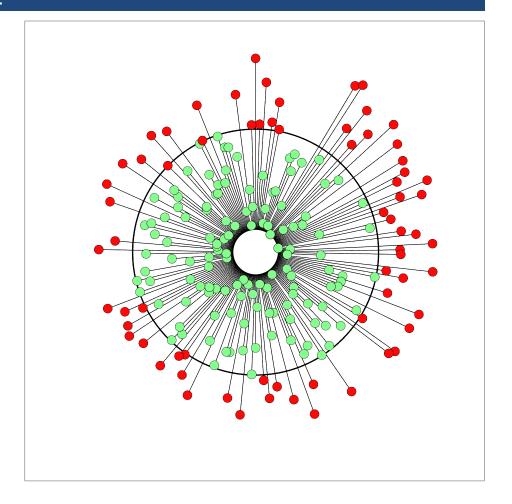
# Wellness Report

# YOUR DYNAMIC PROFILE

Biomarkers: 198 Range: 74.89

Biomarkers In Range: 129 Biomarkers Out of Range: 69

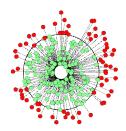




Cheryl Helm - 5/16/2022 Page 1 of 17

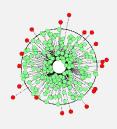
# BALANCER VIRTUAL ITEM RE-SCAN RESPONSES

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: 69



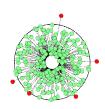
## YG - Ultimate OPC-T

Biomarkers Brought Into Range: 49

Category: All Youngevity Products, Products (US), YG Branded Products, YG Products

**Excluding Oils** 

Usage Directions: 1 Capsule 1 times per day

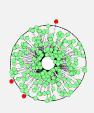


## BM - Bio Fuel

Additional BioMarkers Brought Into Range: 15

Category: All Youngevity Products, Products (US), YG Products Excluding Oils

Usage Directions: 1 Tablespoon 1 times per day



## YG - FucoidZ

Additional BioMarkers Brought Into Range: 2

Category: All Youngevity Products, Products (US), YG Branded Products, YG Products

**Excluding Oils** 

Usage Directions: 2 Capsules 1 times per day



## ITS - Kona Gold

Additional BioMarkers Brought Into Range: 3

Category: All Youngevity Products, Products (US), YG Products Excluding Oils



Cheryl Helm - 5/16/2022

Page 2 of 17

## PRODUCT DESCRIPTIONS

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



## 157.40 YG - Ultimate OPC-T 1 Capsule 1 times per day

Ultimate OPC-T™ - 60 capsules

SKU: 20681

Ultimate OPC-T™ contains extracts from Green Tea Leaf and Grape Seed, which are rich sources of antioxidants. For best results, we suggest using this product as part of a full nutritional program.

DIRECTIONS: Take one capsule daily, or as directed by your healthcare professional.

WARNING: If you are pregnant, nursing or taking medications, consult your healthcare professional before using this product. KEEP OUT OF REACH OF CHILDREN.

#### Ingredients:

Green Tea Leaf (camellia sinesis), Grape Seed (vitis vinifera), MSM (methylsufonylmethane), Lycopene, Microcrystalline Cullulose, Gelatin Capsules (gelatin and water), Magnesium Silicate.



#### 126.74 BM - Bio Fuel 1 Tablespoon 1 times per day

Bio Fue

SKU: USBI000004

Bio Fuel provides up to 5 times better absorption than standard supplements! Advanced nutrition to support active lifestyles, providing 100% of the US Daily Values of many essential vitamins, plus antioxidants to help fight cell-damaging free radicals in the body.

Feeling like you are missing out on life? Here is the answer for you: BIO FUEL is more than a vitamin, it is an energy source! BIO FUEL is a revolutionary, liquid multivitamin that contains 100% of the U.S. Daily Values of many essential vitamins and minerals. BIO FUEL is advanced liquid nutrition to support active lifestyles and contains antioxidants that are necessary for the daily demands placed on our bodies. BIO FUEL contains, for the first time ever in a liquid formula, these important botanical antioxidants: Grape Seed Extract, Green Tea Extract and Ginkgo Biloba Extract.\*

\*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.

