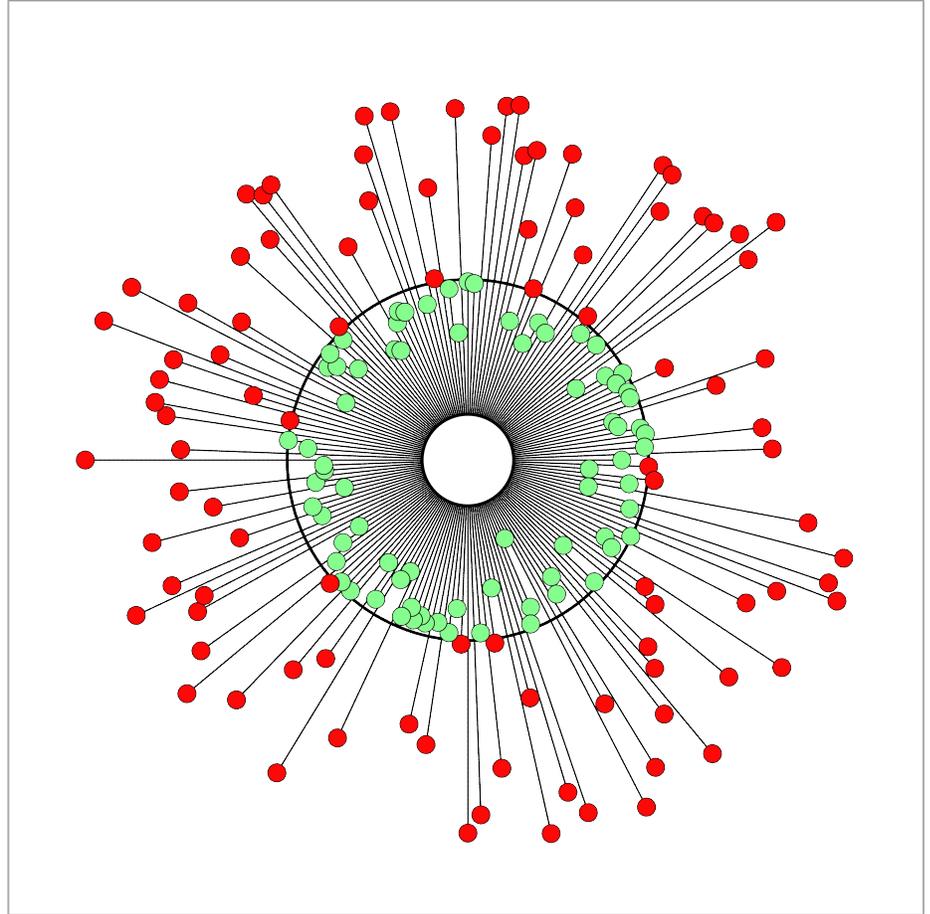


Wellness Report

YOUR DYNAMIC PROFILE

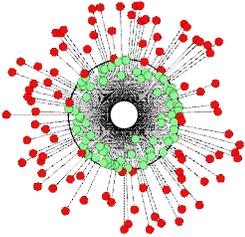
Biomarkers: 172
Range: 5.85

Biomarkers In Range: 75
Biomarkers Out of Range: 97



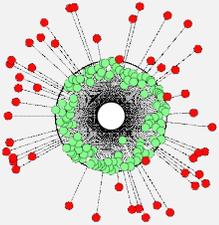
BALANCER VIRTUAL ITEM RE-SCAN RESPONSES

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

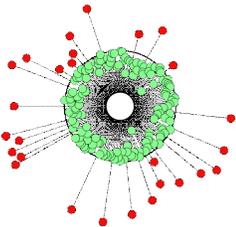
Biomarkers Out of Range: 97



DO - Rose Touch

Biomarkers Brought Into Range: 47

Category: All doTERRA Products, Products (US)

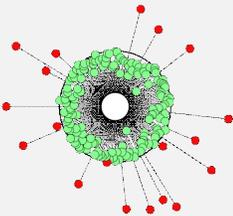


DO - Mito2Max®

Additional BioMarkers Brought Into Range: 23

Category: All doTERRA Products, Products (US)

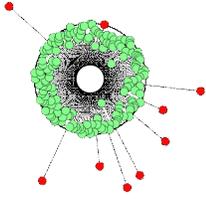
Usage Directions: 2 Capsules 1 times per day



DO - HD Clear®

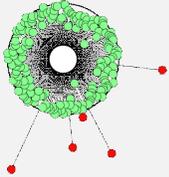
Additional BioMarkers Brought Into Range: 8

Category: All doTERRA Products, Products (US)



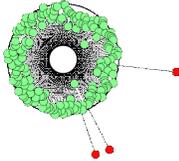
DO - a2z Chewable™

Additional BioMarkers Brought Into Range: 10
Category: All doTERRA Products, Products (US)
Usage Directions: 2 Tablets 1 times per day



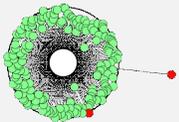
DO - Deep Blue® Roll On

Additional BioMarkers Brought Into Range: 4
Category: All doTERRA Products, Products (US)



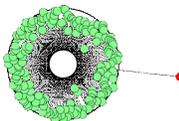
DO - Petitgrain Essential Oil

Additional BioMarkers Brought Into Range: 2
Category: All doTERRA Products, Products (US)
Usage Directions: 1 Drop 1 times per day



DO - Cheer® Essential Oil

Additional BioMarkers Brought Into Range: 1
Category: All doTERRA Products, Products (US)
Usage Directions: 1 Drop 1 times per day



DO - Black Pepper Essential Oil

Additional BioMarkers Brought Into Range: 1
Category: All doTERRA Products, Products (US)
Usage Directions: 1 Drop 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.



