

Today's Basic Immunity Report

TODAY'S BASIC IMMUNITY BODY SYSTEMS

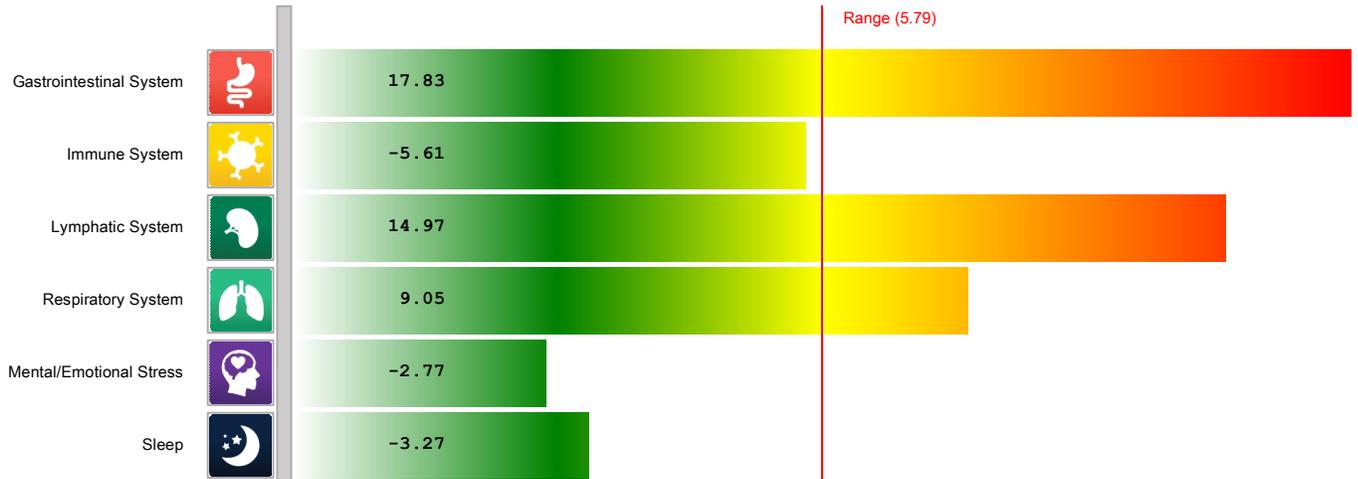


This report displays responses to 6 foundational areas of immunity:

- 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

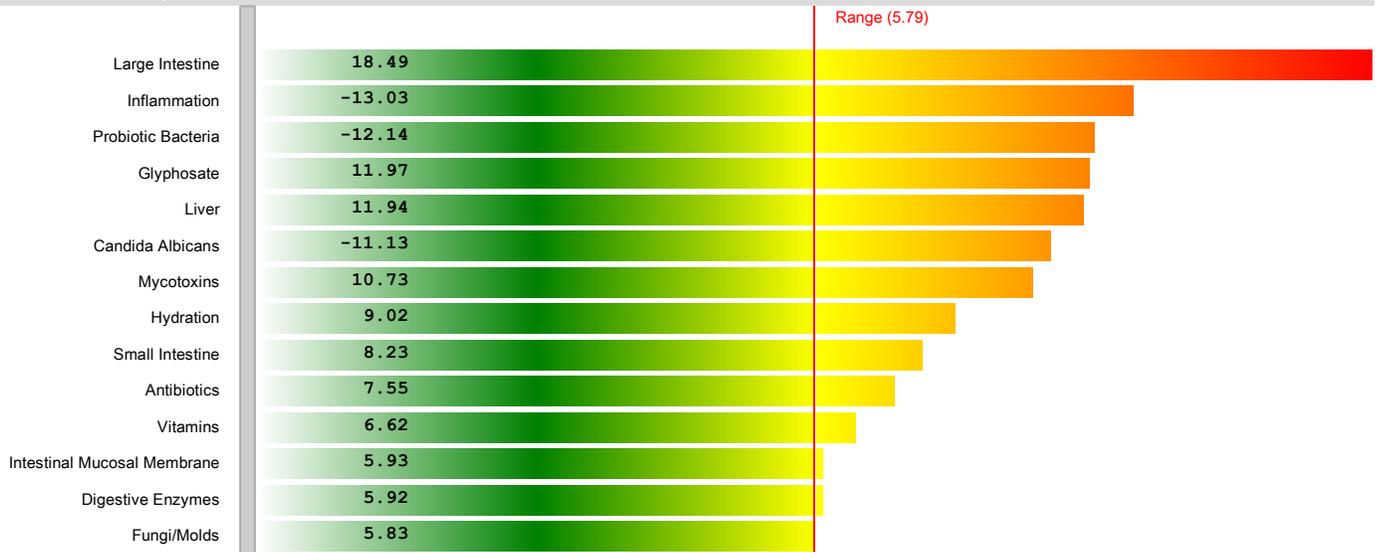


The saying "You are what you eat" can be said more accurately; "You are what you digest"! However, if digestive function is compromised, it's not just your body's nutrient status that suffers. The health of the gut greatly impacts brain function, hormone balance, immune regulation, and so much more...

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.

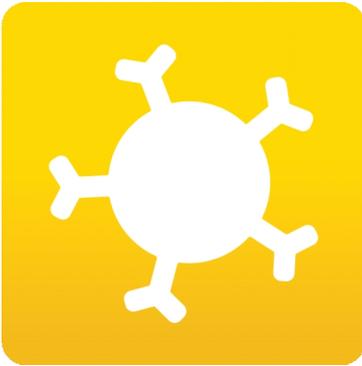
Gastrointestinal System Stressors



Top Gastrointestinal Balancers

- 17.23 **ABC - EyesAlive**
- 11.67 **ABC - Cassia Oil**
- 11.37 **ABC - Thyme Oil**
- 11.27 **ABC - Petitgrain Oil**
- 10.88 **ABC - Whole Food Energizer & Multi-Vitamin**

IMMUNE SYSTEM



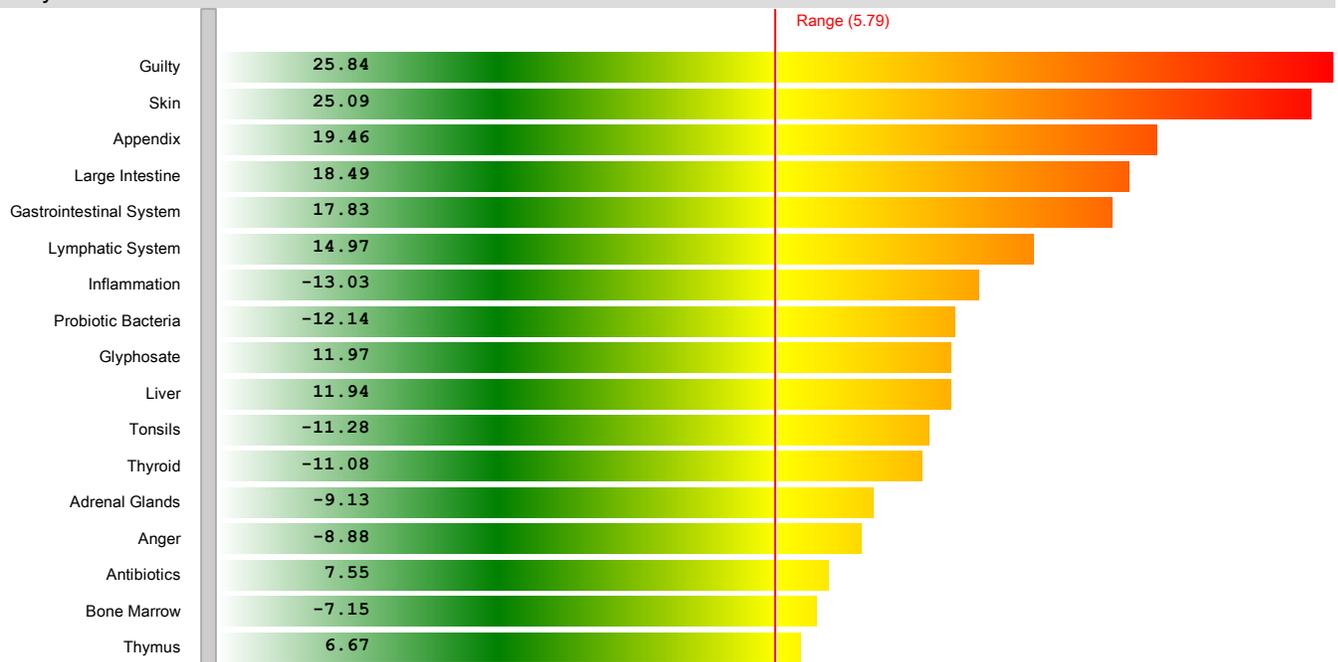
The first line of defense against disease-causing microorganisms is the skin and mucosal barriers. Behind this is a complex defensive system. Collectively these parts are known as the immune system.

