

ENVIRONMENTAL PROFILE



Profile for:

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16/09/2014

This profile requested by:

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Getting your ENVIRONMENT RIGHT

AN INTRODUCTION FROM MEDICAL PROFESSIONALS

You may have heard it said before, you are a unique individual, living and surviving in a unique environment, which makes your needs, unlike anyone else's. You live with a constantly changing and manipulated diet, are exposed to illness and toxins every moment of your life. This creates constant demands for certain nutrients on an ever changing basis.

After illness, you may need more nutrients to help boost immune function or if you are being exposed to toxins, you may need minerals or antioxidants to help your body get rid of unwanted elements. At times of stress or high output, your needs will change to match the demands of your lifestyle.

Your Environmental Profile is designed to marry you with the nutritional products that are the most optimal for you now. It takes the guess work out of which of the wide range of products you are offered, and what you should focus on.

Taking products that are more compatible with your body's environment will help you to better utilize the nutrition and support of all the functions of your body.

As your diet, nutrition and supplements program influences then work with your environment, you will notice changes for the good. To maintain and progress this benefit, get tested every 90 days and ensure you are always aligned with the environment that will best help support your body's functions and needs.

The money you spend on creating a better environment will be better targeted to your needs, delivering on all aspects of your future.



Dr Marcus Stanton
Medical Director



Dr Alfons Meyer

A better ENVIRONMENT starts with NUTRITION

WHAT A GOOD NUTRITIONAL ENVIRONMENT DOES FOR YOU ...

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 preventing you from creating a GOOD NUTRITIONAL ENVIRONMENT?

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

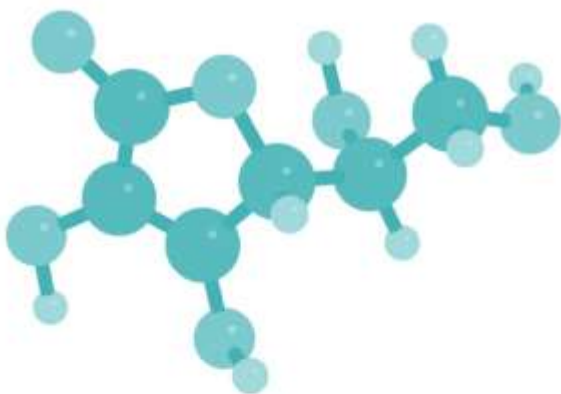
We like convenience in foods but it comes at a cost—the convenient options often have very low nutritional value.

Lifestyles

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

YOUR VITAMINS ENVIRONMENT

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 | • Peppers |
| • Seeds and Nuts | • Chicken |
| • Pulses | • Turkey |
| • Green Vegetables | • Fish |
| • Grains | • Soy Beans |
| | • Eggs |
| | • Apricots |

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

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YOUR MINERALS ENVIRONMENT

ABOUT MINERALS



Magnesium molecular model



All 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.

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

Too many minerals in the body may cause:

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

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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YOUR ESSENTIAL FATTY ACIDS ENVIRONMENT

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 WELLBEING

A deficiency of EFAs in our body may cause:

- Scaly dry skin
- Re-current 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

Non-Vegetarian

- Sardines
- Salmon
- Shrimp
- Mackerel
- Herring
- Trout

Vegetarian

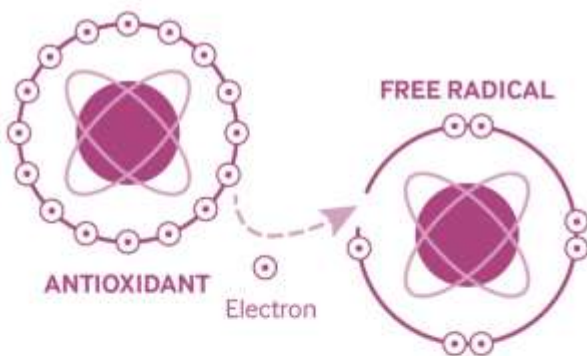
- Flaxseed
- Walnuts
- Soy Bean
- Tofu
- Hemp Seed

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

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YOUR ANTIOXIDANTS ENVIRONMENT

ABOUT AMINO ACIDS



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:

- Anaemia
- 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 diarrhoea, 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

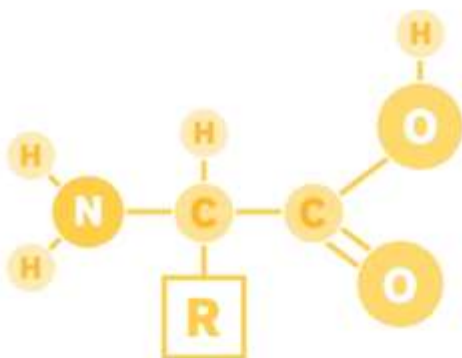
- | | |
|------------------|------------|
| • Peppers | • Broccoli |
| • Blueberries | • Cabbage |
| • Cranberries | • Apricots |
| • Tomatoes | • Salmon |
| • Nuts and Seeds | • Sardines |
| • Spinach | • Onion |
| | • Garlic |

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

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YOUR AMINO ACIDS ENVIRONMENT

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 diarrhoea were reported.

