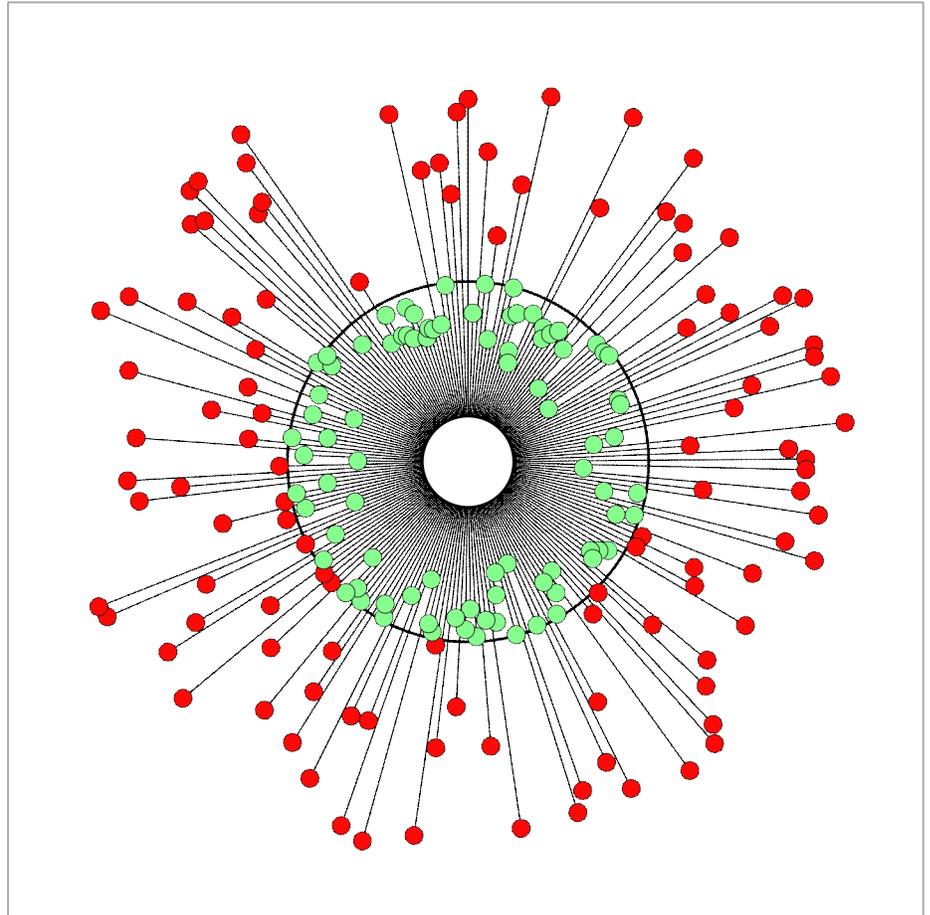


Wellness Report

YOUR DYNAMIC PROFILE

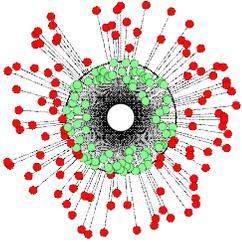
Biomarkers: 197
Range: 5.79

Biomarkers In Range: 86
Biomarkers Out of Range: 111



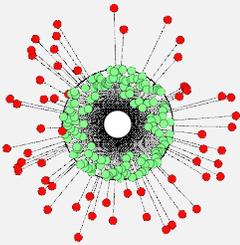
BALANCER VIRTUAL ITEM RE-SCAN RESPONSES

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: 111

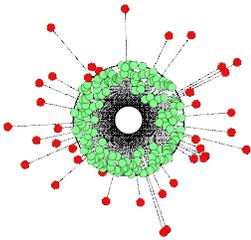


ABC - Revitalizing Sleep Formula

Biomarkers Brought Into Range: 51

Category: All ABC Products

Usage Directions: 2 Capsules 1 times per day

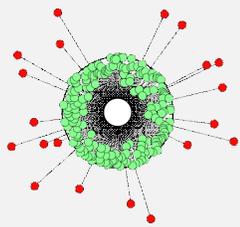


ABC - EyesAlive

Additional BioMarkers Brought Into Range: 22

Category: All ABC Products

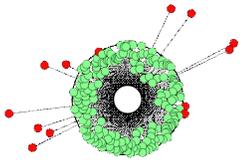
Usage Directions: 3 Capsules 3 times per day



ABC - Sage Oil

Additional BioMarkers Brought Into Range: 18

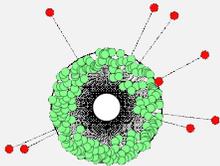
Category: All ABC Products



ABC - Cassia Oil

Additional BioMarkers Brought Into Range: 7

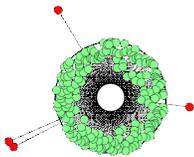
Category: All ABC Products



ABC - Thyme Oil

Additional BioMarkers Brought Into Range: 4

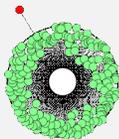
Category: All ABC Products



ABC - Petitgrain Oil

Additional BioMarkers Brought Into Range: 5

Category: All ABC Products



ABC - Whole Food Energizer & Multi-Vitamin

Additional BioMarkers Brought Into Range: 3

Category: All ABC Products

Usage Directions: 3 Tablets 1 times per day

PRODUCT DESCRIPTIONS

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

18.88 **ABC - Revitalizing Sleep Formula** 2 Capsules 1 times per day

2 Capsule(s) 1 times per day

This product will assist you with better sleep.

17.23 **ABC - EyesAlive** 3 Capsules 3 times per day

3 Capsule(s) 3 times per day

State-of-the-art nourishment for the eyes

Features bilberry, patented lutein, and multiple carotenoids for ocular health

NEW IMPROVED formula with 4mg of OptiSharp zeaxanthin!

Don't let free radicals damage your eyes--fight back with EyesAlive! This powerful antioxidant formula features only all-natural ingredients from the most respected names in the industry, including FloraGLO and ZANTHIN. But it's not just the quality of the ingredients that sets this formula apart from the competition, it's also the quantity. Each two-capsule serving supplies an impressive 20 mg of lutein--twice what you'll find in other leading brands.

