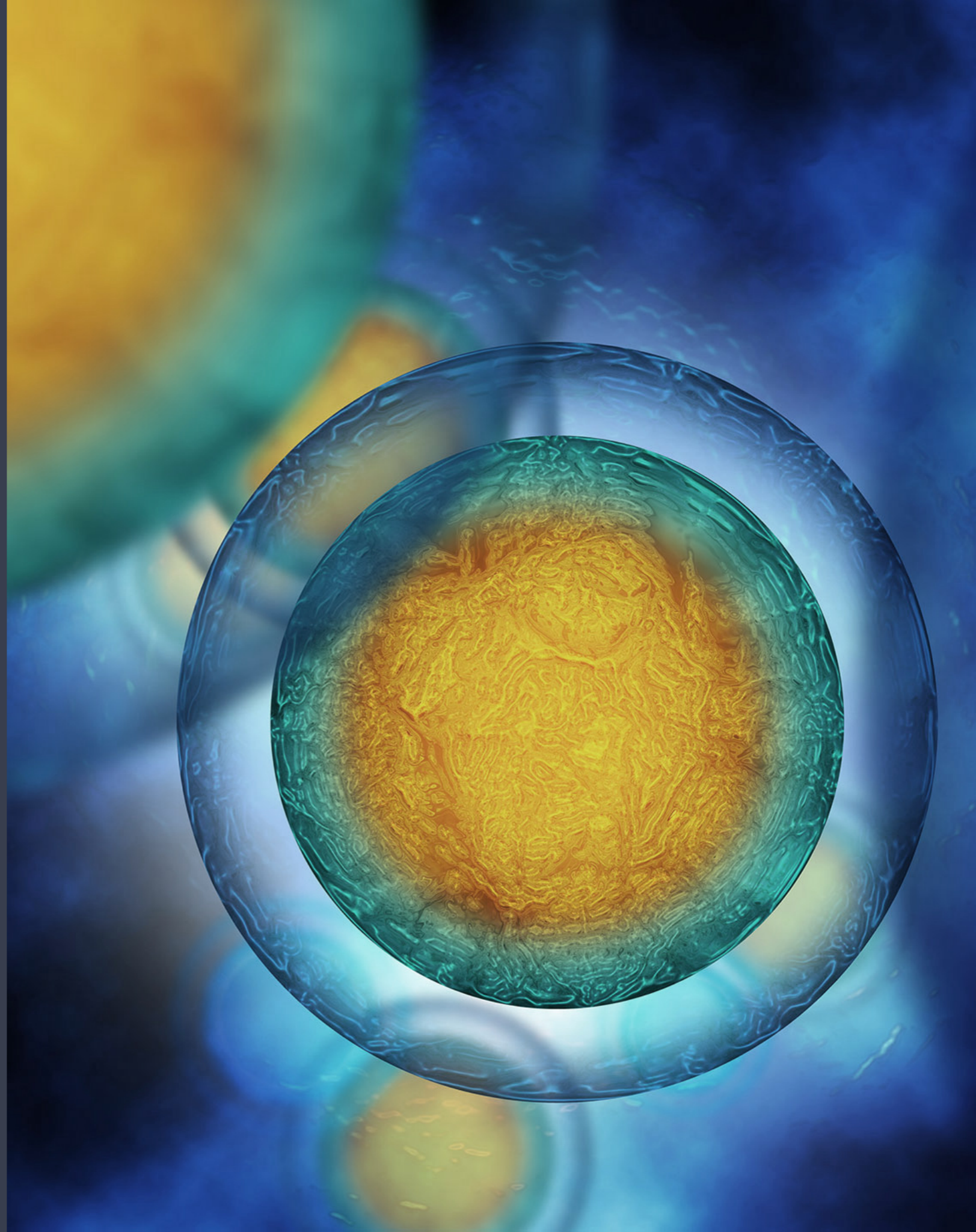


NAME

BIO RESONANCE

Date

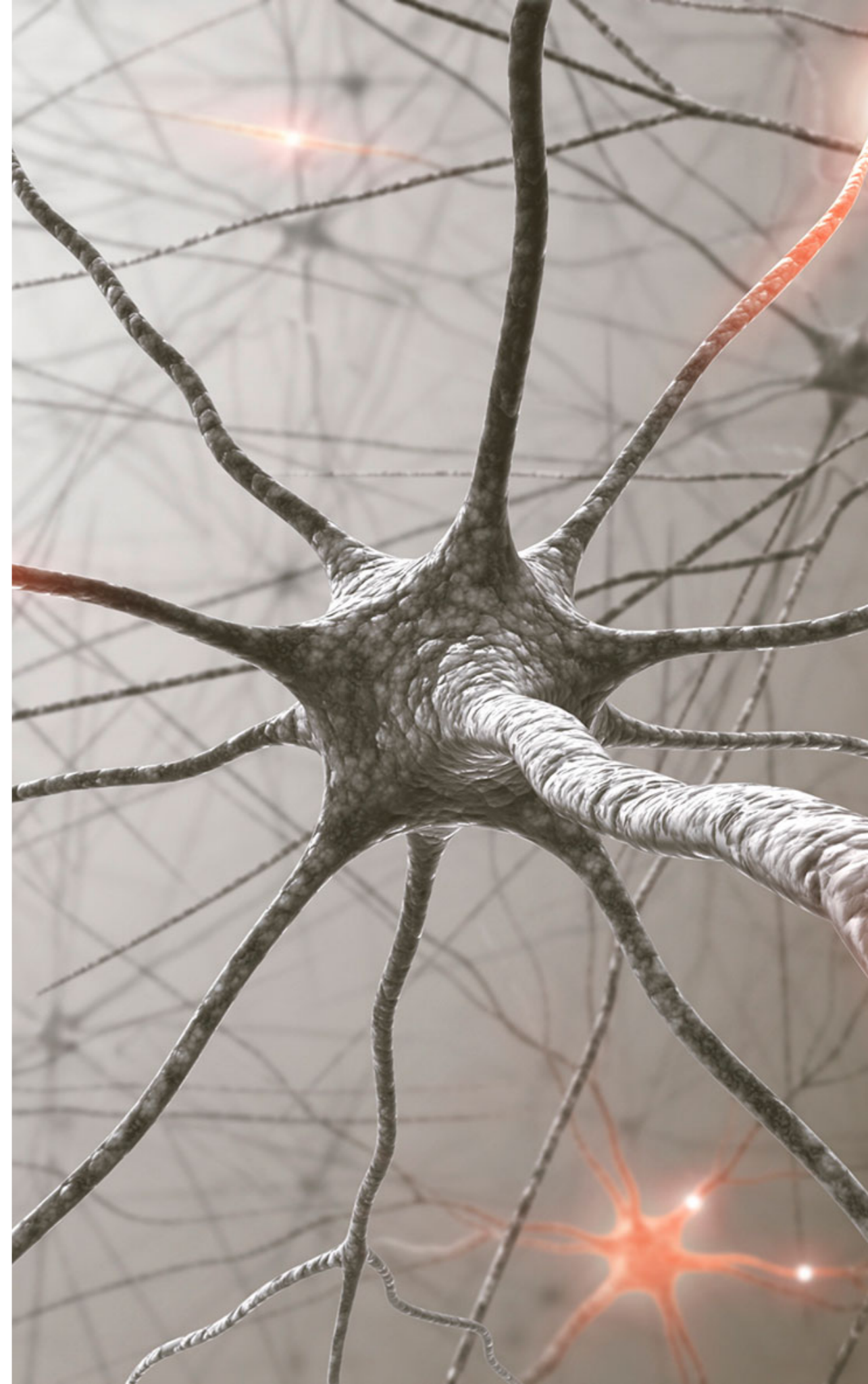


HOW TO READ YOUR REPORT?

With a pinch of salt!
We remember it is
just a picture of us in a
moment in time.

CHANGE is the only
constant. We are all in
perpetual flow and the
only goal in our
practice of medicine is
to unlock the energy
that animates us.

Love, Amèle



The basic concept behind the software is that it provides a means of assessing your vibrational frequency. This is done through the voice analysis and also through the picture and date of birth. This assessed frequency is then compared to other frequencies that have been programmed into the software. The result of this comparison is a score. This score will be between 0 and 777, a scale that was chosen by the developer.

Certain scores indicate reactivity. These reactivity scores are generally below 100 and above 600. Reactivity tells us that there is some degree of disharmony between the person (or animal) being tested and the particular frequency being tested. Examples of these frequencies include vitamin C, magnesium, the immune system, or the spleen meridian.

A score above 600 is generally associated with inflammation and the Chinese medicine concept of “heat”. **High scores are generally also associated with more acute issues or issues that are more superficial. Low scores, below 100, are associated with issues that are more chronic.** They are also associated with the Chinese medicine concepts of stagnation and depletion. Lower number scores can be associated with more long-term issues that are of more depth. From this perspective, you may want to focus on lower numbered items, as these are items that need much work. They are the areas of most compressed energy. **The goal of quantum biofeedback is to open that energy and to create flow.**

In Herring’s law of cure, disease is considered to heal in the body from the top down and also from the inside (depth) to the outside (superficial). This philosophy of healing indicates that issues that are chronic can proceed to acute issues in the process of healing. You may, then, see some issues go from a very low number, to a very high number, in the process of healing. In the realm of quantum biofeedback, we consider many things to be part of the “field” and therefore important to consider. For example, the person testing is part of the field as is the client being tested. This i

is important. This means that this is a living, interactive, alive process. The person who is looking (the tester or practitioner) will alter the field. This means that their intention and the energy they bring with them is important. This is true of the person being tested (the client). When your intention is very clear, it is possible that the results and the impact of the session may be stronger.

System overview

The system overview tests for imbalances in 3 areas. These include the Biofield, the Mind and the Body. Within these areas are subcategories that have separate screens, such as the digestion, body systems, essential oils and more.

Items that are in red or blue represent areas that are showing reactivity when compared to your vibrational frequency. When you run these frequencies, the goal is to reduce that reactivity. The impact of reduced reactivity should be more relaxation and improved feelings of vitality.

This system overview is a general snapshot that looks at all of the categories compared to each other. It asks the question, “in comparison to these other categories, which one is likely the priority to balance today.” However, this does not mean that you will not find items to balance in the other categories. You inevitably will and you should explore the screens that are of interest to you.

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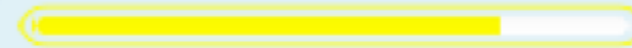
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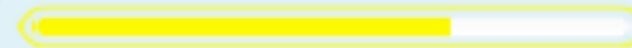
MIND