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

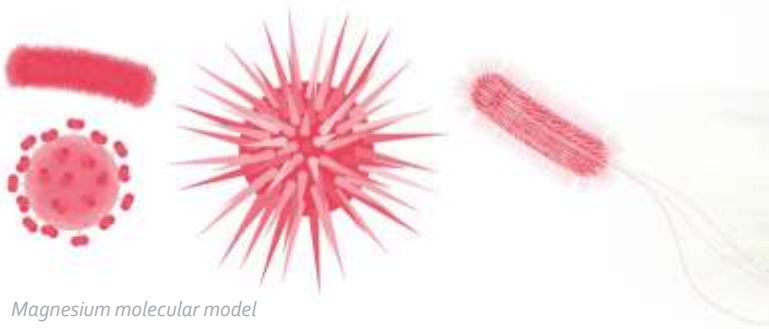
Amino Acid RICH FOODS

- | | |
|--------------------|-------------|
| • Meat | • Nuts |
| • Dairy | • Spirulina |
| • Seeds | • Poultry |
| • Pulses | • Seafood |
| • Green Vegetables | • Onion |
| • Grains | • Garlic |
| | • Peppers |

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YOUR TOXINS ENVIRONMENT

ABOUT TOXINS



Magnesium molecular model

Our environment has changed dramatically since the industrial revolution and one of the biggest changes has come about in the area of toxins. There are 3 main toxic groups, the chemicals, toxic metals and radiation. Within these groups there are literally hundreds of thousands of toxins which did not exist before man made them.

Many of these are, as the name says, highly toxic to your body which was not designed to deal with these man made molecules. There is no doubt that these can contribute to a host of health problems.

EXPELLING TOXINS from your body

The body does not naturally deal with toxins very well and can deposit them in the different tissues to avoid them doing damage to cells and organs. Avoid toxins as much as possible and regularly detox to keep the body free of these insidious molecules.

Many practitioners believe the presence of toxins reduces the bodies ability to absorb nutrients.

It is therefore worth considering a de-toxing program before commencing nutritional supplements.

There are many symptoms which may indicate toxic poisoning: Constipation, halitosis, strong smell aversion, weight gain, brain fog, anxiety.

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

Try to reduce use or exposure to:

- Fragrances (man made)
- Personal care products
- Cosmetics
- Household products
- Paints
- Materials
- Air Pollution
- Dental Amalgams
- Medicines
- Plastics (bottles)
- Cooking Utensils

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

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YOUR MICROBIOLOGY ENVIRONMENT

ABOUT MICROBIOLOGY



Influenza virus molecular model



These are all of the tiny organisms (bacteria, fungus, parasites and viruses) which live on or in the body. In many cases the body has a symbiotic existence with these microbes or at least tolerates them but in other cases and particularly when out of control they can cause a host of health problems.

In many cases these microbes cloak themselves to go about their business and in others they simply multiply and take over. It's the job of your immune system to keep the balance of power in your favour and maintaining a strong immune function is the key to dealing with unwanted guests.

Keeping our IMMUNE SYSTEM healthy

Immune function is your main defence from microbiological attack. It is made up of many facets and cells designed to protect the body wherever it is being targeted.

You can help to maintain your immune system with some of the following actions:

Exercise, healthy eating, avoid smoking/alcohol, avoid stress, follow immune boosting protocols.

There are too many symptoms of microbe attack to mention. However, if you feel constantly tired your immune might not be functioning at its full capacity.

