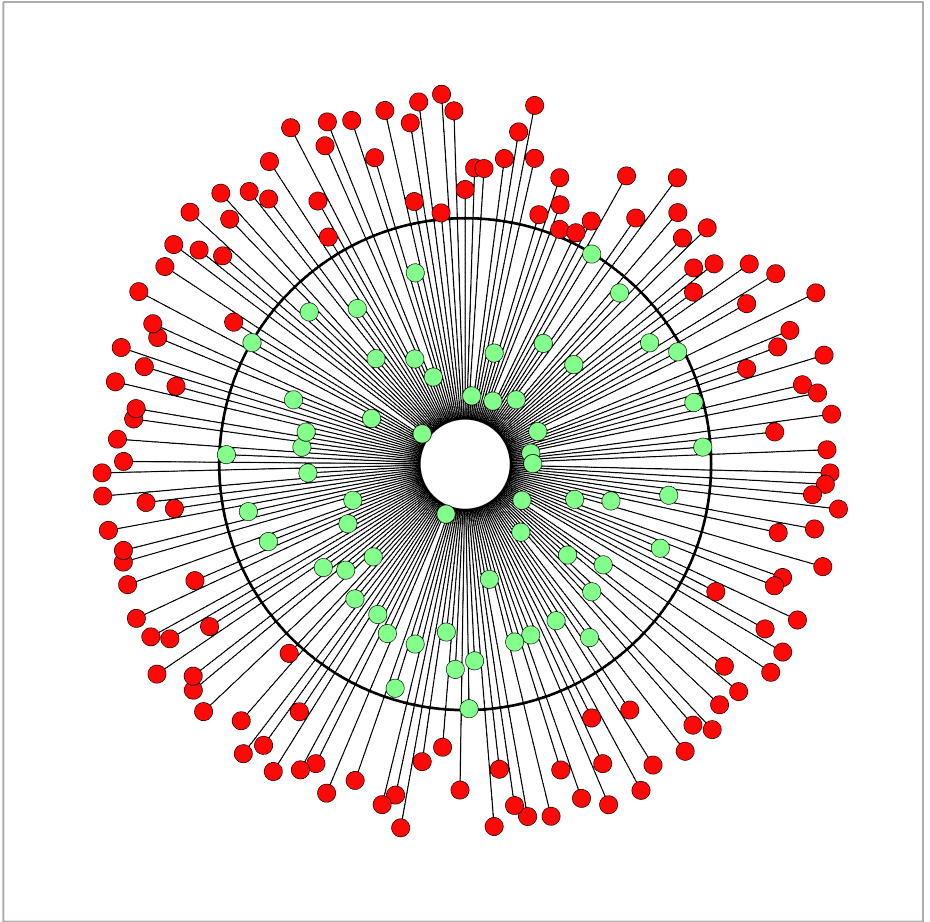


Wellness Report

YOUR DYNAMIC PROFILE

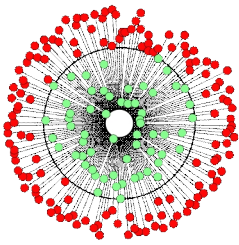
Biomarkers: 197
Range: 36.67

Biomarkers In Range: 60
Biomarkers Out of Range: 137



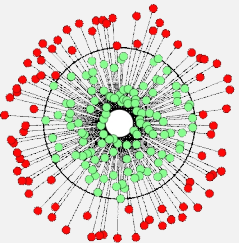
BALANCER VIRTUAL ITEM RE-SCAN RESPONSES

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: 137

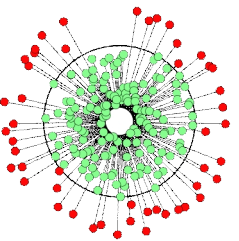


BM - Aloe Plus

Biomarkers Brought Into Range: 56

Category: All Youngevity Products, YG Products Excluding Oils

Usage Directions: 1 Tablespoon 1 times per day

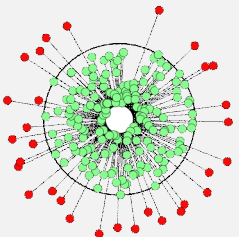


YG - Ultimate Nightly Essense

Additional BioMarkers Brought Into Range: 32

Category: All Youngevity Products, YG Branded Products, YG Products Excluding Oils

Usage Directions: 2 Capsules 1 times per day

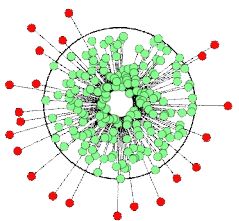


GH - Heart Support

Additional BioMarkers Brought Into Range: 18

Category: All Youngevity Products, YG Good Herbs, YG Products Excluding Oils

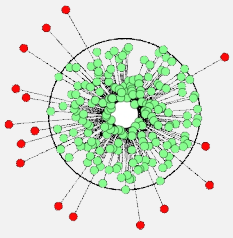
Usage Directions: 1/2 Teaspoon 1 times per day



YG - Surrender Essential Oil Blend

Additional BioMarkers Brought Into Range: 9

Category: All Youngevity Products, YG Branded Products, YG Essential Oils

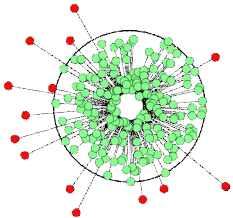


SN - Eat-Less

Additional BioMarkers Brought Into Range: 6

Category: All Youngevity Products, YG Products Excluding Oils

Usage Directions: 1 Capsule 1 times per day

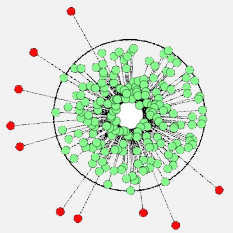


GH - Pancreas Support

Additional BioMarkers Brought Into Range: 2

Category: All Youngevity Products, YG Good Herbs, YG Products Excluding Oils

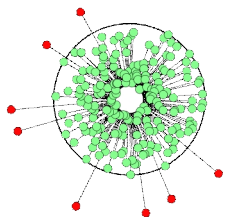
Usage Directions: 1/2 Teaspoon 1 times per day



FL - Himalayan Goji Juice

Additional BioMarkers Brought Into Range: 4

Category: All Youngevity Products, YG Products Excluding Oils



YG - Cell Shield RTQ

Additional BioMarkers Brought Into Range: 2

Category: All Youngevity Products, YG Branded Products, YG Products Excluding Oils

Usage Directions: 2 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.



