

# Today's Basic Immunity Report

## TODAY'S BASIC IMMUNITY BODY SYSTEMS

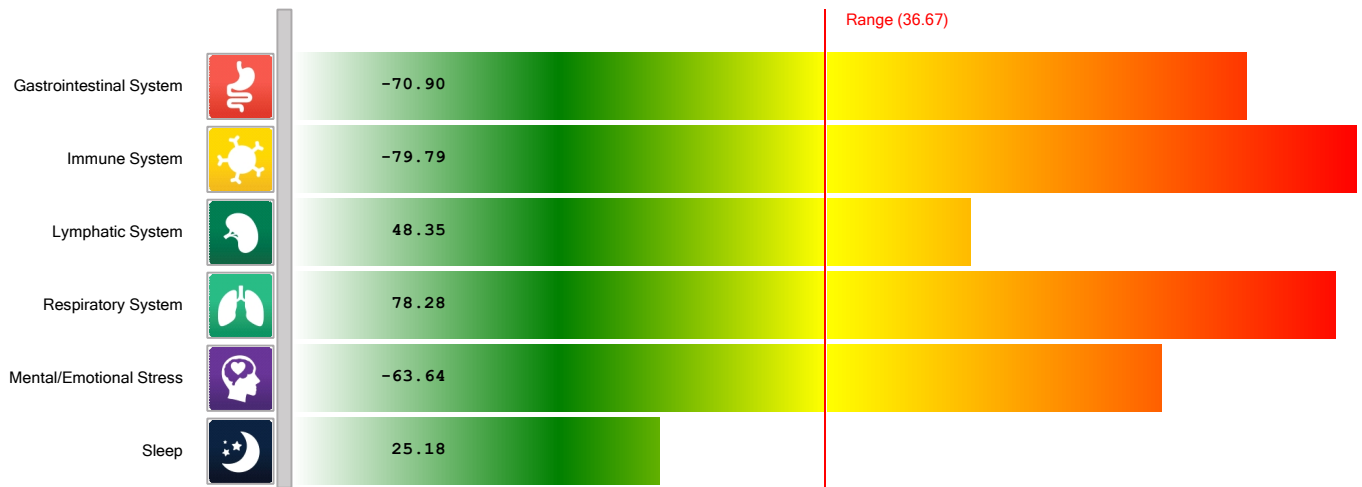


This report displays responses to 6 foundational areas of immunity:

- Gastrointestinal System
- Immune System
- Lymphatic System
- Mental/Emotional Stress
- Respiratory System
- Sleep

Optimizing these 6 areas of immune health can put the body in a stronger position to fend off illness and disease while enhancing overall health.

