

YOUR 90-day Optimized Fitness Plan

(USED BY FITNESS PROFESSIONALS ONLY)

YOUR PLAN INCLUDES

- 7 Key Optimization Areas
- 90-day personal food support plan
- Personal food and additive restriction plan
- Foods Recommendations to Increase
- Three 90-day self-check progress check lists

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.

Program for:

This program created by:

YOUR OPTIMIZED NUTRITION FOR FITNESS REPORT

INTRODUCTION FROM A FITNESS PROFESSIONAL

Your fitness epigenetic optimization assessment is a program built to enhance your personal and physical performance through environmental alignment; ultimately, optimizing your physical, mental and emotional capabilities as it pertains to your fitness lifestyle.

Your environment controls up to 98% of the way in which many of your genes express themselves. This means the way your physical body, personal chemistry reacts and responds to the environment and lifestyle choices you regularly introduce and immerse yourself in.

Currently you and almost everyone else on the planet are operating on a less than optimal and far from a peak performance state. This is all due to the environmental and lifestyle conditions you subject your body to on a daily or regular basis.

This includes processed nutritionals, low bio-available nutrients, toxins, chemicals, not to mention electromagnetic and low frequency waves that are influential and responsible in breaking down the body's ability to optimally repair and function in a peak performance state.

These functions are driven by two very specific processes which are systemic to the way your physical body responds and expresses its capacity to perform. First, the quality of the cells your body creates to repair itself. Second, the enzymatic process which is the catalyst for all body processes, especially in repair, recovery and ultimately peak performance.

As your environment controls gene expression and develops an epigenetic blueprint for your personal gene expression this becomes the most crucial driver in producing an optimized cellular response, which in turn will produce optimal tissue repair that will lead to better performance. Your overall body's system will begin to function at an optimally healthy level which in turn will provide you with the peak performance results you sought after.

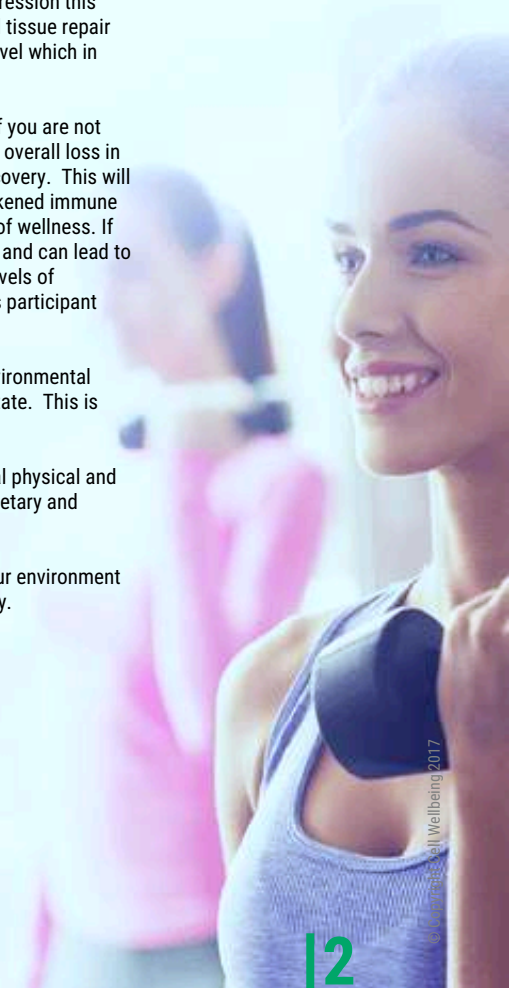
To optimize your peak performance, you need to ensure that these processes are operating at optimal levels. If you are not operating at optimal efficiency, you will feel the effects of degraded function. These effects will be reflected in overall loss in energy output, strength levels, reduction in peak focus and concentration, more aches and pains and slower recovery. This will lead to more susceptibility to injury. On the fitness wellness side, you will experience poor sleep capacity, weakened immune function that will lead to more common colds, general increase in irritability levels and an overall lower feeling of wellness. If this is left in a sub-optimal state for too long, it will reduce your capacity to operate at peak performance levels and can lead to chronic health issues over time. Training for fitness takes a substantial amount of resources due to the high levels of inflammation that the body is driven through during peak performance; therefore, you more than the non-fitness participant needs to manage and maintain these optimal levels at all times.

The nutrition for fitness epigenetic optimization program is discussed to help identify many of the common environmental influences that could be leading to a sub-optimal level that places your body in a less than peak performance state. This is ultimately driven by a reduction in genetic and enzymatic output.

The solution is to provide you with a 90-day peak performance plan to identify your needs, increase your optimal physical and bio-chemistry resourcing. This will allow your body to deal with these ongoing changes by utilizing all known dietary and nutritional resources identified in your program.

This nutrition for fitness optimization is an awakening process whereby you become aware of the effects of your environment and the positive decisions that you make to become totally responsible for your own nutrition for fitness destiny.

Welcome to the new epigenetically optimized you!



THIS REPORT IS ONLY VALID FOR THE NEXT 90-DAYS

Your next Optimize Report date is:

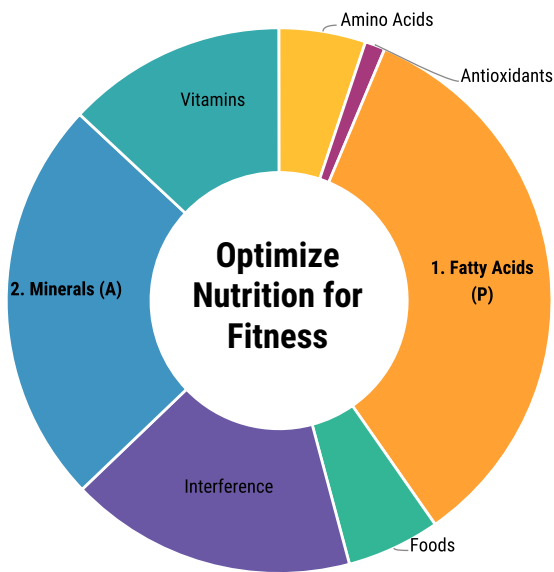
Book today with your provider at:

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.

