

# Your 90-day OPTIMIZE WELLNESS

## Nutritional Food Plan (Vegan)

### Your Plan Includes

- 10 Key Optimization Areas
- Key Support Indicators
- 6 Step Optimization Plan
  - Food Adjustments
- Food Additive Avoidance
- Vegan Foods to Eat

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.

*Plan for:*

*This plan created by:*



# THE OPTIMIZE WELLNESS FOOD PLAN

## AN INTRODUCTION FROM MEDICAL PROFESSIONALS

**"Optimize WELLNESS"** is a simple, enjoyable and proven system of aligning your environment to optimize your physical, mental and emotional potential.

Your environment controls up to 98% of the way in which many of your genes express themselves. This means the way in which they act physically and control virtually all aspects of your metabolism and your life.

Currently you, and almost everyone else on the planet, are operating below your 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 in the body's normal day to day functions.

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

As the environment controls gene expression it is the most crucial aspect of producing optimized cells, which in turn produce optimized tissues, which in turn produce optimized organs and finally systems and the entire organism – or optimized you!

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, additives and EMF/ELF. All of these factors can contribute to a breakdown in metabolic function.

To achieve your potential, you need to ensure that these processes are working at their optimized levels. Anything less the optimum and you feel the effects in a loss of function, which can be reflected in low energy, poor sleep, weak immune, 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 **"Optimize WELLNESS"** program is designed to help identify many of the common environmental influences that could be leading to a less-than-optimum output of your genes, enzymes and metabolic function. Also, to provide you with a 90-Day Plan for dealing with these issues and optimizing yourself through dietary, nutritional and supplement programs.

Optimization is an awakening process, whereby you become aware of the effects of your environment on your body, you feel the positive choices that you make and you become responsible for your own destiny.



Dr Alfons Meyer



Dr Marcus Stanton

# THIS REPORT IS ONLY VALID FOR THE NEXT 90-DAYS

**Your next Optimize Report date is:**

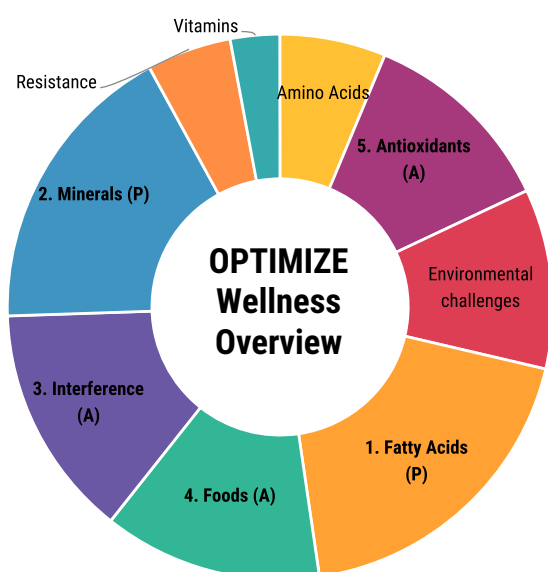
**Book today with your provider at:**

**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



### Support Indicators Summary

Adrenal System

Brain Health

Gastrointestinal System

Immune System

For full indicators see page 4.

### Foods Adjustment Summary

Cod



Sheep Milk

Coffee



Elderberry

Almond



Cabbage

Green Beans

Flounder

Olives

Rhubarb

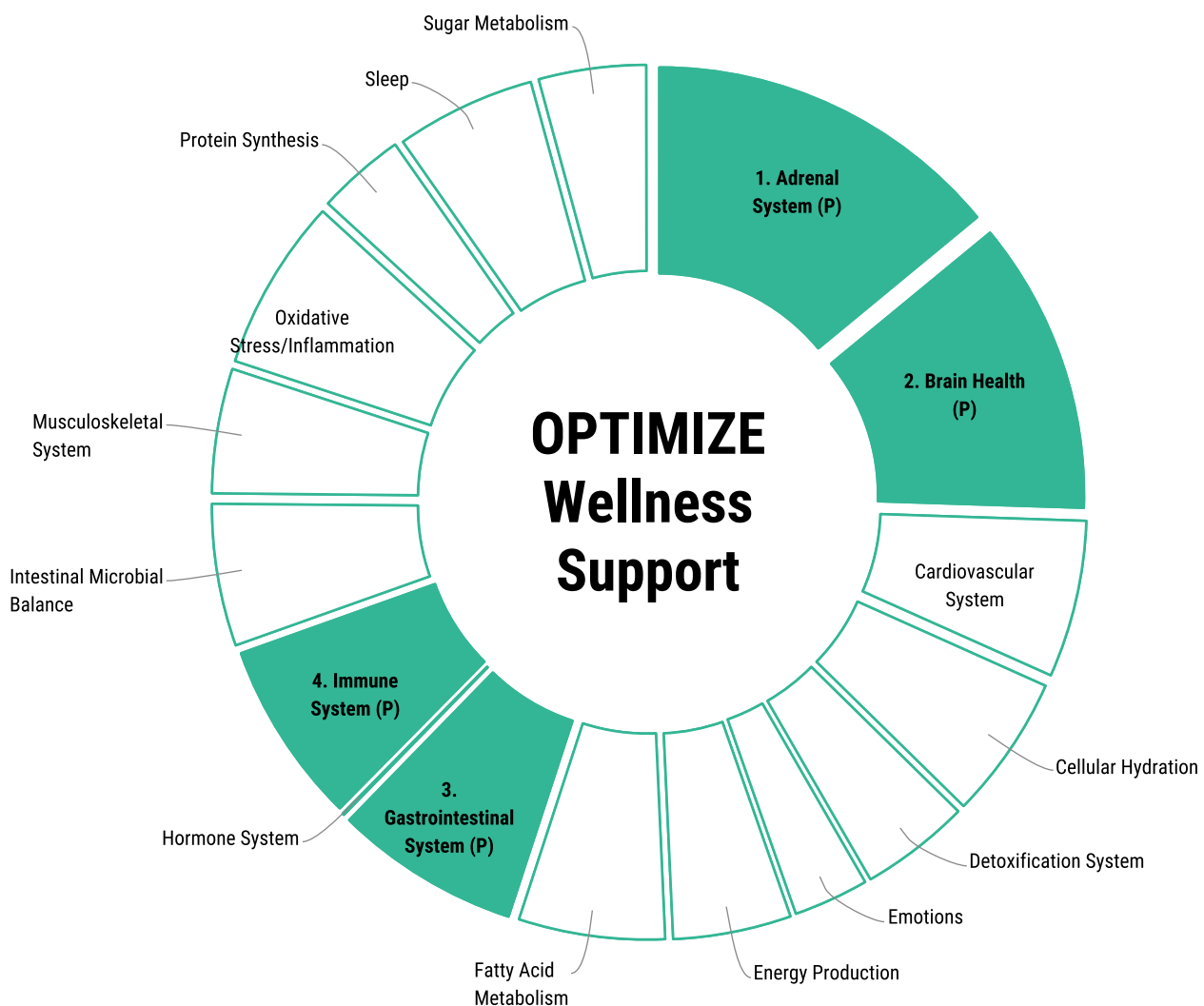
For full food adjustment indicators see table on page 21 and food additive avoidance indicators on page 23.

