



Bio Brain Scan for:

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We bioenergetically tested 8 areas of your brain. The ranking below depicts the level of resonating stress on each area:

100 - 80 % = Balance	79 - 60% = Stress	59 - 40% = Chronic Stress
39 - 20% = Weakness	19 - 0% = Chronic Weakness	

You resonated with the following levels:

97%	<p><u>Prefrontal Cortex:</u> located at the front of the head, it plays a crucial role in a variety of complex cognitive and behavioral functions, such as decision-making, problem-solving, planning, attention, impulse control, and social behavior. It is responsible for many of the "executive functions" that allow us to interact with the world and make decisions based on past experiences and future goals.</p>
99%	<p><u>Cingulate Gyrus:</u> plays a role in memory, thought shifting, emotional shifting, cooperation, go with the flow attitude, ability to shift attention, cognitive flexibility, and the ability to see options. Additionally, the cingulate gyrus is involved in decision-making and cognitive control, helping us focus on important information and filter out distractions.</p>
45%	<p><u>Basal Ganglia/Insula:</u> These two areas of the brain are involved in many different functions, including movement control, thoughts, motivation, reward processing, auditory and visual processing, controls the body's ability to be idle, emotional processing, senses emotional and physical pain, and habit formation. They help regulate motor movements, such as walking, and play a role in decision-making.</p> <p>**When out of balance: anxiety, conflict avoidant, can tend to predict the worst, pain, distractible, movement issues, nervousness, muscle tension, easy startled, shy/timid, bite fingernails/picks</p> <p><u>How to support:</u></p>

	<ul style="list-style-type: none"> ● Meditation: By cultivating mindfulness and attention, meditation can improve the functioning of the basal ganglia and insula in regulating attentional processes. This part of the brain is involved in the processing of emotions and the experience of reward and pleasure. Meditation practices, such as loving-kindness meditation, can help regulate emotions and promote positive affect. The basal ganglia and insula play a key role in habit formation and behavior change. Regular meditation practice may lead to structural and functional changes in this part of the brain by promoting greater neural plasticity and adaptability. Meditation practices are known for their stress-reducing effects, helping to lower cortisol levels, enhance relaxation responses, and support this part of the brain. ● Clear negative talk/thoughts: Negative self-talk can undermine motivation by fostering self-doubt, low self-esteem, and a negative mindset. Clearing negative self-talk and cultivating positive self-talk can enhance motivation and positive reinforcement, facilitating the functioning of the basal ganglia's reward circuits. Negative self-talk can fuel negative emotions such as anxiety, stress, and depression, which can impact the functioning of this part of the brain. Clearing negative self-talk can help foster more open-minded and flexible thinking, supporting the basal ganglia and insula in cognitive flexibility. ● Hypnosis: By improving focus and attention, hypnosis may indirectly support the functioning of the basal ganglia and insula in attention-related processes. By facilitating behavior change through visualization, hypnosis may support this part of the brain in developing healthier habits. The basal ganglia and insula are capable of neuroplastic changes, and hypnosis could potentially facilitate the formation of new neural pathways and adaptive patterns of thinking and behavior. ● Fish Oil: By reducing inflammation, fish oil may help protect the basal ganglia and insula from damage. Fish oil can help maintain the integrity and function of nerve cells in this part of the brain, potentially reducing the risk of neurodegenerative issues. Omega-3 fatty acids may enhance dopamine function and transmission within the basal ganglia, thereby promoting optimal brain function. Omega-3 fatty acids have been found to have antidepressant and mood-stabilizing effects, potentially impacting the basal ganglia's function and promoting emotional well-being. ● Take the unique balancing regimen at the end of this report.
<p>39%</p>	<p><u>Temporal lobes:</u> play an important role in several functions, including memory, hearing, reading social cues, mood stability, and language comprehension. Specifically, they help us process auditory information, such as recognizing and interpreting sounds and speech. They also help us form and retrieve memories, particularly of visual and auditory information, as well as contribute to our ability to recognize faces and objects.</p>