YOUR OPTIMIZED NUTRITION FOR FITNESS OVERVIEW



Foods Adjustment Summary

Cashew	Eggplant
Blackberry	Sprouts, alfalfa
Elderberry	Red Pepper
Hazelnut	Wine
Celery	Garbanzo Beans

For full food adjustment indicators see table on page 16.

Additives to Avoid Summary

E 339 Monosodium phosphate, Disodium p., Trisodium p.	E 155 Brown HT
E 633 Dicalcium ionisate	E 162 Beetroot red (betanin)
E 501 Potassium carbonate, Potassium hydrogen carbonate	E 451 Triphosphate, Phosphate
E 552 Calcium silicate	E 900 Dimethylpolysiloxane
E 380 Triammonium citrate (salts from citric acid)	E 249 Potassium nitrite

For further information on food additives see page 18.

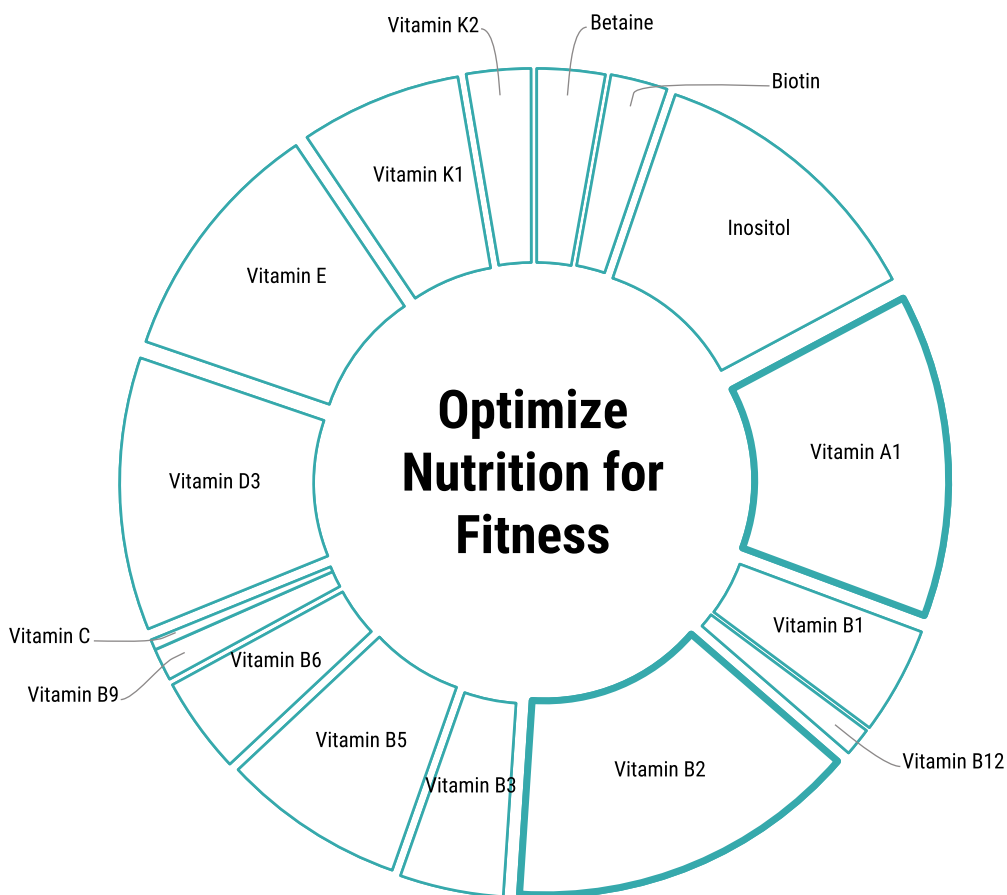
Category	Indicator	Information
Fatty Acids	Linoleic Acid - 6. Docosahexaenoic Acid - 3 (DHA)	For full results see the chart on page 8. For food sources refer to page 20.
Minerals	Copper. Molybdenum. Sulfur. Selenium	For full results see the chart on page 6. For food sources refer to page 20.
Foods	Please refer to the list in your foods table on page 16 and your food additives table on page 18.	For full results see the chart on page 20.
Additives to Avoid	Please refer to the food additives table and link on page 18.	For full results see the chart on page 18.

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



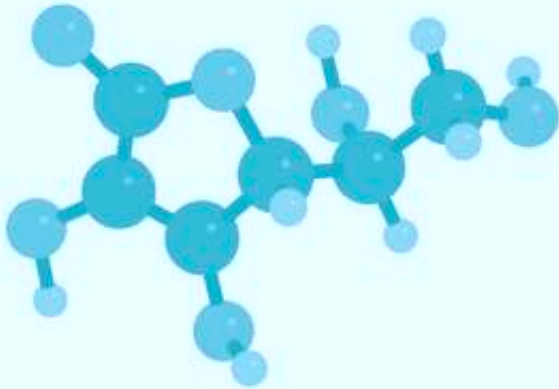
CATEGORY INDICATOR CHART

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.

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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 poor function related problems.

Vitamins serve primarily as regulators of metabolic functions, many of which are important to nutrition for fitness performance. Depending upon the nature of their specific fitness these examples are strength training, speed training, power training, endurance training. Fitness participants may utilize various doses in certain vitamins in an attempt to increase specific metabolic processes important to improved performance. The basis underlying the use of each vitamin depends upon its specific metabolic function in relation to their level of fitness.

VITAMINS' ROLE IN NUTRITION FOR FITNESS SUPPORT

Vitamins role in nutrition for fitness is as follows: Vitamin A functions to maintain vision and ocular focus. Thiamine, niacin and pantothenic acid are all involved in muscle cell energy metabolism. Niacin blocks free fatty acid release. Pyridoxine is involved in the synthesis of hemoglobin and other oxygen transfer proteins. Vitamin C and E are antioxidants that help prevent the destruction of the red blood cell membrane during exercise. These are just a few of the possible metabolic functions of vitamins which have specific applications to nutrition for fitness. Obtaining adequate vitamins, including the use of supplements, may also be prudent behavior for fitness participants. Research has shown that vitamin efficiency may improve peak physical performance and the prudent use of vitamins can provide insurance against a suboptimal diet and or the elevated demands of intense physical activity. Thus limiting the effects of oxidative stress in individuals participating in high intensity and general overall exercise.