12.11 **ABC - Sage Oil**

Botanical Name

Salvia officinalis

Common Method of Extraction

Steam Distilled

Plant Part Typically Used

Leaves and Flowers/Buds

Color

Clear

Consistency

Thin

Perfumery Note

Top

Strength of Initial Aroma

Strong

Aromatic Description

Herbaceous, fruity, fresh, camphorous.

Sage Oil Uses

Fragrancing in very low dilutions.

<https://www.aromaweb.com/essential-oils/dalmatian-sage-oil.asp>

11.67 **ABC - Cassia Oil**

Resembling Cinnamon Bark Essential Oil in aroma, Cassia Essential Oil is sometimes used as an economical substitute within fragrancng applications.

It is my understanding that most of the "Ground Cinnamon" that we purchase in grocery stores, and even most of the "Cinnamon Sticks" that are sold are not true cinnamon, but are really its more affordable cousin, Cassia, Cinnamomum cassia.

Cassia Oil

When comparing the bark oils of both Cassia (Cinnamomum cassia) and Cinnamon (Cinnamomum zeylanicum), I personally prefer the richer, fuller aroma of Cinnamon Oil to that of Cassia Oil.

ZYTO[™]

Test Male - 4/14/2020

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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.

I have purchased sticks of both Cinnamomum cassia and Cinnamomum zeylanicum, and also prefer the aroma and flavor of Cinnamomum zeylanicum in bark form.

Typically, both Cassia Bark and Cinnamon Bark oils should be used with extreme caution, if at all. Refer to the Safety Information section below for more information.

Botanical Name
Cinnamomum cassia

Common Method of Extraction
Steam Distilled

Plant Part Typically Used
Bark

Color
Golden Yellow/Brown

Consistency
Medium

Perfumery Note
Middle

Strength of Initial Aroma
Sharp/Strong

Aromatic Description
Spicy, sweet, woody, earthy.

Cassia Oil Uses
Fragrancing, indigestion, gas, colic, diarrhea, rheumatism, cold/flu.

<https://www.aromaweb.com/essential-oils/cassia-oil.asp>

11.37 **ABC - Thyme Oil**

Historically, fresh and dried Thyme as well as the essential oil have been used to help ward off bacteria and viruses. Of the most commonly available Thyme Essential Oils, Thyme ct linalool tends to be amongst the most gentle and safe while Thyme ct thymol contains more thymol and can be a more potent antibacterial/antiviral oil.

Constituent and safety information varies depending on the specific chemotype of Thyme Oil used.

Some companies offer a "benchmark" Thyme Essential Oil that combines several thyme chemotypes. Benchmark Thyme Essential Oil is gaining attention for its potential in combating MRSA.

Botanical Name
Thymus vulgaris / Thymus zygis

Common Method of Extraction
Steam Distilled

Plant Part Typically Used
Leaves and Flowers/Buds

Color
Pale Yellow
(May Vary, Depending on Specific Botanical, Chemotype and Distillation)

Consistency



Medium and Slightly Oily

Perfumery Note

Middle

Strength of Initial Aroma

Medium - Strong

Aromatic Description

Fresh, medicinal, herbaceous.

Thyme Oil Uses: Within Aromatherapy vs MRSA, Maggie Tisserand identifies and discusses Thyme as one of the three key essential oils that have the potential to combat MRSA. Julia Lawless lists these as other uses for Thyme Oil: Arthritis, colds, cuts, dermatitis, flu, insect bites, laryngitis, lice, muscle aches, oily skin, poor circulation, scabies, sore throat.

<https://www.aromaweb.com/essential-oils/thyme-oil.asp>

11.27 ABC - Petitgrain Oil

Though steam distilled from the same botanical species as neroli and bitter orange, Petitgrain Essential Oil possesses its own characteristically unique aroma. Petitgrain Oil is distilled from the leaves and sometimes the twigs and branches of the tree whereas Neroli Essential Oil is distilled from the blossoms and Orange Essential Oil is typically cold pressed from the rinds of the fruits.

Because it is distilled from the leaves and sometimes also the twigs, it is less floral and less citrusy in fragrance than Neroli or Orange. It has a beautiful, fresh, woody aroma that blends well with citrus rind and floral oils. It's a joy to work with for aromatic blending.

Petitgrain Essential Oil that is from France is known as Petitgrain Bigarade Essential Oil. [Salvatore Battaglia, The Complete Guide to Aromatherapy (Australia: The Perfect Potion, 2003), 249.]

Emotionally, I find Petitgrain Oil to be uplifting, calming and balancing. I tend to include Petitgrain Oil in my inhalers intended to help ease anxiety and high stress situations. Like Lavender, Petitgrain Oil contains the calming ester linalyl acetate and the calming/anti-bacterial monoterpenol linalol.

Petitgrain Oil

Typically when the common name of an essential oil is simply listed as Petitgrain Essential Oil,, the oil is likely distilled from Citrus aurantium. However, it is important to doublecheck because steam distilled Combava Petitgrain, Citrus hystrix, and Clementine Petitgrain, Citrus clementia Essential Oils are also available from a few sources. The aromas of each definitely say "Petitgrain" when you smell them, but each definitely has its own lovely aroma and unique aromatic characteristics. The natural chemical composition of each oil also varies, and it appears that Petitgrain derived from Citrus aurantium is the most abundant in Linalyl acetate and linalol. The GC/MS reports that I've seen for both Combava Petitgrain and Clementine Petitgrain have been a bit conflicting, so I hesitate to suggest what the typical composition should be until I have more definitive information.

The aroma of Petitgrain Essential Oil is a wonderful addition to blends especially formulated for men (women love it too). Petitgrain is considered an aphrodisiac.

Botanical Name

Citrus aurantium

Common Method of Extraction

Steam Distilled

Plant Part Typically Used

Leaves and Twigs

Color

Clear with a Yellow Tinge

Consistency

Thin

Perfumery Note

Top

ZYTO[™]

Test Male - 4/14/2020

Page 6 of 21

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Strength of Initial Aroma

Medium

Aromatic Description

Fresh, woody, and slightly floral.