## STRESSOR VIRTUAL ITEM RESPONSES: IMMUNITY BODY SYSTEMS



# GASTROINTESTINAL SYSTEM

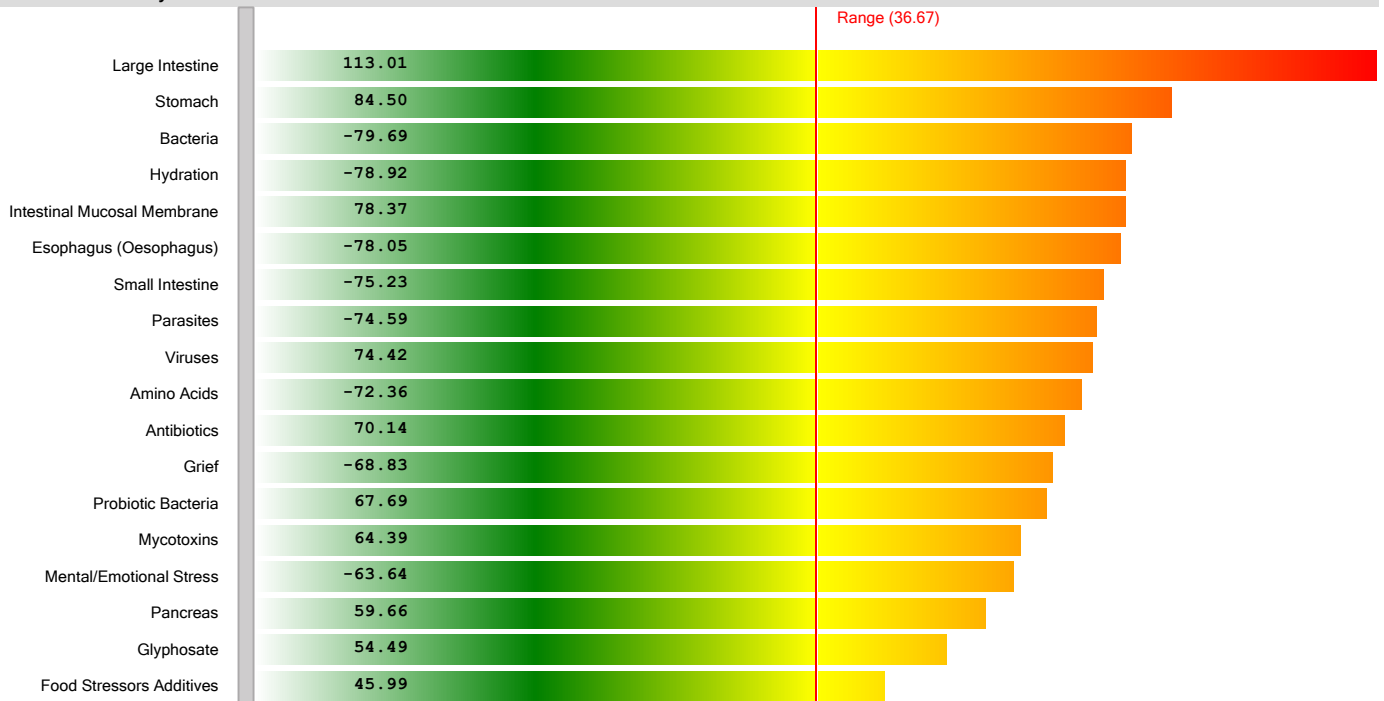


The saying "You are what you eat" can be said more accurately; "You are what you digest"! However, if digestive function is compromised, it's not just your body's nutrient status that suffers. The health of the gut greatly impacts brain function, hormone balance, immune regulation, and so much more...

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.

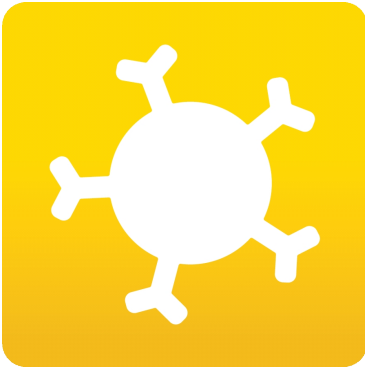
## Gastrointestinal System Stressors



## 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**

# IMMUNE SYSTEM



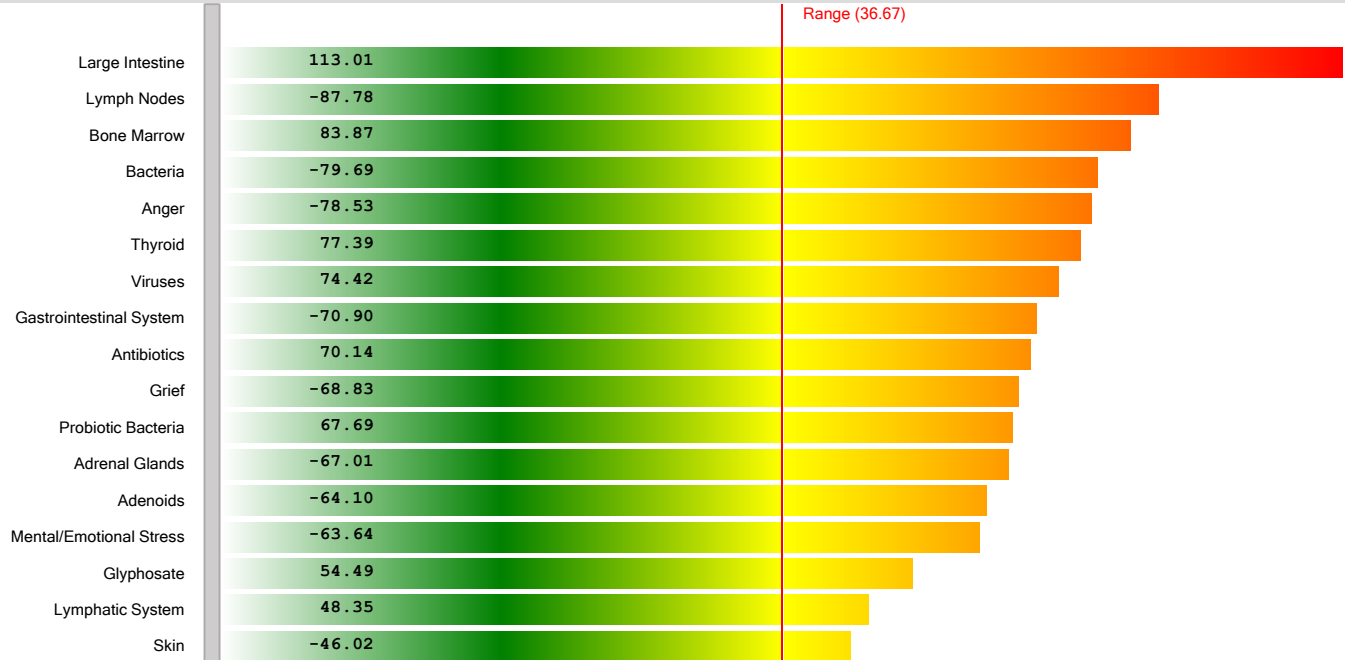
The first line of defense against disease-causing microorganisms is the skin and mucosal barriers. Behind this is a complex defensive system. Collectively these parts are known as the immune system.

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 lymph nodes) 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 (occurring in body fluid) is the aspect of immunity that involves antibodies. Antibodies recognize and attach themselves to foreign substances, called antigens, to neutralize and carry them away. Supporting the immune system enhances overall wellness by improving one's ability to fight infectious agents, defend against toxic exposures such as chemicals and heavy metals, and kill aberrant cancer cells.