In conclusion, an overall well balanced nutritional diet with some supplemental support has shown to assist in supporting heavy exercise and peak performance amongst regular fitness participants.

VITAMIN RICH FOODS

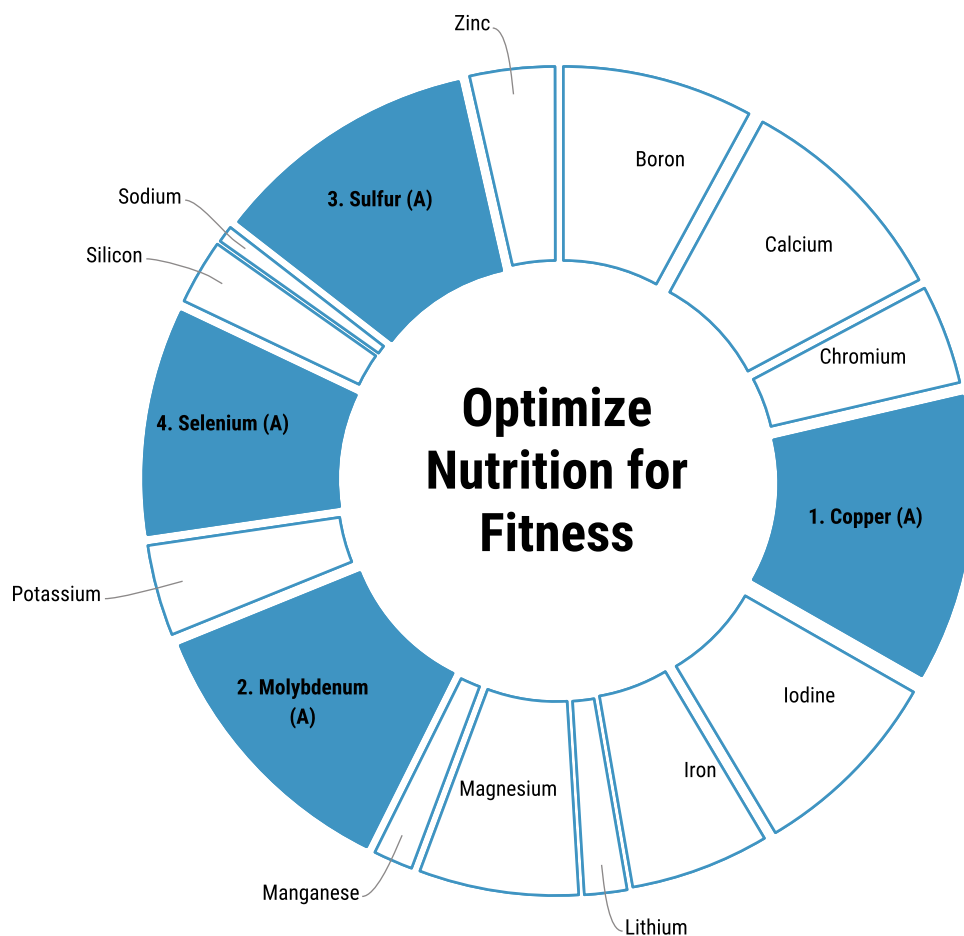
- Dairy
- Seeds and Nuts
- Lentils
- Chickpeas
- Green Vegetables
- Grains
- Peppers
- Chicken
- Turkey
- Fish
- Soy Beans
- Eggs
- Apricots

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

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MINERALS INDICATORS

Advisory - Increase Intake



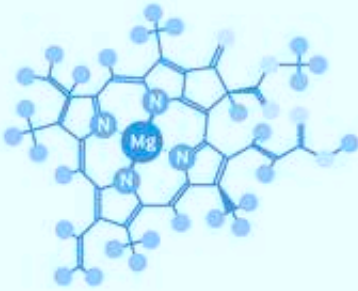
CATEGORY INDICATOR CHART

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.

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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. 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.

Minerals are essential for a wide variety of metabolic and physiologic processes in the human body. Some of the physiologic roles of minerals are important to nutrition for fitness participants and fitness training. The use of minerals in diet and supplementation may help enhance exercise capacity and peak performance.

MINERALS' ROLE IN NUTRITION FOR FITNESS

Minerals role in fitness includes but not limited to muscle contraction, oxygen transport, cardiovascular response, enzyme activation, immune support, antioxidant activity, bone health and acid balance. A mineral inefficiency may impair exercise for fitness performance. As female athletes are more prone to iron inefficiency, United States Olympic Committee and many international Olympic Committees recommend that female athletes regularly test their hemoglobin levels for inefficiency. Optimal calcium nutrition for bone health is also important for female athletes and fitness participants. In general support supplementation with calcium, magnesium, iron, zinc, copper and selenium, chromium, boron and to a minimum degree vanadium can support optimal fitness function in healthy fitness participants, but not enhance performance. However, these do not enhance body composition, muscle strength and endurance but may add an optimal level of support in repair and recovery. In addition, improvements have been achieved in maximal oxygen uptake (vo₂) max and aerobic endurance following the use of phosphate salt. In conclusion, the balanced intake of these minerals will provide a supportive resource and depending upon the individual fitness participants, it may also enhance exercise and overall peak performance.

