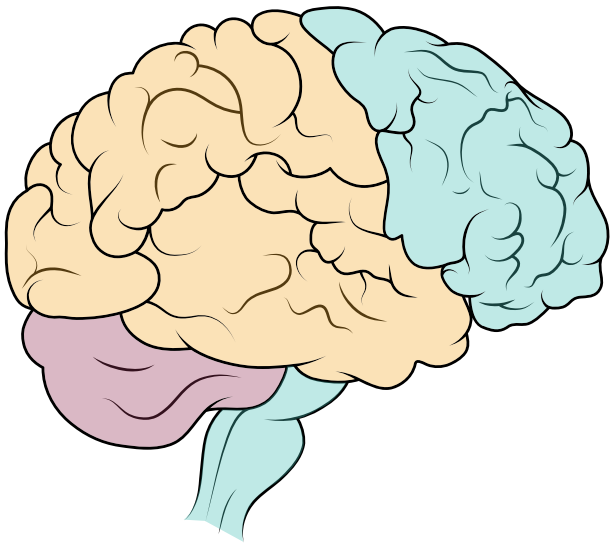
Energetic Performance

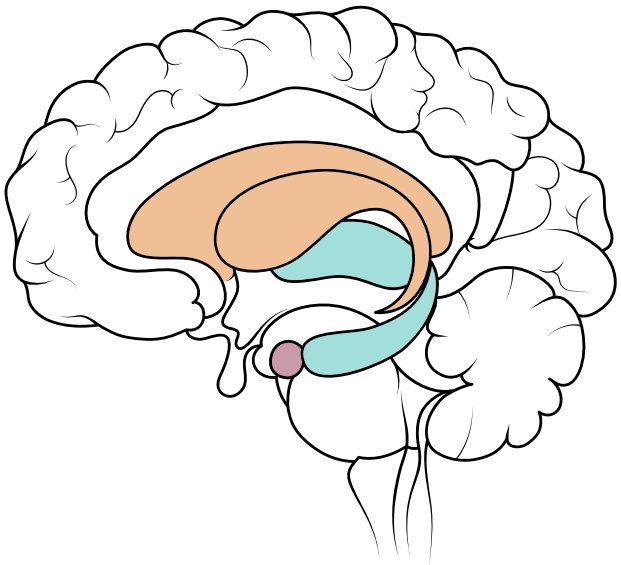
We bioenergetically tested 11 areas of your brain. The ranking below depicts the level of resonating stress on each area.

0 - 20%: CHRONIC WEAKNESS	20 - 39%: WEAKNESS	40 - 59%: CHRONIC STRESS	60 - 79%: STRESS	80 - 100%: NO STRESS

Outside



Cross Section



95%	65%	21%	60%	77%	87%
Prefrontal Cortex	Temporal Lobes	Cerebellum	Parietal Lobes	Occipital Lobes	Brainstem

40%	57%	89%	33%	99%
Cingulate Gyrus	Basal Ganglia	Thalamus	Amygdala	Hippocampus

Stressed Regions

95% - Prefrontal Cortex

No Stress

Located at the front of the head, the prefrontal cortex plays a crucial role in various 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.

65% - Temporal Lobes

Stress

The temporal lobes 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, and contribute to our ability to recognize faces and objects.

When out of balance: emotional swings, memory challenges, feeling panicked, aggression, headaches, learning problems, deja vu experiences, paranoia, irritability.

- Meditation: is helpful for the temporal lobes because it can induce neuroplastic changes, increase gray matter density, improve neural connectivity, and potentially enhance memory, attention, and emotional regulation.
- More good fats and fewer 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 and 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: 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.

21% - Cerebellum

Weakness

The cerebellum 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.

When out of balance: coordination issues, slowed walking, slowed thinking, slowed speech, organization challenges, impulsive, doesn’t learn from past mistakes.

- Coordination Exercises: can lead to increased neural connections and enhanced cerebellar function. Regular coordination exercises may improve motor skills, balance, and overall coordination, supporting optimal cerebellar health. These types of exercises include juggling, dancing, and table tennis.
- Practice Gratitude: this practice can lower stress levels, and positive emotions have been linked to improved cerebellar function and overall brain health.
- Take the unique balancing regimen at the end of this report.

60% - Parietal Lobes

Stress

The parietal lobes 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.

When out of balance: poor position or direction senses, trouble seeing movement, trouble putting things together, sensory overload, denial of illness, memory issues.

- 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: reduces 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: requires precise hand-eye coordination, spatial awareness, and timing, all of which are functions associated with this part of the brain. 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. 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.