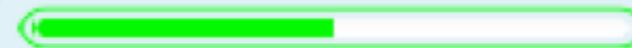
Bach Flower Essences 603



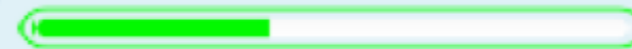
Neurotransmitters 539



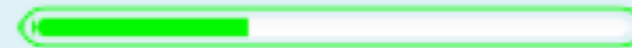
Emotional 391



















Brain EEG 308



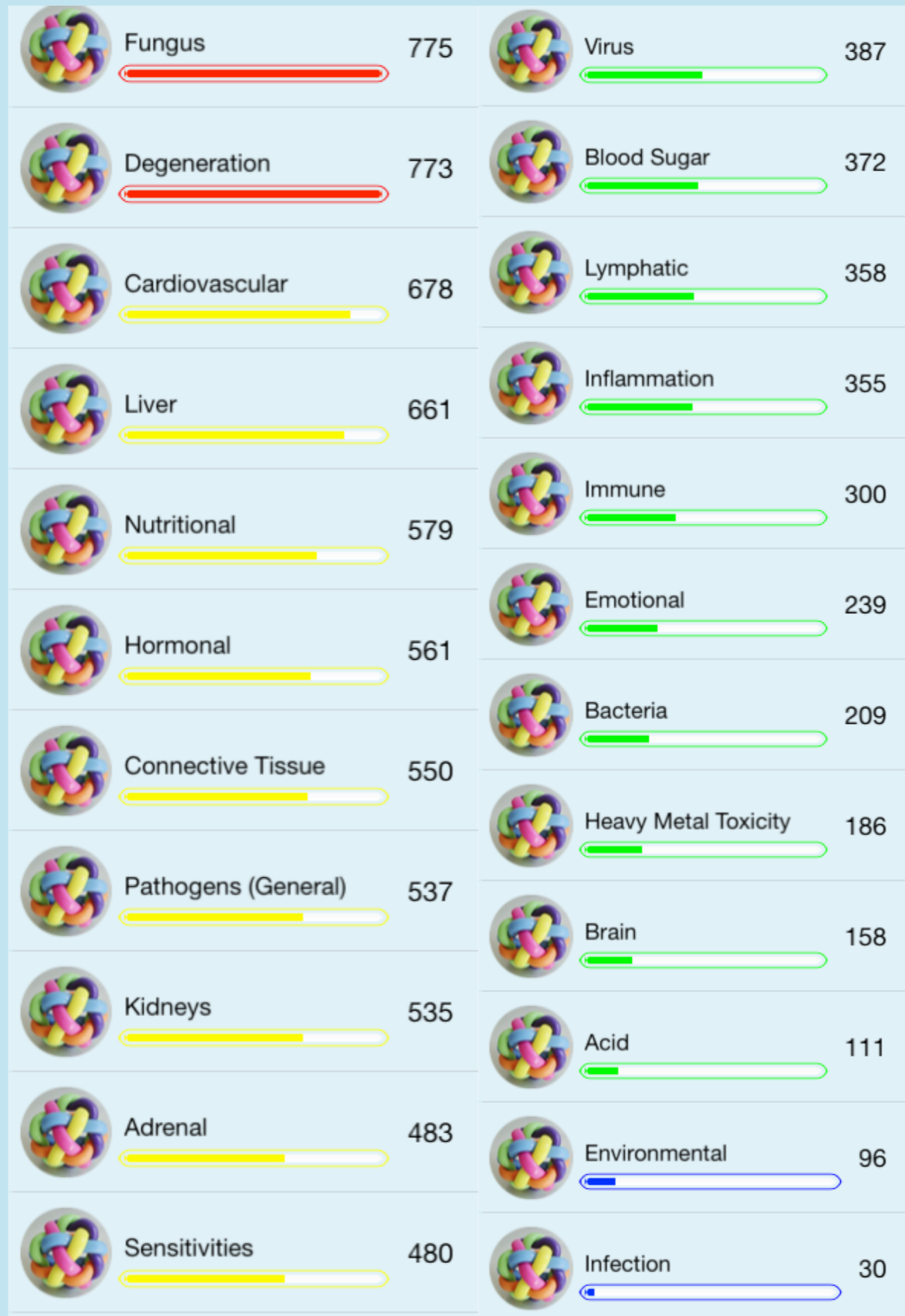
Brain Anatomy 280



BODY

	Organs	775
	Amino Acids	758
	Chemical Sensitivities	696
	Sensitivities	669
	Today's Stress	598
	Electrical Sensitivities	565
	Hormones	499
	Herbs	478
	Body Systems	476
	Essential Oils	445
	Infection Energetic	301
	Spinal Energy	287
	Vitamins	218
	Minerals	197
	Digestion	67
	Glands	29

TODAY'S STRESS

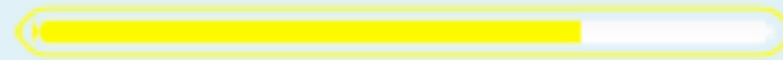


BRAIN ANATOMY



Cortex

573



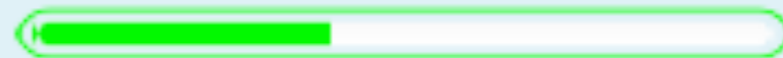
basal ganglia

378



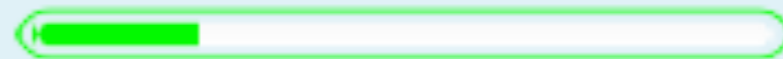
cerebellum

311



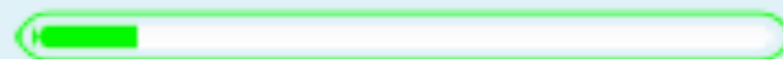
brain stem

174



frontal lobe

111



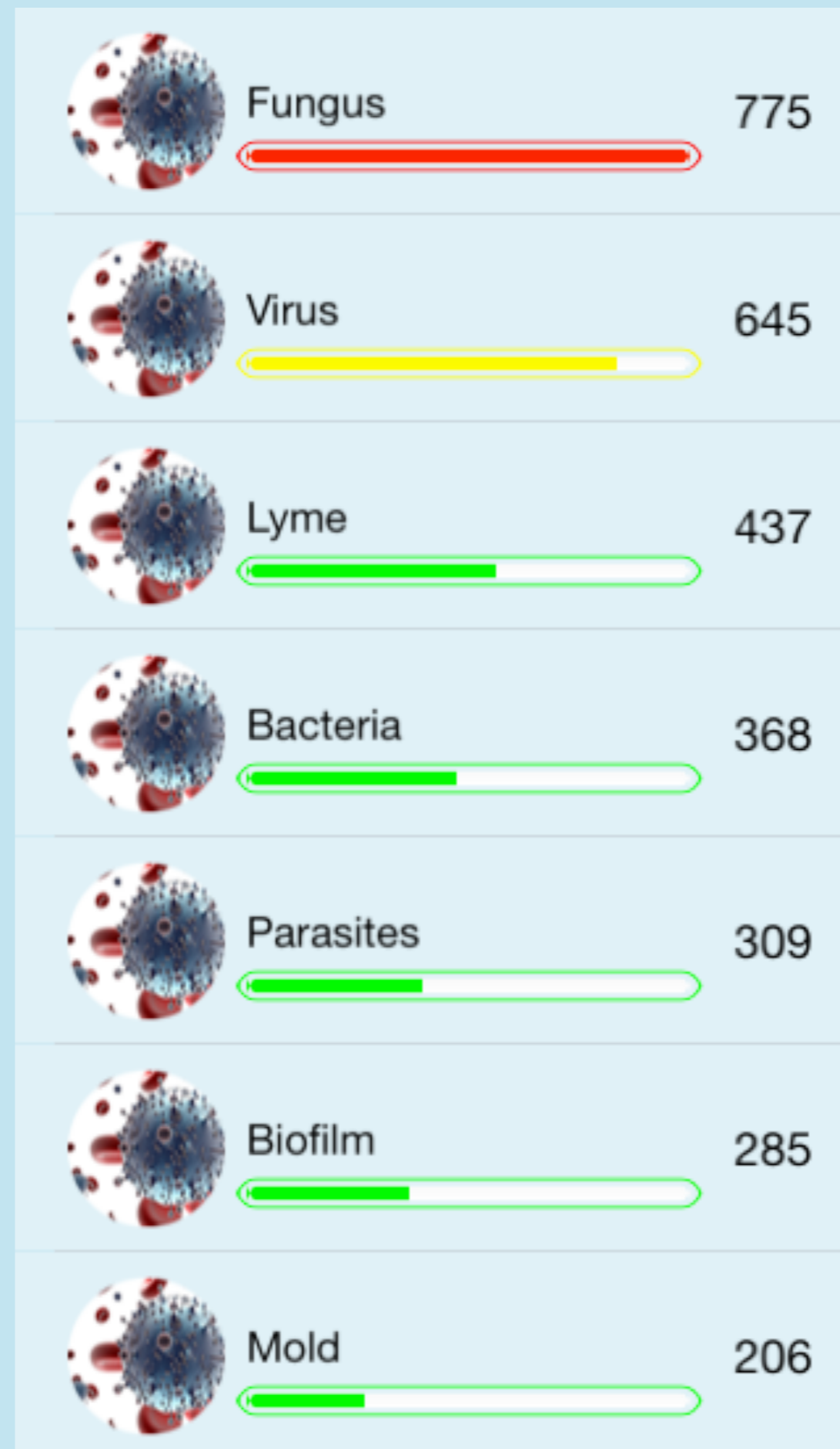
parietal lobes

94



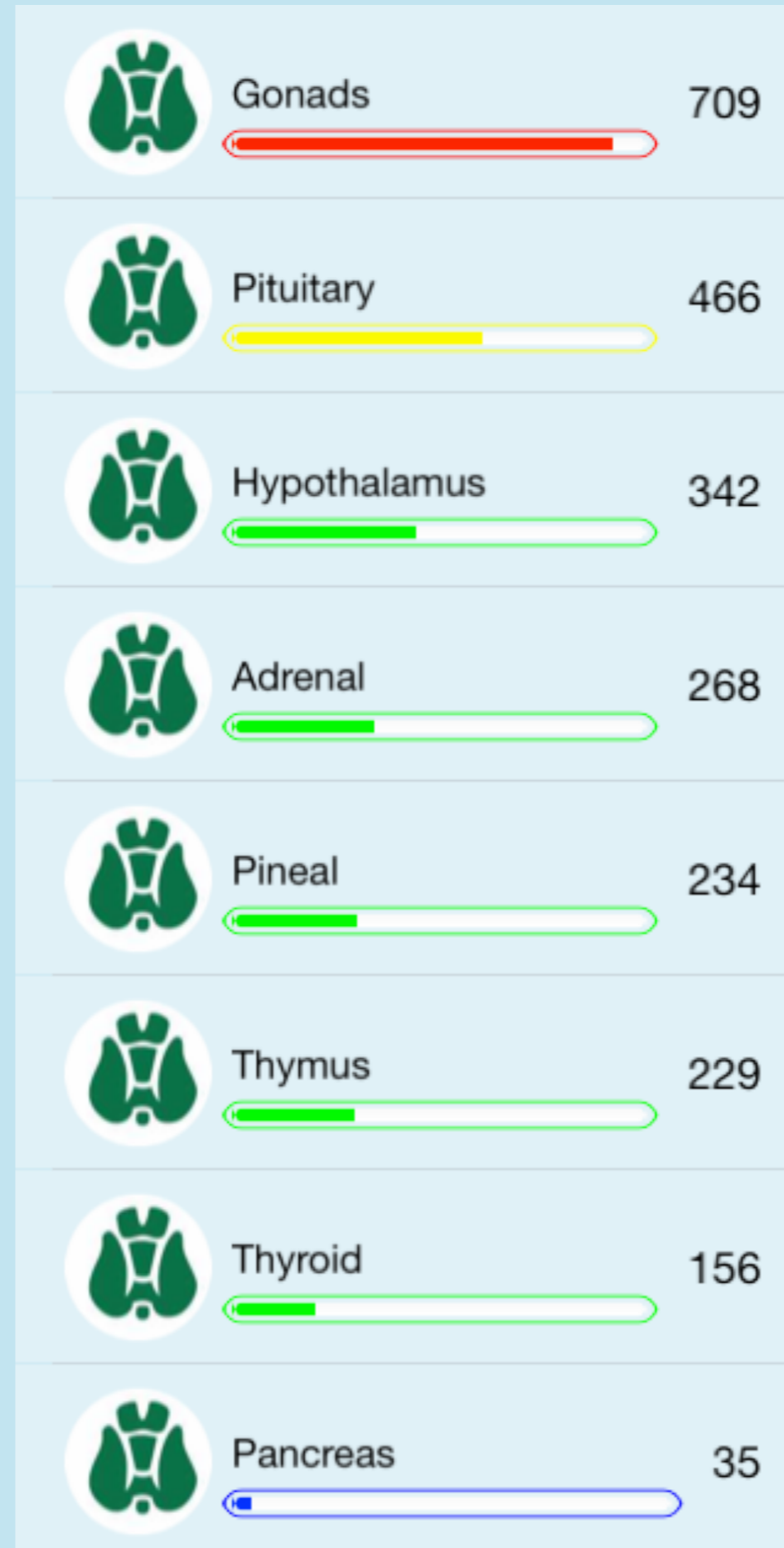
INFECTION ENERGETIC DISTURBANCES

- Fungus - Fungus can come in many forms and one of them does include candida. Fungus comes in as the "composter" in the human body and it may mean that there is undigested food or other pathogens that are carrying fungi. Consider dietary changes that would eliminate waste or reduce sugar, which certain fungi will thrive on.
- Virus - may be a chronic virus we are unaware of.