79.77 **BM - Aloe Plus** 1 Tablespoon 1 times per day

Aloe Plus
SKU: USBI000001

Soothing Digestive Support Good health begins with proper digestion. The Aloe Vera Concentrate in ALOE PLUS is soothing to the digestive system, preparing the way for vitamins and nutrients to be absorbed efficiently with biocellular micellization.

Good health begins with proper digestion. The Aloe Concentrate in ALOE PLUS is soothing to the digestive system, preparing the way for vitamins and nutrients to be absorbed efficiently. ALOE PLUS has a delicious fruit flavor and contains 100% of the U.S. Daily Value for Vitamin C. Just as Aloe is used in cosmetics to soften the tissues of the skin, ALOE PLUS aids the body by preparing the inner lining of the digestive tract to ensure the optimal absorption of nutrients. ALOE PLUS can be taken by virtually anyone at any time of the day or evening. This special digestive element is not found in the everyday diet. ALOE PLUS serves as a liquid base for other products in the Biometrics line and has stomach soothing and health promoting benefits.* *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 C, Sodium, Potassium, Purified Water, Fructose, Glucose, Aloe Vera Concentrate, Citric Acid, Potassium Citrate, Natural Flavor, Ascorbic Acid, Ethoxylated Vegetable Oil, Glycerin, d-alpha-Tocopheryl Acetate, Beta Carotene, Natural Color, Potassium Sorbate, Sodium Benzoate, Free of: Milk: soy, wheat, egg, peanuts, tree nuts, artificial colors, artificial flavors, starch, and yeast.



78.97 **YG - Ultimate Nightly Essense** 2 Capsules 1 times per day

Ultimate Nightly Essense™ - 62 capsules
SKU: 65002

Ultimate Nightly Essense™ contains key enzymes that support a wide range of systems and promote cardiovascular, immune and gastrointestinal health. Ultimate Nightly Essense™ encourages normal hormonal balance, cholesterol levels, and healthier looking skin.

Ingredients:

Probiotic Bacteria Blend, (Bifidobacterium bifidum, Bifidobacterium breve, Bifidobacterium infantis Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus brevis, Lactobacillus bulgaricus, Lactobacillus casei, Lactobacillus helveticus, Lactobacillus lactis, Lactobacillus plantarum, Lactobacillus rhamnosus, Lactobacillus salivarius, Streptococcus thermophile), Systemic Enzyme Blend, (Protease, Papain, Bromelain, Nattokinase, Seaprose-S), Rutin, Inulin (FOS), rice extract and capsule (vegetable cellulose, water).



78.86 **GH - Heart Support** 1/2 Teaspoon 1 times per day

Heart Support
SKU: USGH000007

Heart Support promotes an overall healthy cardiovascular system and contains a proprietary herbal blend of organic or wild-crafted herbs that help support healthy blood pressure levels and oxygenation to the heart.

Good Herbs Heart Support is made with pure, unaltered, chemical-free natural herbs that provide heart health support. Cardiovascular health is a leading concern amongst many individuals. Heart Support promotes an overall healthy cardiovascular system and contains a proprietary herbal blend of organic or wild-crafted herbs that help support healthy blood pressure levels and oxygenation to the heart.

Formula: BLESSED THISTLE, HAWTHORN, MOTHERWORT, GARLIC, CAYENNE.



78.36 **YG - Surrender Essential Oil Blend**

Surrender™ Essential Oil Blend - 10ml
SKU: 67103

The Surrender™ Essential Oil Blend is a powerful blend made with 100% pure, therapeutic Youngevity Essential Oils. This blend contains: Pine Needle, Rosewood, Osmanthus, Black Spruce, Clementine, Lavender, White Grapefruit, Ylang-Ylang, Jojoba, Bergamot, Neroli, Cocoa, and Amyris.

The Surrender™ Essential Oil Blend may help to produce a relaxing and soothing effect, beneficial for those experiencing

emotionally stressful situations. Comforting pine and rosewood aromas help enhance a calm, peaceful environment. Surrender is a companion oil to the Wild Flower™ Essential Oil Blend.

Key Emotions: Reassured, Victorious, Acceptance, Composed, Serene.



78.32 **SN - Eat-Less 1 Capsule** 1 times per day

Eat-Less (90 vegetable capsules)
SKU: USSN000005

Helps suppress appetite, which aids in weight loss. Removes toxins and parasites from one's system, which helps one's complexion (acne), blood pressure, blood sugar levels and cholesterol. An essential weapon in your arsenal of products for proper cleansing.

Suppress your appetite naturally without common side effects such as dizziness or nervousness. Eat-Less also aids in proper elimination. Health professionals agree that proper elimination is essential for good health.

Ingredients:

Chromium, (Chromium Polynicotinate, ChromeMate™), Magnesium (Magnesium Oxide), Proprietary Blend [Garcinia Cambogia 60% HCA (Super Citrimax™), Psyllium Husk, Guar Gum, Hibiscus Flower, Cascara Sagrada, Citrus Pectin, Licorice Root, Papaya Fruit, Black Walnut Bark, Burdock Root, Red Raspberry Leaves, Oat Bran, Glucomannan], Cellulose, Silica, Magnesium Stearate.



76.42 **GH - Pancreas Support** 1/2 Teaspoon 1 times per day

Pancreas Support
SKU: USGH000015

Pancreas Support contains a proprietary herbal blend of organic or wild-crafted herbs that help support healthy blood sugar levels and carbohydrate metabolism that help decrease sugar cravings while also providing eye health support.

Good Herbs Pancreas Support is made with pure, unaltered, chemical-free natural herbs that provide pancreas health support. The pancreas is an organ that plays a vital role in the digestive and endocrine system; helping to maintain healthy blood sugar levels, glucose metabolism and energy production. Pancreas Support contains a proprietary herbal blend of organic or wild-crafted herbs that help support healthy blood sugar levels and carbohydrate metabolism that help decrease sugar cravings while also providing eye health support.

Herbal Extract Blend: Bilberry, Bitter Melon, Gymnema, Hawthorn.