MINERAL RICH FOODS

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

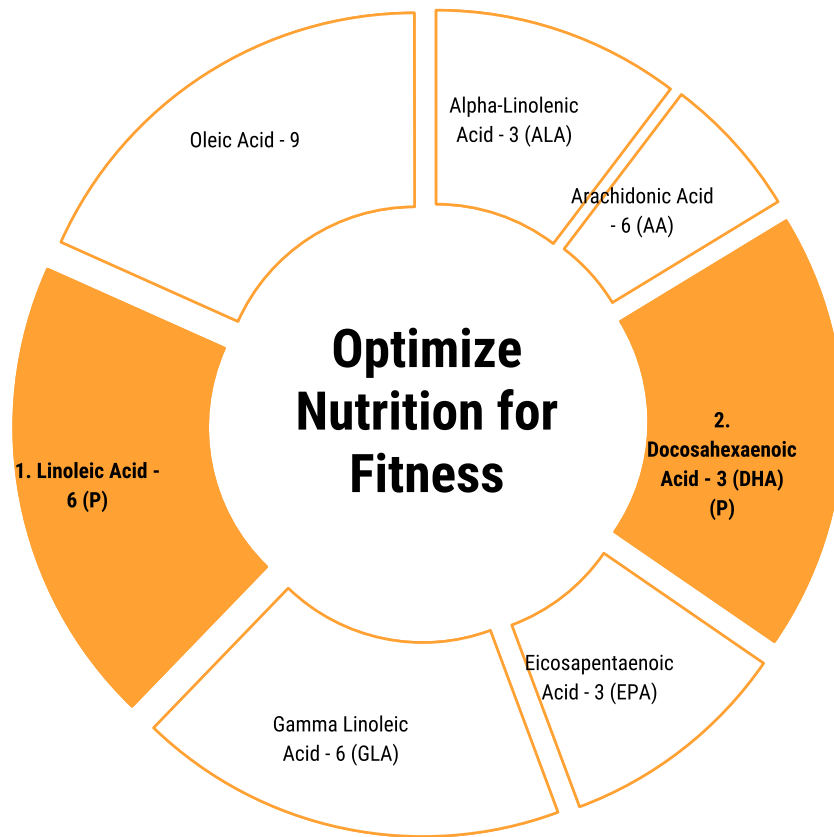
**There are many other foods but these are some of the common examples.*

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FATTY ACIDS INDICATORS



Priority - Increase Intake



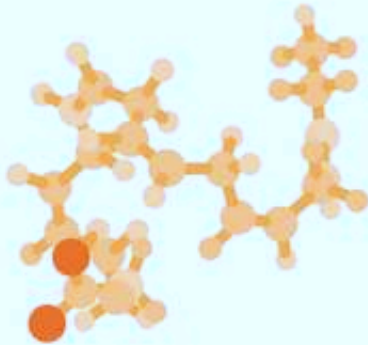
CATEGORY INDICATOR CHART

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.

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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.

We all have heard this and if you are a fitness participant, you have heard it more than anyone else. What is it you ask? "Fats make you Fat!" As a result, many people have become fat phobics, especially fitness participants. The nutritional resources of essential fatty acids are completely necessary and indispensable in a fitness lifestyle plan. A low fat, non-inclusive essential fatty acid diet will lead to a low energy output and may assist in aggressively aging the skin, the connective tissues of the body and the reduction of testosterone levels.

ESSENTIAL FATTY ACIDS ROLE IN NUTRITION FOR FITNESS SUPPORT

Essential fats role in fitness support unlike carbohydrates that stimulate insulin and fat production in a fitness participant's body, a regular blend of the EFA's, 3.6.9 per day may: Enhance Stamina, improve muscular development, increase overall anaerobic production, allow for more frequent training, without over training symptoms, speed recovery from exhaustion and training sessions, speed healing of injuries, help improve sleep, improve concentration, improve skin appearance, improve cardiovascular function and much more. What's also amazing is that EFA's play a role in turning genes for fat reduction on and turning them off, it also plays a significant role in balancing hormonal function. It regulates energy burn for production and reduces excess stores as it lowers triglycerides in the blood. An EFA program helps support a fitness participant and bodybuilder during he or she's dieting down phases as they are getting ready for competitions. In this process, insulin and blood sugar levels are balanced, reducing cravings, binges and unnecessary carbohydrates. In conclusion EFA's do not provide quick energy for fitness participants like carbohydrates do, however they create a balanced and slower steadier energy production from the fats in the body. This approach and the use of EFA's are essential in a fitness participant's life, as well as every man women and child on earth.

FATTY ACIDS RICH FOODS

- | Non-Vegetarian | Vegetarian |
|----------------|------------|
| • Sardines | • Flaxseed |
| • Salmon | • Walnuts |
| • Shrimp | • Soy Bean |
| • Mackerel | • Tofu |
| • Herring | • Hemp |
| • Trout | • Seed |

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

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ANTIOXIDANTS INDICATORS



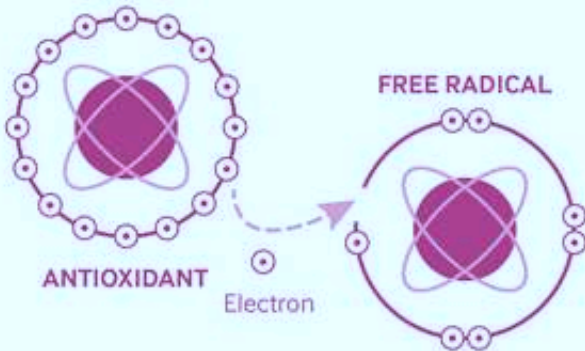
CATEGORY INDICATOR CHART

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.

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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.

Fitness is a highly oxidative process on the body, riddled with a lot of potential free radical damage, so antioxidants simply help to protect the body from these free radicals and helps assist the body in mitigating some of the oxidative stress that occurs during the fitness process. For example, antioxidants such as vitamin C, vitamin E, CoQ10, glutathione and alpha lipoic acid are important supplements for exercise enthusiasts alike.

ANTIOXIDANTS ROLE IN NUTRITION FOR FITNESS SUPPORT

Antioxidants role in fitness support is that exercise is a highly oxidative process and Antioxidant compounds help alleviate this process, studies have shown that the antioxidants in many fruits and vegetables and whole grains can help prevent the kind of damage they cause. In nutrition, antioxidants provide a powerful defense against attacking molecules called free radicals, which damage muscles through a chemical process called oxidation. Free radicals play a role in cellular and muscle inflammation: they also may lower resistance to colds, flu, and other inflammatory disorders. Antioxidants offer protection against oxidative damage, helping muscles recover faster after intense workouts. Antioxidants also boost your immune system, so you don't miss your regular fitness routines ultimately reversing your hard earned training gains. If you would like to have the best support and performance benefits, start consuming antioxidant rich foods and drinks on a regular basis. This will help you promote muscle recovery, reduction in potential muscle damage and help build muscle between workouts and events. In conclusion: This will lead you to your ultimate success better fitness performance through the proper use of antioxidant resources. Antioxidants are key to your fitness success.