GLANDS

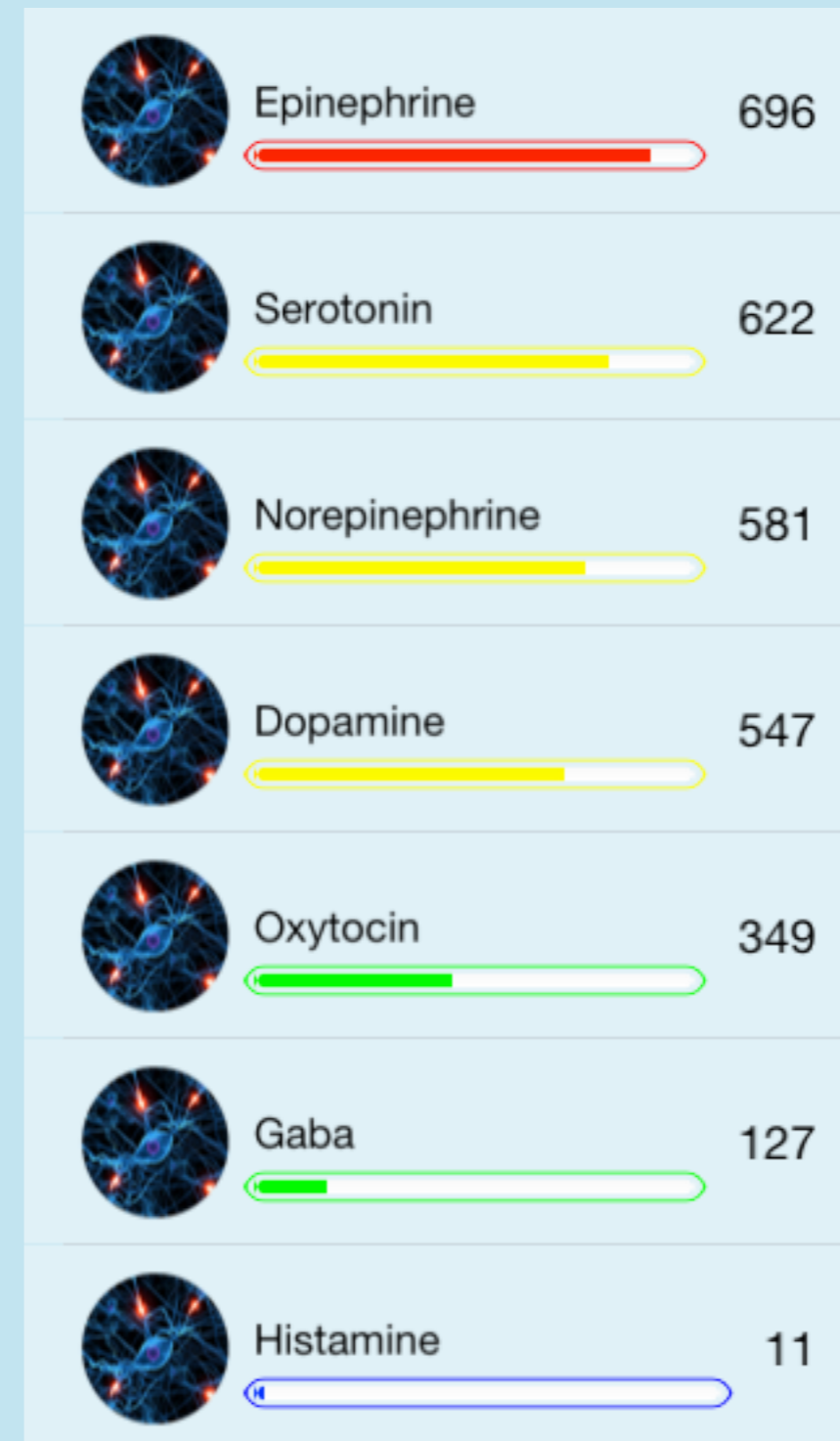
- The glands of the body are part of the endocrine system. With this system, chemical messengers flow through the bloodstream in order to have various physiological effects.
- Gonads -Sexual glands in males producing the hormone testosterone, in Females the ovaries producing oestrogens and progesterone
- Pancreas - The pancreas produces enzymes along with insulin.



NEURO

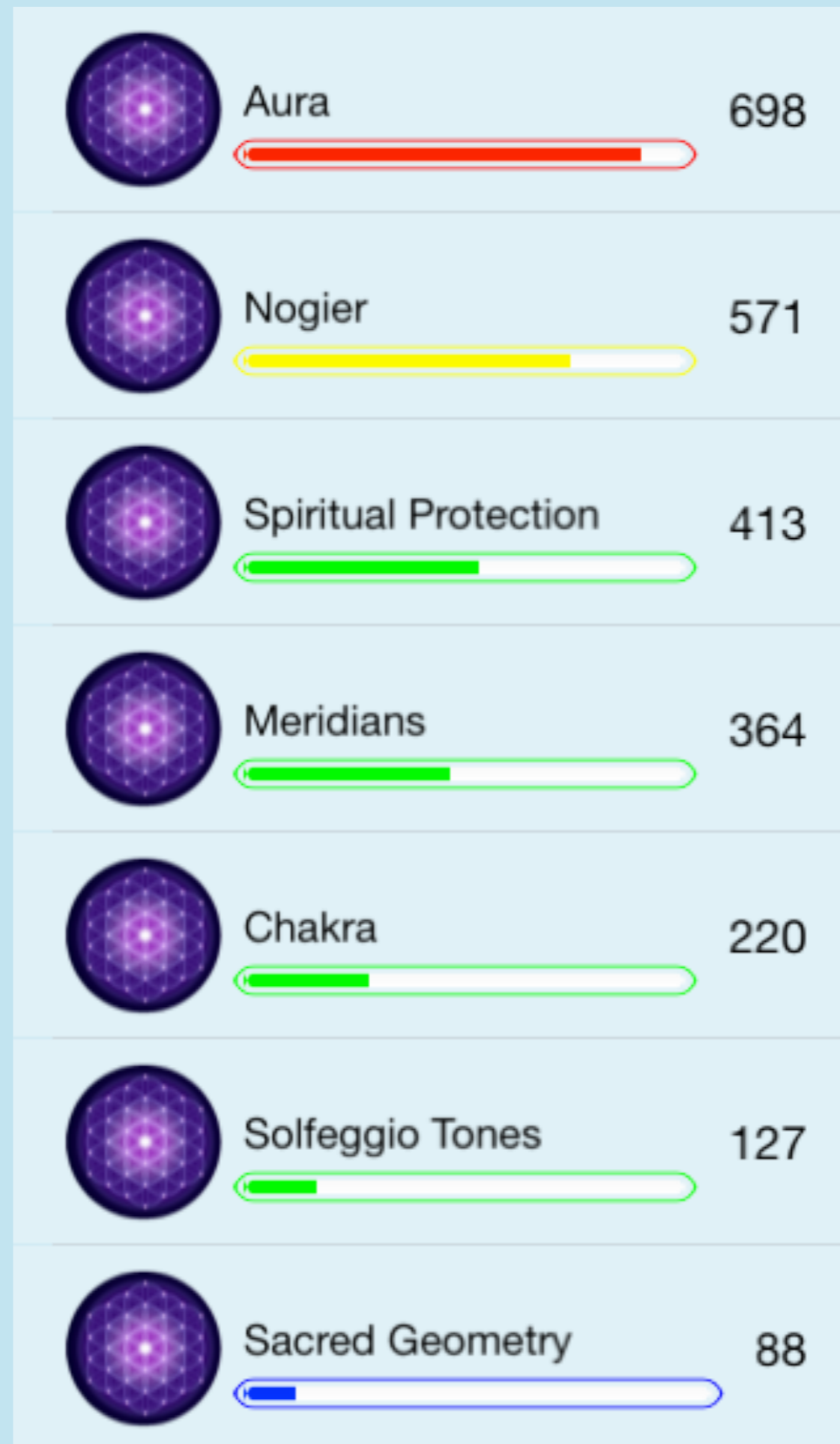
TRANSMITTERS

- Epinephrine - Epinephrine, also known as adrenalin or adrenaline, is a hormone, neurotransmitter and medication. Epinephrine is normally produced by both the adrenal glands and certain neurons. It plays an important role in the fight-or-flight response by increasing blood flow to muscles, output of the heart, pupil dilation, and blood sugar.
- Histamine - a compound that is released by cells in response to injury and in allergic and inflammatory reactions, causing contraction of smooth muscle and dilation of capillaries. When someone is having lots of food allergies, this frequency is reactive.



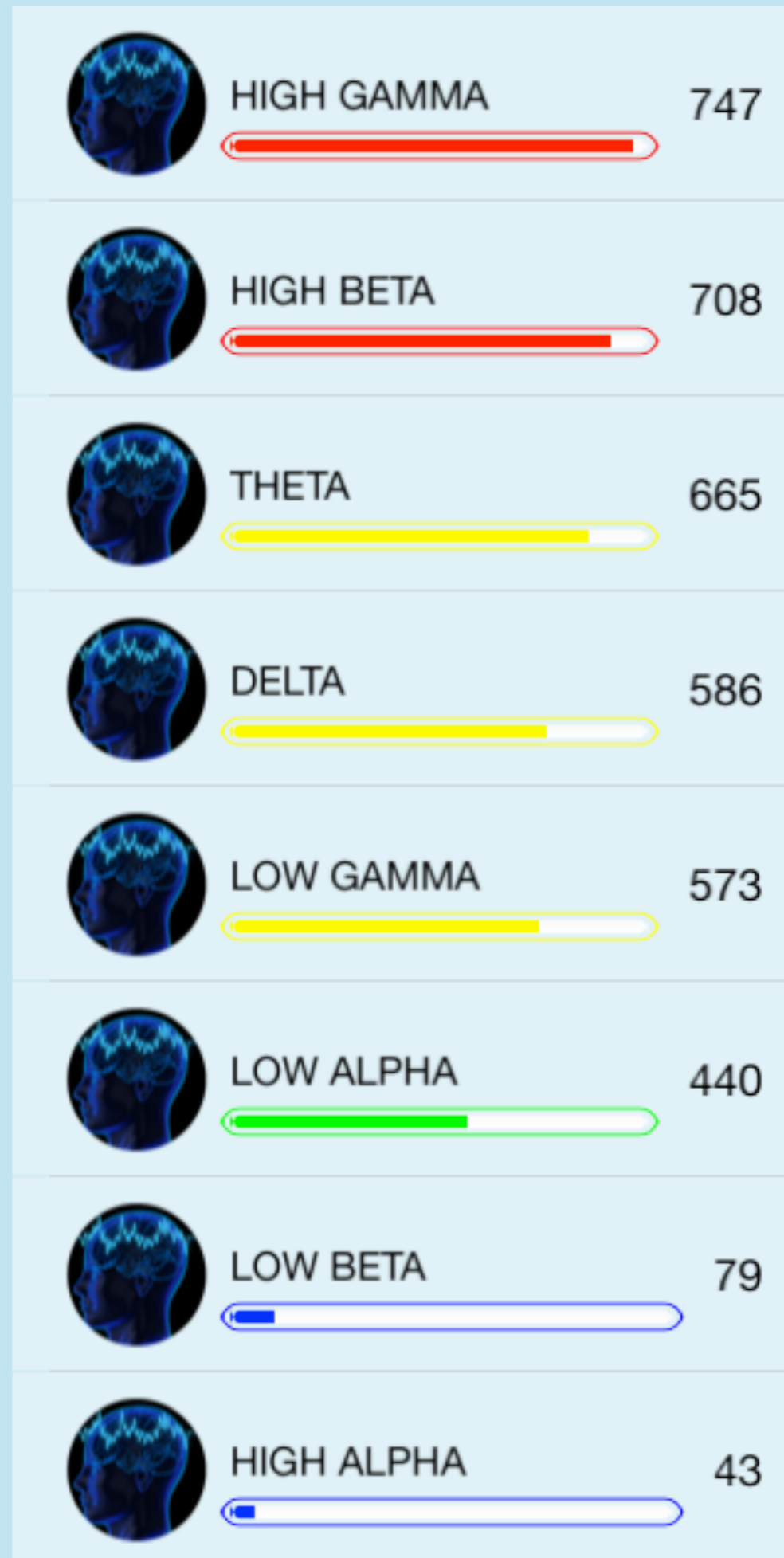
BIOFIELD

- Aura: See Aura sheet
- Nogier: The late French neurologist, Dr. Paul Nogier, is best known for his innovative work in the development of auriculotherapy (ear acupuncture). Based on this research, Dr. Nogier's findings and innovations have had profound implications for neuropathy and chronic pain patients, by helping to increase blood flow, reduce inflammation and assist in general healing. Dr. Nogier developed a unique pulse test. This test enabled him to determine that all tissues and organs throughout the body (which develop from three basic embryologic tissues; ectoderm, endoderm and mesoderm) are in resonance (sympathetic vibration) with specific frequencies. Dr. Nogier identified these frequencies as harmonics of the musical note D. This is to say that all the tissues of the body resonate to harmonics of D. Dr. Nogier found that these and other harmonics of D have healing effects. These harmonics are the Nogier frequencies. Based on these findings, he designed electronic instruments that delivered seven pulsed energies into the body for the purpose of healing injured or diseased organs and tissues. These pulsed energies induced healing by exposing damaged tissues to their normal resonance frequency.
- Sacred Geometry: The different frequencies included in this category are considered "coherent". They are representative aspects of perfection within ourselves. When we focus on the Flower of Life or the Fibonacci Sequence, it helps to bring a profound inner stillness and assists us into coming back into balance. It is a great practice to use any Sacred Geometry frequency in balancing session.