Category	Indicator	Information
Fatty Acids	Linoleic Acid - 6	For full results see the chart on page 10. For food sources refer to page 26.
Minerals	Copper. Silicon. Boron. Magnesium	For full results see the chart on page 8. For food sources refer to page 26.
Interference	TV screen. Magnetic constant field. Electromog. Microwave oven	For full results see the chart on page 20. For food sources refer to page 27.
Foods	Please refer to the foods tables on page 22 and 24 of the plan.	For full results see the chart on page 22.
Antioxidants	Polyphenols. Anthocyanidins. Flavonoids. Superoxide Dismutase	For full results see the chart on page 12. For food sources refer to page 26.
Additives to Avoid	Please refer to the food additives table and link on page 24.	For full results see the chart on page 24.

## 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.

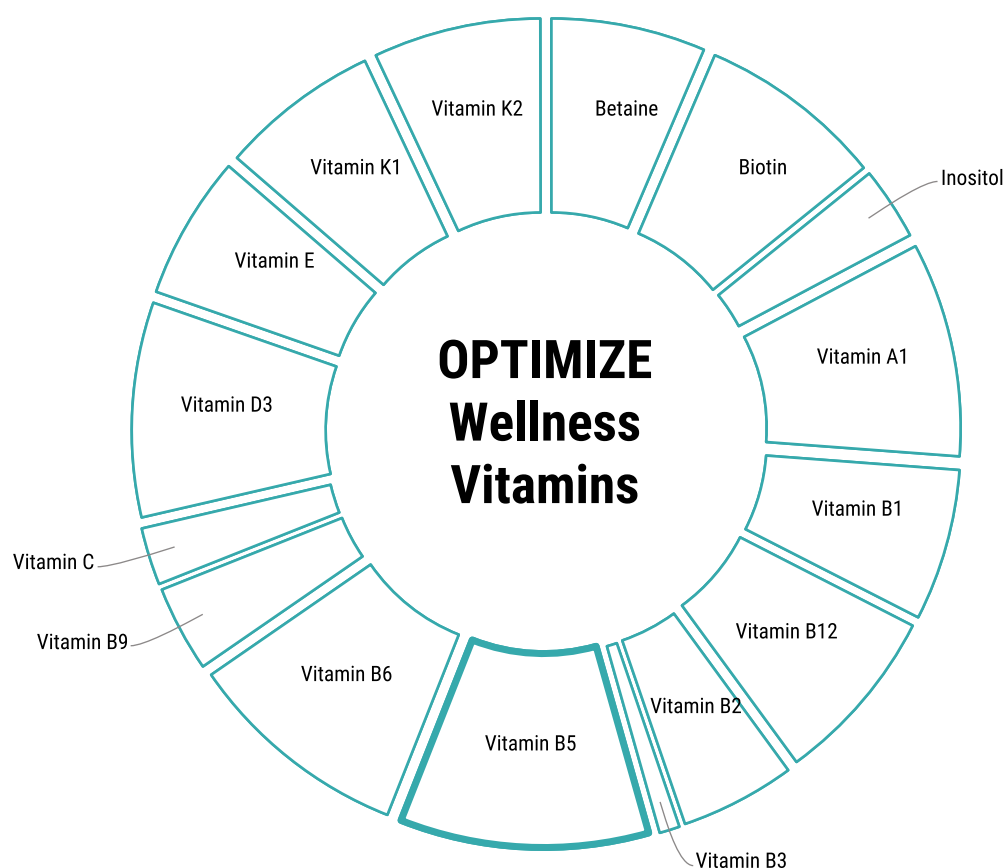
# SYSTEMS SUPPORT INDICATORS



The above chart indicates which areas may require nutritional support by cross referencing the other chart data and comparing the total number of support factors indicated for each area. This is an indicator of a support requirement only and not a diagnosis of any physical malfunction within the any specific area. If you are concerned about the physical function of any of your bodily processes, you should seek the help of a qualified health professional.

