



EPIGENETICALLY
MAPPED IN GERMANY

90-DAY OPTIMIZE BABY & CHILD

IMMUNITY, GROWTH AND BRAIN DEVELOPMENT

- 12 Key Optimization Indicators
- System support indicators
- Cardio support indicators
- Resistance indicators
- Environment indicators
- Food's & addictive restrictions
- Food to eat

Plan for:

This plan created by:

cell-wellbeing.com



None of these statements have been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease or condition. It is intended to provide nutritional food information. The digital process does not provide reproducible indicators as it reflects the changing epigenetic environment at the quantum biological level. Nutritional Food Optimization should only be considered every 90 days. It is NOT recommended that a new Nutritional Food Plan be created within this period.

THE OPTIMIZE BABY & CHILD WELLBEING

AN INTRODUCTION FROM MEDICAL PROFESSIONALS

Optimizing the potential of babies and children, from the age of 1 to 13 years, requires a great deal of knowledge. We hope this report provides you with the important information needed. Some of the nutrients babies and children need to grow and stay healthy include: Calcium – help build strong bones and teeth. Fat – creates energy, is needed for the brain development, keeps the skin and hair healthy, and protects against infections.

The environment controls up to 98% of the way in which many of your genes express themselves („Epigenetics“). This means the way in which they act physically – while controlling virtually all aspects of your metabolism and your life.

Currently your child and almost everyone else on the planet, are operating below their potential due to the effects of the environment. Processed foods, low nutrient intake, toxins and chemicals, electromagnetic fields and extremely low frequency influences are responsible for a breakdown or lowering of the body's normal day-to-day functions.

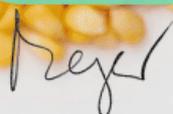
These functions are basic processes which are crucial to the way in which the physical body expresses. Firstly, the quality of new cells the body creates to repair itself and secondly, the nervous system and enzyme processes which are responsible for all physical processes.

While the environment has an altering influence on it, the process of gene expression is one of the most crucial aspects of producing optimized cells, which in turn produce optimized tissues, which in turn produce optimized organs and finally systems and the entire organism – are optimized. Your enzyme processes are entirely reliant on a constant supply of vitamins, minerals and amino acids for them to operate. Your nervous system is strongly affected by toxins, food additives and EMF/ELF. All of these factors can possibly contribute to a functional breakdown of the metabolism.

To achieve the optimal potential for children, you need to ensure that these processes are working in harmony. Anything less than optimum can be an association with a loss of function, which can be reflected in low energy, poor sleep, weak immune system, poor concentration, irritability, general aches and pain, slow recovery, susceptibility to injury and more. If left in a sub-optimal state for too long, then this can eventually lead to chronic issues.

The Baby and Child report programs are designed to help identify many of the common environmental influences that could be leading to a less-than-optimum output of your child genes, enzymes or metabolic function. The report also provides you with a 90-Day Plan for dealing with these issues for optimizing your child through dietary, nutritional programs.

Optimization is an awakening process, whereby you will become aware of your child's specific environmental factors and their effect of functionality.



Alfons Meyer, medical doctor



Marcus Stanton, medical doctor

OPTIMIZED NUTRITION IS THE KEY TO WELLNESS



WHAT COULD BE STOPPING YOUR CHILD FROM GETTING OPTIMIZED NUTRITION?

Nutrient Intake

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

Convenience

We like convenience in certain foods but it comes at a cost. The easiest of options often have the lowest of nutritional values.

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.

Lifestyles

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

THIS REPORT IS ONLY VALID FOR THE NEXT 90-DAYS

Your next Optimize Report date is:

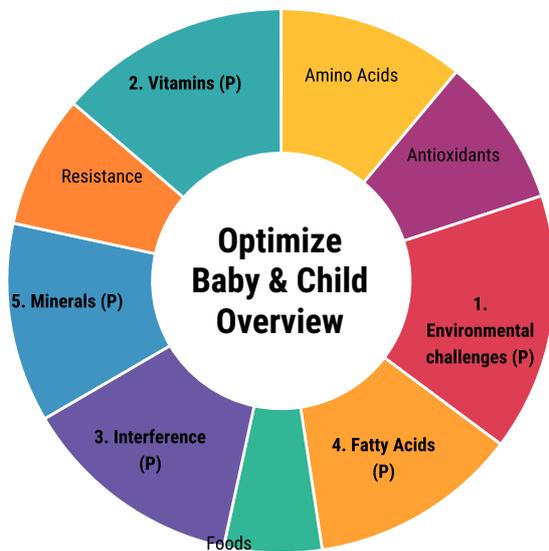
Book today with your provider at:

Phone:

Email:

With any regime change that supports wellness or performance it is most beneficial to follow a course of reports. Being optimized, means staying in alignment with your epigenetic environment and adjusting your food and nutrient intake to meet your changing needs over time. We recommend that you do this every 90-days, as this is a natural cycle the body follows. Don't miss out and book your next report now based on the above date.

KEY OPTIMIZATION OVERVIEW



Foods Restrictions Summary See Warning on page 11

Dates	Artichoke
Watermelon	Trout
Sesame	Pear
Carrot	Corn
Mulberry	Peppers, green

These are NOT based on allergenic foods. Please continue to avoid known allergy food sources. See page 11.

The food indicators list is from the epigenetic relevancy indicators and NOT a physical intolerance or allergy.

Additives to Avoid Summary

E 326 Potassium lactate (salts from lactic acid)	E 284 Boric acid
E 160 d Lycopene	E 356 Sodium adipate
E 173 Aluminium	E 129 Allura red AC
E 433 Polyoxyethylene-sorbitan-mono-oleate (Polysorbate 80)	E 150 d Ammonium sulphite Caramel
E 554 Aluminium Sodium silicate	E 530 Magnesium oxide

For further information on food additives see page 11

Category	Indicator	Information
Environmental challenges	Chemicals and Hydrocarbons	For full results see the chart on page 22. For food sources refer to page 30.
Vitamins	Biotin. Vitamin B12. Vitamin B2. Vitamin B3	For full results see the chart on page 12. For food sources refer to page 29.
Interference	Electrostatic field. 50 Hz mains current. Mobile telephone, GSM (1,8 GHz). TV screen	For full results see the chart on page 10. For food sources refer to page 30.
Fatty Acids	Arachidonic Acid - 6 (AA). Eicosapentaenoic Acid - 3 (EPA)	For full results see the chart on page 16. For food sources refer to page 29.
Minerals	Iron. Silicon. Chromium. Copper	For full results see the chart on page 14. For food sources refer to page 29.
Foods	Please refer to the foods tables on page 28 and 29 of the plan.	For full results see the chart on page 11.
Additives to Avoid	Please refer to the food additives table and link on page 27.	For full results see the chart on page 12.

The Key Indicators Chart

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

OPTIMIZE OVERALL GENERAL WELLBEING INDICATORS



Every Person's life system varies dramatically based on diet, environmental pollutants and metabolic stressors. The indicators on this page are intended to fortify your child's own system. A personalized nutritionally balanced diet is essential to maintain or build a healthy and robust system.

Vitamins Markers	Vitamin A1	Vitamin B1	Vitamin B2	14	35+ Total Value High Support
	Vitamin B2	Vitamin B3	Vitamin B5		
	Vitamin B6	Vitamin B9	Vitamin B12		
	Biotin	Vitamin C	Vitamin D3		
	Vitamin K1				
Minerals Markers	Zinc	Copper	Manganese	4	
	Selenium	Iron			
Antioxidants Markers	Vitamin C	Selenium	Zinc	0	20-34 Total Value Moderate Support
	Carotenoids	Flavonoids	Polyphenols		
	Superoxide Dismutase	Vitamin E	Alpha Lipoic Acid		
	Co-Enzyme Q10				
Fatty Acids Markers	Omega 3	Omega 6		5	
Amino Acids	Cysteine	Glutamine	Glycine	0	
	Lysine	Tryptophan			
System Supports	Gut & Intestinal	Cardio	Oxidative Stress/Inflammation	0	
	Sleep	Energy Production	Liquid Hydration		
Environmental Stressors	Toxic Metals	Chemicals and Hydrocarbons	Electro Sensitivity OR Radiation	14	1-19 Total Value Maintenance Support
Resistance indicators	Moulds/Spores	Fungus	Parasite	0	
	Virus				
Food Restrictions	Gluten	Cows Milk	Corn	6	
	Wheat OR Barley	Oats	Eggs		
	Banana				
Total Value				43	

The above chart compares relevant immune data from the other pages. These are indicator's of nutritional optimisation only and not intended to be a diagnosis of any physical malfunction within any specific area. If you are concerned about the physical function of any of your wellness systems processes, you should seek the help of a qualified health professional.