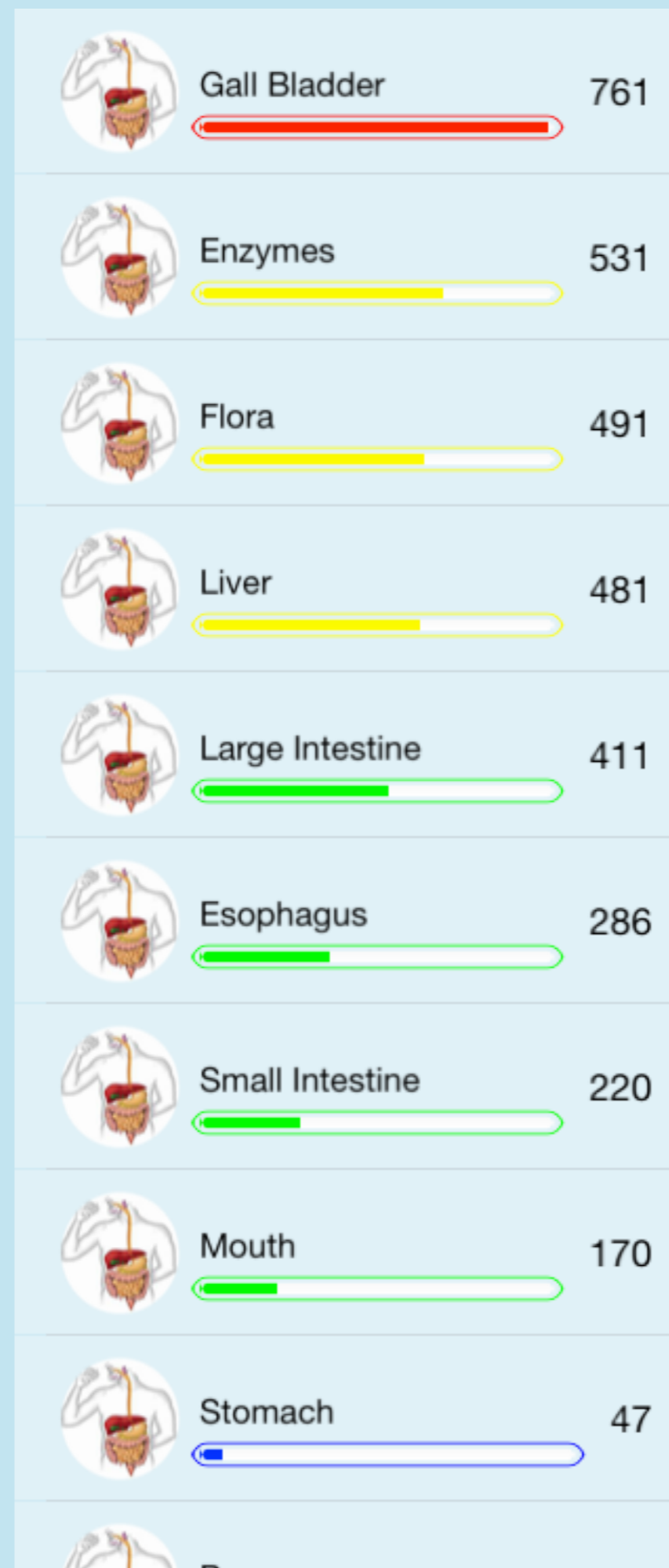
BRAIN EEG

- Low Gamma/High Gamma - Gamma brain waves (39-100 hz) are involved in higher mental activity and consolidation of information. An interesting study has shown that advanced Tibetan meditators produce higher levels of gamma than non-meditators both before and during meditation
- Low Beta/High Beta - Beta wave, or beta rhythm, is the term used to designate the frequency range of human brain activity between 12.5 and 30 Hz (12.5 to 30 transitions or cycles per second
- Low Alpha/High Alpha - Alpha waves are one type of brain waves detected either by electroencephalography (EEG) or magnetoencephalography (MEG) and predominantly
- Theta - Theta waves generate the theta rhythm, a neural oscillatory pattern in electroencephalography (EEG) signals, recorded either from inside the brain or from electrodes glued to the scalp. ... Theta waves with a lower frequency range, usually around 6-7 Hz, are sometimes observed when a rat is motionless but alert.
- Delta - A delta wave is a high amplitude brain wave with a frequency of oscillation between 0.5- 4 hertz. A delta wave is a high amplitude brain wave with a frequency of oscillation between 0.5-4 hertz. Delta waves, like other brain waves, are recorded with an electroencephalogram[1] (EEG) and are usually associated with the deep stage 3 of NREM sleep, also known as slow- wave sleep (SWS), and aid in characterizing the depth of sleep.



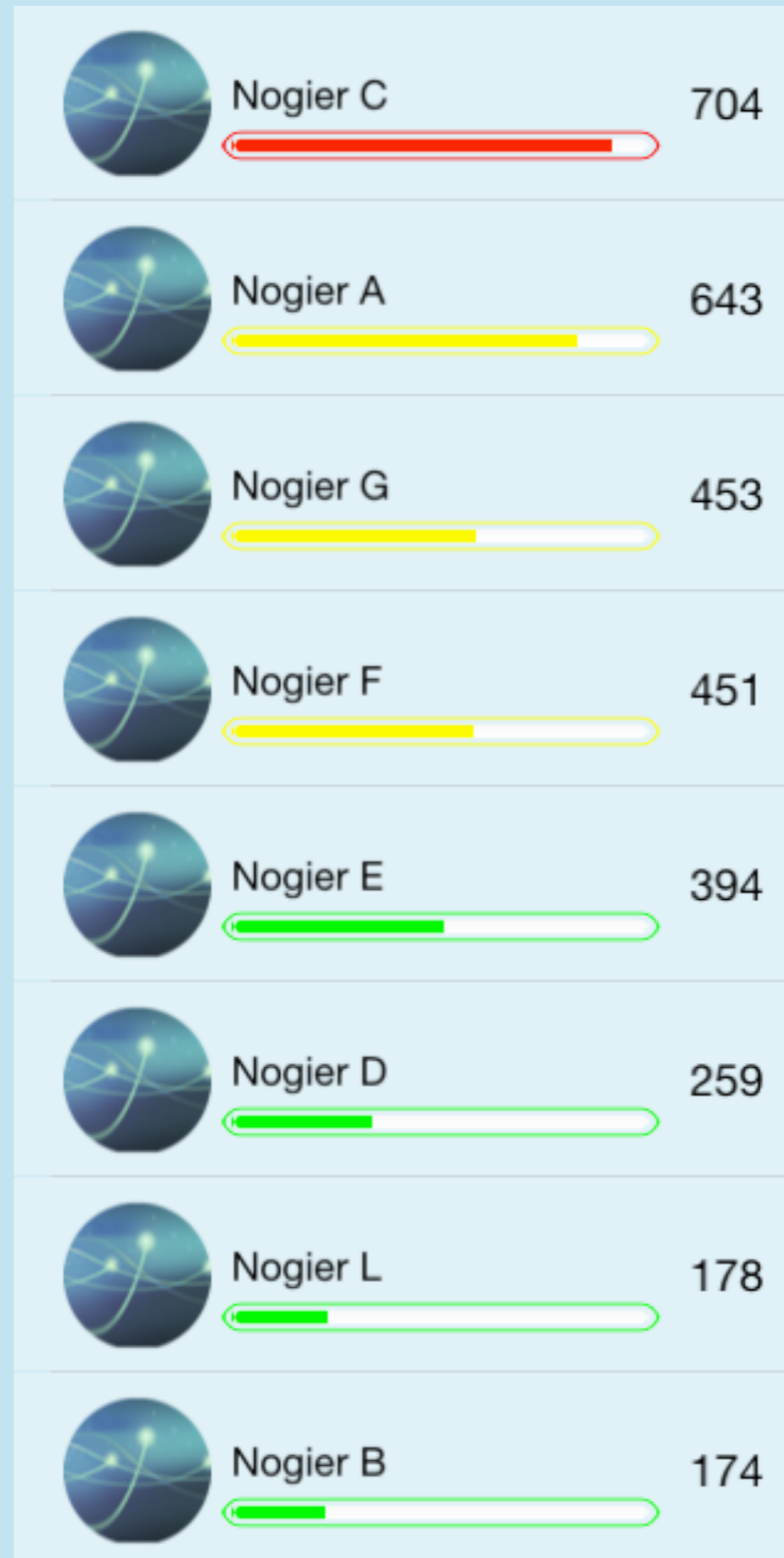
DIGESTIVE

- **Low Gamma/High Gamma Gallbladder:** Wood Energy Yang Organ Known as the 'Honorable Minister', the gall bladder is in charge of the 'Central Clearing Department'. It secretes the pure and potent bile fluids required to digest and metabolize fats and oils, and its energy provides muscular strength and vitality. It works with the lymphatic system to clear toxic by-products of metabolism from the muscular system, thereby eliminating muscular aches and fatigue. In the Chinese system, the common tension headache is caused by obstruction in the gall-bladder meridian, which runs up over the shoulders and back of the neck to the top of the head and forehead. Hence such headaches are usually accompanied by neck and shoulder tension. The gall bladder governs daring and decisiveness. In Chinese, the word for 'daring' is da dan ('big gall'). The English language also acknowledges this psychophysiological relationship with the phrase 'a lot of gall'. An old Chinese adage states: 'The gall bladder is daring, the heart is careful', which reflects the stimulating generative influence of Wood to Fire.
- **Stomach:** Earth Energy Yang Organ Focus of the stomach meridian is on the digestion of food and fluids, as you might have guessed. In addition, it moves the fluids on for assimilation in the small intestine. The stomach also extracts pure postnatal energy from foods and fluids, and in coordination with spleen energy it transports this foodenergy through the meridian system to the lungs, where it combines with air energy from breathing. This is a function of the stomach not acknowledged in Western medicine, which focuses only on the biochemistry of digestion and does not recognize the bioenergetic aspect.



NOGIER

- **Nogier C | 1,168 Hz** Nogier C brings coherent frequencies to the mesoderm (middle tissue) that forms connective tissue such as ligaments, tendons, cartilage, muscle, and bone. It also forms the heart, blood and lymph vessels, kidneys, ovaries, testes, spleen, and the cortex of the adrenal gland. Used for muscle, skeletal and myofascial pain.



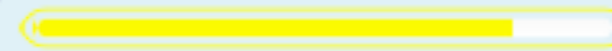
CHAKRAS

- Crown Chakra - The 7th chakra - This chakra is known as Sahasrara chakra in Sanskrit and is associated with the chakra colors of violet or purple. The crown chakra is associated with the pituitary gland, nervous system, and the brain and head region with its element of light. In its balanced state, this chakra can render individuals the ability to perform miracles, transcend the laws of nature, and have a heightened awareness of death and immortality.
- Heart chakra - The 4th chakra, Anahata Chakra or the heart chakra is associated with the chakra colors Green. This chakra influences our relationships and has the Air element. A weak heart chakra is responsible for sabotaging the relationships through distrust, anger and envy etc. Sense of touch is impacted by the heart chakra and the glands connected to it are Thymus and lymph.