#### Ingredients

Vitamin A, Vitamin C, Vitamin D, Vitamin E, Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Biotin, Pantothenic Acid, Zinc, Selenium, Copper, Manganese, Chromium, Potassium, Purified Water, Fructose, Biocellular Micellized® Vitamin Core (Ethoxylated Vegetable Oil, Glycerine, Ascorbic Acid, d-alpha-Tocopheryl Acetate, Niacinamide, d-Panthenol, Pyridoxine Hydrochloride, Beta Carotene, Vitamin A Palmitate, Riboflavin-5-Phosphate, Thiamin Hydrochloride, Folic Acid, Cholecalciferol, Biotin, Cyanocobalamin), Aloe Vera Juice, Natural Flavors, Citric Acid, Zinc Gluconate, Stevia Extract, Potassium Sorbate, Manganese Gluconate, Sodium Benzoate, Copper Gluconate, Grape Seed Extract, Green Tea Extract, Ginkgo Biloba Extract, Chromium Polynicotinate, Sodium Selenite.



## 124.46 YG - FucoidZ 2 Capsules 1 times per day

FucoidZ™ - 60 capsules

SKU: 3005

FucoidZ features Certified Organic fucoidan extract with synergistic nutrients and botanical extracts. The ingredients have been scientifically researched for their effects on the immune system and antioxidant support.

DIRECTIONS: Take two capsules daily.

WARNING: If you are pregnant nursing or taking medications consult your healthcare professional before using this product.

DO NOT USE IF SEAL IS DAMAGED OR MISSING.

DOES NOT CONTAIN: Wheat, gluten, dairy, eggs, tree nuts, peanuts, fish, crustacean shellfish, yeast, soy, preservatives, additives, artificial colors, flavors, added starch, sugar or sodium.

#### Ingredients:

Vitamin C, Zinc, Fucoid Extract, Vegetable capsule, Silicon Dioxide, Magnesium Stearate, Magnesium Silicate, Vegetable



Cheryl Helm - 5/16/2022 Page 3 of 17

#### Cellulose.



122.43 ITS - Kona Gold

Kona Gold® 90 capsules SKU: USSI000009

Kona Gold® is a balance of macrominerals, microminerals, trace minerals, and additional calcium, magnesium, and potassium in a highly bioavailable form. Thanks to modern science, secrets of the sea have been discovered, revealing a nutritional gold mine off the Kona coast of Hawaii. Deep seawaters approximately 2,000 feet below the surface have been in a constant state of nutrient enrichment throughout the centuries. Volcanic activity that created the islands, along with the convergence of minerals transported via deep sea currents rich in glacial milk, create this remarkable, mineral-enriched environment that is free from herbicides, pesticides, and heavy metal contamination.

In this ecosystem where the food chain virtually begins, billions of phytoplankton and algae have metabolized these minerals during their life cycle. As the plankton and algae expire and descend through the multiple strata of the ocean, they are deposited in cold, contaminant-free water. These plankton and algae have completed nature's cycle by processing and preparing these rich nutrients. Through a proprietary process, Kona Gold® is a balance of these macrominerals, microminerals, trace minerals and along with additional Calcium, Magnesium and Potassium in a highly bioavailable form.

#### Ingredients:

Vitamin D3, calcium, magnesium, potassium, deep sea trace mineral concentrate, fumaric acid, malic acid, gelatin, magnesium stearate.



Cheryl Helm - 5/16/2022 Page 4 of 17

# 4 CORE BODY SYSTEMS FOR WELLNESS



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

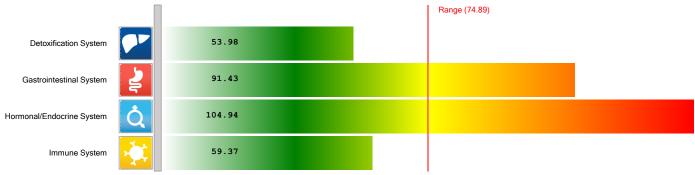
- 1. Detoxification System
- 2. Gastrointestinal System
- 3. Hormonal/Endocrine System
- 4. Immune System

## 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





Cheryl Helm - 5/16/2022 Page 5 of 17

## 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

- 122.22 YG Ultimate Colon Fx
- 114.15 PJ Pollen Burst Plus Daily Liver Formula
- 100.90 YG Deep Cleanser Essential Oil Blend
- 89.49 PJ Probacillus Plus
- 72.66 LDA Immune Wellness Tea



