

90-DAY OPTIMIZE NUTRITION REPORT

Your Report Includes

- 7 Key Optimization Areas
- 6 Step Optimization Plan
- Self-check questionnaires
 - Foods to Increase
 - Foods to Avoid

Program for:

This program created by:

cell-wellbeing.com

None of the statements in this report have been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

THE OPTIMIZE NUTRITION PROGRAM

AN INTRODUCTION

'**Optimize Nutrition**' is a simple, enjoyable and proven system of aligning your environment to Optimize your physical, mental and emotional capabilities.

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 life.

Currently, you and almost everyone else on the planet, are operating at a sub-optimal level 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 by two 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.

To Optimize yourself 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 health issues.

The '**Optimize Nutrition**' 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 and enzymes. Also, to provide you with a 90-Day Plan for dealing with these issues and optimising yourself through dietary and nutritional programs.

Optimisation 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.

We hope that you enjoy the 'Optimize' process and wish you well on your journey.

A handwritten signature in black ink, appearing to read "Meyer".

Dr Alfons Meyer

A handwritten signature in black ink, appearing to read "Stanton".

Dr Marcus Stanton

THIS REPORT IS ONLY VALID FOR THE NEXT 90-DAYS

Your next Optimize Report date is:

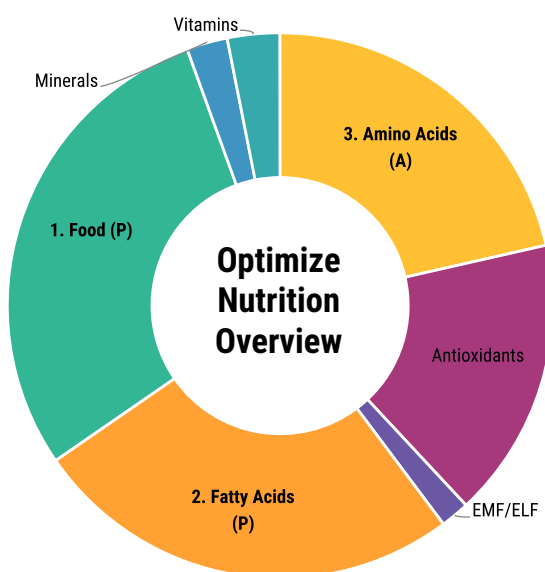
Book today with your provider at:

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



Foods to Avoid Summary

Elderberry	Papaya
Tangerine	Tomatoes
Coconut	Flounder
Chocolate	Goose
Salmon	Sesame

For full food avoid indicators see table on page 16.

Additives to Avoid Summary

E 535 Sodium ferrocyanide	E 174 Silver
E 100 Curcumin	E 927 Carbanide
E 904 Shellac	E 957 Thaumatin
E 1505 Triethyl citrate	E 410 Locust bean gum, carob gum
E 405 Propylene glycol alginate, Alginate	E 350 Sodium malate, sodium hydrogen malate

For further information on food additives see page 18.

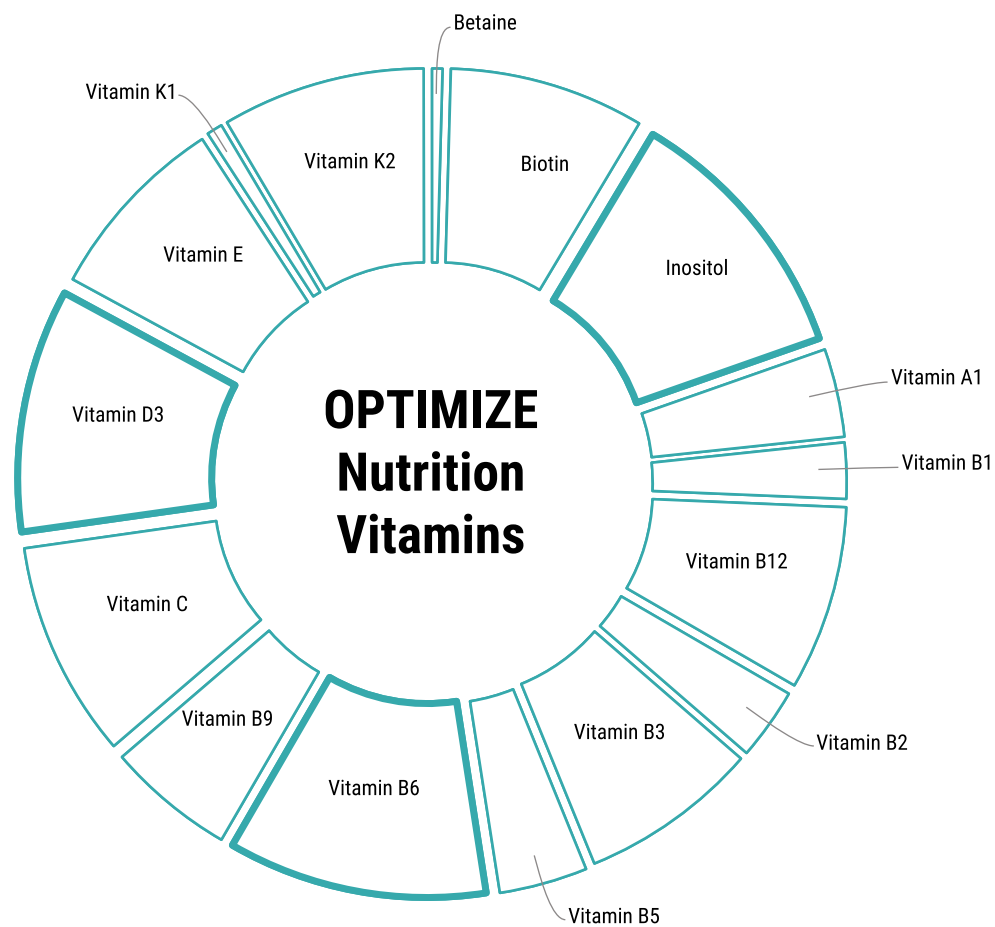
Category	Indicator	Information
Food	Please refer to the list in your foods table on page 12 and your food additives table on page 13.	For full results see the chart on page 12.
Fatty Acids	Docosahexaenoic Acid - 3 (DHA). Alpha-Linolenic Acid - 3 (ALA)	For full results see the chart on page 6. For food sources refer to page 15.
Amino Acids	Threonine. Methionine. Proline. Alanine	For full results see the chart on page 8. For food sources refer to page 15.
Food Additives	Please refer to the food additives table and link on page 13.	For full results see the chart on page 13.