77% - Occipital Lobes

Stress

The 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 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.

- 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 rhythms and potentially interfering with the occipital lobes' function in regulating sleep-wake cycles and visual perception.
- 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.

87% - Brainstem

No Stress

An intricate structure located at the base of the brain, the brain stem is the command center that orchestrates our most fundamental bodily functions. This vital region bridges the brain and the rest of the body, ensuring autonomic functions, arousal, sleep regulation, reflexive actions, and sensory and motor integration.

40% - Cingulate Gyrus

Chronic Stress

The cingulate gyrus plays a role in memory, shifting thoughts, emotions and attention, cooperation, go-with-the-flow attitude, 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.

When out of balance: gets stuck, worries, holds grudges, obsesses, addictive personality, oppositional, sees many errors.

- Distraction: Allowing periods of distraction provides the cingulate gyrus with cognitive rest, helping to rejuvenate and maintain optimal cognitive functioning. Engaging in distractions can stimulate different neural pathways, potentially enhancing cognitive flexibility by encouraging the brain to switch between different modes of thinking. When the mind is distracted from a specific task, it has the freedom to make associations and connections, potentially leading to creative insights and innovative thinking. Allowing brief periods of distraction can help prevent attentional fatigue, allowing the cingulate gyrus to restore attentional resources and maintain optimal attentional performance.
- Exercise/Movement: this enhances blood flow to the brain. Prolonged sitting or a sedentary lifestyle can negatively impact this part of the brain.
- More complex carbs in diet: Complex carbohydrates, such as whole grains, legumes, and vegetables, are digested and broken down into glucose more slowly than simple sugars. This gradual release of glucose provides a steady energy supply to the cingulate gyrus, supporting its optimal functioning. Unlike simple sugars that cause rapid spikes and drops in blood sugar levels, complex carbohydrates provide a more gradual and sustained release of glucose into the bloodstream. This steadier blood sugar level helps prevent energy crashes and supports consistent brain function, including the functioning of the cingulate gyrus.
- More DHA Fish Oil: DHA is a crucial structural component of cell membranes, including those in the cingulate gyrus. This part of the brain consists of neurons with complex connections, and DHA helps maintain the integrity and fluidity of cell membranes, which is important for optimal communication and signaling between brain cells. DHA helps promote neuroplasticity, which refers to the brain's ability to adapt and reorganize itself. It may influence the cingulate gyrus's role in emotional regulation and contribute to emotional well-being by decreasing feelings of depression and anxiety.
- Take the unique balancing regimen at the end of this report.

57% - Basal Ganglia

Chronic Stress

Basal Ganglia are two areas of the brain involved in a wide range of functions, including movement control, thoughts, motivation, reward processing, and auditory and visual processing. They also regulate the body's ability to remain idle, process emotions, manage physical and emotional pain, and contribute to habit formation. In addition, the basal ganglia help regulate motor movements (such as walking) and play a role in decision-making.

When out of balance: anxiety, conflict avoidance, can tend to predict the worst, pain, distractible, movement issues, nervousness, muscle tension, easily startled, shy/timid, bite fingernails/picks.

- 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 processing 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 are key 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 to develop 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, 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.

89% - Thalamus

No Stress

The thalamus 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 them to the appropriate brain areas for processing. Additionally, the thalamus is involved in regulating consciousness, alertness, sleep, libido, and bonding, and it sets the emotional tone.

33% - Amygdala

Weakness

The amygdala is a small almond-shaped structure within the brain's limbic system. It is responsible for emotional processing as it is involved in the perception and expression of emotions, particularly fear, anger, and pleasure. It supports emotional memory formation, as well as the fear response and threat detection.

When out of balance: Emotional dysregulation, mood issues, heightened fear or stress responses, increased anxiety or panic attacks, difficulty in processing and managing intense emotions.

- Aromatherapy: Certain essential oils, such as lavender, bergamot, and ylang-ylang, have been shown to have calming effects on the amygdala.
- Music Therapy: Listening to soothing or uplifting music can modulate amygdala activity.
- Expressive Arts: Engaging in creative outlets like art, journaling, or dance can provide a healthy avenue for emotional expression and processing, potentially alleviating the burden on the amygdala.
- Social Support: A strong social support system and healthy relationships can help buffer the effects of stress on the amygdala, promoting emotional resilience and well-being.
- Nature Exposure: Spending time in natural environments, such as parks or forests, has been linked to balancing amygdala activity and improved emotional regulation, potentially due to the calming effects of natural settings.
- Mindful Eating: Incorporating mindful eating practices can help regulate the amygdala's response to food-related cues, potentially reducing emotional eating and promoting a healthy relationship with food.
- Acupuncture: Traditional acupuncture techniques, particularly those targeting specific acupoints related to emotional balance, may help modulate amygdala activity and support emotional well-being.
- Take the unique balancing regimen at the end of the report.

