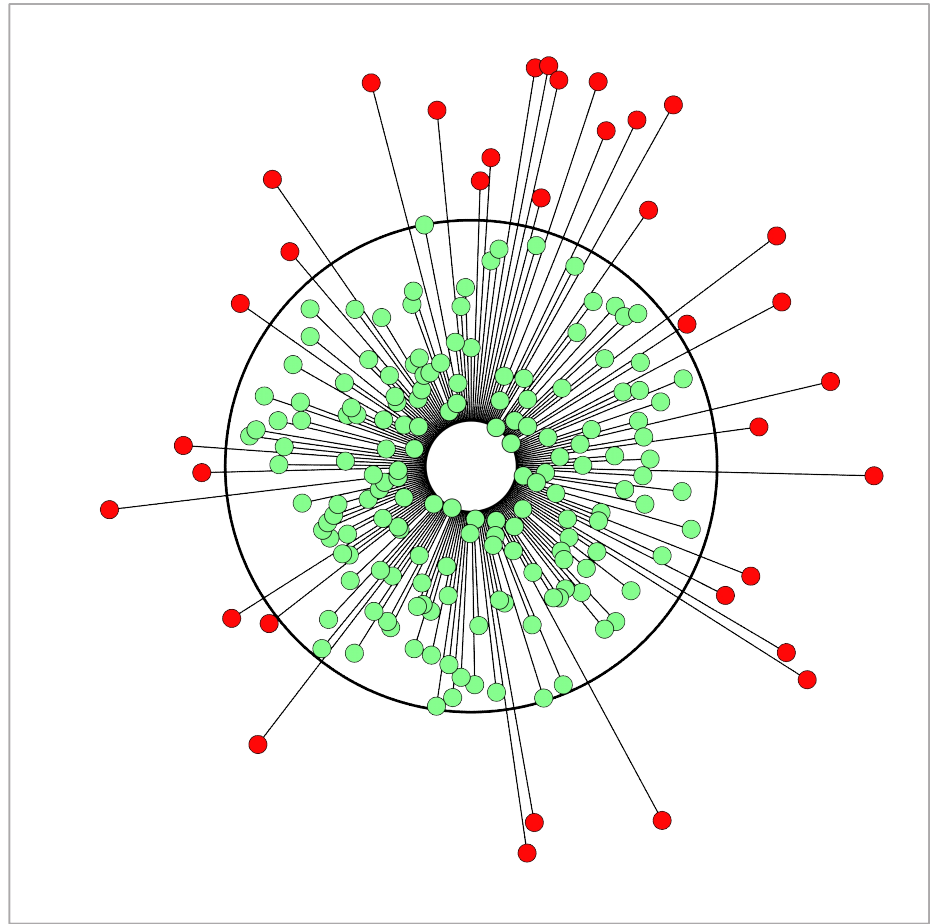


Wellness Report

YOUR DYNAMIC PROFILE

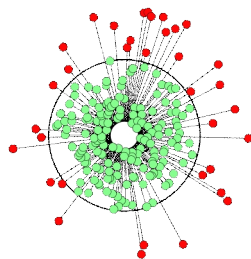
Biomarkers: 197
Range: 30.14

Biomarkers In Range: 162
Biomarkers Out of Range: 35



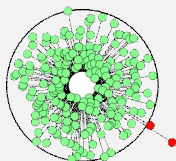
BALANCER VIRTUAL ITEM RE-SCAN RESPONSES

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: 35

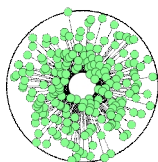


NSP - Paw Paw Cell-Reg™

Biomarkers Brought Into Range: 33

Category: All Nature's Sunshine Products, NSP Single Herbs, Products (US)

Usage Directions: 2 Capsules 3 times per day



NSP - Liver Balance Chinese

Additional BioMarkers Brought Into Range: 2

Category: All Nature's Sunshine Products, NSP Chinese Herbs, Products (US)

Usage Directions: 5 Capsules 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.



