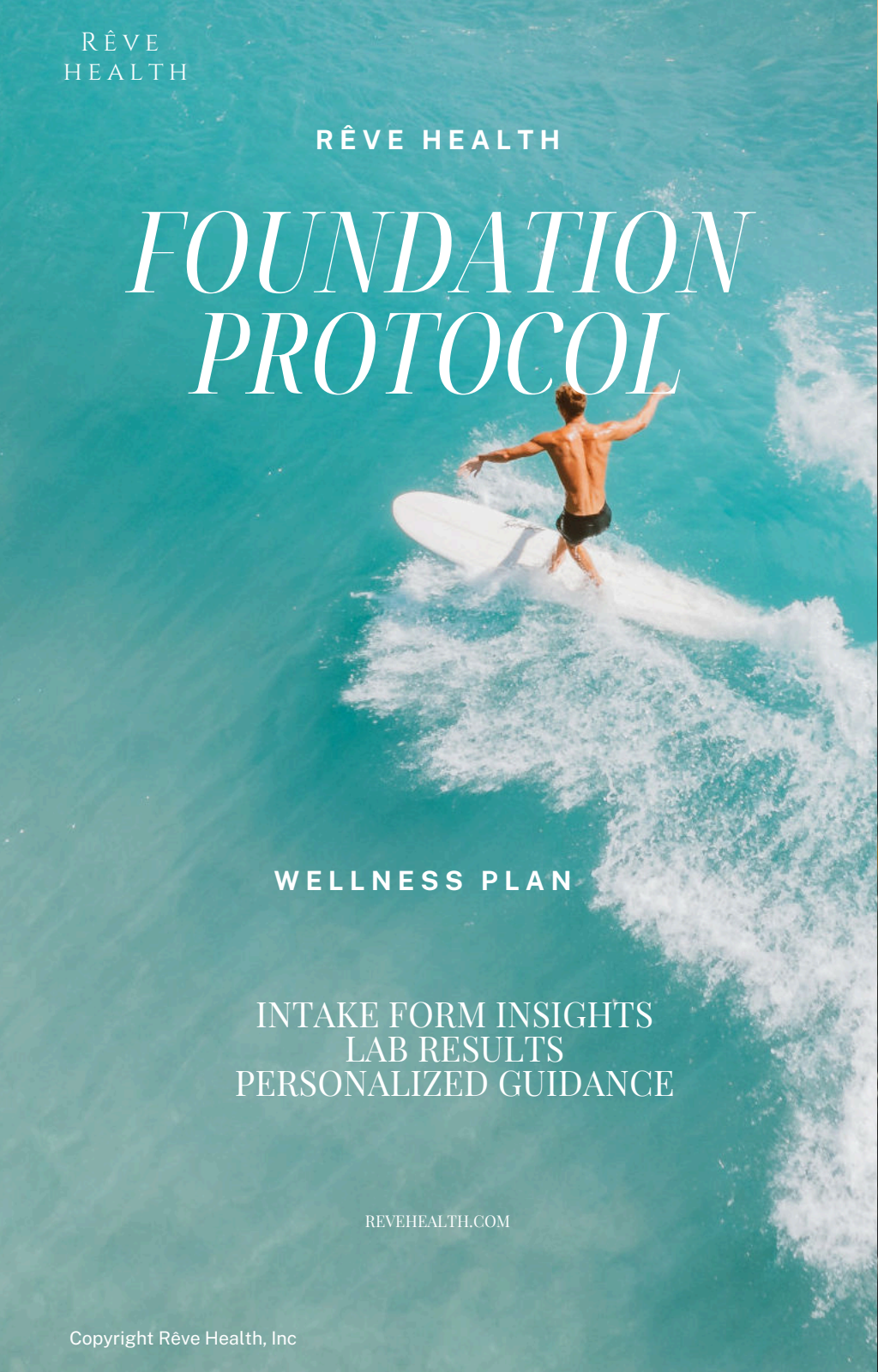
RÊVE
HEALTH

RÊVE HEALTH

FOUNDATION PROTOCOL



WELLNESS PLAN

INTAKE FORM INSIGHTS
LAB RESULTS
PERSONALIZED GUIDANCE

REVEHEALTH.COM

CONTENTS

ABOUT THE FOUNDERS

Julie Elaine Brown, M.A.

Co-Founder

Madeline Cunningham, LAc, IHP, AFMCP

Co-Founder

Julie Elaine Brown, M.A.

I got sick in my early forties, and was gaslit by doctors who told me my issues were “normal” for my age. While I was able to resolve many health concerns with lifestyle changes and holistic treatments, I still underwent two Myomectomy surgeries (fibroid surgeries).

In hindsight, I believe these could have been avoided with earlier holistic intervention. My experience was a catalyst to help empower other women at any age.