OPTIMIZE GROWTH INDICATORS



A balanced nutritional diet is essential to maintain or build a child's growth. Growing children, or those falling behind in growth, need balanced nutrition to feed their body and energy needs. Juggling the lives of children with working from home, trying to find childcare and ensuring e-learning is challenging many families like never before. It is therefore important for concerned parents to understand the role that certain foods play in the development of their children.

Nutrition is important at every age. All children require proper nutrients to stay healthy and strong, in order to grow up to enjoy a robust and balanced system. A well-adjusted, nutritious diet can also help children to establish healthy eating habits and nutritional knowledge. These influences may also assist your child apply throughout their life and pass on to the future generations.

Vitamins Markers	Vitamin A1	Vitamin B1	Vitamin B2	6	35+ Total Value High Support
	Vitamin B6	Vitamin B12	Vitamin C		
	Vitamin D3	Vitamin K1			
Minerals Markers	Zinc	Calcium	Iron	3	
	Selenium	Magnesium	Manganese		
Antioxidants Markers	Isoleucine	Lysine	Leucine	0	
	Methionine	Phenylalanine	Threonine		
	Tryptophan	Valine	Arginine		
	Glycine				
Fatty Acids & Antioxidants Markers	Docosahexaenoic Acid 3 (DHA)	Polyphenols	Copper	4	1-19 Total Value Maintenance Support
	Zinc	Selenium	Flavonoids		
Total Value				13	

Some of the positive food factors which are important for optimizing your Growth are: Chickpeas, Lentils, Egg, Cottage Cheese, Apples, Black Beans, Kale, Amaranth, Almonds, Tomatoes, Spirulina, Green Barley.

OPTIMIZE BRAIN DEVELOPMENT INDICATORS



A balanced nutritional diet promotes development and maintenance of the brain functionality. Growing children need natural and absorbable nutrition to feed their brain, body and energy needs. Juggling the lives of children by working from home, trying to find childcare and ensuring e-learning has challenged many families like never before. It is therefore important for many parents to understand the role certain foods play in the development of their children’s brain functions.

As rapidly as children grow from being a baby to school age, their brains are equally growing, adjusting and changing at a fast pace. The nutritional foods they eat are therefore important and critical for the brains development and what they eat plays a significant role in a child’s development. On the other hand, some of the foods children consume may have a dampening impact on brain development.

Proteins, vitamins and minerals play key roles in a child's brains development. Most scientists recommend that children eat a variety of protein foods including seafood, lean meat, poultry, eggs, green vegetables – better steamed rather than fried. Include unsalted nuts and seeds in the food intake. Choline is highly important as a component from which nerve signaling and nerve sheath (Myelin) is formed. While the body can produce Choline mainly in the liver, the majority of it must come from the diet. Choline promotes normal cell activity, liver function and the transportation of nutrients throughout the body.

The gut flora is also contributing to feeding the brain, and yogurt plays a supportive role here along with other probiotic generating foods.

Vitamins Markers	Vitamin A1	Vitamin B1	Vitamin B6	4	35+ Total Value High Support
	Vitamin B12	Vitamin C	Vitamin D3		
	Vitamin E	Vitamin K1			
Minerals Markers	Zinc	Copper	Manganese	5	20-34 Total Value Moderate Support
	Selenium	Iron	Iodine		
Fatty Acids Markers	Docosahexaenoic Acid - 3 (DHA)	Alpha-Linolenic Acid - 3 (ALA)	Eicosapentaenoic Acid - 3 (EPA)	2	
Antioxidants Markers	Polyphenols	Vitamin C	Vitamin E	0	1-19 Total Value Maintenance Support
	Carotenoids				
Total Value				11	

Some of the positive food factors which are important for optimizing your Brain Development are: Blueberries, Apples, Broccoli, Elderberry, Black Currant, Turmeric (Curcuma), Pumpkin Seeds, Walnuts, Oatmeal, Egg.

BABY & CHILD IMMUNITY SYSTEM SUPPORT INDICATORS



Every child's immune system and performance varies dramatically based on diet, environmental pollutants and metabolic stressors. The indicators on this page are intended to help fortify or balance a child's individual immune system. A personalized nutritionally balanced diet is important to maintain or build a healthy and robust immune system.

An effective immune system can assist in protecting children from the worst effects of infection or environmental impacts. Boosting the child's immune systems plays a role in the child's vitality and wellbeing. Please consider concentrating on correcting each of the sections below.

Vitamins Markers	Vitamin A1	Vitamin B1	Vitamin B2	5	35+ Total Value High Support	
	Vitamin B5	Vitamin B6	Vitamin B9			
	Vitamin B12	Vitamin C	Vitamin D3			
	Vitamin E					
Minerals Markers	Zinc	Copper	Manganese	4		
	Selenium	Iron				
Antioxidants Markers	Vitamin C	Selenium	Zinc	0		20-34 Total Value Moderate Support
	Carotenoids	Flavonoids	Polyphenols			
	Superoxide Dismutase	Vitamin E	Alpha Lipoic Acid			
	Co-Enzyme Q10					
Fatty Acids Markers	Omega 3	Omega 6		5		
Amino Acids	Cysteine	Glutamine	Glycine	0		
	Lysine	Tryptophan				
System Supports	Gut & Intestinal	Cardio	Oxidative Stress/Inflammation	0		
	Sleep	Energy Production	Liquid Hydration			
Environmental Stressors	Toxic Metals	Chemicals and Hydrocarbons	Electro Sensitivity OR Radiation	14	1-19 Total Value Maintenance Support	
Resistance indicators	Moulds/Spores	Fungus	Parasite	0		
	Virus					
Food Restrictions	Gluten	Cows Milk	Corn	6		
	Wheat OR Barley	Oats	Eggs			
	Banana					
Total Value				34		

The above chart compares relevant immune data from the other pages. These are indicator's of nutritional optimisation only and not intended to be a diagnosis of any physical malfunction within any specific area. If you are concerned about the physical function of any of your wellness systems processes, you should seek the help of a qualified health professional.

Gut Support Indicators



The unprecedented modernization which has taken place over the last three decades has brought with it a massive increase in environmental pollutants. These pollutants have impacted our daily lives in many ways.

One of the biggest impacts has been the stress caused to the Intestinal tract and Gut System. These two areas provide most of our cellular energies and play a major role in our immune systems. The function of these systems are equally important to our memory, as they influences the brains performance.

When toxic pollutants enter the gut, dysfunction can occur. Below are some of the pointers which may be of assistance to optimized gut performance. This is not a diagnostic assessment and should not be taken as such. The table below indicates which nutrients can help optimize gut support. The more of the pointers that appear in the table below the higher level of optimization of gut support may be required.

Environmental Stressors	Electro Sensitivity	Chemicals and Hydrocarbons	Radiation	7	20+ Total Value High Support
	Toxic Metals	Bacteria	Fungus		
	Parasite	Virus			
Nutrition Markers	Histidine	Tryptophan	Zinc	4	11-19 Total Value Moderate Support
	Cysteine	Betaine	Superoxide Dismutase		
	Molybdenum	Vitamin D3	Alpha Lipoic Acid		
	Sulforaphane	Omega 3	Selenium		
	Vitamin B12	Iron	Vitamin C		
	Glutamine				
System Support Energetic Indicators	Digestion	Microbial Balance	Oxidative Stress/Inflammation	2	1-10 Total Value Maintenance Support
	Detoxification System	Emotions	Energy Production		
	Immune System	Brain			
Food Intolerances	Wheat	Barley	Rye	4	1-10 Total Value Maintenance Support
	Alcohol	Corn	Soya Beans		
			Total Value	17	

For gut food support refer to page 32

An indication that your child may require nutritional support to optimize your Gut Stress is not a diagnosis that you have any issues or condition. This is not diagnostic and makes no claim that you have any disease, issues or conditions. If you are concerned about your gut health you should consult your physician before starting a nutrition regime.