Cheryl Helm - 5/16/2022 Page 6 of 17

## GASTROINTESTINAL SYSTEM

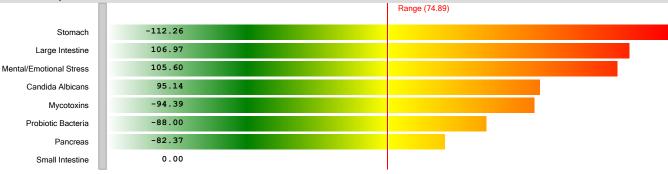


The saying "You are what you eat" can be said more accurately; "You are what you digest"! However, if digestive function is compromised, it's not just your body's nutrient status that suffers. The health of the gut greatly impacts brain function, hormone balance, immune regulation, and so much more...

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**

157.40 YG - Ultimate OPC-T

122.43 ITS - Kona Gold

122.22 YG - Ultimate Colon Fx

100.90 YG - Deep Cleanser Essential Oil Blend

89.49 PJ - Probacillus Plus



Cheryl Helm - 5/16/2022 Page 7 of 17

## 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

126.74 BM - Bio Fuel

114.78 YG - Neroli 10% Essential Oil

114.69 YG - Patchouli Essential Oil

86.67 YG - H.G.H. Youth Complex

84.88 YG - Clary Sage Essential Oil



Cheryl Helm - 5/16/2022 Page 8 of 17

## MMUNE 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.



# Probiotic Bacteria

Gastrointestinal System

Spleen

91.43 -88.00

-78.40

Top Immune System Balancers 157.40 YG - Ultimate OPC-T

126.74 BM - Bio Fuel

124.46 **YG - FucoidZ** 

122.43 ITS - Kona Gold

114.69 YG - Patchouli Essential Oil



Cheryl Helm - 5/16/2022 Page 9 of 17

#### DIET & NUTRITION



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

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

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

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

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

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



## Top Diet & Nutrition Balancers

157.40 YG - Ultimate OPC-T

126.74 **BM - Bio Fuel** 

124.46 **YG - FucoidZ** 

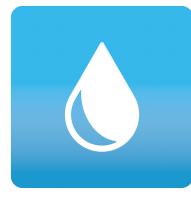
122.43 ITS - Kona Gold

122.22 YG - Ultimate Colon Fx



Cheryl Helm - 5/16/2022 Page 10 of 17

## HYDRATION



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

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

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

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

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

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



## Top Hydration Balancers

- 85.61 LDA Green Wellness Tea
- 76.91 YG Replenish (BeneYOU)
- 75.00 **BLV TèVita**
- 72.66 LDA Immune Wellness Tea
- 68.75 LFL FIT+pro Weight Management Shake



Cheryl Helm - 5/16/2022 Page 11 of 17

## INFLAMMATION



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

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

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

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



#### Top Inflammation Balancers

126.74 BM - Bio Fuel

114.78 YG - Neroli 10% Essential Oil

114.69 YG - Patchouli Essential Oil

114.15 PJ - Pollen Burst Plus Daily Liver Formula

100.00 YG - Eucalyptus Globulus Essential Oil



Cheryl Helm - 5/16/2022 Page 12 of 17

## 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.

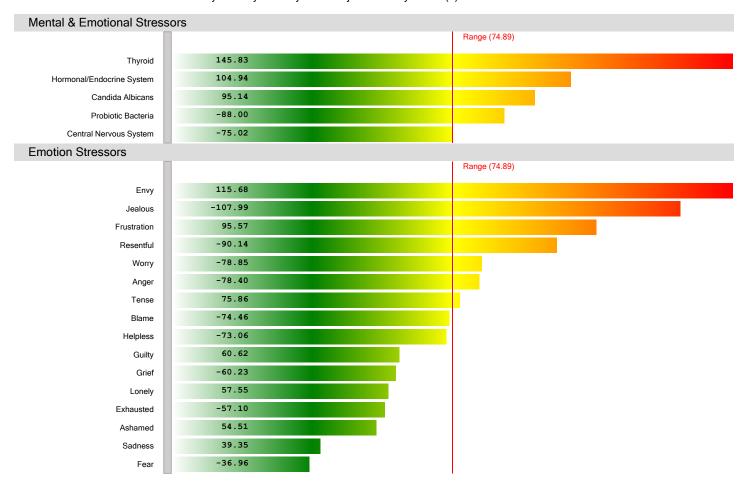
Mental and emotional responses to stimuli are referred to as limbic responses. The limbic system of the brain, sometimes called the emotional nervous system, moderates your moods, maintains homeostasis, and helps form memories.

