



Your OPTIMIZE NATURALLY Program



Includes Your Personal

- 9 Key Optimization Areas
- 6 Step Optimization Program
- Self-Check Questionnaires
 - Foods to Increase
 - Foods to Avoid

Program for:

Sample Customized Plan

*This program created by:
The Institute of Advanced Medicine*

business.cell-wellbeing.com



None of the statements in this report have been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

CWB Hamburg Datenanalyse Testzentrum No:

THE OPTIMIZE NATURALLY PROGRAM

AN INTRODUCTION

'**Optimize Naturally**' is a simple, enjoyable and proven system of aligning your environment to Optimize your physical, mental and emotional capabilities.

Your environment controls up to 98% of the way in which many of your genes express themselves. This means the way in which they act physically and control virtually all aspects of your life.

Currently, you and almost everyone else on the planet, are operating at a sub-optimal level due to the effects of the environment. Processed foods, low nutrient intake, toxins and chemicals, electromagnetic fields and extremely low frequency influences are responsible for a breakdown in the body's normal day to day functions.

These functions are driven by two basic processes which are crucial to the way in which your physical body expresses. Firstly, the quality of new cells your body creates to repair itself and secondly, the nervous system and enzyme processes which are responsible for all bodily processes.

As the environment controls gene expression it is the most crucial aspect of producing Optimized cells, which in turn produce Optimized tissues, which in turn produce Optimized organs and finally systems and the entire organism – or Optimized you!

Your enzyme processes are entirely reliant on a constant supply of vitamins, minerals and amino acids for them to operate. Your nervous system is strongly affected by toxins, additives and EMF/ELF.

To Optimize yourself you need to ensure that these processes are working at their Optimized levels. Anything less the optimum and you feel the effects in a loss of function, which can be reflected in low energy, poor sleep, weak immune, poor concentration, irritability, general aches and pain, slow recovery, susceptibility to injury and more. If left in a sub-optimal state for too long then this can eventually lead to chronic health issues.

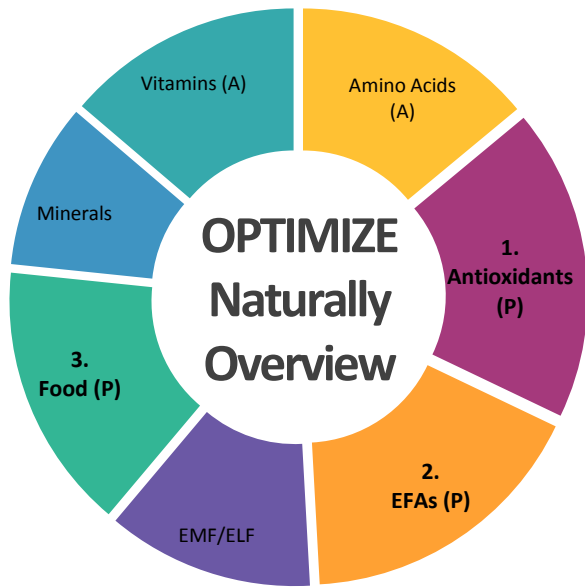
The '**Optimize naturally**' program is designed to help identify many of the common environmental influences that could be leading to a less-than-optimum output of your genes and enzymes. Also, to provide you with a 90-Day Plan for dealing with these issues and optimising yourself through dietary and nutritional programs.

Optimisation is an awakening process, whereby you become aware of the effects of your environment on your body, you feel the positive choices that you make and you become responsible for your own destiny.



Dr Alfons Meyer

KEY OPTIMIZATION OVERVIEW



Foods to Avoid Summary	
Macadamia Nuts	Zucchini
Cauliflower	Poppy Seeds
Walnut	Lettuce
Cows Milk	Strawberry
Blueberry	Barley

For full food avoid indicators see table on page 20.

Additives to Avoid Summary	
E 330 Citric acid	E 263 Calcium acetate, salt of acetic acid
E 336 Monopotassium tartrate, Dipotassium tartrate	E 285 Sodium tetraborate, Boric acid
E 123 Amaranth	E 339 Monosodium phosphate, Disodium p., Trisodium p.
E 150 c Ammoniac Caramel	E 151 Brilliant black BN, black PN
E 242 Dimethyl dicarbonate	E 153 Vegetable carbon

For further information on food additives see page 22.

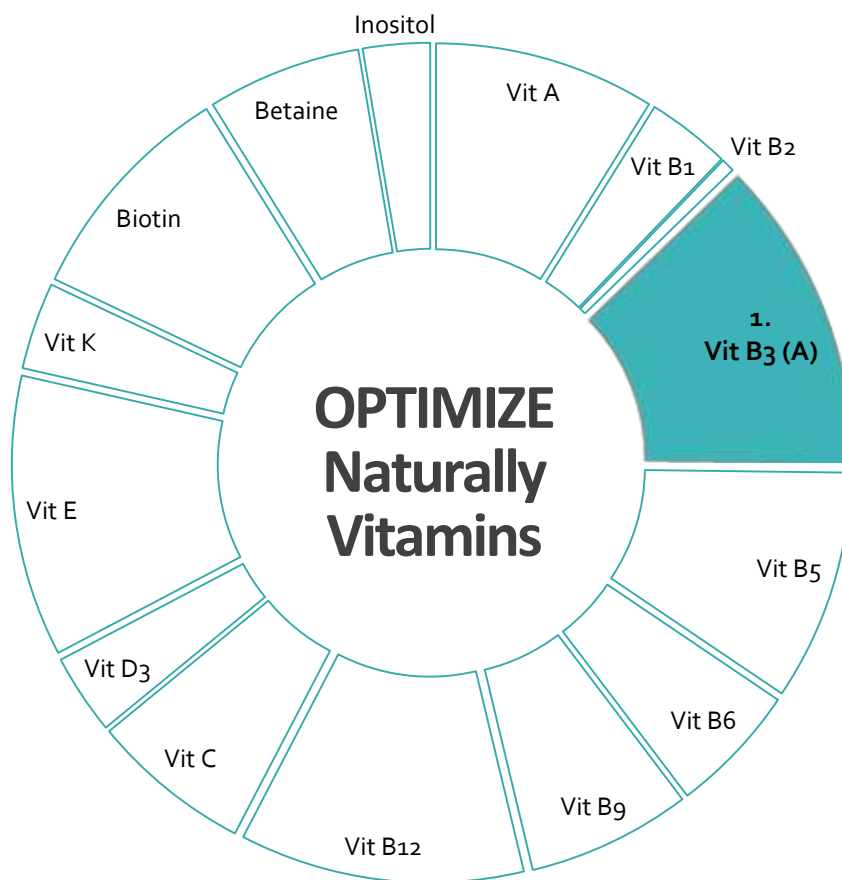
Category	Indicator	Information
Antioxidants	Carotenoids	For full results see the chart on page 10. For food sources refer to page 24.
EFAs	Omega 9	For full results see the chart on page 8. For food sources refer to page 24.
Food	Please refer to the list in your foods table on page 20 and your food additives table on page 22.	For full results see the chart on page 20.
Amino Acids	Isoleucine, Glutamine	For full results see the chart on page 12. For food sources refer to page 24.
Vitamins	Vit B3	For full results see the chart on page 4. For food sources refer to page 24.
Additives to Avoid	Please refer to the food additives table and link on page 22.	For full results see the chart on page 22.