The Key Indicators Chart

The larger the segment in the chart the higher the signature wave resonance intensity, 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 nutrient intake programs.

VITAMINS INDICATORS

Consider - Increase Intake



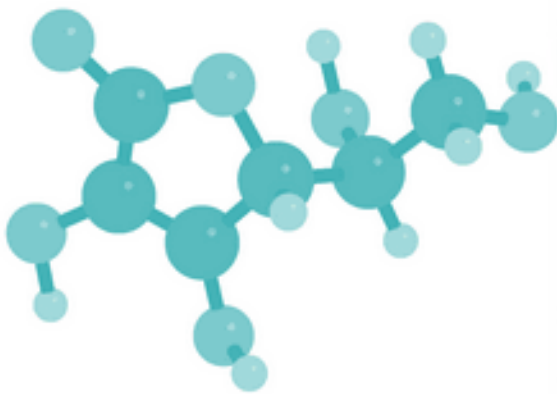
Category Indicator Chart

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 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



Vitamin C molecular model



Vitamins are organic compounds which are needed to sustain life. You get vitamins from food, because the human body either does not produce enough of them or none at all. An organic compound contains carbon. When an organism (living thing) cannot produce enough of an organic chemical compound that it needs in tiny amounts, and has to get it from food, it is called a vitamin. Vitamins play a vital role in the enzymatic processes of your body and a shortage of them in your diet can cause a host of health related problems.

Why Vitamins are vital to our Wellbeing

It is believed modern day living creates many deficiencies in our diets. One of these can be our daily vitamin intake—this can be reflected in the following: eye disorders, poor sight, acne, eczema, psoriasis, hot flushes, shingles, vitiligo, excessive skin wrinkles, poor hair quality, hair loss, poor tongue health, mouth ulcers, gum disease and many more. It is therefore worth considering a course of vitamin supplements.

Too many vitamins would be very rare, but might result in:

- Concentrated urine
- Shortness of breath
- Water retention
- Circulatory issues

