



Bio Brain Scan for:

Jane Doe
July 11th, 2023

We bioenergetically tested 8 areas of your brain. The ranking below depicts the level of resonating stress on each area:

100 - 80 % = Balance	79 - 60% = Stress	59 - 40% = Chronic Stress
39 - 20% = Weakness	19 - 0% = Chronic Weakness	

You resonated with the following levels:

51%	<p><u>Prefrontal Cortex:</u> located at the front of the head, it plays a crucial role in a variety of complex cognitive and behavioral functions, such as decision-making, problem-solving, planning, attention, impulse control, and social behavior. It is responsible for many of the "executive functions" that allow us to interact with the world and make decisions based on past experiences and future goals.</p> <p>**When out of balance: short attention span, impulsive, procrastination, organization challenges, lack of empathy, brutal honesty</p> <p><u>How to support:</u></p> <ul style="list-style-type: none">● Set goals and make "to do" lists: this engages the prefrontal cortex, which is involved with strategic thinking and organizing complex tasks. By defining clear goals, this part of the brain is engaged in maintaining attention and filtering out distractions. Setting goals provides a target and purpose, activating the prefrontal cortex's reward circuits. By setting goals, you engage and exercise the prefrontal cortex, strengthening its neural pathways and enhancing its ability to perform executive functions. This practice can promote cognitive skills such as planning, decision-making, attentional control, and self-regulation, ultimately supporting overall brain health.● Exercise/Movement: this enhances blood flow to the brain. Prolonged sitting or a sedentary lifestyle can negatively impact this part of the brain.● More protein in diet: this is essential for neurotransmitter production. Neurotransmitters are chemical messengers that facilitate communication between brain cells. Additionally, protein synthesis is key in allowing the prefrontal cortex to create and strengthen new neural connections, which
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	<p>is essential for learning, memory, and cognitive flexibility. Protein is crucial for maintaining the integrity of the blood-brain barrier, ensuring that nutrients reach the prefrontal cortex while preventing the entry of harmful toxins.</p> <ul style="list-style-type: none">● Get more of these nutrients: Omegas with EPA, Vitamin Bs, Vitamin C, Vitamin D, and Vitamin E as these are building blocks for prefrontal cortex function.● Take the unique balancing regimen at the end of this report.
77%	<p><u>Cingulate Gyrus:</u> plays a role in memory, thought shifting, emotional shifting, cooperation, go with the flow attitude, ability to shift attention, cognitive flexibility, and the ability to see options. Additionally, the cingulate gyrus is involved in decision-making and cognitive control, helping us focus on important information and filter out distractions.</p> <p>**When out of balance: gets stuck, worries, holds grudges, obsesses, addictive personality, oppositional, sees many errors</p> <p><u>How to support:</u></p> <ul style="list-style-type: none">● Distraction: Allowing periods of distraction provides the cingulate gyrus with cognitive rest, helping to rejuvenate and maintain optimal cognitive functioning. Engaging in distractions can stimulate different neural pathways, potentially enhancing cognitive flexibility by encouraging the brain to switch between different modes of thinking. When the mind is distracted from a specific task, it has the freedom to make associations and connections, potentially leading to creative insights and innovative thinking. Allowing brief periods of distraction can help prevent attentional fatigue, allowing the cingulate gyrus to restore attentional resources and maintain optimal attentional performance.● Exercise/Movement: this enhances blood flow to the brain. Prolonged sitting or a sedentary lifestyle can negatively impact this part of the brain.● More complex carbs in diet: Complex carbohydrates, such as whole grains, legumes, and vegetables, are digested and broken down into glucose more slowly compared to simple sugars. This gradual release of glucose provides a steady supply of energy to the cingulate gyrus, supporting its optimal functioning. Unlike simple sugars that cause rapid spikes and drops in blood sugar levels, complex carbohydrates provide a more gradual and sustained release of glucose into the bloodstream. This steadier blood sugar level helps prevent energy crashes and supports consistent brain function, including the functioning of the cingulate gyrus.● More DHA Fish Oil: DHA is a crucial structural component of cell membranes, including those in the cingulate gyrus. This part of the brain consists of neurons with complex connections, and DHA helps maintain the integrity and fluidity of cell membranes, which is important for optimal