The Key Indicators Chart

The larger the segment in the chart the higher the signature wave resonance intensity, which means the item is more of a **Priority** for you to address. Lesser items are marked **Advisory** or **Consider** and no indication means low relevance. These are indicators of underlying issues, which you should consider addressing using the suggested nutrient intake programs.

VITAMINS INDICATORS

Advisory - Increase Intake



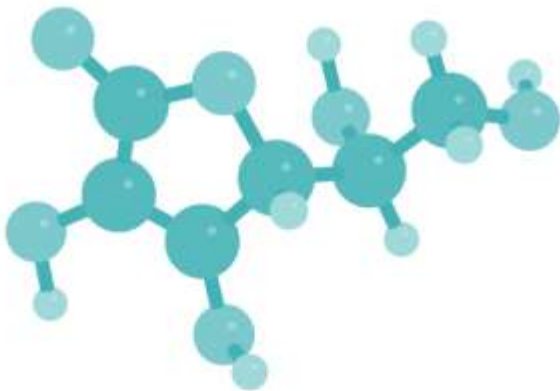
Category Indicator Chart

The above chart provides you with an overview of the Vitamins indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your nutritional regime.

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VITAMINS

ABOUT VITAMINS



Vitamin C molecular model



Vitamins are organic compounds which are needed to sustain life. You get vitamins from food, because the human body either does not produce enough of them or none at all. An organic compound contains carbon. When an organism (living thing) cannot produce enough of an organic chemical compound that it needs in tiny amounts, and has to get it from food, it is called a vitamin. Vitamins play a vital role in the enzymatic processes of your body and a shortage of them in your diet can cause a host of health related problems.

WHY Vitamins are vital to OUR WELLBEING

It is believed modern day living creates many deficiencies in our diets. One of these can be our daily vitamin intake—this can be reflected in the following: eye disorders, poor sight, acne, eczema, psoriasis, hot flushes, shingles, vitiligo, excessive skin wrinkles, poor hair quality, hair loss, poor tongue health, mouth ulcers, gum disease and many more. It is therefore

worth considering a course of vitamin supplements.

Too many vitamins would be very rare, but might result in:

- Concentrated urine
- Shortness of breath
- Water retention
- Circulatory issues

**There may be other symptoms/conditions.*

Vitamin RICH FOODS

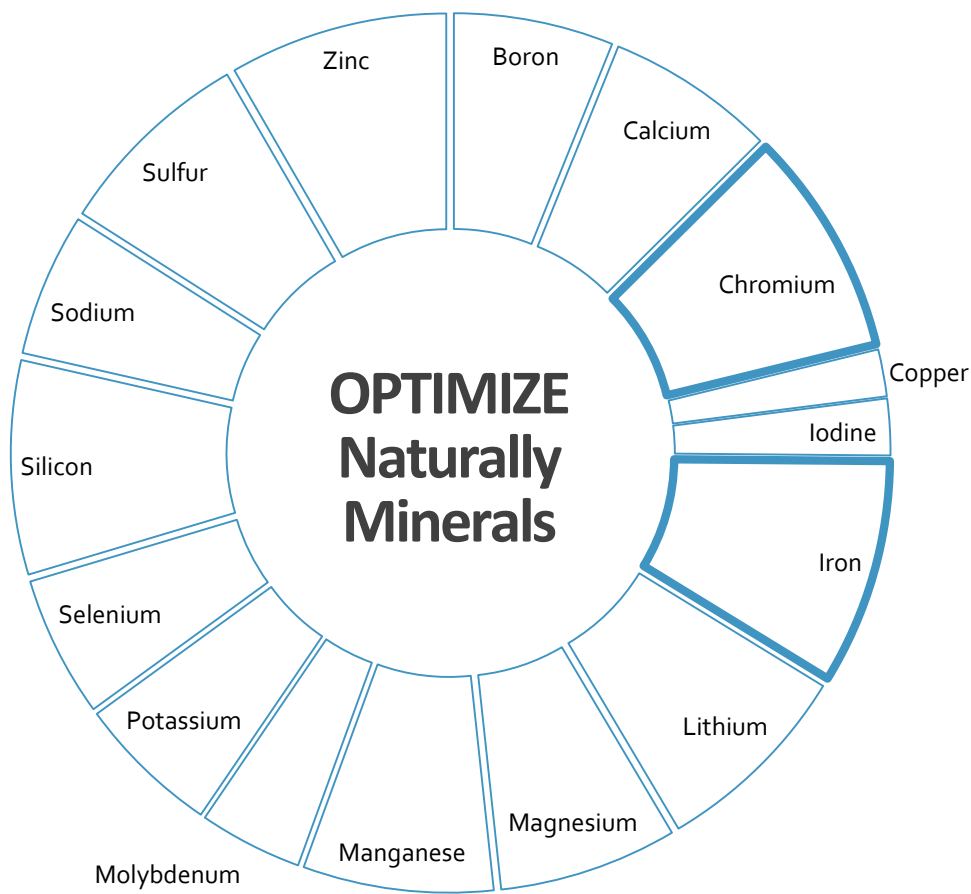
- Dairy
- Seeds and Nuts
- Lentils
- Chickpeas
- Green Vegetables
- Grains
- Peppers
- Chicken
- Turkey
- Fish
- Soy Beans
- Eggs
- Apricots

**There are many other foods but these*

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MINERALS INDICATORS

Consider - Increase Intake



Category Indicator Chart

The above chart provides you with an overview of the Minerals indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your nutritional regime.

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MINERALS

ABOUT MINERALS



Magnesium molecular model



All not varieties are a good source of minerals

Minerals are important for your body to stay healthy. Your body uses minerals for many different jobs, including building bones, making hormones and regulating your heartbeat.

There are two kinds of minerals: macro-minerals and trace minerals.

Macro-minerals are minerals your body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulphur. Your body needs just small amounts of trace minerals. These include iron manganese, copper, iodine, zinc, cobalt and selenium. The best way to get the minerals your body needs is by eating a wide variety of foods. However, even when eating a varied diet you often do not receive all of the required minerals and in the quantities the body needs. A broad spectrum mineral supplement should be considered.

