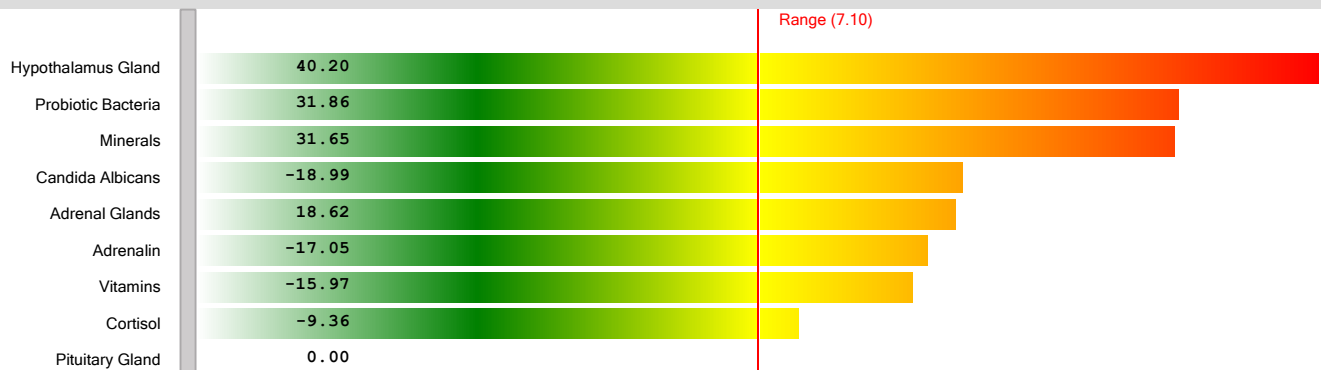
The hypothalamus is a principal limbic structure whose primary purpose is to maintain homeostasis in the body—meaning that it returns systems within your body to their “set points.” Specifically, the hypothalamus regulates hunger, thirst, levels of pain and pleasure, sexual satisfaction, and aggressive or defensive behavior.

The hypothalamus is known as the master switchboard because it's the part of the brain that controls the endocrine system. The pituitary gland, which hangs by a thin stalk from the hypothalamus, is called the master gland of the body because it regulates the activity of the endocrine glands.

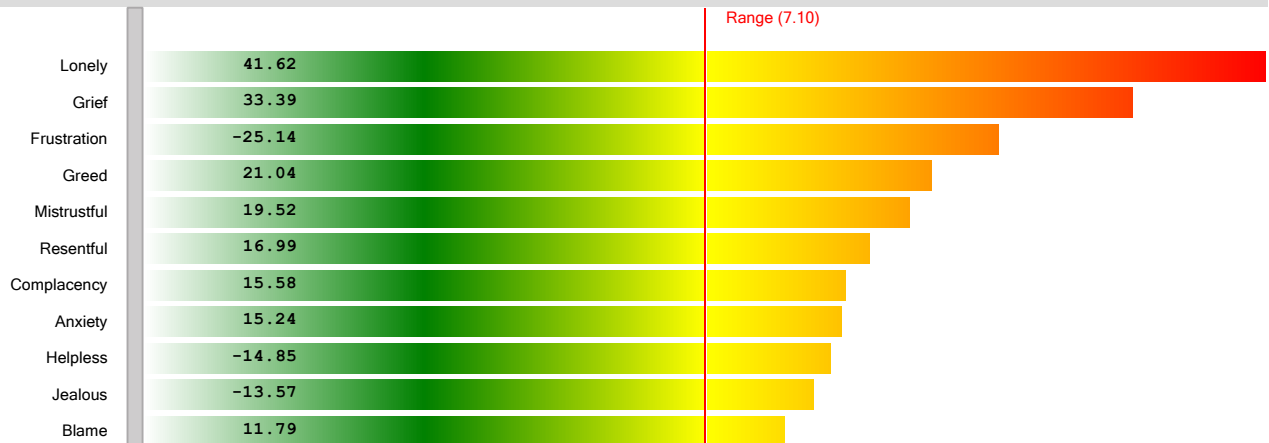
The hypothalamus detects the rising level of the target organ's hormones then sends either hormonal or electrical messages to the pituitary gland. In response, the pituitary gland releases hormones, which travel through the bloodstream to a target endocrine gland, instructing it to stop producing its hormones.