24.55 DO - Rose Touch

Rose Touch 10 ml
Item: 60201813

Using the powerful benefits of Rose essential oil in a convenient roll-on, doTERRA Rose Touch can be applied throughout the day to uplift your mood or as a part of your skin care routine to promote a healthy complexion.

Description

Rose Touch combines Fractionated Coconut Oil with Rose essential oil, one of the most precious essential oils in the world. The labor-intensive and delicate process of harvesting and distilling rose petals produces a sweet floral aroma that's renowned in the perfume and essential oil industries. Rose Touch provides the user with myriad applications and usage options that are both affordable and convenient. Rose Touch can be applied to pulse points for an uplifting aroma throughout the day. It can be used to balance moisture levels in the skin, reduce the appearance of skin imperfections, and promote a healthy and even skin tone. Rose Touch can also be applied to the neck and wrists for a beautiful and romantic personal fragrance.

Primary Benefits

- Emotionally uplifting
- Helps balance moisture levels in the skin
- Reduces the appearance of skin imperfections
- Promotes an even skin tone and healthy complexion

Uses

Apply to pulse points to uplift mood throughout the day
Use on areas of concern twice daily to reduce the appearance of skin imperfections
Apply to neck and wrists for a personal fragrance

Directions for Use

Topical use: Apply one to two drops to desired area. See additional precautions below.



23.90 DO - Mito2Max® 2 Capsules 1 times per day

Mito2Max® Energy & Stamina Complex 60 capsules
Part Number: 34350001

Mito2Max is a proprietary formula of plant extracts and metabolic cofactors. This product is structured to naturally support healthy cellular energy production, optimal mitochondrial function, aerobic capacity, and stamina (without the use of harmful stimulants).*

Description

doTERRA Mito2Max is a proprietary formula of standardized plant extracts and metabolic cofactors that supports healthy cellular energy production.* Mito2Max supports optimal mitochondrial function, aerobic capacity, and stamina naturally without the use of harmful stimulants.* Use Mito2Max as a healthy, longterm alternative to caffeinated drinks and supplements for increased energy and vitality.*

Primary Benefits

- Promotes efficient production of ATP in the mitochondria of cells*
- Enhances stamina and efficient use of oxygen*
- Supports metabolic adaptation for diverse activities, from movie watching to marathon running*
- Improves mental energy*

Uses

Take two capsules daily with food. Refrain from using before going to sleep.

*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.



20.84 DO - HD Clear®

HD Clear® Topical Blend 10 mL

Part Number: 49400001

The herbaceous blend of essential oils found in HD Clear are powerful components that can help promote a clear complexion and reduce breakouts.*

Description

HD Clear Topical Blend is an important part of the HD Clear system. Formulated with Black Cumin Seed Oil and CPTG Certified Pure Therapeutic Grade® essential oils, this potent formula can be applied to targeted areas on the face and body. The essential oils in HD Clear are not only used for their well-known benefits, they are also soluble through lipids in the skin, allowing for perfect absorption and effectiveness. HD Clear Topical Blend promotes a clear, smooth complexion for skin of all ages.

Primary Benefits

Promote a clear complexion
Helps reduce breakouts
Helps keep skin clean, clear, and hydrated

Uses

Apply to smooth out imperfections on your skin.
Cleanse and hydrate your skin to look smooth and clear in the morning.
During your teenage years, apply to promote a clear complexion.

Directions for Use

Topical use: Apply a thin layer to targeted areas on the skin, or use as a spot treatment. Dilute with doTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

Cautions

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



20.68 DO - a2z Chewable™ 2 Tablets 1 times per day

a2z Chewable™ 60 tablets

Part Number: 35330001

Description

doTERRA a2z Chewable is a proprietary formula of ingredients developed with children and adults who have difficulty swallowing capsules in mind. Combining a blend of B vitamins with a blend of vitamins A, C, and E, as well as botanical extracts, doTERRA a2z Chewable supports healthy cell development and longevity when taken daily.* doTERRA a2z Chewable is formulated to be used with doTERRA Wild Orange-flavored IQ Mega™ Omega-3 fish oil as a comprehensive dietary supplement that supports healthy immunity and cognitive function as well as antioxidant protection.*

Primary Benefits

Safe for children 4 years of age and older and adults who prefer a chewable to capsules
Cognitive Blend: Choline, Phosphatidylserine, Inositol
Great watermelon flavor
No high fructose corn syrup, artificial colors, sweeteners, or flavors
Contains a superfood blend that helps support overall health and wellness
Formulated with doTERRA's proprietary Alpha CRS®+ Blend
A balanced blend of essential vitamins including the antioxidant vitamins A, C, and E, and a cellular energy complex of B vitamins*
Includes a blend of bioavailable minerals including calcium, magnesium, zinc, copper, and manganese

Specially formulated to be used daily with IQ Mega® as a comprehensive dietary supplement foundation for a lifetime of vitality and wellness*

Uses

Children 4 years of age and older: Take 2 tablets daily with meals. Adults may take up to 3 tablets daily.

Cautions

Pregnant or nursing women and people with known medical conditions should consult a physician before using. Do not use if safety seal is broken or missing. Does not contain gluten, dairy, wheat, soy, eggs, or nut products. For children under 4, consult a physician before using this product.

Warnings

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.



20.28 DO - Deep Blue® Roll On

Deep Blue® Roll On 10 mL

Part Number: 31380001

Formulated to soothe and cool, Deep Blue serves as an enriching blend of oils perfect for a massage after a long day or an intense workout.