We have the ability to balance our hormones, avoid surgical interventions, and extend our healthspan with a blend of science and lifestyle.

Madeline Cunningham, L.Ac, IHP, AFMCP

After years of living a healthy lifestyle and growing a private practice, I began experiencing symptoms that slowly increased over time. Many doctors appointments, misdiagnoses and being told I was “tired” or “anxious,” I was finally diagnosed with Lyme disease and environmental illness.

In my private practice, I constantly saw women suffer from chronic illness or toxicity and worry about how it was going to impact their fertility. I was now one of them.

After healing my body with holistic and lifestyle interventions, I realized I could teach other women to do the same– to create healthier versions of themselves and potentially healthier future generations.

INTRODUCTION

WELCOME TO YOUR HEALTH PLAN

At Rêve Health, we believe in holistic-based care for women. Through advanced lab work, personalized guidance, and community we help you connect back to your best health.

Take your time reading through your personalized health report and let the information digest in a way that feels best for you. We will check in at your three month follow up call to see your progress. Please know you can schedule additional wellness consultations at any time for more support.

EXECUTIVE SUMMARY

LIFESTYLE RECOMMENDATIONS

- **Diet**:
  - Maintain a gluten free diet as much as possible
  - Temporarily eliminate all sources of dairy for three weeks and then add back in, watch for reactions
  - See food list for nutrient dense foods to support thyroid health
  - Follow the plate structure:
    - 50% non-starchy vegetables and low glycemic fruit
    - 25% protein dense whole foods
    - 25% complex carbohydrates
- **Exercise**:
  - Add in 1-2 sessions of Interval Training (20 minutes)
  - Start with low-impact MIIT: Alternate 20 seconds of moderate effort (e.g., power walking, step-ups) with 40 seconds of active recovery
  - Slowly increase to higher impact such as jumping jacks or burpees
  - Lower weights but more reps with strength training
  - Goal: Enhance cardiovascular fitness without overtaxing the body
- **Stress**:
  - Practice nervous system regulating practices as needed
  - Remember to eat meals more frequently, especially between the mornings and afternoons
- **Toxin Exposure:**
  - Open windows daily, especially at work
  - Keep air filters on, especially at work
  - Utilize a sauna 2-3x/week if available
  - Turn on the cooking vent when using the stove

EXECUTIVE SUMMARY

SUPPLEMENT RECOMMENDATIONS

- **Methyl B Complex**: 1 capsule in the afternoon
- **ConcenTrace**: 40 drops per day mixed in beverages
- **Liver Sauce**: 1 tsp by mouth, hold for 30 seconds before swallowing
- **Thyrosol**: 1 capsule 3x/day
- **NAC**: 1 capsule in the morning, 1 capsule in the evening
- **TH1 Support**: 2 capsules 1x/day

Continue Current Supplements: omega 3, daily multi for women, vitamin d, turmeric powder, magnesium powder, blackstrap molasses

REFERRAL RECOMMENDATIONS

PRIMARY CARE PROVIDER:

- Inform PCP about autoimmunity status for the thyroid

YOUR CONSTITUTION TYPE

YOUR UNIQUE TRADITIONAL CHINESE MEDICINE ELEMENT PROFILE

THE METAL ELEMENT

Your first constitution element is the metal element. Metal is associated with the lungs and large intestine, houses the emotion of grief and letting go, helps us develop our sense of self worth, and structures value in our lives.

When you are living in alignment with your metal constitution, you may experience:

- Healthy functioning immune system
- Healthy digestion
- The ability to let go of people, places, and things that no longer serve you
- The ability to feel and process grief
- A strong sense of self worth

When you are living out of alignment with your metal constitution, you may experience:

- Autoimmunity or immune dysfunction
- Gut dysbiosis or gut issues
- Difficulty letting go
- Avoidance of feeling grief
- A low sense of self worth and self value

THE WOOD ELEMENT

Your second constitution element is the wood element. Wood is associated with the liver and gallbladder, houses the emotion of anger, helps us develop our sense of creativity, and structures organization and order in our lives.

When you are living in alignment with your wood constitution, you may experience:

- Healthy detoxification abilities
- Healthy absorption of fats
- The ability to be creative and find new solutions
- The ability to feel and process anger
- A strong sense of planning and aligned action

When you are living out of alignment with your wood constitution, you may experience:

- Issues associated with stalled detox pathways
- Fat absorption issues
- Limited creativity
- Easily angry especially at others
- Lack of planning and/or taking action

INTAKE FORM INSIGHTS

HOW YOU LIVE YOUR LIFE IS THE BIGGEST DETERMINANT OF YOUR PHYSIOLOGY

SLEEP

The importance of sleep cannot be overstated. High quality sleep sets women up for regulated cortisol, balanced blood sugar, improved detoxification abilities, stable hormones, and more.