	<p>communication and signaling between brain cells. DHA is involved in promoting neuroplasticity, which refers to the brain's ability to adapt and reorganize itself. It may influence the cingulate gyrus's role in emotional regulation and contribute to emotional well-being by decreasing the feeling of depression and anxiety.</p> <ul style="list-style-type: none"> • Take the unique balancing regimen at the end of this report.
<p>75%</p>	<p><u>Basal Ganglia/Insula:</u> These two areas of the brain are involved in many different functions, including movement control, thoughts, motivation, reward processing, auditory and visual processing, controls the body's ability to be idle, emotional processing, senses emotional and physical pain, and habit formation. They help regulate motor movements, such as walking, and play a role in decision-making.</p> <p>**When out of balance: anxiety, conflict avoidant, can tend to predict the worst, pain, distractible, movement issues, nervousness, muscle tension, easy startled, shy/timid, bite fingernails/picks</p> <p><u>How to support:</u></p> <ul style="list-style-type: none"> • <i>Meditation:</i> By cultivating mindfulness and attention, meditation can improve the functioning of the basal ganglia and insula in regulating attentional processes. This part of the brain is involved in the processing of emotions and the experience of reward and pleasure. Meditation practices, such as loving-kindness meditation, can help regulate emotions and promote positive affect. The basal ganglia and insula play a key role in habit formation and behavior change. Regular meditation practice may lead to structural and functional changes in this part of the brain by promoting greater neural plasticity and adaptability. Meditation practices are known for their stress-reducing effects, helping to lower cortisol levels, enhance relaxation responses, and support this part of the brain. • <i>Clear negative talk/thoughts:</i> Negative self-talk can undermine motivation by fostering self-doubt, low self-esteem, and a negative mindset. Clearing negative self-talk and cultivating positive self-talk can enhance motivation and positive reinforcement, facilitating the functioning of the basal ganglia's reward circuits. Negative self-talk can fuel negative emotions such as anxiety, stress, and depression, which can impact the functioning of this part of the brain. Clearing negative self-talk can help foster more open-minded and flexible thinking, supporting the basal ganglia and insula in cognitive flexibility. • <i>Hypnosis:</i> By improving focus and attention, hypnosis may indirectly support the functioning of the basal ganglia and insula in attention-related processes. By facilitating behavior change through visualization, hypnosis may support this part of the brain in developing healthier habits. The basal ganglia and insula are capable of neuroplastic changes, and hypnosis could

	<p>potentially facilitate the formation of new neural pathways and adaptive patterns of thinking and behavior.</p> <ul style="list-style-type: none"> ● Fish Oil: By reducing inflammation, fish oil may help protect the basal ganglia and insula from damage. Fish oil can help maintain the integrity and function of nerve cells in this part of the brain, potentially reducing the risk of neurodegenerative issues. Omega-3 fatty acids may enhance dopamine function and transmission within the basal ganglia, thereby promoting optimal brain function. Omega-3 fatty acids have been found to have antidepressant and mood-stabilizing effects, potentially impacting the basal ganglia's function and promoting emotional well-being. ● Take the unique balancing regimen at the end of this report.
95%	<p><u>Temporal lobes:</u> play an important role in several functions, including memory, hearing, reading social cues, mood stability, and language comprehension. Specifically, they help us process auditory information, such as recognizing and interpreting sounds and speech. They also help us form and retrieve memories, particularly of visual and auditory information, as well as contribute to our ability to recognize faces and objects.</p>
96%	<p><u>Thalamus:</u> acts as a relay center for sensory information. It receives signals from various sensory systems, such as vision, hearing, touch, taste, and smell, and then sends these signals to the appropriate areas of the brain for processing. Additionally, the thalamus is involved in regulating consciousness, alertness, sleep, libido, bonding, and sets the emotional tone.</p>
81%	<p><u>Cerebellum:</u> plays a role in coordinating and regulating voluntary movements, balance, and posture. Additionally, it is involved in attention, coordination, impulse control, speed of thought, and organization. Overall, the cerebellum is essential for many daily activities, such as walking, running, and playing sports, as well as for more complex behaviors, such as learning and problem-solving.</p>
85%	<p><u>Parietal Lobes:</u> play a role in many functions, including sensory processing, perception, and spatial awareness. Specifically, they receive and process information related to touch, temperature, pain, and pressure. They also play a role in spatial cognition, helping us navigate our surroundings and understand our location in relation to other objects.</p>
98%	<p><u>Occipital lobes:</u> play a role in vision processing. Specifically, they receive and process visual information from the eyes. The occipital lobes are responsible for processing and integrating different aspects of visual information, such as color, form, and motion, into a coherent visual perception. They also help us recognize objects, faces, and other visual stimuli, and are involved in visual memory and spatial awareness.</p>