Description

doTERRA Deep Blue is perfect for a soothing massage after a long day of work. Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus work together to soothe and cool. After long hours on the computer, try rubbing Deep Blue essential oil blend on your fingers, wrists, shoulders, and neck. A few drops of Deep Blue Soothing Blend diluted in Fractionated Coconut Oil can be part of a cooling and comforting massage.

Uses

Apply on feet and knees before and after exercise.

Massage Deep Blue with a few drops of carrier oil onto growing kids' legs before bedtime.

Rub Deep Blue on lower back muscles after a day of heavy lifting at work or during a move.

Directions for Use

Topical use: Apply to desired area. Dilute with doTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

Cautions

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



17.78 DO - Petitgrain Essential Oil 1 Drop 1 times per day

Petitgrain Essential Oil 15 mL

Part Number: 49520001

Description

Petitgrain essential oil is derived from the bitter orange tree, which has a long history of use in traditional health practices. Historically, Petitgrain essential oil has been used for cleaning purposes and it has been used internally to support healthy immune system and nervous system function.* Emerging scientific evidence provides support for these traditional and other uses.

There are three essential oils derived from the bitter orange tree. Petitgrain is distilled from the leaves and twigs of the tree, Neroli essential oil is distilled from the blossoms, and Bitter Orange oil is produced by cold pressing the rinds of the fruits. Petitgrain is widely used in the perfume industry, giving body sprays, fragrances, lotions, and colognes a fresh, herbaceous note that is popular among both women and men.

By sourcing Petitgrain from Paraguay through our Co-Impact Sourcing® initiative, doTERRA is able to support needed rural community development projects and provide diversified income for small-scale farmers. This approach provides an

economically viable alternative to clear-cutting land, dramatically helping to protect the remaining patches of the Atlantic Rainforest in eastern Paraguay.

Primary Benefits

May help support healthy cardiovascular function*
May provide antioxidant support*
May support healthy immune function*
May help promote a restful sleep*

Uses

Diffuse for a calming and relaxing aroma. Blends well with other citrus oils, Cassia, Cinnamon, Eucalyptus, Geranium, and Lemongrass.

Take internally to help ease feelings of tension, help calm the nervous system, and promote restful sleep.*

Before going to bed, add a few drops of Petitgrain along with Lavender or Bergamot to pillows and bedding for its aromatic benefits.

Add one to two drops to water or juice and drink to help support the health of the cardiovascular, immune, nervous, and digestive systems.*

Directions for Use

Diffusion: Use three to four drops in the diffuser of choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with a carrier oil to minimize any skin sensitivity. See additional precautions below.

Cautions

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



17.17 DO - Cheer® Essential Oil 1 Drop 1 times per day

Cheer® Uplifting Blend 5 mL

Part Number: 31720001

With a sunshiny, optimistic aroma, doTERRA Cheer can counteract negative emotions and provide a boost of happiness and positivity when you are feeling down.

Description

Everyone knows a bright disposition and cheerful attitude can smooth over many of the bumps and challenges of life, right? But, sometimes no amount of positive self-talk is enough to avoid the blues. doTERRA Cheer Uplifting Blend of citrus and spice essential oils provides a cheerful boost of happiness and positivity when you are feeling down. Its sunshiny, fresh, optimistic aroma will brighten any moment of your day. Features Wild Orange Peel, Clove Bud, Star Anise Fruit/Seed, Lemon Myrtle Leaf, Nutmeg Kernel, Vanilla Bean Extract, Ginger Rhizome, Cinnamon Bark, Zdravetz Herb.

Primary Benefits

Promotes feelings of optimism, cheerfulness, and happiness
Counteracts negative emotions of feeling down, blue, or low

Uses

Diffuse at home, work, or school to promote a positive, uplifting environment.

Apply to a cotton ball or terra cotta plate and place in car to experience doTERRA Cheer's energizing aroma while driving.

When feeling down, apply one drop to hands, rub together, and inhale deeply as needed throughout the day.

Directions for Use

Diffusion: Use one to two drops in the diffuser of your choice.

Topical use: Apply one to two drops to desired area. Dilute with doTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

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. Avoid sunlight or UV rays for up to 12 hours after applying product.



17.14 DO - Black Pepper Essential Oil 1 Drop 1 times per day

Black Pepper Essential Oil 5 mL

Part Number: 41040001

With noteworthy topical and internal benefits, Black Pepper essential oil can be used to add spice and sharpness when cooking, or to ward off seasonal and environmental threats.

Description

Black Pepper is best known as a common cooking spice that enhances the flavor of foods, but its internal and topical benefits are equally noteworthy. This essential oil is high in monoterpenes and sesquiterpenes, known for their antioxidant activity* and ability to help ward off environmental and seasonal threats. Black Pepper promotes healthy circulation,* but should be used with caution when applied topically due to its strong warming sensation. It can also help with the digestion of foods, making it an ideal oil to cook with and enjoy both for its flavor and internal benefits.*

Primary Benefits

Provides antioxidant support*

Supports healthy circulation*

Aids digestion*

Enhances food flavor

Soothes anxious feelings*

Uses

Create a warming, soothing massage by combining one to two drops with doTERRA Fractionated Coconut Oil.

Diffuse or inhale directly to soothe anxious feelings.

Take one to two drops in veggie caps daily when seasonal threats are high.*

Add to meats, soups, entrees, and salads to enhance food flavor and aid digestion.*

Directions for Use

Diffusion: Use three to four drops in the diffuser of your choice.

Internal use: Dilute one drop in 4 fl. oz. of liquid.

Topical use: Apply one to two drops to desired area. Dilute with doTERRA Fractionated Coconut Oil to minimize any skin sensitivity.