Based on your intake form responses, it looks like you are getting 6-7 hours of sleep per night. Ideally we want you getting 7-8 hours to be more rested. **Try slowly changing your bedtime to one hour earlier.**

You reported occasionally experiencing issues both falling asleep and staying asleep.

Issues staying asleep are often a blood sugar related issue. If our blood sugar is imbalanced during the day, we can frequently experience blood sugar crashes while we sleep. This causes restlessness and waking during the night.

We recommend **eating a small, high fat snack before bed**, such as a spoonful of a nut butter or coconut oil. This will help prevent blood sugar crashes overnight and may help you feel more refreshed in the mornings. This is especially important with increased glucose needs in the first trimester of pregnancy.

General recommendations for healthier sleep include keeping the temperature cool (between 67-69 degrees F), keep the room as dark as possible, and keep a consistent schedule, even on the weekends.

SUMMARY OF RECOMMENDATIONS

- Try going to bed one hour earlier
- Notice the difference in feeling rested over the next few months
- Consume 1 tbsp of a nut butter or coconut oil before bed
- Keep the room dark and temperature cool

EXERCISE & MOVEMENT

As you know, being a CMT and Yoga instructor, the exercise that best supports your body is different for everyone. Various factors go into determining which movement is for you, including your cortisol levels (which are low), muscle fiber type (which may be a slower-twitch fiber), specific goals, current health status, and more.

Based on your intake form responses, you exercise 3-5 days a week and you alternate between walking, strength training, yoga and pilates.

While you are happy with your exercise regimen, we recommend a few small changes that may help support your overall health, particularly the thyroid , high homocysteine, and high LDL.

Engaging in intense workouts can lead to a temporary increase in homocysteine levels in the blood--for example, strength training with heavy weights. **Consider combining your yoga days with just 10-15 minutes of lower weights, more reps. Or--incorporate more strength Yoga movements.**

For pilates days, **consider using a reformer** to make those workouts a good combination of light cardio and strength training.

Add in interval training to help your LDL. We recommend MIIT--(Moderate intensity interval training). Eventually this can be increased to be more intense. For walking days, consider power walking to raise your heart rate and support heart health.

- Focus on Low Resistance: Use bodyweight exercises or light weights. Pilates can be seen as a strength training and resistance workout depending on the exercises (speak with your instructor).
- Limit Strength Training Sessions: Strength train 1–2 times per week with at least one rest day in between.
- Short Strength or MIIT: Aim for 20–25 minutes, targeting major muscle groups.
- Prioritize Form Over Intensity: Avoid pushing to failure or using heavy weights.
- Listen to the Body: Skip sessions if energy levels are very low or any symptoms flare up--if you feel fatigued, do not “push through it.”
- Stay at 70% Max HR for Cardio or MIIT Workouts: Approximately 126 beats per minute.

SUMMARY OF RECOMMENDATIONS

- Add in 1-2 sessions of Interval Training (20 minutes).
- Start with low-impact MIIT: Alternate 20 seconds of moderate effort (e.g., power walking, step-ups) with 40 seconds of active recovery. Slowly increase to higher impact such as jumping jacks or burpees.
- Lower weights but more reps with strength training.
- Goal: Enhance cardiovascular fitness without overtaxing the body.

BENEFITS OF EXERCISE:

BALANCED BLOOD SUGAR
IMPROVED INSULIN SENSITIVITY
IMPROVED BODY COMPOSITION
BETTER SLEEP
REDUCED ANXIETY & DEPRESSION
BETTER BLOOD CIRCULATION
IMPROVED LYMPH MOVEMENT

FOOD & NUTRITION

Food has the ability to greatly influence our physiology. When we choose foods that keep blood sugar balanced, support healthy hormones, avoid toxins, and provide nourishment, food can be used as a major health tool.

Based on your intake form responses, it looks like you eat a pescatarian diet and have no known food allergies or sensitivities.

Your lab work indicates you may be experiencing Hashimotos thyroiditis, which is an autoimmune disease. This may explain some of your symptoms indicated on the intake form. **The good news is diet and lifestyle can help control symptoms associated with Hashimotos, and may even help lower your thyroid antibodies.**

The main goals of dietary therapy for supporting thyroid health are to remove inflammatory and immune system triggers, as well as provide ample amounts of key vitamins, minerals, and antioxidants to help regulate your immune system and inflammatory response.

We recommend following a gluten-free diet moving forward. Gluten is a protein found in grains including wheat, rye, and barley. In those with autoimmune thyroid disease, it can further stimulate the immune system to attack the thyroid gland. You will need to be extra vigilant reading food and nutrition labels to determine if products contain gluten.

