



Eden ENERGETIX

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Disclaimer:

This report is not diagnostic and is strictly for educational purposes only and is not intended to treat, cure, diagnose or prevent disease. This is not intended to be used as medical advice or to replace the recommendation of your healthcare provider. This product and service is strictly for educational purposes only and None of the information on this report is intended to treat a health related illness. Supplements that resonate are not considered prescriptive for the individual on this report. Education will be provided around supplements only. Each individual is responsible to do their own research and make their own decisions.

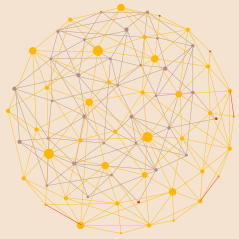
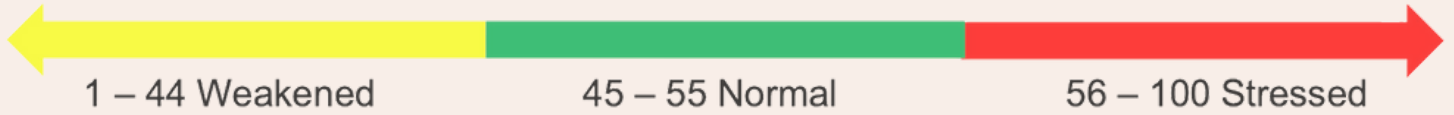
The background of the page features a soft, warm-toned still life. In the upper left, there is a cluster of delicate white baby's breath flowers on thin green stems. To the right, a portion of a light-colored burlap drawstring bag is visible. In the lower right, a white ceramic cup filled with a light-colored liquid, likely tea, sits on a matching saucer. The overall aesthetic is clean, natural, and calming.

BIOENERGETIC TESTING

Bio-energetic testing is the product of a 30-year evolution of biofeedback research started by Dr. Voll in the 1950s. Dr. Voll was a German physician who became disgruntled with the traditional model of medicine and started to look at alternative methods that would address the “root” issues of his patients rather than masking a symptom. He used the Chinese meridian system theory to determine energetic imbalances using an ohmmeter. His research proved to be very effective and has evolved into what has been termed: Biofeedback, Electro Dermal Screening, Bio-energetic Testing, and Meridian Stress Analysis.

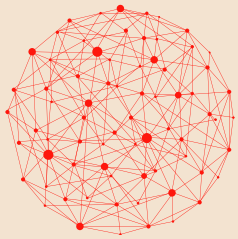
This method of evaluation continues to advance and has proven to be a valid method for determining disturbances within an individual's energetic field. By using this testing method, alternative practitioners are better able to support the areas of the body where there is improper energy flow and provide balancing energy signatures to help restore proper energetic communication to the energetic field of the body.