**There may be other symptoms/conditions.*

VITAMIN RICH FOODS

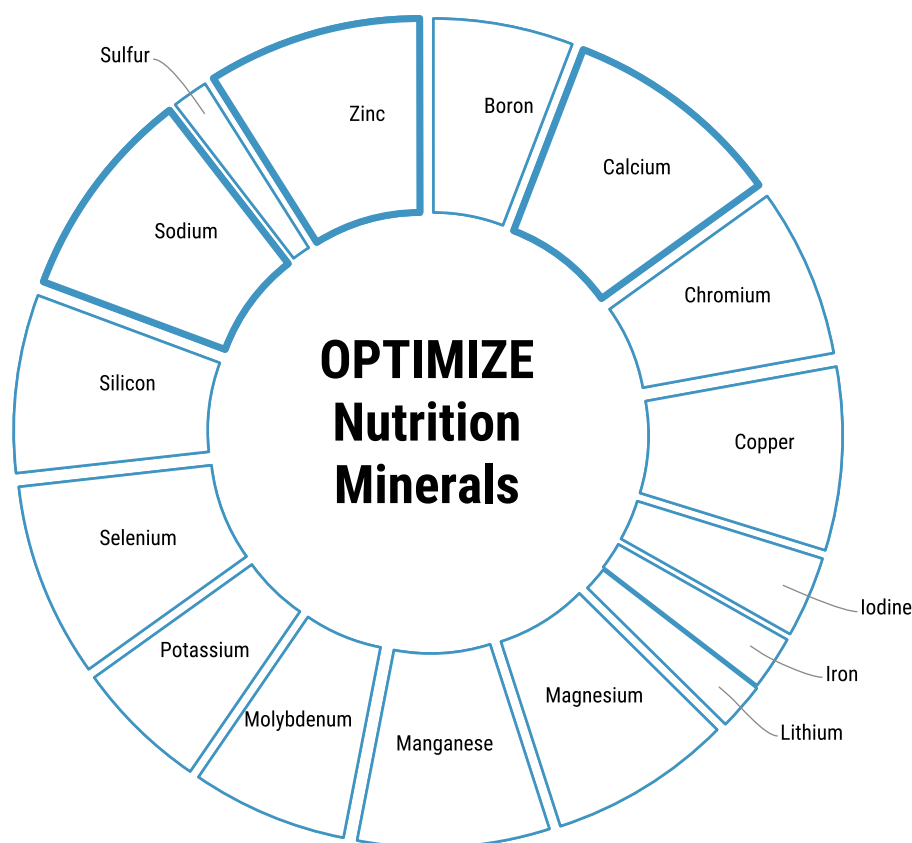
- | | |
|--------------------|-------------|
| • Dairy | • Peppers |
| • Seeds and Nuts | • Chicken |
| • Lentils | • Turkey |
| • Chickpeas | • Fish |
| • Green Vegetables | • Soy Beans |
| • Grains | • Eggs |
| | • Apricots |

**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

Consider - Increase Intake



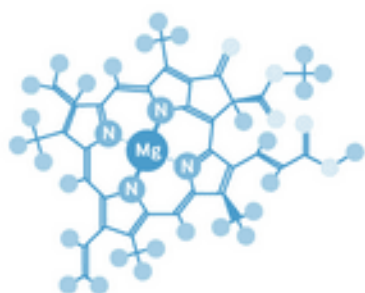
Category Indicator Chart

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 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



All varieties are a good source of minerals.

Minerals are important for your body to stay healthy. Your body uses minerals for many different jobs, including building bones, making hormones and regulating your heartbeat.

There are two kinds of minerals: macro-minerals and trace minerals.

Macro-minerals are minerals your body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulphur. Your body needs just small amounts of trace minerals. These include iron manganese, copper, iodine, zinc, cobalt and selenium. The best way to get the minerals your body needs is by eating a wide variety of foods. However, even when eating a varied diet you often do not receive all of the required minerals and in the quantities the body needs. A broad spectrum mineral supplement should be considered.

Why Minerals are vital to our Wellbeing

A deficiency of Minerals in our body may cause:

Cramps, joint pain, palpitations, eczema, insomnia, irritability, anxiety, fatigue, depression, osteoporosis, hair loss, weak immune, hyperactivity, headaches, hypertension and many more.

Too many minerals in the body may cause:

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

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

MINERAL RICH FOODS

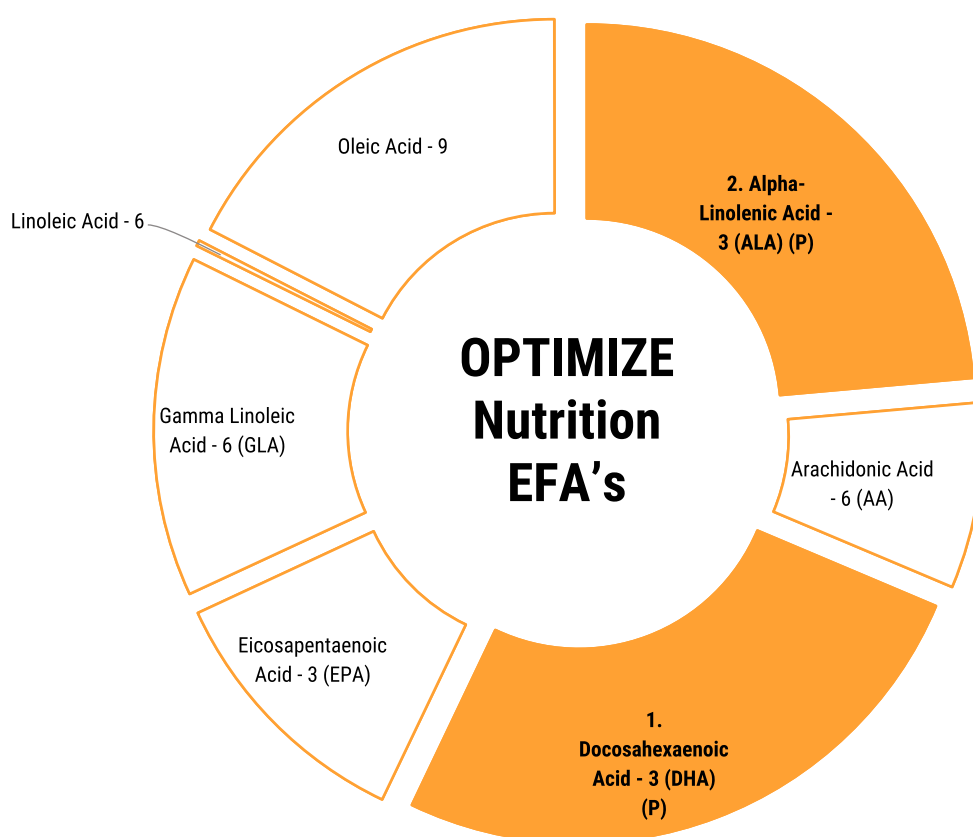
- Green Leafy Vegetables
- Nuts (all)
- Whole Grains
- Fish
- Shellfish
- Broccoli
- Cabbage
- Kale
- Brown Rice
- Eggs
- Mushrooms
- Seaweed
- Lentils
- Beans
- Tomatoes