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

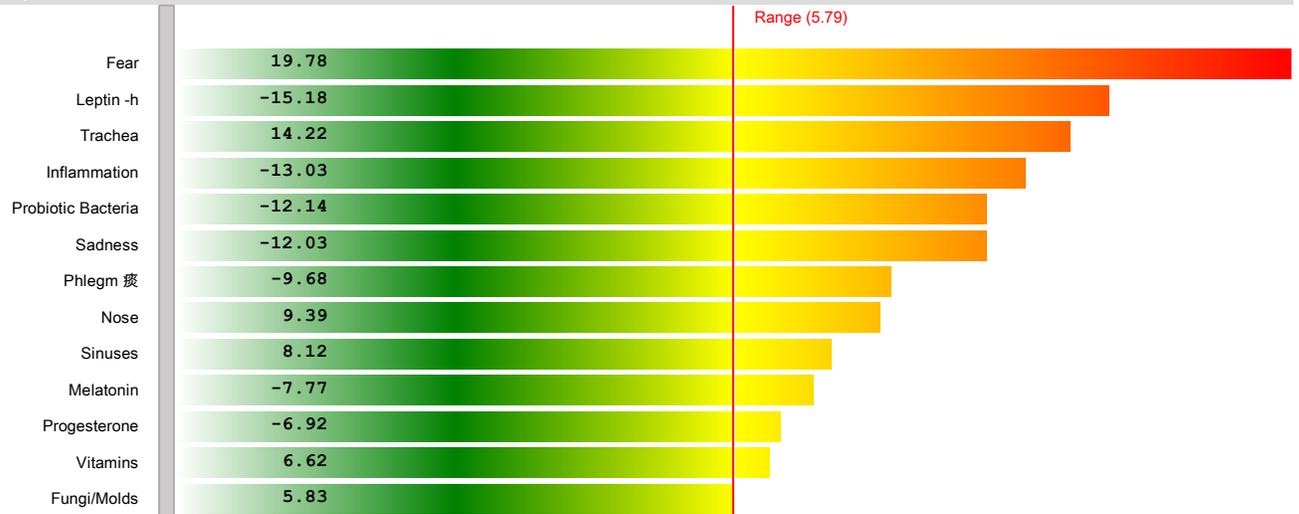
- 11.67 **ABC - Cassia Oil**
- 11.37 **ABC - Thyme Oil**
- 11.27 **ABC - Petitgrain Oil**
- 10.88 **ABC - Whole Food Energizer & Multi-Vitamin**
- 10.82 **ABC - Jasmine Oil**

LYMPHATIC SYSTEM

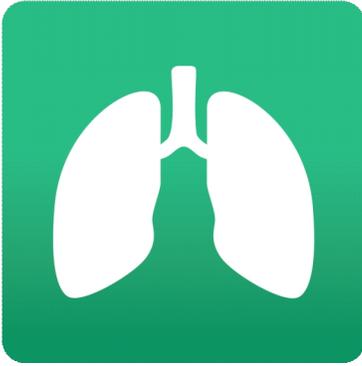


In addition to removing excess fluids and transporting fat to the circulatory system, the lymphatic system plays an integral role in the immune functions of the body. It is the first line of defense against disease. This network of vessels and nodes transports and filters lymph fluid containing antibodies 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