STRESSED *Systems* DEFINED



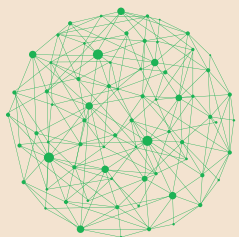
Stressed

This color indicates the body is experiencing energetic stress in these areas



Weakened

Red indicates that the body is undergoing an energetic weakening in these areas

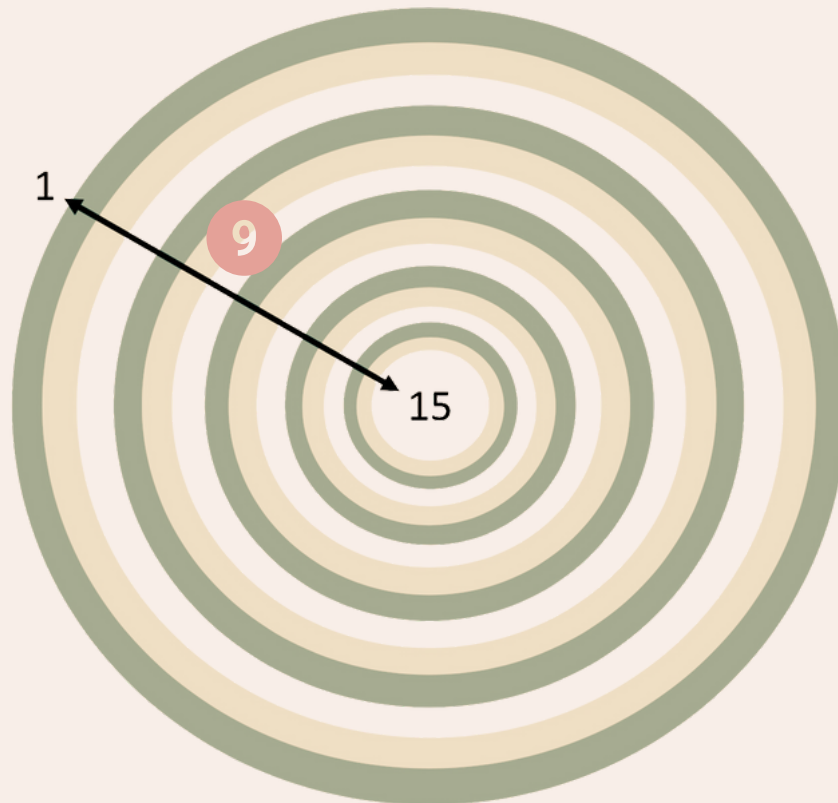


Balanced

Green indicates that the body is energetically balanced in these areas

Amplification level

DEFINED

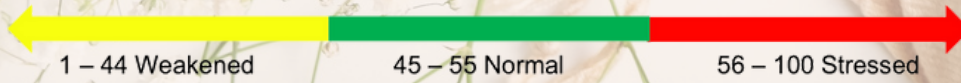


The amplification level is determined by the body's Innate Intelligence and determines the layer in which the body wants to start the healing process. The higher the level the more deep-rooted the issue. As an example: Level 15 may indicate issues related to genetic disturbances.

The amplification level is only considered accurate on the 1st test (Comprehensive Analysis) utilized in each session. Once balancing energetic signatures are received, the priorities of the body's energetic field can change. The amplification level is NOT an indicator of health

YOUR STRESSED

Systems



Stressed System

Organ/System Explained

Adrenal Glands

Part of the fight or flight response. Responsible for regulating the stress response. Symptoms of imbalance: anxiety, sound sensitivity, fatigue, emotional dysregulation

Pancreas

Located just below the stomach, the pancreas helps break down food, regulates blood glucose levels & insulin. Symptoms of imbalance: blood sugar imbalances, digestive disturbance, greasy stools,

Sphenoid +
Ethmoid Sinus

The sinuses are mucosa lined airspaces and an essential part of the immune defense. Symptoms of imbalance: chronic allergies, recurrent infections, tenderness or pressure in front or back of head, headaches

Stomach

One of the primary organs of digestion. The vagus nerve and sympathetic nervous system control secretions & movements of stomach. Symptoms of imbalance: bloating, B12 deficiency, digestive disorders, gastritis

Liver

The liver performs more than 500 functions & plays a major role in metabolism, glycogen storage, detoxification, digestion & more. Symptoms of imbalance: glucose imbalance, protein or lipid digestive disturbance, fatigue, anemia, hormone imbalances

Large Intestine

The large intestine is the lower part of the GI tract. It's function is to absorb remaining water from indigestible food matter. Symptoms of imbalance: gas, bloating, abdominal pain, diarrhea, vitamin deficiencies, poor appetite

Lymphatic System

The lymphatic system produces and transports lymph fluid and connected with immune system. Symptoms of imbalance: swollen lymph nodes, fluid retention (edema or swelling) fever, chills, headache, rapid heartbeat

Gallbladder

The gallbladder is a small organ whose function in the body is the harbor bile and aid in the digestive process. Symptoms of imbalance: pain in upper right abdomen when eating foods high in fat, pain may extend to lower part of right shoulder or to the back, gallstones

YOUR COMPREHENSIVE *Bioenergetic Scan*

At Eden Energetix we use bioenergetics as a noninvasive way to assess energetic frequencies showing where the body is balanced and unbalanced. In the testing process, you are presented with many energetic patterns. These patterns offer information that can be used to bring balance or homeostasis to you. Your comprehensive scan is the most informative scan showing what is most in need of attention.