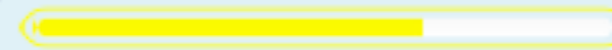
Crown Chakra

639



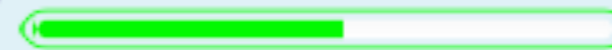
Heart Chakra

519



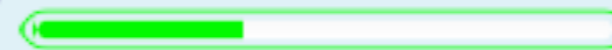
Throat Chakra

413



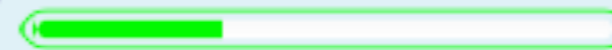
Brow Chakra

280



Root Chakra

251



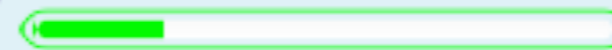
Sacral Chakra

227



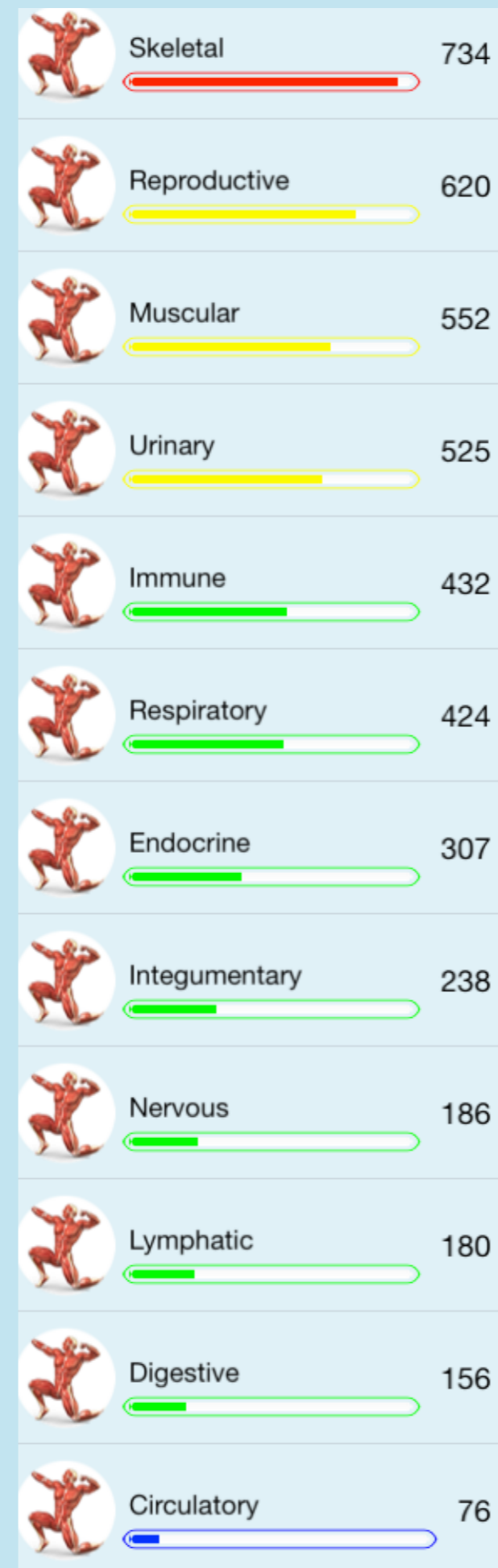
Solar Chakra

176



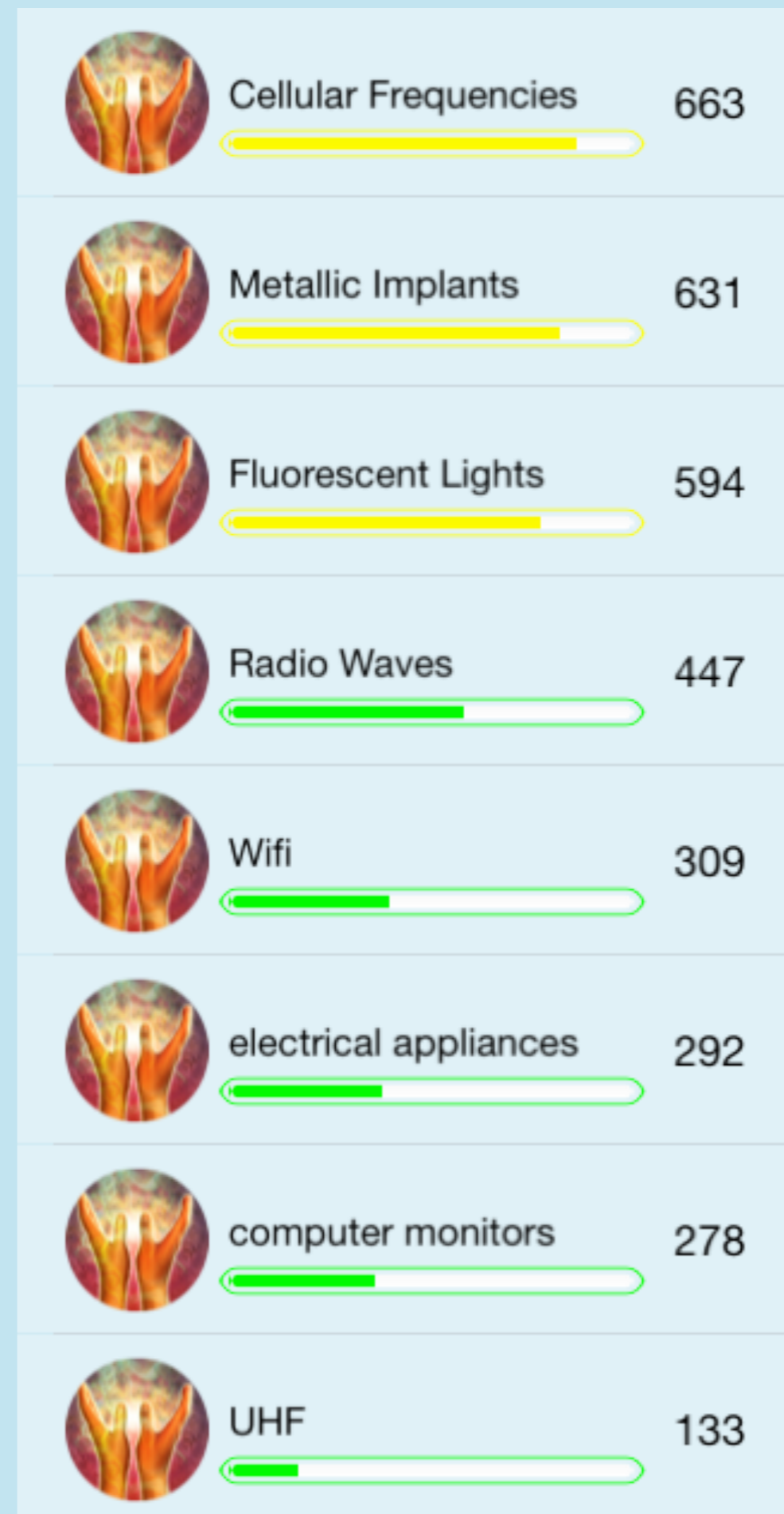
BODY SYSTEMS

- Skeletal - The skeletal system includes the bones of the body. The bones provide structure. Bones need mineralization. Stress, a high protein diet or a high acidity diet can lead to depletion of the bones. It is also possible that bones could be out of alignment, such as the bones that make up the vertebrae of the body.
- Circulatory - the circulatory system brings the blood to the cells of the body. It includes the heart, the arteries, veins and all other vessels along with the capillaries. Small capillaries bring the blood to the cells and pick up the waste products in order to return the carbon dioxide to the heart and eventually the lungs.



ELECTRICAL SENSITIVITIES

- Electrical lines, electricity in the house, cellular frequencies and wireless frequencies may have effects on human health. This was best elucidated in a report created by scientists from around the world. You can find this at bioinitiative.org. You can see by this panel which of these electrical sensitivities may be affecting you.
- Wifi - Wireless frequencies typically come from RF routers to allow for wireless internet. Those frequencies can travel through solid objects, but can also travel through bodies.
- Cellular frequencies - frequencies from the phone
- Radio waves - These frequencies are on the range of RF, radio frequency and merge with the same RF produced by internet providers to generate wireless frequencies.
- Fluorescent lights - fluorescent lights may flicker at a rapid pace that can cause problems. The frequency given off by the light may be problematic for human health.
- UHF - Frequencies generated for TV reception.
- Computer monitors - sitting too close to monitors, particularly older ones may have harmful effects. Newer monitors are of more concern due to the blue light emanating from it.
- Electrical appliances - some appliances give off high levels of gauss, which is where the electrical sensitivities may come from.



SOLFEGGIO TONES

- 852 Hz (LA) Use this for awakening intuition and returning to spiritual order. This frequency is helpful for piercing through the illusions in your life. Use this frequency in order to open yourself to Divine communication. 852 raises your awareness and allows you to return to spiritual order. It even allows the process within your cells to transform to a much higher level of energetic frequency.
- 285 Hz This frequency helps return tissue into its original form. 285 Hz influences energy fields, sending them a message to restructure damaged organs. It also leaves your body rejuvenated and energized.
- 741 Hz (SOL) Use this for solving problems, discovering innovative solutions and increasing creative self-expression. 741 Hz is amazing in that it can assist in cleaning the cell of toxins. Use 741 also for clearing the effect of EMF. Use it intentionally to increase your power of self-expression.



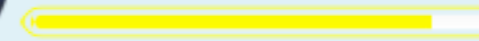
852 Hz LA Returning to 760



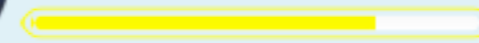
285 Hz Perfect Note 693



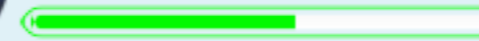
528 Hz MI Transformation ...



174 Hz Perfect Note 593



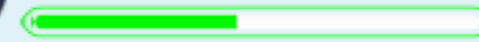
417 Hz RE Undoing ...