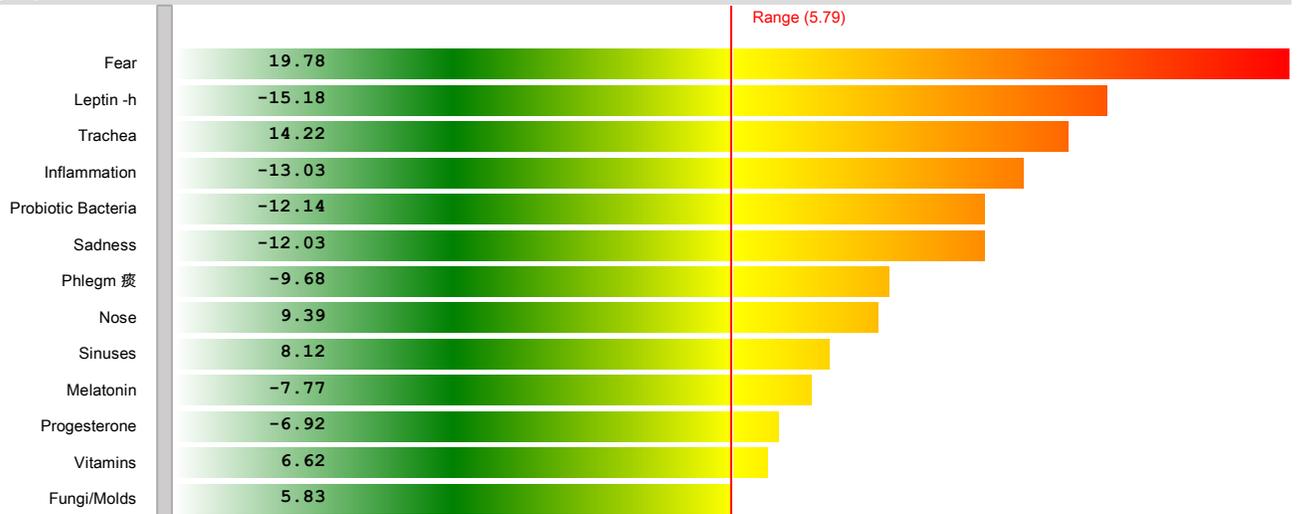
RESPIRATORY SYSTEM



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



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.

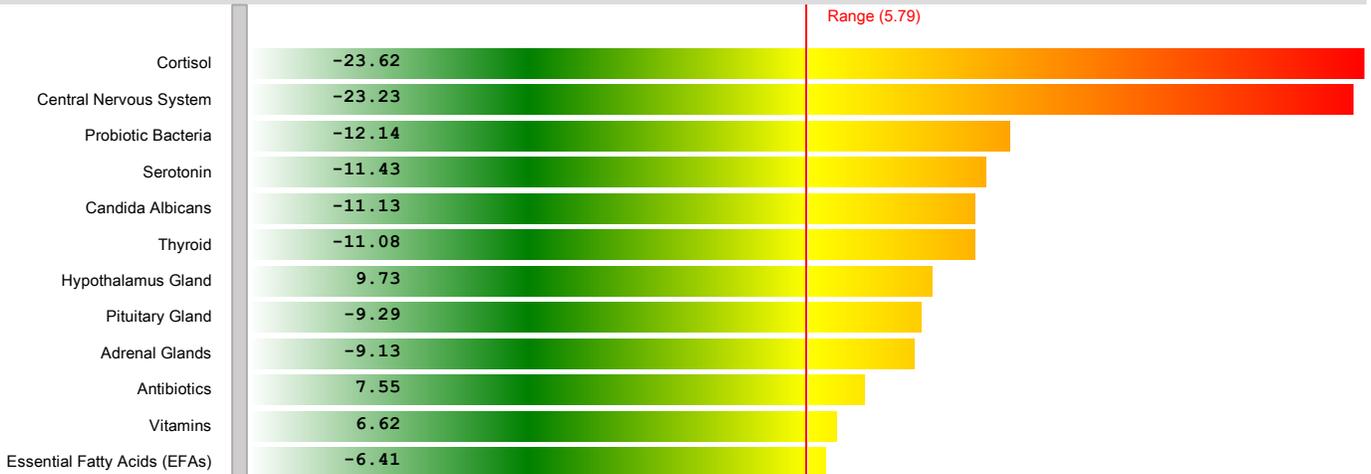
The hypothalamus is a principal limbic structure whose primary purpose is to maintain homeostasis in the body—meaning that it returns systems within your body to their “set points.” Specifically, the hypothalamus regulates hunger, thirst, levels of pain and pleasure, sexual satisfaction, and aggressive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