# VITAMINS INDICATORS

*Consider - Increase Intake*



## Category Indicator Chart

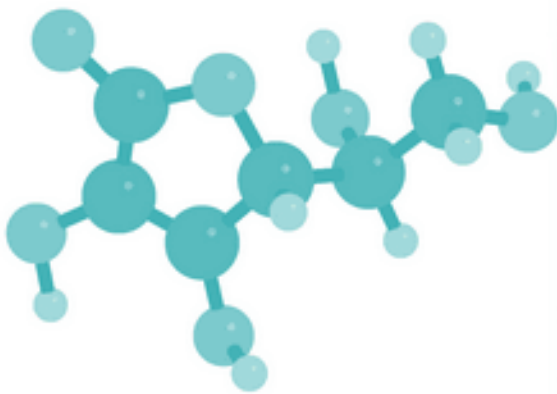
The above chart provides you with an overview of the Vitamins indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your nutritional food regime.

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# VITAMINS

## 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 wellness related problems.

## HOW VITAMINS SUPPORT WELLNESS

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.

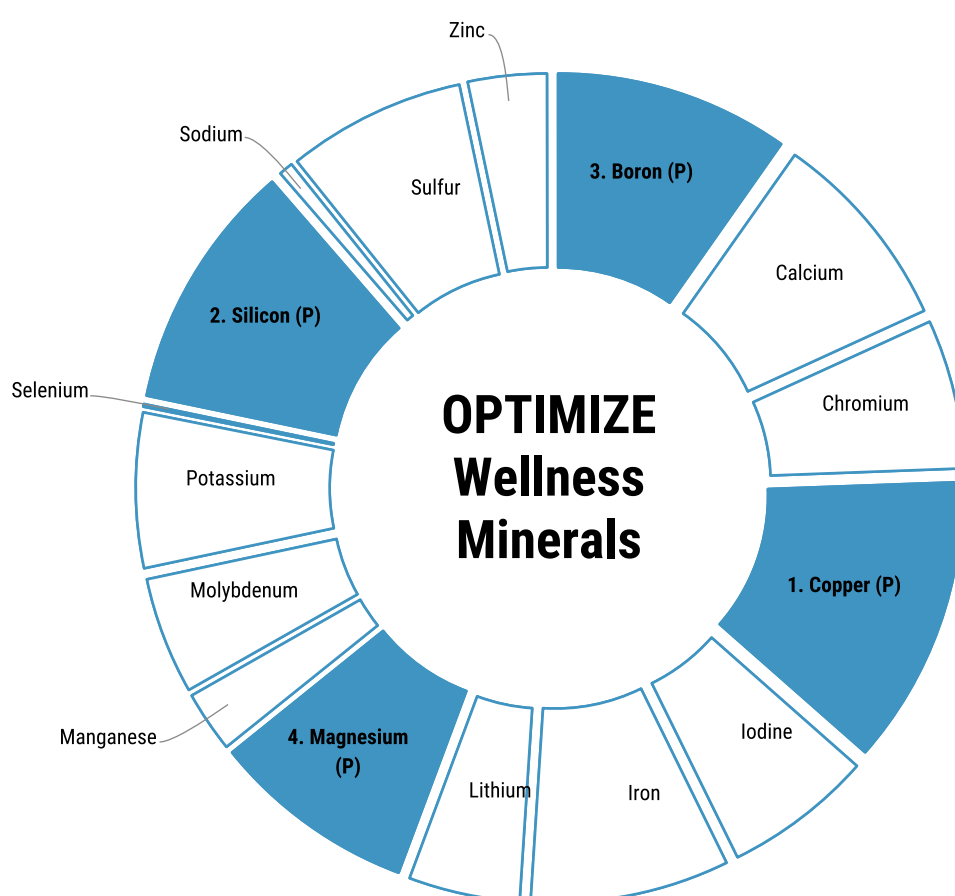
## VITAMIN RICH FOODS

Sprouted Seeds and Nuts  
Lentils  
Chickpeas  
Green Vegetables  
Sprouted Grains  
Sweet Red Peppers  
Broccoli  
Chlorella  
Macadamia Nuts

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# MINERALS INDICATORS

*Priority - Increase Intake*



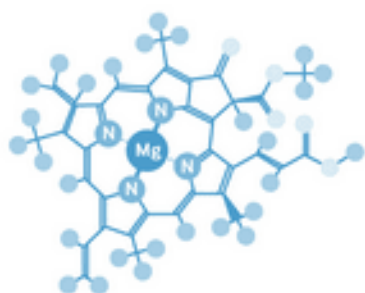
## Category Indicator Chart

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.

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# MINERALS

## ABOUT MINERALS



Magnesium molecular model



All nut 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.