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

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



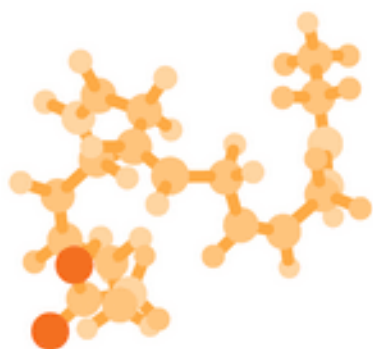
Category Indicator Chart

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 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



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.

Why Essential Acids are vital to our Wellbeing

A deficiency of EFAs in our body may cause:

- Scaly dry skin
- Re-current infections
- Poor wound healing
- Poor mental alertness
- Allergies
- Hyperactivity
- Possible links to: cardiovascular disease, stroke, arthritis, depression, alzheimer's, obesity

Very few toxicity symptoms noted, but very high doses could lead to mercury exposure due to toxic accumulations in the marine food chain.

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

FATTY ACIDS RICH FOODS

Non-Vegetarian

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

Vegetarian

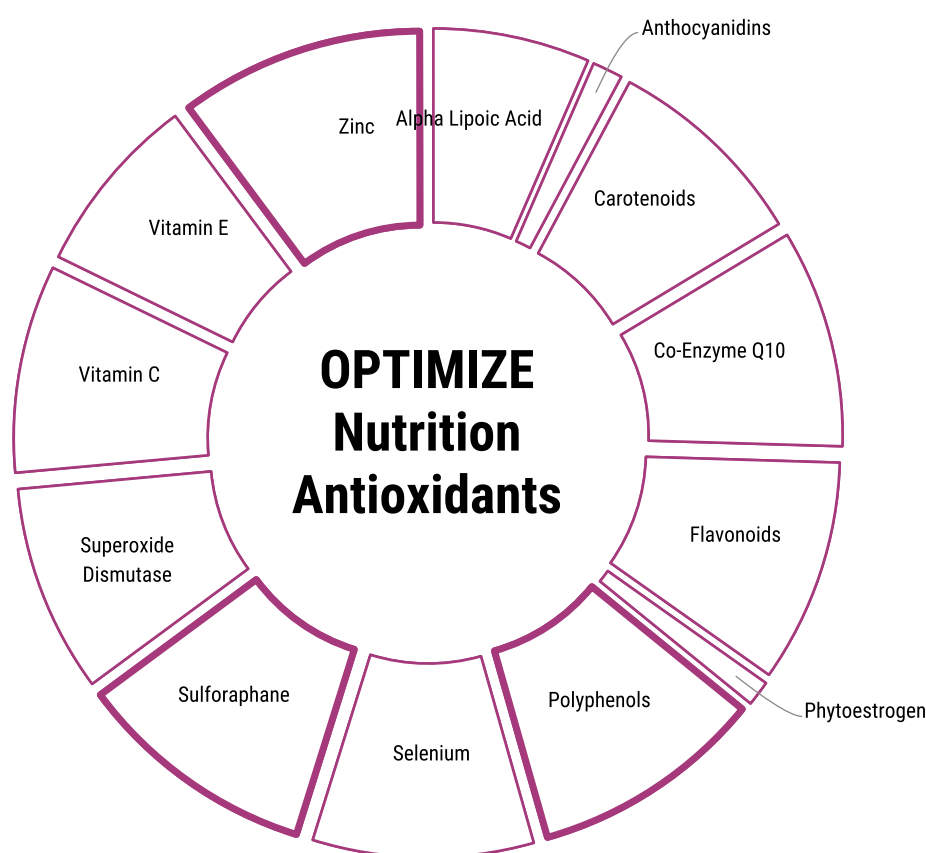
- Flaxseed
- Walnuts
- Soy Bean
- Tofu
- Hemp Seed

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

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



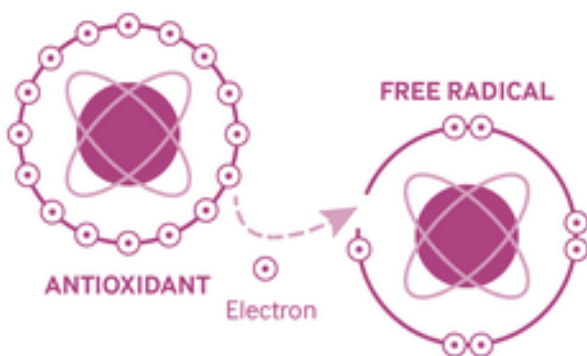
Category Indicator Chart

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 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



Many berry varieties, including blueberries, are a good source of antioxidants

Antioxidants are substances that may protect cells in your body from free radical damage that can occur from exposure to certain chemicals, smoking, pollution, radiation and as a by-product of normal metabolism. Dietary antioxidants include selenium, vitamin A and related carotenoids, vitamins C and E, plus various phytochemicals such as lycopene, lutein, and quercetin.