CIRCULATORY SUPPORT INDICATORS



A poor circulation reduces the child’s ability to transport nutrients and oxygen to where they are needed.

You can support your child's circulation with good nutrition and some simple exercise and lifestyle choices outlined below.

Circulation can be supported by many nutrients and it is important to get this balance daily. The chart below indicates which nutrients can be important to help optimize circulation. The more of these that appearing in the table below the higher level of support the circulation systems may require, with your final support level indicated in the column on the right. Remembering this is not a diagnosis of the function of your circulatory systems.

Circulatory Nutrition Support Indicators An indication that you may require nutritional support to optimize your Circulatory systems is not a diagnosis that you have any issues or condition. If you are concerned about your circulatory health you should consult your physician before starting a nutrition or exercise regime.	Selenium	Superoxide Dismutase	Iodine	7+ indicators High Support
	Vitamin B2	Vitamin C	Vitamin E	
	Vitamin D3	Vitamin K1	Vitamin B3	
	Vitamin B6	Vitamin B12	Vitamin B9	
	Taurine	Arginine	Citrulline	4-6 Indicators Moderate Support
	Carnosine	Alanine	Serine	
	Methionine	Cystine	Lysine	
	Histidine	Proline	Co-Enzyme Q10	
	Potassium	Sodium	Flavonoids	
	Anthocyanidins	Polyphenols	Magnesium	2-3 Indicators Maintenance Support
	Betaine	Vitamin K2	Alpha-Linolenic Acid - 3 (ALA)	
	Docosahexaenoic Acid - 3 (DHA)	Eicosapentaenoic Acid - 3 (EPA)	Arachidonic Acid - 6 (AA)	
	Oleic Acid - 9			

Other factors which are important for optimizing your Circulatory systems or that can be affected by poor circulatory function.

1. PHYSICAL ACTIVITY	Exercise for at least 20 minutes per day. There are proven benefits between daily exercise and the circulatory function.
2. LIFESTYLE	Cut down or eliminate the intake or risk of second hand smoking and manufactured sugars, these are well known contributors circulatory dysfunction.
3. STRESS	Lowering stress may help reduce high blood pressure. High blood pressure is the #1 wellness issue in the world. Encourage laughing and smiling daily.
4. OBESITY	There is a proven link between obesity and circulation, related to the elasticity and overall function of the blood vessels. Having good circulatory function has been known to assist in this area.

FOOD RESTRICTIONS



ABOUT FOOD RESTRICTIONS

As a parent it is important to be alert to signs of certain food intolerances and sensitivities in your child. These can be sometimes seen as skin blotches, rashes, discolouration, puffy eyes and even diarrhoea. Never ignore known or new causes of allergic reactions please note the red warning box below.

There are many different levels at which foods can effect a child from the severe to the very mild, but all have the ability to affect the wellness processes.

There are foods which you could be eating which show NO physical signs and symptoms of being a problem, but which are not supporting the body's needs as they take up more energy to digest than the body gets in return. This puts pressure on the entire system and these foods are best restricted in the short term and up to 90-days.

ENERGY FLOW

When we are struggling against the foods we ingest, the body will end up using energy from another source in the body to digest and liberate key nutrients. This process leads to a compensation process which will leave another function unable to complete properly and this does not support overall function. So, it is important not only to eat foods which can support the overall status of the body. But also to adjust for foods which might not be best supporting and maintaining normal functions in the short to medium term.

Foods Restrictions	
Dates	Artichoke
Watermelon	Trout
Sesame	Pear
Carrot	Corn
Mulberry	Peppers, green

The food indicators list is from the epigenetic relevancy indicators and NOT a physical intolerance or allergy. Please continue to avoid foods that you know physically affect you. Please restrict these foods for a 90 day period.

Any indication in this report of an underlying food restriction 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.**

FOOD ADDITIVE AVOIDANCE

Consider - Avoidance Recommended



Additives to Avoid Summary

E 326 Potassium lactate (salts from lactic acid)	E 284 Boric acid
E 160 d Lycopene	E 356 Sodium adipate
E 173 Aluminium	E 129 Allura red AC
E 433 Polyoxyethylene-sorbitan-mono-oleate (Polysorbate 80)	E 150 d Ammonium sulphite Caramel
E 554 Aluminium Sodium silicate	E 530 Magnesium oxide

ABOUT FOOD ADDITIVES

The best choices will always lead to optimized wellness and natural, unprocessed, home cooked food will always be best.

Therefore, the proper understanding of how food additives affect wellness is crucial in reaching your wellness goals. Here are some of the important food additive avoidances that we recommend. You must know that beyond reading labels on products you must understand and be able to choose the best resources for an optimal wellness.

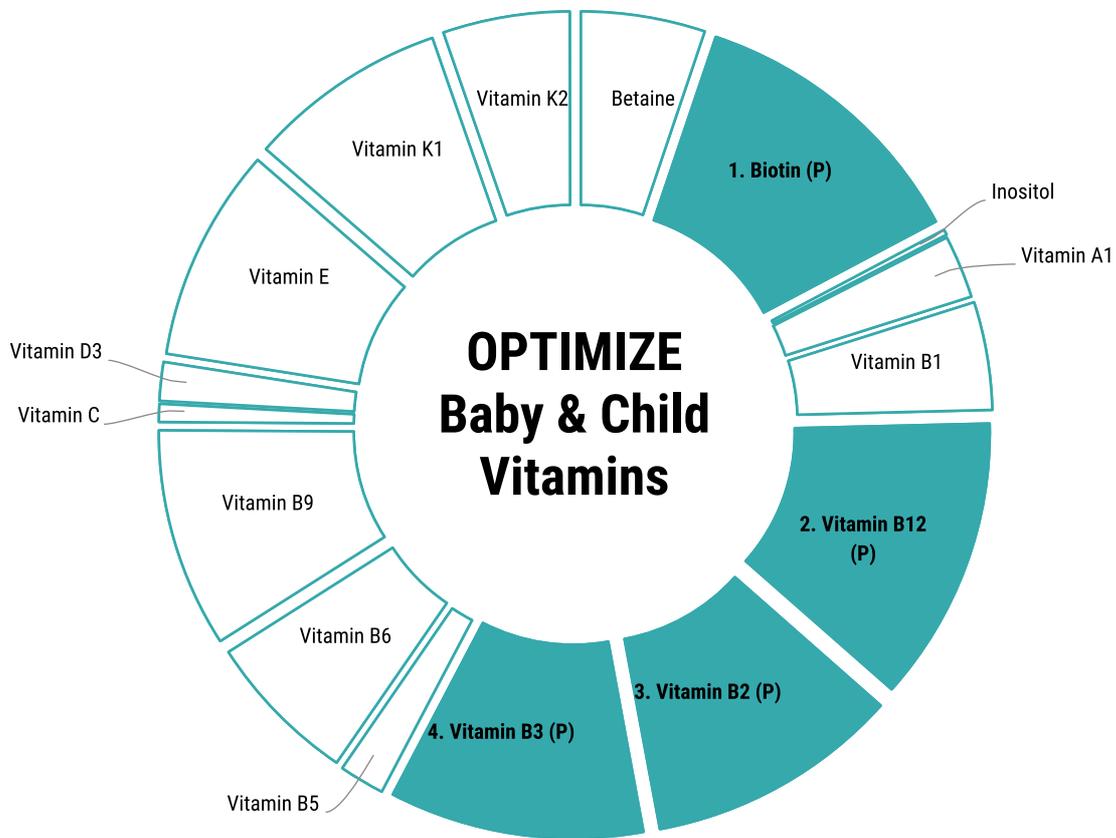
Here are some of the food additive avoidances we recommend:

1. High Fructose Corn Syrup (HFCS) It has been implicated in affecting poor cardiovascular response, poor blood sugar management and body fat gain. Unfortunately, it is found in many popular foods, energy drinks and energy bars.
2. Aspartame: An unsafe however very popular food additive, considered to be an "excitotoxin, regular use of this substance may distort a brains cellular function and affect neurotransmitters. At the minimal this substance may lead to poor focus, cloudy cognitive function and brain fog that will adversely affect a peak wellness state.
3. Hydrolyzed Protein: This is a high allergenic protein resource that may cause drastic rises in blood sugar. It may increase your desire to eat more or possibly binge, it may contribute to a higher caloric intake by increasing or spiking blood sugar and your hunger response immediately after the intake of any product containing hydrolyzed protein.
4. Monosodium Glutamate: This is a hydrolyzed protein, it is in may energy bars and protein supplements, such as whey protein isolates or textured proteins and pre-prepared foods. This is utilized to fool the tongue into thinking these bars and shakes have a better taste profile than they may have.
5. Artificial Colors: They may cause false involuntary physical responses and hyperactivity. These artificial colorings are found in many sports, energy and protein drinks and everyday foods. As well as nutrition and energy bars and many consumable sports and fitness supplements.