## HOW MINERALS SUPPORT WELLNESS

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 RICH FOODS

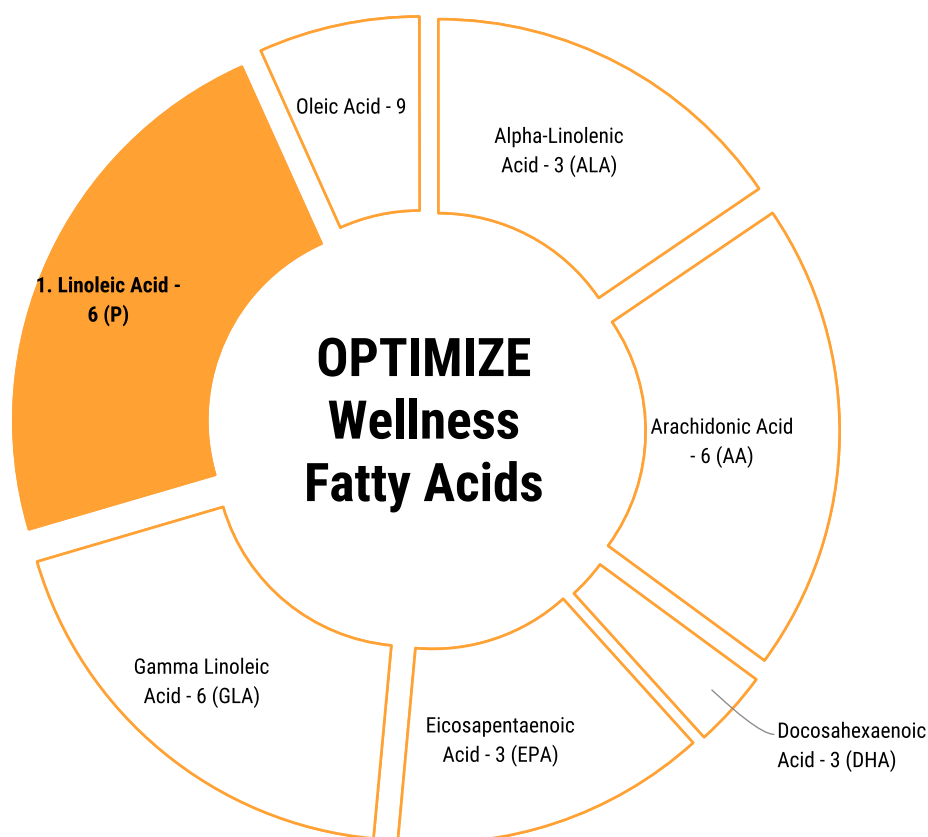
Green Leafy Vegetables  
Nuts (all)  
Sprouted Whole Grains  
Broccoli  
Cabbage  
Kale  
Wild Rice  
Phytoplankton  
Chlorella

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# FATTY ACIDS INDICATORS

*Priority - Increase Intake*



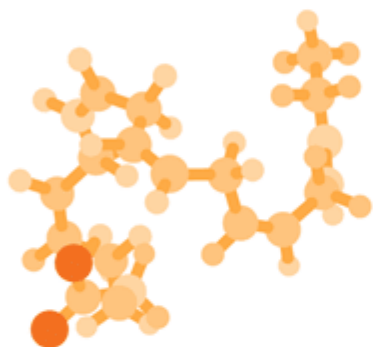
## Category Indicator Chart

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.

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# FATTY ACIDS

## ABOUT FATTY ACIDS



*Omega 3 molecular model*



Many fish varieties, including salmon, are a good source of EFAs

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.

## HOW FATTY ACIDS SUPPORT WELLNESS

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 RICH FOODS

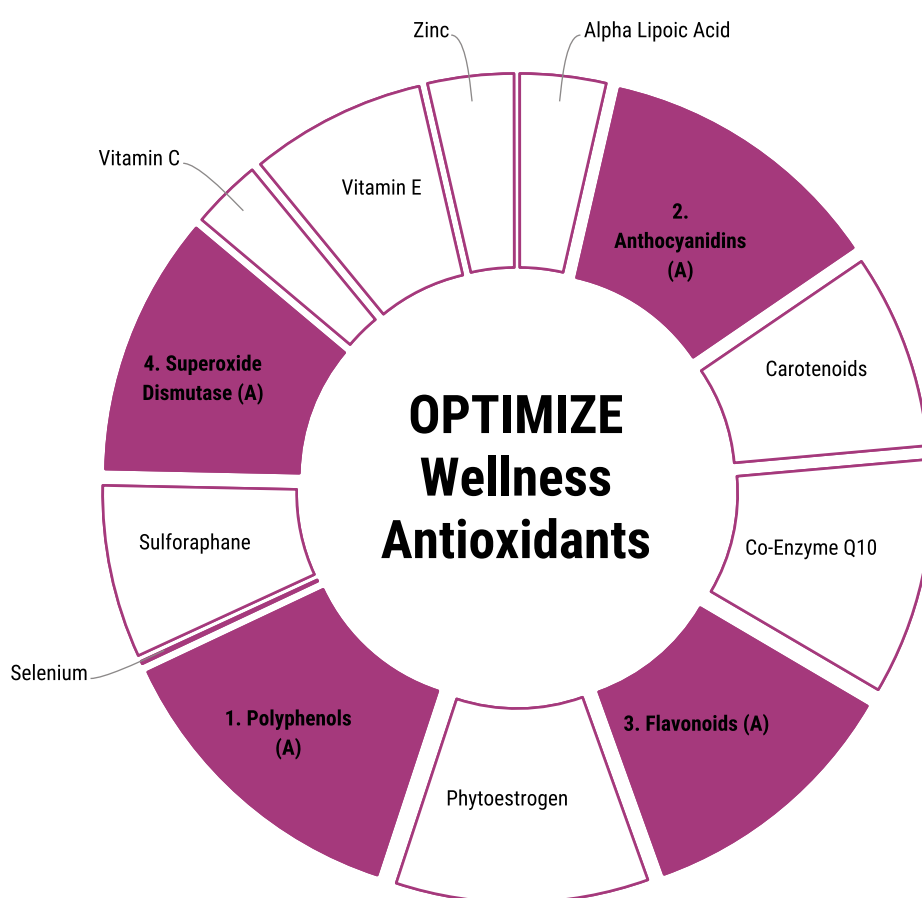
### *Vegan*

Flaxseed  
Walnuts  
Chia Seeds  
Walnuts  
Hemp Seed  
Sprouted nuts and seeds  
Algae

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# ANTIOXIDANTS INDICATORS

*Advisory - Increase Intake*



## Category Indicator Chart

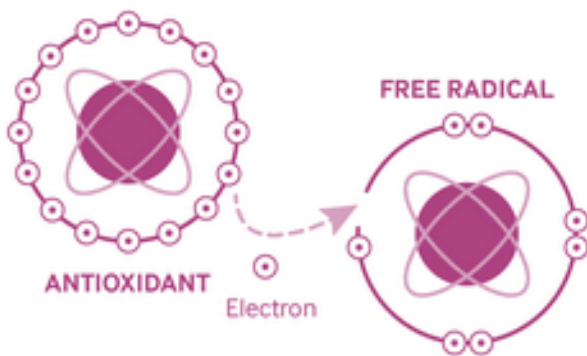
The above chart provides you with an overview of the Antioxidants indicators, which are specific to you. If this category is marked with a (Priority, Advisory or Consider) then these are items which you might wish to address through your nutritional food regime.