**There are other symptoms/conditions of microbe attacks.*

Common MICROBES

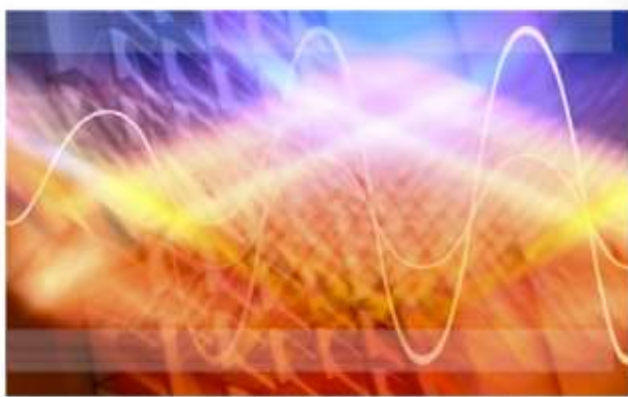
- Fungus – Athletes foot
- Virus – Chickenpox
- Virus – Common cold
- Parasites – Diarrhoea
- Parasites – Malaria
- Bacteria – Meningitis
- Bacteria – Pneumonia
- Virus – Herpes
- Fungus – Skin disease

**Common examples only, the report does not indicate if you do or do not have.*

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YOUR EMFS & ELFS ENVIRONMENT

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 recognise 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. Minimise 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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YOUR FOOD SENSITIVITY ENVIRONMENT

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 ALLERGIES

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!

WHAT IS FOOD SENSITIVITY?

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

Eggs
Banana
Dairy
Wheat (Gluten)
Corn
Seafood
Citrus Fruits
Onions/Garlic
Peppers

Allergic reactions (rash, breathing difficulty, headaches)
Wind and bloating
Stomach Cramps
Nausea
Diarrhoea/Constipation
Joint pain
Tiredness after meals

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



**Thank you for spending your time and money to
get this Environmental Profile.**

**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'.***

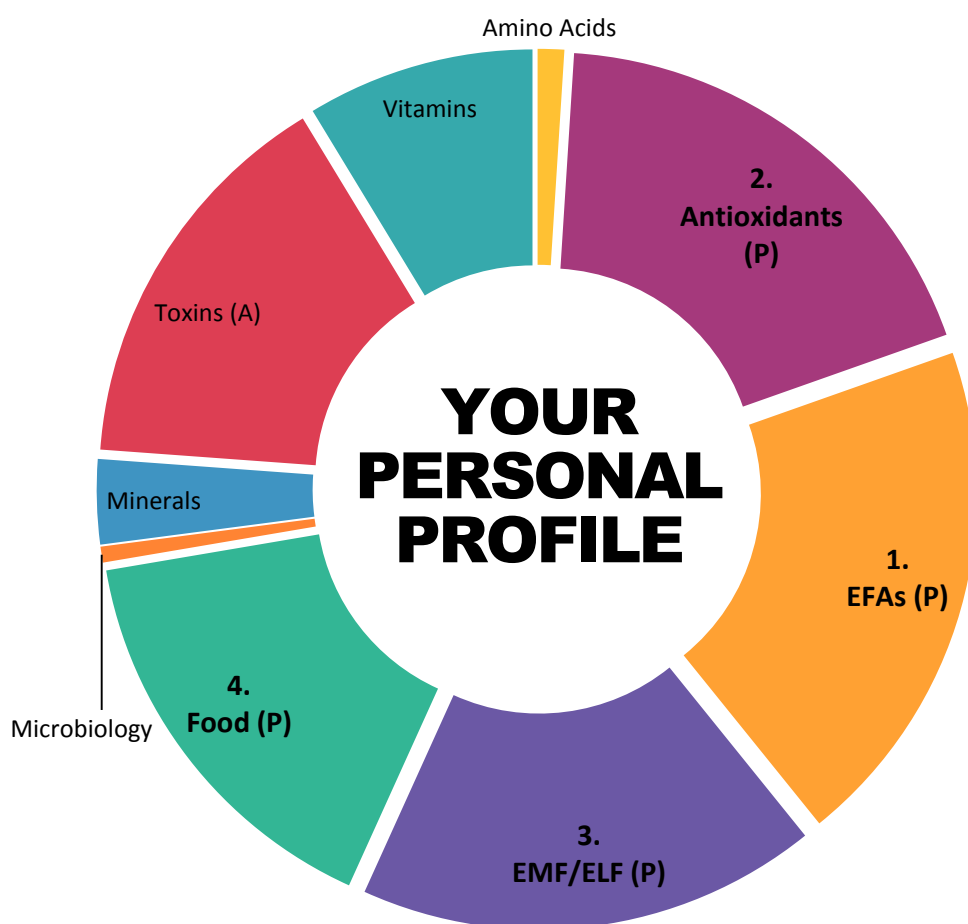
It's your body so why not let it do the talking.