Petitgrain Oil Uses

Acne, fatigue, oily skin, stress.

<https://www.aromaweb.com/essential-oils/petitgrain-oil.asp>

10.88 **ABC - Whole Food Energizer & Multi-Vitamin** 3 Tablets 1 times per day

3 Tablet(s) 1 times per day

An invigorating, whole spectrum multi-vitamin

Features aminos, fruits, vegetables, MycoDefense nutrients and more

Rapid-absorption capsules dissolve up to five-times quicker than other leading brands

Feel your best every day with ABC Whole Food Energizer! This advanced multi-nutrient formula combines a complete supply of essential vitamins and minerals with a full spectrum of amino acids, a super "green food" blend, NutriJuice fruit and vegetable blends, MycoDefense mushroom blend, natural omega-3 and omega-6 fatty acids, active enzymes, and a powerful citrus bioflavonoid complex for comprehensive, everyday nutritional support.



4 CORE BODY SYSTEMS FOR WELLNESS



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

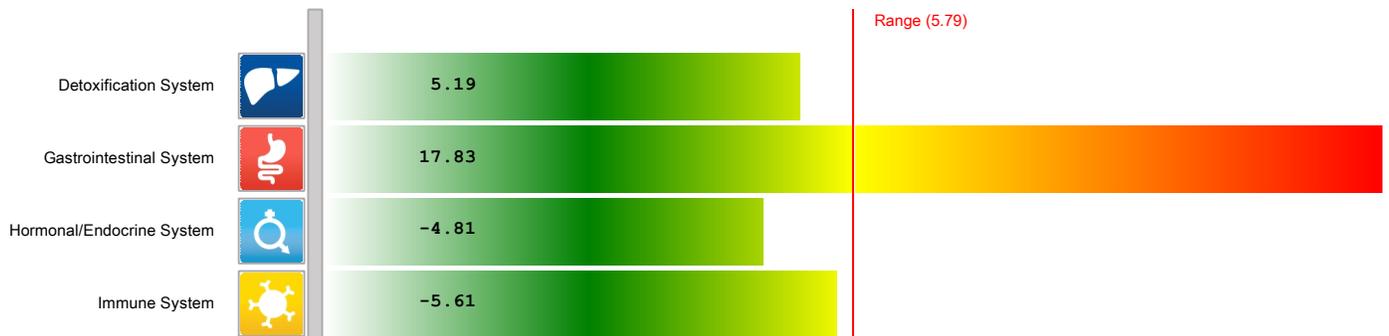
1. Detoxification System
2. Gastrointestinal System
3. Hormonal/Endocrine System
4. Immune System

Why These 4?

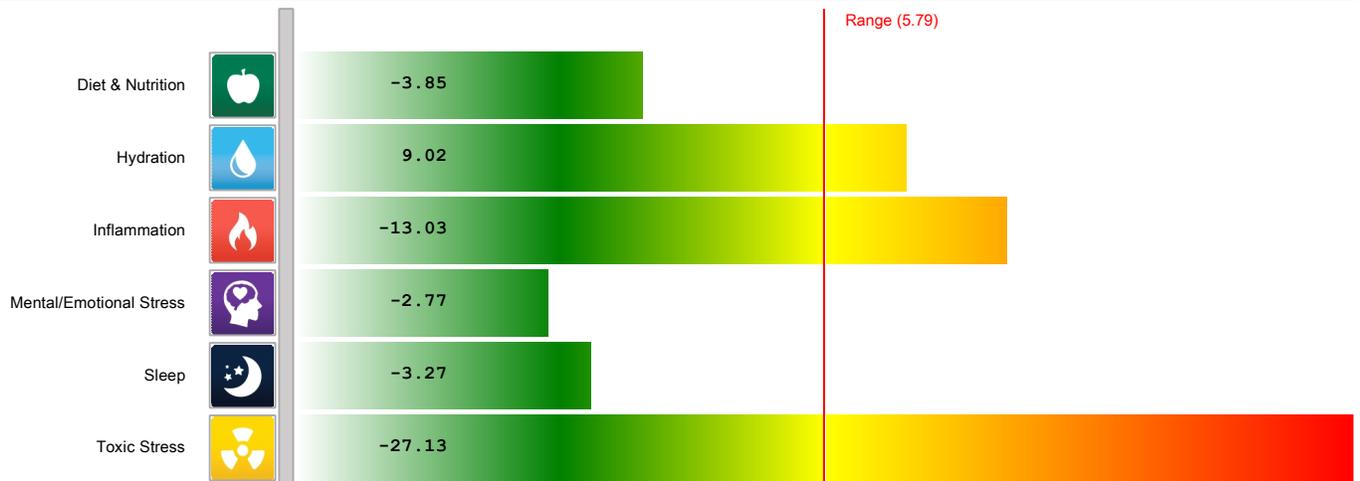
Whether you are very ill, seeking to prevent illness, or just trying to improve your overall health or fitness levels, it is important to evaluate these four systems. How these systems function both independently and interdependently has a profound influence on your health. If one or more is compromised, 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.

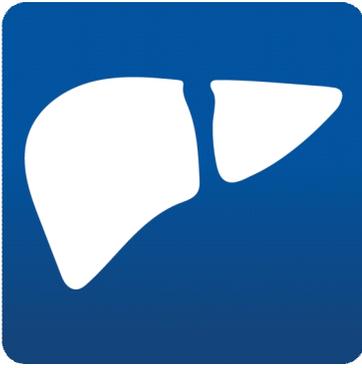
STRESSOR VIRTUAL ITEM RESPONSES: 4 CORE SYSTEMS