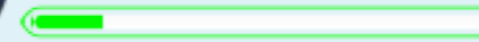
963 Hz Perfect Note 391



639 Hz FA Connecting/ 351



396 Hz UT Liberating Guilt 1-

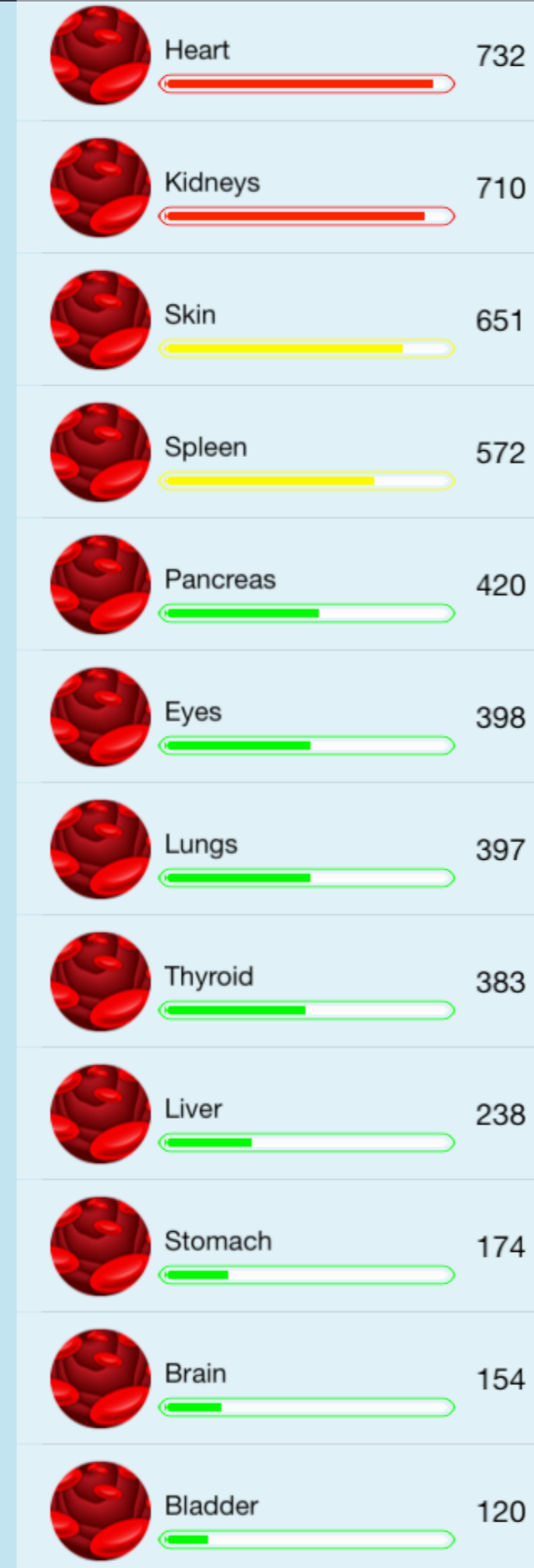


741 Hz SOL Awakening 37








ORGANS

- Heart: : Fire Energy Yin Organ The Heart's associated organ is the Small Intestine; its element is Fire. Long-term memory, thinking, emotions, intimacy, cognition, intelligence, and ideas are all dominated by the function of the Heart. The Heart is sometimes called The Emperor, or "supreme controller of all Yin and Yang organs". The Heart houses the body's spirit (Shen). The Heart dominates sleep; if the Heart is strong the patient will fall asleep easily and sleep soundly. If the Heart is weak, the patient's mind will "float," resulting in an inability to fall asleep, disturbed sleep, or excessive dreaming. The Heart's positive psycho-emotional attributes are love, joy, peace, contentment, propriety, insight, wisdom, orderliness, forgiveness, and courtesy. Its negative attributes are hate, guilt, shock, nervousness, excitement, longing, and craving.
- Kidney vitality is reflected externally by the condition of head and body hair and is associated with the aperture of the ears. Tinnitus (ringing ears) is thus a sign of kidney dysfunction. The kidneys are the seat of courage and willpower, and therefore any impairment in kidney energy results in feelings of fear and paranoia. Intense fear can cause involuntary urination, a phenomenon also known to Western medicine.



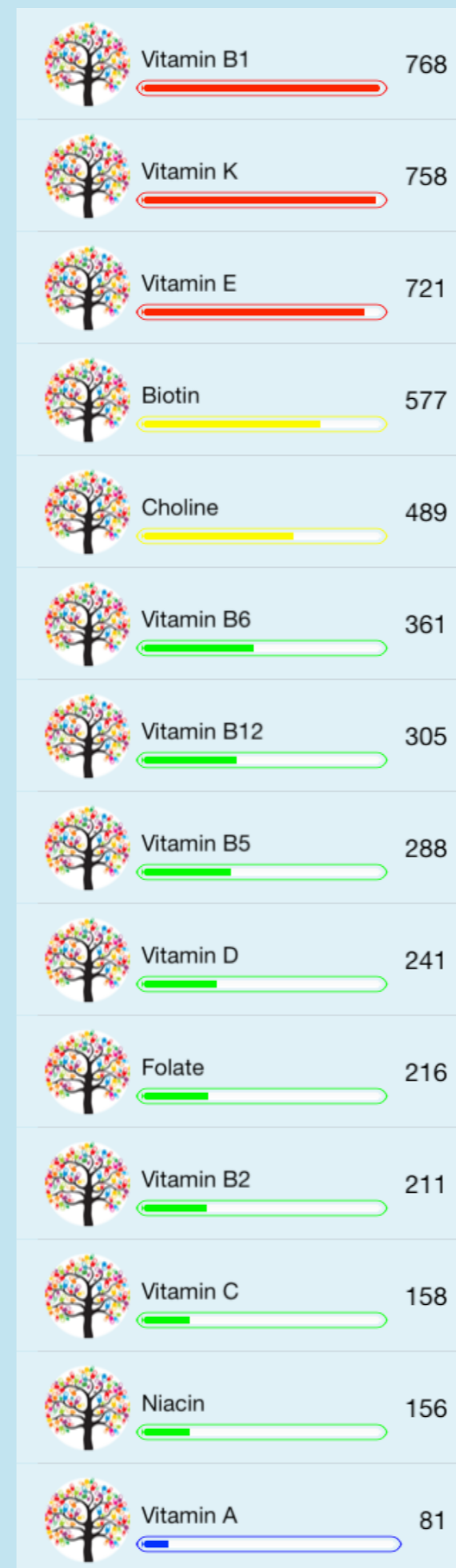
SPIRITUAL PROTECTION

- Chanting & Invocations - When you see this, it is important for you to embrace daily positive affirmations. Chanting can be sacred positive words or it can be affirmations. This means that consciously declaring your state of perfect health or speaking your intentions daily is important at this time.
- Cutting the cord - We energetically "cord" with people we are connected to in life. This can be parents, children, spouses, etc. When a relationship is codependent or one person is pulling or draining energy from the other, this is an example of an unhealthy cord from one to the other. With this frequency, it will help to strengthen you and correct that imbalance in the relationship.
- Grounding - This indicates that you may feel a little off balance and some time for meditation and reflection may be helpful. Going barefoot for a short period of time outside will also be helpful. Imagine a grounding cord going out from the back of your 2nd chakra and going deep inside the earth and connecting with the earth core crystal as you run this frequency.

	Chanting & Invocations	628
	Cutting The Cord	613
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	Dark Forces	439
	Protective Jewelry	427
	Auric Protection	365
	Releasing Attachments	353
	Embracing The Light	315
	Entities	266
	Psychic Attack	245
	Surround &	230

VITAMINS

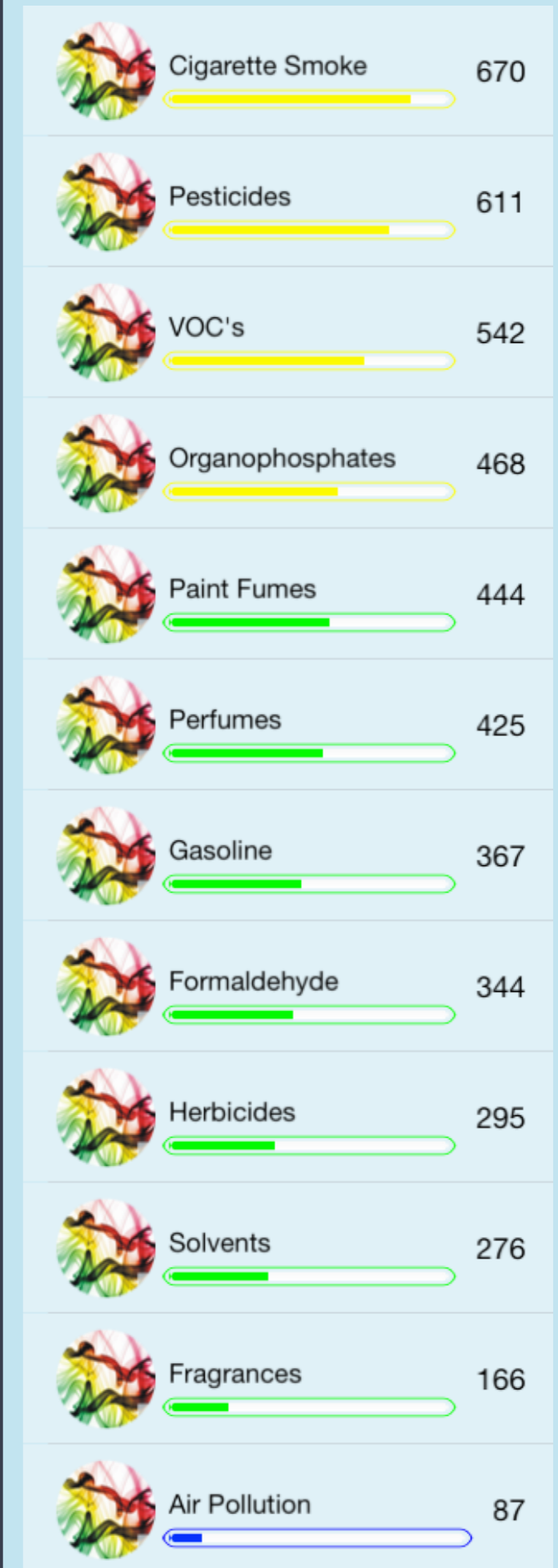
- Vitamin B1 - (Thiamine) Vitamin B1 is a vital human nutrient that belongs to the Vitamin B complex. It plays an important role in maintaining a healthy nervous system and improving the cardiovascular functioning of the body. Vitamin B1 is also required for the breakdown of fats and protein.
- Vitamin K - Activates proteins and calcium essential to blood clotting. May help prevent hip fractures.
- Vitamin E is a fat-soluble nutrient found in many foods. In the body, it acts as an antioxidant, helping to protect cells from the damage caused by free radicals. Free radicals are compounds formed when our bodies convert the food we eat into energy.
- Vitamin A - Helps fight infection, maintains healthy vision, Plays a key role in heart, lung, and kidney health. Keeps skin healthy by fighting off toxins (also called free radicals). Strengthens bones and teeth



CHEMICAL

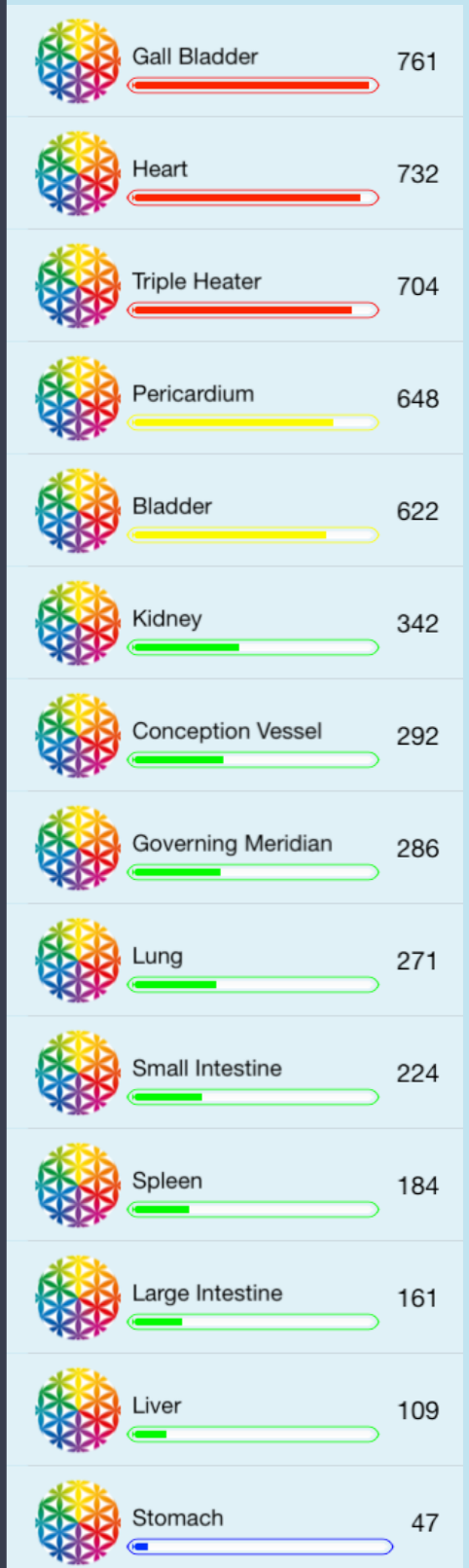
SENSITIVITIES

- Chemical sensitivities are something that many people are trying to deal with today. The sensitivities affect the liver and the kidneys. Becoming aware of your chemical sensitivities can be helpful and can give you some context of what you may need to detoxify and areas where you may need to focus.
- Gasoline - gasoline has compounds such as benzene that are carcinogenic.
- Cigarette Smoke - has compounds that are toxic to the lung and body.
- Solvents- solvents like toluene come from paints and are toxic to humans.
- Perfumes- these perfumes have solvents which are toxic to the liver.
- Pesticides - pesticides are toxic to the nervous system. VOC's - volatile organic compounds have toxic solvents.
- Herbicides - these herbicides may be carcinogenic and have effects on the liver
- . Organophosphates - these compounds are deeply toxic to the body.
- Paint Fumes - paint fumes have significant solvents.
- Air Pollution - pollution in the air can cause the body to be toxic.
- Formaldehyde - formaldehyde is still found in particle board, flooring and more. It is known to be carcinogenic.
- Fragrances - Fragrances, like air freshener or dryer sheets are often filled with toxic chemicals.


