WHY Minerals are vital to OUR WELLBEING

A deficiency of Minerals in our body may cause:
 Cramps, joint pain, palpitations, eczema, insomnia, irritability, anxiety, fatigue, depression, osteoporosis, hair loss, weak immune, hyperactivity, headaches, hypertension and many more.

Too many minerals in the body may cause:

- Constipation
- Kidney stones
- Abdominal pain
- Nausea
- Vomiting
- Low blood pressure

**There are other symptoms/conditions but these are some common ones.*

Mineral RICH FOODS

- Green Leafy Vegetables
- Nuts (all)
- Whole Grains
- Fish
- Shellfish
- Broccoli
- Cabbage
- Kale
- Brown Rice
- Eggs
- Mushrooms
- Seaweed
- Lentils
- Beans
- Tomatoes

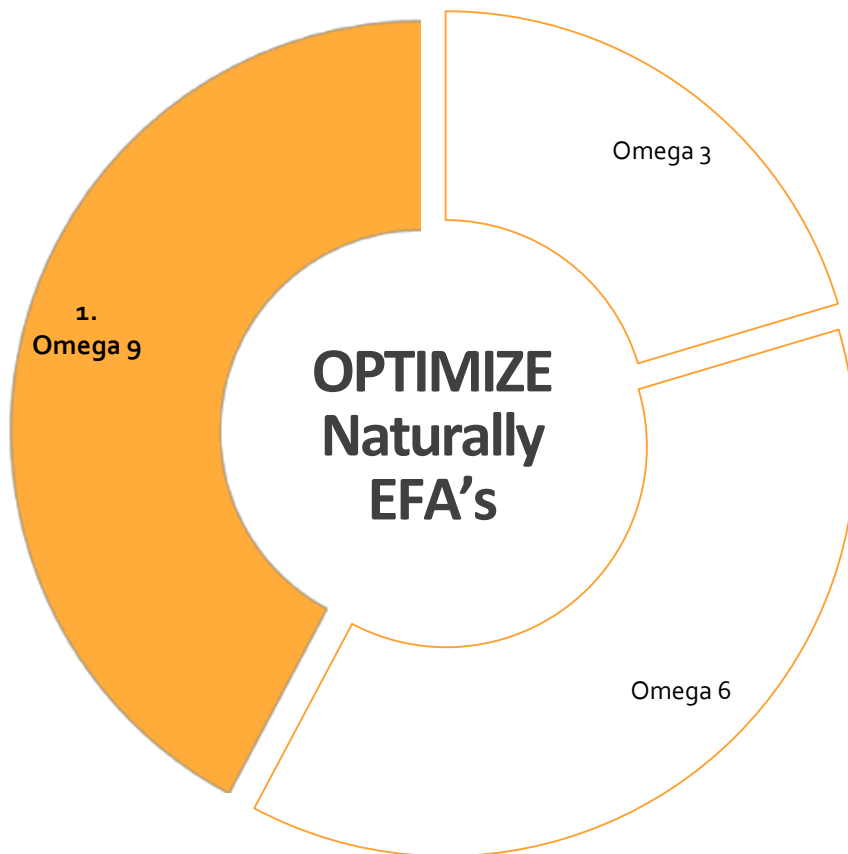
**There are many other foods but these are some of the common examples.*

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ESSENTIAL FATTY ACIDS INDICATORS



Priority - Increase Intake



Category Indicator Chart

The above chart provides you with an overview of the EFAs indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your nutritional regime.

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ESSENTIAL FATTY ACIDS

ABOUT ESSENTIAL FATTY ACIDS



Omega 3 molecular model



Many fish varieties, including salmon, are a good source of EFAs

Essential fatty acids, as they sound, are fats that are necessary within the human body. Though you have probably often heard the word 'fats' and associated it with bad health, there are some essential fatty acids that are necessary for your survival.

Without them, you could cause serious damage to different systems within the body. However, essential fatty acids are also not usually produced naturally within the body. This means that you have to obtain essential fatty acids by adding them to your diet.

WHY Essential Fatty Acids are vital to OUR WELLBING

A deficiency of EFAs in our body may cause:

- Scaly dry skin
- Re-curent infections
- Poor wound healing
- Poor mental alertness
- Allergies
- Hyperactivity
- Possible links to: cardiovascular disease, stroke, arthritis, depression, alzheimer's, obesity

Very few toxicity symptoms noted, but very high doses could lead to mercury exposure due to toxic accumulations in the marine food chain.

**There are other symptoms/conditions but these are some common ones.*

EFA RICH FOODS

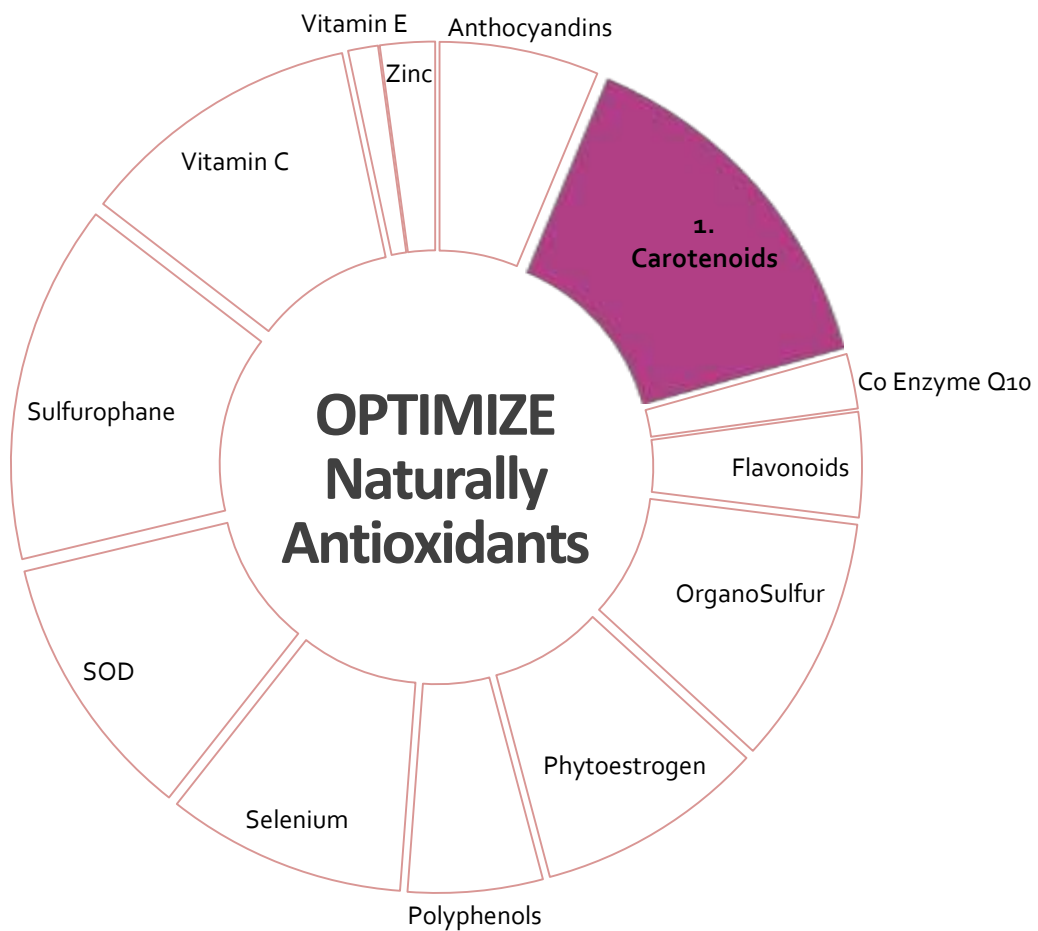
- | | |
|-----------------------|-------------------|
| <i>Non-Vegetarian</i> | <i>Vegetarian</i> |
| • Sardines | • Flaxseed |
| • Salmon | • Walnuts |
| • Shrimp | • Soy Bean |
| • Mackerel | • Tofu |
| • Herring | • Hemp Seed |
| • Trout | |