73.85 NSP - Paw Paw Cell-Reg™ 2 Capsules 3 times per day

Paw Paw Cell-Reg™ (180 caps)
Stock No. 515-6 Kosher

Paw Paw Cell-Reg selectively targets specific cells, modulating ATP production and blood supply to enhance the overall health of the body.

Benefits:

Supports the immune system.
Selectively affects specific cells.
Modulates ATP production in specific cells.
Modulates blood supply to specific cells.

How It Works:

The active compounds in Paw Paw Cell-Reg are a mixture of over 50 acetogenins. Acetogenins are active compounds that affect the production of ATP (Adenosine Triphosphate) in the mitochondria (the powerhouse) of the cell. ATP is the cells' major source of energy. Acetogenins selectively modulate the production of ATP in specific cells. Modulating the production of ATP affects the viability of specific cells and may help modulate the blood supply to them. Acetogenins also support and enhance the effectiveness of conventional medical regimens.

A clinical study with over 100 participants showed that the paw paw extract, containing a mixture of acetogenins, supports the body's normal cells during times of cellular stress. Paw Paw Cell-Reg is the only standardized acetogenin product available to regulate specific cells. Nature's Sunshine uses an extract of the twigs of the North American paw paw tree, which contain the most concentrated amount of acetogenins. These twigs are harvested when they are most biologically active, and the extract is standardized biologically using an invertebrate bioassay. This is a renewable resource since the tree is not harmed during the harvest.

Ingredients:

Paw paw twig extract.

Recommended Use:

Take 2 capsules with food three times daily. Do not exceed recommended serving size or nausea may occur.

NOTE: Co-Q10, Thyroid Support and 7-Keto may decrease the effectiveness of this product. Only those with cellular abnormalities should take this product on a regular/daily basis. Do not take this product if you are pregnant, think you may become pregnant, or if you are breastfeeding.



68.08 NSP - Liver Balance Chinese 5 Capsules 1 times per day

Liver Balance Chinese
Stock No. 22204

Benefits:

- Supports the digestive and nervous systems
- Supports liver health
- Relieves occasional stress
- For occasional irritability

How It Works:

According to Eastern philosophy, life permits us to work with what we have on earth here and now—body and mind—in order to reclaim and maintain the innate energy and spirit that reside within us. Energy and spirit must be awakened, nurtured and balanced in order for life to flourish. TCM philosophy names five distinct energies that permeate the body: Fire, Earth, Metal, Water and Wood. In order to feel your best, these energies must be in balance. Detoxification is one of the most important body functions as it rids excess waste and promotes vitality. Wood concerns your liver, your primary organ of detoxification. To address your Wood, try Liver Balance (+). Liver Balance is a Chinese combination designed to support the needs of a stressed wood constitution. The Chinese call this formula tiao he, which can be translated to mean “harmonizing.” The Chinese refer to this as a “wood-reducing” formula.

Ingredients:

Bupleurum root, peony root without bark, typhonium rhizome, cinnamon twig, dang gui root, fushen sclerotium with root, scute root, zhishi fruit, atracylodes rhizome, ginseng root, ginger rhizome and licorice root.

Recommended Use:

ZYTO™

Mr. Jose Luis Barron - 8/7/2020

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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.

Take five VegCaps with a meal once daily.

Notice: Pregnant or lactating women should consult their health care provider prior to taking this supplement.