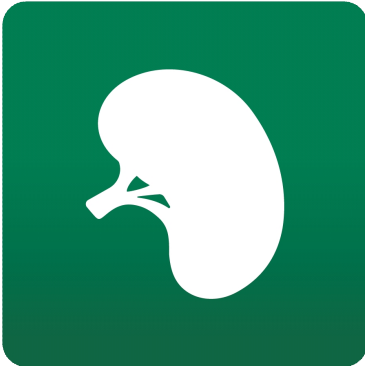
## Immune System Stressors



## Top Immune System Balancers

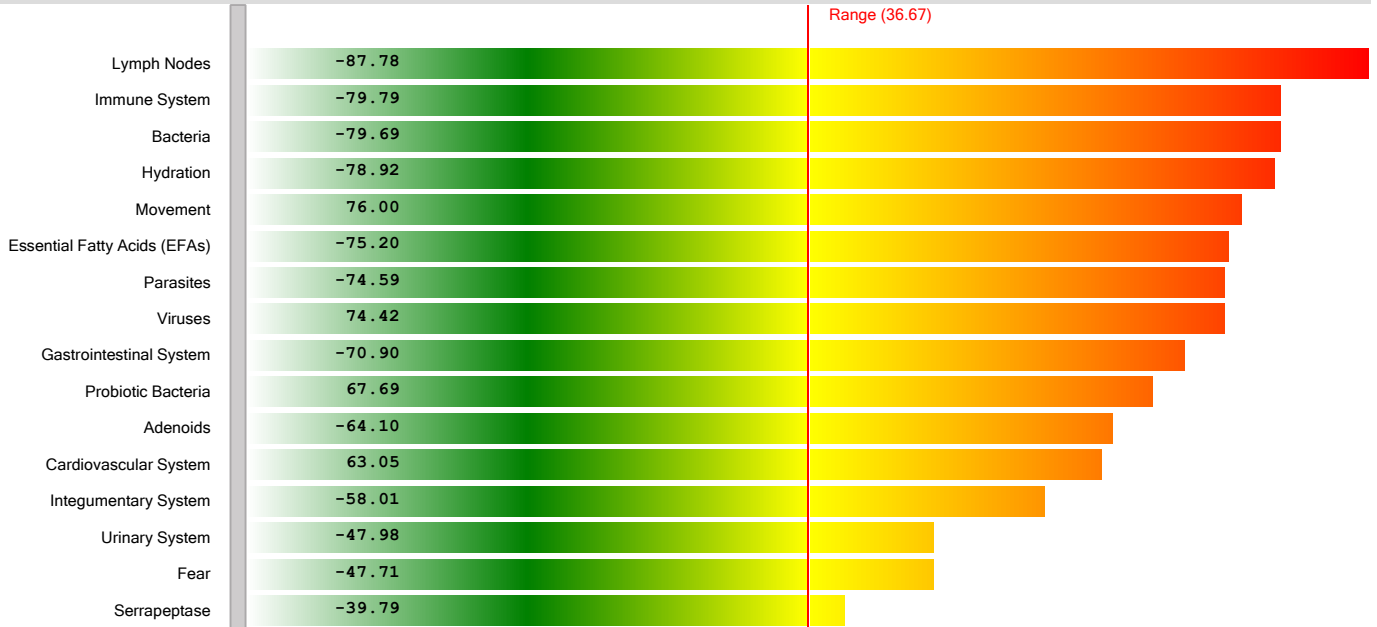
- 79.77 **BM - Aloe Plus**
- 78.97 **YG - Ultimate Nightly Essense**
- 78.86 **GH - Heart Support**
- 76.13 **FL - Himalayan Goji Juice**
- 75.98 **YG - Cell Shield RTQ**

# LYMPHATIC SYSTEM



In addition to removing excess fluids and transporting fat to the circulatory system, the lymphatic system plays an integral role in the immune functions of the body. It is the first line of defense against disease. This network of vessels and nodes transports and filters lymph fluid containing antibodies and lymphocytes (good) and bacteria (bad). The body's first contact with these invaders signals the lymphatic system to orchestrate the infection-fighting process to neutralize, destroy, and remove the invading microorganisms. The spleen also helps the body fight infection and keep the blood healthy. The spleen contains lymphocytes which weaken and kill bacteria, viruses, and other unwanted organisms. The spleen also contains a type of white blood cell called a macrophage. Macrophages engulf and destroy bacteria, viruses, parasites, dead tissue, and foreign matter, and remove them from the blood. You might think of macrophages as your body's garbage collectors. (5)