76.13 **FL - Himalayan Goji Juice**

Himalayan Goji® Juice
SKU: USFL000163

Himalayan Goji® Juice is the original standardized goji juice - since 2003. It is rich in bioactive Lycium barbarum polysaccharides (LBP) and quality assured with Sorvana's exclusive Spectral Signature fingerprinting technique. Himalayan Goji® Juice delivers the antioxidant benefits of goji fruit to support overall health and wellness.



75.98 **YG - Cell Shield RTQ 2 Capsules** 1 times per day

Cell Shield RTQ™ - 60 capsules
SKU: 21203

Cell Shield RTQ™ delivers a highly bioavailable proprietary blend of three powerful antioxidants (Turmeric, Quercetin and Japanese Knotweed Extract) for potent protection against cell-damaging free radicals. For best results use Cell Shield RTQ™ as part of a full nutritional program that includes Beyond Tangy Tangerine® and Ultimate™ EFA Plus™.*

Ingredients:

Turmeric Root, Quercetin (blend of root extract standardized to 95% curcuminoids and organic root powder), Dihydrate, Japanese Knotweed Extract (containing 50% trans-resveratrol), Vegetables Capsule (cellulose and water), Vegetable Cellulose, Magnesium Silicate, Vegetable Stearate, Silicon Dioxide.

4 CORE BODY SYSTEMS FOR WELLNESS



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

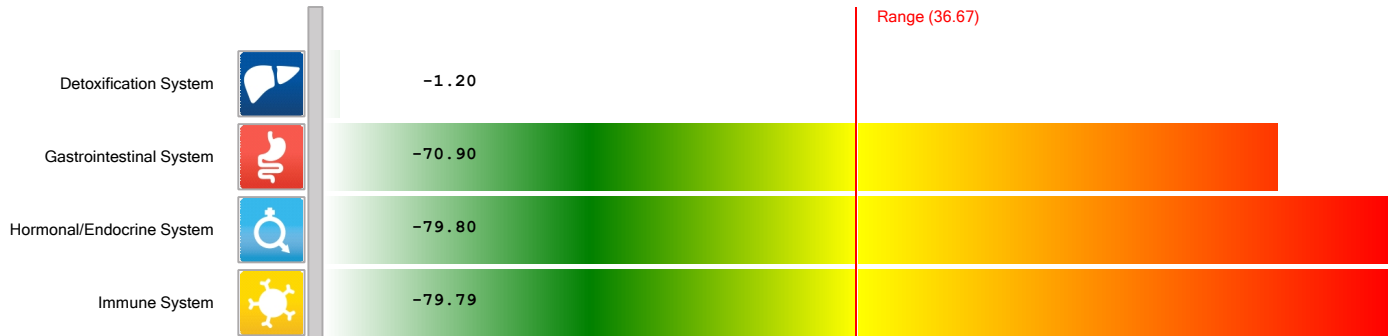
1. Detoxification System
2. Gastrointestinal System
3. Hormonal/Endocrine System
4. Immune System

Why These 4?

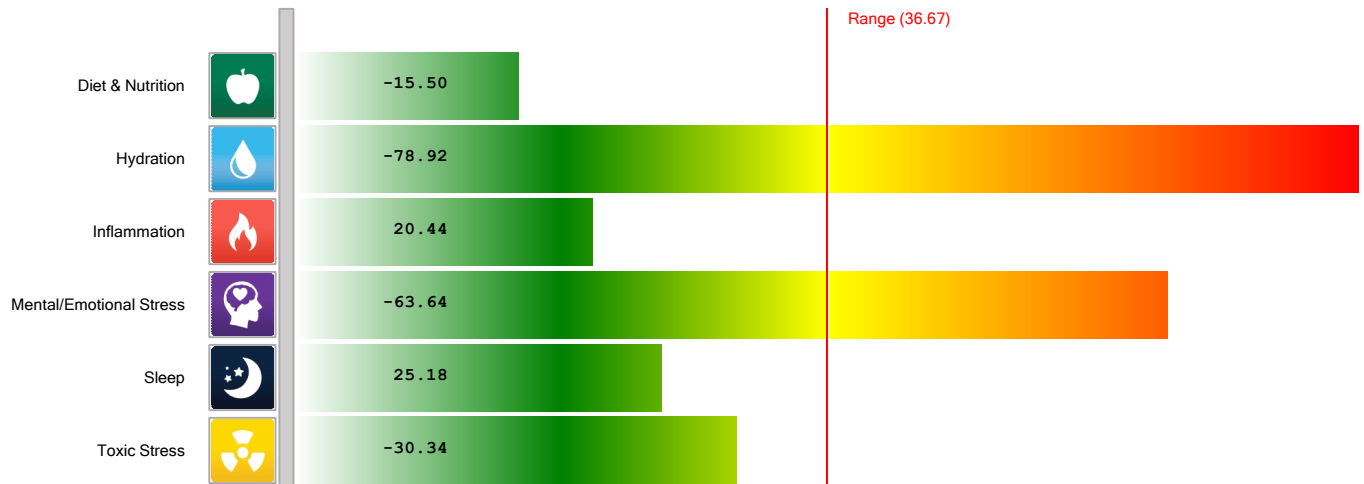
Whether you are very ill, seeking to prevent illness, or just trying to improve your overall health or fitness levels, it is important to evaluate these four systems. How these systems function both independently and interdependently has a profound influence on your health. If one or more is compromised,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