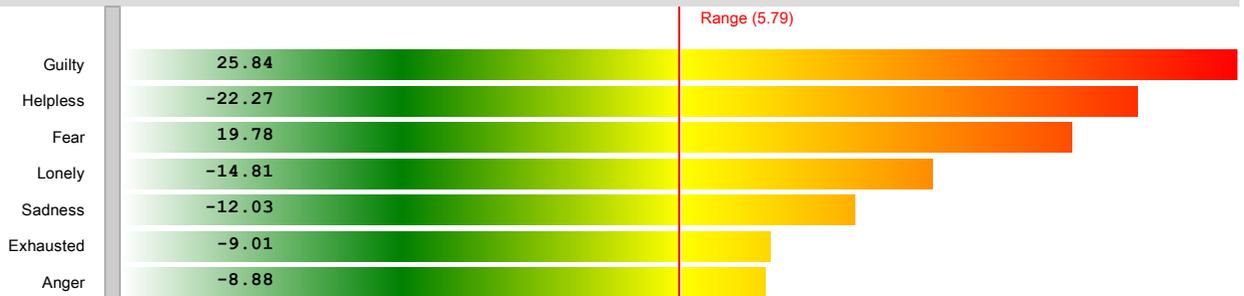
The hypothalamus detects the rising level of the target organ's hormones then sends either hormonal or electrical messages to the pituitary gland. In response, the pituitary gland releases hormones, which travel through the bloodstream to a target endocrine gland, instructing it to stop producing its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

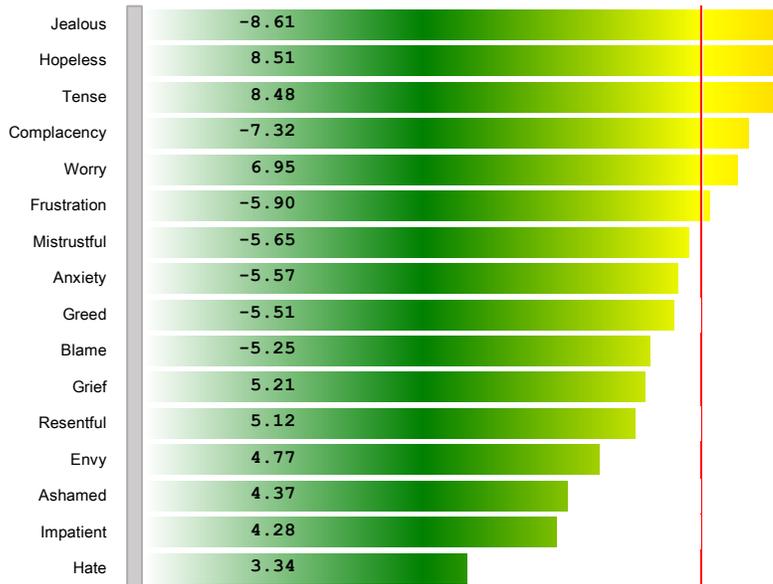
The hypothalamus—under the control of your thoughts, feelings, and attitude—sends instructions through the autonomic nervous system and the pituitary gland. The autonomic nervous system regulates blood pressure, heart rate, breathing, digestion, and sweating, and serves other vital functions. The pituitary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