	<p>**When out of balance: emotional swings, memory challenges, feeling panicked, aggression, headaches, learning problems, deja vu experiences, paranoia, irritable</p> <p><u>How to support:</u></p> <ul style="list-style-type: none"> ● Meditation: this is helpful for the temporal lobes because it can induce neuroplastic changes, increasing gray matter density, and improving neural connectivity, potentially enhancing memory, attention, and emotional regulation. ● More good fats and less carbs in diet: good fats provide a stable and efficient source of energy for the brain's neurons in the temporal lobes. Healthy fats, such as omega-3 fatty acids, have neuroprotective properties, reducing inflammation and oxidative stress, potentially preserving temporal lobe health. A diet with fewer carbohydrates helps regulate blood sugar levels, preventing large fluctuations that can negatively impact brain health and cognitive performance in the temporal lobes. ● Fish Oil: this is rich in omega-3 fatty acids, which have been associated with neuroprotective properties and may support cognitive function and memory in these brain regions. ● Take the unique balancing regimen at the end of this report.
<p>96%</p>	<p><u>Thalamus:</u> acts as a relay center for sensory information. It receives signals from various sensory systems, such as vision, hearing, touch, taste, and smell, and then sends these signals to the appropriate areas of the brain for processing. Additionally, the thalamus is involved in regulating consciousness, alertness, sleep, libido, bonding, and sets the emotional tone.</p>
<p>99%</p>	<p><u>Cerebellum:</u> plays a role in coordinating and regulating voluntary movements, balance, and posture. Additionally, it is involved in attention, coordination, impulse control, speed of thought, and organization. Overall, the cerebellum is essential for many daily activities, such as walking, running, and playing sports, as well as for more complex behaviors, such as learning and problem-solving.</p>
<p>39%</p>	<p><u>Parietal Lobes:</u> play a role in many functions, including sensory processing, perception, and spatial awareness. Specifically, they receive and process information related to touch, temperature, pain, and pressure. They also play a role in spatial cognition, helping us navigate our surroundings and understand our location in relation to other objects.</p> <p>**When out of balance: poor position or direction senses, trouble seeing movement, trouble putting things together, sensory overload, denial of illness, memory issues</p> <p><u>How to support:</u></p>

- **Headphones to block noise:** reduces sensory overload and distraction, allowing the brain to focus more effectively on specific tasks or information processing. By minimizing external stimuli, the parietal lobes can optimize their functions related to spatial awareness, attention, and sensory integration.
- **Filtered lenses on glasses:** can reduce visual distractions and sensory overload, allowing the parietal lobes to better focus on spatial perception and attention-related tasks. By optimizing the visual input, these lenses may support the parietal lobes in processing and integrating sensory information more effectively.
- **Playing catch:** involves complex hand-eye coordination and spatial awareness, which are functions associated with this brain region. The activity challenges the parietal lobes to process and integrate sensory information, enhancing their ability to monitor movements, track objects, and improve overall motor coordination.
- **Juggling:** it requires precise hand-eye coordination, spatial awareness, and timing, all of which are functions associated with this part of the brain. Engaging in juggling challenges and stimulates the parietal lobes, leading to improvements in motor skills, spatial perception, and overall brain plasticity.
- **Map training:** involves spatial navigation and the interpretation of visual information, which are key functions with the part of the brain. Engaging in map training can enhance the parietal lobes' ability to process spatial relationships, improve orientation skills, and boost overall spatial cognition.
- Take the unique balancing regimen at the end of this report.

39%

Occipital lobes: play a role in vision processing. Specifically, they receive and process visual information from the eyes. The occipital lobes are responsible for processing and integrating different aspects of visual information, such as color, form, and motion, into a coherent visual perception. They also help us recognize objects, faces, and other visual stimuli, and are involved in visual memory and spatial awareness.

**When out of balance: defects in vision, trouble identifying colors or color distortion, visual hallucinations, word blindness, perceptual difficulties

How to support:

- **Meditation/Mindfulness:** the calming effects of meditation may enhance blood flow and neural connectivity in the occipital lobes, leading to improved visual processing and potentially benefiting overall visual cognition.
- **Limit Screen Time:** prolonged exposure to screens, especially at close distances, can lead to digital eye strain and visual fatigue, impacting the occipital lobe's visual processing abilities. Additionally, extended screen use may disrupt the natural balance of light exposure, affecting circadian

	<p>rhythms and potentially interfering with the occipital lobes' function in regulating sleep-wake cycles and visual perception.</p> <ul style="list-style-type: none"> ● Exercise/Movement: positive effects on blood flow and oxygen delivery to the brain, including the visual processing areas in the occipital lobes. Increased blood flow can enhance neural connectivity and support the efficient functioning of the occipital lobes in processing visual information. Additionally, exercise has been shown to promote neuroplasticity, which may contribute to improved visual cognition. ● Good sleep hygiene: during sleep, the brain undergoes critical processes, including memory consolidation and neural repair, supporting the functions of the occipital lobes in visual processing and perception. Adequate sleep allows the occipital lobes to recover and optimize their visual cognitive abilities, enhancing visual clarity, responsiveness, and overall visual health. ● Eye Exercises: can enhance neural connectivity and synaptic plasticity within the occipital lobes, supporting improved visual processing and perception capabilities. Regular practice of eye exercises may also help alleviate visual fatigue and promote overall visual health by engaging and strengthening the neural circuits within the occipital lobes. ● Fish Oil: Omega 3's (especially DHA) are a major structural component of the brain and are highly concentrated in the occipital lobes, which play a crucial role in visual processing. Consuming fish oil and its DHA content supports the integrity and function of the occipital lobes ● Take the unique balancing regimen at the end of this report.
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Neurotransmitters:

These are chemicals that are released by neurons in the brain and nervous system, and they play a crucial role in communication between neurons.