Cautions

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

FOUR CORE BODY SYSTEMS FOR WELLNESS



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

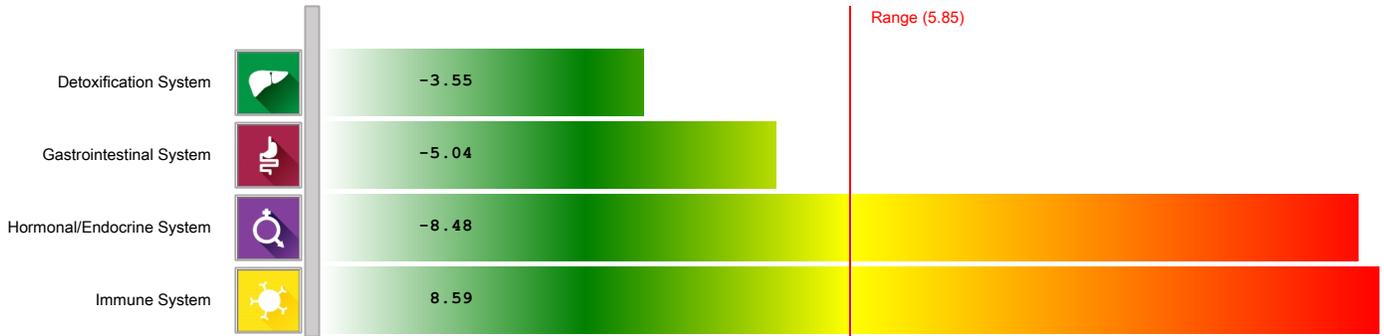
1. Detoxification System
2. Gastrointestinal System
3. Hormonal/Endocrine System
4. Immune System

Why These Four?

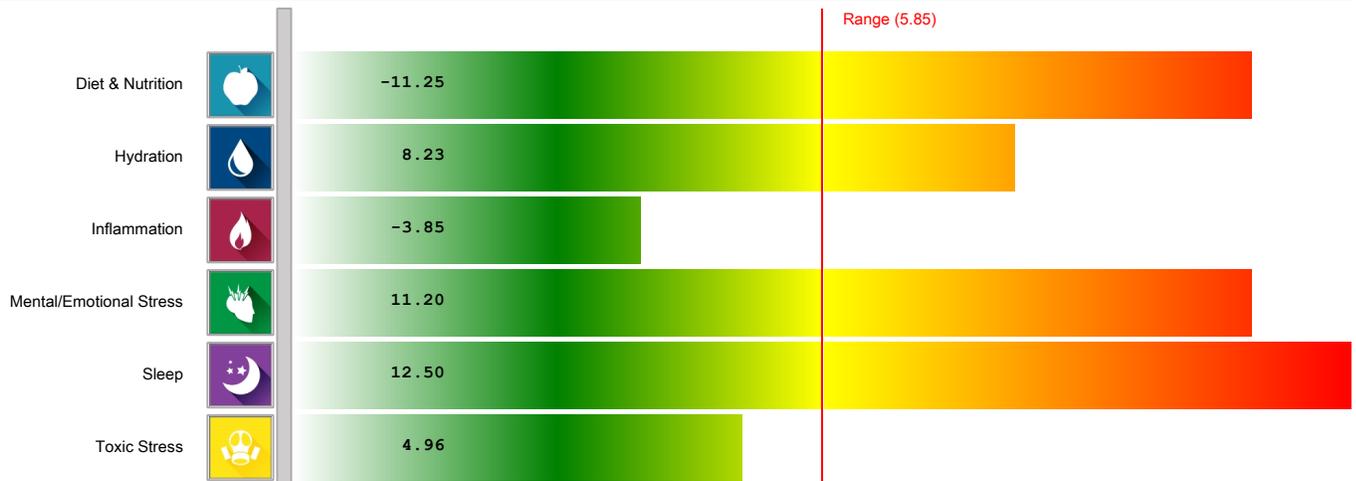
Whether you are very ill, seeking to prevent illness, or just trying to improve your overall health or fitness levels, it is important to evaluate these four systems. How these systems function both independently and interdependently has a profound influence on your health. If one or more is compromised, 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. (1)

STRESSOR VIRTUAL ITEM RESPONSES: FOUR CORE SYSTEMS



STRESSOR VIRTUAL ITEM RESPONSES: LIFESTYLE AREAS



DETOXIFICATION SYSTEM



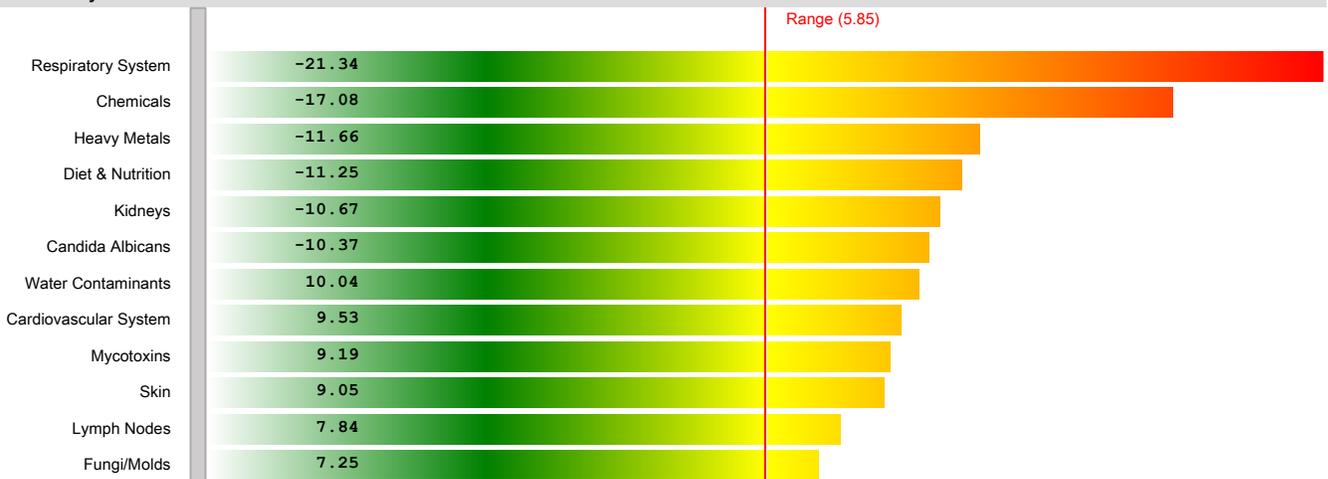
A toxin is any substance that causes harm in the body. Never before in human history have we been exposed to as many toxins as we are now.