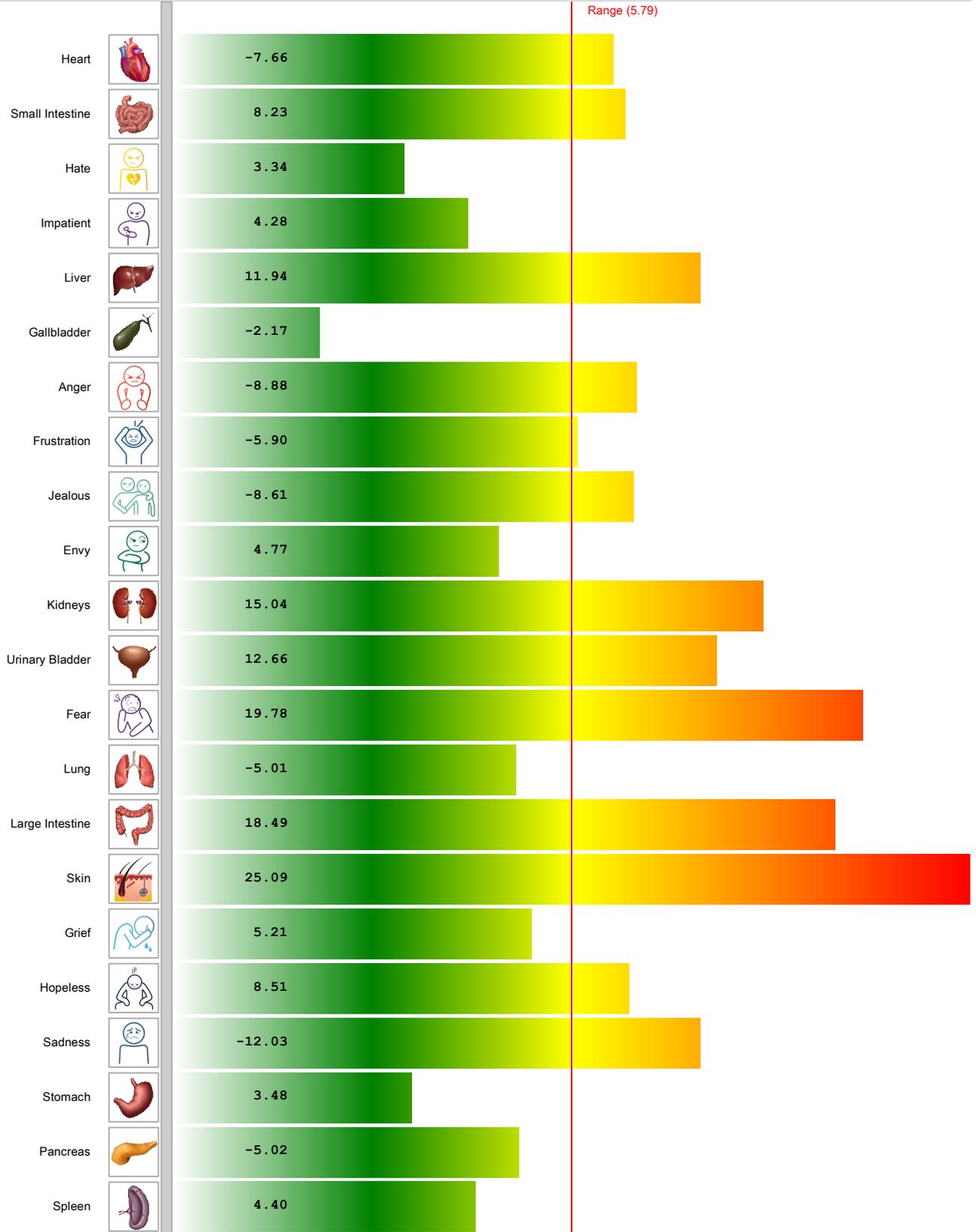




Top Mental/Emotional Balancers

- 18.88 **ABC - Revitalizing Sleep Formula 2 Capsules 1 times per day**
- 12.11 **ABC - Sage Oil**
- 11.67 **ABC - Cassia Oil**
- 11.37 **ABC - Thyme Oil**
- 11.27 **ABC - Petitgrain Oil**

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.