You can find these antioxidants in many different foods. There are large amounts of antioxidants in fruits, vegetables, nuts, and whole grains and smaller amounts of antioxidants in meats, poultry and fish.

Why Antioxidants are vital to our Wellbeing

A deficiency of Antioxidants in our body may cause:

- Anemia
- Poor balance
- Muscle weakness
- Sight problems
- Inflammation (joint)
- Possible links to: cardiovascular disease, diabetes, hypertension, macular degeneration, mental illness, infertility and others.

Vitamins C and E can be toxic at high doses, causing diarrhea, nausea and cramping/wind. Food intake of antioxidants presents very low risk.

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

ANTIOXIDANT RICH FOODS

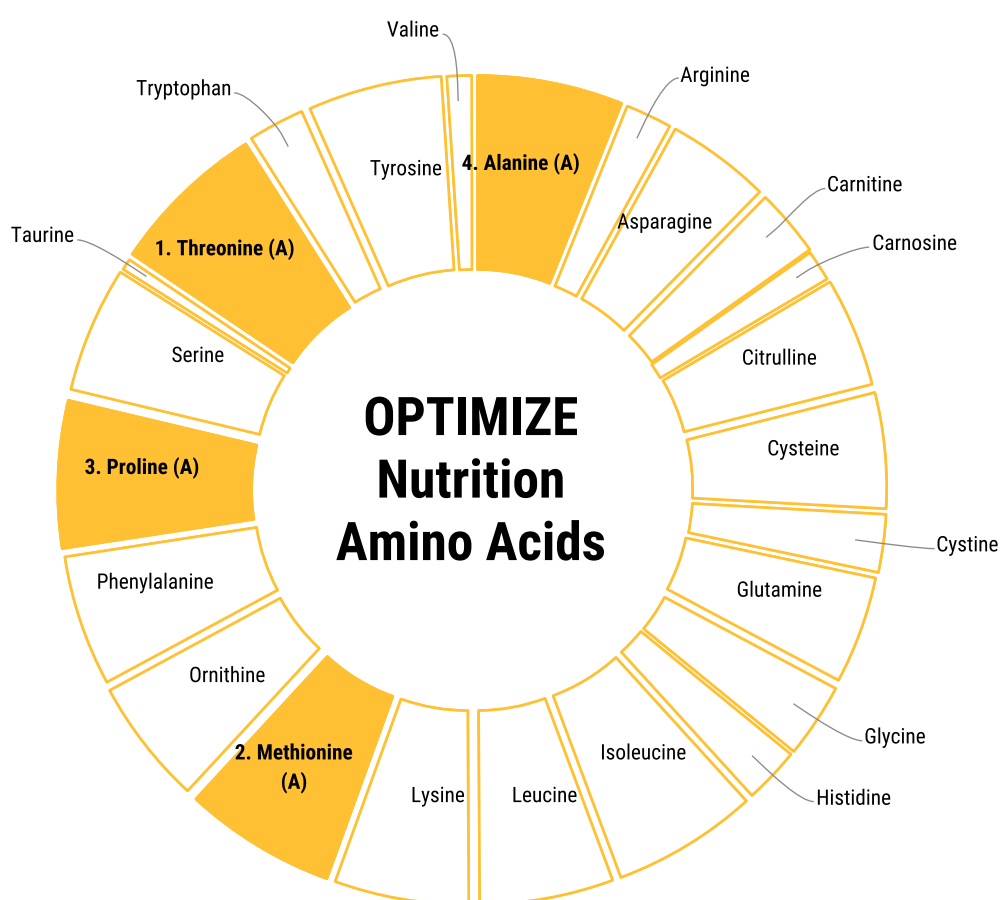
- | | |
|------------------|------------|
| • Peppers | • Broccoli |
| • Blueberries | • Cabbage |
| • Cranberries | • Apricots |
| • Tomatoes | • Salmon |
| • Nuts and Seeds | • Sardines |
| • Spinach | • Onion |
| | • Garlic |

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

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

Advisory - Increase Intake



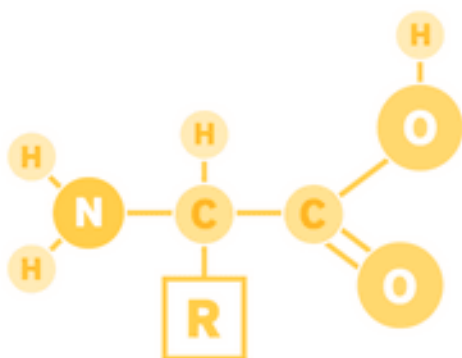
Category Indicator Chart

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 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



Protein is needed by every living organism, and next to water, makes up the largest portion of our body weight since it is contained in muscles, organs, hair, etc. The protein used in making up the body is not directly derived from diet, but the dietary protein is broken down into amino acids, and the body then re-constitute these amino acids into the specific proteins needed.