**There are many other foods but these are some of the common examples.*

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ANTIOXIDANTS INDICATORS

Priority - Increase Intake



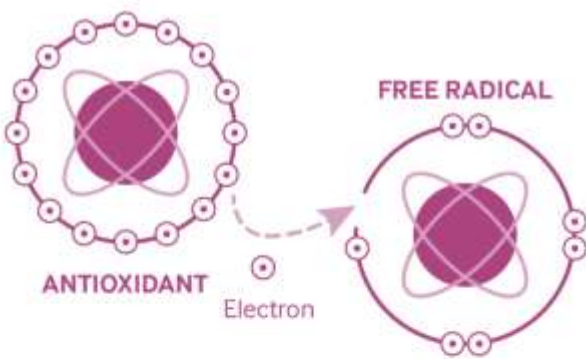
Category Indicator Chart

The above chart provides you with an overview of the Antioxidants indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your nutritional regime.

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ANTIOXIDANTS

ABOUT ANTIOXIDANTS



Antioxidant neutralizing a free radical



Many berry varieties, including blueberries, are a good source of antioxidants

Antioxidants are substances that may protect cells in your body from free radical damage that can occur from exposure to certain chemicals, smoking, pollution, radiation and as a by-product of normal metabolism. Dietary antioxidants include selenium, vitamin A and related carotenoids, vitamins C and E, plus various phytochemicals such as lycopene, lutein, and quercetin.

You can find these antioxidants in many different foods. There are large amounts of antioxidants in fruits, vegetables, nuts, and whole grains and smaller amounts of antioxidants in meats, poultry and fish.

WHY Antioxidants are vital to OUR WELLBEING

A deficiency of Antioxidants in our body may cause:

- Anemia
- Poor balance
- Muscle weakness
- Sight problems
- Inflammation (joint)
- Possible links to: cardiovascular disease, diabetes, hypertension, macular degeneration, mental illness, infertility and others.

Vitamins C and E can be toxic at high doses, causing diarrhea, nausea and cramping/wind.

Food intake of antioxidants presents very low risk.

**There are other symptoms/conditions but these are some common ones.*

Antioxidant RICH FOODS

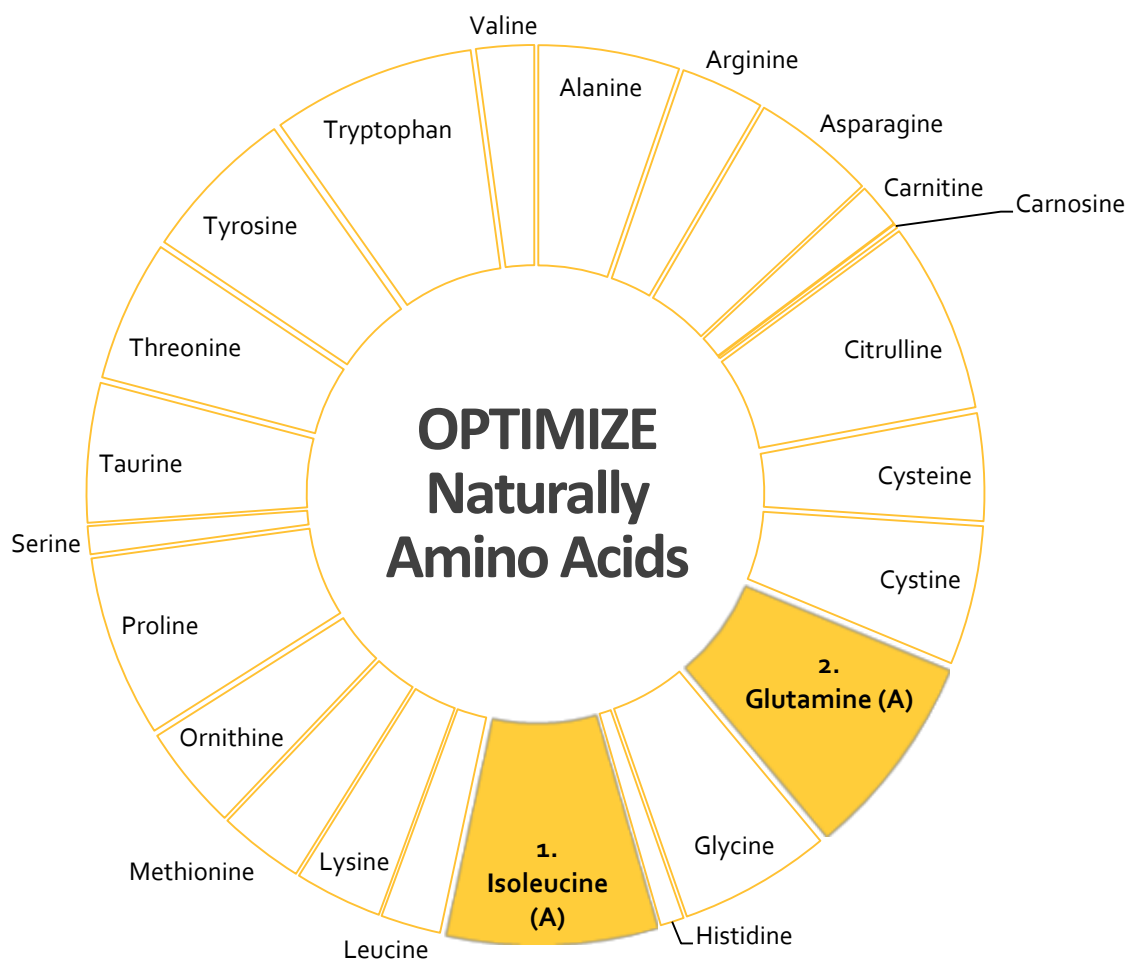
- Peppers
- Blueberries
- Cranberries
- Tomatoes
- Nuts and Seeds
- Spinach
- Broccoli
- Cabbage
- Apricots
- Salmon
- Sardines
- Onion
- Garlic