STRESSOR VIRTUAL ITEM RESPONSES: LIFESTYLE AREAS



DETOXIFICATION SYSTEM



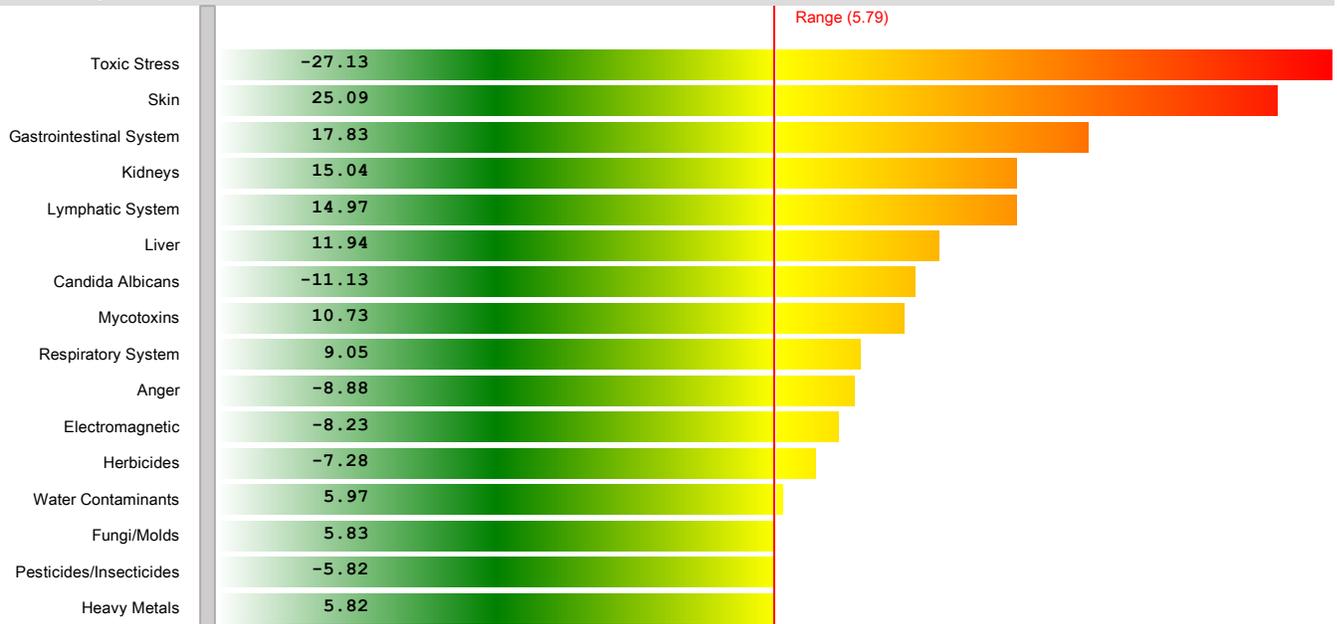
A toxin is any substance that causes harm in the body. Never before in human history have we been exposed to as many toxins as we are now.

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

- 9.56 **ABC - Arnica Montana 30x**
- 9.01 **ABC - Oregano Oil**
- 6.08 **ABC - Chewable Acerola C Complex**
- 5.77 **ABC - High Potency Apple Cider Vinegar**
- 5.67 **ABC - Lemongrass Oil**

GASTROINTESTINAL SYSTEM

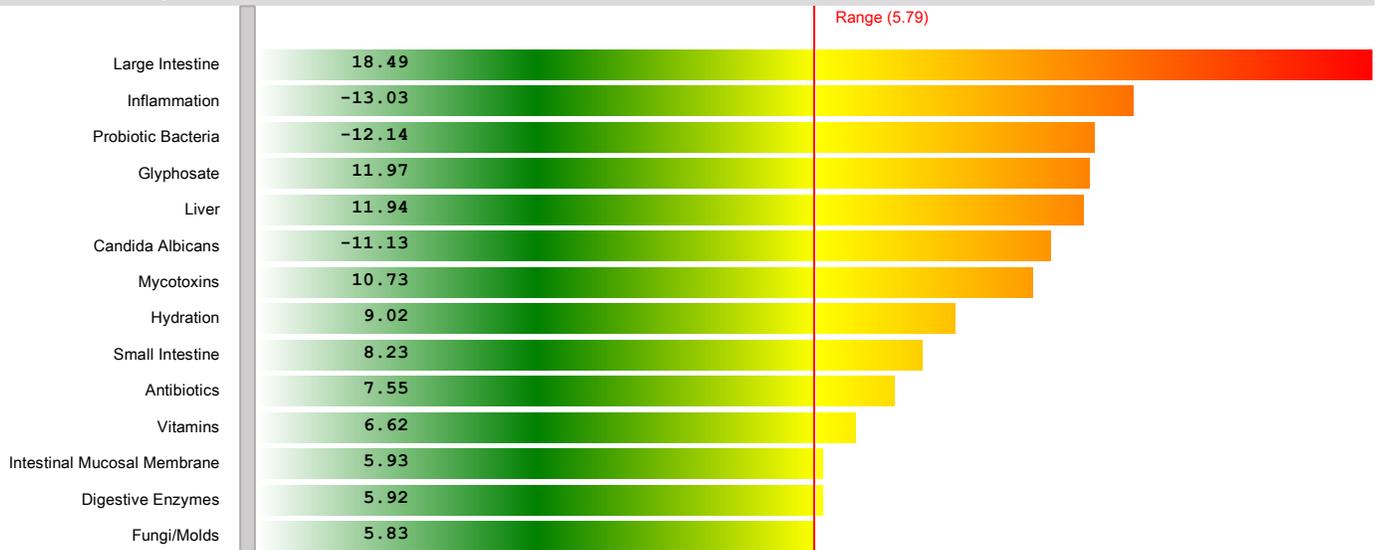


The saying "You are what you eat" can be said more accurately; "You are what you digest"! However, if digestive function is compromised, it's not just your body's nutrient status that suffers. The health of the gut greatly impacts brain function, hormone balance, immune regulation, and so much more...

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.