Neurotransmitters:

These are chemicals that are released by neurons in the brain and nervous system, and they play a crucial role in communication between neurons.

You were tested against Serotonin, Dopamine, GABA, and Acetylcholine. Out of these four, the neurotransmitter that bioenergetically tested the most out of balances for you is:

Acetylcholine	<p>Acetylcholine is a neurotransmitter involved in various functions within the body. It plays a critical role in transmitting signals between nerve cells and muscle cells, contributing to muscle movement and control. Additionally, acetylcholine is also involved in cognitive processes such as learning, memory, and attention.</p> <p><i>Balancing Acetylcholine naturally:</i></p> <ul style="list-style-type: none">● Consume foods rich in choline: Choline is a precursor to acetylcholine. *Eggs, liver, fish, and broccoli● Regular movement: physical activity has been shown to increase acetylcholine release and promote balance.● Sleep hygiene: sufficient sleep is essential for the proper functioning of neurotransmitters.● Stress Management: Chronic stress will negatively impact acetylcholine levels. Here are some stress-reducing activities - meditation, breathing exercises, yoga, and hobbies that help you relax.
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Food Sensitivities:

These can be factors that can significantly create stress within the bioenergetic brain. You were bioenergetically tested against the most common culprits, which have been listed below to list a low, medium, high, or no sensitivity:

MSG - Low	Cow's Milk - none
Corn - none	Gluten - none
Soy - Medium	Peanuts - none

High Fructose Corn Syrup - none	Cane Sugar - none
Caffeine - none	Alcohol - none
Blue Food Dye - none	Red Food Dye - none
Yellow Food Dye - none	EMFs - none

Hormones

These are very important for brain health because they help regulate many of its functions, including things like mood, cognition, and behavior.

You were tested against DHEA, Cortisol, Estrogen, Insulin, Melatonin, Progesterone, T3, T4, TSH, and Testosterone. Out of these hormones, the top three that bioenergetically tested the most out of balances for you include:

TSH	Cortisol	T4
<p>TSH is important for the brain because it regulates the production and release of thyroid hormones, which are crucial for brain development, maintenance of brain function, metabolic regulation, and mood regulation.</p> <p>*Quick tip: balance with sufficient levels of iodine, zinc, and selenium rich foods</p>	<p>Chronic elevation or dysregulation of cortisol can have effects on brain health, including impaired cognitive function, memory problems, mood issues, and increased vulnerability to neurodegenerative issues.</p> <p>*Quick tip: balance with meditation, plenty of self care, work on sleep hygiene, and limit caffeine.</p>	<p>Thyroxine (T4), a hormone produced by the thyroid gland, is important for the brain due to its crucial role in regulating brain development, maintaining brain function, and supporting overall cognitive health.</p> <p>*Quick tip: balance with sufficient levels of iodine, zinc, and selenium rich foods.</p>
<p>If a priority, these hormonal imbalances will be addressed in the final regimen at the end of this report. It is also advised to order a Full Scan to dig deeper into learning how to bioenergetically balance these.</p>		

Stress Factors:

There are a number of things that can create stress on the brain. Some of these could include things like: dental fillings, TBIs, heavy metals, chemicals, emotional traumas, physical traumas, thyroid issues, parasites, bacteria, viruses, mold, carbon

monoxide, and lack of sleep. You were bioenergetically tested and the top FIVE resonating stress factors are listed below in the order of which is bioenergetically stressing you the most:

- 1. Varicella Zoster**
- 2. Physical trauma to the head**
- 3. Aspergillus flavus**
- 4. Lead**
- 5. Carbon monoxide**

NOTE: many stress factors will be addressed in the final regimen, but if you resonate with any mold, virus, parasite, metals, chemicals, or bacteria it is advisable to do a FULL SCAN after you complete the regimen at the bottom of this report.