**There are many other foods but these are some of the common examples.*

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AMINO ACIDS INDICATORS

Advisory - Increase Intake



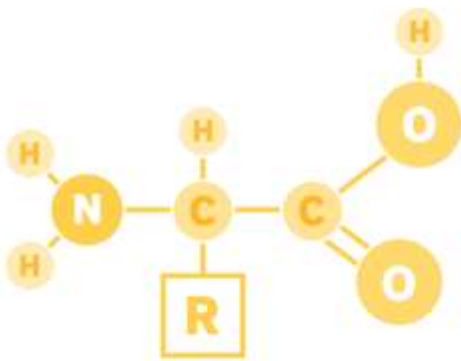
Category Indicator Chart

The above chart provides you with an overview of the Amino Acids indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your nutritional regime.

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AMINO ACIDS

ABOUT AMINO ACIDS



Protein is needed by every living organism, and next to water, makes up the largest portion of our body weight since it is contained in muscles, organs, hair, etc. The protein used in making up the body is not directly derived from diet, but the dietary protein is broken down into amino acids, and the body then re-constitute these amino acids into the specific proteins needed.

Enzymes and hormones regulating body functions are also proteins. Amino acids are used in most body processes from regulating the way the body works to how the brain functions—they activate and utilize vitamins and other nutrients.

WHY Amino Acids are vital to OUR WELLBEING

A deficiency of Amino Acids in our body may cause:

- Decreased muscle tone and weakness
- Chronic Fatigue Syndrome (tiredness)
- Chemical sensitivity and food intolerances
- Depression and anxiety
- Hair loss and low weight
- Thyroid malfunction

There are very few instances of amino acid toxicity but in some cases of high doses, vomiting, nausea and diarrhea were reported.

**There are other symptoms/conditions but these are some common ones.*

Amino Acid RICH FOODS

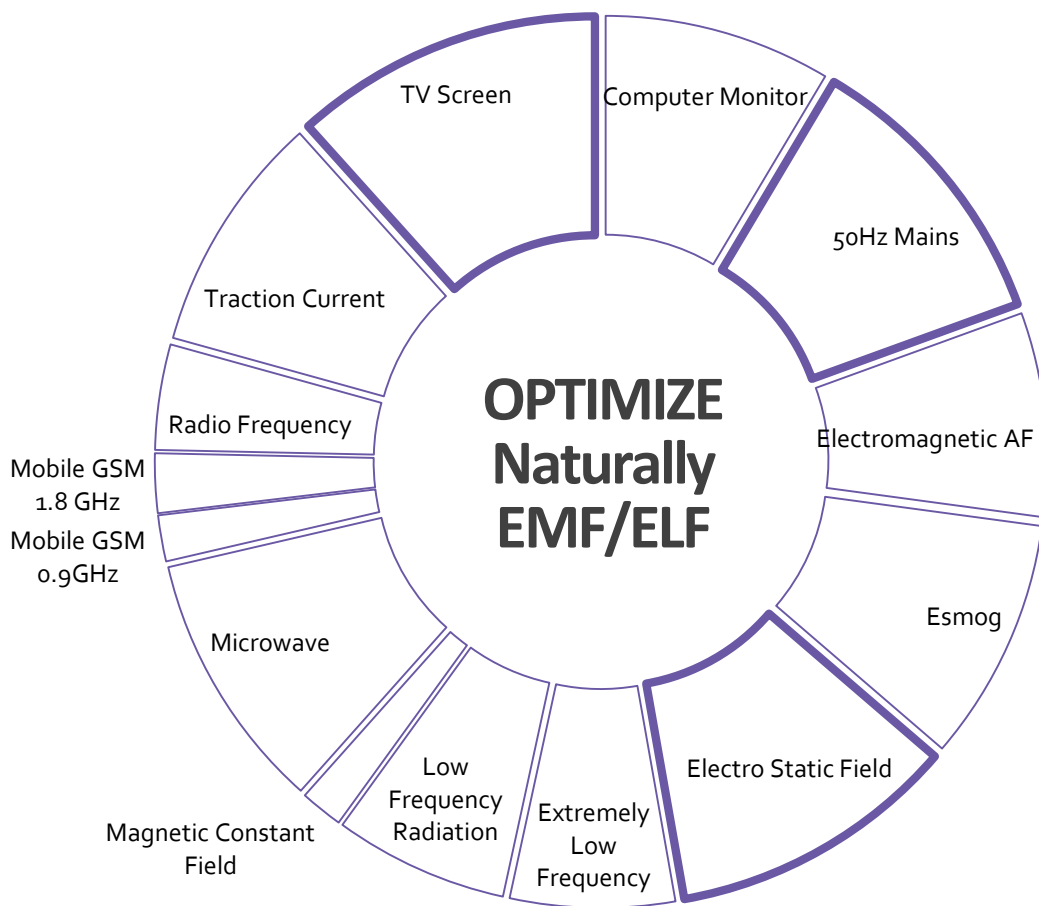
- Meat
- Dairy
- Seeds
- Lentils
- Chickpeas
- Green Vegetables
- Grains
- Nuts
- Spirulina
- Poultry
- Seafood
- Onion
- Garlic
- Peppers

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EMFS & ELFS INDICATORS



Consider - Reduce Exposure



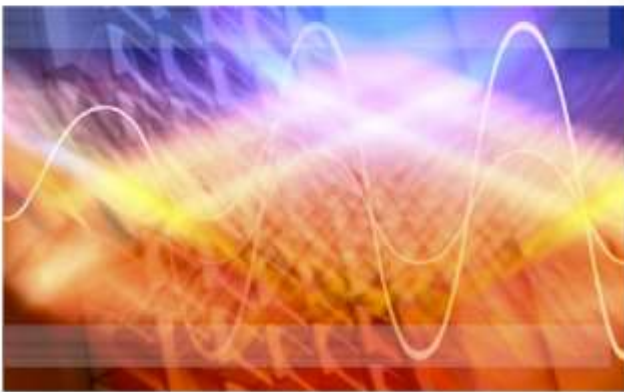
Category Indicators Chart

The above chart provides you with an overview of the EMF and ELF indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are considered items which you might wish to address through your nutritional regime.