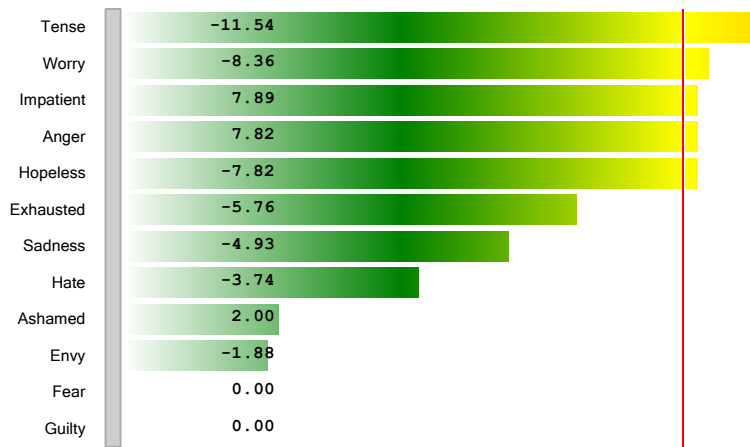
The hypothalamus—under the control of your thoughts, feelings, and attitude—sends instructions through the autonomic nervous system and the pituitary gland. The autonomic nervous system regulates blood pressure, heart rate, breathing, digestion, and sweating, and serves other vital functions. The pituitary gland releases hormones that cause other endocrine glands, such as the adrenal glands and the thyroid, to secrete their hormones. The hypothalamus, therefore, is the principal intermediary between the nervous and endocrine systems—your body's two major control systems. (3)

Mental & Emotional Stressors



Emotion Stressors





Top Mental/Emotional Balancers

- 44.67 **NSP - Lactase Plus** 1 Capsule 3 times per day
- 44.44 **NSP - Ginkgo & Hawthorn Combination** 1 Capsule 3 times per day
- 38.63 **NSP - Power Greens**
- 32.51 **NSP - Vitamin C Citrus Bioflavonoids** 1 Tablet 3 times per day
- 32.35 **NSP - MSM** 2 Tablets 3 times per day

SLEEP



Ample rest for the body is critical, yet an estimated 68% of the United States population has insomnia. They take more than 20 minutes to fall asleep, they wake up periodically throughout the night, or they wake up and are unable to fall back to sleep. These sleep patterns fit the clinical definition of insomnia, a major source of chronic stress that promotes a chronic stress response and compromises the hormone, immune, digestive, and detoxification systems.

Cortisol, DHEA, progesterone, melatonin, human growth hormone, estrogens, and testosterone all depend on quality sleep, as do neurotransmitters in the brain that can regenerate only with deep sleep. Poor sleep interferes with virtually all body functions and undermines homeostasis.

You can't have optimal health and longevity if you are not sleeping well.

The hormone, immune, digestive, and detoxification systems are hardwired to your internal "clock," or circadian rhythm. The circadian clock in mammals is located in the hypothalamus. In modern society, we have chosen to ignore this basic law of nature, attempting to bend this physiological imperative to our own needs and desires. We pay a hefty price for disturbing the internal clock and sleep cycle.