MERIDIANS

- **Gallbladder: Wood Energy Yang Organ** Known as the 'Honorable Minister', the gall bladder is in charge of the 'Central Clearing Department'. It secretes the pure and potent bile fluids required to digest and metabolize fats and oils, and its energy provides muscular strength and vitality. It works with the lymphatic system to clear toxic by-products of metabolism from the muscular system, thereby eliminating muscular aches and fatigue. In the Chinese system, the common tension headache is caused by obstruction in the gall-bladder meridian, which runs up over the shoulders and back of the neck to the top of the head and forehead. Hence such headaches are usually accompanied by neck and shoulder tension. The gall bladder governs daring and decisiveness. In Chinese, the word for 'daring' is da dan ('big gall'). The English language also acknowledges this psychophysiological relationship with the phrase 'a lot of gall'. An old Chinese adage states: 'The gall bladder is daring, the heart is careful', which reflects the stimulating generative influence of Wood to Fire. Common themes: headaches, loss of muscular strength or loss of vitality, indecisiveness.
- **Heart: Fire Energy Yin Organ** The Heart's associated organ is the Small Intestine; its element is Fire. Long-term memory, thinking, emotions, intimacy, cognition, intelligence, and ideas are all dominated by the function of the Heart. The Heart is sometimes called The Emperor, or "supreme controller of all Yin and Yang organs". The Heart houses the body's spirit (Shen). The Heart dominates sleep; if the Heart is strong the patient will fall asleep easily and sleep soundly. If the Heart is weak, the patient's mind will "float," resulting in an inability to fall asleep, disturbed sleep, or excessive dreaming. The Heart's positive psycho-emotional attributes are love, joy, peace, contentment, propriety, insight, wisdom, orderliness, forgiveness, and courtesy. Its negative attributes are hate, guilt, shock, nervousness, excitement, longing, and craving.
- **Triple Heater: Fire Energy Yang Organ** This organ-energy system, which is not recognized in Western physiology, is called the 'Minister of Dykes and Dredges' and is responsible for the movement and transformation of various solids and fluids throughout the system, as well as for the production and circulation of nourishing energy (ying chee) and protective energy (wei chee). It is not a single self-contained organ, but rather a functional energy system involved in regulating the activities of other organs. It is composed of three parts, known as 'burners', each associated with one of the body's three main cavities: thorax, abdomen, and pelvis. An ancient Chinese medical text states: 'The Upper Burner controls intake, the Middle Burner controls transformation, the Lower Burner controls elimination.'The Upper Burner runs from the base of the tongue to the entrance to the stomach and controls the intake of air, food, and fluids. It harmonizes the functions of heart and lungs, governs respiration, and regulates the distribution of protective energy to the body's external surfaces.
- **Stomach: Earth Energy Yang Organ** : The stomach also extracts pure postnatal energy from foods and fluids, and in coordination with spleen energy it transports this food energy through the meridian system to the lungs, where it combines with air energy from breathing. This is a function of the stomach not acknowledged in Western medicine, which focuses only on the biochemistry of digestion and does not recognize the bioenergetic aspect.



SACRED GEOMETRY

- Spirals - Spirals are believed to represent movement through experiences in life. Life is not lived in linear terms from beginning to end. Consider a walk through a labyrinth, which is in the form of a spiral. The person walks one way and then back again. You move forward but always retrograde somewhat in life; we have gains and losses. However, we are moving forever out in the spiral, as in the labyrinth. The spiral is also the divine movement of the universe. Think of the vortex. Even our incarnation is a spiral movement. When you want to have divine movement in this world, even magical and miraculous, use the Spiral frequency.
- Fibonacci - The Fibonacci sequence is a set of numbers that starts with a one or a zero, followed by a one, and proceeds based on the rule that each number (called a Fibonacci number) is equal to the sum of the preceding two numbers. It represents the organic growth of all life and the mathematical relationship of nature. When you see nature, it may appear random. However, it has an element of perfection. This is because every tree, every leaf and every human being exists in mathematical relationships according to the Fibonacci sequence. Consider using the Fibonacci sequence when you want to normalize physiology or normalize the growth of cells. Think of running the frequency as a way of entraining the energy of perfection within yourself.
- Flower of Life - The Flower of Life is most likely something that you have seen before. It is a common symbol of many spiritual and religious teachings around the world. The Flower of Life is indicative of perfection. It is a great frequency to run with an illness, any emotional issue as it helps to clear all of the suffering and dis-ease.

	Spirals	695
	Square Root of 3 &	669
	Recursive Geometries	632
	Fractals	612
	Platonic Solids	540
	Perfect Right Triangles	484
	Stellations Platonic &	483
	Archimedean Solids	471
	Toroids	428
	Square Root	428
	Metatron's Cube	329
	Golden Ratio	296
	Point	274
	Dimensionality	194
	Circle	182
	Sphere	136
	Fibonacci	66
	Flower of Life	41

AMINO ACIDS

- Arginine helps to increase circulation in the body. This can be very helpful for lowering blood pressure or helping with flow for sexual vitality.
- Cysteine - This makes a varied diet very important to avoid Cysteine undersupply. L-cysteine is built directly from the essential amino acid L-methionine. This makes the abundance of L- Methionine in the body a critical factor to the body's supply of L-cysteine. It is therefore sometimes counted as a semi-essential amino acid and also due to its role as a catalyst in many important metabolic cycles. Alanine - L-alanine is a non-essential amino acid and plays a crucial role as a building block of important proteins. Mostly synthesized by the muscle cells from lactic acid it is considered the most important nutrient for the amino acid metabolism in the blood together with L-Glutamine. Once synthesized L-alanine is absorbed via the liver and converted to a pyruvate. This compound is critical for the production of glucose and and hence blood sugar management.
- Glutamine - Glutamine plays a decisive role in keeping a balanced acid-base ratio. Thanks to glutamine, toxic ammonia is separated off in the kidneys and the basic ammonia molecule is connected to acids and is excreted. A further advantage is that bicarbonate which is necessary for the neutralization of acids can be saved.
- Histidine - L-histidine has many vital functions within the body and is involved in the synthesis of hemoglobin, tissue repair and the strengthening of the immune system.
- Asparagine - Asparagine is one of the principal and frequently the most abundant amino acids involved in the transport of nitrogen. Asparagine is an amino acid required by cells for the production of protein. Asparagine is an essential component of those proteins that are concerned with signaling, neuronal development and transmission across nerve endings. Asparagine is essential to all living cells for the production of many proteins. Cells can either internally produce asparagine or they can absorb asparagine from outside the cell, as it is obtained from a person's diet and made available through the bloodstream to all cells in the body. L-asparagine is an amino acid involved in the metabolic control of cell functions in nerve and brain tissue.
- Isoleucine - Isoleucine is one of the three branched chain amino acids alongside both leucine and valine. Relative to the other two BCAAs, isoleucine is intermediate for its ability to induce muscle protein synthesis (stronger than valine, but much weaker than leucine) but is able to significantly increase glucose uptake and the usage of glucose during exercise. Isoleucine does not promote glycogen synthesis, however.
- Valine - Valine is a branched-chain amino acid (BCAA) that works with the other two BCAAs, isoleucine and leucine, to promote normal growth, repair tissues, regulate blood sugar, and provide the body with energy. Valine helps stimulate the central nervous system, and is needed for proper mental functioning.
- Methionine - The sulphurous α -amino acid L-methionine is an essential amino acid. The human body is not able to manufacture it by itself. That means that a constant blood serum level level therefore has to be maintained through nutrition and diet.
- Aspartic Acid - Aspartic acid, also known as L-aspartate, is thought to help promote a robust metabolism, and is sometimes used to treat fatigue and depression.

Arginine	766	Dong Quai	446
Cysteine	764	Alfalfa	435
Alanine	758	Chaste Tree	419
Glutamine	758	Buchu	413
Histidine	743	Kava Kava	379
Asparagine	723	Suma	376
Isoleucine	689	Bee Pollen	372
Ornithine	555	Holy Basil	369
Taurine	553	Gynostemma	364
Tryptophan	434	Dandelion	355
Proline	382	Chicory	353
Serine	339	Turmeric	343
Glutamic acid	304	Lion's Mane	340
Tyrosine	293	Two Rhoidola	338
Leucine	229	Burdock	337
Threonine	197	Lemon Grass	330
Phenylalanine	124	Aloe	328
Glycine	123	Ginkgo Biloba	301
Lysine	103	Korean Ginseng	300
Valine	65	Bee Balm	300
Methionine	47		
Aspartic acid	40		

HERBS

Boneset	758
Butterbur	755
Cordyceps	753
Amla	741
Club Moss	737
Echinacea	731
Cat's Claw	717
Calendula	686
Milk Thistle	638
Boswellia	592
Astragalus	588
Angelica	576
Bilberry	550
Siberian Ginseng	536
Ginseng	533
Two Catnips	521

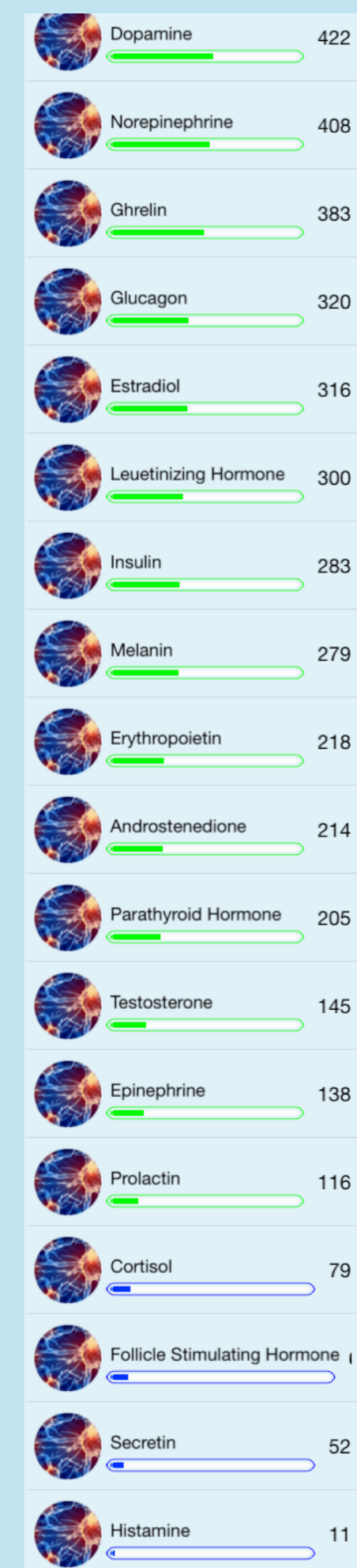
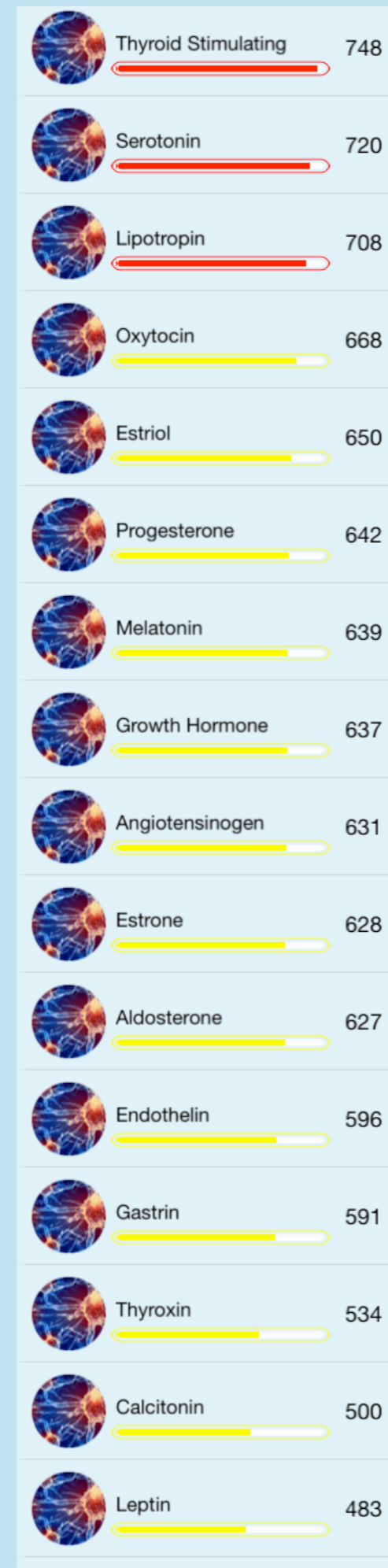
Ashwagandha	521
Chamomile	514
Schizandra	507
St. John's Wort	500
Cinnamon	488
Maca	483
Dong Quai	446
Alfalfa	435
Chaste Tree	419
Buchu	413
Kava Kava	379
Suma	376
Bee Pollen	372
Holy Basil	369
Gynostemma	364
Dandelion	355
Chicory	353
Turmeric	343
Lion's Mane	340