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# ANTIOXIDANTS

## ABOUT ANTIOXIDANTS



*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.

## HOW ANTIOXIDANTS SUPPORT WELLNESS

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.

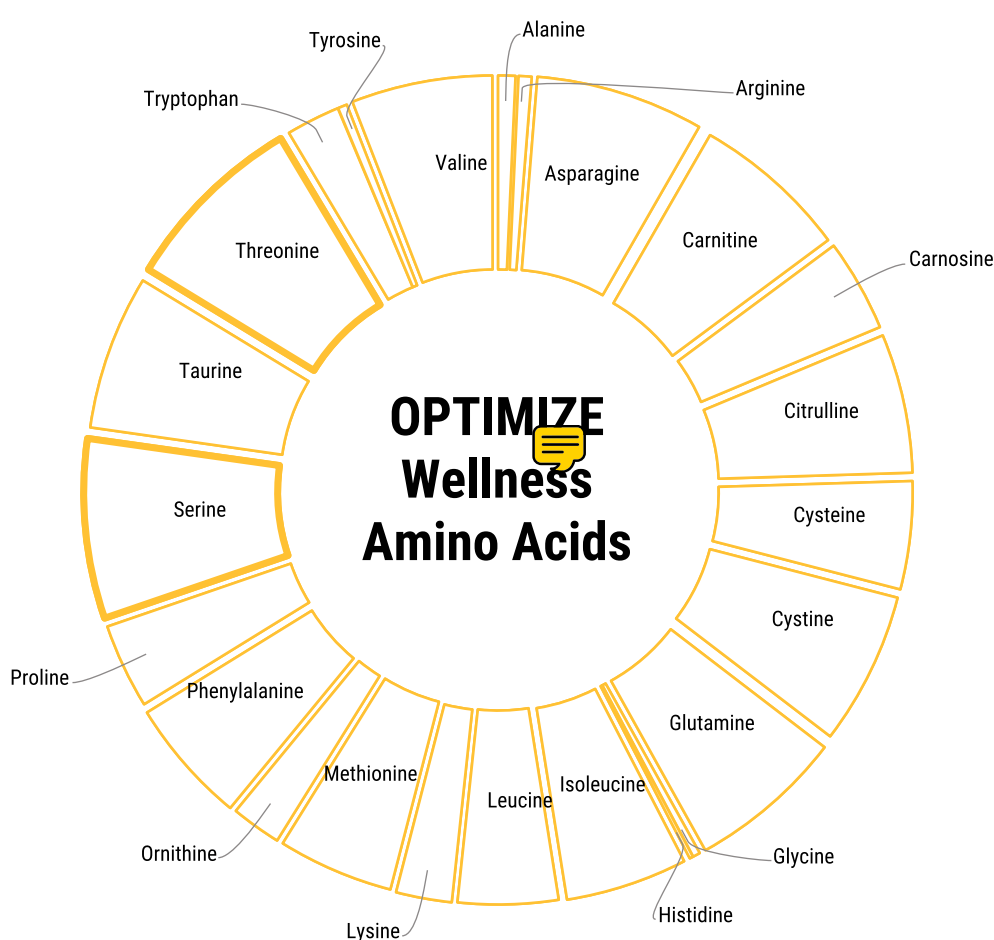
## ANTIOXIDANT RICH FOODS

- Peppers
- Blueberries
- Cranberries
- Tomatoes
- Nuts and Seeds
- Spinach
- Broccoli
- Onion
- Garlic

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# AMINO ACIDS INDICATORS

*Consider - Increase Intake*



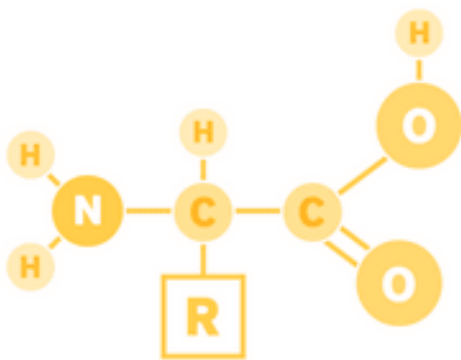
## Category Indicator Chart

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.