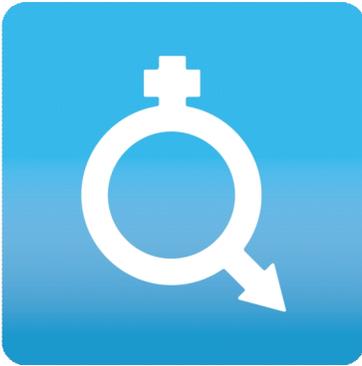
Gastrointestinal System Stressors



Top Gastrointestinal Balancers

- 17.23 **ABC - EyesAlive**
- 11.67 **ABC - Cassia Oil**
- 11.37 **ABC - Thyme Oil**
- 11.27 **ABC - Petitgrain Oil**
- 10.88 **ABC - Whole Food Energizer & Multi-Vitamin**

HORMONAL/ENDOCRINE SYSTEM

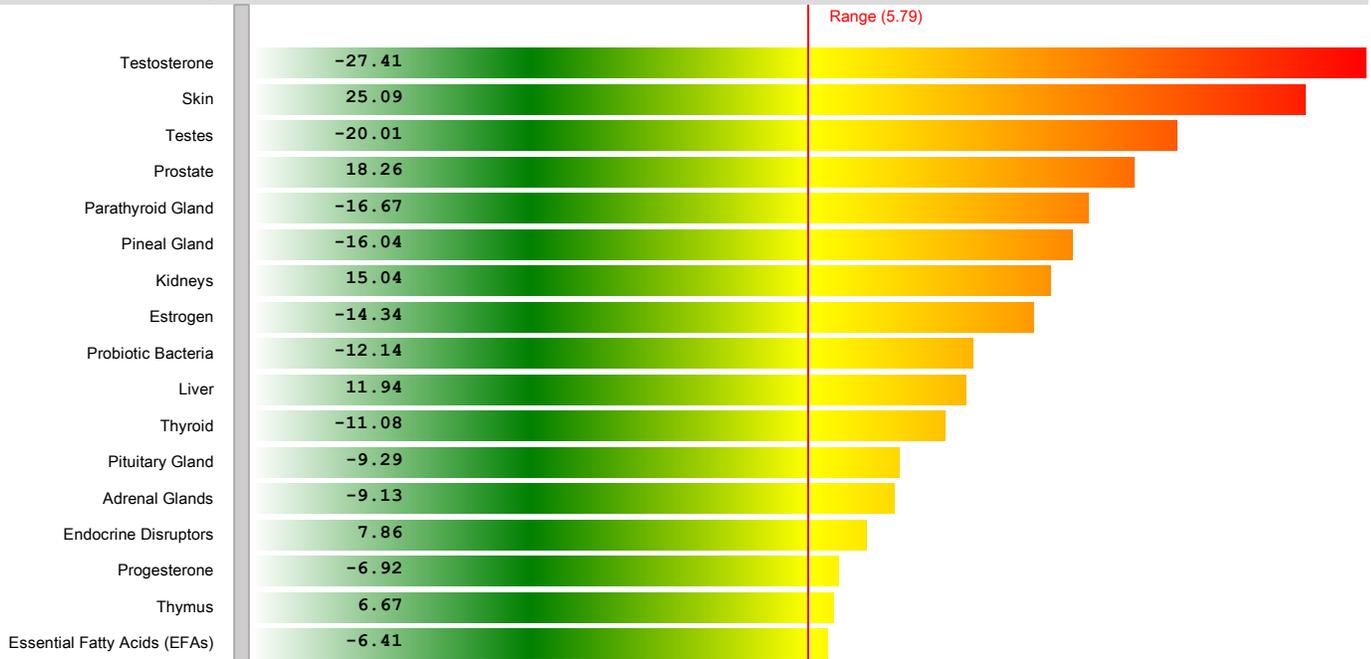


Hormones are chemical messengers that travel through your bloodstream and enter tissues, where they turn on switches to the genetic machinery that regulates everything from reproduction to emotions to your sense of well-being. The body's system of hormone production is formally known as the Endocrine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

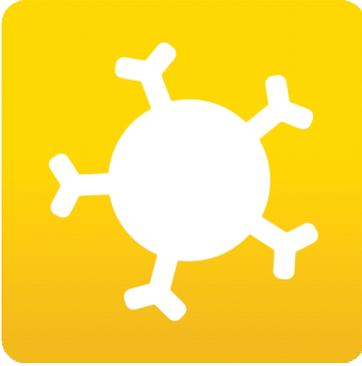
Hormonal/Endocrine System Stressors



Top Hormonal/Endocrine Balancers

- 12.11 **ABC - Sage Oil**
- 11.37 **ABC - Thyme Oil**
- 10.88 **ABC - Whole Food Energizer & Multi-Vitamin**
- 9.05 **ABC - Clary Sage Oil**
- 5.69 **ABC - Beta Sitosterol**

IMMUNE SYSTEM



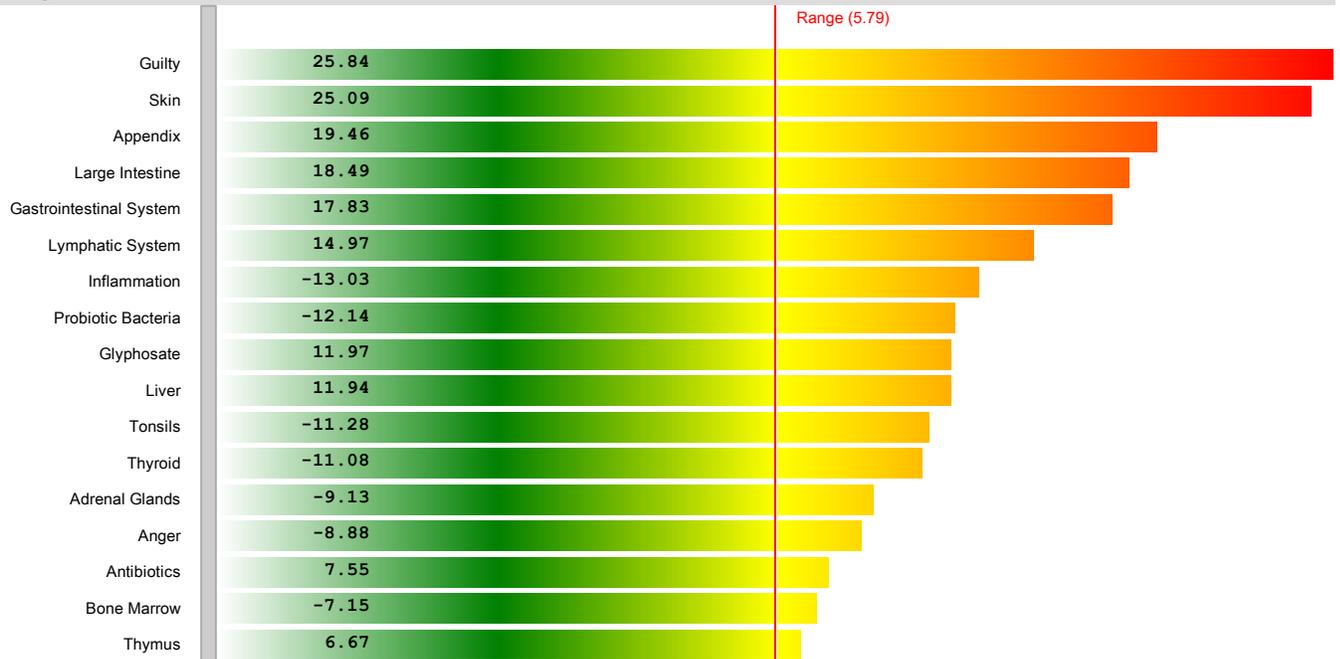
The first line of defense against disease-causing microorganisms is the skin and mucosal barriers. Behind this is a complex defensive system. Collectively these parts are known as the immune system.