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DISCLAIMER:

These statements contained within this report have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. Advice and recommendations given in this report or in personal consultation by phone, email, in-person, online coaching, or otherwise, is at the reader's sole discretion and risk. You should see a qualified, licensed doctor before starting any nutritional or diet program. Information presented in this report is not to be interpreted as any kind of attempt to prescribe or practice medicine. These statements and information have not been evaluated by the Food and Drug Administration. No product offerings made as a result of this report are intended to treat, diagnose, cure or prevent any disease. You should always consult with a competent, fully-informed medical professional or health practitioner when making decisions having to do with your health. You are advised to investigate and educate yourself about any health related actions and choices you make.

KEY ENVIRONMENTAL INDICATORS



YOUR RESULTS:

Your PRIMARY and Advisory indicators have been identified as:

1. EFAs (P)
2. Antioxidants (P)
3. EMF/ELF (P)
4. Food (P)
5. Toxins (A)

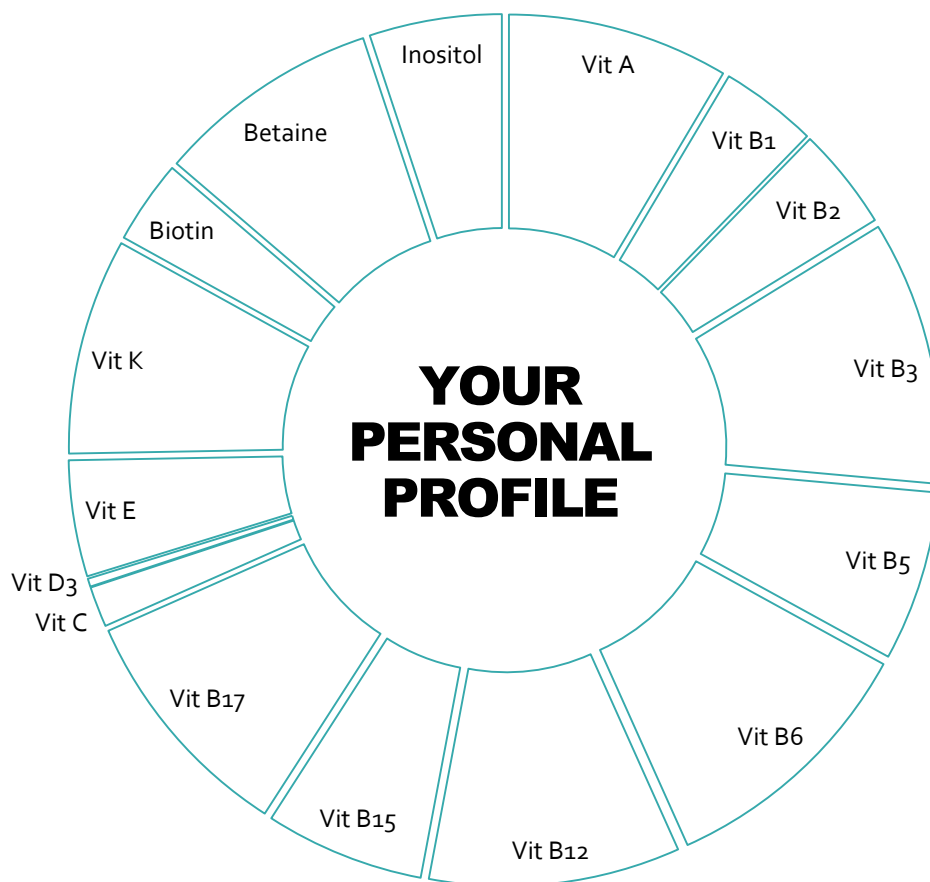
YOUR INDICATORS:

- Toxins
 - Microbiology
 - Essential Fatty Acids
 - Amino Acids
 - Foods
 - Vitamins
 - Minerals
 - EMF/ELF
 - Antioxidants
- (A) Advisory category
(P) Priority category

The Key Indicators Chart

The larger the segment in the chart the higher significance the item has in your environment, which means the item is more of a Priority for you to address. Lesser items are marked Advisory and no indication means low relevance. These are indicators of underlying issues, which you should consider addressing using high quality nutritional supplements.

VITAMINS INDICATORS



Environmental 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 or Advisory) then these are considered items which you might wish to address through your nutritional regime.