*****Some of these are resonating toxins, meaning an energetic exposure to that toxin pattern. Please do not interpret or claim this as a diagnosis or as medical advice*****

Emotions:

Stress in the brain, our upbringings, and general life can create emotional blockages. These blockages can contribute to persistent thoughts and struggles we might have. You were bioenergetically tested for over 30 emotional blocks and the top THREE resonating are listed below in the order of which is bioenergetically stressing you the most:

- 1. Wanting to feel more clarity**
- 2. Wanting to find peace**
- 3. Wanting to forgive**

As you work through your brain health journey make note of how these specific emotion blocks change and/or dissipate. Affirmations, meditation, and positive self talk can be helpful in shifting these emotional patterns.

With your unique emotional blocks listed above begin to believe, affirm, and say:

“I feel clear headed and full of energy.”

“I am content and peaceful.”

“I forgive and send love to those who have taught me lessons in the past.”

Balancing Remedies:

You were bioenergetically tested against our top brain health remedies. The following regimen test synergistically for balance against your hair and saliva:

- ***Testro Balance:***
 - Take one capsule daily or as directed by your healthcare practitioner. Take with food as recommended.
 - Micronutrient and Herbal Support for Healthy Testosterone Balance. Support for Healthy Endocrine Function & Provides a High Antioxidant Capacity.
- ***Brain Support:***
 - Adults take four capsules daily as a dietary supplement, or as directed by your healthcare practitioner.
 - Nutritional Support for Neurologic Function. With this formula there is ECGC (green tea extract)—to promote brain health by supporting healthy blood vessels and promoting blood flow to the brain. BCM-95® Curcugreen®—to promote healthy inflammatory markers with increased bioavailability that produces higher levels of curcuminoids. Sibelius™ Sage—to promote the formation of primary, secondary, and working memories. Resveratrol—to promote healthy cognitive function with potent antioxidant properties. Chinese Skullcap Extract—to neutralize the free radicals that may be detrimental to the brain. Clinical evidence and research cited herein shows that the ingredients in Brain Support may: Support neurological health, Promote cognitive function, Support powerful antioxidant actions, Support healthy blood and oxygen flow to the brain.
- ***B6/250 Sustained Release:***
 - Take one capsule daily or as directed by your healthcare practitioner. *Can also take one capsule twice daily
 - Vitamin B6, or pyridoxine is a water-soluble micronutrient. B6 is an extremely important B vitamin which takes part in over 60 enzyme reactions in the body. It is important for the multiplication of cells and is therefore vital in immune system functioning, mucous membranes, skin, and red blood cells. Because these tissues multiply rapidly, they are in great need of vitamin B6. This vitamin is also important for brain chemistry as it is involved in the synthesis of all amino acid neurotransmitters such as serotonin, dopamine, melatonin, epinephrine, norepinephrine and others and is therefore critical for proper hormone support.
- ***Liposomal Bio Quercetin:***
 - 1 tsp two times per day held under the tongue, or as directed by a health professional.
 - *Liposomal Bio-Quercetin* provides an effective dose of vitamin C and bioflavonoids in a natural and pure phosphatidylcholine liposomal delivery system. This highly absorbable combination of nutrients will

help to support immune function and antioxidant activity. Main Ingredients: Vitamin C (500 mg), Sodium (65 mg), Phosphatidylcholine (800 mg), Bioflavonoid Blend (100 mg)

- **Stress EZ:**

- 20 minutes away from food and mint: 8 drops under the tongue, 2 times a day or as directed by a health professional.
 - Stress EZ is for the relief of symptoms related to general stress factors including mood swings, sleep difficulties, nausea, poor digestion, and headache. Ingredients: Ginkgo (3X)Hydrocotyle (3X)Lomatium Dissectum (3X)Cobaltum Metallicum (12X)Cuprum Metallicum (12X)Gelsemium (12X)Iodium (12X)Clematis Vit, Flos (30C 200C)Helianthemum Nummularium, Flos (30C 200C)Impatiens Glandulifera, Flos (30C 200C)Ornithogalum Umbellatum, Flos (30C 200C)Prunus Cerasifera, Flos (30C 200C)aralia quinquefolia (3X)Vanadium (12X)