When dining out, **advise the server/staff of your need to be gluten-free for medical reasons**. Avoid the following ingredients in any form: wheat (durum, graham, kamut, semolina, spelt), rye, barley, triticale, bulgur, couscous, einkhorn, emmer, faro, malt (extract), malt flavoring, and malt syrup. Oats are often cross contaminated with gluten, so only have oats when you are confident they are certified gluten-free. Products like soy sauce and other off-the-shelf sauces and dressings may contain gluten.

Gluten is sneaky and can hide in some kitchenware items. It's recommended that kitchen items such as toasters, pans, cutting boards, and cooking utensils remain gluten free.

To maintain adequate carbohydrate intake, stick to carbohydrates like rice, quinoa, millet, buckwheat, potatoes, sweet potatoes, and winter squash. Fruit is also an excellent choice for a complex carbohydrate that will also boost your fiber, antioxidant, and mineral intake.

In addition to following a gluten-free diet, we recommend removing dairy from your diet for about 3 months. The proteins in dairy, like casein, may trigger your immune system, which can further exacerbate your thyroid antibodies and inflammation levels. Avoid foods like cheese, cow's milk, yogurt, cream, butter, and products made with these ingredients.

FOOD & NUTRITION

The basis of your diet should come from whole, nutrient dense foods. This will help you avoid inflammatory food triggers, as well as ensure you are getting adequate levels of certain micronutrients that can be beneficial in managing Hashimotos. Consider emphasizing the following foods in your dietary pattern:

- Brazil nuts per day for selenium (limit to 1-3 per day)
- Pumpkin seeds, lentils, walnuts, and oysters for zinc
- Avocado, black beans, bananas, quinoa, and dark leafy greens for magnesium
- Turmeric root for curcumin
- Wild caught fish and eggs for B vitamins
- Wild caught fish, chickpeas, almonds, cashews, spinach, dates, and watermelon for iron

When plating your meals, focus on including 50% of your meal from non-starchy, fiber rich vegetables, and low glycemic fruits like berries, 25% from protein-dense whole foods, and 25% from complex carbohydrates (carbs that contain fiber). Focus on having three balanced meals per day, with one to two protein rich snacks as needed for blood sugar regulation.

SUMMARY OF RECOMMENDATIONS

- Follow a gluten-free and dairy free diet
- Introduce a variety of fruits and veggies to your diet

SUMMARY OF RECOMMENDATIONS

- Enjoy 3 balanced meals per day with 1-2 snacks as needed
- Your diet should be primarily coming from whole foods

VICES

Everyone handles and process stress differently, which at times can include vices such as alcohol, sugar, and even overworking. It is always good practice to check in with yourself to see if these habits are supporting your health goals.

Based on your intake form responses, it looks like you drink alcohol and use marijuana.

With all vices, it's important each time we choose to indulge to evaluate our intentions. **What is the feeling I am searching for here? Is there another way I can get my needs met that feels healthier?** Asking these questions allows us to make informed decisions when we decide to indulge.

General recommendations for vices include pausing before taking action, evaluating intentions for indulging, and recognize the difference between an informed action and a habituated response.

SUMMARY OF RECOMMENDATIONS

- Check in with your intentions
- Pause before consuming
- Make an informed action choice vs a habituated response

STRESS

Increased stress and cortisol levels can have detrimental impacts to almost every single system in the body, including gut health, thyroid function, sex hormone production, immune function, rapid aging, and more.

Based on your intake form responses, your reported stress level is low, rated a 2/10. You also reported utilizing stress reduction techniques during times of heightened stress.

The nervous system gets conditioned to respond to situations through repetition. If there is a repetitive pattern of coping with difficult emotions or repeating the same stress-inducing thoughts, the body will continue to respond in the same way.

Based on your cortisol test results, **your body is mostly regulated**! This is excellent! With some minor tweaks, especially to your eating schedule, you'll be able to even further support your stress response.

Here are some general examples of nervous system practices, although **keeping up with your current practices is best** as it's supporting you!

Finding Body Boundaries
Gently and slowly rub the sides of your arms
Focus on what the touch feels like
Repeat for 3-5 minutes

Visualizations
With eyes closed, visualize a version of you
This version is calm, peaceful, unwaveringly solid
Imagine in detail who this person is, how they talk, what they wear
Repeat 1-2x/day for 3-5 minutes per session

Orient
Feel yourself being supported by the surface beneath you - a chair, floor, bed
Notice the supportive surface touching your body and relaxing into it, feeling fully held
Repeat several times throughout the day

General recommendations for stress management include taking epsom salt baths, set boundaries to support your needs, and develop a spiritual practice that supports a connection to something greater than yourself.