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MINERALS INDICATORS



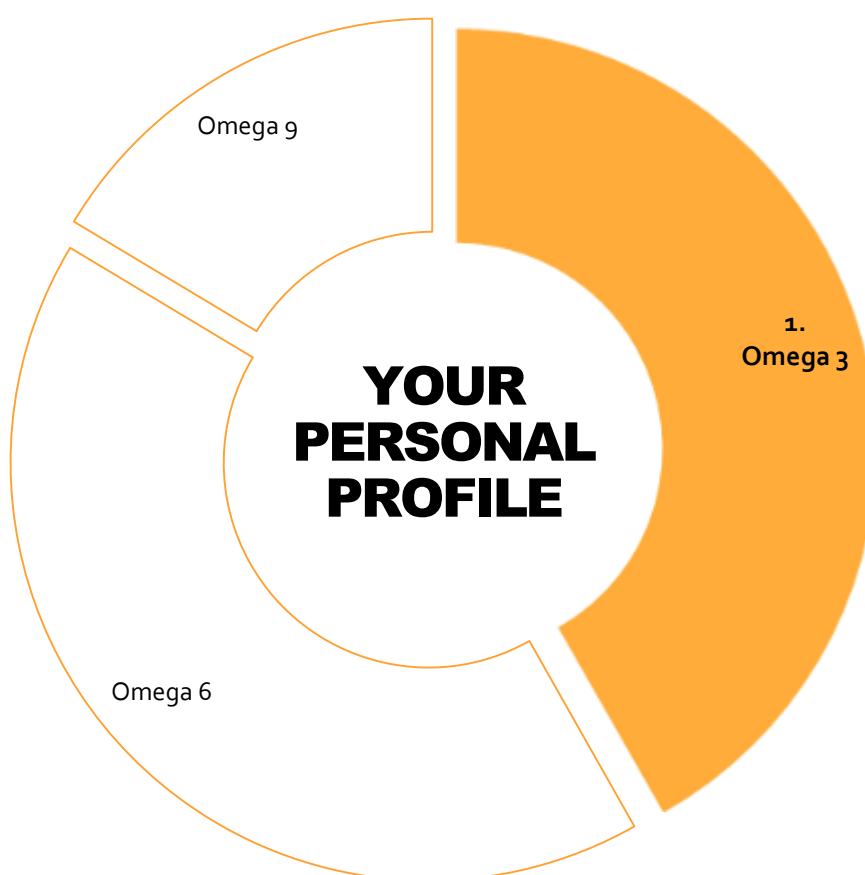
Environmental Indicator Chart

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 or Advisory) then these are considered items which you might wish to address through your nutritional regime.

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ESSENTIAL FATTY ACIDS INDICATORS

Priority - Supplementation Recommended



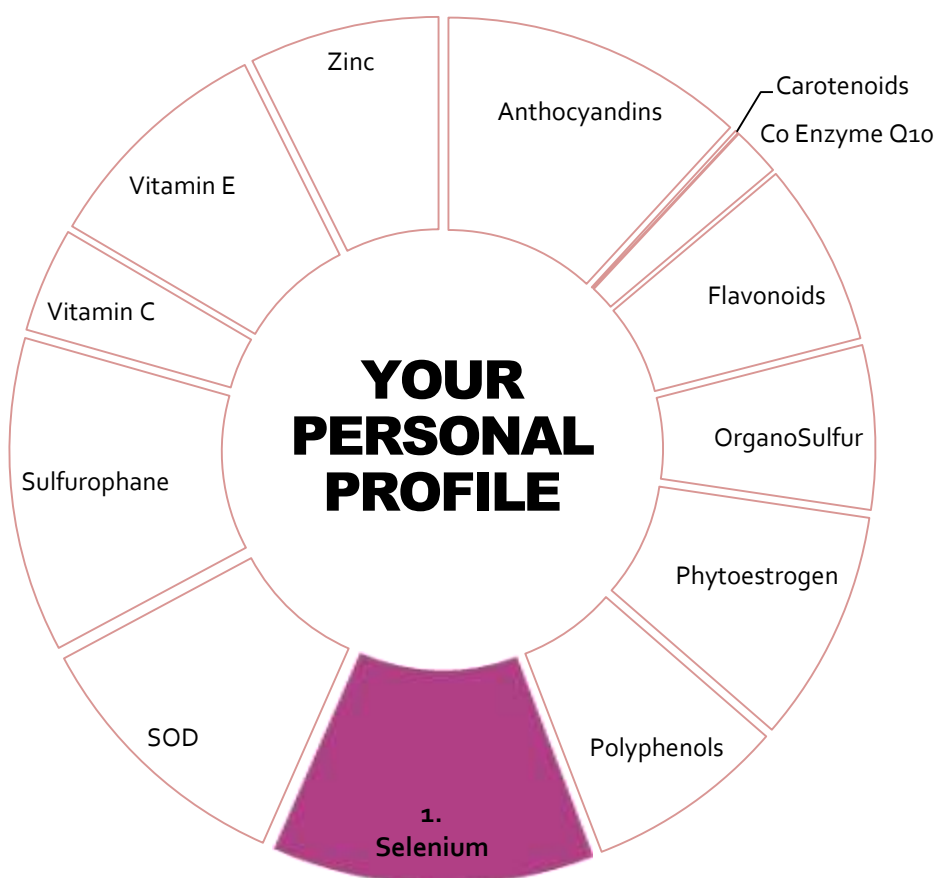
Environmental Indicator Chart

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 or Advisory) then these are considered items which you might wish to address through your nutritional regime.