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)





Cheryl Helm - 5/16/2022 Page 13 of 17

Hopeless	32.10
Anxiety	-23.91
Hate	-17.46
Complacency	-14.31
Mistrustful	11.00
Greed	-7.65
Impatient	-5.24

## Top Mental/Emotional Balancers

- 157.40 YG Ultimate OPC-T 1 Capsule 1 times per day
- 126.74 BM Bio Fuel 1 Tablespoon 1 times per day
- 124.46 YG FucoidZ 2 Capsules 1 times per day
- 122.43 **ITS Kona Gold**
- 114.78 YG Neroli 10% Essential Oil



Cheryl Helm - 5/16/2022 Page 14 of 17

## 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.



#### Top Sleep Balancers

122.43 ITS - Kona Gold

84.88 YG - Clary Sage Essential Oil

80.19 YG - Basil Sweet Essential Oil

63.90 YG - BeneYOU Pre+Probiotics Pixies (BeneYou)

58.99 YG - Jasmine 10% Essential Oil



Cheryl Helm - 5/16/2022 Page 15 of 17

## 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)



## Top Toxic Stress Balancers

- 114.15 PJ Pollen Burst Plus Daily Liver Formula 2 Tablets 1 times per day
- 67.27 NAP Muscadine Grape Juice
- 62.17 YG CoreAO Stiks (BeneYOU)
- 55.00 SN Sta-Young 2 Capsules 1 times per day
- 52.72 HFX Uplift 1 Capsule 1 times per day



Cheryl Helm - 5/16/2022 Page 16 of 17

## SERVICES



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

#### 142.65 Reflexology

Reflexology is a therapy in which a practitioner applies physical pressure to the feet, hands, or ears with specific thumb, finger and hand techniques. The practitioners focuses on certain zones or reflex areas that are believed to reflect another area in the body. By working on these zones, reflexology can bring about improvements in health in other areas in the body.

#### 119.17 Prolozone Therapy

Prolozone Therapy is a treatment for joint, shoulder, elbow, back or neck pain. It can also treat degenerative and arthritic hips, knees and degenerated discs. Prolozone Therapy is an oxygen-ozone injection technique which promotes creation of collagen and other substances in the body which help damaged ligaments reconstruct and heal. It is considered a non-surgical and homeopathic treatment to permanently reverse chronic pain.

## 112.61 **Poly-MVA**

Poly-MVA is a uniquely-formulated combination of minerals, vitamins and amino acids designed to support cellular energy production and promote overall health. Poly-MVA also replaces specific nutrients that may be depleted during certain therapies.

A patented dietary supplement with over 18 years of clinical and laboratory research and testing, Poly-MVA is a revolutionary product and the first in a remarkable new category of supplements called lipoic acid palladium complexes (LAPd).

Definitive human studies continue and support what previous and ongoing case studies indicate - that the Poly-MVA complex is beneficial in promoting optimum health, protecting cell DNA and RNA, and assisting the body to produce energy to function properly. The product is a unique complex with powerful antioxidant properties which can help to neutralize the free radicals within the body and convert them into a usable energy source for our cells.

#### 103.94 Functional Medicine

Functional medicine addresses the underlying causes of disease using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership. It is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century. By shifting the traditional disease-centered focus of medical practice to a more patient-centered approach, functional medicine addresses the whole person and not just an isolated set of symptoms.

#### 103.42 **PEMF - iMRS2000**

The iMRS (stands for Intelligent Magnetic Resonance Stimulation) is the world leader in pulsed magnetic therapy using exclusively earth based Schumann Frequencies, intensities and has a built-in intelligent biorhythm clock. It is the world's most used PEMF device with over 16 years of research and experience. It also uses the proven square wave, which has been shown to be the most effective for healing and regeneration.



Cheryl Helm - 5/16/2022 Page 17 of 17