Resonating Drainage
& Detoxification

Areas Most In Need of Support:

- Liver (milk thistle & lymphohepat)
- Skin (sweating)
- Amino acid support

Resonating Bacteria

- 1 resonating bacteria transmitted from ticks, fleas, mosquitos
- 1 resonating gut bacteria commonly transmitted through environment, soil and water

Resonating Parasites

- 1 resonating parasites commonly found in soil or water

Resonating Chemicals

- 2 resonating chemicals found in crops, trees, lawn treatments and insect control

Resonating Heavy
Metals

- 3 resonating heavy metals found in cosmetics, medicines, and jewelry

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Resonating
Gastrointestinal
Health

Areas Most In Need of Support:

- Lower Intestine
- Pancreas

Resonating Exercise
Recommendation

The following resonated for you for exercise

- Anaerobic exercise (HIIT training, pilates, yoga, and weightlifting)

Resonating Emotions

The following resonated for you for emotions

- Loneliness
- 5th Chakra-communication, expression and speaking truth

Resonating Nutrition

The following resonated for nutrition:

- Benefits of phenolic foods and chlorogenic rich foods
- Resonating need for omega 3 fatty acids

Other

The following additional items resonated for you

- TMJ Signature: Platysma

YOUR NUTRITIONAL

Bioenergetic Scan

Amino Acids

Amino acids contribute to the development of protein within the body and are vital in promoting wound repair and encourage healthy tissue in muscles and bones. Amino acids are also crucial in eliminating waste deposits related to metabolism. They also play a large role in the health of hair, skin and nails. There are 22 amino acids, of which 9 are essential.

Amino Acids

What it does

Food Sources

Alanine

Alanine is a nonessential amino acid aiding in glucose metabolism. It is broken down quickly to provide energy for the muscle, brain, and central nervous system and largely concentrated in muscle. Contributes to the regulation of blood sugar levels. Improves immune response by helping produce antibodies. Without it growth hormone, glycemic control, and the immune system can become compromised.

Egg whites, turkey, chicken breast, spirulina, cod, haddock, grouper, watercress, asparagus, turnip greens, lobster, blue crab

Cysteine

Cysteine is a nonessential sulfur amino acid active in many different situations in the body helping prevent oxidation of sensitive tissues and helping the body process and render harmless toxic chemicals and carcinogens. It is a free radical destroyer, antioxidant, chelator or circulating copper and general metabolic enhancer. NAC is made from cysteine. Cysteine is made from the amino acid methionine. Cysteine can be converted into NAC, methionine, taurine, thiamine and Coenzyme A

Eggs, grains, bean, chicken, turkey, duck, sunflower seeds, lentils, sesame seeds, butternut squash

Enzymes

There are 3 main groups of digestive enzymes. Protease break down protein into peptides & amino acids. Lipases break down fat into fatty acids. Amylases breaks down carbohydrates into simple sugars. Hydrochloric Acid activates enzymes & is an essential component to digestion. Some foods are high in digestive enzymes & assist the body in this process.

Amylase

Amylase is used to digest both simple and complex carbohydrates and starches. Deficiency symptoms may include skin rashes, hypoglycemia, depression, mood swings, allergies, PMS, hot flashes, fatigue, cold hands and feet, neck and shoulder aches, inflammation. Useful when dealing with gluten sensitivities

Mangoes, raw honey, bananas, kimchi, miso, pineapple, apples, sweet potato, rice

Enzyme

What it does

Food Sources

Lactase

This enzyme helps break down lactose and helps with the absorption of calcium. Deficiency symptoms include cramping, bloating, nausea, diarrhea, and insomnia

Produced by many organisms. It is located in the brush border of the small intestine

Fatty Acids

Fatty acids are the building blocks of fat and are separated into 3 different groups, omega-3, omega-6 and omega-9. They are essential for many processes of the body. These include healthy cell membranes, proper development & functioning of the brain & nervous system, proper thyroid & adrenal activity, hormone production, regulation of blood pressure, liver function, immune & inflammatory responses, regulation of blood clotting, transport and breakdown of cholesterol, healthy skin and hair.