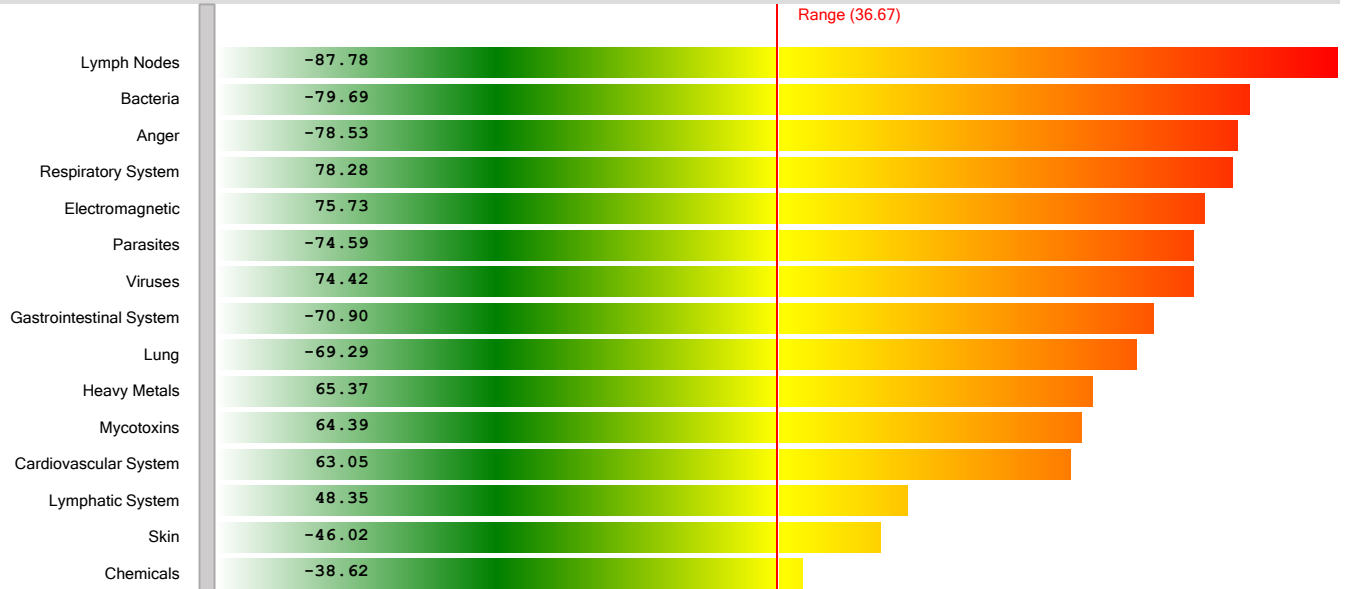
A toxin is any substance that causes harm in the body. Never before in human history have we been exposed to as many toxins as we are now.

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

- 78.97 **YG - Ultimate Nightly Essense**
- 78.36 **YG - Surrender Essential Oil Blend**
- 78.32 **SN - Eat-Less**
- 74.89 **T2L - LiverPure**
- 69.29 **YG - CardioBeets**

GASTROINTESTINAL SYSTEM

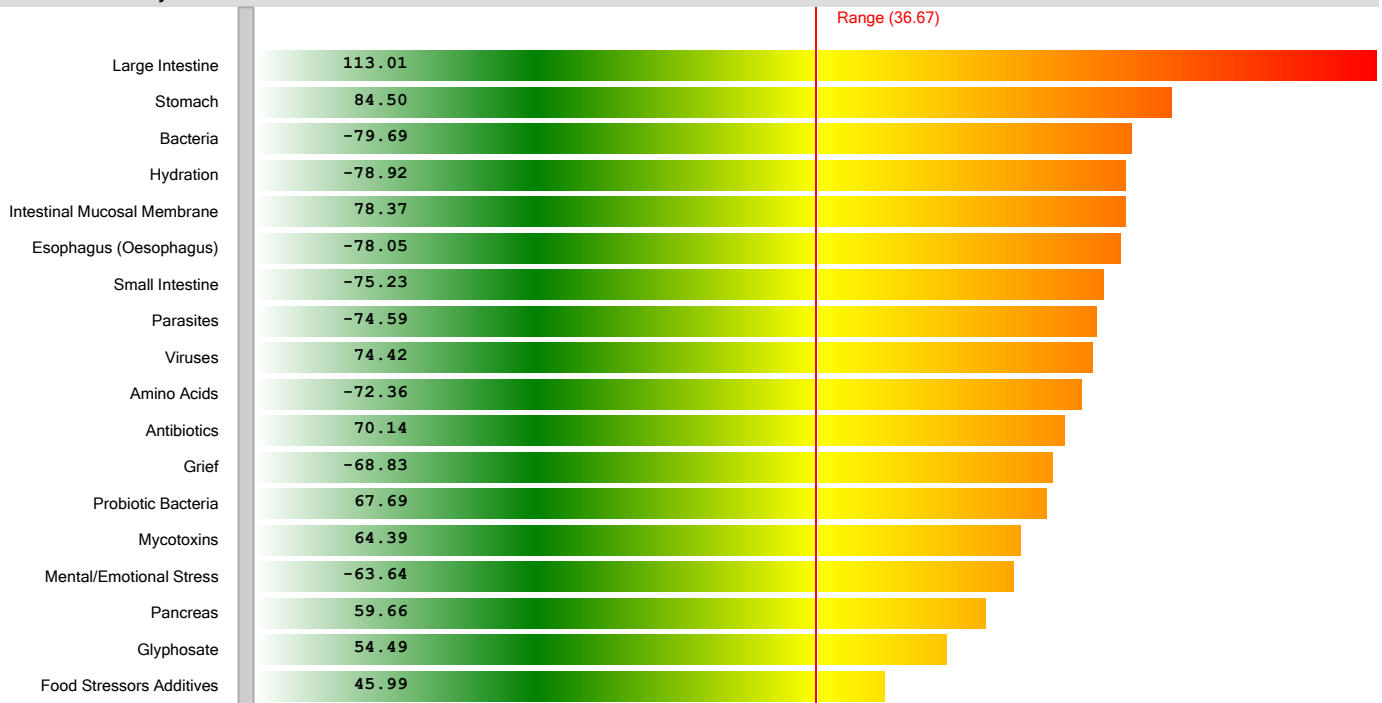


The saying "You are what you eat" can be said more accurately; "You are what you digest"! However, if digestive function is compromised, it's not just your body's nutrient status that suffers. The health of the gut greatly impacts brain function, hormone balance, immune regulation, and so much more...