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

- 11.67 **ABC - Cassia Oil**
- 11.37 **ABC - Thyme Oil**
- 11.27 **ABC - Petitgrain Oil**
- 10.88 **ABC - Whole Food Energizer & Multi-Vitamin**
- 10.82 **ABC - Jasmine Oil**

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.

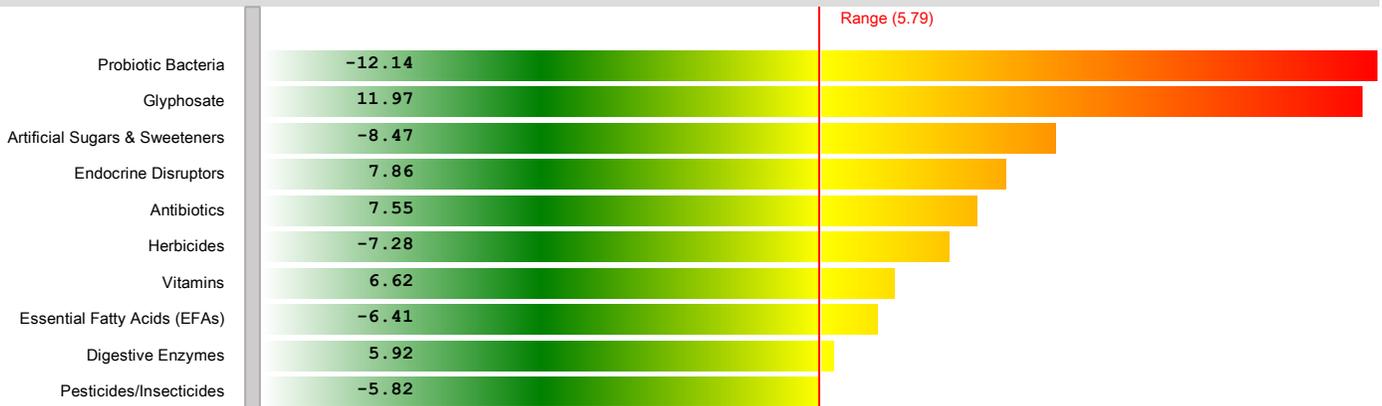
Insulin and glucagon are antagonists, meaning that the secretion of one acts to balance or modulate the effects of the other. Above-average levels of insulin caused by a diet high in sugar, processed foods, and unhealthy fats are associated with almost every disease known to mankind, especially cancer,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

Diet & Nutrition Stressors



Top Diet & Nutrition Balancers

- 17.23 **ABC - EyesAlive**
- 10.88 **ABC - Whole Food Energizer & Multi-Vitamin**
- 5.18 **ABC - Prostate Essentials Plus**
- 4.98 **ABC - Wellness Formula**
- 4.74 **ABC - Tri-Fiber Complex**

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:

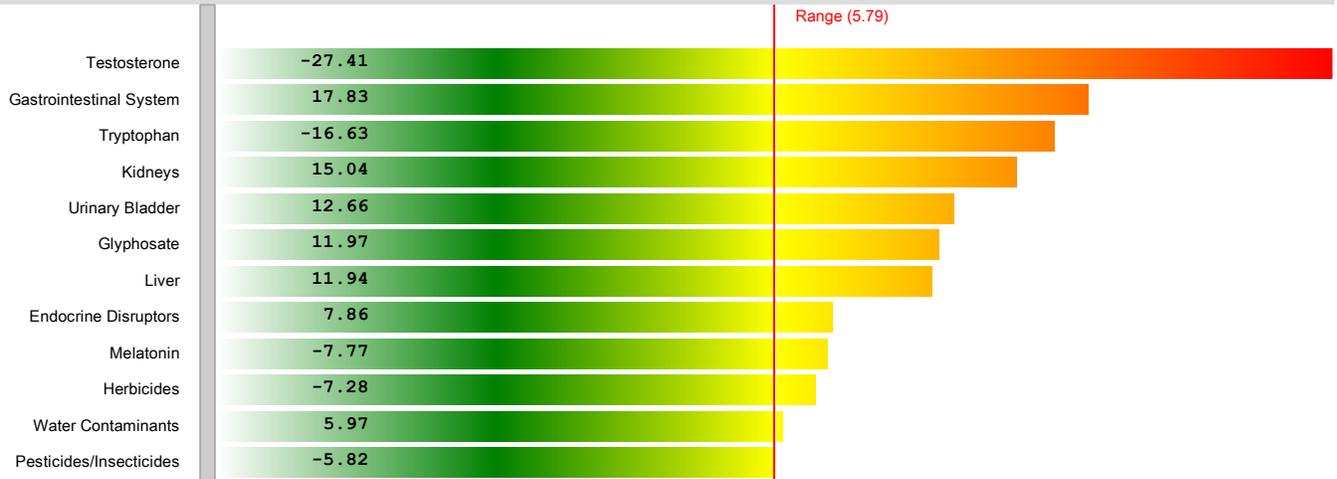
- Fatigue
- Constipation
- Headaches
- Indigestion
- Muscle and joint aches and pains
- High blood pressure
- Depression
- Allergies
- Lack of mental clarity
- Skin issues
- Excess weight