4 CORE BODY SYSTEMS FOR WELLNESS



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

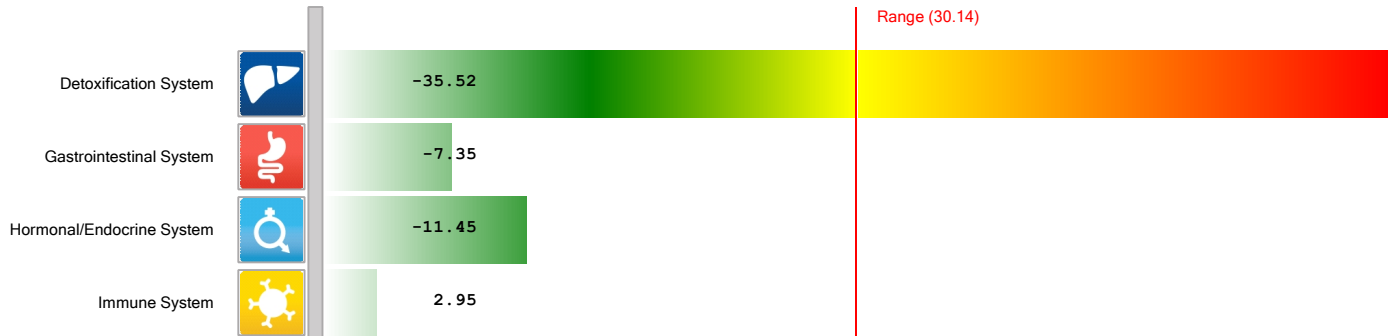
1. Detoxification System
2. Gastrointestinal System
3. Hormonal/Endocrine System
4. Immune System

Why These 4?

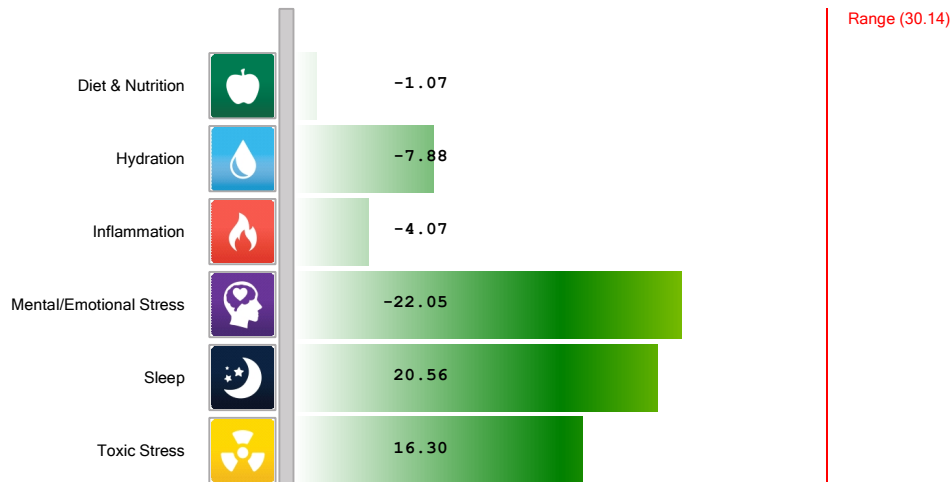
Whether you are very ill, seeking to prevent illness, or just trying to improve your overall health or fitness levels, it is important to evaluate these four systems. How these systems function both independently and interdependently has a profound influence on your health. If one or more is compromised,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



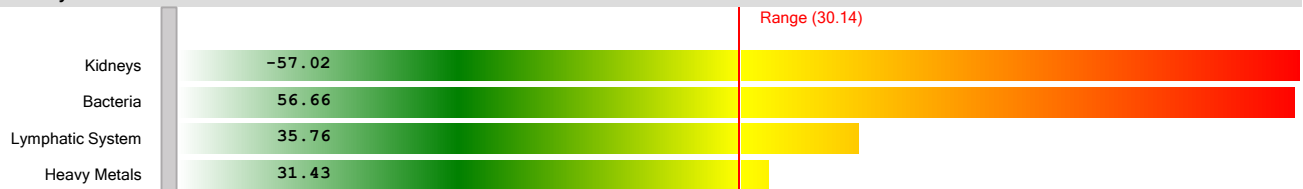
A toxin is any substance that causes harm in the body. Never before in human history have we been exposed to as many toxins as we are now.