- **Liposomal Sleep:**

- Standard dose: Shake well. Take 1-2 full droppers orally before bedtime or as directed by your healthcare practitioner.
 - A liposomal formula that promotes a restful, relaxed state and relief from occasional sleeplessness by supporting healthy melatonin function and promoting relaxation. Liposomal Sleep has been formulated with Melatonin, GABA, NAC, as well as Vitamins B2 and B6 to optimize your body's natural sleep mechanism. Melatonin is a hormone secreted by the pineal gland in the brain that is used by the body to help regulate its internal body clock and promote sleep. GABA and NAC support healthy nerve activity in the brain, allowing it to slowly relax, supporting a healthy sleep cycle. NAC also encourages natural production of glutathione, a powerful antioxidant, in the body. Vitamins B2 & B6 have been included to support healthy brain and melatonin function. In summary, the benefits of Liposomal Sleep supplementation may include: Supports proper sleep cycles and circadian rhythms, relaxation and calmness, immune function, insomnia and, healthy growth hormone production

- **Phosphatidyl Serine:**

- Take three capsules with food or as directed by your healthcare practitioner.
 - *Can also do three capsules twice a day
 - Phosphatidylserine is a fat-soluble phospholipid that occurs endogenously in humans. It is the most abundant phospholipid in the human brain and is important in neuronal membrane functions such as maintenance of the cell's internal environment, signal transduction, secretory vesicle release, cell-to cell communication, and cell growth regulation. Phosphatidylserine is also a component of the mitochondrial membrane, where it might function as a metabolic reservoir for other phospholipids. Although the body is able to synthesize phosphatidylserine through an elaborate series of reactions and substantial energy expenditure, the body obtains most

phosphatidylserine from dietary sources. Phosphatidylserine is present in small quantities in most foods.

Balancing Support:

You were bioenergetically tested against our top brain health support practices. These include: Acupuncture, Good Sleep Hygiene, Breathwork, Vagus Nerve Stimulation, More Daily Sunshine, Brain Mapping, Exercise/Movement, Meditation, Chiropractic, Massage, and Diet Changes. We bioenergetically tested against your hair and saliva and the top THREE support practices include:

- 1. Massage and Bodywork**
- 2. Breathwork - Oxygen Therapy**
- 3. Meditation**

Congratulations, you have taken the first step to balancing your brain by having it bioenergetically scanned! The goal of this report is to empower you to make changes in your lives to develop a more balanced brain. Consider the following steps to gradually make lasting changes with this powerful information:

1. Order your brain balancing remedy regimen.
2. Avoid any foods you resonated sensitive to.
3. Make a list of all the foods/nutrients this report references so that you can start incorporating more of them on a daily basis.
4. Explore any possible current toxin exposures you in the top five stress factors you resonated with. If possible, remove them from your environment to cut this exposure down. If it is a historical exposure, consider doing a Full Scan after this Brain Scan round of remedies.
5. Consider all of the possible activities and tasks that were mentioned throughout your report. Mark your calendar as a reminder and try rotating these activities so that they become part of your daily/weekly brain health routine.
6. Test again after one to two months to track your brain's progress, and continue balancing.

DISCLAIMER: The testing provider and any parent, subsidiary, affiliated or related entities and companies do not provide medical advice or services. The bioenergetic products and services offered including, but not limited to, bioenergetic tests, bioenergetic scans, bioenergetic reports and related products and services (collectively the "Bioenergetic Products and Services") are designed for educational and informational purposes only and are not intended to diagnose, treat, cure, or prevent any disease, condition, complaint, illness or medical condition and are not a substitute for professional services or medical advice. Seek the advice of a physician or other qualified healthcare professional with any questions you may have. Never disregard professional medical advice or delay seeking treatment. These statements have not been evaluated by the Food and Drug Administration (FDA) or any other government agencies or regulatory authorities. The testing provider is not responsible for third-party interpretation, recommendations, or advice. The testing provider does not recommend, endorse or make any representation about the efficacy, appropriateness or suitability of any specific tests, products, procedures, treatments, services, opinions, or health care providers.