ANTIOXIDANT RICH FOODS

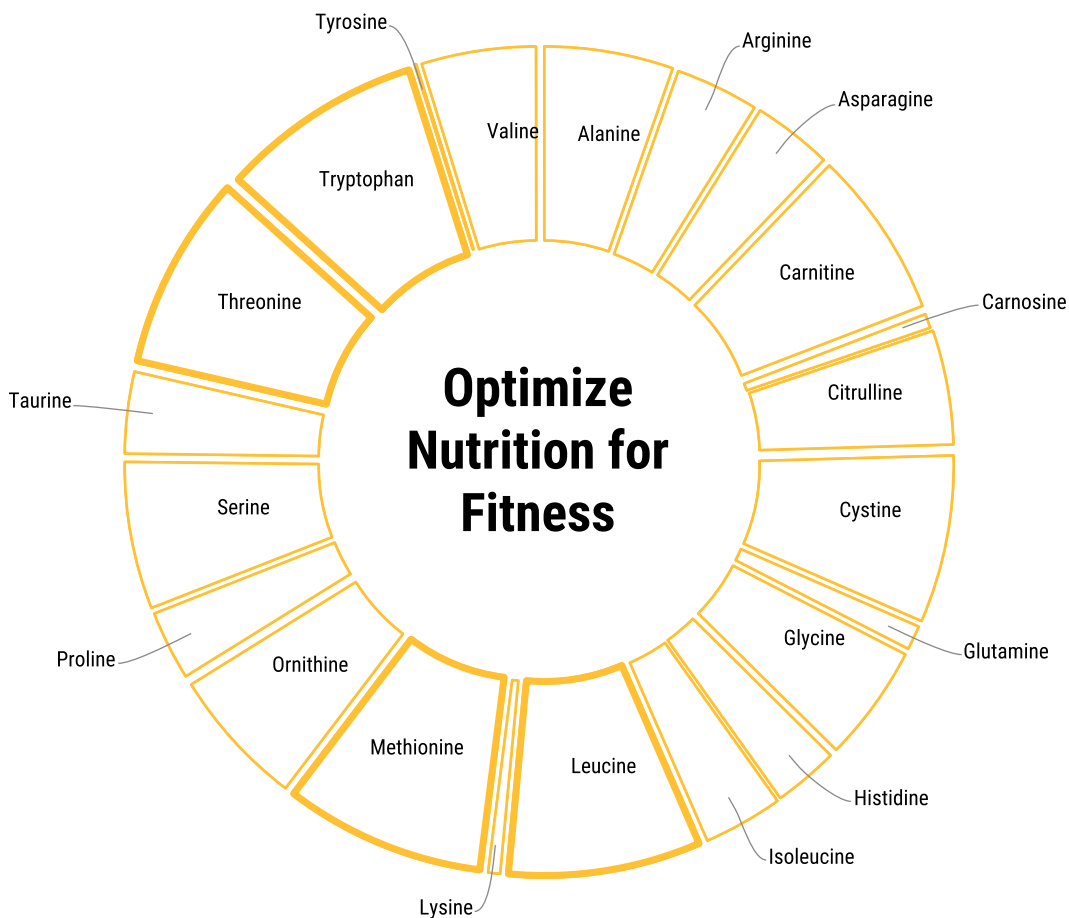
- Peppers
- Blueberries
- Cranberries
- Tomatoes
- Nuts and Seeds
- Spinach
- Broccoli
- Cabbage
- Apricots
- Salmon
- Sardines
- Onion
- Garlic

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

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AMINO ACIDS INDICATORS

Consider - Increase Intake



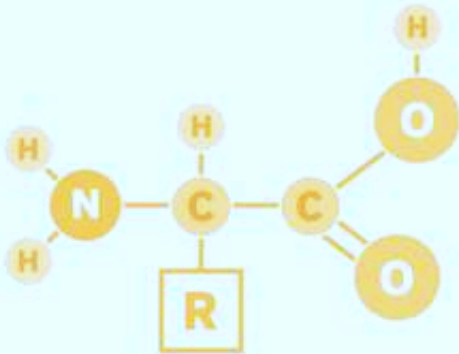
CATEGORY INDICATOR CHART

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 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.

Fitness participants have long realized that the proper nutritional balance, may it be from foods and or nutritional supplementation are absolutely necessary to improve fitness performance and recovery. To properly assess whether a certain nutritional approach might actually benefit performance, exercise physiologists, biochemists and all types of nutritional professionals have committed substantial time and research to the study of the body’s nutrient needs and the nutrient stores for all types of fitness participants.

AMINO ACIDS ROLE IN NUTRITION FOR FITNESS SUPPORT

These resources also support the building blocks of overall muscle proteins, energy sourcing for skeletal muscle support for endurance exercise and overall fitness. Ultimately these resources are the support, repair and recovery system for the rigors of a fitness lifestyle. The proper understanding and use of this information will be key to achieving peak overall fitness performance.

This has led to a proliferation of useful ergogenic (stamina, performance and recovery) supplements. There are a few categories of nutritional ergogenic resources: In Conclusion: In our assessment and research process we were able to ascertain the proper support and direction that participants should take as they enhance their knowledge and put into focus the right programming they need to support the proper Amino Acid protocols for their best peak performance results.