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

- 68.08 **NSP - Liver Balance Chinese**
- 52.80 **NSP - IF-C Chinese**
- 42.88 **NSP - Liver Balance TCM Concentrate**
- 39.07 **NSP - VS-C**
- 34.49 **NSP - Vitamin E Complete with Selenium**

GASTROINTESTINAL SYSTEM

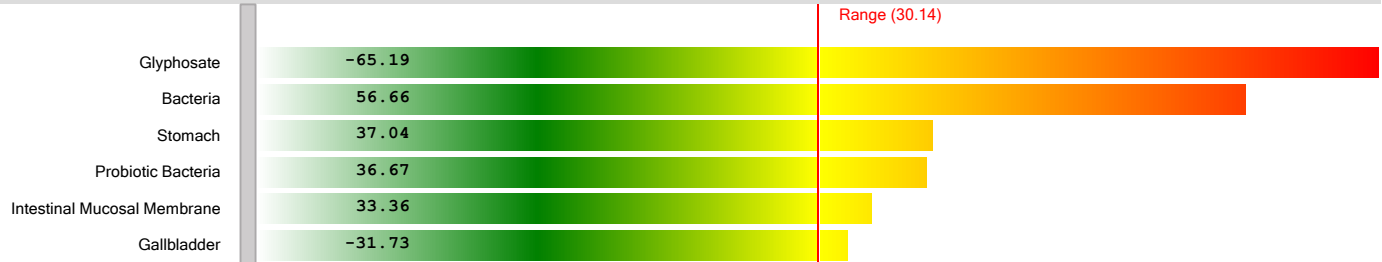


The saying "You are what you eat" can be said more accurately; "You are what you digest"! However, if digestive function is compromised, it's not just your body's nutrient status that suffers. The health of the gut greatly impacts brain function, hormone balance, immune regulation, and so much more...

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

- 73.85 **NSP - Paw Paw Cell-Reg™**
- 68.08 **NSP - Liver Balance Chinese**
- 49.74 **NSP - Vitamin A & D**
- 42.88 **NSP - Liver Balance TCM Concentrate**
- 39.07 **NSP - VS-C**

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.

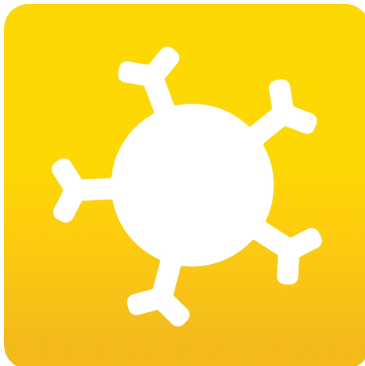
Hormonal/Endocrine System Stressors



Top Hormonal/Endocrine Balancers

- 73.85 **NSP - Paw Paw Cell-Reg™**
- 49.74 **NSP - Vitamin A & D**
- 39.07 **NSP - VS-C**
- 34.49 **NSP - Vitamin E Complete with Selenium**
- 34.39 **NSP - Psyllium Seeds**

IMMUNE SYSTEM



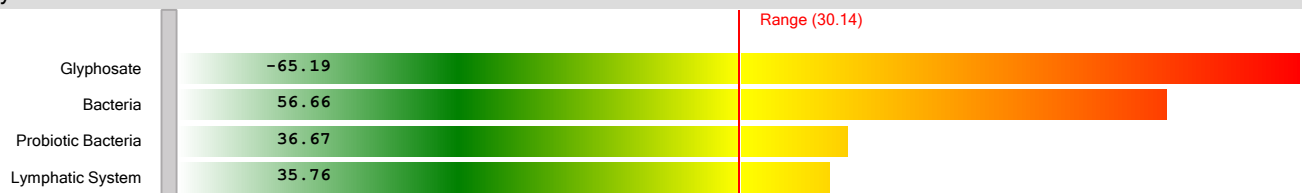
The first line of defense against disease-causing microorganisms is the skin and mucosal barriers. Behind this is a complex defensive system. Collectively these parts are known as the immune system.