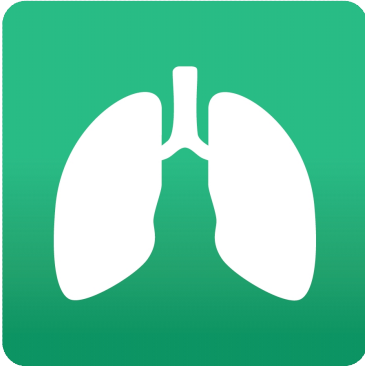
## Lymphatic System Stressors



## Top Lymphatic Balancers

65.60 YG - B.YOU (BeneYOU)

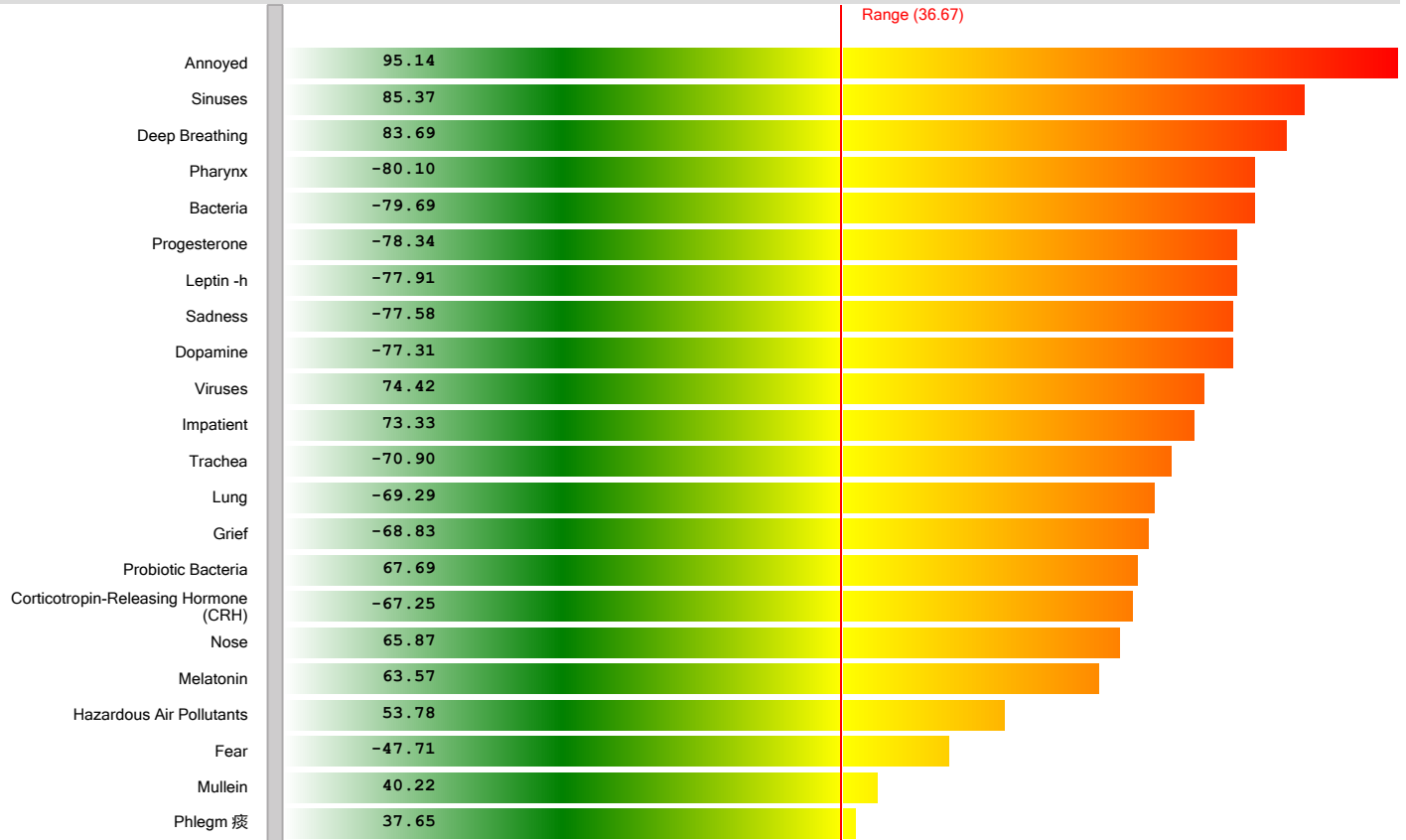
# RESPIRATORY SYSTEM



The respiratory system is not only essential for oxygenating the body, but also plays a role in immune health. The respiratory system relies on components of both the innate and adaptive immune systems to protect the lungs and the rest of the respiratory tract against inhaled microorganisms.

In the first line of defense, inhaled bacteria are trapped by mucus and are swept toward the pharynx and are swallowed. Bacteria which penetrate the mucous layer are dealt with a second line of defense which includes antimicrobial peptides that are secreted by the surface epithelium of the respiratory tract which kill many strains of bacteria. Those bacteria that are resistant to antimicrobial peptides are killed by a variety of reactive oxygen species produced by phagocytes. In a third line of defense and as a last resort, persistent bacterial infections which escape the innate immune system are eliminated by the adaptive immune system. (6)

## Respiratory System Stressors



## Top Respiratory Balancers

- 69.54 **YG - Replenish (BeneYOU)**
- 65.60 **YG - B.YOU (BeneYOU)**
- 26.56 **YG - Relieve (BeneYOU)**