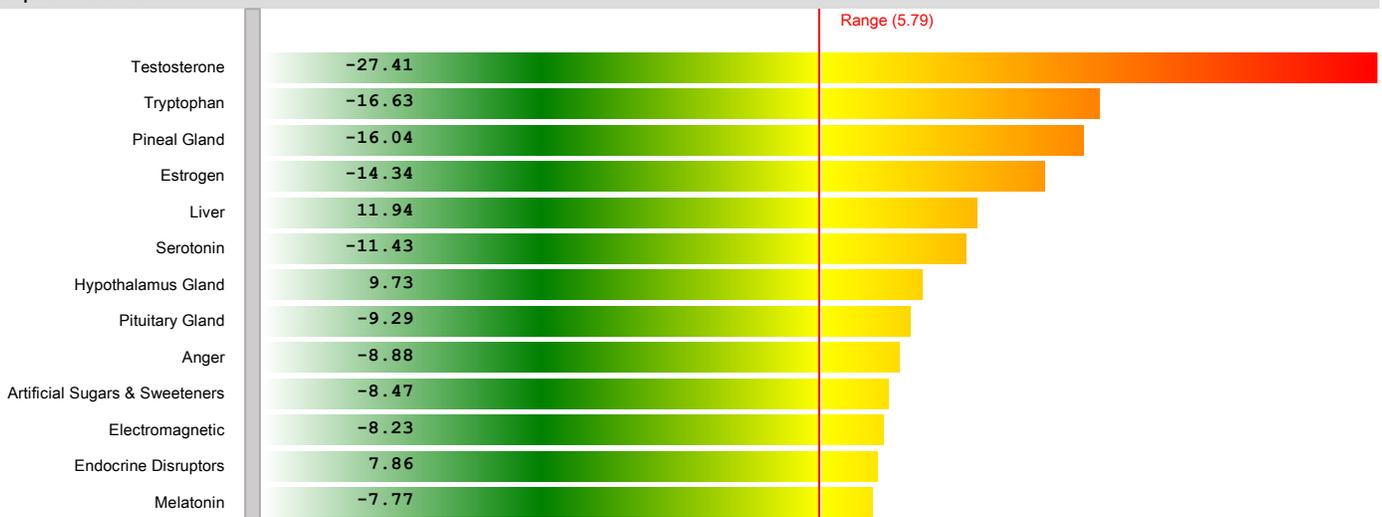
Another reason we are sleeping less, in addition to indoor lighting and multitasking lifestyles, is the universal acceptance and abuse of caffeine.

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

- 18.88 **ABC - Revitalizing Sleep Formula 2 Capsules 1 times per day**
- 11.27 **ABC - Petitgrain Oil**
- 10.82 **ABC - Jasmine Oil**
- 9.05 **ABC - Clary Sage Oil**



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

16.80 **Aroma Touch**

Aroma Touch Technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body.

13.39 **Activator**

The Activator Method Chiropractic Technique is a chiropractic treatment method and device created by Arlan Fuhr as an alternative to manual manipulation of the spine or extremity joints. The device is categorized as a mechanical force manual assisted (MFMA) instrument and is generally regarded as a gentler chiropractic treatment technique.

8.78 **Acupuncture**

Acupuncture is an alternative and complementary treatment based on Traditional Chinese Medicine (TCM), a system of healing that dates back over 2000 years. At the core of TCM is the notion that a type of life force, or energy, known as chi or qi (pronounced "chee") flows through energy pathways (meridians) in the body. Each meridian corresponds to one organ, or group of organs, that governs particular bodily functions. Achieving the proper flow of chi is thought to create health and wellness. To restore balance, an acupuncturist inserts very fine needles through the surface of the skin at points along the meridians, allowing your body's natural healing mechanisms to take over.