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EMFS & ELFS

ABOUT ELECTROMAGNETIC FREQUENCIES & EXTREMELY LOW FREQUENCIES



Modern day electrical supply and technologies are largely powered by or utilize frequencies at the very low spectrum range. These are considered non-ionizing forms of EM radiation in the 50Hz to 1GHz range. There are many forms of natural EM radiation like visible light or ultra violet, even the body and its cells have a very weak EM field. Modern forms of EM radiation appear not to be very compatible with the body's own EM fields and this is starting to create knock on health concerns.

Reduce exposure to EMFs & ELFs

Some countries now recognize the condition Electrohypersensitivity (EHS). Skin rashes, swollen glands, burning sensation, brain fog, palpitations, headaches, nausea and even flu like symptoms.

**There are other symptoms/conditions but these are some common ones.*

If you feel like you may suffer from EHS or would just like to reduce your daily exposure then avoidance is key. Switch off Wi-Fi when not used (especially at night), use hands free function on all phones, avoid microwave foods, avoid sleeping next to electrical supply. Minimize electrical usage. EMF appears to deplete calcium so supplementation could be advisable.

Try to reduce use of:

- Mobile Phones
- Wi-Fi
- Power lines
- Household Electrics
- Electrical devices
- MRI
- Microwave
- Navigation systems
- TV and computer monitors
- DECT Phones

**There are many other sources but these are some of the common examples.*

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90 DAY FOOD AVOIDANCE

Priority - Avoidance Recommended

WARNING – THIS IS NOT A FOOD ALLERGY TEST.
 The foods listed here should be avoided for the next 90-days only. ALL KNOWN ALLERGIES must continue to be avoided at all times.

Food Indicators				
DAIRY	Banana	Pomegranate	Pistachios	Leek
Cheese	Blackberry	Raspberry	Poppy Seeds	Lettuce
Cows Milk	Blueberry	Rhubarb	Safflower	Mushroom
Eggs	Cantaloupe	Strawberry	Sesame	Olives
Goats Milk	Cherry, red	Tangerine	Soy	Onion
Sheep Milk	Currants	Watermelon	Sunflower	Parsnip
BEVERAGES	Dates	GRAINS	Walnut	Peas
Beer	Elderberry	Barley	VEGETABLES	Peppers, green
Chocolate	Figs	Buckwheat	Sprouts, alfalfa	Potatoes
Coffee	Gooseberry	Millet	Artichoke	Pumpkin
Liquor	Grapefruit	Oats	Asparagus	Red Pepper
Tea, black	Grapes, green	Quinoa	Avocado	Soybeans
Wine	Grapes, purple	Rice	Beets	Spinach
FISH	Honeydew	Rye	Broccoli	Sprouts, bean
Clams	Kiwi	Spelt	Brussel Sprouts	Tomatoes
Cod	Lemon	Wheat	Cabbage	Yams
Crab	Lime	Wild Rice	Carrot	Zucchini
Herring	Loganberry	NUTS/SEEDS	Cauliflower	MEATS
Flounder	Mango	Almond	Celery	Beef
Salmon	Mulberry	Brazil Nuts	Chili Pepper	Chicken
Shrimp	Orange	Cashew	Corn	Duck
Sole	Papaya	Coconut	Cucumber	Goose
Trout	Peach	Hazelnut	Eggplant	Lamb
Tuna	Pear	Lentils	Garbanzo Beans	Pork
FRUIT	Pineapple	Macadamia Nuts	Garlic	Turkey
Apple	Plum, yellow	Peanuts	Green Beans	Venison
Apricot	Plums, purple	Pecans	Kidney Beans	

The food indicators list is from the signature wave intensity measurement and NOT a physical intolerance or allergy. Please continue to avoid foods that you know physically affect you. Please avoid these foods in RED for a 90 day period.

Any indication in this report of an underlying food sensitivity does not relate to physical food Allergies. For allergy advice seek a medical professional. **If you know you are ALLERGIC to foods, you must always avoid them.** Please refer to Food Sensitivity page.

FOOD AVOIDANCE

WARNING – THIS IS NOT A FOOD ALLERGY TEST.
 The foods listed here should be avoided for the next 90-days only. ALL KNOWN ALLERGIES must continue to be avoided at all times.

ABOUT FOOD SENSITIVITIES

Food allergy can be a serious medical condition and does affecting up to 15 million people in the United States alone. Children are affected with up to 1 in 13 showing symptoms. You will probably already know your own intolerances, however these underlie indicators may assist you in your quest for improved knowledge.

Brushing up on the facts, learning all you can about your food is often the key to staying safe and living well. After all we are what we eat – better still we are what we absorb!

IMMUNE SYSTEM & LEAKY GUT

The job of the body’s immune system is to identify and destroy germs (such as bacteria or viruses) that make you sick. A food allergy results when the immune system mistakenly targets a harmless food protein – an allergen – as a threat and attacks it. This can happen on several levels from allergies, which can be fatal to sensitivities which often go unnoticed until the food is avoided.



Common food SENSITIVITIES & SYMPTOMS

<ul style="list-style-type: none"> Eggs Banana Dairy Wheat (Gluten) Corn Seafood Citrus Fruits Onions/Garlic Peppers 	<ul style="list-style-type: none"> Allergic reactions (rash, breathing difficulty, headaches) Wind and bloating Stomach Cramps Nausea Diarrhea/Constipation Joint pain Tiredness after meals
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*There are many other foods but these are some common examples. *There are other symptoms/conditions but these are some common ones.

PLEASE NOTE: Any indication in this report of an underlying food sensitivity does not relate to physical food allergies. For allergy advice seek a medical professional. If you know you are ALLERGIC to foods, you must always avoid these.

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90 DAY FOOD ADDITIVE AVOIDANCE

Priority - Avoidance Recommended

Food Additives Indicators

E 330 Citric acid	E 263 Calcium acetate, salt of acetic acid
E 336 Monopotassium tartrate,	E 285 Sodium tetraborate, Boric acid
E 123 Amaranth	E 339 Monosodium phosphate, Disodium p.,
E 150 c Ammoniac Caramel	E 151 Brilliant black BN, black PN
E 242 Dimethyl dicarbonate	E 153 Vegetable carbon

The above list provides you with an overview of the food additives avoidance indicators for the client named in this report. It is recommended that the foods additives listed are avoided for the foreseeable future (minimum 90-day period).