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ANTIOXIDANTS INDICATORS

Priority - Supplementation Recommended

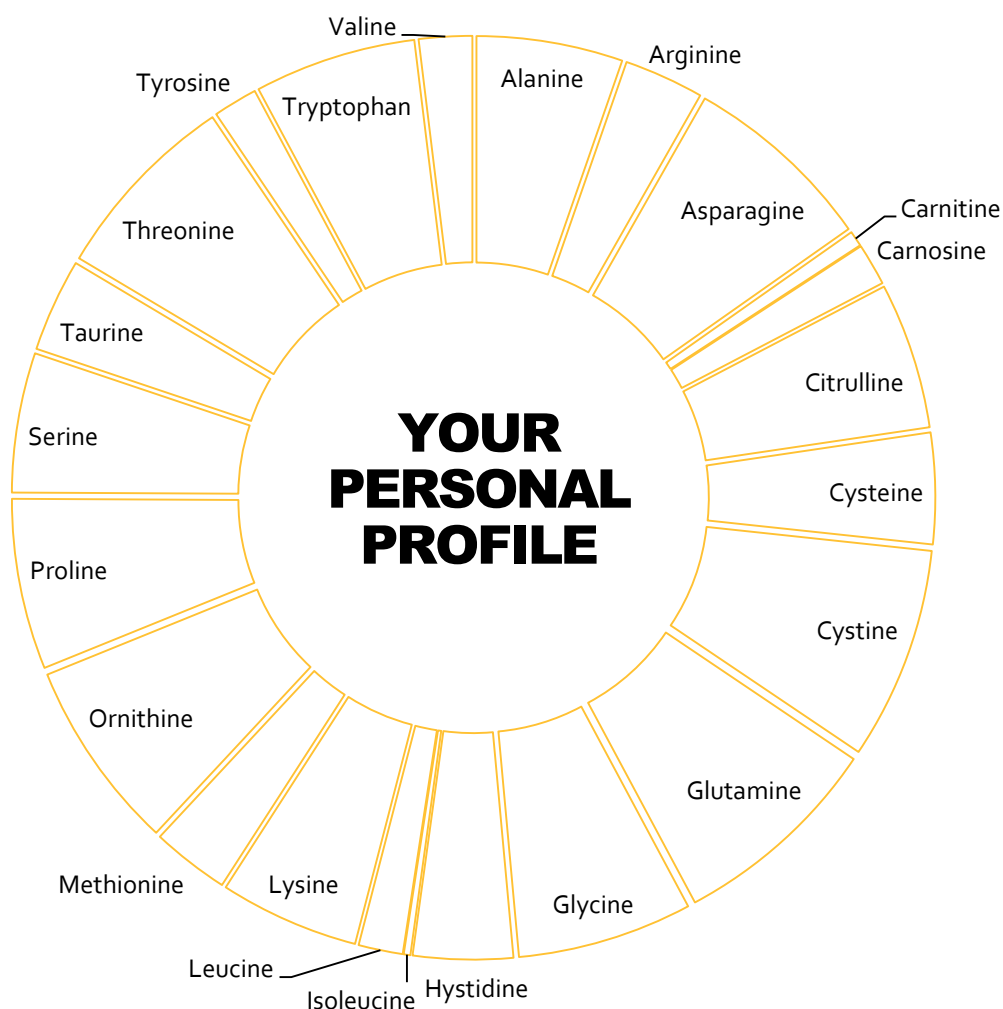


Environmental Indicator Chart

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 or Advisory) then these are considered items which you might wish to address through your nutritional regime.