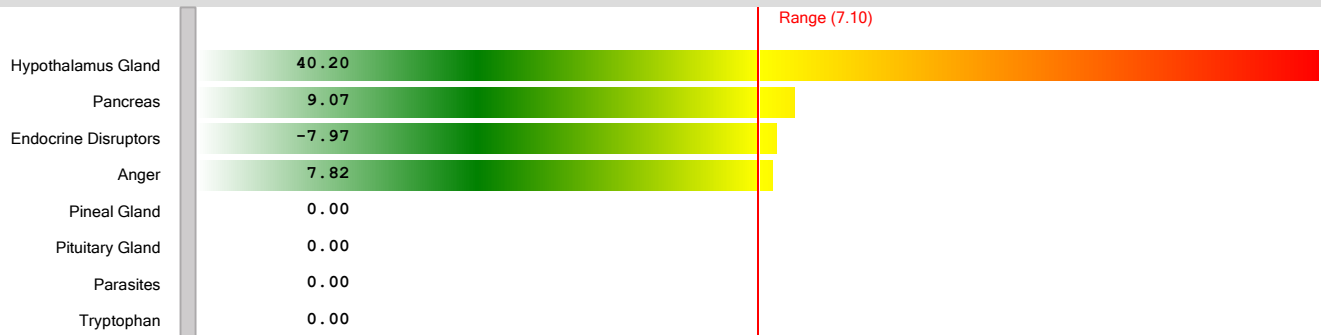
It's interesting to note that we live in a time where the days are extended with artificial light, which creates a shorter dark cycle. By shortening the dark cycle, we deprive ourselves of sleep. To lengthen this cycle, try sleeping in a room that is completely dark. A dark sleeping environment supports the body's ability to regenerate.

Another reason we are sleeping less, in addition to indoor lighting and multitasking lifestyles, is the universal acceptance and abuse of caffeine. Caffeine junkies are caught in a vicious cycle of inadequate nightly recovery. The more caffeine you consume, the worse your sleep will be as a result of hormone disturbance, and your tendency to increase caffeine consumption rises, further robbing you of adequate sleep, and so on. If you insist on drinking coffee or other stimulants such as "energy" drinks, caffeinated teas, and sodas, limit your consumption to about 8 ounces and take these substances before noon to minimize their interference with your sleep.

Poor blood sugar control may be a factor in your inability to rest and recover given the highs and lows at play with your nervous system and hormone levels. Exercise can support your ability to get a good night's sleep, or can interfere with it. Both over exercising, such as pushing yourself to run even when you're tired, injured, or experiencing pain, or exercising during times when you should be resting can feed this problem.

Emotion is another lifestyle component that affects the quality of your sleep. If you are easily upset and carry around the negative emotions of the day, your mind will be busy and your body will be on alert. Learn to breathe deeply throughout your day and do not internalize negative experiences.

Sleep Stressors



Top Sleep Balancers

- 25.26 **NSP - Stress-J Liquid** 15 Drops 4 times per day
- 25.14 **NSP - Lung Support Chinese** 3 Capsules 3 times per day
- 21.91 **DO - Clary Sage Essential Oil** 1 Drop 1 times per day
- 20.95 **NSP - Solstic Energy** 1 Packet 1 times per day
- 20.85 **NSP - SF** 2 Capsules 3 times per day

ZYTOTM

All library items are digital representations (codes) associated with a homeopathic attenuation of the items shown.

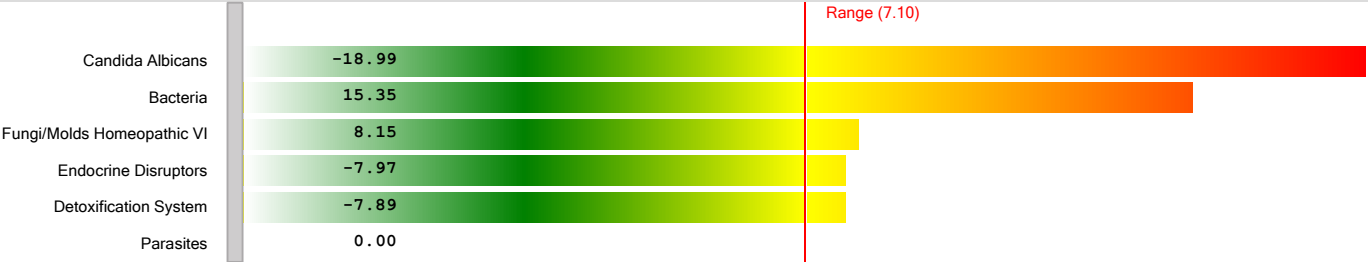
The ZYTO Hand Cradle has been cleared by the FDA for the measurement of galvanic skin response. ZYTO software has not undergone FDA review for effectiveness. ZYTO technologies are not intended to be used in the diagnosis, cure, treatment, mitigation, or prevention of any disease or medical condition. 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.