In conclusion the best way to achieve optimized wellness is to avoid these unhealthy ingredients, as well as all of the additive indicators that appear in your personalize plan and listed above. This is just the tip of the iceberg and designed to bring to your attention, the issue of processed foods. Please note: Always read your food labels and as a helpful baseline, try to follow the USA FDA GRAS list. This stands for Generally Recognized as Safe: This is a USA /FDA designation that a chemical and or a substance added to a food is recognized as safe. This information has been provided to assist you in understanding more about and navigating around food additives, helping to achieve more optimized wellness.

VITAMINS INDICATORS

Priority - Increase Intake



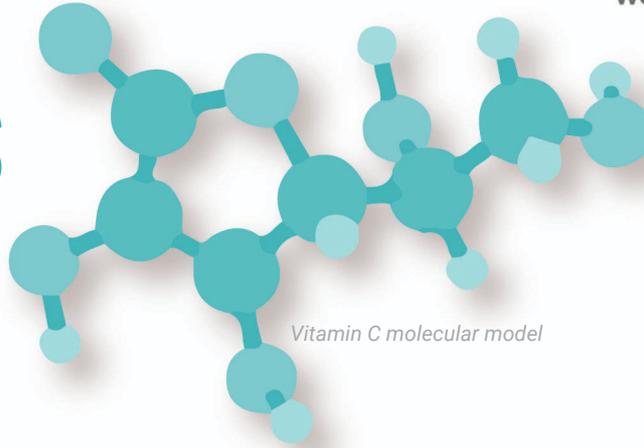
Category Indicator Chart

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

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

VITAMINS

ABOUT VITAMINS



Vitamins play a very important role in supporting our overall health. For biochemical processes, they are enabling or contributing factors, carriers and helpers. Many metabolic steps are only possible with their presence or use. When vitamin deficiencies occur, the signs can be very discrete or indirect, such as tiredness, inner stress, poor sleep quality, restlessness, tooth and gum issues, an increase in infections and inflammations and accelerated aging.



HOW VITAMINS SUPPORT Optimize Baby & Child

Many processes in the body require a variety of vitamins in order to function at their optimum level. Vitamins are a key part in the enzyme processes, which are the drivers behind all of the body's metabolic processes. You need a wide variety of vitamins to help support and maintain the myriad of underlying mechanisms, which will in turn support optimized wellness. The best source of vitamins you can get is from the foods you eat, where the vitamins are present with other nutrients which work synergistically to support your wellness.

VITAMIN SUPPORT FOODS

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

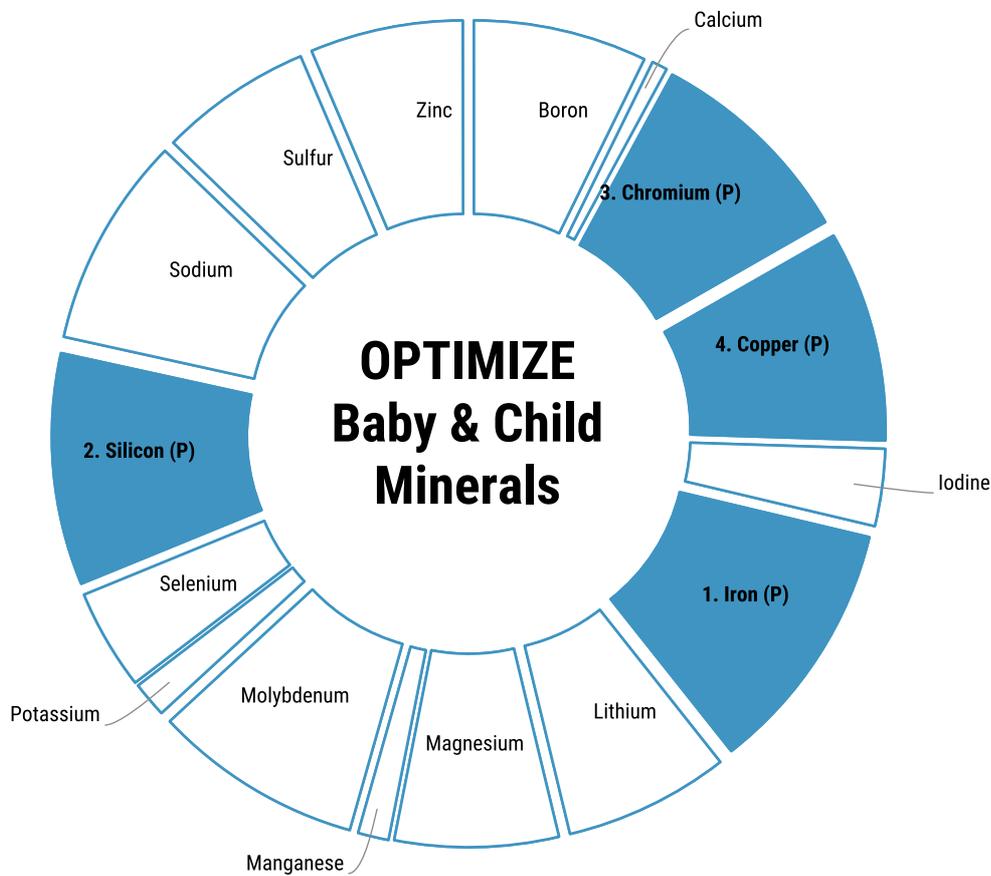
**There are many other foods but these are some of the common examples.*

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

MINERALS INDICATORS



Priority - Increase Intake



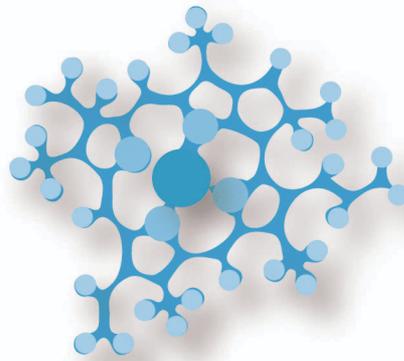
Category Indicator Chart

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

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

MINERALS

ABOUT MINERALS



Magnesium molecular model

Minerals are key nutrients in many places in the body. For example the active centers of enzymes often depend on a rare element to be the catalyst. Electrical signaling, ion exchanges over membranes, blood pressure regulation and a myriad of other processes take place through the presence or function of minerals. By supplying the foods containing minerals, many functions in the body can take place in an optimal way, from catching free radicals (Selenium) to insulin function (Chromium), from an intact cell membrane potential (Sodium and Potassium), energy production and effect (Manganese and Magnesium) – we rely on many elements to be available and re-supplied. So supplying the appropriate food minerals assists in tuning your body.

HOW MINERALS SUPPORT Optimize Baby & Child

Many processes and structures in the body require minerals in order to function at their optimum level. Minerals are a key part in the enzyme processes which are the drivers behind all of the body's metabolic processes. They also play a role in structure, muscle action and nerve transmission. You need a wide variety of minerals to help support and maintain the myriad of underlying mechanisms which will in turn support optimized Wellness.