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. (2)

Detoxification System Stressors



Top Detoxification Balancers

- 16.15 **DO - Cedarwood Essential Oil**
- 14.23 **DO - Breathe® Touch**
- 14.20 **DO - Microplex VMz®**
- 12.97 **DO - Zendocrine® Softgels**
- 12.59 **DO - Lemongrass Essential Oil**

GASTROINTESTINAL SYSTEM

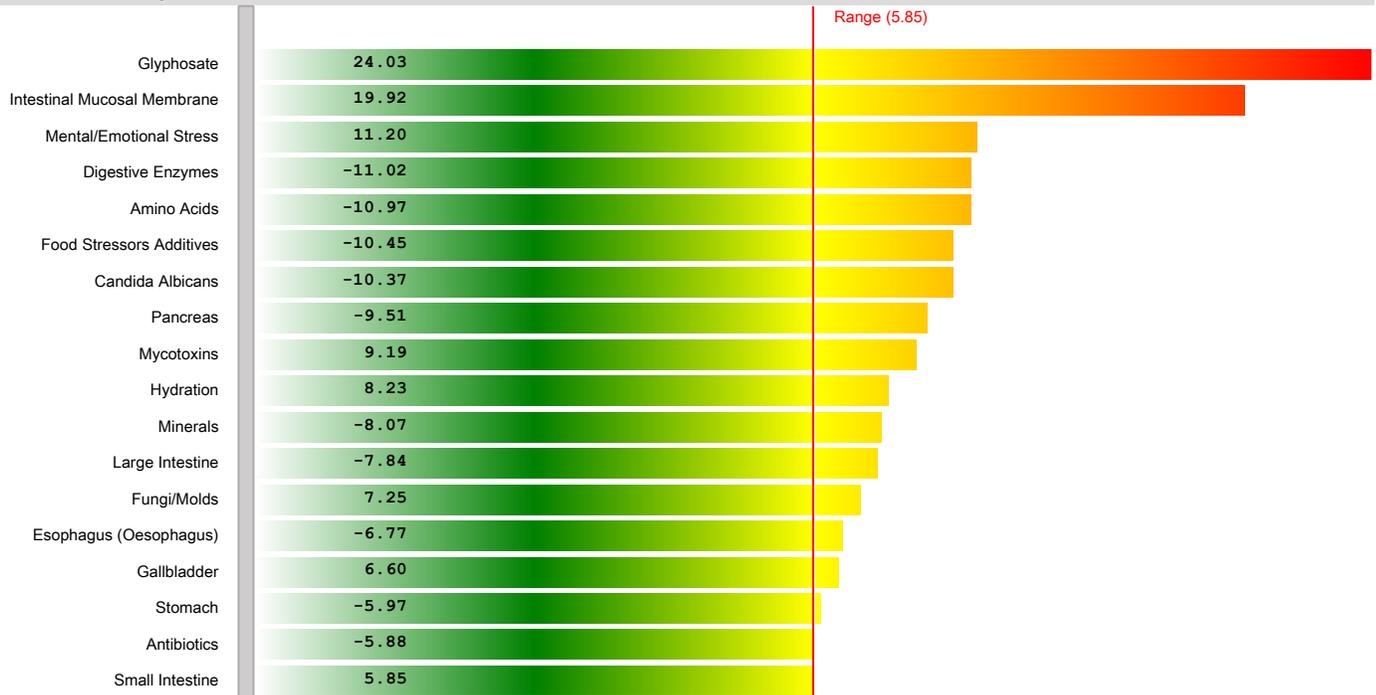


The saying "You are what you eat" can be said more accurately; "You are what you digest"! However, if digestive function is compromised, it's not just your body's nutrient status that suffers. The health of the gut greatly impacts brain function, hormone balance, immune regulation, and so much more...