TOXIC STRESS



Many of the toxic substances that enter the body are fat-soluble, which means they dissolve only in fatty or oily solutions and not in water. This makes them difficult for the body to excrete. Toxins may be stored for years in fatty tissues, and are released during times of exercise, stress, or fasting. During the release of these toxins, symptoms such as headaches, poor memory, stomach pain, nausea, fatigue, dizziness, and heart palpitations can occur. (4)

Toxic Stress Stressors



Top Toxic Stress Balancers

- 53.04 DO - Oregano Touch
- 32.51 NSP - Vitamin C Citrus Bioflavonoids 1 Tablet 3 times per day
- 28.26 NSP - Pau D'Arco Capsules 2 Capsules 3 times per day
- 27.63 NSP - Liquid Chlorophyll 2 Tablespoons 1 times per day
- 25.63 NSP - Protease Plus 1 Capsule 1 times per day



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Your positive responses indicate a stronger coherent response, or preference, for the service Virtual Items shown here.

47.14 Grounding Therapy

Grounding is a set of simple strategies to detach from emotional pain so that you can gain control over your feelings. Grounding centers on distractions, which allow you to focus outward on the external world, rather than inward toward the self. Many people, who are struggling with overwhelming emotions and memories, or those feeling numb with dissociation, benefit from grounding. In grounding, you attain a balance between the two: conscious of reality and able to tolerate it.

45.52 Exercise

Physical exercise is any bodily activity that enhances or maintains physical fitness, and overall health and wellness. It is performed for various reasons, including: strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, as well as for the purpose of enjoyment. Frequent and regular physical exercise boosts the immune system, and helps prevent certain diseases, such as heart disease, cardiovascular disease, Type 2 diabetes and obesity. Physical exercise can also improve mental health.

42.19 Hyperbaric Oxygen

"Hyper" means increased and "baric" relates to pressure. Hyperbaric oxygen therapy (HBOT) thus refers to intermittent treatment of the entire body with 100-percent oxygen at greater than normal atmospheric pressures. The earth's atmosphere normally exerts approximately 15 pounds per square inch of pressure at sea level. That pressure is defined as one atmosphere absolute (1 ATA). In the ambient atmosphere we normally breathe approximately 20 percent oxygen and 80 percent nitrogen. While undergoing HBOT, pressure is increased up to two times (2 ATA) in 100% oxygen. This increased pressure, and 100% oxygen, dissolves oxygen into the blood plasma and in all body cells, tissues, and fluids at up to 10 times normal concentration. Your blood carries this oxygen throughout your body, stimulating the release of substances called growth factors and stem cells, which promote healing.

34.31 Laser Therapy

Laser Therapy uses a strong focused beam of light to cut, burn or destroy tissue. LASER stands for Light Amplification by Stimulated Emission of Radiation and can be used to treat a variety of conditions such as: remove tumors, relieve symptoms of cancer, remove kidney stones, repair detached retina, improve vision and skin surgery.

33.36 Micro Point Stimulation

MPS Therapy is an FDA approved therapy for pain relief that combines the principles of acupuncture and neurology with microcurrent stimulation. Stimulation is applied to treatment points relating to different systems involved with nerve impingement or ANS (Autonomic Nervous System) up regulation. Patients re-assessments performed after treating each system can determine the extend of therapeutic involvement. Using MPS, the assessment and the treatments of the root causes of soft tissue pain can be completed with a high degree of accuracy within minutes.

MPS Therapy not only provides pain relief, but it improves ROM and releases fascia in a fraction of the time it takes manual therapies or other modalities.

MPS Therapy applies concentrated DC micro-stimulation to produce an "acupuncture" response that "releases" muscle tissue that impinges nerves and causes joint pain. This action thus permits increased re-innervation of affected neural pathways, allowing patient pain levels to be substantially decreased, often instantaneously. This multi-pronged approach to the body's nervous and musculoskeletal system is the reason why MPS Therapy works so well on pain. MPS is an integrative therapy combining acupuncture, trigger point, myofascial release, osteopathic, derma, neural and structural realignment therapies.