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

- 79.77 **BM - Aloe Plus**
- 78.97 **YG - Ultimate Nightly Essence**
- 78.86 **GH - Heart Support**
- 78.36 **YG - Surrender Essential Oil Blend**
- 76.42 **GH - Pancreas Support**

HORMONAL/ENDOCRINE SYSTEM

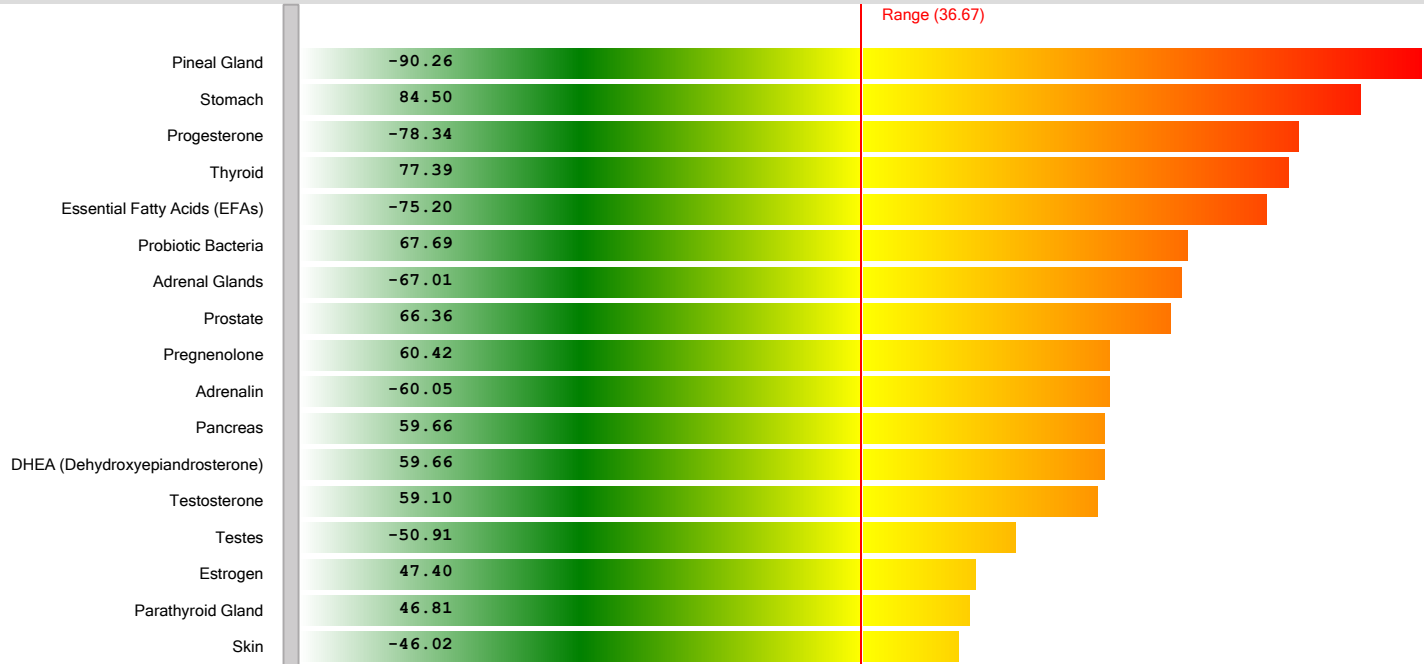


Hormones are chemical messengers that travel through your bloodstream and enter tissues, where they turn on switches to the genetic machinery that regulates everything from reproduction to emotions to your sense of well-being. The body's system of hormone production is formally known as the Endocrine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

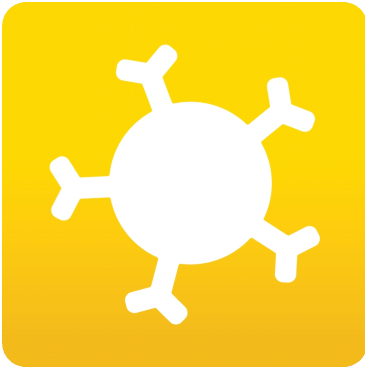
Hormonal/Endocrine System Stressors



Top Hormonal/Endocrine Balancers

- 78.97 **YG - Ultimate Nightly Essense**
- 74.61 **SN - Sta-Balanced**
- 73.33 **YG - Y-23 Immune Essential Oil Blend**
- 65.94 **PJ - Prostat**
- 65.05 **YG - Ultimate Prost Fx**

IMMUNE SYSTEM



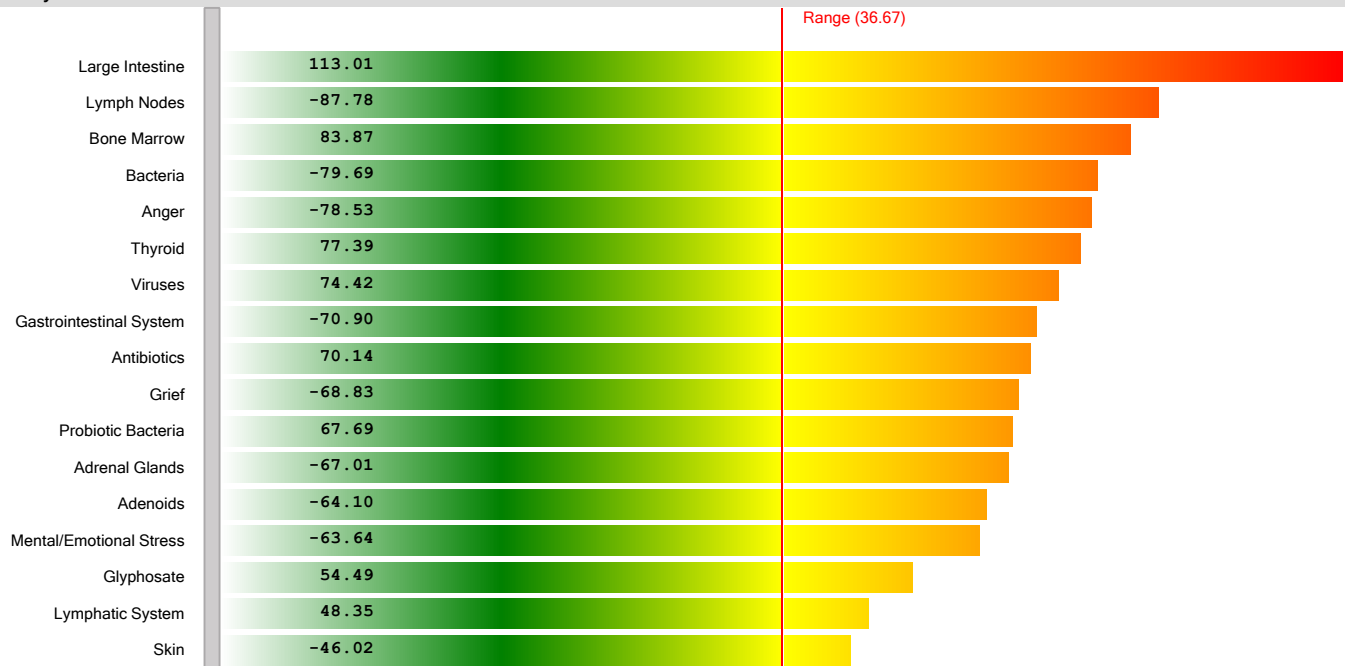
The first line of defense against disease-causing microorganisms is the skin and mucosal barriers. Behind this is a complex defensive system. Collectively these parts are known as the immune system.