SUMMARY OF RECOMMENDATIONS

- Develop a consistent nervous system regulating practice
- Attend our weekly meditations if possible
- Set healthy boundaries
- Connect to something bigger than yourself

CHRONIC STRESS NEGATIVELY IMPACTS EVERY ORGAN SYSTEM IN THE BODY

TOXINS

Everyday products, such as laundry detergent, candles, soaps, and makeup, can be a source of toxin exposure. Many of these products act as endocrine disruptors, contributing to imbalanced cycles, increased perimenopause symptoms, fertility issues, and more.

Based on your intake form, it looks like you are exposed to mold, water leaks, and stagnant and stuffy air. You also utilize a gas stove and have exposure to conventional carpets.

Indoor air pollution tends to be more polluted than outdoor air, especially if there is mold in the environment. **Try to open windows daily**, even for a minute with cold weather, to get fresh air circulation.

With mold exposure, air purifiers are essential. In the suspected moldy environment, **keep air filters on constantly**. When you leave the space, **close the doors and keep the filters running** while you are gone to keep clean air in the space.

Utilizing a sauna 2-3x/week can help mitigate the impacts of the mold exposure. Begin with 20 minutes at 150 F and see how you feel. If any detox reactions occur (dizziness, anxiety, headaches), decrease the time and temperature.

Non-organic rugs and carpets can off-gas chemicals, such as flame retardants, that can reduce indoor air quality. **Making replacements to organic rugs** when current items wear is recommended.

Cooking with a gas stove can be a source of indoor air pollution. This can be easily rectified by **turning on the air vent when cooking to reduce fume exposure.**

General recommendations for reducing toxin exposure include using a high quality air filter, keep your phone and wifi router out of the bedroom, and keep windows open frequently to promote air circulation.

SUMMARY OF RECOMMENDATIONS

- Open the windows once per day
- Keep air filters on especially in moldy environments
- Utilize a sauna 2-3x/week
- Replace the rug with a non-toxic rug when it's time to replace
- Turn on the overhead vent when cooking on the gas stove
- Keep phones and wifi router out of the bedroom

REPRODUCTIVE HEALTH

No matter what age, our sex hormones act as a vital sign for women's health. A fertility journey can ask as a check in for overall physical and emotional health.

Based on your intake form, you have regular cycles and are in premenopause.

Our sex hormones respond to our environment - when the overall environment of the body feels safe, nutrient deficiencies are rectified, and toxicity is addressed, sex hormones can function optimally.

As we address your health, you may notice small shifts in your cycle. This is normal! We will see how your cycle balances in the next coming months as we optimize your health.

General recommendations for maintaining healthy hormones include being mindful of endocrine disrupting chemicals such as parabens and phthalates, use non-toxic feminine products such as menstrual cups vs tampons, consider organic cotton underwear, and keep blood sugar balanced.

SUMMARY OF RECOMMENDATIONS

- Complete the journaling exercise
- Avoid toxins when possible, such as parabens and phthalates

SUMMARY OF RECOMMENDATIONS

- Use non-toxic feminine products
- Consider organic cotton underwear
- Keep blood sugar stable
- Practice stress management exercises
- Do exercises specific to your body
- Maintain healthy relationships

RELATIONSHIPS

Having a sense of meaningful connection, platonic or romantic, is important for our overall wellbeing. Humans are relational by nature and having a strong sense of community has been proven to improve our health and longevity.

According to your intake form response, you are currently married with a history of leaning more avoidant attached in romantic partnerships.

In an avoidant attachment style, there is usually an underlying belief that intimacy, with others and potentially yourself, isn't safe. **The message of having an avoidant attachment style is to re-pattern intimacy as feeling safe in your nervous system.**

The following journaling exercises can help you understand the messages this avoidant attachment style is trying to communicate and how it may be protecting you:

RELATIONSHIPS

- Can I tap into the feeling I get when I feel avoidant? Have I felt this before in my life? How old was I? Who was I responding to?
- With any of my caretakers, did I feel like I needed to earn love? Was their love inconsistent or condition dependent? Do I carry that belief in my romantic partnerships?
- What was the relationship dynamic like between my caretakers? Am I emulating the behavior of one of my caretakers in relationships?
- Am I pushing away partnerships that are showing me a true sense of intimacy? How can I find comfort in this discomfort of intimacy?
- Am I avoiding feeling emotions within myself that is preventing me from deeper connections with others? What emotions may I feel scared to feel?
- Can I feel in my body what I want a healthy partnership to feel like?

For friendships, you reported seeking more relationships with better communication, depth, fun, and people to do likeminded activities with. The journal questions above may help you find intimacy within yourself in order to attract likeminded friends. Focus putting yourself in environments that align with your values and make you feel excited. The more you align with your values and joy, the more likely you are to meet likeminded people.