MINERAL SUPPORT FOODS

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

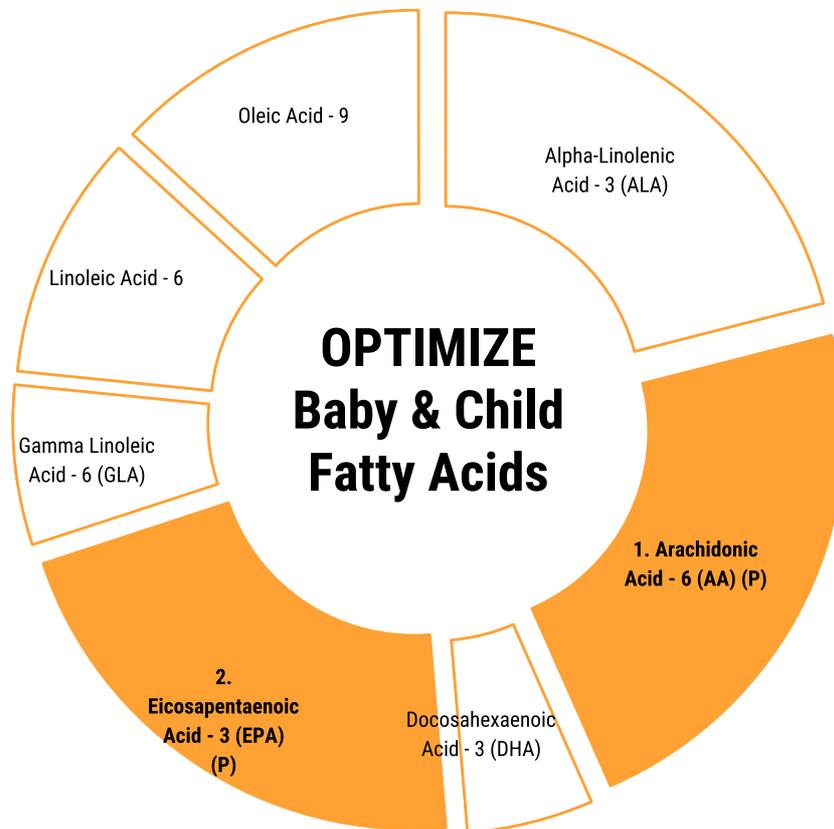
**There are many other foods but these are some of the common examples.*

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

FATTY ACIDS INDICATORS



Priority - Increase Intake



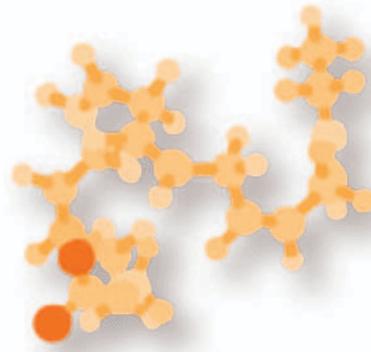
Category Indicator Chart

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

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

FATTY ACIDS

ABOUT FATTY ACIDS



Omega 3 molecular model

Fatty acids are present in so many places, as either energy depots, energy carriers, construction parts and many more different functions. They are an extremely important element in cell membranes, are helpful against depression, painful joints and other complaints. Especially the group of unsaturated fatty acids influence our metabolism positively, well-known out of these is the Omega-3-Group. Eating food rich in unsaturated fatty acids is a natural counter-balance to the saturated, processed fatty acids contained in fast-food and fried food. Fresh and unsaturated is the route to take.



HOW FATTY ACIDS SUPPORT Optimize Baby & Child

Many processes in the body require EFAs in order to function at their optimum level. EFAs are a key part in supporting the cell membranes and brain and nervous system of the body. Other regulatory processes require EFAs and they have protective qualities. You need a wide daily intake of EFAs to help support and maintain the myriad of underlying mechanisms which will in turn support optimized Wellness.

FATTY ACID SUPPORT FOODS NON-VEGETARIAN VEGETARIAN

Non-Vegetarian

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

Vegetarian

- Flaxseed
- Walnuts
- Tofu
- Hemp Seed

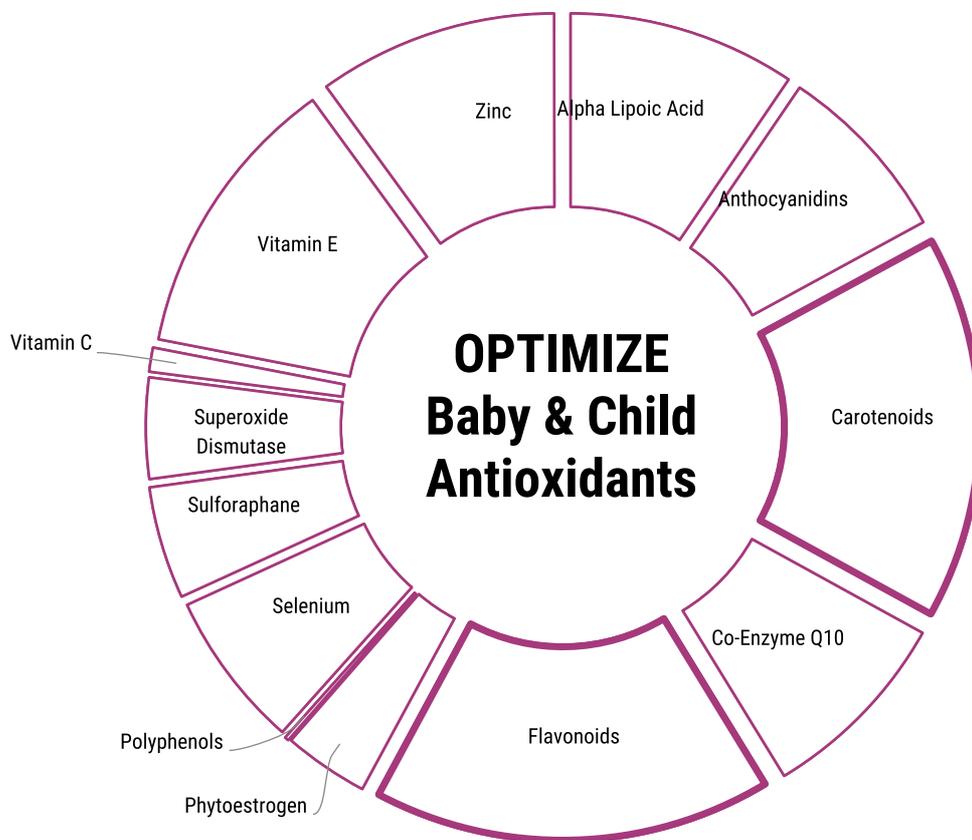
**There are many other foods but these are some of the common examples.*

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

ANTIOXIDANTS INDICATORS



Consider - Increase Intake



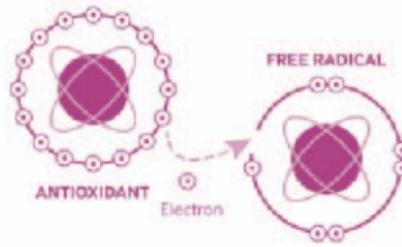
Category Indicator Chart

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

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

ANTIOXIDANTS

ABOUT ANTIOXIDANTS



Antioxidant neutralizing a free radical

Antioxidants are substances that may protect cells in the body from free radical damage. This can occur from exposure to certain chemicals, stress in the metabolism, second hand smoke, EMF's and radiation. They also support the body's own detoxification systems.

Antioxidants deliver electrons to the places and molecules where they are needed and missing. After donating their extra electron, they become dysfunctional and need to be replaced by new ones. Vitamin C is the most prominent member of the group, but there are others that also either donate or help to transfer electrons to fill the deficiency. Foods rich in antioxidants have always been referred to as supportive, even before this purpose was recognized.

HOW ANTIOXIDANTS SUPPORT Optimize Baby & Child

Our body's produce a lot of free oxygen molecules and other by-products, which can lead to oxidative stress. Anti-oxidants are a key part in the processes which supports the body to deal with these issues. You need a wide variety of antioxidants to help support your body to deal with oxidation and which will in turn support optimized Wellness.