Fatty Acids

What it does

Food Sources

DHA

Contributes to making healthier, stronger bones, protects tissues and organs from inflammation, improves inflammatory conditions, mood and brain regulation, brain and eye development. Symptoms of deficiency: Dry flaky skin, dry hair, soft nails, cracked skin on heels, lowered immunity, frequent infections, dry eyes, poor wound healing

Flaxseed oil, walnuts, cod, salmon, shellfish, krill, grass-fed beef, wild game, omega Supplements, cod liver oil, krill oil

Gamma Linoleic Acid

Combats chronic inflammation, eczema, migraines, asthma, strengthens fingernails, reduces dermatitis, rheumatoid arthritis, diabetes, atherosclerosis, maintaining weight loss, and fighting cancer. The body needs certain nutrients like magnesium, zinc, vitamins C, B3 and B6 to promote the conversion of GLA to DGLA (precursor to prostaglandins and leukotriene compounds that the immune system produces.

Hemp Oil, hemp seeds, spirulina, borage oil, shrimp, potatoes, pine nuts, peanuts, chia seeds, navy beans, walnuts, flax seeds

Vitamins

Vitamins contain many of the enzymes necessary for the metabolic processes of the body, helping with energy production and repair. Vitamins also contribute to red blood cell production, collagen syntheses, cellular health, stimulation of antibody production, joint health, hormone and neurotransmitter production, blood clotting, bone mineralization, vision, healthy hair skin & nails, buffer effects of free radicals.

Vitamin	What it does	Food Sources
Choline	A micronutrient made in the liver essential for normal metabolism and transport of lipids, methylation reactions like building DNA, exchanging signals in the brain and detoxification of the liver. Is the backbone of the neurotransmitter acetylcholine	Beef liver, egg yolk, chickpeas, shrimp, scallops, cod, chicken, turkey, tuna, liver, asparagus
Vitamin D	A fat soluble vitamin that is a vitamin and hormone. Essential for the absorption of calcium & phosphorus, vital for development of bones & teeth, nervous system & immune system. Low D can potentially mean Mg deficiency, liver/kidney support needed, inflammation + genetic disorders). Vit D is a precursor to glutathione. If your body is stressed and/or detoxing, you will use your Vit D & Mg quickly. Blocked VDR receptors can block absorption. Rosemary can clear VDR receptors	Fish liver oils, fatty saltwater fish like mackerel, halibut, oysters, salmon, sardines and tuna, eggs, and cheese

YOUR HORMONE

Bioenergetic Scan

Hormone	What it does
Noradrenaline	Maintain blood pressure and increases blood sugar levels, Increases heart rate. Factors that make you less sensitive are long term stress, inadequate nutrition, and medications. Symptoms of low norepinephrine: migraine, sleep disorders, anxiety, depression, hypoglycemia, fibromyalgia, excess energy, immune dysfunction, slow cognition

Hormone

What it does

TRH

Thyrotropin-releasing hormone (TRH) is released by the hypothalamus and is a peptide hormone that stimulates the release of thyroid stimulating hormone (TRH) and prolactin by the anterior pituitary. Low TRH result in a decreased amount of TSH production (lower than normal levels)

NEUROTRANSMITTER

Bioenergetic Scan

Neurotransmitter

What it does

Dopamine

In the brain dopamine functions as a neurotransmitter. Dopamine plays a major role in memory, movement, motivation, mood, attention and more. Other functions include executive function, motor control, arousal, reinforcement, and reward.

Serotonin

Serotonin inhibits gastric secretion and stimulates smooth muscle. Serotonin impacts appetite, sleep regulation, and emotions. Signs of imbalances: depression, mood swings, nervous anxiety, weakness, joint pains, itching, drowsiness, lethargy

EMOTIONAL

Bioenergetic Scan

Resonating Words

Loneliness, inventive

Affirmations to speak

God supports me and blesses me with good

Sources of disharmony

Groups, lies, & fear of the future

Body systems it's affecting

Nervous system

Bach Flower to support

Rock Water

Optimize this emotion

Interest:

Consider:

- 1) When have you felt fully alert and curious, deeply interested in the mysteries of possibilities unfolding before you?
- 2) When have you felt both safe and yet also captivated by something new and unknown?
- 3) When have you felt intensely open and alive, as though your own inner horizons were expanding before your eyes?
- 4) When have you felt an intense pull to explore and learn more, to fully immerse yourself in your new discoveries and take in a feast of new ideas?