# 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.

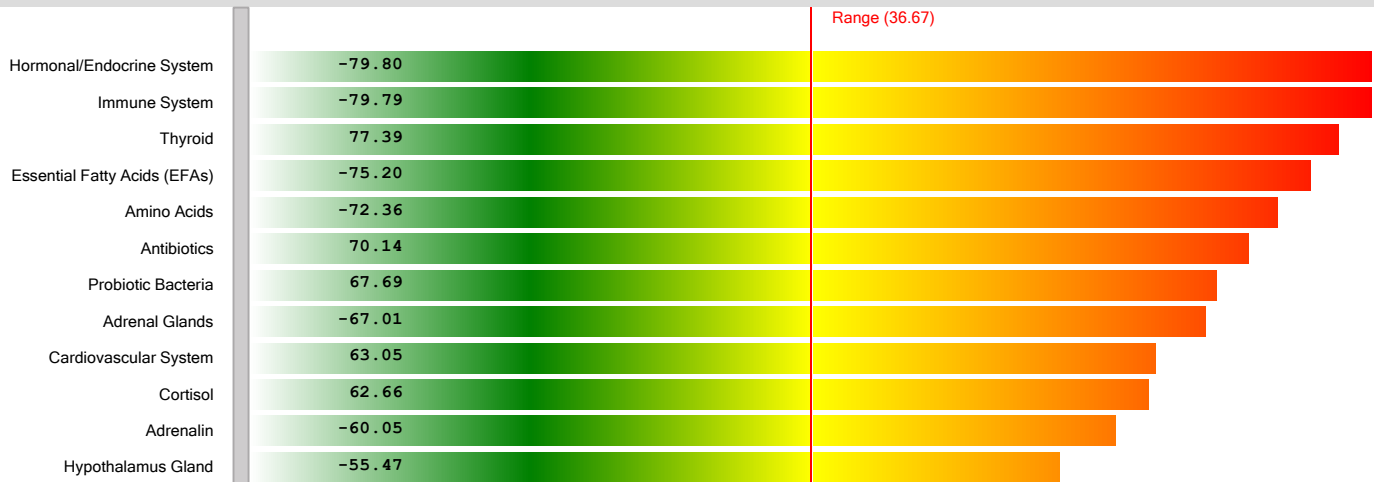
The hypothalamus is a principal limbic structure whose primary purpose is to maintain homeostasis in the body—meaning that it returns systems within your body to their “set points.” Specifically, the hypothalamus regulates hunger, thirst, levels of pain and pleasure, sexual satisfaction, and aggressive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

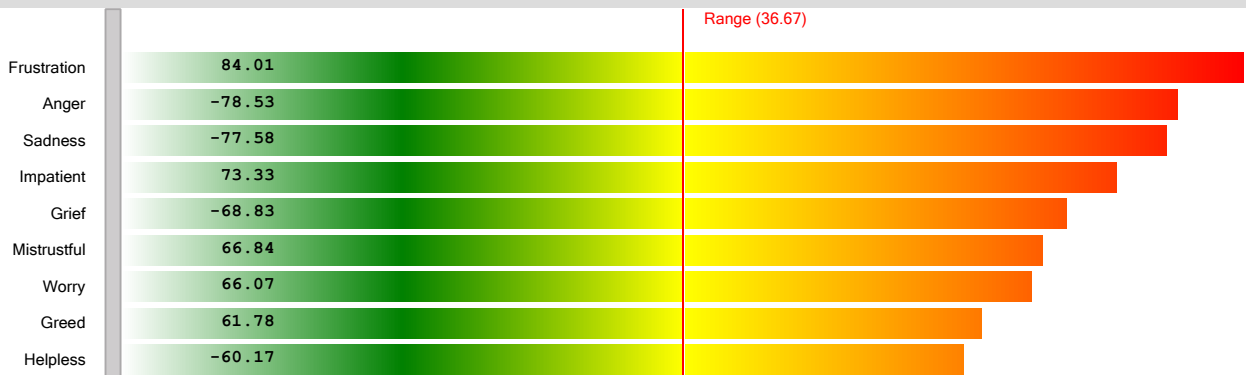
The hypothalamus detects the rising level of the target organ's hormones then sends either hormonal or electrical messages to the pituitary gland. In response, the pituitary gland releases hormones, which travel through the bloodstream to a target endocrine gland, instructing it to stop producing its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

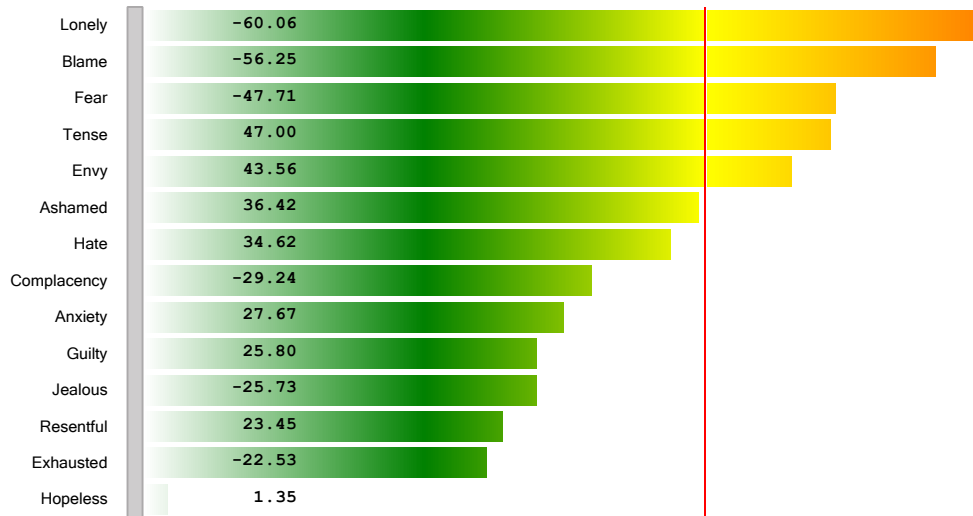
The hypothalamus—under the control of your thoughts, feelings, and attitude—sends instructions through the autonomic nervous system and the pituitary gland. The autonomic nervous system regulates blood pressure, heart rate, breathing, digestion, and sweating, and serves other vital functions. The pituitary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