Enzymes and hormones regulating body functions are also proteins. Amino acids are used in most body processes from regulating the way the body works to how the brain functions—they activate and utilize vitamins and other nutrients.

Why Amino Acids are vital to our Wellbeing

A deficiency of Amino Acids in our body may cause:

- Decreased muscle tone and weakness
- Chronic Fatigue Syndrome (tiredness)
- Chemical sensitivity and food intolerances
- Depression and anxiety
- Hair loss and low weight
- Thyroid malfunction

There are very few instances of amino acid toxicity but in some cases of high doses, vomiting, nausea and diarrhea were reported.

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

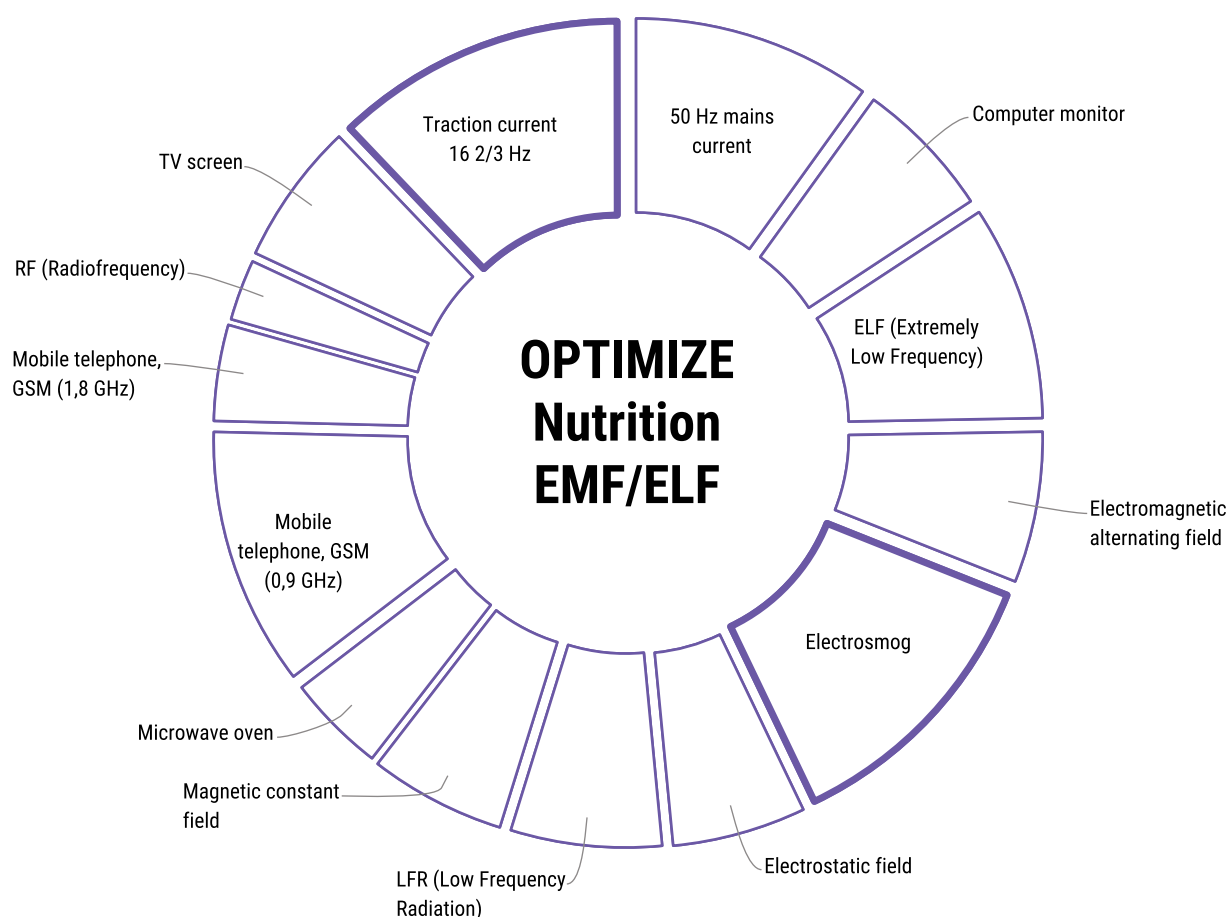
AMINO ACID RICH FOODS

- | | |
|--------------------|-------------|
| • Meat | • Nuts |
| • Dairy | • Spirulina |
| • Seeds | • Poultry |
| • Lentils | • Seafood |
| • Chickpeas | • Onion |
| • Green Vegetables | • Garlic |
| • Grains | • 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.