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AMINO ACIDS INDICATORS



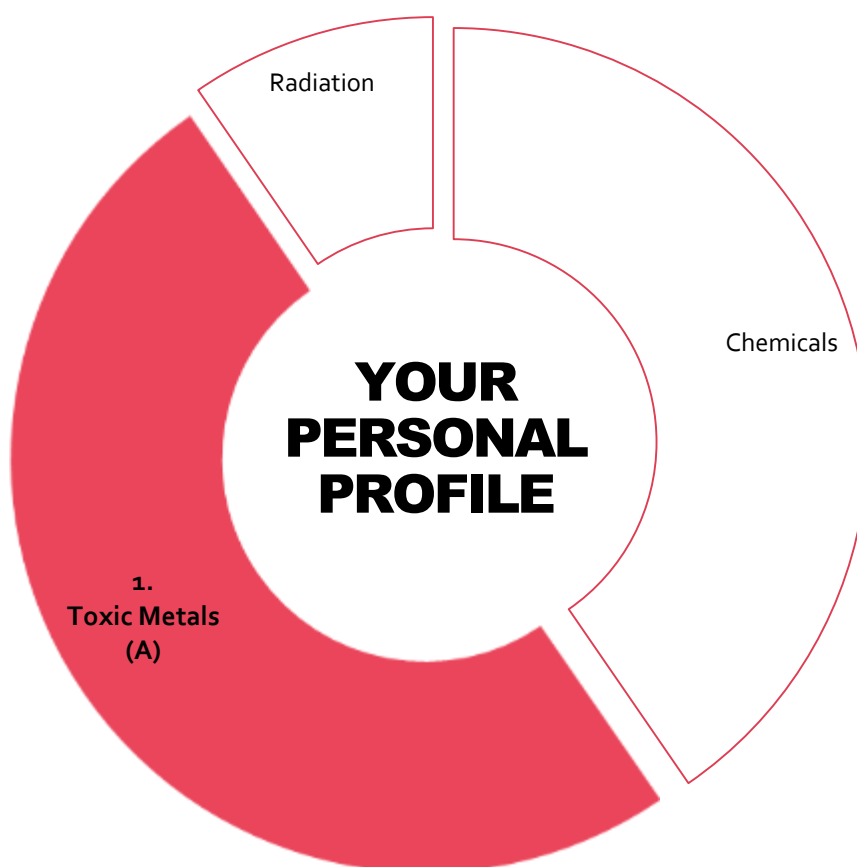
Environmental Indicator Chart

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 or Advisory) then these are considered items which you might wish to address through your nutritional regime.