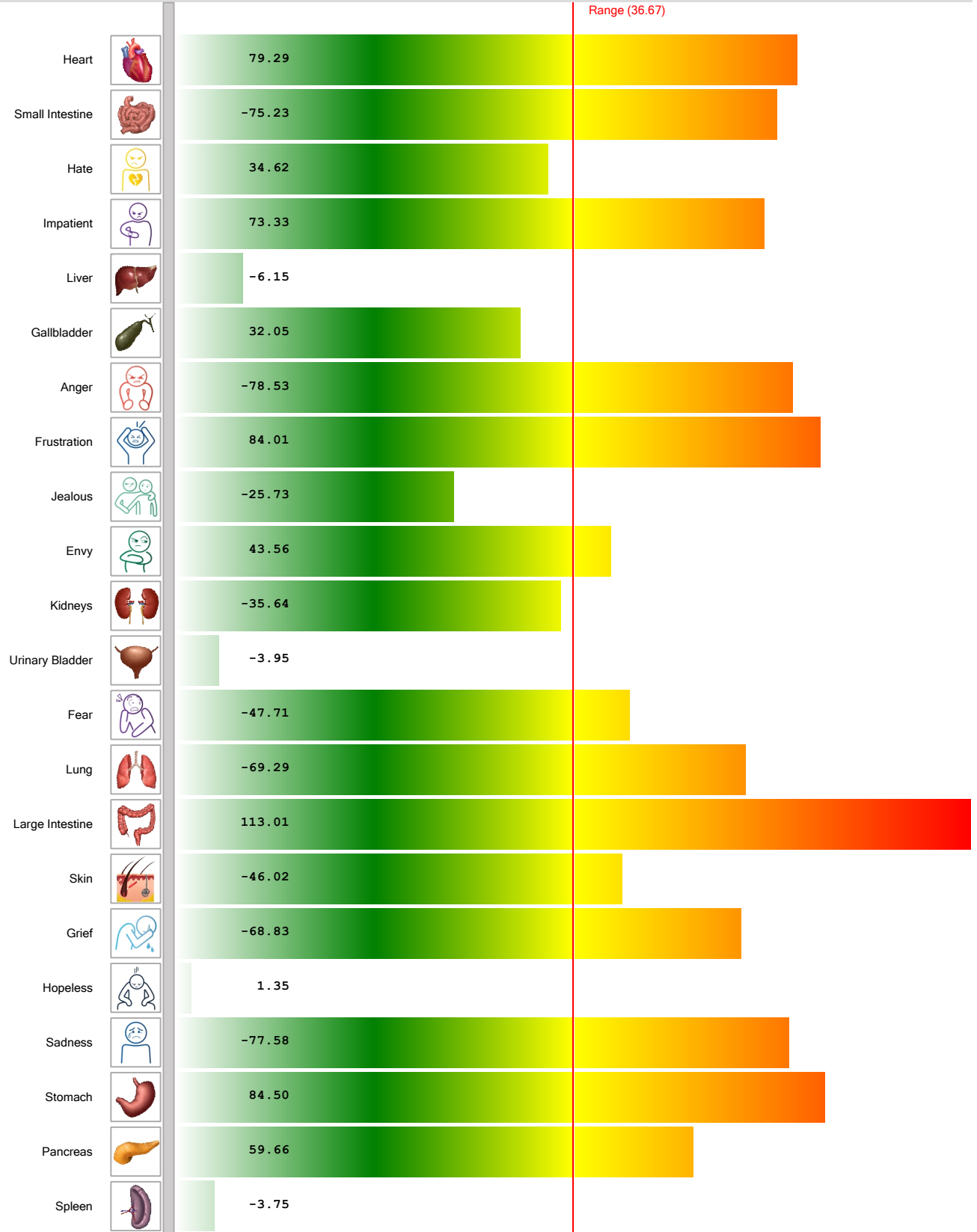




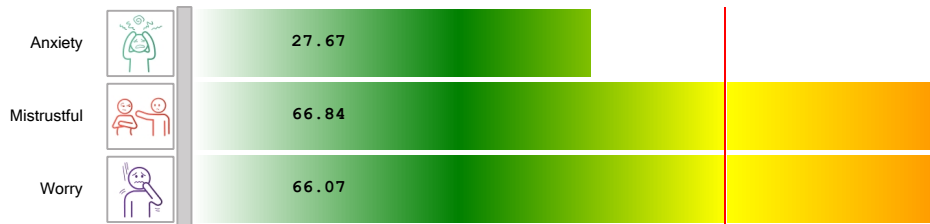
**Top Mental/Emotional Balancers**

- 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

## Emotions & Organs Connection







# 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.

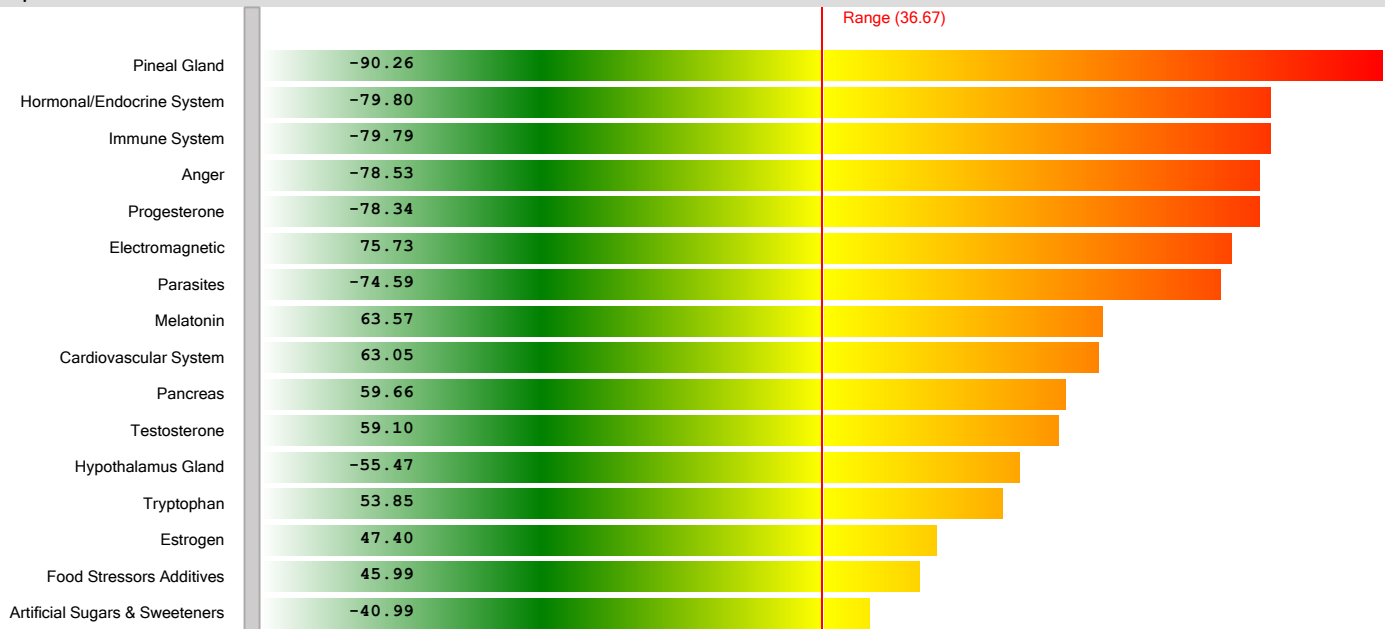
It's interesting to note that we live in a time where the days are extended with artificial light, which creates a shorter dark cycle. By shortening the dark cycle, we deprive ourselves of sleep. To lengthen this cycle, try sleeping in a room that is completely dark. A dark sleeping environment supports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



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.

# OUT-OF-RANGE BIOMARKER PROGRESS CHART

This chart shows you the order in which the biomarker Virtual Items came into range and the product Virtual Items that influenced those changes. The biomarkers at the top of the left column are the ones that came into range last, indicating they are the most intractable.

	(137)	(81)	(49)	(31)	(22)	(16)	(14)	(10)	(8)
Lonely	-60.06	107.50	60.98	-75.99	-77.19	-86.76	106.21	89.87	-109.27
Hydration	-78.92	51.13	-85.02	-48.06	56.86	-92.30	-61.70	-107.81	-104.62
Amino Acids	-72.36	-65.53	-69.86	45.33	-85.37	68.01	107.15	84.84	92.96
T 08 / 1+	72.42	47.14	-57.21	-86.65	55.94	75.91	160.44	96.41	-92.46
T 31 / 7-	65.44	-89.60	41.45	75.51	-62.12	78.87	-49.10	54.01	88.40
T 23 / -2	-84.26	76.58	51.14	74.06	66.63	-59.60	-45.13	-110.00	69.57
Urinary System	-47.98	67.53	86.09	-67.00	60.50	-111.72	80.33	107.13	-55.80
Colon	75.28	-73.17	-82.08	82.88	50.61	-115.00	-106.99	-86.48	54.51
Worry	66.07	91.03	-64.04	55.98	85.49	82.15	-58.29	-104.69	