FREQUENCY INTERFERENCE INDICATORS

Consider - Reduce Exposure



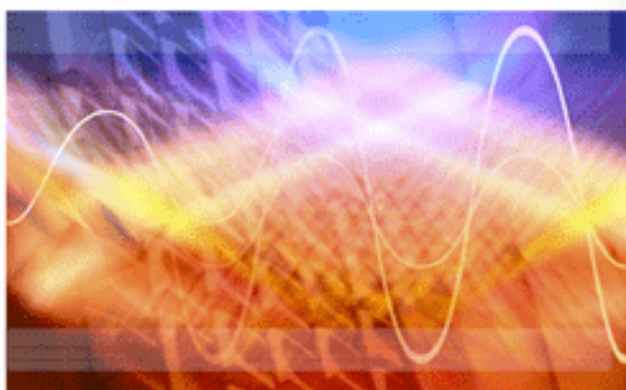
Category Indicators Chart

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

INTERFERENCE

ABOUT ELECTROMAGNETIC FREQUENCIES & EXTREMELY LOW FREQUENCIES



Modern day electrical supply and technologies are largely powered by or utilize frequencies at the very low spectrum range. These are considered non-ionizing forms of EM radiation in the 50Hz to 1GHz range. There are many forms of natural EM radiation like visible light or ultra violet, even the body and its cells have a very weak EM field. Modern forms of EM radiation appear not to be very compatible with the body's own EM fields and this is starting to create knock on health concerns.

Reduce exposure to EMFs and ELFs

Some countries now recognize the condition Electrohypersensitivity (EHS). Skin rashes, swollen glands, burning sensation, brain fog, palpitations, headaches, nausea and even flu like symptoms.

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

If you feel like you may suffer from EHS or would just like to reduce your daily exposure then avoidance is key. Switch off Wi-Fi when not used (especially at night), use hands free function on all phones, avoid microwave foods, avoid sleeping next to electrical supply. Minimize electrical usage. EMF appears to deplete calcium so supplementation could be advisable.

Try to reduce use of:

- Mobile Phones
- Wi-Fi
- Power lines
- Household Electrics
- Electrical devices
- MRI
- Microwave
- Navigation systems
- TV and computer monitors
- DECT Phones

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

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 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.

Priority - Avoidance Recommended

DAIRY	Banana	Pomegranate	Pistachios	Leek
Cheese	Blackberry	Raspberry	Poppy Seeds	Lettuce
Cows Milk	Blueberry	Rhubarb	Safflower	Mushroom
Eggs	Cantaloupe	Strawberry	Sesame	Olives
Goats Milk	Cherry, red	Tangerine	Soya Beans	Onion
Sheep Milk	Currants	Watermelon	Sunflower	Parsnip
BEVERAGES	Dates	GRAINS	Walnut	Peas
Beer	Elderberry	Barley	VEGETABLES	Peppers, green
Chocolate	Figs	Buckwheat	Sprouts, alfalfa	Potatoes
Coffee	Gooseberry	Millet	Artichoke	Pumpkin
Liquor	Grapefruit	Oats	Asparagus	Red Pepper
Tea, black	Grapes, green	Quinoa	Avocado	Soya Beans
Wine	Grapes, purple	Rice	Beets	Spinach
FISH	Honeydew	Rye	Broccoli	Sprouts, bean
Clams	Kiwi	Spelt	Brussel Sprouts	Tomatoes
Cod	Lemon	Wheat	Cabbage	Yams
Crab	Lime	Wild Rice	Carrot	Zucchini
Herring	Loganberry	NUTS/SEEDS	Cauliflower	MEATS
Flounder	Mango	Almond	Celery	Beef
Salmon	Mulberry	Brazil Nuts	Chili Pepper	Chicken
Shrimp	Orange	Cashew	Corn	Duck
Sole	Papaya	Coconut	Cucumber	Goose
Trout	Peach	Hazelnut	Eggplant	Lamb
Tuna	Pear	Lentils	Garbanzo Beans	Pork
FRUIT	Pineapple	Macadamia Nuts	Garlic	Turkey
Apple	Plum, yellow	Peanuts	Green Beans	Venison
Apricot	Plums, purple	Pecans	Kidney Beans	

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 Sensitivity 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 SENSITIVITIES

Food allergy can be a serious medical condition and does affecting up to 15 million people in the United States alone. Children are affected with up to 1 in 13 showing symptoms. You will probably already know your own intolerances, however these underlie indicators may assist you in your quest for improved knowledge.

Brushing up on the facts, learning all you can about your food is often the key to staying safe and living well. After all we are what we eat – better still we are what we absorb!

IMMUNE SYSTEM & LEAK GUT

The job of the body's immune system is to identify and destroy germs (such as bacteria or viruses) that make you sick. A food allergy results when the immune system mistakenly targets a harmless food protein – an allergen – as a threat and attacks it. This can happen on several levels from allergies, which can be fatal to sensitivities which often go unnoticed until the food is avoided.