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. (3)

Gastrointestinal System Stressors



Top Gastrointestinal Balancers

- 24.55 **DO - Rose Touch**
- 17.78 **DO - Petitgrain Essential Oil**
- 17.14 **DO - Black Pepper Essential Oil**
- 16.40 **DO - Wintergreen Essential Oil**
- 15.14 **DO - TerraShield® Essential Oil**

HORMONAL/ENDOCRINE SYSTEM

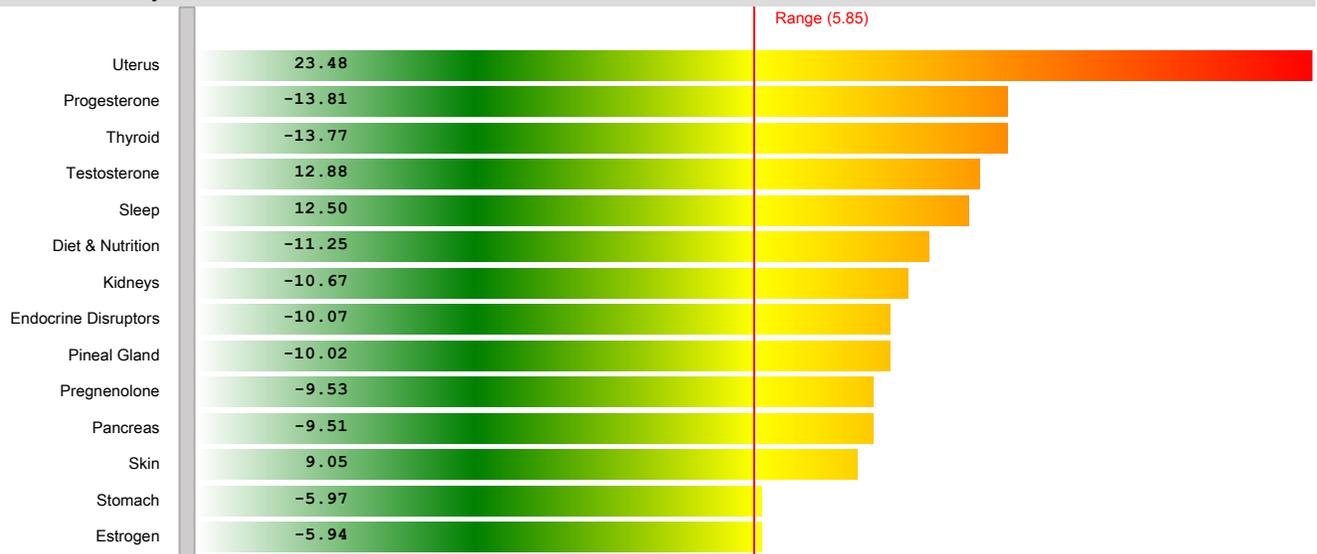


Hormones are chemical messengers that travel through your bloodstream and enter tissues, where they turn on switches to the genetic machinery that regulates everything from reproduction to emotions to your sense of well-being. The body's system of hormone production is formally known as the Endocrine 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. (4)

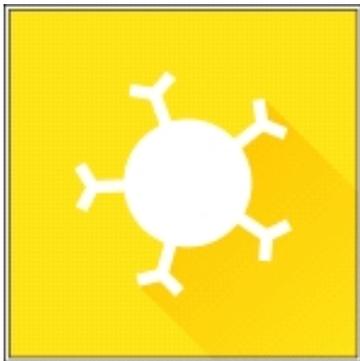
Hormonal/Endocrine System Stressors



Top Hormonal/Endocrine Balancers

- 12.77 **DO - Thyme Essential Oil**
- 5.66 **DO - Basil Essential Oil**
- 5.54 **DO - ClaryCalm® Essential Oil**
- 5.08 **DO - Phytoestrogen Lifetime Complex™**

IMMUNE SYSTEM



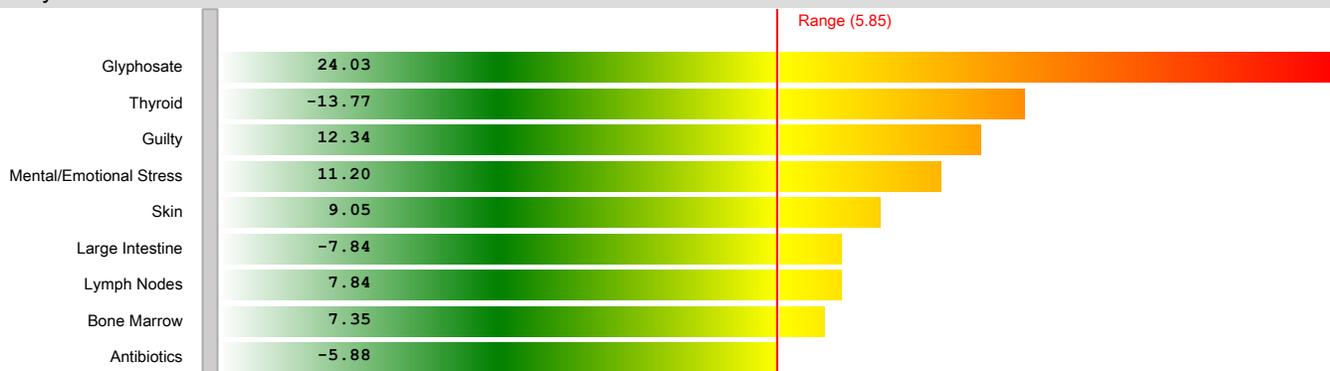
The first line of defense against disease-causing microorganisms is the skin and mucosal barriers. Behind this is a complex defensive system. Collectively these parts are known as the immune system.

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.