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

- 79.77 **BM - Aloe Plus**
- 78.97 **YG - Ultimate Nightly Essense**
- 78.86 **GH - Heart Support**
- 76.13 **FL - Himalayan Goji Juice**
- 75.98 **YG - Cell Shield RTQ**

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

- 78.97 **YG - Ultimate Nightly Essense**
- 78.86 **GH - Heart Support**
- 78.32 **SN - Eat-Less**
- 76.42 **GH - Pancreas Support**
- 76.13 **FL - Himalayan Goji Juice**

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

- 79.77 **BM - Aloe Plus**
- 73.52 **ITS - Aloe 7000**
- 69.90 **LDA - Agile - Wellness Tea**
- 69.54 **YG - Replenish (BeneYOU)**
- 57.86 **LDA - Immune - Wellness Tea**

INFLAMMATION



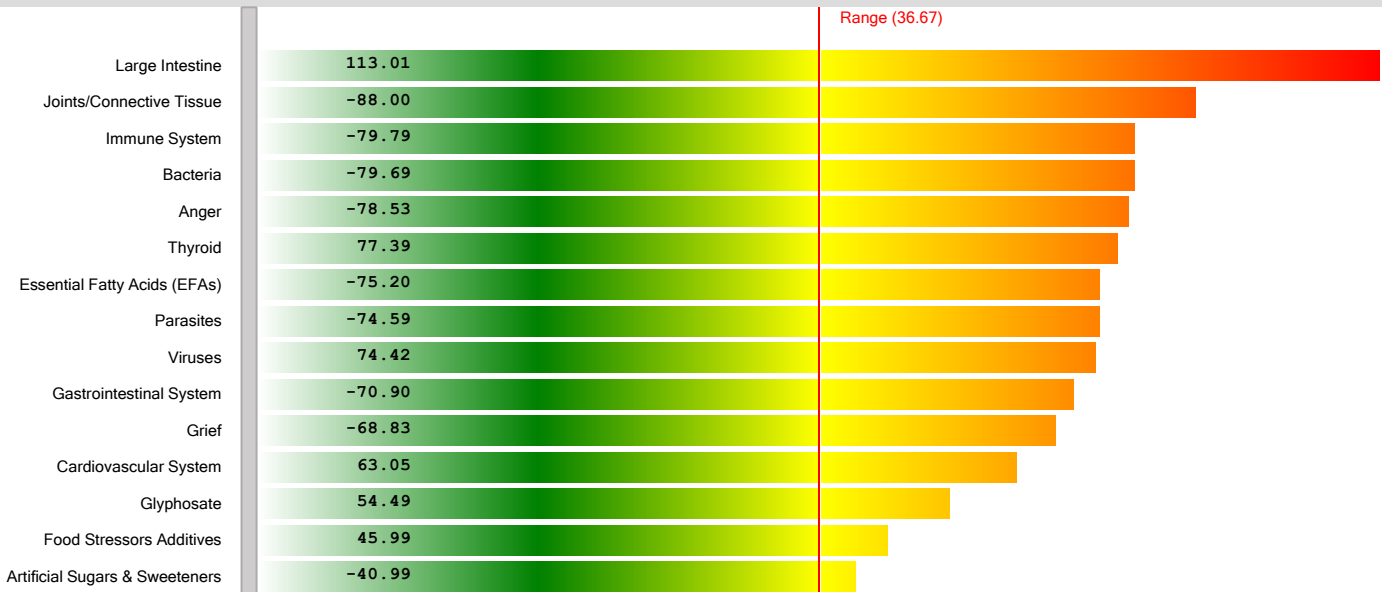
Acute Inflammation is the body's natural response to injury or infection. It's normally short in duration and it recedes as the body heals. The purpose of acute inflammation is to aid the body in healing.

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

- 79.77 **BM - Aloe Plus**
- 76.42 **GH - Pancreas Support**
- 75.98 **YG - Cell Shield RTQ**
- 74.16 **GH - Bone & Tissue Support**
- 74.13 **YG - Tea Tree 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.

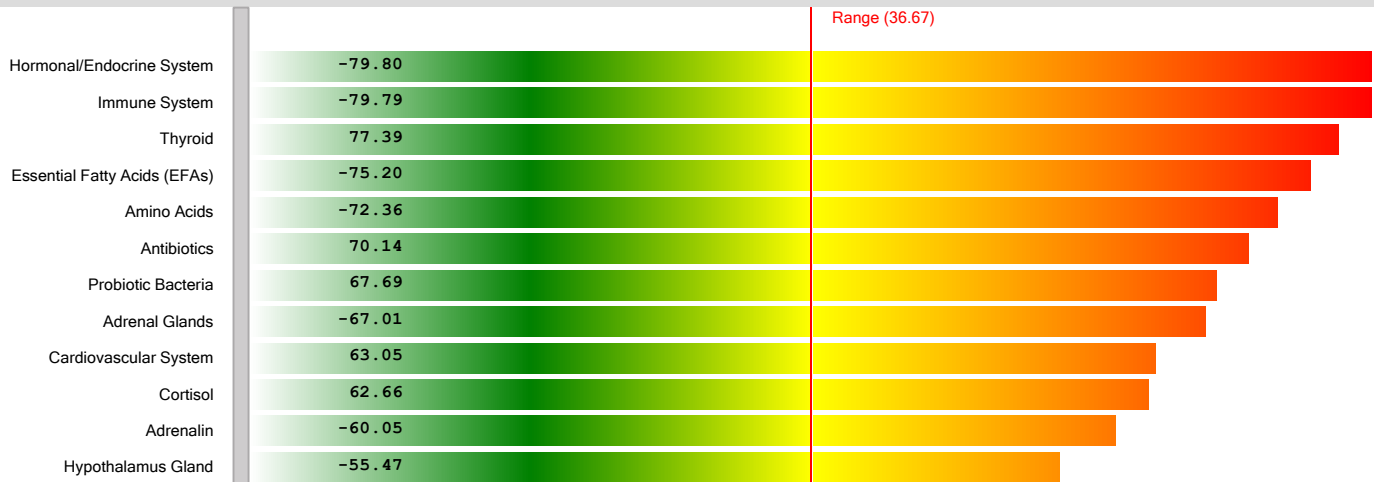
The hypothalamus is a principal limbic structure whose primary purpose is to maintain homeostasis in the body—meaning that it returns systems within your body to their “set points.” Specifically, the hypothalamus regulates hunger, thirst, levels of pain and pleasure, sexual satisfaction, and aggressive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