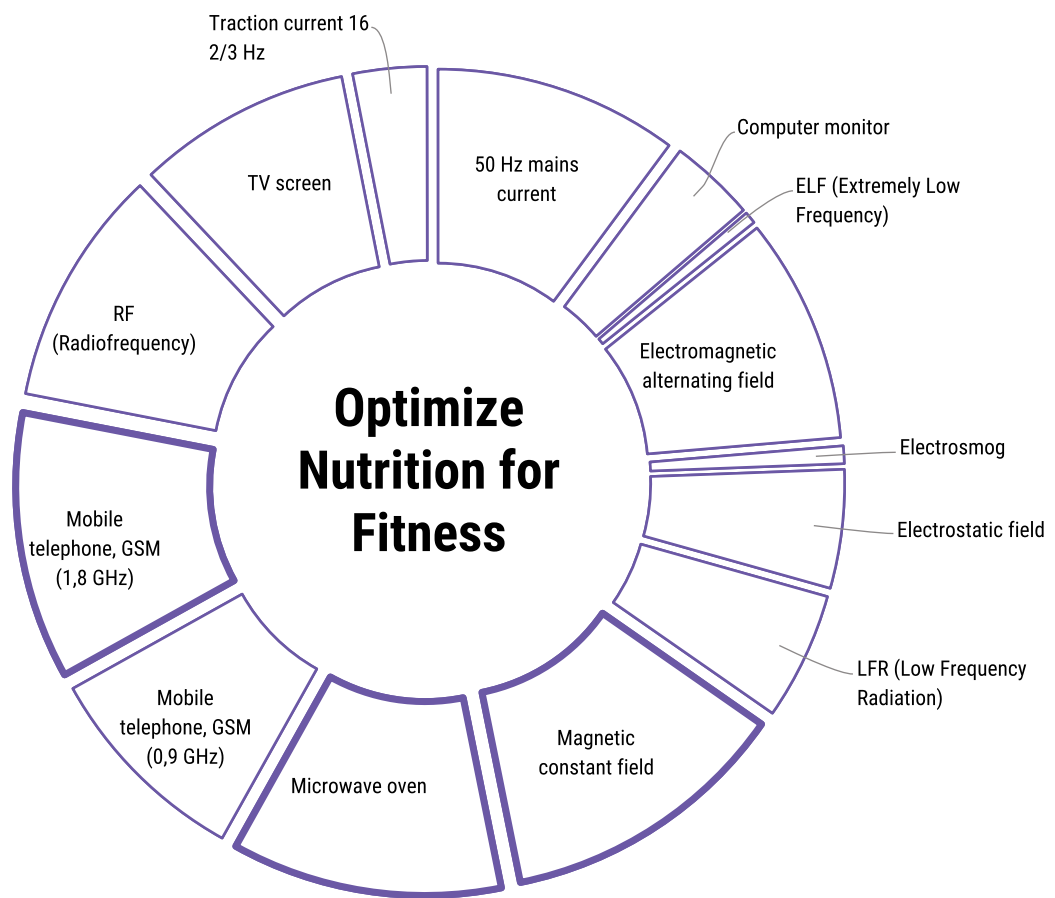
AMINO ACID RICH FOODS

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

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INTERFERENCE INDICATORS

Consider - Reduce Exposure



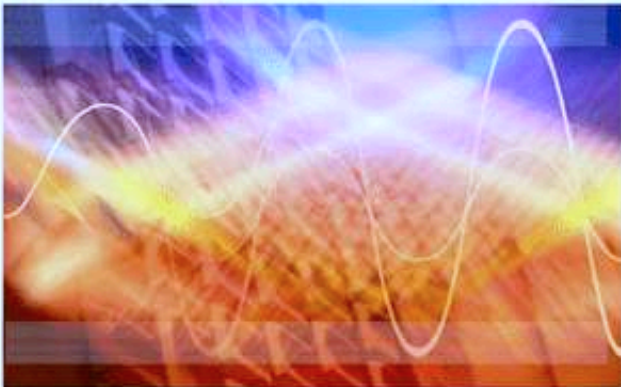
CATEGORY INDICATOR CHART

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

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INTERFERENCE INDICATORS

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 ultraviolet, 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 health concerns.

Your fitness body is under constant barrage from EMF and ELF frequencies. A fitness participant has what we call the dual threat, which is a constant inflammatory state that their bodies are subjected to during regular exercise and fitness performance. The dual threat of exercise and the amplified stress of EMF and ELF frequencies create this compound effect. The physical body is becoming stressed in ways we can directly measure and suggest directions to help achieve a peak fitness state.

WHY NUTRITION FOR FITNESS PARTICIPANTS SHOULD REDUCE INTERFERENCE EFFECTS

Fitness participants are no different than any other person. A lot of these EMF and ELF frequencies passing through us are creating an enormous irritation in our limbic brain. The brain perceives the threat to its very survival so it responds by supporting a negative adrenal response. Due to the dual threat scenario, all exercise participants are already stressing their adrenals; a large percentage of fitness participants may already be in over training mode to begin with. This EMF and ELF environment has proven to be a triggering effect that could amplify and may assist in causing over-training syndrome. This syndrome affects a large portion of the fitness training world. In conclusion the good news is that we are all EMF beings and we were created as humans to have the capacity to ground EMF frequency in our environment due to the electrical conductivity of our amazing bodies. All living systems are based in electromagnetic energy, every cell in your body is creating an electromagnetic field. However, the problem is that every fitness participant encounters a plethora of frequencies on many different spectrums that the human body has never encountered before. Do your best to avoid as much exposure to all known frequencies because as of now, we do not have the science available to comprehensively protect the human body.

FOODS FOR SUPPORT

- Green leafy vegetables
- Asparagus
- Broccoli
- Cabbage
- Tofu
- Sesame
- Poppy Seed
- Flax seed
- Walnut
- Pumpkin seeds
- Soya beans
- Salmon
- Mackerel
- Curcumin

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

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90 DAY FOOD ADJUSTMENTS

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.

Consider - Avoidance Recommended

Food Indicators				
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 Adjustment page.

FOOD ADJUSTMENTS

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

Most of the details in this report are about foods which you should increase in your daily dietary intake. That’s because foods support and maintain all of the key functions of the body in relation to nutrient for fitness performance.

There are foods which should equally be avoided as they have the ability to have the reverse impact on us from time to time. This can be because we lack the ability to properly digest them or that we are getting too much of certain foods and creating imbalances in nutrient intake. 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!

ADJUSTING FOODS

Foods that should be adjusted are not normally found on the typical intolerance or allergy scale and there may be no immediate signs that they not supporting normal function. Although the nutrients they contain maybe valuable, when the body takes more resources then it should, to release these it puts the body into an energy deficit.

We are creatures of ‘eating’ habit and that means that we will be getting more of some nutrients than others and we need to re-balance our intake and reduce the energy deficit that can exist around the foods we eat.

COMMON FOOD SENSITIVITIES & SYMPTOMS

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

Eating foods which we do not know are causing an issue can lead to tiredness, lethargy and a general lack of support for the body’s day to day systems.

Try regular variation of food intake to avoid building up problem foods.

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

PLEASE NOTE: Any indication in this report of an underlying food adjustment 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.