VERTEBRAL & TEETH

Bioenergetic Scan

Vertebra Resonating:

- Lumbar 4- Areas it affects muscles of the lower back, sciatic nerve. Symptoms: Sciatica, difficult or painful or to frequent urination, backaches

Teeth Resonating:

- Mandible: #31
- Maxillary: #9

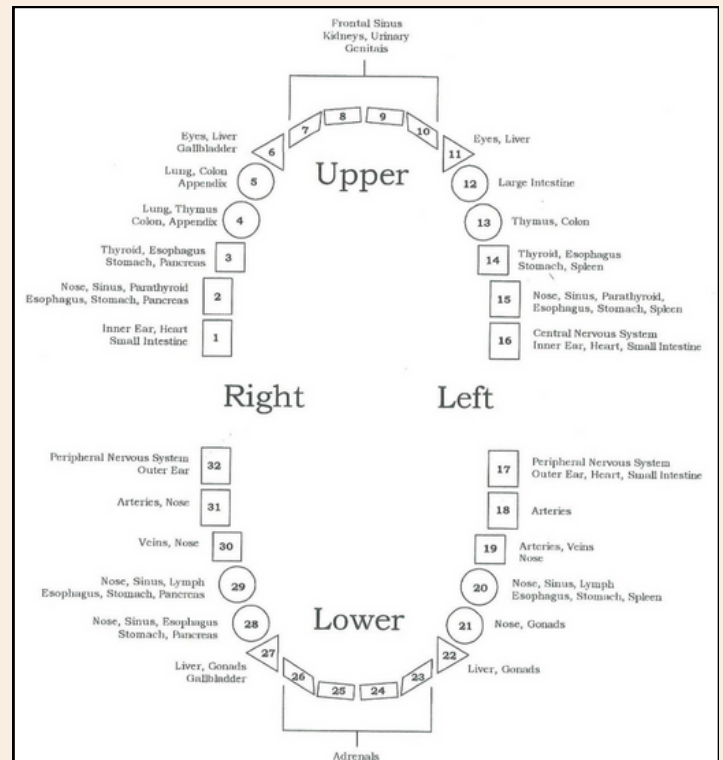
The vertebral chart shows areas of the spine and their energetic relations to organs or systems and how they relate in the body.

CHART OF EFFECTS OF SPINAL MISALIGNMENTS
"The nervous system controls and coordinates all organs and structures of the human body." (Gray's Anatomy, 29th Ed., page 4). Misalignments of spinal vertebrae and discs may cause irritation to the nervous system and affect the structures, organs, and functions that may result in the conditions shown below.