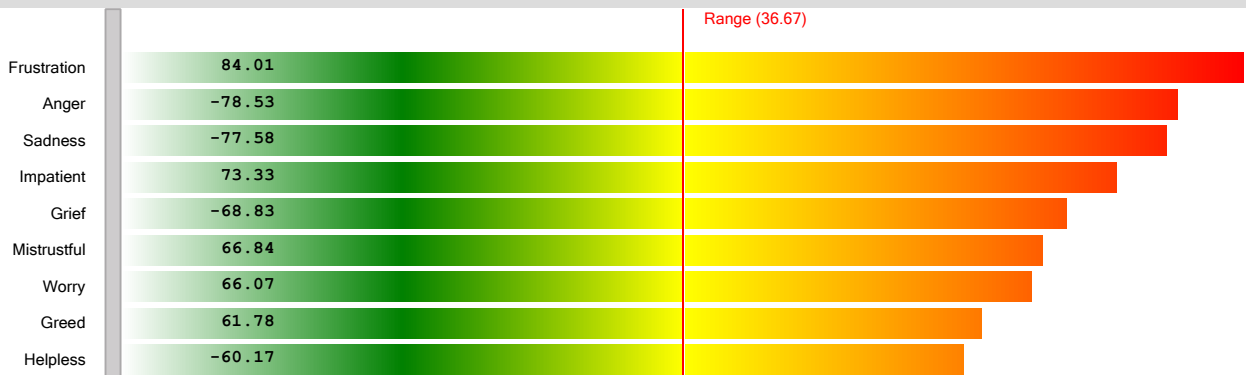
The hypothalamus detects the rising level of the target organ's hormones then sends either hormonal or electrical messages to the pituitary gland. In response, the pituitary gland releases hormones, which travel through the bloodstream to a target endocrine gland, instructing it to stop producing its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

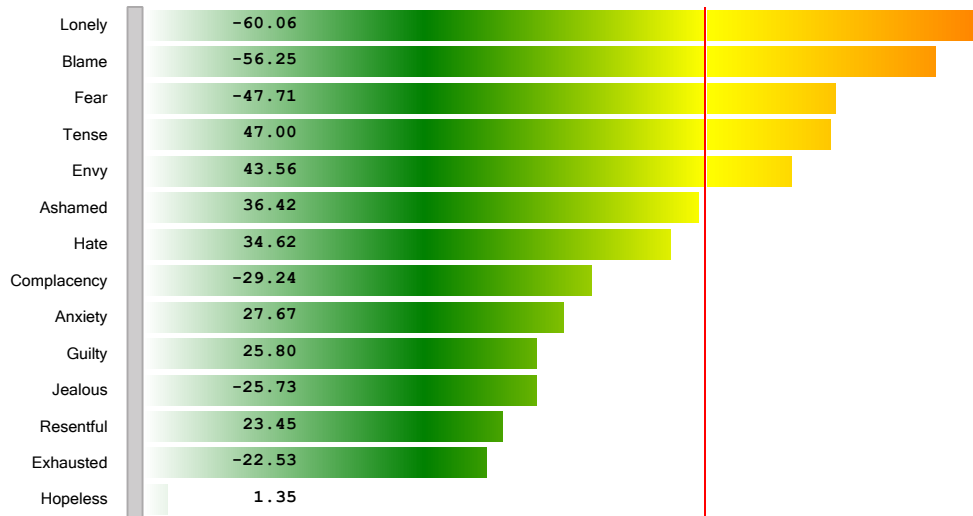
The hypothalamus—under the control of your thoughts, feelings, and attitude—sends instructions through the autonomic nervous system and the pituitary gland. The autonomic nervous system regulates blood pressure, heart rate, breathing, digestion, and sweating, and serves other vital functions. The pituitary 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. (3)

Mental & Emotional Stressors



Emotion Stressors





Top Mental/Emotional Balancers

- 79.77 **BM - Aloe Plus** 1 Tablespoon 1 times per day
- 78.97 **YG - Ultimate Nightly Essense** 2 Capsules 1 times per day
- 78.86 **GH - Heart Support** 1/2 Teaspoon 1 times per day
- 78.36 **YG - Surrender Essential Oil Blend**
- 78.32 **SN - Eat-Less** 1 Capsule 1 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.