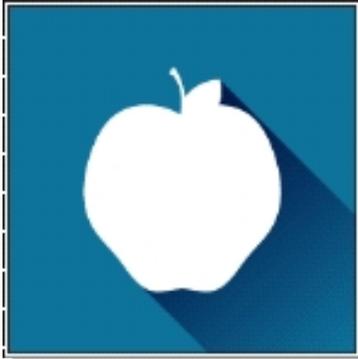
In addition to evaluating mucosal immunity, it is relevant to assess cell-mediated immunity and humoral immunity. Cell-mediated immunity works by the activation of specialized cells called macrophages and natural killer cells, which destroy intracellular pathogens (disease-causing microorganisms). Humoral 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. (5)

Immune System Stressors



Top Immune System Balancers

- 24.55 **DO - Rose Touch**
- 20.84 **DO - HD Clear®**
- 20.68 **DO - a2z Chewable™**
- 17.78 **DO - Petitgrain Essential Oil**
- 17.14 **DO - Black Pepper Essential Oil**



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. (7)

Diet & Nutrition Stressors



Top Diet & Nutrition Balancers

- 23.90 **DO - Mito2Max®**
- 20.68 **DO - a2z Chewable™**
- 14.47 **DO - DigestTab™ Chewable Tablets**
- 14.20 **DO - Microplex VMz®**
- 12.97 **DO - Zendocrine® Softgels**

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. (8)

Hydration Stressors



Top Hydration Balancers

- 20.84 **DO - HD Clear®**
- 15.28 **DO - Patchouli Essential Oil**
- 11.43 **DO - Console® Touch**
- 6.06 **DO - Myrrh Essential Oil**

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 (9)

Inflammation Stressors



Top Inflammation Balancers

- 24.55 **DO - Rose Touch**
- 20.68 **DO - a2z Chewable™**
- 20.28 **DO - Deep Blue® Roll On**
- 16.40 **DO - Wintergreen Essential Oil**
- 16.15 **DO - Cedarwood Essential Oil**

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.

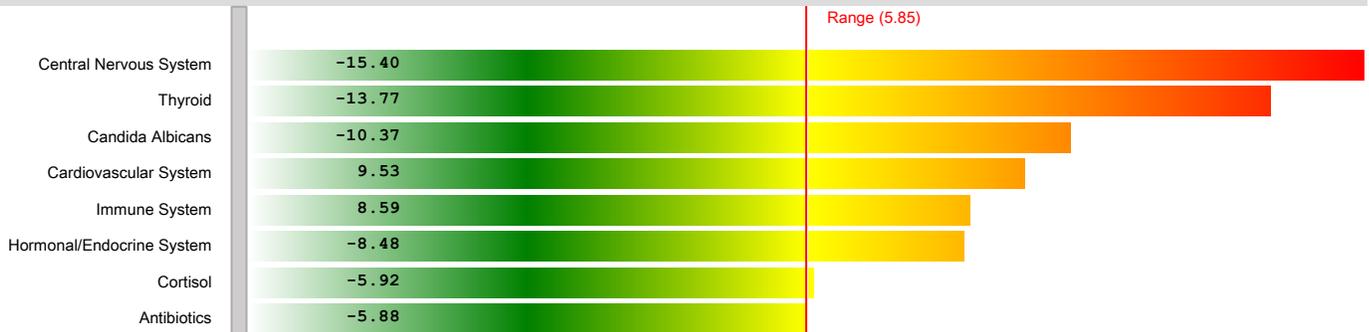
The hypothalamus is a principal limbic structure whose primary purpose is to maintain homeostasis in the body—meaning that it returns systems within your body to their “set points.” Specifically, the hypothalamus regulates hunger, thirst, levels of pain and pleasure, sexual satisfaction, and aggressive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

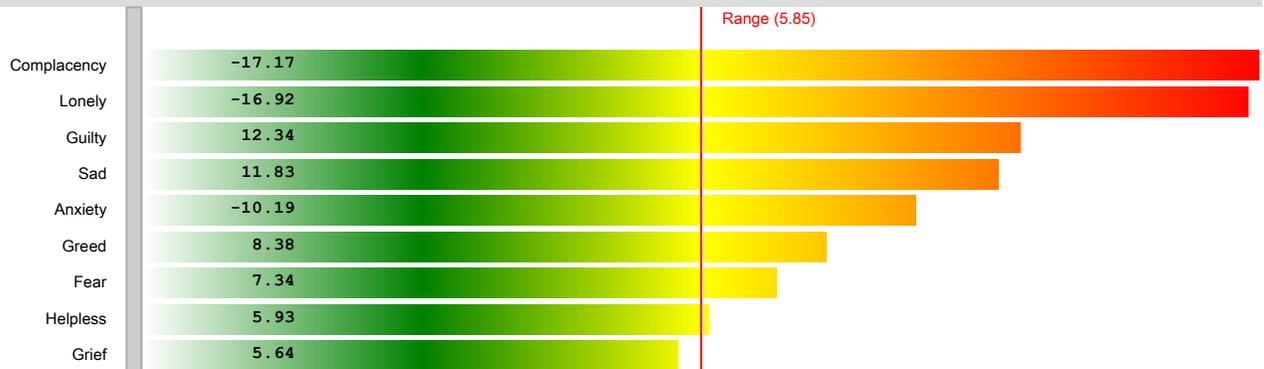
The hypothalamus detects the rising level of the target organ's hormones then sends either hormonal or electrical messages to the pituitary gland. In response, the pituitary gland releases hormones, which travel through the bloodstream to a target endocrine gland, instructing it to stop producing its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

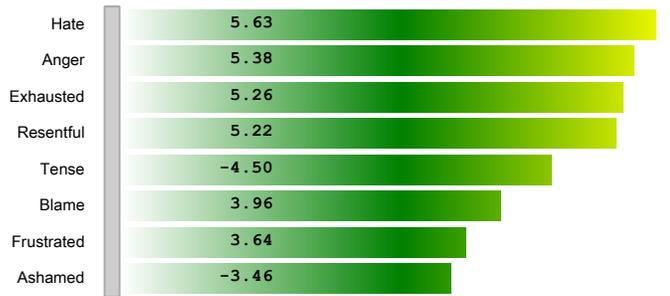
The hypothalamus—under the control of your thoughts, feelings, and attitude—sends instructions through the autonomic nervous system and the pituitary gland. The autonomic nervous system regulates blood pressure, heart rate, breathing, digestion, and sweating, and serves other vital functions. The pituitary 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. (10)