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TOXINS INDICATORS

Advisory - Reduce Load



Environmental Indicator Chart

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

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MICROBIOLOGY INDICATORS



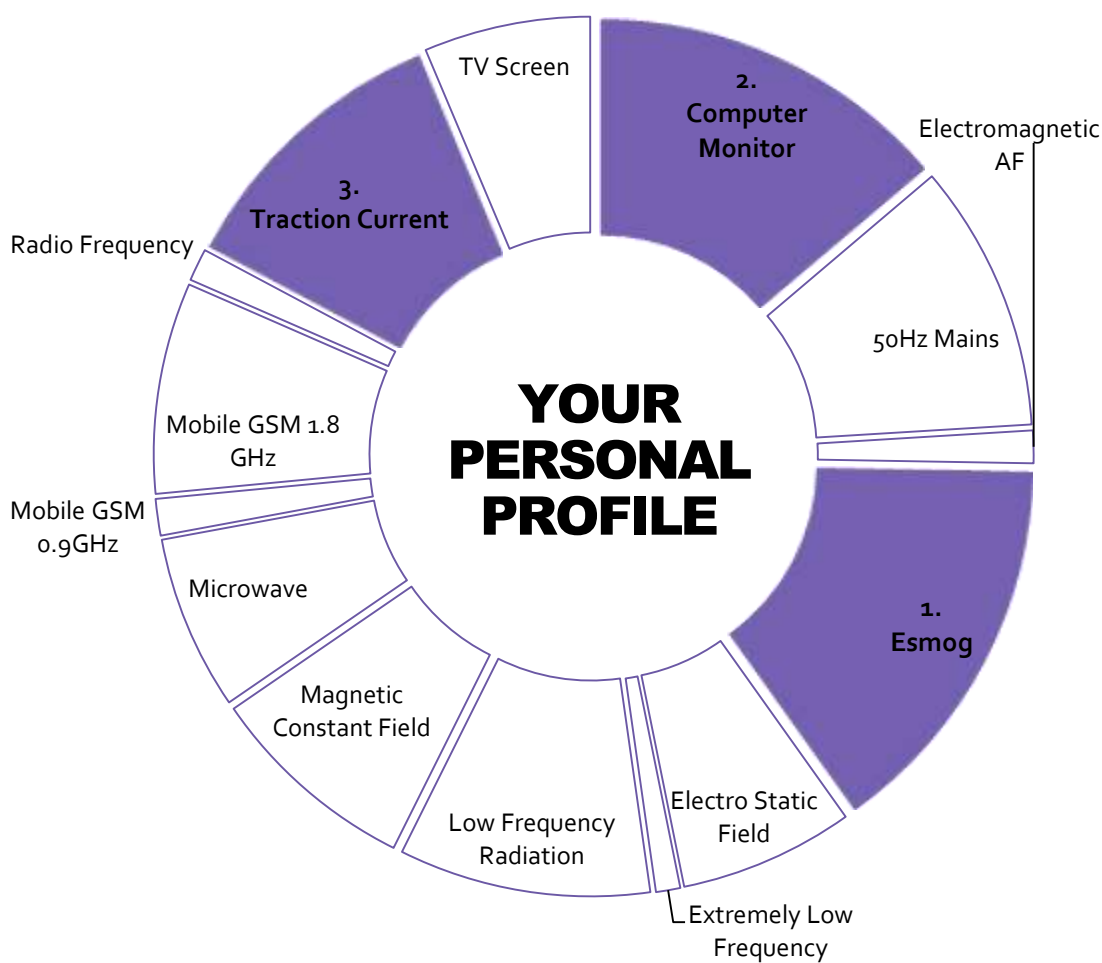
Environmental Indicator Chart

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

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EMFS & ELFS INDICATORS

Priority - Reduce Exposure



Environmental Indicator 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 or Advisory) then these are considered items which you might wish to address through your nutritional regime.

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DIETARY ENVIRONMENT INDICATORS

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	Purple Grapes	Lamb	Cauliflower
Cheese	Bilberry	Purple Plum	Pork	Celery
Cows Milk	Black Cherry	Raspberry	Turkey	Courgette
Goats Milk	Black Grapes	Red Cherry	Venison	Cucumber
Sheep Milk	Blackberry	Redcurrant	NUTS/SEEDS	Garlic
Unpasteurised Cheese	Blackcurrant	Rhubarb	Almond	Globe Artichoke
Eggs	Blueberry	Strawberry	Brazil Nuts	Green Beans
DRINKS	Citrus Fruits	Tropical Fruits	Cashew	Green Pepper
Chocolate	Elderberry	Watermelon	Coconut	Kidney Beans
Coffee	Gooseberry	Yellow Plum	Hazelnut	Leek
Tea	Grapefruit	GRAINS	Lentils	Lettuce
Alcohol	Green Grapes	Barley	Peanuts	Mushroom
FISH	Greengage	Buckwheat	Pistachios	Olives
Cod	Kiwi	Corn	Safflower	Onion
Herring	Lemon	Millet	Sesame	Orange Pepper
Plaice	Loganberry	Oats	Soy	Parsnip
Prawn	Mango	Rice	Sunflower	Peas
Salmon	Mulberry	Rye	Walnut	Potatoes
Sole	Orange	Spelt	VEGETABLES	Red Pepper
Trout	Orange Melon	Wheat	Alfalfa	Spinach
Tuna	Pale Melon	MEATS	Aubergines	Sprouts
FRUIT	Paw Paw	Beef	Beetroot	Tobacco
Apple	Peach	Chicken	Broccoli	Tomatoes
Apricot	Pear	Duck	Cabbage	Yellow Pepper
Avocado	Pineapple	Goose	Carrot	

The food indicators list is from the bio-field 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.

DIETARY ENVIRONMENT INDICATORS

Priority - Avoidance Recommended

Food Additives Indicators	
E 140 Chlorophylls and chlorophyllins	E 218 Methyl-para-hydroxybenzoate (PHB-Ester)
E 442 Ammonium phosphatides	E 122 Carmoisine
E 471 Mono- and diglyceride	E 434 Polyoxyethylene-sorbitan-monopalmitate
E 629 Calcium guanylate, Guanylate	E 500 Sodium carbonate, Sodium hydrogen
E 559 Aluminium silicate (Kaolin)	E 507 Hydrochloric acid

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).

Summary of YOUR ENVIRONMENTAL Indicators

CATEGORY	INDICATOR	TYPE
EFA's	Omega 3	Priority - Supplementation Recommended
Antioxidants	Selenium	Priority - Supplementation Recommended
EMF/ELF	Esmog Computer Monitor	Priority - Reduce Exposure
Food	Please refer to the list in your foods table on page 23 and your food additives table on page 24.	Priority - Avoidance Recommended
Toxins	Toxic Metals	Advisory - Reduce Load

ENVIRONMENTAL SUPPLEMENT 90 Day Program

Use the indicators listed in your profile and the experience of your advisor to create the optimal nutritional plan for you!

PRODUCT	Dosage	Notes