You were tested against Serotonin, Dopamine, GABA, and Acetylcholine. Out of these four, the neurotransmitter that bioenergetically tested the most out of balances for you is:

Acetylcholine	<p>Acetylcholine is a neurotransmitter involved in various functions within the body. It plays a critical role in transmitting signals between nerve cells and muscle cells, contributing to muscle movement and control. Additionally, acetylcholine is also involved in cognitive processes such as learning, memory, and attention.</p> <p><i>Balancing Acetylcholine naturally:</i></p>
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	<ul style="list-style-type: none"> • Consume foods rich in choline: Choline is a precursor to acetylcholine. *Eggs, liver, fish, and broccoli • Regular movement: physical activity has been shown to increase acetylcholine release and promote balance. • Sleep hygiene: sufficient sleep is essential for the proper functioning of neurotransmitters. • Stress Management: Chronic stress will negatively impact acetylcholine levels. Here are some stress-reducing activities - meditation, breathing exercises, yoga, and hobbies that help you relax.
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Food Sensitivities:

These can be factors that can significantly create stress within the bioenergetic brain. You were bioenergetically tested against the most common culprits, which have been listed below to list a low, medium, high, or no sensitivity:

MSG - none	Cow's Milk - Medium
Corn - none	Gluten - High
Soy - High	Peanuts - Low
High Fructose Corn Syrup - High	Cane Sugar - High
Caffeine - High	Alcohol - High
Blue Food Dye - High	Red Food Dye - High
Yellow Food Dye - High	EMFs - Medium

Hormones

These are very important for brain health because they help regulate many of its functions, including things like mood, cognition, and behavior.

You were tested against DHEA, Cortisol, Estrogen, Insulin, Melatonin, Progesterone, T3, T4, TSH, and Testosterone. Out of these hormones, the top three that bioenergetically tested the most out of balances for you include:

<u>TSH</u>	<u>T3</u>	<u>Testosterone</u>
<p>TSH is important for the brain because it regulates the production and release of thyroid hormones, which are crucial for brain development, maintenance of brain function, metabolic regulation, and mood regulation.</p> <p>*Quick tip: balance with sufficient levels of iodine, zinc, and selenium rich foods</p>	<p>T3 plays a crucial role in maintaining cognitive functions such as memory, concentration, and learning. Additionally, it supports the production of neurotransmitters, which are vital for communication between brain cells and overall neurological health.</p> <p>*Quick tip: balance with sufficient levels of iodine, zinc, and selenium rich foods</p>	<p>Testosterone influences various cognitive functions and interacts with brain receptors and neurotransmitters in the regulation of emotional well-being, motivation, social behaviors, spatial awareness, memory and attention.</p> <p>*Quick tip: balance with green tea, L-Arginine rich foods, ginger, maca tea, and interval exercises if tolerated</p>
<p>If a priority, these hormonal imbalances will be addressed in the final regimen at the end of this report. It is also advised to order a Full Scan to dig deeper into learning how to bioenergetically balance these.</p>		

Stress Factors:

There are a number of things that can create stress on the brain. Some of these could include things like: dental fillings, TBIs, heavy metals, chemicals, emotional traumas, physical traumas, thyroid issues, parasites, bacteria, viruses, mold, carbon monoxide, and lack of sleep. You were bioenergetically tested and the top FIVE resonating stress factors are listed below in the order of which is bioenergetically stressing you the most:

- 1. Viral Mix**
- 2. Varicella Zoster**
- 3. Mononucleosis**
- 4. Parasites**
- 5. Vaccines**

NOTE: many stress factors will be addressed in the final regimen, but if you resonate with any mold, virus, parasite, metals, chemicals, or bacteria it is advisable to do a FULL SCAN after you complete the regimen at the bottom of this report.

*****Some of these are resonating toxins, meaning an energetic exposure to that toxin pattern. Please do not interpret or claim this as a diagnosis or as medical advice*****

Emotions:

Stress in the brain, our upbringings, and general life can create emotional blockages. These blockages can contribute to persistent thoughts and struggles we might have. You were bioenergetically tested for over 30 emotional blocks and the top THREE **unique to you** phrases listed below could support shifting you through these emotional blocks:

- 1. Success flows effortlessly to me as I align my actions with my goals.**
- 2. I am wonderfully unique, and that makes me special and exceptional.**
- 3. I embrace calmness, encompassing tranquility effortlessly.**

Affirmations, meditation, and positive self talk can be helpful in shifting these emotional patterns and blocks.