99% - Hippocampus

No Stress

The hippocampus is a seahorse-shaped structure nestled deep within the brain's limbic system and is the architect of our memories and spatial awareness. It is responsible for forming and consolidating memories, as well as spatial navigation and orientation. Additionally, it plays a role in contextual memory by associating memories with the specific context in which they were formed, such as the time, place, and emotional state, adding richness and depth to our recollections.

Neurotransmitters

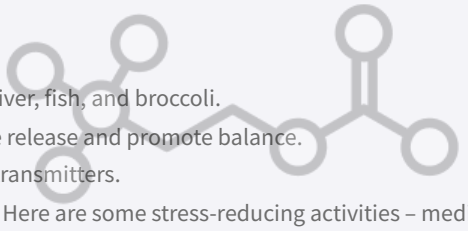
These are chemicals released by neurons in the brain and nervous system that play an essential role in communication between them.

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

Acetylcholine

Acetylcholine is a neurotransmitter involved in various functions within the body. It helps transmit signals between nerve and muscle cells, contributing to muscle movement and control. Acetylcholine is also involved in cognitive processes such as learning, memory, and attention.

Balancing Acetylcholine Naturally:



- 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.

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 as low, medium, high, or none.

Msg None	Corn None	Soy **High**	Milk **Medium**	Gluten **High**	Peanuts None	Corn Syrup **Low**
Sugar **Low**	Caffeine **Medium**	Alcohol **High**	Blue Dye None	Yellow Dye **High**	Red Dye **Low**	Emf **Medium**

Hormones

Hormones are very important for brain health because they help regulate many functions, including 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 balance for you include:

DHEA

DHEA supports neuroprotection. It may positively influence cognitive function and memory and enhance learning and retention abilities. It impacts neurotransmitter balance and mood regulation.

*Quick tip: balance with regular movement, get plenty of good fats/Vitamin C/Vitamin B rich foods, use techniques like meditation or yoga, and ensure you get enough sleep as inadequate sleep disrupts DHEA production.

T3

T3 is crucial in maintaining cognitive functions such as memory, concentration, and learning. Additionally, it supports the production of neurotransmitters, vital for communication between brain cells and overall neurological health.

*Quick tip: balance with sufficient levels of iodine, zinc, and selenium-rich foods.

Testosterone

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.

*Quick tip: balance with green tea, L-Arginine rich foods, ginger, maca tea, and interval exercises.

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 beioenergetically stressing you the most.

1. Alcohol
2. Bartonella
3. Cadmium
4. Concussion
5. Depressants

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 upbringing, 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 resonating are listed below in

the order of which is bioenergetically stressing you the most.

Happiness

- What small steps can I take today to overcome these feelings of depression?
- Affirmation: I deserve happiness, and I embrace it in every aspect of my life.

Inspiration

- How can I grow from the experiences I've had that discouraged me?
- Affirmation: I believe in the power of encouragement to ignite greatness within myself and others.

Hope

How can I release this feeling of despair?

- Affirmation: I choose to focus on solutions and opportunities in every situation.

As you work through your brain health journey, note how these specific emotional blocks change and/or dissipate. Affirmations, meditation, and positive self-talk can help shift these emotional patterns.

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, Mediation, Chiropractic, Massage, and Diet Changes. The top THREE support practice include:

Acupuncture

Massage or Bodywork

Vagus Nerve Stimulation

Balancing Remedies

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

Adreno Code

- **Standard Dose: 25 drops two times per day, 20 minutes away from food and mint**
- **Under 120 lb Dose: Divide weight by 5 and that is how many drops two times per day, 20 minutes away from food and mint**

Traditionally Supports: Chronic Fatigue, Adrenal Exhaustion, Low Energy, Low Blood Sugar, Sensitivities, Menstrual / Menopause issues, Hormonal Imbalances, Restores Sexual Energy.