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

- 73.85 **NSP - Paw Paw Cell-Reg™**
- 68.08 **NSP - Liver Balance Chinese**
- 52.80 **NSP - IF-C Chinese**
- 49.74 **NSP - Vitamin A & D**
- 42.88 **NSP - Liver Balance TCM Concentrate**

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

- 73.85 **NSP - Paw Paw Cell-Reg™**
- 49.74 **NSP - Vitamin A & D**
- 39.07 **NSP - VS-C**
- 34.49 **NSP - Vitamin E Complete with Selenium**
- 34.39 **NSP - Psyllium Seeds**

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



Top Hydration Balancers

- 27.56 **NSP - Mineral-Chi Tonic Chinese**
- 17.27 **NSP - Collagen**
- 9.88 **NSP - Potassium Combination**
- 9.80 **NSP - Solstic Twenty-Four**

INFLAMMATION



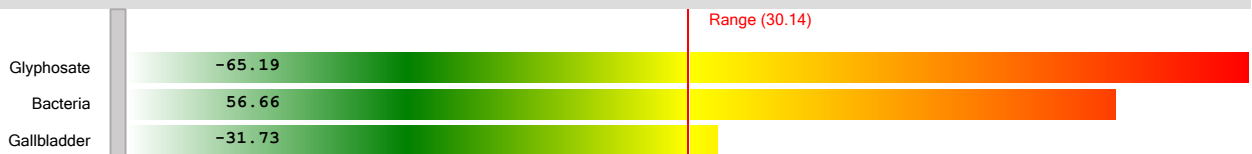
Acute Inflammation is the body's natural response to injury or infection. It's normally short in duration and it recedes as the body heals. The purpose of acute inflammation is to aid the body in healing.

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

- 73.85 **NSP - Paw Paw Cell-Reg™**
- 68.08 **NSP - Liver Balance Chinese**
- 52.80 **NSP - IF-C Chinese**
- 49.74 **NSP - Vitamin A & D**
- 42.88 **NSP - Liver Balance TCM Concentrate**

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.

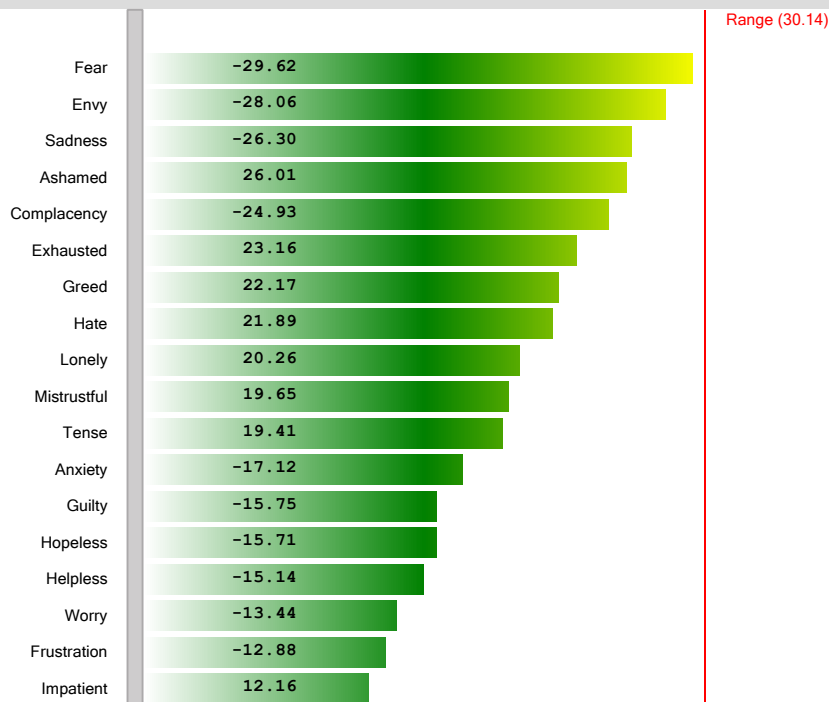
The hypothalamus detects the rising level of the target organ's hormones then sends either hormonal or electrical messages to the pituitary gland. In response, the pituitary gland releases hormones, which travel through the bloodstream to a target endocrine gland, instructing it to stop producing its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