Mental & Emotional Stressors



Emotion Stressors





Top Mental/Emotional Balancers

- 24.55 **DO - Rose Touch**
- 23.90 **DO - Mito2Max® 2 Capsules 1 times per day**
- 20.84 **DO - HD Clear®**
- 20.68 **DO - a2z Chewable™ 2 Tablets 1 times per day**
- 20.28 **DO - Deep Blue® Roll On**

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. (11)

Sleep Stressors





Top Sleep Balancers

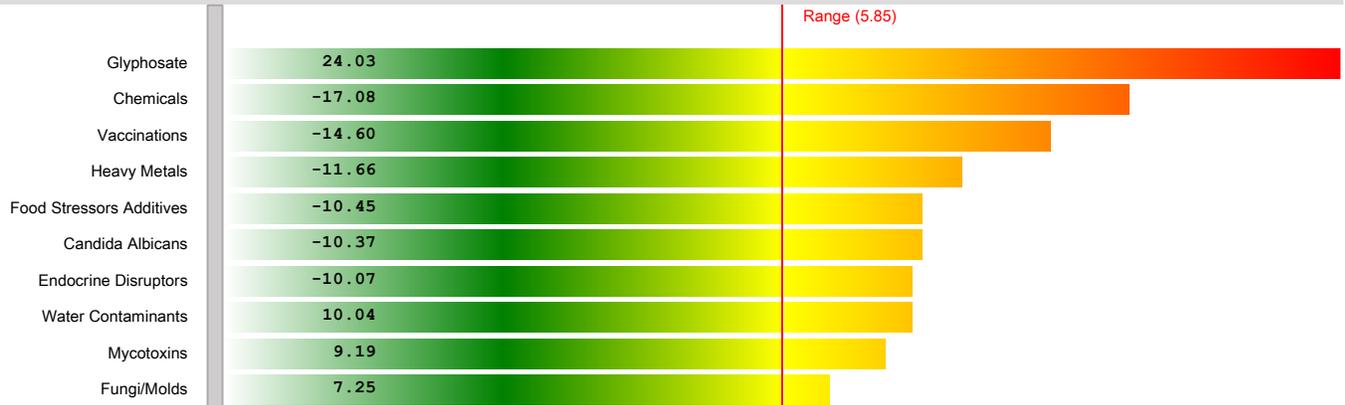
- 17.78 **DO - Petitgrain Essential Oil** 1 Drop 1 times per day
- 9.75 **DO - Peace® Essential Oil** 1 Drop 1 times per day
- 6.97 **DO - TriEase® Softgels** 1 Capsule 1 times per day
- 5.99 **DO - AromaTouch® Essential Oil** 1 Drop 1 times per day
- 5.83 **DO - Balance® Essential Oil** 1 Drop 1 times per day

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. (12)

Toxic Stress Stressors



Top Toxic Stress Balancers

- 16.15 **DO - Cedarwood Essential Oil** 1 Drop 1 times per day
- 14.23 **DO - Breathe® Touch**
- 14.20 **DO - Microplex VMz®** 4 Capsules 1 times per day
- 12.97 **DO - Zendocrine® Softgels** 1 Capsule 3 times per day
- 12.59 **DO - Lemongrass Essential Oil** 1 Drop 1 times per day



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

25.51 **Naturopathic Follow Up Exam (4-6)**

A naturopathic assessment includes a detailed consultation, laboratory testing, and physical exam and could last up to two hours. The follow up visit is usually 2 weeks after and the doctor will go over the results of the lab work, as well as check in to see how your current treatment plan is going. Based on the results your individualized protocol will be fine-tuned.

23.45 **Trigger Point Therapy**

Trigger points are considered muscle knots that may be hyper-irritable points in the skeletal muscle. These spots are associated with palpable nodules in taut bands of muscle fiber. These trigger points may radiate pain to local or broad areas within the body. Therapies that target these trigger points aim to release these points in the body through various methods. Releasing these trigger points helps address certain musculoskeletal pain within the body.

23.17 **Bemer PEMFT Pulse Electromagnetic Frequency Therapy**

The Only PEMFT Pulse Electromagnetic Frequency Therapy that has been scientifically proven to be beneficial to your health. The Bemer optimizes crucial physiological processes thereby optimizing the natural self-healing capabilities. There is no other therapy that can achieve such dramatic results, and in such a short time period with ZERO SIDE EFFECTS. The Bemer Has 5 Worldwide Patents and is has been introduced to the medical community in over 50 countries over the past 10 years and Now Available in Hawaii. The Bemer enhances general blood flow, the body's nutrient and oxygen supply and waste disposal, cardiac function, physical fitness, endurance, strength and energy. Concentration, mental activity, stress reduction and relaxation sleep management.

22.73 **Flower Essence Mapping**

Flower Essence Mapping employs the use of traditional flower essences in a topical application to specific skin zones through massage, Harmonic Resonance Therapy, EFT or Aromatherapy. The objective is to restore the energetic balance of the body in a non-invasive, quick, and effective manner.

21.71 **PEMF**

Pulsed ElectroMagnetic Field Therapy (PEMFT), also called reparative technique is used to treat non-union fractures, failed fusions, congenital pseudarthrosis and depression. When used to address bone healing, PEMF uses electrical energy to direct a series of magnetic pulses through injured tissue. Each magnetic pulse triggers electrical signals within the tissue which stimulates cellular repair and healing. PEMFT is typically used within the field of orthopedics.

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