FOOD ADDITIVE AVOIDANCE ROLE IN NUTRITION FOR FITNESS

Consider - Avoidance Recommended

Food Additives Indicators	
E 339 Monosodium phosphate, Disodium p., Trisodium p.	E 155 Brown HT
E 633 Dicalcium ionisate	E 162 Beetroot red (betanin)
E 501 Potassium carbonate, Potassium hydrogen carbonate	E 451 Triphosphate, Phosphate
E 552 Calcium silicate	E 900 Dimethylpolysiloxane
E 380 Triammonium citrate (salts from citric acid)	E 249 Potassium nitrite

A fitness participant is no different than any other human when it comes to their overall health, the best choices will always lead to a healthier result. However, a poor choice for a fitness participant will almost guarantee that he or she will have poor performance in their individual fitness endeavors.

Therefore, the proper understanding of how food additives affect nutrition for fitness is crucial in reaching optimal fitness peak performance. 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 health or peak performance.

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 fitness performance drinks, 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 fitness 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 many energy bars and protein supplements, such as whey protein isolates or textured proteins. 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 during fitness performance. These artificial colorings are found in many fitness, energy and protein drinks. As well as nutrition and energy bars and many consumable sports and fitness supplements.

In conclusion the best way to achieve good health and peak fitness performance is to avoid these unhealthy ingredients, as well as all of the additive indicators that appear in your personalize nutrition for fitness epigenetic report results. Please note: Always read your food and supplement 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 peak fitness performance 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 90-DAY NUTRITION FOR FITNESS SUPPORT 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 simplest step to nutritional foods optimization for peak fitness results is to avoid foods which may not be supporting the body's peak fitness nutritional needs. Dealing with foods like these can deplete your body's energy needs and may reduce absorption of key nutrients which are necessary to support and maintain peak fitness functions. See the table provided below for foods that you should consider reducing and or avoiding for the next 90 days during your fitness nutrition training cycle.

Cashew	Blackberry	Elderberry	Hazelnut	Celery
Eggplant	Sprouts, alfalfa	Red Pepper	Wine	Garbanzo Beans

Step 2

START Day 1

The second step on your journey through your nutritional food optimization to help you achieve peak fitness results is to ensure that your environment is one that supports peak performance outcomes. By not placing yourself into a less than optimal environment you will not have to add too many additional resources, such as useless fitness supplements or any artificial means of performance enhancements that your body may not be able to process and support. By utilizing these links below you will have access to key information which can help you understand what additional nutrition for fitness lifestyle changes that may be necessary and or any additional resources you must consider to assist you in achieving peak fitness performance.

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

Step 3

START Day 1

The third step in the peak nutrition for fitness optimization process is to make sure that you are able to get enough nutrients from the foods that you are consuming to completely support and maintain your peak performance nutrition for fitness body. By introducing a quality systemic enzyme it will help you breakdown, absorb and deliver key nutrients that can be readily released in resourcing energy metabolism and the body's natural repair mechanisms. Another key component to assist in the body's peak performance optimization is a quality probiotic. This may further assist you in efficiently resourcing the body's needs to digest, absorb, regulate key functions and ultimately repair so that it can regenerate rapidly and repeat the daily functions and training that is necessary for peak fitness performance.

Step 4

START Day 1

The fourth step in achieving the ultimate optimized peak performance state is to make sure the quality of your drinking water will support your body's peak performance fitness needs. During fitness performance your body has a very important need for proper cellular hydration and efficient cellular waste removal. During peak performance training the use of the best hydration resource is clean drinking water, that is what the body requires. Not sports and fitness drinks with additives, not enhanced supplement waters that are full of harmful toxins. Even the use of tap water can be full of toxins in our municipal water supplies. Your body will reject these resources in the form of low oxygen saturation, cramping and aggressive lactic acid fatigue during exercise. To avoid this scenario you have to have a quality water resource such as steam distilled water that will replenish and hydrate during and immediately after exercise on a cellular level. As distilled water travels through the body that is made up of over 70% water, it will absorb inorganic materials, toxins that have built up in the joints and organs and flush them out of your body. Ultimately your body will feel lighter and more energized; it will help sharpen mental focus and fitness performance. Improving oxygen delivery, and transporting of key nutrient delivery mechanisms. This is exactly what is needed to help in achieving peak fitness performance.

Step 5

START Day 30

The fifth and final step in your plan to optimize your nutrition for fitness objectives is to make clear and certain that you maintain a strong dietary intake of foods that will help address the priority and advisory nutritional indicators highlighted in your report. In review of all recommendations in steps one through four, it also important that the use of support catalysts such as systemic enzymes, probiotics specific nutritional supplementation and steam distilled water to help the body balance and repair itself. Once the body is balanced and is absorbing the key nutrients and cellular resources, you will be able cleanse effectively and be able to resist certain negative epigenetic influences and better retain all the positive epigenetic influences. Then you are well on your way to an optimized nutrition for fitness lifestyle.

YOUR 90-DAY NUTRITION FOR FITNESS FOOD SUPPORT PLAN

Optimize Indicator (STEP 5 - Nutrition)	Suggested Food Sources Day 30-90 (introduce as many foods as you can, at least 2 for each indicator)
Linoleic Acid - 6	Safflower oil, sunflower oil, soybean oil, corn oil, beef, lamb, walnuts, pumpkin seeds, sesame seeds
Docosahexaenoic Acid - 3 (DHA)	Salmon, herring, mackerel, anchovies, eggs, butter, milk, cheese (full fat)
Copper	Whole grains, almonds, green leafy vegetables, oysters, crab, sunflower seeds, pine nuts, olives, hazelnuts
Molybdenum	Beans, cereal grains, dark green leafy vegetables, legumes, lentils, split peas, green peas, cauliflower, spinach, brown rice, oats
Sulfur	Onion, garlic, eggs, apple, strawberries, dates, figs, banana, brazil nuts, mustard
Selenium	Grains, brazil nuts, brewer's yeast, broccoli, brown rice, chicken, dairy products, garlic, kelp, molasses, onions, salmon, seafood, tuna, vegetables, wheat germ and whole grains, alfalfa, burdock root, cayenne, chamomile, fennel seed, nettle, parsley, butter, shiitake mushrooms, herring, turkey, peppermint
Tryptophan	Egg, spirulina, cod, salmon, cheese, soya beans, pork, turkey, chicken, beef, lamb, oats, white rice
Methionine	Spirulina, cheese, beef, lamb, chicken, tuna, sardines, sunflower seeds, garlic, onion, egg yolks and sarsaparilla
Vitamin B2	Cheese, leafy green vegetables, almonds, mature soybeans, asparagus, okra, chard, cottage cheese, yoghurt, eggs, mackerel, sardines, mushrooms, split peas, chicken,
Threonine	Meats, dairy products, eggs, wheat germ, nuts, beans, almonds, chickpeas