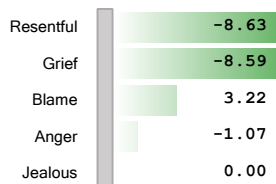
The hypothalamus—under the control of your thoughts, feelings, and attitude—sends instructions through the autonomic nervous system and the pituitary gland. The autonomic nervous system regulates blood pressure, heart rate, breathing, digestion, and sweating, and serves other vital functions. The pituitary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

- 73.85 **NSP - Paw Paw Cell-Reg™** 2 Capsules 3 times per day
- 68.08 **NSP - Liver Balance Chinese** 5 Capsules 1 times per day
- 49.74 **NSP - Vitamin A & D** 1 Capsule 1 times per day
- 42.88 **NSP - Liver Balance TCM Concentrate** 1 Capsule 1 times per day
- 39.07 **NSP - VS-C** 4 Capsules 4 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

- 32.06 **NSP - Chamomile** 1 Capsule 2 times per day
- 31.27 **NSP - Cordyceps Chinese** 2 Capsules 3 times per day
- 27.10 **NSP - Multiple Vitamins & Minerals SynerPro®** 1 Tablet 2 times per day
- 25.19 **NSP - Methyl Combo** 1 Capsule 2 times per day
- 24.39 **NSP - Zinc Lozenge**

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

- 68.08 **NSP - Liver Balance Chinese** 5 Capsules 1 times per day
- 52.80 **NSP - IF-C Chinese** 4 Capsules 2 times per day
- 42.88 **NSP - Liver Balance TCM Concentrate** 1 Capsule 1 times per day
- 39.07 **NSP - VS-C** 4 Capsules 4 times per day
- 34.49 **NSP - Vitamin E Complete with Selenium** 1 Capsule 1 times per day



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

80.77 **Rolfing**

Rolfing is a forceful technique in which a practitioner will use their whole body to apply pressure. Rolfers and some experts in alternative medicine describe Rolfing as "somatic education" and use terms such as "bodywork" to describe the hands-on portion of the process. Some factions of the massage industry claim that Rolfing is a type of massage. The massage tradition has drawn significantly from Rolfing, with some of Ida Rolf's students leaving to become prominent teachers of massage.

62.04 **Flower Therapy**

Flower Therapy uses traditional flower essences in a topical application to specific skin zones in order to restore the energetic balance of the body.

51.11 **Rife Machine**

A Rife machine is a device that uses frequency therapy on the body. The device was introduced by Royal Rife in the 1930s who claimed the machine could detect microbes by the color they emitted, and later claimed the device could cure cancer, although there is much controversy surrounding those claims. The Rife machine uses a variable frequency, pulsed radio transmitter to produce mechanical resonance within the cells of the body. It is believed that when the practitioner uses a specific electro-magnetic frequency it has the ability to kill bacteria or viruses within the body without damaging any healthy cells or tissues.

47.02 **Weight Management Programs**

A weight management program makes use of a multi-faceted approach to help people lose weight. A credible program integrates diet and exercise, and even lifestyle coaching, in some cases.

Benefits from joining a weight management program:

- Individualized services

What works for one individual may not work for another. At the start of a weight management program, a baseline assessment is made, after which a program can be tailored according to your needs.

- Guidance and supervision from experts

Having the guidance from professionals can help with any questions that you have along the way.

- Motivation

Weight loss journeys can be long and tedious. Being surrounded by experts can get you the encouragement that you need.

- Safety

This encourages slow and steady weight loss.

44.00 **Bounce and Shake Lymphatic Activation**

Bounce and Shake Lymphatic Activation is a gentle exercise that uses deep breathing and body movements to increase cellular vibration, burn fat, tone muscles, and increase lean body mass. Additionally, the gentle whole-body movement of bounce and shake stimulates the lymphatic system to help purify and cleanse the body.