Vertebrae	Areas	Effects
Atlas Axis		
1C	Blood supply to the head, pituitary gland, scalp bones of the face, brain, inner & middle ear, sympathetic nervous system	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, amnesia, chronic tiredness, dizziness
2C	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead	Sinus trouble, allergies, crossed eyes, deafness, eye troubles, carache, fainting spells, certain cases of blindness
3C	Cheeks, outer ear, face bones, teeth, trifacial nerve	Neuralgia, neuritis, acne or pimples, eczema
4C	Nose, lips, mouth, eustachian tube	Hay fever, catarah, hearing loss, adenoids
5C	Vocal cords, neck glands, pharynx	Laryngitis, hoarseness, throat conditions
6C	Neck muscles, shoulders, tonsils	Stiff neck, pain in upper arms, tonsillitis, whooping cough, croup
7C	Thyroid gland, bursae in shoulder, elbows	Bursitis, colds, thyroid conditions
1T	Arms: elbow down; hands, wrist, fingers; esophagus and trachea	Asthma, cough difficult breathing, shortness of breath, pain in lower arms and hands
2T	Heart: valves and coverings, coronary arteries	Functional heart conditions and certain chest conditions
3T	Lungs, bronchial tubes, pleura, chest, breast	Bronchitis, pleurisy, pneumonia, congestion, influenza
4T	Gall bladder, common duct	Gall bladder conditions, jaundice, shingles
5T	Liver, solar plexus, blood	Liver conditions, fevers, low blood pressure, anemia, poor circulation, arthritis
6T	Stomach	Stomach troubles: nervous stomach, indigestion, heartburn, dyspepsia
7T	Pancreas, duodenum	Ulcers, gastritis
8T	Spleen	Lowered resistance
9T	Adrenal and supra-renal glands	Allergies, hives
10T	Kidneys	Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis
11T	Kidneys, ureters	Skin conditions: acne, pimples, eczema, or boils
12T	Small intestines, lymph circulation	Rheumatism, gas pains, certain types of sterility
1L	Large intestines, inguinal ring	Constipation, colitis, dysentery, diarrhea, some ruptures or hernias
2L	Appendix, abdomen, upper leg	Cramps, difficult breathing, acidosis, varicose veins
3L	Sex organs, uterus, bladder, knees	Bladder troubles, menstrual troubles: painful or irregular periods, miscarriages, bed wetting, impotency, change in life symptoms, many knee pains
4L	Prostate gland, muscles of lower back, sciatic nerve	Sciatica, lumbago, difficult/painful or too frequent urination, backaches
5L	Lower legs, ankles, feet	Poor circulation in the legs, swollen ankles, weak ankles and arches, cold feet, weakness in the legs, leg cramps
SACRUM	Hip bones, buttocks	Sacro-iliac conditions, spinal curvatures
COCYX	Rectum, anus	Hemorrhoids (piles), pruritis (itching), pain at end of spine on sitting

For further explanation of the conditions shown above and information about those not shown ask your Doctor of Chiropractic.

The dental chart shows areas of the teeth and their energetic relations to organs or systems and how they relate in the body.



PRACTITIONER

Bioenergetic Notes

Practitioner Notes are trends and areas that the practitioner sees trends in across the comprehensive and break out scans. It shows areas in the body that would benefit from balancing out. This information is not diagnostic

- Resonating adrenal stress
- Resonating digestive distress and resonating parasites, pancreas and stomach distress
- Resonating neurotransmitter imbalances
- Resonating amino acid imbalances
- Resonating fatty acid imbalances
- Resonating need to support drainage and detox (sauna)
- Resonating need to address heavy metals

CLIENT SPECIFIC

Health Plan

Drainage Support + Considerations

- Diaphragmatic deep belly breathing 3x a day
- Rebounding or walking every day
- 25 min direct sunshine
- Hydration with mineral support (Redmond's Real Salt)
- Liver support: Consider TUDCA and consuming bitters before meals
- Do a castor oil pack 3x a week. A castor oil pack can be purchased [here](#). Place over your liver with a warm heating pad on top for 30 min
- Hot epsom salt bath (work up a sweat) for 40 min 2x a week
- Drink 1/2 your body weight in ounces daily

Environmental Support + Considerations

- Lower your toxic burden! This is the fastest way to detox. Replace your household cleaners, makeup and body care (shampoo, conditioner, face wash, hand soap) with non toxic alternatives over the next month. You can check out Force Of Nature & Beautycounter for healthier alternatives.
- Eliminate all air fresheners
- Ensure a mold free environment

Nutritional Support + Considerations

- Avoid: All processed foods, foods that contain pufas like (hydrogenated oils, canola oil, grapeseed oil, etc.
- Incorporate: Omega 3 fatty acids (flax, olive oil, avocado oil, ghee)

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Nutritional Support + Considerations

- Avoid all processed foods, foods that contain pufas like (hydrogenated oils, canola oil, grapeseed oil, etc.
- When the quality of the food coming into the body is higher quality than the tissue of which the body is made, the body begins to discard the lower grade materials and tissues and make room for the superior materials that it uses to make new and healthier tissue.