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)

Hydration Stressors



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)

Inflammation Stressors



Top Inflammation Balancers

- 17.23 **ABC - EyesAlive**
- 10.88 **ABC - Whole Food Energizer & Multi-Vitamin**
- 10.82 **ABC - Jasmine Oil**
- 9.56 **ABC - Arnica Montana 30x**
- 5.88 **ABC - Green Tea**

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.

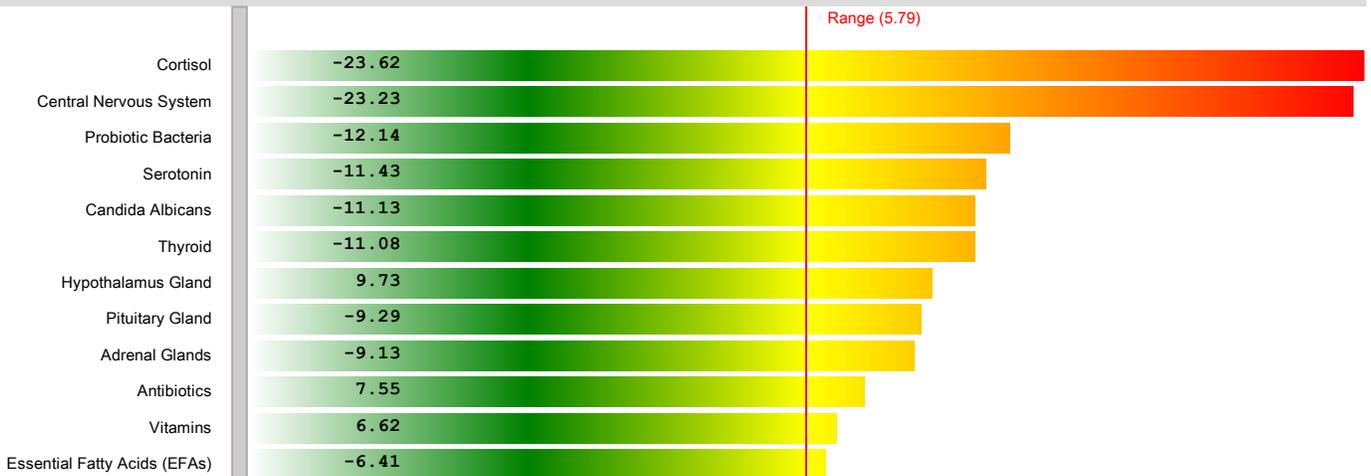
The hypothalamus is a principal limbic structure whose primary purpose is to maintain homeostasis in the body—meaning that it returns systems within your body to their “set points.” Specifically, the hypothalamus regulates hunger, thirst, levels of pain and pleasure, sexual satisfaction, and aggressive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

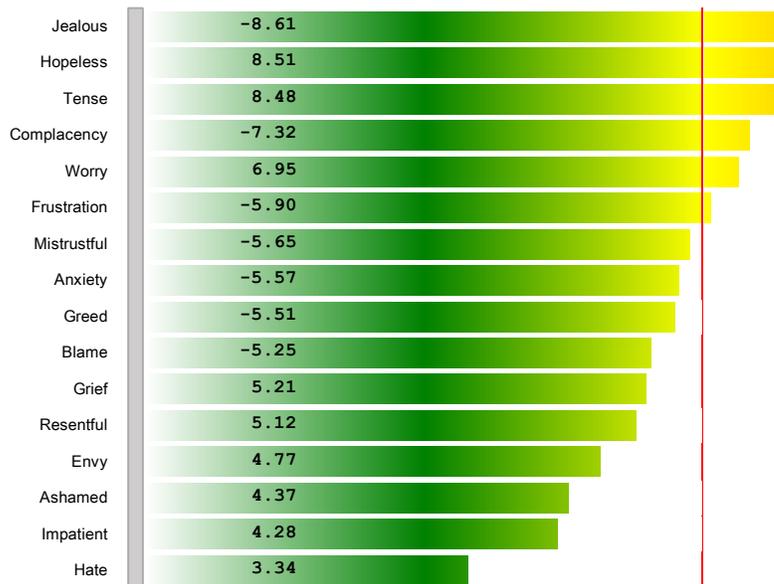
The hypothalamus—under the control of your thoughts, feelings, and attitude—sends instructions through the autonomic nervous system and the pituitary gland. The autonomic nervous system regulates blood pressure, heart rate, breathing, digestion, and sweating, and serves other vital functions. The pituitary 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

- 18.88 **ABC - Revitalizing Sleep Formula 2 Capsules 1 times per day**
- 12.11 **ABC - Sage Oil**
- 11.67 **ABC - Cassia Oil**
- 11.37 **ABC - Thyme Oil**
- 11.27 **ABC - Petitgrain Oil**

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.