7.20 **Alpha Lipoic Acid Therapy**

Alpha-lipoic acid is a vitamin-like chemical that works as a powerful antioxidant. Good sources of alpha-lipoic acid include: yeast, liver, kidney, spinach, broccoli, and potatoes. Alpha-lipoic acid can also be made in the laboratory for medicinal use.

4.62 **Alpha Stim**

Get quick, sustainable relief from acute, chronic, and post-traumatic pain, while also treating other conditions often associated with pain (such as anxiety, depression, and insomnia).

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.

	(111)	(60)	(38)	(20)	(13)	(9)	(4)	(1)	(1)
Serrapeptase	Baseline 6.38	ABC - Revitalizing Sleep Formula -20.59	ABC - EyesAlive 5.87	ABC - Sage Oil 19.73	ABC - Cassia Oil 5.81	ABC - Thyme Oil -15.60	ABC - Petitgrain Oil 12.03	ABC - Whole Food Energizer & Multi-Vitamin 8.28	ABC - Jasmine Oil -17.41
Skin	25.09	-14.79	-17.21	7.86	-8.44	13.66	-16.04		
Pesticides/Insecticides	-5.82	8.50	-6.25	-6.59	13.92	9.67	14.91		
TCM - Triple Warmer Meridian	-7.04	8.49	-12.62	10.82	-5.94	15.27	7.76		
L 2	-19.80	-13.18	13.35	-14.63	-14.08	17.83			
Kidneys	15.04	-7.56	29.93	-11.69	-24.84	16.27			
TH 8	21.00	-19.67	-9.86	14.77	11.70	15.44			
TCM - Heart Meridian	-11.59	14.21	26.98	24.44	-6.00	8.66			
Large Intestine	18.49	-7.49	-14.28	17.25	17.57	5.95			
Glyphosate	11.97	5.81	6.90	-8.37	23.75				
Water Contaminants	5.97	-10.08	7.37	16.33	-10.04				
Testosterone	-27.41	6.67	10.62	-12.23	-9.25				
Tonsils	-11.28	9.16	8.90	18.96	-6.87				
T 26 / 2-	-17.31	10.75	-21.36	16.25					
Fungi/Molds	5.83	-11.81	-10.94	15.99					
Prostate	18.26	-20.34	-6.76	-14.41					
T 31 / 7-	-17.94	6.79	8.22	-9.71					
Serotonin	-11.43	11.05	25.35	9.12					
Lonely	-14.81	9.76	-5.96	-8.56					
TCM - Lung Meridian	7.44	8.85	-8.45	-7.49					
Inflammation	-13.03	7.46	-26.22						
T 25 / 1-	-14.00	6.94	19.55						
Trachea	14.22	20.13	-15.96						
Hypothalamus Gland	9.73	7.45	-14.15						
Thymus	6.67	22.74	-12.45						
Digestive Enzymes	5.92	-17.72	10.11						
Endocrine Disruptors	7.86	-12.30	9.22						
T 01 / 8+	5.93	-19.24	-8.39						
Guilty	25.84	-10.32	-8.34						
T 22 / -3	12.02	19.97	7.96						
T 16 / +8	20.51	15.98	-7.52						
TCM - Spleen Meridian	-9.99	-14.53	7.51						
T 03 / 6+	11.19	12.47	-7.35						
TCM - Pericardium Meridian	-15.77	9.18	-6.80						
Liver	11.94	6.61	6.60						
Lymphatic Vessels	28.24	-14.18	-6.38						
Heavy Metals	5.82	9.54	-6.37						
Cortisol	-23.62	-22.32	5.97						
Helpless	-22.27	24.34							
T 12 / +4	-15.63	19.87							
T 20 / -5	-8.31	18.61							