SUMMARY OF RECOMMENDATIONS

- Do your journal exercises
- Check in with yourself regularly
- Recognize what may be familiar isn't always what's optimal
- Practice nervous system regulating exercises

FUNCTIONAL LAB REVIEWS

ADVANCED BLOOD CHEMISTRY
SALIVARY CORTISOL
HAIR HEAVY METAL ANALYSIS
URINE ENVIRONMENTAL POLLUTANTS TEST

ADVANCED BLOOD CHEMISTRY

COMPLETE BLOOD COUNT

WBC

YOUR VALUE	3.0 K/ul
INDICATION	**Low**
FUNCTION	White blood cells fight infection, defend the body and produce, transport and distribute antibodies. They consist of 5 different types - neutrophils, basophils, eosinophils, monocytes, and lymphocytes. Low levels may indicate an ongoing infection or immune issue.

RBC

YOUR VALUE	3.97 M/ul
INDICATION	**Below Optimal**
FUNCTION	Red blood cells carry oxygen from the lungs to the body tissue and transfer carbon dioxide from the tissues to the lungs. Below optimal levels can be due to low iron, deficient B12 or folate or other nutrient deficiencies.

HEMOGLOBIN

YOUR VALUE	13.3 g/dl
INDICATION	**Below Optimal**
FUNCTION	Hemoglobin is an oxygen containing molecule inside red blood cells. The ability of the blood and oxygen to combine is dependent on the concentration of hemoglobin. Below optimal hemoglobin is common with a deficiency in B vitamins.

HEMATOCRIT

YOUR VALUE	39.7%
INDICATION	**Below Optimal**
FUNCTION	Hematocrit is the percentage of the volume of red blood cells in a known amount of blood. Below optimal hematocrit is common with a deficiency in B vitamins.

MCV

YOUR VALUE	100 fl
INDICATION	**High**
FUNCTION	Mean Corpuscular Volume (MCV) is a measurement of the volume of an average single red blood cell. It indicates if a red blood cell is normal, small or large. Elevated levels indicate a deficiency in B12.

MCH

YOUR VALUE	33.5 pg
INDICATION	**High**
FUNCTION	Mean Corpuscular Hemoglobin (MCH) is the average hemoglobin weight per red blood cell. Elevated levels may be to due B12 or folate deficiency or low stomach acid.

MCHC

YOUR VALUE	33.5 g/dl
INDICATION	Optimal
FUNCTION	Mean Corpuscular Hemoglobin Concentration (MCHC) measures the average concentration of hemoglobin in the red blood cells.

RDW

YOUR VALUE	11.7%
INDICATION	Optimal
FUNCTION	Red Cell Distribution Width (RDW) is an indication of the abnormal variation in size of red blood cells.

PLATELETS

YOUR VALUE	223 k/ul
INDICATION	Optimal
FUNCTION	Platelets are the smallest formed elements in the blood. They are necessary for blood clotting, vascular integrity and vasoconstriction.

NEUTROPHILS %

YOUR VALUE	55%
INDICATION	Optimal
FUNCTION	Neutrophils are the white blood cells used by the body to combat bacterial infections. They are the most numerous and important white blood cell to combat inflammation.

LYMPHOCYTES %

YOUR VALUE	32%
INDICATION	Optimal
FUNCTION	Lymphocytes migrate to areas of inflammation in the early and late stages of an inflammatory process. They destroy and get rid of toxic byproducts of protein metabolism.

MONOCYTES %

YOUR VALUE	10%
INDICATION	**Above Optimal**
FUNCTION	Monocytes are the body's second line of defense against infection. They remove dead cells, microorganisms and particulate matter from the blood. Monocytes may be elevated when recovering from an infection or parasitic infections.

EOSINOPHILS %

YOUR VALUE	2%
INDICATION	Optimal
FUNCTION	Eosinophils help remove and breakdown the byproducts of protein catabolism. They respond to allergic and parasitic disorders.

BASOPHILS %

YOUR VALUE	1%
INDICATION	Optimal
FUNCTION	Basophils exist in the blood and tissues as mast cells. They play a role in releasing substances to prevent clotting in inflamed tissue.

NEUTROPHILS ABSOLUTE

YOUR VALUE	1.6 K/ul
INDICATION	Optimal
FUNCTION	Neutrophils are the white blood cells used by the body to combat bacterial infections. They are the most numerous and important white blood cell to combat inflammation.

LYMPHOCYTES ABSOLUTE

YOUR VALUE	0.9 K/ul
INDICATION	Optimal
FUNCTION	Lymphocytes migrate to areas of inflammation in the early and late stages of an inflammatory process. They destroy and get rid of toxic byproducts of protein metabolism.

MONOCYTES ABSOLUTE

YOUR VALUE	0.3 K/ul
INDICATION	Optimal
FUNCTION	Monocytes are the body's second line of defense against infection. They remove dead cells, microorganisms and particulate matter from the blood.

EOSINOPHILS ABSOLUTE

YOUR VALUE	0.1 K/ul
INDICATION	Optimal
FUNCTION	Eosinophils help remove and breakdown the byproducts of protein catabolism. They respond to allergic and parasitic disorders.