Two Rhodiola	338
Burdock	337
Lemon Grass	330
Aloe	328
Ginkgo Biloba	301
Korean Ginseng	300
Bee Balm	300
Bacopa	290
Saw Palmetto	269
Shilajit	265
Cascara Sagrada	211
Black Cohosh	205
Catnip	172
Valerian Root	168
Rhodiola	164
Amica	133
Chaparral	93
Maitake	86
Fo-Ti	84
Lycium Fruit	82
Black Cherry	76




















Bearberry	66
Anise	54
Borage	44
Skullcap	41
Comfrey	40
Cayenne	16
Gotu Kola	10
Chinese Licorice Root	10




















HORMONES

- **Thyroid stimulating hormone** - Secreted by the pituitary to regulate the thyroid. Energy and metabolism are related to proper thyroid function.
- **Serotonin** - Serotonin is a hormone secreted in the brain. It tends to promote a feeling good, satisfied and happy.
- **Lipotropin** - A hormone secreted by the anterior pituitary gland. It promotes the release of fat reserves from the liver into the bloodstream.
- **Cortisol** - cortisol is a hormone secreted by the adrenal gland. This is a very powerful frequency to balance. Cortisol is a hormone that many people have too much of or have an imbalance of due to excessive stress in their lives.
- **Follicle stimulating hormone** - is synthesized and secreted by the gonadotropic cells of the anterior pituitary gland and regulates the development, growth, pubertal maturation, and reproductive processes of the body. FSH and luteinizing hormone (LH) work together in the reproductive system.
- **Secretin** - A hormone released into the bloodstream by the duodenum in response to acidity to stimulate secretion by the liver and pancreas.
- **Histamine** - May be related to food sensitivities or inflammation.



SENSITIVITIES

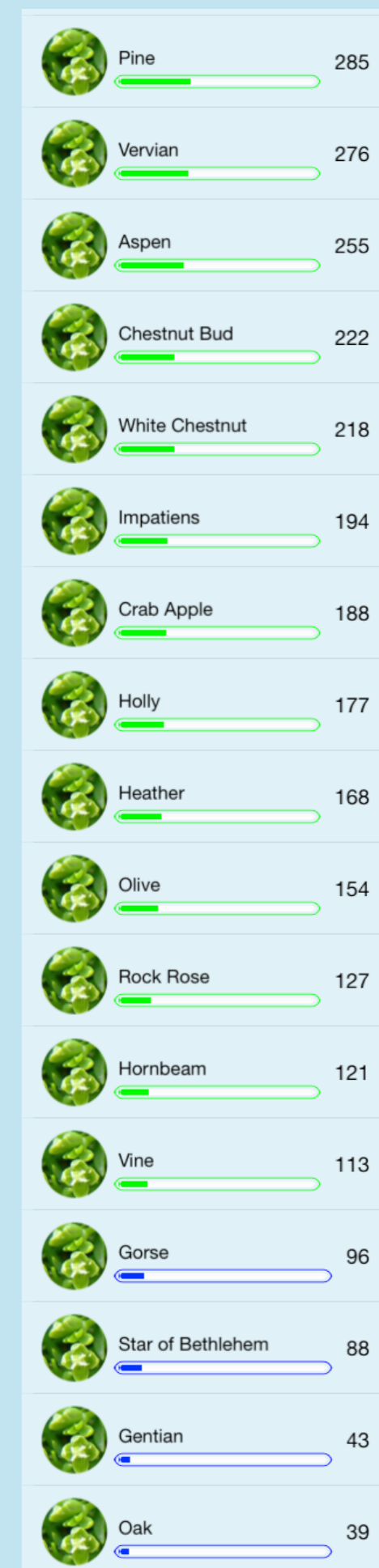
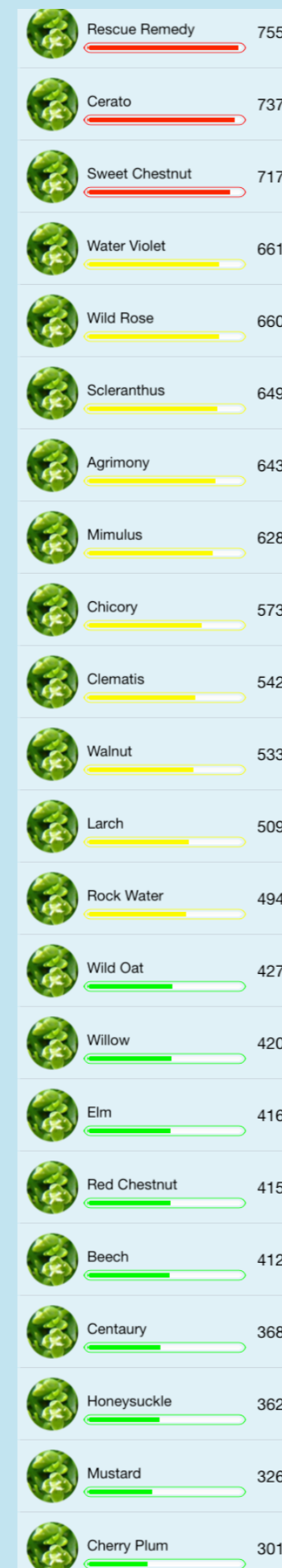
 Oats	735
 Salt	732
 Cheese	687
 Milk	672
 Nuts General	661
 Chemical	659
 Latex	656
 Grass	655
 Mold	642
 Dairy	628
 Chocolate	628
 Sugar	554
 Wheat	543
 Fish	526
 Soy	515
 Mites	498
 Animal Fat	468
 Corn	464
 Penicillin	460

 Cat	421
 Rye	420
 Perfumes	410
 Peanuts	386
 Dog	342
 Green Beans	325
 Egg	285
 Pollen	269
 Gluten	264
 Dander	259
 Animal Hair	233
 Shellfish	208
 Sulphites	208
 Coffee	205
 Dust	144
 Garlic	101
 Vegetable Oil	79
 Tomatoes	63
 Barley	50

BACH FLOWER

ESSENCES

- Cerato - Lack of trust in one's own decisions
- Sweet Chestnut - Extreme mental anguish; feeling there is no hope.
- Gorse - Hopelessness and despair
- Star of Bethlehem - Over-coming shock
- Gentian - Discouragement after a setback
- Oak - Plodder who keeps going past the point of exhaustion

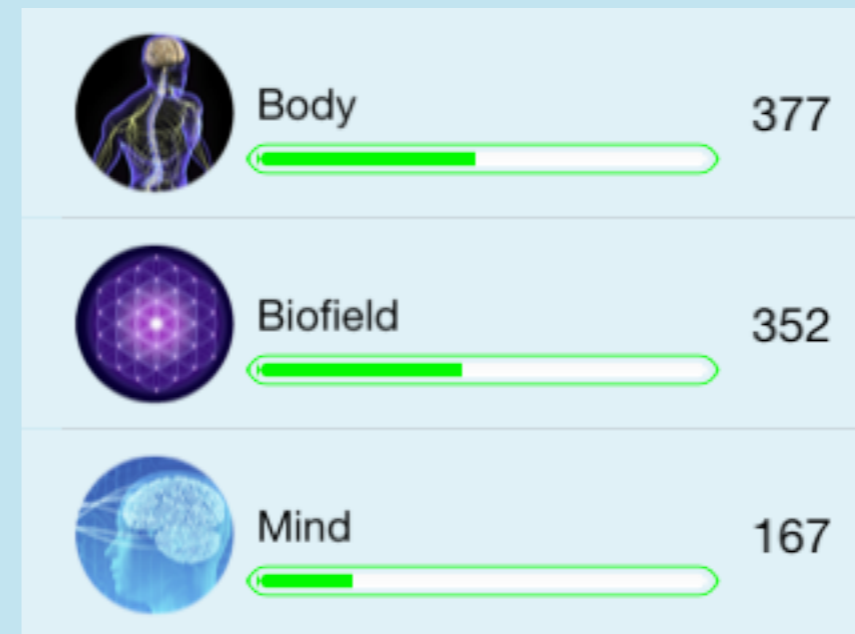


ESSENTIAL OILS

 Tea Tree 701	 Wild Orange 281
 Eucalyptus 678	 Dill 273
 Sandalwood 670	 Orange 265
 Helichrysum 649	 Geranium 259
 Myrrh 648	 Coriander 248
 Wintergreen 641	 Peppermint 246
 Lime 591	 Ginger 238
 Spearment 561	 Cassia 207
 Clove 549	 Douglas Fir 202
 Frankincense 529	 Bergamot 198
 Lemon 524	 Lemongrass 190
 Lemon Balm 513	 Juniper Berry 171
 Black Pepper 496	 White Fir 165
 Tangerine 492	 Cumin 160
 Basil 486	 Rosemary 156
 Sage 461	 Ylang Ylang 151
 Vetiver 455	 Fennel 142
 Oregano 452	 Marjoram 122
 Cilantro 443	 Jasmine 119
 Cinnamon Bark 441	 Cypress 92
 Lavender 430	 Thyme 10
 Rose 404	
 Grapefruit 403	
 Cardamom 377	
 Patchouli 340	
 Birch 312	
 Chamomile 301	
 Cedarwood 292	

SYSTEM

OVERVIEW



AURA SCAN

- **RED:** Relates to the physical body, heart or circulation. The densest color, it creates the most friction. Friction attracts or repels; money worries or obsessions; anger or unforgiveness; anxiety or nervousness
- **ORANGE:** Relates to reproductive organs and emotions. The color of vitality, vigor, good health and excitement. Lots of energy and stamina, creative, productive, adventurous, courageous, outgoing social nature; currently experiencing stress related to appetites and addictions;
- **YELLOW:** Relates to the spleen and life energy. It is the color of awakening, inspiration, intelligence and action shared, creative, playful, optimistic, easy-going.
- **GREEN:** Relates to heart and lungs. It is a very comfortable, healthy color of nature. When seen in the aura this usually represents growth and balance, and most of all, something that leads to change. Love of people, animals, nature; teacher; social
- **BLUE:** Relates to the throat, thyroid. Cool, calm, and collected. Caring, loving, love to help others, sensitive, intuitive.
- **VIOLET:** Relates to crown, pineal gland and nervous system. The most sensitive and wisest of colors. This is the intuitive color in the aura, and reveals psychic power of attunement with self. Intuitive, visionary, futuristic, idealistic, artistic, magical.
- **GOLD:** The color of enlightenment and divine protection. When seen within the aura, it says that the person is being guided by their highest good. It is divine guidance. Protection, wisdom, inner knowledge, spiritual mind, intuitive thinker.
- **BLACK:** Draws or pulls energy to it and in so doing, transforms it. It captures light and consumes it. Usually indicates long-term unforgiveness (toward others or another) collected in a specific area of the body, which can lead to health problems; also, entities within a person's aura, chakras, or body; past life hurts; unreleased grief from abortions if it appears in the ovaries.
- **WHITE:** Reflects other energy. A pure state of light. Often represents a new, not yet designated energy in the aura. Spiritual, etheric and non-physical qualities, transcendent, higher dimensions. Purity and truth; angelic qualities.