YOUR PERSONAL OPTIMIZE NATURALLY 90 DAY PLAN

Step 1

START Day 1

The first and easiest step to optimizing is to avoid foods which might be causing stress to your body’s digestive or immune system. Dealing with food sensitivities can drain the body’s energy resources and stop the absorption of nutrients which are crucial to enzyme and metabolic function. See the table below for foods that you should avoid for a minimum of 90-days.

Macadamia Nuts	Cauliflower	Walnut	Cows Milk	Blueberry
Zucchini	Poppy Seeds	Lettuce	Strawberry	Barley

Step 2

START Day 1

The second step of optimization is to avoid toxins, EMFs/ELFs and food additives, which could be compromising your enzyme function through key nutrient depletion and contributing to poor cellular expression and metabolic function. Use the links below to download documents which will indicate common sources of these so that you can easily avoid them.

[CLICK Here for more Food Additives Information](#)

Step 3

START Day 1

Step 3 of the optimizing process is to ensure that you are absorbing enough nutrients from the foods you are eating to fully support all of the enzymes processes in the body. A good quality digestive enzyme can support the breakdown of foods in the stomach so that nutrients can be readily released for the body to process and use. A natural multi-strain probiotic will further assist with the breakdown and absorption of nutrients from the food you eat and ensure that the body’s daily nutritional needs are supported.

Step 4

START Day 1

The next step for optimization is to ensure that the quality of your drinking water will support your body’s need for hydration, waste removal and cellular communication. Water containing high levels of toxins (typical tap water) cannot be readily used by the body for its key functions. Ensure that you have a regular source of good quality drinking water and drink 1.5-2 liters daily.

Step 5

START Day 30

The next step for optimization is to increase your dietary intake of the foods which will help address the priority and advisory nutritional indicators highlighted in your report. This will help you to meet your body’s nutritional needs and all around enzyme and metabolic function. See table Step 5 on page 24 for foods recommended for you.

Step 6

START Day 60

The final step of the optimizing naturally plan is to help your body to get rid of the Toxic, Microbiological and EMF/ELF factors which are contributing to poor cellular expression and metabolic function. See the table on page 24 for the specific foods and recommendations suggested for you.

YOUR PERSONAL OPTIMIZE NATURALLY PROGRAM

Optimize Indicator (STEP 5 - Nutrition)	Suggested Food Sources Day 30-90 (introduce as many foods as you can, at least 2 for each indicator)
Carotenoids	Sweet potatoes, carrots, tomato juice, cantaloupe, apricots, spinach, broccoli, parsley, lemon, cabbage
Omega 9	Olive oil, rapeseed oil, peanut oil, coconut oil, lard, beef fat, sesame oil, avocado, cocoa butter, almond oil, corn oil, sunflower oil, grape seed oil, butter, soya oil
Isoleucine	Trout, pumpkin seeds, turkey, chicken, cheddar cheese, peanuts, walnuts
Glutamine	Fish, meat, beans, dairy products, papaya, celery, parsley, spinach, cabbage
Vit B3	Beets, brewer's yeast, turkey, chicken, salmon, swordfish, tuna, sunflower seeds, peanuts, brown rice, almonds
Chromium	Brewer's yeast, brown rice, cheese, whole grains, dried beans, blackstrap molasses, beef, chicken, corn, eggs, mushrooms, potatoes, parsnip, capsicum, molasses
Iron	Spirulina, kelp, pumpkin seeds, sesame seeds, cacao, brazil nuts, cashew nuts, almonds, meat, fish, poultry, lentils and beans, grains

Optimize Indicator (STEP 6 – EMF/ELF)	Suggested Food/Supplement Sources

If you find adding the suggested foods to your diet difficult, then you can choose to supplement your diet with nutritional supplements. Supplementation is not a replacement for eating a balanced and healthy diet but can be a way of helping to increase your intake of specific nutrients or nutrient groups. When taking supplements for toxin and microbiological support you should seek the advice of a qualified health professional who can advise you on the products and processes involved.

SELF-CHECK PROGRESS

The process of optimizing varies for everyone and it's important to keep a track of the changes over time. Once a more optimized you becomes the norm it's sometimes difficult to remember how things used to be. Keeping a record of your journey helps you to quantify the changes and motivates you to keep them. **Be sure to schedule in the 4 dates that you are going to complete the questionnaires at the start and ensure you give yourself enough time to complete this thoughtfully.**

DAY 1

DATE

SYMPTOM	SCALE											SCORE		
		1	2	3	4	5	6	7	8	9	10			
TIRED	Extremely												Never	
TEMPERAMENT	Racy												Calm	
A LITTLE SNAPPY	Very Bad Tempered												Placid	
A LITTLE EMOTIONAL	Highly												Balanced	
FOOD DOESN'T DIGEST	Uncomfortable												No Problem	
SHORT TERM MEMORY	Forget Easily												Great Memory	
SUGAR CRAVINGS	Love Sweets												Don't Need Sugar	
LIBIDO	Very Low												High	
COLD HANDS OR FEET	Very Cold												Normal	
FEELING OF HOPELESSNESS	Depressed												Life is Good	
MIGRAINES	Extreme												No Headaches	
THRUSH	Frequently												Never	
BOWEL MOVEMENTS	Irregular												Frequent/Normal	
CONSTIPATION	10 Days Apart												Every Day	
APPETITE	Always Snacking												Never Hungry	
ACNE	Extreme												Nil	
VOICE	Very Deep												Soft	
HIGHLY STRUNG	Volatile												Calm	
IRRITABLE BOWEL SYNDROME	Bad												No	
SLEEP PATTERNS	Poor												Very Good	
NUMBER OF HOURS OF SLEEP	10 or More												5—8	
RESTLESS LEGS	Often												Never	
LOWER BACK PAIN	Extreme												Never	
WIND / BLOATING	Often												Never	

TOTAL

SELF-CHECK PROGRESS

The process of optimizing varies for everyone and it's important to keep a track of the changes over time. Once a more optimized you becomes the norm it's sometimes difficult to remember how things used to be. Keeping a record of your journey helps you to quantify the changes and motivates you to keep them. **Be sure to schedule in the 4 dates that you are going to complete the questionnaire at the start and ensure you give yourself enough time to complete this thoughtfully.**