Essential Fatty Acids (EFAs)	-75.20	80.23	-55.84	-40.38	42.14	77.55	38.33	84.38	
DHEA (Dehydroxyepiandrosterone)	59.66	-42.93	-95.24	83.58	-77.45	55.35	132.83		
Respiratory System	78.28	-80.86	-67.59	77.22	80.00	-88.49	-89.96		
Hypothalamus Gland	-55.47	-48.13	-68.18	69.35	-50.49	91.37	-54.50		
Hormonal/Endocrine System	-79.80	-56.41	90.98	72.59	41.72	94.41	44.32		
Esophagus (Oesophagus)	-78.05	68.13	69.82	70.88	56.44	46.39			
TCM - Spleen Meridian	59.02	-44.51	72.15	-92.29	-48.68	-43.50			
Tryptophan	53.85	-70.33	-75.95	-63.01	-91.15				
Gastrointestinal System	-70.90	-44.43	-37.75	-99.89	-85.77				
Blame	-56.25	-88.29	-82.86	-69.74	80.89				
Heart	79.29	86.51	64.28	-56.88	78.81				
TCM - Governing Meridian	-79.89	49.23	65.58	71.35	70.62				
T 15 / +7	77.04	63.85	-69.36	67.24	-49.63				
Frustration	84.01	-85.42	63.56	93.68					
TH 5	-41.90	-53.85	72.67	92.98					
T 17 / -8	-46.45	-82.78	65.72	-76.27					
Skin	-46.02	58.75	100.62	-68.87					
Stomach	84.50	69.47	-62.44	-68.52					
S 2	61.83	-57.39	40.28	63.91					
T 03 / 6+	-83.65	63.79	83.02	62.07					
Chemicals	-38.62	109.52	46.67	53.66					
T 26 / 2-	-54.08	-57.23	49.92	-52.32					
T 28 / 4-	77.65	63.67	-82.44						
Lymphatic System	48.35	-68.71	80.79						
C 6	60.99	70.66	77.65						
T 10 / +2	-68.64	49.76	76.97						
Grief	-68.83	96.32	-73.66						
Melatonin	63.57	56.38	71.40						
TH 9	41.43	-57.28	-71.11						
Artificial Sugars & Sweeteners	-40.99	47.10	65.67						
Intestinal Mucosal Membrane	78.37	-49.02	64.98						
Pineal Gland	-90.26	90.50	64.22						
S 5	53.76	61.43	-63.63						
TH 3	38.91	111.64	-63.38						
T 21 / -4	43.47	-50.68	-61.17						
T 32 / 8-	49.56	43.00	56.47						
L 2	-72.93	-53.72	52.22						