BASOPHILS ABSOLUTE

YOUR VALUE	0.0 K/ul
INDICATION	Optimal
FUNCTION	Basophils exist in the blood and tissues as mast cells. They play a role in releasing substances to prevent clotting in inflamed tissue.

IMMATURE GRANULOCYTES %

YOUR VALUE	0.0%
INDICATION	Optimal
FUNCTION	Granulocytes are the most abundant type of white blood cells. When immature granulocytes are high, it can be a sign the body is fighting an infection or another immune related issue.

IMMATURE GRANULOCYTES ABSOLUTE

YOUR VALUE	0.0 K/ul
INDICATION	Optimal
FUNCTION	Granulocytes are the most abundant type of white blood cells. When immature granulocytes are high, it can be a sign the body is fighting an infection or another immune related issue.

THE FIVE WHITE BLOOD CELL TYPES TELL WHAT THE IMMUNE SYSTEM IS RESPONDING TO

ADVANCED BLOOD CHEMISTRY

METABOLIC PANEL

FASTING GLUCOSE

YOUR VALUE	89 mg/dl
INDICATION	Optimal
FUNCTION	Glucose is the body's main energy source. It is formed in the liver and from eating carbohydrates. Glucose levels can be impacted by epinephrine, cortisol, and thyroid hormone.

BUN

YOUR VALUE	13 mg/dl
INDICATION	Optimal
FUNCTION	Blood Urea Nitrogen (BUN) measures how much urea nitrogen is in the blood. Urea nitrogen is a waste product of protein metabolism that is excreted by the kidneys. It can be a useful marker to see kidney functionality.

CREATININE

YOUR VALUE	0.80 mg/dl
INDICATION	Optimal
FUNCTION	Creatinine is a byproduct of muscle contraction and is removed by the kidneys. It can be a useful marker for kidney function.

SODIUM

YOUR VALUE	138 mmol/L
INDICATION	Optimal
FUNCTION	Sodium is the most prevalent cation (a type of electrolyte) outside of the cells. Sodium is important for acid base balance, keeping the urine acidic, and helps nerve and muscle function.

POTASSIUM

YOUR VALUE	4.3 mmol/L
INDICATION	Optimal
FUNCTION	Potassium is the primary electrolyte inside of the cells. It plays a role in nerve conduction, muscle function, cellular transport, and heart and kidney function.

CHLORIDE

YOUR VALUE	103 mmol/L
INDICATION	Optimal
FUNCTION	Chloride is the most prevalent anion (a type of electrolyte) outside of the cells It helps with cellular integrity.

CARBON DIOXIDE

YOUR VALUE	22 mmol/L
INDICATION	**Below Optimal**
FUNCTION	Carbon Dioxide is a measurement of bicarbonate, or base, in the blood. A base helps keep the body from becoming too acidic. Carbon dioxide neutralizes acids such as hydrochloric acid and lactic acid. Below optimal levels may be due to low stomach acid or shallow breathing.

CALCIUM

YOUR VALUE	9.3 mg/dl
INDICATION	Optimal
FUNCTION	Calcium has many functions including muscle contraction, blood clotting, protein absorption, cardiac function and transmission of nerve impulses. Calcium levels are primarily regulated by the parathyroid hormone, which will increase bone reabsorption to increase calcium levels. Calcium absorption is dependent on stomach acidity and is physically absorbed in the upper part of the small intestine.

TOTAL PROTEIN

YOUR VALUE	7.0 g/dl
INDICATION	Optimal
FUNCTION	Protein is a measurement of the two proteins albumin and globulin in the serum. Protein absorption is impacted by stomach acidity, pancreas function and the health of the small intestine.

ALBUMIN

YOUR VALUE	4.8 g/dl
INDICATION	Optimal
FUNCTION	Albumin is one of the major blood proteins. It is produced primarily in the liver and plays a role in water distribution and hormone and drug transportation. Levels are impacted by digestive function, proper protein nutrition, and liver function.

GLOBULIN

YOUR VALUE	2.2 g/dl
INDICATION	**Below Optimal**
FUNCTION	Globulin is a blood protein that transports substances in the blood and make up the antibody system and clotting proteins. Below optimal levels may be due to low stomach acid or a chronic immune issue.

TOTAL BILIRUBIN

YOUR VALUE	0.5 mg/dl
INDICATION	Optimal
FUNCTION	Bilirubin is formed by the breakdown of hemoglobin in red blood cells by the spleen and bone marrow. Levels can be impacted by liver dysfunction or the breakdown of red blood cells.

ALKALINE PHOSPHATASE

YOUR VALUE	49 U/L
INDICATION	**Below Optimal**
FUNCTION	Alkaline phosphatase is an enzyme found throughout the body that breaks down proteins. It is dependent on zinc for optimal function.