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# AMINO ACIDS

## 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.

## HOW AMINO ACIDS SUPPORT WELLNESS

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 RICH FOODS

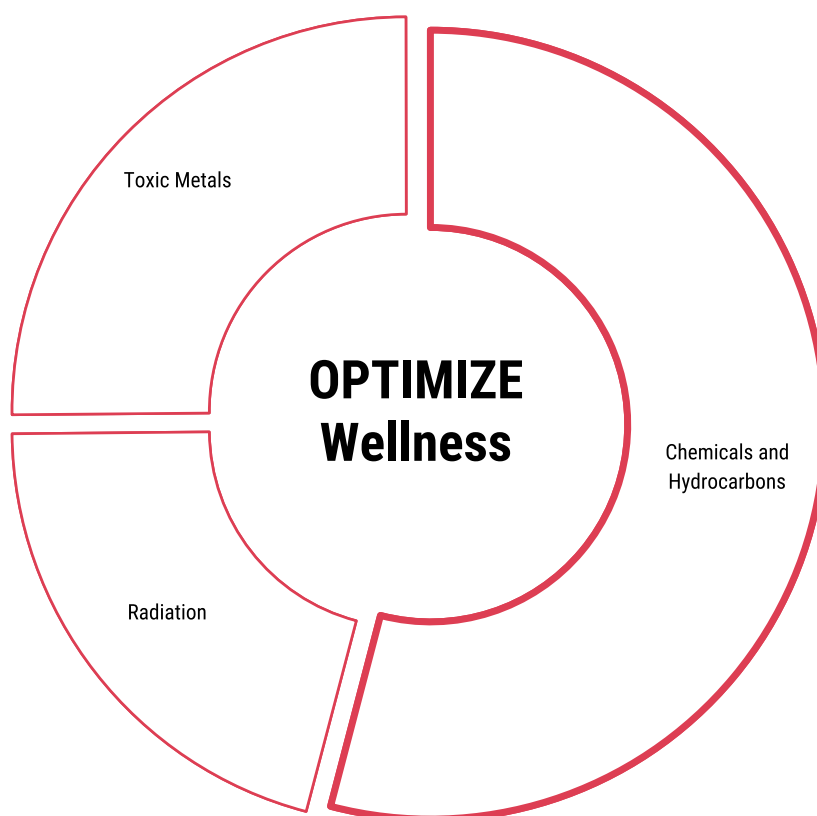
- Sprouted Seeds
- Lentils
- Chickpeas
- Green Vegetables
- Sprouted Grains
- Blue Green Algae
- Phytoplankton
- Chlorella

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# ENVIRONMENTAL CHALLENGE INDICATORS

*Consider - 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.

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# ENVIRONMENTAL CHALLENGES

## ABOUT CLEANSING FOODS

Our environment has changed dramatically since the industrial revolution and one of the biggest changes has 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 of man-made elements which they now have to. It requires extra support from your diet.

To help support and maintain a clean and optimized system, we require foods which support this process.



There are many foods which can support your body's daily cleansing needs and which will help to maintain the systems at their optimum function. Typical cleaning foods are green foods, wholefoods, nuts, seeds and herbs. But there are many and it's important to get good selection of different foods which have this ability into your nutritional food intake.

## 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 FOODS

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

*If there are foods recommended for you, see the tables on page 26.*

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# RESISTANCE INDICATORS

*Consider - Reduce Load*



## 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.

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# RESISTANCE FOODS

## ABOUT RESISTANCE FOODS

On a daily basis our body's come under attack by micro-organisms that can weaken our ability to defend ourselves.

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.



By eating a diet rich in certain foods, you can keep your natural resistance in good shape and allow your body to naturally defend itself. Typical foods groups which can support this natural process are, herbs, fruits, vegetables, prebiotics and probiotics. An overall good healthy diet, with moderate exercise will maintain good resistance and support the normal function of your defensive systems.

## 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 FOODS

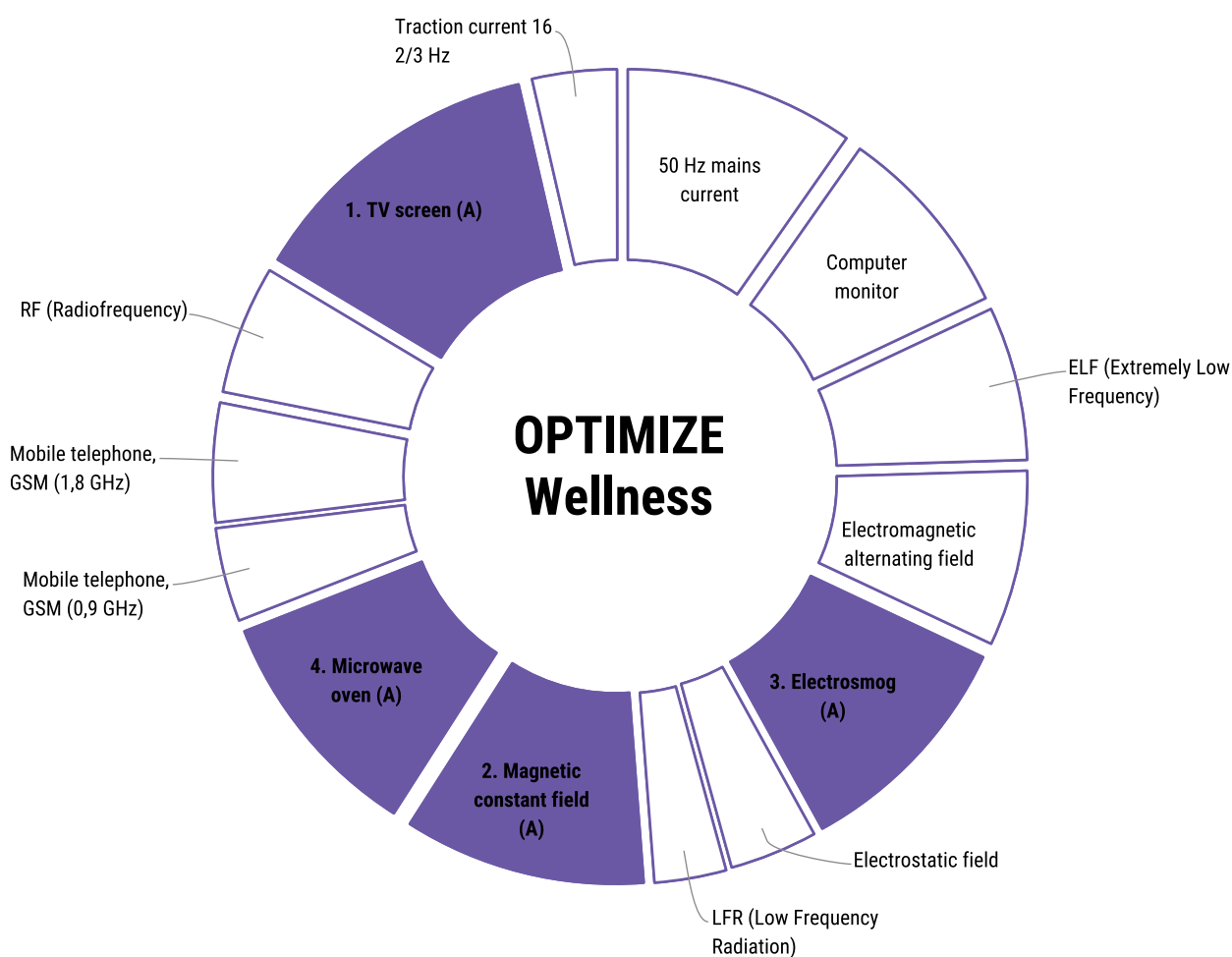
- Garlic
- Ginger
- Pineapple
- Elderberry
- Onions
- Coconut Oil
- Pumpkin Seeds
- Broccoli