Ingredients: Adrenal 6CH, Aralia Quinquefolia 3X, ATP 5X, 8X, 30X, Carduus Marianus 12X, Chelidonium Majus 3X, Echinacea Angustifolia 3X, Natrum Muriaticum 6X, Phosphoricum Acidum 6X, Pituitary 6CH, Thyroid 6CH, Distilled water, Kosher glycerine from palm/or coconut oil 12%, Organic cane alcohol 20%

(2 oz)

Read more

Ultimate Fields

- **Standard Dose: 25 drops two times per day, 20 minutes away from food and mint**
- **Under 120 lb Dose: Divide weight by 5 and that is how many drops two times per day, 20 minutes away from food and mint**

This Flower Essence Traditionally Supports: Emotional Issues, Energy Balancing, Anxiety / Depression, Chronic Illness, Stress, Pain, The "blues", Sleeplessness, Mood Swings.

Ingredients: Agrimony 30CH, Aspen 30CH, Beech 30CH, Cerato 30CH, Cherry Plum 30CH, Chestnut Bud 30CH, Chicory 30CH, Crab Apple 30CH, Elm 30CH, Gentian 30CH, Gorse 30CH, Heather 30CH, Holly 30CH, Honeysuckle 30CH, Hornbeam 30CH, Impatiens 30CH, Larch 30CH, Mimulus 30CH, Mustard 30CH, Oak 30CH, Olive 30CH, Pine 30CH, Red Chestnut 30CH, Rock Rose 30CH, Rock Water 30CH, Scleranthus 30CH, Star of Bethlehem 30CH, Sweet Chestnut 30CH, Vervain 30CH, Vine 30CH, Walnut 30CH, Water Violet 30CH, White Chestnut 30CH, Wild Oat 30CH, Wild Rose 30CH, Willow 30CH, ATP 5X, Pineal 6CH, Thymus 6CH, Distilled water, Kosher glycerine from palm/or coconut oil 12%, Organic cane alcohol 20%

(2 oz)

Read more

Burdock Intrinsic

- **Standard Dose: 25 drops in warm water two times per day**
- **Under 120 lb Dose: Divide weight by 6 and that is how many drops two times per day in warm water**

Traditionally Supports: Blood purification, Mirrors Essiac, Chronic Skin Issues, Sensitivities, Inflammation, Itching, Liver / Gallbladder Detoxifier, Joint Issues, Lymph Drainage and Spleen Support.

Ingredients: Sheep Sorrel (aerial parts) Rumex acetosella, European Mistletoe (aerial parts)Viscum album, Turkey Rhubarb (root), Rheum palmatum, Burdock (root) Arctium lappa, Slippery Elm (bark) Ulmus rubra. Other Ingredients: BioPhotonic Signaling Matrix Base Naturally occurring blend of Pure Himalayan Shilajit Extract 8-10:1, Humic & Fulvic acids, Spirulina, 72 ionic & electrolytic trace minerals, (magnesium, boron, potassium, sodium chloride, sulfate, lithium, etc.) plant DNA vestiges, dibenzoalpha pyrone chromoproteins, peptides, nucleic acids, amino acids, steam distilled water, organic cane alcohol 20%, vegetable glycerin.

Read more

- Neuro Tox

- **Standard Dose: 25 drops two times per day, 20 minutes away from food and mint**
- **Under 120 lb Dose: Divide weight by 5 and that is how many drops two times per day, 20 minutes away from food and mint**

Traditionally Supports: Chemical Sciatic Problems, Viral / Heavy Metal Removal Off Nerves, Viral issues, Neurological issues, and Behavioral issues.

Ingredients: Adrenal 6X, Agaricus Muscarius 12X, ATP 5X, Coccus Cacti 12X, Conium Maculatum 12X, Cranial Nerves Sarcodes 3CH, 6CH, Gelsemium Sempervirens 30X, 60X, 100X, Gliotoxin 12X, Insecticide Isodes 30X, 60X, 200X, Kidney 3X, 6X, Latrodectus Mactans 30X, Limbic Sarcode 3X, 6X, Mesenchyme 6X, 9X, 6CH, Metal Isodes 30X, 60X, 100X, Naja Tripudians 15X, 30X, Phosphorus 12X, 30X, Rhus Toxicodendron 12X, 30X, Tarentula Cubensis 30X, Triticum Repens 3X, Ubiquinone 6X, 12X, 30X, Viral Nosodes 30X, 60X, 200X, Distilled water, Kosher glycerine from palm/or coconut oil 12%, Organic cane alcohol 20%

(2 oz)

Read more

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 life to develop a more balanced brain. Consider the following steps to gradually make lasting changes with this powerful information:

- Order your brain balancing remedies.
- Avoid any foods you resonate as sensitive to.
- Make a list of all the foods/nutrients this report references so you can start incorporating more of them daily.
- 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 after finishing your Brain Scan remedies.
- 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 they become part of your daily/weekly brain health routine.
- Test again after one or two months to track your brain's progress and continue balancing.