Optimize Indicator (STEP 5 - Interference)	Suggested Food/Supplement Sources
Interference (Calcium Day 1-90)	Salmon, sardines, dark green leafy vegetables, almonds, asparagus, blackstrap molasses, brewer's yeast, broccoli, cabbage, carob, kale, mustard greens, figs, soybeans, tofu, watercress, chickweed, chicory, flaxseed, kelp, parsley, sesame, poppy seed
Interference (Water Day 1-90)	Good quality drinking water for cell optimization. (Avoid tap water, plastic bottled water or water of an unknown source)
Interference (Essential Fatty Acids Day 1-90)	Salmon, mackerel, sardines, herring, trout, flax seed, walnut, pumpkin seeds, hemp seeds, soy bean

If you find adding the suggested foods to your diet difficult, then you can choose to supplement your diet with nutritional supplements. Supplementation is not a replacement for eating a balanced and healthy diet but can be a way of helping to increase your intake of specific nutrients or nutrient groups. When taking supplements for 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 NUTRITION FOR FITNESS LIFESTYLE 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

INDICATOR	SCALE											SCORE	
		1	2	3	4	5	6	7	8	9	10		
ENERGY LEVEL	High											Low	
ATTITUDE	Not So Good											Good	
EDGINESS	Stressed											Calm	
EMOTIONAL INTENSITY	Highly											Balanced	
FOOD DIGESTION	Bloated											Lean	
MENTAL SHARPNESS	Cloudy											Sunny	
CRAVINGS	More											Less	
PUMPED UP	Tone											Big	
FEELING SEXY	Not Really											Really	
COLD HANDS OR FEET	Cool											Warm	
MOTIVATED	Not											Very	
MIND	Foggy											Clear	
BOWEL MOVEMENT	Not Regular (7-14 Days)											Regular (Daily)	
GAS/BLOATING	Often											Never	
APPETITIE	Always Snacking											Meals Only	
SLEEP	Poor											Excellent	
SLEEP HOURS A DAY	8 or More											5-8	
BACK DISCOMFORT	Intense											Rare to Never	
JOIN DISCOMFORT	All the Time											Sometimes	

TOTAL

YOUR NUTRITION FOR FITNESS LIFESTYLE 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.**

DAY30

DATE

INDICATOR	SCALE											SCORE	
		1	2	3	4	5	6	7	8	9	10		
ENERGY LEVEL	High											Low	
ATITUDE	Not So Good											Good	
EDGINESS	Stressed											Calm	
EMOTIONAL INTENSITY	Highly											Balanced	
FOOD DIGESTION	Bloated											Lean	
MENTAL SHARPNESS	Cloudy											Sunny	
CRAVINGS	More											Less	
PUMPED UP	Tone											Big	
FEELING SEXY	Not Really											Really	
COLD HANDS OR FEET	Cool											Warm	
MOTIVATED	Not											Very	
MIND	Foggy											Clear	
BOWEL MOVEMENT	Not Regular (7-14 Days)											Regular (Daily)	
GAS/BLOATING	Often											Never	
APPETITIE	Always Snacking											Meals Only	
SLEEP	Poor											Excellent	
SLEEP HOURS A DAY	8 or More											5-8	
BACK DISCOMFORT	Intense											Rare to Never	
JOIN DISCOMFORT	All the Time											Sometimes	

TOTAL

YOUR NUTRITION FOR FITNESS LIFESTYLE 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.**

DAY60

DATE

INDICATOR	SCALE											SCORE	
		1	2	3	4	5	6	7	8	9	10		
ENERGY LEVEL	High											Low	
ATITUDE	Not So Good											Good	
EDGINESS	Stressed											Calm	
EMOTIONAL INTENSITY	Highly											Balanced	
FOOD DIGESTION	Bloated											Lean	
MENTAL SHARPNESS	Cloudy											Sunny	
CRAVINGS	More											Less	
PUMPED UP	Tone											Big	
FEELING SEXY	Not Really											Really	
COLD HANDS OR FEET	Cool											Warm	
MOTIVATED	Not											Very	
MIND	Foggy											Clear	
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GAS/BLOATING	Often											Never	
APPETITIE	Always Snacking											Meals Only	
SLEEP	Poor											Excellent	
SLEEP HOURS A DAY	8 or More											5-8	
BACK DISCOMFORT	Intense											Rare to Never	
JOIN DISCOMFORT	All the Time											Sometimes	

TOTAL

YOUR NUTRITION FOR FITNESS LIFESTYLE 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

INDICATOR	SCALE											SCORE		
		1	2	3	4	5	6	7	8	9	10			
ENERGY LEVEL	High												Low	
ATTITUDE	Not So Good												Good	
EDGINESS	Stressed												Calm	
EMOTIONAL INTENSITY	Highly												Balanced	
FOOD DIGESTION	Bloated												Lean	
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SLEEP HOURS A DAY	8 or More												5-8	
BACK DISCOMFORT	Intense												Rare to Never	
JOIN DISCOMFORT	All the Time												Sometimes	

TOTAL

YOUR OPTIMIZED NUTRITION FOR FITNESS REPORT IS YOUR KEY TO SUCCESS

WHAT NUTRITION FOR FITNESS DOES FOR YOUR BOBY...

- ➔ Powers up all the body's processes
- ➔ Boosts the body's **immune** system
- ➔ Helps to **eliminate toxins** from your body
- ➔ Assists in maintaining optimal **body mass**
- ➔ Increases muscle tone and definition
- ➔ Promotes optimal **cardiovascular** response
- ➔ Enhances the body's ability to achieve **better sleep**
- ➔ Ultimately increasing the body's capacity to achieve **peak performance**



What could be stopping you from reaching your optimized nutrition for fitness?

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 NOW TIME TO OPTIMIZE YOUR NUTRITION FOR FITNESS GOALS!



Thank You for investing your time and resources to get **Your Optimize Nutrition for Fitness Report and Plan**.

We look forward to supporting you in your journey in achieving peak fitness performance.

Let's do this together!

cell-wellbeing.com



DISCLAIMER:

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