*For specific foods that maybe recommended for you see page 26.*

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# FREQUENCY INTERFERENCE INDICATORS

*Advisory - Reduce Exposure*



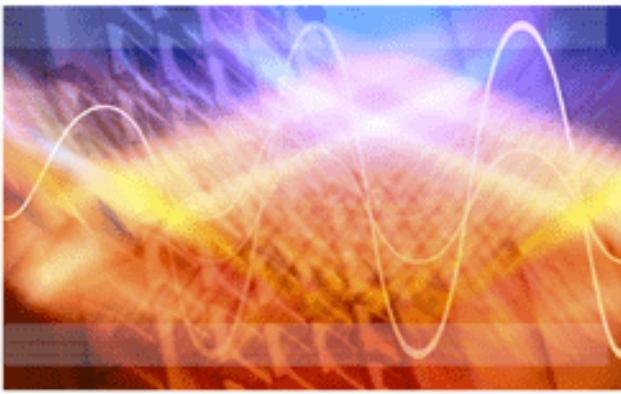
## Category Indicators Chart

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.

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# FREQUENCY INTERFERENCE

## ABOUT INTERFERENCE FOODS



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 frequency like visible light or ultra violet, even the body and its cells have a very weak frequency field. Modern forms of frequency appear not to be very compatible with the body's own fields and this is starting to create knock on effects for wellness. These factors can interfere with everyday communication within your body and you should be eating a wide variety of foods which can support and maintain normal function.

### 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 FOODS

- Spirulina
- Vitamin D3
- Curcumin
- EFAs (vegan)
- Calcium
- Melatonin
- B Vitamins
- Sulfur

See page 26 for specific foods

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# 90 DAY FOOD RESTRICTION

**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.

## Advisory - Avoidance Recommended

BEVERAGES	Loganberry	NUTS/SEEDS	Cauliflower
Beer	Mango	<b>Almond</b>	Celery
Chocolate	Mulberry	Brazil Nuts	Chili Pepper
<b>Coffee</b>	Orange	Cashew	Corn
Liquor	Papaya	Coconut	Cucumber
Tea, black	Peach	Hazelnut	Eggplant
Wine	Pear	Lentils	Garbanzo Beans
FRUIT	Pineapple	Macadamia Nuts	Garlic
Apple	Plum, yellow	Peanuts	<b>Green Beans</b>
Apricot	Plums, purple	Pecans	Kidney Beans
Banana	Pomegranate	Pistachios	Leek
Blackberry	Raspberry	Poppy Seeds	Lettuce
Blueberry	<b>Rhubarb</b>	Safflower	Mushroom
Cantaloupe	Strawberry	Sesame	<b>Olives</b>
Cherry, red	Tangerine	Soya Beans	Onion
Currants	Watermelon	Sunflower	 Parsnip
Dates	GRAINS	Walnut	Peas
<b>Elderberry</b>	Barley	VEGETABLES	Peppers, green
Figs	Buckwheat	Sprouts, alfalfa	Potatoes
Gooseberry	Millet	Artichoke	Pumpkin
Grapefruit	Oats	Asparagus	Red Pepper
Grapes, green	Quinoa	Avocado	Soya Beans
Grapes, purple	Rice	Beets	Spinach
Honeydew	Rye	Broccoli	Sprouts, bean
Kiwi	Spelt	Brussel Sprouts	Tomatoes
Lemon	Wheat	<b>Cabbage</b>	Yams
Lime	Wild Rice	Carrot	Zucchini

The food indicators list is from the signature wave 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 Adjustment page.

# FOOD RESTRICTIONS

**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 ADJUSTMENTS

There are many different levels at which foods can effect a person 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.

## HOW FOOD RESTRICTIONS SUPPORT WELLNESS

By removing foods in the short to medium term which might be contributing to a compensation in the energy flow of the body, we free it up to operate more efficiently. Each food that you adjust for (adjustment is different from avoidance) will better support the body and you will notice this difference both digestively and in the overall energy status of the body.

Food adjustment means replacing some foods with others which are better suited to support the body's wellness processes. You can find a list of foods to adjust for and foods to eat more of on pages 22, 26 and 27 of this report.

*PLEASE NOTE: Any indication in this report of an underlying food restrictions 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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# FOOD ADDITIVE AVOIDANCE

## Advisory - Avoidance Recommended

Food Additives Indicators	
E 140 Chlorophylls and chlorophyllins	E 172 Iron oxides, iron hydroxides
E 450 Diphosphate, Phosphate	E 473 Sucrose esters
E 912 Montanic acid ester	E 474 Sucroglycerides
E 215 Sodium ethyl-para-hydroxybenzoate (PHB-Ester)	E 217 Sodiumpropyl-para-hydroxybenzoate (PHB-Ester)
E 224 Potassium metabisulphite (Sulphur dioxide)	E 226 Calcium sulphite (Sulphur dioxide)

### 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 so you may understand and be able to navigate food additives, so you may achieve optimized wellness in the best health.