ANTIOXIDANT SUPPORT FOODS

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

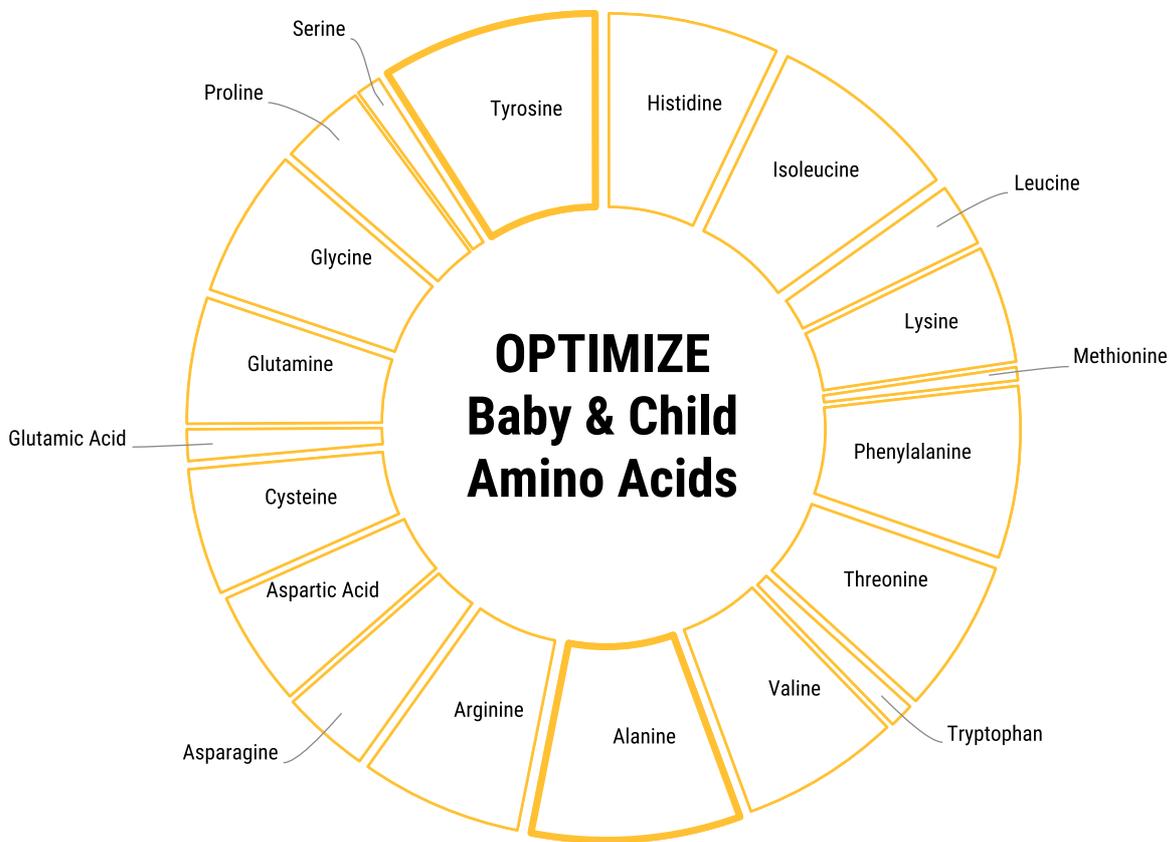
**There are many other foods but these are some of the common examples.*

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

AMINO ACIDS INDICATORS



Consider - Increase Intake



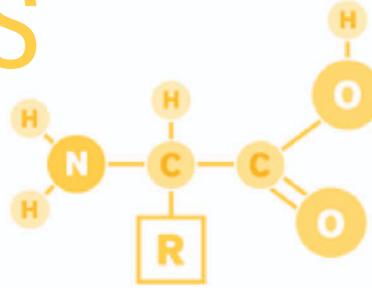
Category Indicator Chart

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

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

AMINO ACIDS

ABOUT AMINO ACIDS



Amino acids are the single units that form proteins when they are chained together. Their sequence determine the protein's form and function. The amino acids are divided in two groups, the essential and non-essential ones. The latter can be synthesized by the body, the essential ones need to be supplied by the food eaten daily.

Amino acids are key elements to build tissue structures, enzymes, cells, antibodies and so much more. From head to toe, they are determining parts of anything that forms our body. If certain amino acids are lacking, there is no way to complete the needed parts or repair them.

So a carbohydrate and fat-reduced nutrition that is protein-rich is one of the best ways to improve well-being.

HOW AMINO ACIDS SUPPORT Optimize Baby & Child

Many processes in the body are supported by amino acids in order to function at their optimum level. Amino acids are a key part in the enzyme processes and the protein building which the body needs for everyday maintenance. You need a wide variety of amino acids to help support and maintain the myriad of underlying mechanisms which will in turn support optimized Wellness.

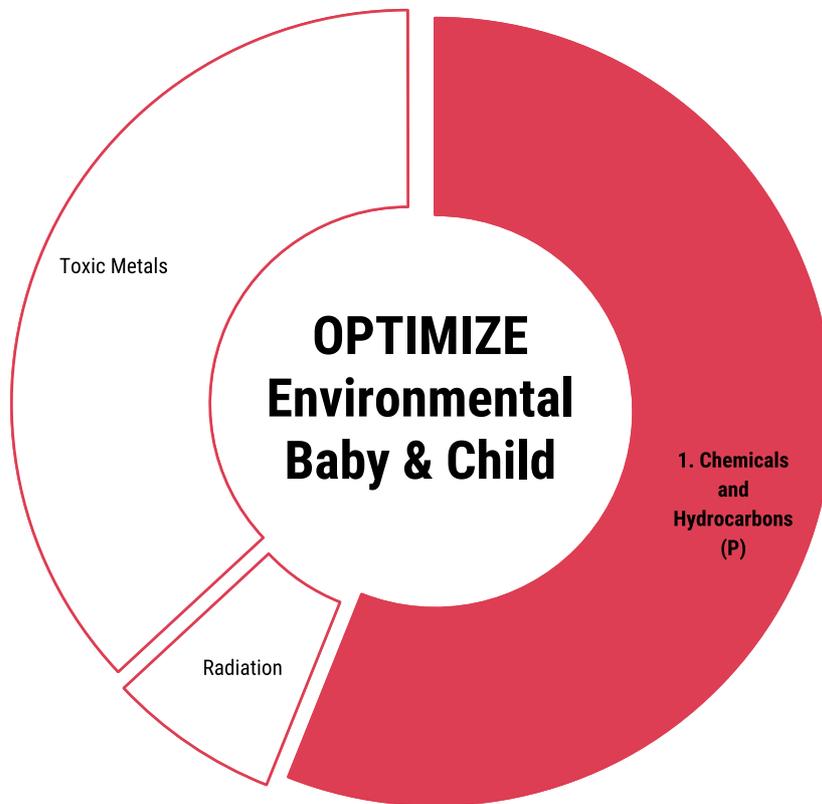
AMINO ACID SUPPORT FOODS

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

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

ENVIRONMENTAL CHALLENGE INDICATORS

Priority - Reduce Load



Category 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, Advisory or Consider) then these are items which you might wish to address through your nutritional food regime.

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

ENVIRONMENTAL CHALLENGES ABOUT CLEANSING FOODS

Our environment has changed dramatically since the industrial revolution and one of the biggest changes have come about in the area of man-made elements. We can accumulate many influences which are not well tolerated by the body and which we should get rid of through the body's natural elimination processes.

However, these processes were not designed to cope with the amount and variety which they are now required to.

This calls for extra support from your diet.

Toxic metals, radiation and chemicals can affect our bodies in dramatic ways, and our children are not immune to the impact of these environmental influences.

While the true detrimental effect is on our overall health, identifying and ridding the body of these influences is important and should be advised by a medical practitioner.



BALANCING ENVIRONMENTAL EXPOSURES

The body has systems which are designed to help it cleanse itself of accumulated waste. Certain foods can support the systems which carry out this function and ensure that they do not get over burdened. You have organs and systems which can assist with your help. You need a wide variety of foods to help support and maintain the myriad of underlying cleansing mechanisms which will in turn support optimized Wellness.

CLEANSING SUPPORT FOODS

- Beets
- Sweet Potatoes
- Lemon
- Green Leafy Vegetables
- Apple
- Garlic
- Onions
- Nuts and seeds
- Probiotics

If there are foods recommended for you, see the tables on page 30.