COMMON FOOD SENSITIVITIES & SYMPTOMS

Eggs	Allergic reactions (rash, breathing difficulty, headaches)
Banana	Wind and bloating
Dairy	Stomach Cramps
Wheat (Gluten)	Nausea
Corn	Diarrhea/Constipation
Seafood	Joint pain
Citrus Fruits	Tiredness after meals
Onions/Garlic	
Peppers	

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

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

PLEASE NOTE: Any indication in this report of an underlying food sensitivity does not relate to physical food allergies. For allergy advice seek a medical professional. If you know you are ALLERGIC to foods, you must always avoid these.

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 FOOD ADDITIVE AVOIDANCE

Priority - Avoidance Recommended

Food Additives Indicators	
E 535 Sodium ferrocyanide	E 174 Silver
E 100 Curcumin	E 927 Carbanide
E 904 Shellac	E 957 Thaumatin
E 1505 Triethyl citrate	E 410 Locust bean gum, carob gum
E 405 Propylene glycol alginate, Alginate	E 350 Sodium malate, sodium hydrogen malate

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 NUTRITION 90 DAY 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 optimising 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 avoid for a minimum of 90-days.

Elderberry	Tangerine	Coconut	Chocolate	Salmon
Papaya	Tomatoes	Flounder	Goose	Sesame

Step 2

START Day 1

The second step of optimisation is to avoid toxins, EMFs/ELFs 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 EMF/ELF Information](#)

[CLICK Here for more Food Additives Information](#)

Step 3

START Day 1

Step 3 of the optimising process is to ensure that you are absorbing enough nutrients from the foods you are eating 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 optimisation 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 1.5-2 litres daily.

Step 5

START Day 30

The next step for optimisation 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 function. See table Step 5 on page 20 for foods recommended for you.

Step 6

START Day 60

The final step of the optimizing Nutrition plan is to help your body to get rid of the Toxic, Microbiological and EMF/ELF factors which are contributing to poor cellular expression and metabolic function. See the table on page 20 for the specific foods and recommendations suggested for you.

YOUR PERSONAL NUTRITION PROGRAM

Optimize Indicator (STEP 5 - Nutrition)	Suggested Food Sources Day 30-90 (introduce as many foods as you can, at least 2 for each indicator)
Docosahexaenoic Acid - 3 (DHA)	Salmon, herring, mackerel, anchovies, eggs, butter, milk, cheese (full fat)
Alpha-Linolenic Acid - 3 (ALA)	Walnuts, flax seeds, canola oil, rapessed oil, soybean oil, beef, lamb, butter, milk, cheese (full fat)
Threonine	Meats, dairy products, eggs, wheat germ, nuts, beans, almonds, chickpeas
Methionine	Spirulina, cheese, beef, lamb, chicken, tuna, sardines, sunflower seeds, garlic, onion, egg yolks and sarsaparilla
Proline	Spirulina, cheese, rye, wheat germ, chicken, lamb, beef, dairy products, eggs
Alanine	Spirulina, Beef, Lamb, Almonds, Cucumber, Spinach, Capsicum, Carrot
Inositol	Cantaloupe, oranges, beans, lemons, limes, whole grains
Calcium	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
Vitamin B6	Avocados, bananas, fortified cereals, walnuts, peanuts, pecans, cashews, chestnuts, hazelnuts, lentils, potatoes, salmon, shrimp, beef, potato, spinach, broccoli, soybeans, sunflower seeds, tuna, brewer's yeast, green peas, wheat germ
Zinc	Chicken, beans, nuts, oysters, beef, lamb, pecan nuts, pine nuts, pumpkin seeds, whole grains
Sulforaphane	Broccoli and broccoli sprouts, cauliflower, cabbage, cress, bok choy, brussels sprouts
Sodium	Meat, fish, poultry, dairy foods, eggs
Polyphenols	Fruit, tea, red wine, green apples, apricots, blackberries, cranberries, mangoes, cloves, star anise, blackcurrant, capers, black olives, dark chocolate
Vitamin D3	Swiss Cheese, oysters, sardines, cod liver oil, mackerel, herring, salmon, maitake and portabella mushrooms, eggs, sunlight

Optimize Indicator (STEP 6 - EMF/ELF)	Suggested Food/Supplement Sources
EMF/ELF (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
EMF/ELF (Water Day 1-90)	Good quality drinking water for cell optimization. (Avoid tap water, plastic bottled water or water of an unknown source)
EMF/ELF (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
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. **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
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 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
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

OPTIMIZED NUTRITION IS THE KEY TO WELLNESS

WHAT NUTRITION DOES FOR YOUR BODY...

Power all of the processes in your body

Boosts your immune system

Helps you achieve better sleep

Cleanses your body of toxins

Assists you to maintain a healthy weight

Promotes good sexual health

Improves your performance

Can help you live to a healthy age

Optimizes your wellness

WHAT COULD BE 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 Nutrition Report.

Time is more valuable than money. You can get more money but you can't get more time and as they say, *'At the end of the day prevention is far better than cure.'*

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

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.