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).

# YOUR PERSONAL OPTIMIZE VEGAN 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 avoid foods which might be causing stress to your body's digestive or immune system. Dealing with food sensitivities 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 adjust for a minimum of 90-days.

Cod		Coffee	Almond	Green Beans	Olives
Sheep Milk		Elderberry	Cabbage	Flounder	Rhubarb

### Step 2

**START Day 1**

The second step of optimization is to avoid toxins, Interference indicators and food additives, which could be compromising your enzyme function through key nutrient depletion and contributing to poor cellular expression and metabolic function. 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 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 digestive 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, waste removal and cellular communication. 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 25 for foods recommended for you.

### Step 6

**START Day 60**

The final step of the optimize wellness plan is to support your body to get rid of the Challenges, Stress and Interference indicators, which could be contributing to poor cellular expression and metabolic function. See the table on page 26 for the specific foods and recommendations suggested for you.

# YOUR OPTIMIZE VEGAN FOODS

Please ensure that you cross reference the foods listed here with those you should avoid on page 21 and continue to AVOID any foods to which you know or suspect you are allergic.

Optimize Indicator (STEP 5 - Nutrition)	Suggested Food Sources Day 30-90 (introduce as many foods as you can, at least 2 for each indicator) FOODS should be GMO FREE and ORGANIC wherever possible
Copper	Whole grains, almonds, green leafy vegetables, oysters, crab, sunflower seeds, pine nuts, olives, hazelnuts
Silicon	Spinach, whole grains, oats, barley, apples, oranges, cherries, celery
Boron	Tomato, apples, carrots, grapes, raisins, dark green leafy vegetables, raw nuts, pears, prunes, whole grains
Linoleic Acid - 6	Safflower oil, sunflower oil, soybean oil, corn oil, beef, lamb, walnuts, pumpkin seeds, sesame seeds
Magnesium	Green leafy vegetables, Spinach, nuts, sunflower seeds, sesame seeds, nuts (hazelnuts, almonds, cashew nuts, brazil nuts, peanuts, pistachio nuts, walnuts, pecans, macadamia), paprika, ginger, onion, kelp
Polyphenols	Fruit, tea, red wine, green apples, apricots, blackberries, cranberries, mangoes, cloves, star anise, blackcurrant, capers, black olives, dark chocolate
Anthocyanidins	Blueberries, blackberries, cranberries, plums, pomegranates, asparagus, red cabbage, eggplant
Flavonoids	Apples, apricots, blueberries, pears, raspberries, strawberries, black beans, cabbage, onions, parsley
Superoxide Dismutase	Wheat, corn, soy, barley grass, wheat grass, broccoli, brussels sprouts, cabbage, cantaloupe melon
Threonine	Meats, dairy products, eggs, wheat germ, nuts, beans, almonds, chickpeas
Vitamin B5	Brewer's yeast, eggs, fresh vegetables, legumes, mushrooms, nuts, royal jelly, saltwater fish, whole rye flour, blue cheese, salmon, lobster, sunflower seeds, whole wheat
Serine	Meats, dairy products, Spirulina, lentil, kidney beans, mung beans, tuna, chicken, beef, cheese, wheat gluten, peanuts, soy

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 toxin and microbiological support you should seek the advice of a qualified health professional who can advise you on the products and processes involved.



# YOUR OPTIMIZE VEGAN FOODS

Please ensure that you cross reference the foods listed here with those you should avoid on page 21 and continue to AVOID any foods to which you know or suspect you are allergic.

Optimize Indicator (STEP 6 – Interference)	Suggested Food/Supplement Sources FOODS should be GMO FREE and ORGANIC wherever possible
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, kale, 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 toxin and microbiological support you should seek the advice of a qualified health professional who can advise you on the products and processes involved.

# SELF-CHECK PROGRESS

The process of optimizing varies for everyone and it's important to keep a track of the changes over time. Once a more optimized you becomes the norm it's sometimes difficult 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. **Be sure to schedule in the 4 dates that you are going to complete the questionnaires at the start and ensure you give yourself enough time to complete this thoughtfully.**

## DAY 1

DATE

SYMPTOM	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. Once a more optimized you becomes the norm it's sometimes difficult 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. **Be sure to schedule in the 4 dates that you are going to complete the questionnaire at the start and ensure you give yourself enough time to complete this thoughtfully.**

## DAY 30

DATE

SYMPTOM	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
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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. Once a more optimized you becomes the norm it's sometimes difficult 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

SYMPTOM	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
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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 already. Changes can vary but should generally be on an upward trend. If they are 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 overall improving your metabolic function. **Now get your re-scan and keep up the good work and continue to Optimize.**

## DAY 90

DATE

SYMPTOM	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
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LOWER BACK PAIN	Extreme											Never
WIND/BLOATING	Often											Never

TOTAL



# OPTIMIZED NUTRITION IS THE KEY TO WELLNESS

## NUTRITION SUPPORTS & MAINTAINS

- ➔ Many body processes
- ➔ Better resistance
- ➔ Sleep patterns
- ➔ Cleansing
- ➔ Optimum weight and shape
- ➔ Performance
- ➔ Energy Production

## WHAT COULD BE STOPPING YOU 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.

### 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.

# IT'S TIME TO STOP JUST SURVIVING... & START OPTIMIZING!



Thank you for investing your time and resources to get your 'Optimize Wellness' nutritional vegan food plan.

Empower yourself and take the quantum leap towards optimal nutritional support today!

[cell-wellbeing.com](http://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.