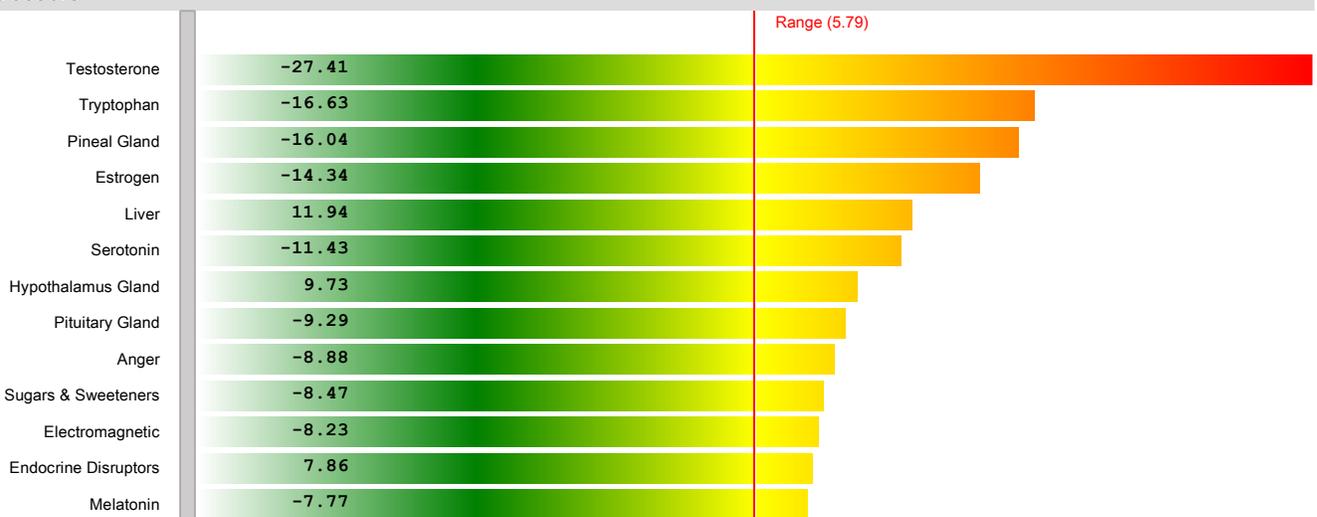
Another reason we are sleeping less, in addition to indoor lighting and multitasking lifestyles, is the universal acceptance and abuse of caffeine.

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

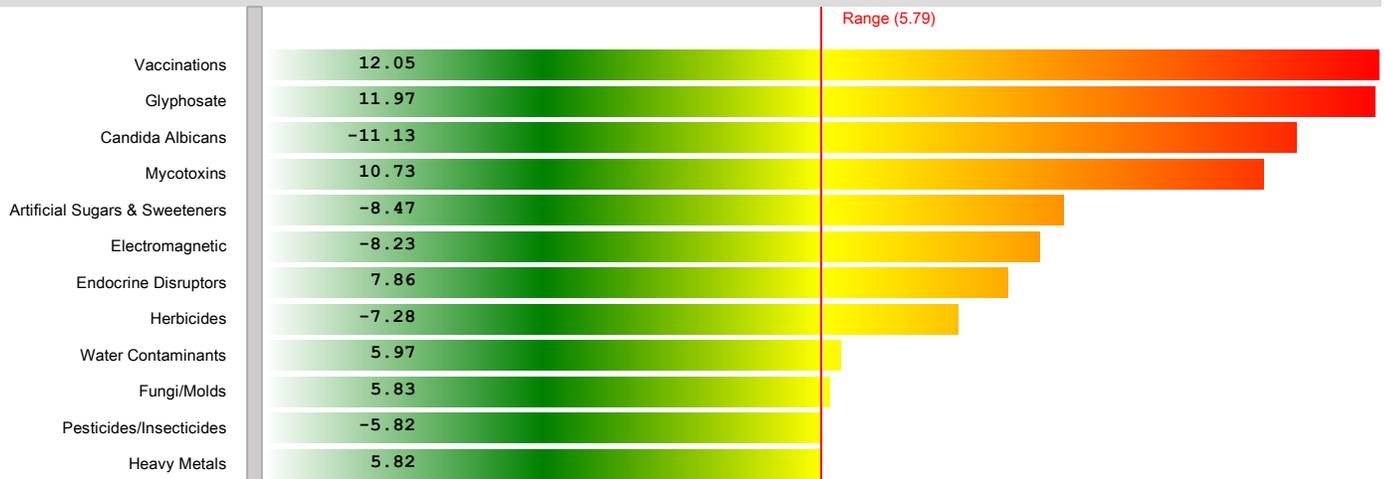
- 18.88 **ABC - Revitalizing Sleep Formula 2 Capsules 1 times per day**
- 11.27 **ABC - Petitgrain Oil**
- 10.82 **ABC - Jasmine Oil**
- 9.05 **ABC - Clary Sage Oil**

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

- 9.01 **ABC - Oregano Oil**
- 6.08 **ABC - Chewable Acerola C Complex 4 Tablets 1 times per day**
- 5.77 **ABC - High Potency Apple Cider Vinegar 3 Capsules 1 times per day**
- 5.67 **ABC - Lemongrass Oil**
- 5.25 **ABC - Cilantro Oil**



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

16.80 **Aroma Touch**

Aroma Touch Technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body.

13.39 **Activator**

The Activator Method Chiropractic Technique is a chiropractic treatment method and device created by Arlan Fuhr as an alternative to manual manipulation of the spine or extremity joints. The device is categorized as a mechanical force manual assisted (MFMA) instrument and is generally regarded as a gentler chiropractic treatment technique.

8.78 **Acupuncture**

Acupuncture is an alternative and complementary treatment based on Traditional Chinese Medicine (TCM), a system of healing that dates back over 2000 years. At the core of TCM is the notion that a type of life force, or energy, known as chi or qi (pronounced "chee") flows through energy pathways (meridians) in the body. Each meridian corresponds to one organ, or group of organs, that governs particular bodily functions. Achieving the proper flow of chi is thought to create health and wellness. To restore balance, an acupuncturist inserts very fine needles through the surface of the skin at points along the meridians, allowing your body's natural healing mechanisms to take over.

7.20 **Alpha Lipoic Acid Therapy**

Alpha-lipoic acid is a vitamin-like chemical that works as a powerful antioxidant. Good sources of alpha-lipoic acid include: yeast, liver, kidney, spinach, broccoli, and potatoes. Alpha-lipoic acid can also be made in the laboratory for medicinal use.

4.62 **Alpha Stim**

Get quick, sustainable relief from acute, chronic, and post-traumatic pain, while also treating other conditions often associated with pain (such as anxiety, depression, and insomnia).