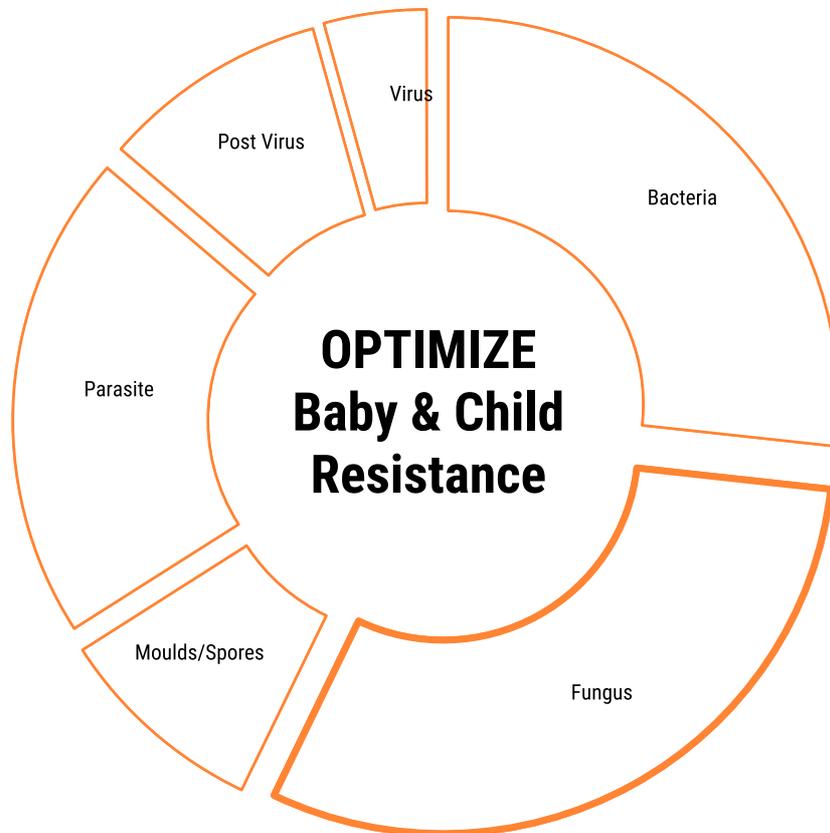
An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

RESISTANCE INDICATORS



Consider - Reduce Load

AN INDICATOR OF VIRUS OR POST VIRUS DOES NOT SUGGEST THE PRESENCE OF A COVID CONNECTED VIRUS. If the report recipient may have been exposed to an individual who has contracted a COVID infection, or is expressing symptoms of a COVID linked infection. It is recommended that they consider obtaining a separate COVID screening test.



Category 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, Advisory or Consider) then these are items which you might wish to address through your nutritional food regime.

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

RESISTANCE FOODS

ABOUT RESISTANCE FOODS

On a daily basis our bodies come under attack by air- and water-borne micro-organisms. These can weaken our ability to defend ourselves and may also result in generalized infection. Whereas in the intestine, some micro-organisms are welcomed to assist in our digestive and defense functions.

We have natural processes which are designed to enable us to resist these attacks and there are many foods which can support our natural ability to defend against these invaders.

A specialist medical practitioner can treat or alleviate these issues. Nevertheless strengthening our natural resistance and optimizing our immunity system can assist in fighting these foreign invaders.

KEEPING OUR RESISTANCE STRONG

Your body has an entire system dedicated to naturally resisting outside invaders and providing good protection to your cells and organs.

This system requires a good overall and balanced nutritional intake to support it and help maintain all aspects of defense. There are other certain foods which can actively boost the system and help the body produce more elements which can resist invaders.

RESISTANCE SUPPORT FOODS

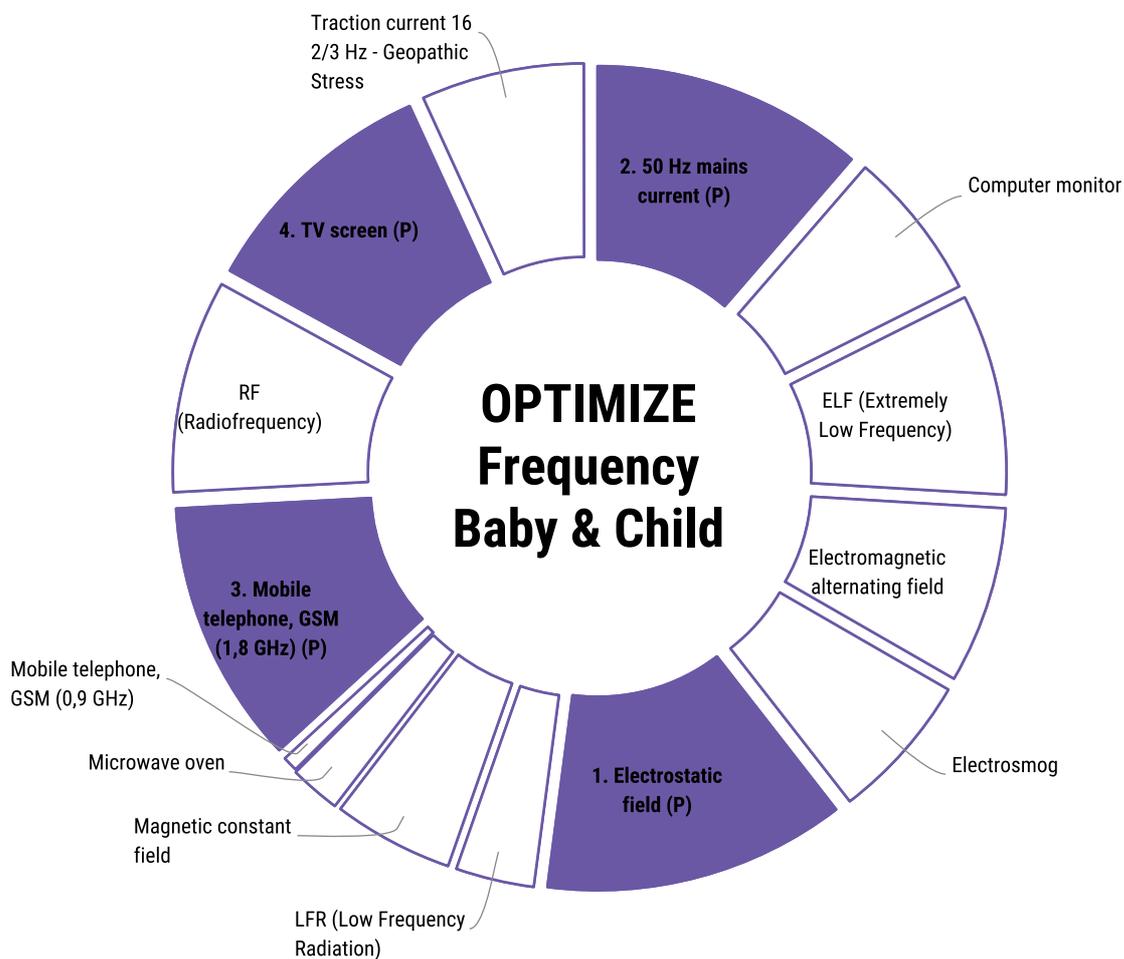
- Garlic
- Ginger
- Pineapple
- Elderberry
- Onions
- Coconut Oil
- Pumpkin Seeds
- Broccoli

For specific foods that maybe recommended for you see page 30.

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

FREQUENCY INTERFERENCE INDICATORS

Priority - Reduce Exposure



Category Indicators Chart

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

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

FREQUENCY INTERFERENCE



ABOUT INTERFERENCE

Modern day electrical supply and technologies are largely powered by or utilize frequencies known as EMF's or ELF's. These include devices such as cell phones, computers/tablets, household appliances and other energy transmission equipment such as power lines, communication towers and more. There are also many forms of natural frequency including visible light or ultra violet, even the body and its cells have a very weak frequency field.

Man-made or modern forms of frequency appear not to be very compatible with the body's own fields and this is increasingly having potentially adverse affects on our health and wellness.

These factors can interfere with everyday communication within your body. You should be eating a wide variety of foods which can support and maintain normal function and combat these EMF exposures.



REDUCE EXPOSURE TO FREQUENCY INTERFERENCE

As of yet, we do not fully understand the effects that our modern electrical environments are having on our wellness processes. However, it is clear that there is some effect and that it would be wise to start introducing foods which can help support the body and maintain systems which may come under pressure from the electrical appliances which we use on a daily basis both at home and work. Structured water may support cellular communication and help conserve energy in the system.

INTERFERENCE SUPPORT FOODS

- Spirulina
- Vitamin D3
- Curcumin
- EFAs
- Calcium
- Melatonin
- B Vitamins
- Sulfur

See page 30 for specific foods

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

90 DAY OPTIMIZE PLAN

THIS REPORT IS ONLY VALID FOR THE NEXT 90-DAYS

Your next Optimize Report date is:

Book today with your provider at:

Phone:

Email:

With any regime change that supports wellness or performance it is most beneficial to follow a course of reports. Being optimized, means staying in alignment with your epigenetic environment and adjusting your food and nutrient intake to meet your changing needs over time. We recommend that you do this every 90-days, as this is a natural cycle the body follows. Don't miss out and book your next report now based on the above date.