Balancing Remedies:

You were bioenergetically tested against our top brain health remedies. The following regimen test synergistically for balance against your hair and saliva:

- Brain Concentrate: (\$21.00)
 - Used to support, fortify, and enhance the brain.
 - 1 capsule per day
 - Ingredients: Raw Brain Concentrate, Choline, Inositol, Gelatin (capsule), rice flour, and vegetable lubricant.
- Stress Essentials Relax: (\$35.95)
 - Made to support a better sense of relaxation by supporting a healthy balance between the neurotransmitters GABA and glutamate. It supports cognitive function and a healthy mood. This innovative formula features key neurological-supporting ingredients.
 - 2 capsules twice daily
 - Ingredients: N-acetyl-L-cysteine, taurine, EGCG from green tea, as well as magnesium and vitamin B6, Hydroxypropyl methylcellulose, microcrystalline cellulose, vegetable magnesium stearate, silica.
- Ultrabiotic Saccharomyces: (\$21.95)
 - This is a probiotic supplement made with a gut-supporting and heavily researched yeast strain known as *Saccharomyces boulardii*.
 - 1 capsule twice daily
 - Ingredients: Saccharomyces b. (5 billion CFU), Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, silica.

- Memories: (\$66.50)
 - Studies show the combination of ingredients in this product can help promote cognitive functions such as memory, learning, and mental quickness. Supports cerebrovascular health and promotes a healthy mood. Studies also show DMAE helps promote healthy skin.
 - 3 capsules daily, with food.
 - Ingredients: Calcium, Phosphorus, N-Acetyl-L-Carnitine, Bacopa Extract, DMAE, Glycerylphosphorylcholine, PhosphatidylSerine, Gotu Kola, Ginkgo, Guarana, Seanol-P Ecklonia Cava, Vinpocetine, black pepper extract, Huperzine A, Dicalcium phosphate, hypromellose (vegetable capsule), silica, and vegetable lubricant. Contains: Soy (with proteins removed to be tolerable for those with sensitivities).
- Liposomal Glutathione: (\$43.50)
 - Supports antioxidant health and promotes healthy glutathione levels in the body. Each serving of Liposomal Glutathione is designed to help you protect your cells from oxidative damage and from the daily onslaught of free radicals. Promotes healthy gastrointestinal system function, metabolic reaction, nervous system function, and immune health.
 - Shake well. Take one full dropper (1 mL) 2-4 times daily.
 - Ingredients: Glutathione, Purified water, glycerin, natural strawberry watermelon flavor, non-gmo sunflower lecithin, stevia leaf extract, potassium sorbate.

Balancing Support:

You were bioenergetically tested against our top brain health support practices. These include: Acupuncture, Good Sleep Hygiene, Breathwork, Vagus Nerve Stimulation, More Daily Sunshine, Exercise/Movement, Meditation, Chiropractic, Massage, and Diet Changes. We bioenergetically tested against your hair and saliva and the top THREE support practices include:

- 1. Full Spectrum Light**
- 2. More movement and exercise, if tolerated**
- 3. Vagus nerve stimulation**

Congratulations, you have taken the first step to balancing your brain by having it bioenergetically scanned! The goal of this report is to empower you to make changes in your lives to develop a more balanced brain. Consider the following steps to gradually make lasting changes with this powerful information:

1. Order your brain balancing remedy regimen.
2. Avoid any foods you resonate sensitive to.
3. Make a list of all the foods/nutrients this report references so that you can start incorporating more of them on a daily basis.
4. Explore any possible current toxin exposures in the top five stress factors you resonate with. If possible, remove them from your environment to cut this exposure down. If it is a historical exposure, consider doing a Full Scan.
5. Consider all of the possible activities and tasks that were mentioned throughout your report. Mark your calendar as a reminder and try rotating these activities so that they become part of your daily/weekly brain health routine.
6. Test again after one or two months to track your brain's progress, and continue balancing.

DISCLAIMER: The testing provider and any parent, subsidiary, affiliated or related entities and companies do not provide medical advice or services. The bioenergetic products and services offered including, but not limited to, bioenergetic tests, bioenergetic scans, bioenergetic reports and related products and services (collectively the "Bioenergetic Products and Services") are designed for educational and informational purposes only and are not intended to diagnose, treat, cure, or prevent any disease, condition, complaint, illness or medical condition and are not a substitute for professional services or medical advice. Seek the advice of a physician or other qualified healthcare professional with any questions you may have. Never disregard professional medical advice or delay seeking treatment. These statements have not been evaluated by the Food and Drug Administration (FDA) or any other government agencies or regulatory authorities. The testing provider is not responsible for third-party interpretation, recommendations, or advice. The testing provider does not recommend, endorse or make any representation about the efficacy, appropriateness or suitability of any specific tests, products, procedures, treatments, services, opinions, or health care providers.