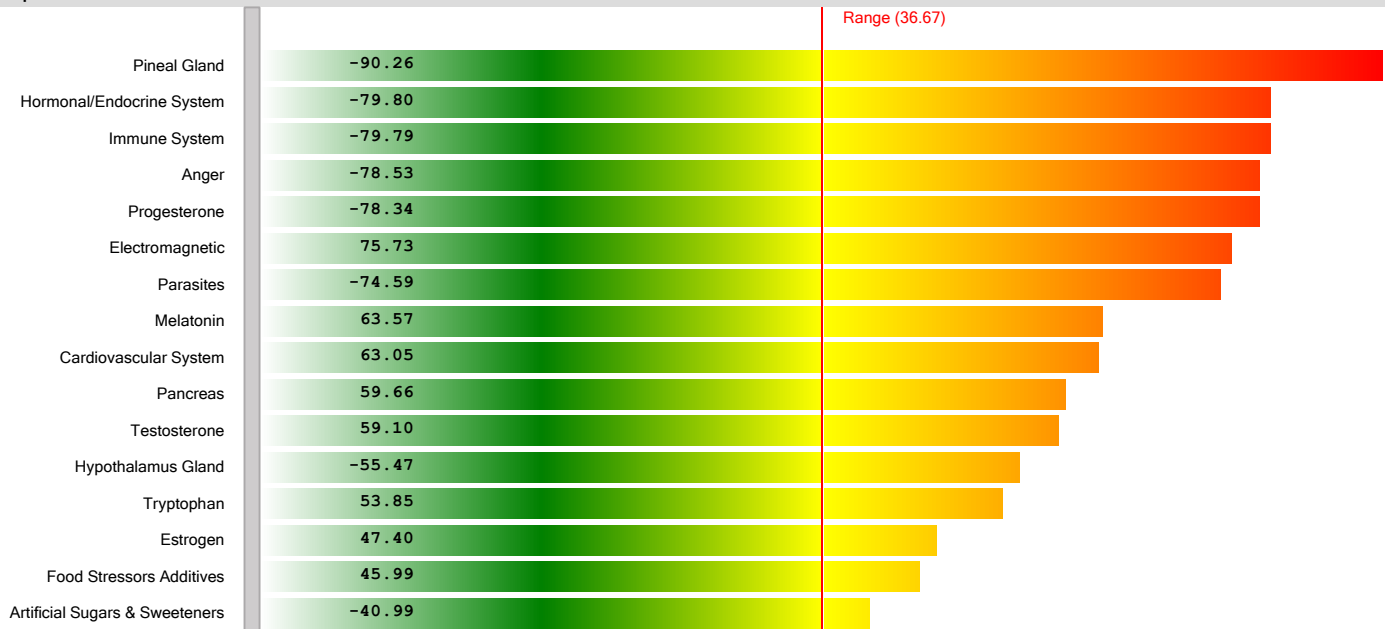
It's interesting to note that we live in a time where the days are extended with artificial light, which creates a shorter dark cycle. By shortening the dark cycle, we deprive ourselves of sleep. To lengthen this cycle, try sleeping in a room that is completely dark. A dark sleeping environment supports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

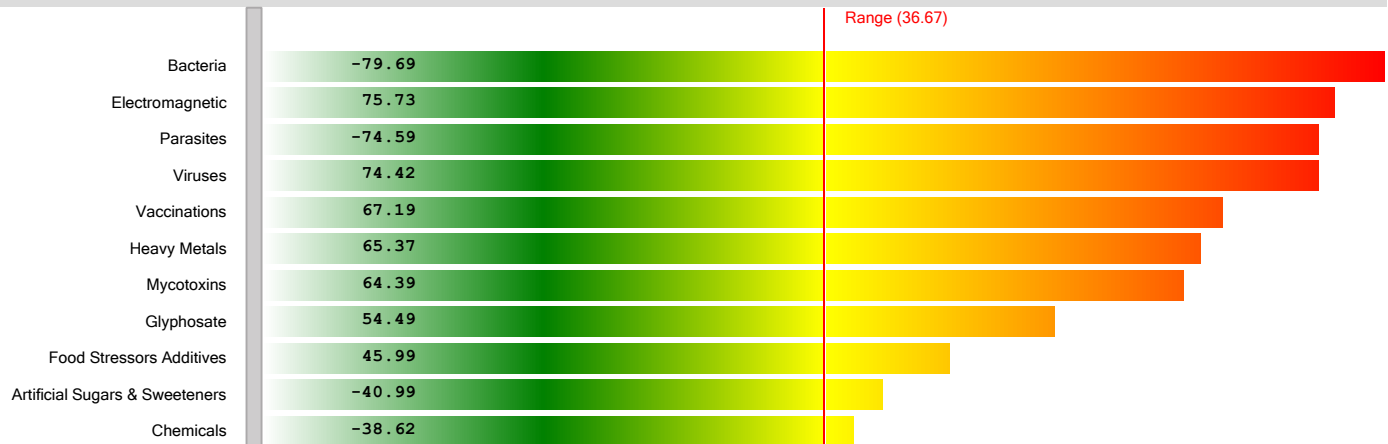
- 73.33 **YG - Y-23 Immune Essential Oil Blend**
- 68.68 **PJ - Pollen Burst Tabs** 1 Tablet 2 times per day
- 66.74 **YG - Bay Laurel Essential Oil**
- 61.40 **YG - Wild Flower Essential Oil Blend**
- 59.58 **HFX - Relax** 1 Milliliter 1 times per day

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. (4)

Toxic Stress Stressors



Top Toxic Stress Balancers

- 59.58 **HFX - Relax** 1 Milliliter 1 times per day
- 56.77 **NAP - 4.44 Energy Shots**
- 55.98 **NAP - Premium Muscadine Grape Seed**
- 49.81 **YG - Digestwel+ (BeneYOU)**
- 38.31 **YG - Ultimate Super KB** 1 Capsule 2 times per day



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

89.24 **Thai Body**

Thai Body work is a 2500 year old Ayurvedic based body science. It helps de-stress and is great for sore muscles and joints. A practitioner uses acupressure, reflexology, rocking, and slow assisted stretching. A client is fully clothed, on a cushioned mat on the floor.

80.00 **Symphony of the Cells™**

Symphony of the Cells™ is a NCBTMB approved, massage technique using essential oils. The technique was created by Boyd Truman of TruWellness.

Symphony of the Cells™ Protocols

- Basic
- Cardiovascular
- Digestive
- Hormone Balance
- Infectious Disease
- Inflammatory
- Lymphatic
- Maxim
- Neurological
- Osteo
- Respiratory
- Solar

79.03 **Color Therapy**

Color therapy, also known as chromotherapy, is often facilitated in the healing rooms of alternative health practitioners. A therapist trained in color therapy uses color to balance energy wherever our bodies are lacking, be it physical, emotional, spiritual, or mental. Some of the tools used in color therapy are gemstones, candles, wands, prisms, colored fabrics, bath treatments, and colored eye wear.

78.57 **Castor Oil Packs**

A castor oil pack is an external application of castor oil to the body. A piece of wool (or cotton) flannel is saturated with castor oil and applied to a specified area, with or without heat. Castor oil packs can be used to improve assimilations, eliminations, and circulation (especially of the lymphatic system) and are particularly helpful in aiding the breakup of adhesions of the lacteal glands.

77.65 **Iridology**

Iridology (also known as iridodiagnosis or iridiagnosis) is an alternative medicine technique whose proponents claim that patterns, colors, and other characteristics of the iris can be examined to determine information about a patient's systemic health. Practitioners match their observations to iris charts, which divide the iris into zones that correspond to specific parts of the human body. Iridologists see the eyes as "windows" into the body's state of health.