Step 1
START Day 1

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

Dates	Watermelon	Sesame	Carrot	Mulberry
Artichoke	Trout	Pear	Corn	Peppers, green

Step 2
START Day 1

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

[CLICK Here for more EMF/ELF Information](#) [CLICK Here for more Gut Support Guidance](#)
[CLICK Here for more Toxins Information](#)
[CLICK Here for more Food Additives Information](#)

Step 3
START Day 1

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

Step 4
START Day 1

The next step for optimization is to ensure that the quality of your drinking water will support your body's need for hydration and waste removal and detoxing from EMFs. Water containing high levels of toxins (typical tap water) cannot be readily used by the body for its key functions. Ensure that you have a regular source of good quality drinking water and drink 1 to 2 liters daily.

Step 5
START Day 30

The next step for optimization is to increase your dietary intake of the foods which will help address the priority and advisory nutritional indicators highlighted in your report. This will help you to meet your body's nutritional needs and all around enzyme and metabolic functions, thereby supporting your wellness. See table Step 5 on page 30 for foods recommended for you.

Step 6
START Day 40

The final step of the optimize immunity & wellbeing plan is to support your body to deal with the Environmental Challenges or Resistance and Interference indicators, which could be contributing to poor cellular expression and metabolic function. See the table on page 31 for the specific foods and recommendations suggested for you.

90 DAY BABY AND CHILD WELLBEING FOODS

PLEASE EXCLUDE THE FOODS TO AVOID ON PAGE 11, FROM THE RECOMMENDED FOODS BELOW

Optimize Indicator (STEP 5 - Nutrition)	Suggested Food Sources Day 30-90 (introduce as many foods as you can, at least 2 for each indicator)
Iron	Spirulina, kelp, pumpkin seeds, sesame seeds, cacao, brazil nuts, cashew nuts, almonds, meat, fish, poultry, lentils and beans, grains
Biotin	Brewer's yeast, egg yolk, split peas, lentils, walnuts, peanuts, pecans, almonds, cauliflower
Vitamin B12	Sardines, mackerel, salmon, trout, tuna, lamb, milk, eggs and poultry, nori
Arachidonic Acid - 6 (AA)	Chicken, turkey, eggs, beef, halibut, salmon
Silicon	Spinach, whole grains, oats, barley, apples, oranges, cherries, celery
Eicosapentaenoic Acid - 3 (EPA)	Mackerel, salmon, sardines, tuna, flax seeds, sunflower oil
Vitamin B2	Cheese, leafy green vegetables, almonds, mature soybeans, asparagus, okra, chard, cottage cheese, yoghurt, eggs, mackerel, sardines, mushrooms, split peas, chicken,
Vitamin B3	Beets, brewer's yeast, turkey, chicken, salmon, swordfish, tuna, sunflower seeds, peanuts, brown rice, almonds
Chromium	Brewer's yeast, brown rice, cheese, whole grains, dried beans, blackstrap molasses, beef, chicken, corn, eggs, mushrooms, potatoes, parsnip, capsicum, molasses
Copper	Whole grains, almonds, green leafy vegetables, oysters, crab, sunflower seeds, pine nuts, olives, hazelnuts
Flavonoids	Apples, apricots, blueberries, pears, raspberries, strawberries, black beans, cabbage, onions, parsley
Tyrosine	Spirulina, Avocados, bananas, dairy products, lima beans, mustard greens, spinach, pumpkin seeds, sesame seeds, turkey, lamb
Carotenoids	Sweet potatoes, carrots, tomato juice, cantaloupe, apricots, spinach, broccoli, parsley, lemon, cabbage
Alanine	Spirulina, Beef, Lamb, Almonds, Cucumber, Spinach, Capsicum, Carrot

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

90 DAY BABY AND CHILD WELLBEING FOODS

PLEASE EXCLUDE THE FOODS TO AVOID ON PAGE 11, FROM THE RECOMMENDED FOODS BELOW

Optimize Indicator (STEP 6 - Cleansing and Resistance)	Indicator	Suggested Food Sources Day 60-90 (introduce as many foods as you can, at least 2 for each indicator)
Resistance Foods	Fungus	Garlic, Coconut Oil, Ginger, Onions, seaweed, olive oil, pumpkin seeds, cayenne pepper
Environmental Foods	Chemicals and Hydrocarbons	Pectin foods – (apples, bananas, grapes, carrots, cabbage - all organic), Cilantro, wheatgrass, barley grass, chlorella, avocado, asparagus, fresh fruits/veg (organic), Greens, Beets, Probiotics wholefoods

Optimize Indicator (STEP 6 - Frequency Interference)	Suggested Food/Supplement Sources
Interference (Calcium Day 1-90)	Salmon, sardines, dark green leafy vegetables, almonds, asparagus, blackstrap molasses, brewer's yeast, broccoli, cabbage, carob, kale, mustard greens, figs, soybeans, tofu, watercress, chickweed, chicory, flaxseed, kelp, parsley, sesame, poppy seed
Interference (Water Day 1-90)	Good quality drinking water for cell optimization. (Avoid tap water, plastic bottled water or water of an unknown source)
Interference (Essential Fatty Acids Day 1-90)	Salmon, mackerel, sardines, herring, trout, flax seed, walnut, pumpkin seeds, hemp seeds, soy bean

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



Gut Support

The Gut Support

We could consider our Gut system as a life supporting garden. The garden is full of both good and bad vegetation. Our performance relies on optimizing and balancing the gardens good vegetation and control of the unwanted over growth. The good vegetation consists of the trillions of good microbial bacteria, which assists in breaking down and converting the foods we consume.

The overgrowth consists of millions of pathogens - resulting in a loss of microbial diversity. This is often caused by toxins, food stressors and pollutants such as heavy metals.

Other factors which are important for optimizing your gut systems or that can be reflected in poor gut function could be due to our own life styles and the foods we consume as well as many environmental factors combine to influence our Gut and therefore our immune and brain systems.

PLEASE EXCLUDE THE FOODS TO AVOID ON PAGE 11, FROM THE RECOMMENDED FOODS BELOW

Gut Support	Suggested Food/Supplement Sources
Gut Support (Prebiotics Day 1-90)	Onions, Asparagus, Garlic, Leeks, Beets, Cabbage, Tomatoes, Berries, Bananas, Apples, Whole grains, Chia Seed, Flax seed.
Gut Support (Probiotics Day 1-90)	Garlic, Celery, Live Yogurt, Vegetable Fibre, Green Apples, Papaya, Bananas, Ginger and Whole Grains.
Gut Support (Optimize Day 1-90)	Aloe Vera, Butyrate, Collagen, Ginger, L-glutamine, Licorice Root, Alpha-Linolenic Acid (ALA), Eicosapentaenoic Acid (EPA), Docosahexaenoic Acid (DHA), Quercetin, Turmeric.
Gut Support (Avoid Day 1-90)	Gluten, Sugar, Highly processed foods and Alcohol, E 171 Titanium Dioxide

In Optimizing gut performance we need to consider

- Reducing Gut Stress levels.
- Enhancing Sleep.
- Avoiding underlying food intolerances, which can stress our own gut flora balance.
- Increase our consumption of both pre and probiotic foods.
- Improving our water quality consumption.
- Reducing the amount of processed foods we consume daily.
- Avoiding chemicals and toxins that we absorb through unwashed vegetables.
- Reducing the chemical agents found in some foods.
- Reducing environmental factors such as water-pollutants and the air we breathe.
- Reducing Electro Magnetic frequencies, and Geopathic stress factors.

SELF-CHECK PROGRESS

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

DAY 1

DATE

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

TOTAL

SELF-CHECK PROGRESS

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

DAY 30

DATE

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

TOTAL

SELF-CHECK PROGRESS

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

DAY 60

DATE

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

TOTAL

SELF-CHECK PROGRESS

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

DAY 90

DATE

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

TOTAL

IT'S TIME TO THRIVE AND NOT JUST SURVIVE. OPTIMIZE YOUR CHILD'S WELLNESS TODAY.

Thank you for investing your time and resources to follow the 'Optimize Baby & Child' nutritional food plan.



cell-wellbeing.com

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.