T 02 / 7+	63.89	-66.59	-52.13							
Integumentary System	-58.01	60.94	-45.75							
TCM - Triple Warmer Meridian	-91.32	47.57	-43.10							
Lung	-69.29	97.08								
Probiotic Bacteria	67.69	89.10								
T 12 / +4	77.82	-88.88								
Heavy Metals	65.37	87.07								
T 07 / 2+	-57.39	-85.99								
Mycotoxins	64.39	82.23								
TCM - Lung Meridian	-81.75	81.02								
Fear	-47.71	80.94								
Cortisol	62.66	74.74								
Food Stressors Additives	45.99	-72.57								
T 20 / -5	-85.28	72.39								
Progesterone	-78.34	70.26								
TH 6	37.76	69.96								
Deep Breathing	83.69	68.38								
Pregnenolone	60.42	-67.28								
TCM - Pericardium Meridian	86.82	66.67								
COCCYX-s	44.00	-66.07								
Adenoids	-64.10	-65.34								
Sinuses	85.37	-64.11								
Viruses	74.42	64.08								
Bacteria	-79.69	-63.96								
Leptin -h	-77.91	63.54								
Nose	65.87	-62.48								
Pharynx	-80.10	56.65								
Helpless	-60.17	-53.23								
Hazardous Air Pollutants	53.78	-51.24								
Bone Marrow	83.87	49.85								
Movement	76.00	-43.21								
Testes	-50.91	-41.41								
TH 1	-51.69	-39.63								
Immune System	-79.79	38.79								
Trachea	-70.90	37.61								
Large Intestine	113.01									
Annoyed	95.14									
Joints/Connective Tissue	-88.00									
Lymph Nodes	-87.78									
T 05 / 4+	84.44									
C 7	80.29									
Anger	-78.53									
Sadness	-77.58									
Thyroid	77.39									
Dopamine	-77.31									
TCM - Gall Bladder Meridian	76.28									
Electromagnetic	75.73									
Small Intestine	-75.23									
Parasites	-74.59									
T 30 / 6-	-73.97									
Impatient	73.33									
TCM - Stomach Meridian	72.08									
T 18 / -7	71.72									
T 25 / 1-	71.11									

Antibiotics	70.14										
TCM - Urinary Bladder Meridian	67.69										
Corticotropin-Releasing Hormone (CRH)	-67.25										
Vaccinations	67.19										
Adrenal Glands	-67.01										
Mistrustful	66.84										
Prostate	66.36										
T 13 / +5	-66.30										
Mental/Emotional Stress	-63.64										
Cardiovascular System	63.05										
Greed	61.78										
TCM - Conception Meridian	-61.25										
Adrenalin	-60.05										
Pancreas	59.66										
Testosterone	59.10										
TH 10	58.14										
T 22 / -3	57.78										
L 4	57.70										
Glyphosate	54.49										
TCM - Large Intestine	-54.10										
S 1	-51.69										
C 5	-49.91										
TH 4	-48.02										
S 4	-47.88										
L 1	47.41										
Estrogen	47.40										
Tense	47.00										
Parathyroid Gland	46.81										
C 2	-46.59										
C 3	46.54										
Envy	43.56										
T 01 / 8+	42.96										
C 1	-41.60										
Mullein	40.22										
Serrapeptase	-39.79										
TH 8	-38.32										
Phlegm 痰	37.65										