DAY 30

		DATE											
SYMPTOM	SCALE	1	2	3	4	5	6	7	8	9	10		SCORE
TIRED	Extremely											Never	
TEMPERAMENT	Racy											Calm	
A LITTLE SNAPPY	Very Bad Tempered											Placid	
A LITTLE EMOTIONAL	Highly											Balanced	
FOOD DOESN'T DIGEST	Uncomfortable											No Problem	
SHORT TERM MEMORY	Forget Easily											Great Memory	
SUGAR CRAVINGS	Love Sweets											Don't Need Sugar	
LIBIDO	Very Low											High	
COLD HANDS OR FEET	Very Cold											Normal	
FEELING OF HOPELESSNESS	Depressed											Life is Good	
MIGRAINES	Extreme											No Headaches	
THRUSH	Frequently											Never	
BOWEL MOVEMENTS	Irregular											Frequent/Normal	
CONSTIPATION	10 Days Apart											Every Day	
APPETITE	Always Snacking											Never Hungry	
ACNE	Extreme											Nil	
VOICE	Very Deep											Soft	
HIGHLY STRUNG	Volatile											Calm	
IRRITABLE BOWEL SYNDROME	Bad											No	
SLEEP PATTERNS	Poor											Very Good	
NUMBER OF HOURS OF SLEEP	10 or More											5—8	
RESTLESS LEGS	Often											Never	
LOWER BACK PAIN	Extreme											Never	
WIND / BLOATING	Often											Never	
TOTAL													

SELF-CHECK PROGRESS

The process of optimizing varies for everyone and it's important to keep a track of the changes over time. Once a more optimized you becomes the norm it's sometimes difficult to remember how things used to be. Keeping a record of your journey helps you to quantify the changes and motivates you to keep them. **Now is the time to book yourself for a re-scan, which should be as close as possible to the end of the 90-days and after you have completed the final self-check.**

DAY 60

DATE

SYMPTOM	SCALE											SCORE	
		1	2	3	4	5	6	7	8	9	10		
TIRED	Extremely											Never	
TEMPERAMENT	Racy											Calm	
A LITTLE SNAPPY	Very Bad Tempered											Placid	
A LITTLE EMOTIONAL	Highly											Balanced	
FOOD DOESN'T DIGEST	Uncomfortable											No Problem	
SHORT TERM MEMORY	Forget Easily											Great Memory	
SUGAR CRAVINGS	Love Sweets											Don't Need Sugar	
LIBIDO	Very Low											High	
COLD HANDS OR FEET	Very Cold											Normal	
FEELING OF HOPELESSNESS	Depressed											Life is Good	
MIGRAINES	Extreme											No Headaches	
THRUSH	Frequently											Never	
BOWEL MOVEMENTS	Irregular											Frequent/Normal	
CONSTIPATION	10 Days Apart											Every Day	
APPETITE	Always Snacking											Never Hungry	
ACNE	Extreme											Nil	
VOICE	Very Deep											Soft	
HIGHLY STRUNG	Volatile											Calm	
IRRITABLE BOWEL SYNDROME	Bad											No	
SLEEP PATTERNS	Poor											Very Good	
NUMBER OF HOURS OF SLEEP	10 or More											5—8	
RESTLESS LEGS	Often											Never	
LOWER BACK PAIN	Extreme											Never	
WIND / BLOATING	Often											Never	

TOTAL

SELF-CHECK PROGRESS

Compare your self-check questionnaires from day 1 to day 90 to get a feel for some of the tangible changes that optimization has brought about already. Changes can vary but should generally be on an upward trend. If they are then you can see for yourself that the process of optimizing is boosting your enzymes function; helping your genes to produce better cells; promoting an adaptable nervous system and overall improving your metabolic function. **Now get your re-scan and keep up the good work and continue to Optimize.**

DAY 90

DATE

SYMPTOM	SCALE											SCORE	
		1	2	3	4	5	6	7	8	9	10		
TIRED	Extremely	[Progress bar]										Never	
TEMPERAMENT	Racy	[Progress bar]										Calm	
A LITTLE SNAPPY	Very Bad Tempered	[Progress bar]										Placid	
A LITTLE EMOTIONAL	Highly	[Progress bar]										Balanced	
FOOD DOESN'T DIGEST	Uncomfortable	[Progress bar]										No Problem	
SHORT TERM MEMORY	Forget Easily	[Progress bar]										Great Memory	
SUGAR CRAVINGS	Love Sweets	[Progress bar]										Don't Need Sugar	
LIBIDO	Very Low	[Progress bar]										High	
COLD HANDS OR FEET	Very Cold	[Progress bar]										Normal	
FEELING OF HOPELESSNESS	Depressed	[Progress bar]										Life is Good	
MIGRAINES	Extreme	[Progress bar]										No Headaches	
THRUSH	Frequently	[Progress bar]										Never	
BOWEL MOVEMENTS	Irregular	[Progress bar]										Frequent/Normal	
CONSTIPATION	10 Days Apart	[Progress bar]										Every Day	
APPETITE	Always Snacking	[Progress bar]										Never Hungry	
ACNE	Extreme	[Progress bar]										Nil	
VOICE	Very Deep	[Progress bar]										Soft	
HIGHLY STRUNG	Volatile	[Progress bar]										Calm	
IRRITABLE BOWEL SYNDROME	Bad	[Progress bar]										No	
SLEEP PATTERNS	Poor	[Progress bar]										Very Good	
NUMBER OF HOURS OF SLEEP	10 or More	[Progress bar]										5—8	
RESTLESS LEGS	Often	[Progress bar]										Never	
LOWER BACK PAIN	Extreme	[Progress bar]										Never	
WIND / BLOATING	Often	[Progress bar]										Never	

TOTAL

OPTIMIZED NUTRITION is the key to WELLNESS

WHAT NUTRITION DOES FOR YOUR BODY ...

- Powers all the processes in your body
- Boosts your immune system
- Helps you achieve better sleep
- Cleanses your body of toxins
- Assists you to maintain a healthy weight
- Promotes good sexual health
- Improves your performance
- Can help you live to a healthy age
- Optimizes your wellness



What could be stopping you from getting OPTIMIZED NUTRITION?

Nutrient Intake

Many soils are depleted of key nutrients and those that do exist are much lower than a generation ago. Even a healthy diet may not provide you with enough nutrients.

Processed Foods

These foods have a very low nutritional value—known as empty calories/carbs they actually create a deficit of key nutrients for the body.

Convenience

We like convenience in foods but it comes at a cost—the convenient options often have very low nutritional value.

Lifestyles

Lifestyles of high stress deplete the body of many nutrients and when combined with other factors leave many people malnourished of micro-nutrients.

IT'S TIME TO STOP JUST SURVIVING ... & START OPTIMIZING!



Thank you for investing your time and resources to get your 'Optimize 90 Day Plan'.

Time is more valuable than money. You can get more money but you can't get more time and as they say, 'At the end of the day prevention is far better than cure.'

It's your body, so why not let it do the talking.

eve Fleisch - 2/25/201

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