Movement Support + Considerations

- Include anaerobic exercise 3x a week

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Health Tips

- Increase nutrient dense fiber rich meals (more on that below) that are organic, grass-fed, wild caught and sourced well.
- If you do enjoy coffee please note you should always consume 1 hour after a full breakfast. Opt for mold free brands like Purity, Bulletproof
- On average you should aim for 2-3 bowel movements per day (if this is hard to reach please reach out for suggestions)
- Month 1 is important for foundational health. Your protocol going forward will build upon this.
- Increase mineral consumption daily. Minerals are antagonistic against heavy metals (elevated on report). month 2 will begin detoxification which requires a lot on the body so we are currently preparing the body to support drainage
- You can read more on my [Foundations of Health Guide](#) where I discuss ways to improve your health and all my favorite brands and supplements
- You can read more in depth on System Definitions (i.e. stressed/weakened organs) [here](#)

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Supplement Tips

- When beginning a new supplement/homeopathic/energetic tincture begin with half the dose for the first 3 days. If all goes well, work your way up to full dose
- Homeopathics and energetic imprints: Place all under the tongue and hold for 30 seconds before swallowing. Homeopathics should be taken 30 minutes away from food and drink.
- The bioenergetic scan you paid for shows what brands specifically resonate for you. Please don't eliminate supplements or substitute with store bought. All are important and were specifically chosen for an intended purpose.
- Cellcore products can be taken with or without food and can be taken with other capsules except Para 1 & 2 (take an hour away from other supplements (but both can be taken together) . All other capsule brands can be taken with or without food and can be taken with other supplements unless otherwise noted
- Supreme Nutrition can be ordered [here](#)
- Desbio Products can be ordered [here](#) with code: 9e9030bc
- Cellcore products can be ordered [here](#) with code: WpRUtgTY (*I require all clients to be under my account. If you already have an account please contact Cellcore in an [email](#) or via [phone](#) to switch before ordering. Thank you.)



EDEN

Insights

- Remember: You didn't get sick overnight and healing won't happen overnight either. Healing is a journey and it's full of ups and downs. Be patient with your body, tune into what it is telling you, and adjust accordingly.
- Remember that your body is always eavesdropping on your thoughts. Healing thoughts on a healing journey are crucial. Flood your body with these everyday.
- Eden Energetix is no substitute for your primary care physician. Any drastic changes to your health should be addressed and treated by your primary care doctor.
- Detox reactions can and sometimes do occur. This looks like headaches, fever and/or colds, breakouts on the skin, a possible short interval of bowel sluggishness, occasional diarrhea, tiredness and weakness, disinclination to exercise, nervousness, irritability, negativity, mental depression, frequent urination, etc. The majority of people find that their reactions are tolerable. The body first begins the process of retracting. The emphasis is on the elimination or breaking down of tissue. The body begins to remove the "garbage" deposited in all the tissues. People that have periodic skin rashes or eruptions, will frequently tend to eliminate poisons and harmful drugs through the skin with new rashes and eruptions. Please understand that these reactions are normal, even though they may be unpleasant at the moment. These symptoms are a part of the body's natural restoration process. The symptoms will vary according to the waste being discarded, the condition of the organs involved in the elimination, and the amount of energy you have available

EDENS

Onward Journey

1



ORDER YOUR
SUPPLEMENTS

2



PRINT YOUR
PROTOCOL &
HANG ON
FRIDGE

3



FOLLOW
YOUR
PROTOCOL

4



SCHEDULE
YOUR NEXT
APPT. FOR 6-8
WEEKS FROM
NOW IN THE
PORTAL

FUTURE SCAN OPTIONS

After a full comprehensive scan you can order the following scans to keep up. Please note I require a Follow Up Scan 1x every 4 months.

1

Follow Up Scan

The follow up scan should be done 1x every 4 months. It contains most all that the comprehensive scan does but excludes hormones, emotions, teeth, and vertebra

2

Regimen Scan

The regimen scan can be run in between the follow up scan to update supplements. This is a great option to keep costs low while still also seeing what the body desires to keep it balanced

3

Add On Scan

Use this option when you desire more information on certain areas of the body (ex: gut, weight loss, sleep disturbances, breast, kidney and bladder, thyroid, etc