ALT

YOUR VALUE	9 U/L
INDICATION	Optimal
FUNCTION	Alanine aminotransferase (ALT) is an enzyme present in high concentrations in the liver and to a lesser extent in the skeletal muscles, kidneys, and heart. ALT is a more specific marker for liver functionality.

AST

YOUR VALUE	15 U/L
INDICATION	Optimal
FUNCTION	Aspartate aminotransferase (AST) is an enzyme that is present in highly metabolic tissues such as skeletal muscles, the liver, heart, kidneys, and lungs.

EGFR

YOUR VALUE	96 ml/min
INDICATION	Optimal
FUNCTION	Estimated Glomerular Filtration Rate (eGFR) is a measurement of how well the glomeruli, filters in the kidneys, are working. Creatinine levels, age, sex, height, weight and race are used to determine an eGFR calculation.

HEMOGLOBIN A1C

YOUR VALUE	4.9%
INDICATION	Optimal
FUNCTION	Hemoglobin A1C is used to determine the average blood glucose levels in the 2-3 months prior to the blood draw. Below optimal levels tend to signify blood sugar dysregulation.

FASTING INSULIN

YOUR VALUE	6.3 uIU/ml
INDICATION	Optimal
FUNCTION	Insulin is a hormone that regulates blood sugar into cells. Measuring fasting insulin levels tend to show earlier signs of blood sugar imbalances than blood glucose or A1C levels.

BALANCING HORMONE HEIRARCHY:

BALANCED BLOOD SUGAR
REGULATED STRESS RESPONSE
OPTIMIZED THYROID
REGULAR SEX HORMONES

ADVANCED BLOOD CHEMISTRY

FEMALE HORMONE PANEL

LH

YOUR VALUE	6.9 mIU/ml
INDICATION	Optimal
FUNCTION	Luteinizing Hormone (LH) is a hormone made by the anterior pituitary. In women, LH stimulates the ovaries to release an egg for ovulation and increases progesterone levels.

FSH

YOUR VALUE	9.2 mIU/ml
INDICATION	Optimal
FUNCTION	Follicle Stimulating Hormone (FSH) is a hormone made by the anterior pituitary. In women. FSH helps the ovaries prepare and mature an egg for ovulation.

TESTOSTERONE

YOUR VALUE	23 ng/dl
INDICATION	Optimal
FUNCTION	Testosterone is a sex hormone that is produced in the ovaries and adrenal glands in women. Total testosterone reflects the total testosterone levels in the blood, bound and unbound to protein. Testosterone in women is important for libido, muscle health, and mood.

FREE TESTOSTERONE

YOUR VALUE	1.5 ng/dl
INDICATION	Optimal
FUNCTION	Testosterone is a sex hormone that is produced in the ovaries and adrenal glands in women. Free testosterone reflects the testosterone that is not bound to protein and more bioavailable for use.Testosterone in women is important for libido, muscle health, and mood.

ANTI-MULLERIAN HORMONE

YOUR VALUE	1.10 ng/mL
INDICATION	Optimal
FUNCTION	Anti-Mullerian Hormone (AMH) is a marker that correlates to the number of eggs a woman has, or her ovarian reserve. It is a useful indicator when examining fertility related issues, PCOS or menopause.

ESTRADIOL

YOUR VALUE	47.8 pg/mL
INDICATION	Optimal
FUNCTION	Estradiol (E2), one of the forms of estrogen, helps eggs mature in the ovaries, helps thicken the lining of the uterus and regulates various systems throughout the body.

SEX HORMONE BINDING GLOBULIN

YOUR VALUE	92.9 nmol/L
INDICATION	Optimal
FUNCTION	Sex Hormone Binding Globulin (SHBG) is a protein that binds to sex hormones. It determines how available sex hormones are available for use by the body. It is produced in the liver. SHBG is likely elevated due to birth control use.

TSH

YOUR VALUE	12.500 uIU/ml
INDICATION	**High**
FUNCTION	Thyroid Stimulating Hormone (TSH) is a hormone found in the anterior pituitary that signals the thyroid to produce thyroid hormone. TSH shows how much the body is asking the thyroid to produce thyroid hormone. Elevated levels mean the thyroid is underperforming.

FREE T4

YOUR VALUE	0.81 ng/dl
INDICATION	**Low**
FUNCTION	Thyroxine, or T4, is a hormone secreted by the thyroid gland. T4 is the inactive form of the thyroid hormone - it needs to be converted to T3 in order to become active. Free T4 represents the amount of T4 in the serum that is unbound to protein and available for use. Low levels indicate the thyroid is underperforming.

FREE T3

YOUR VALUE	2.7 pg/ml
INDICATION	**Below Optimal**
FUNCTION	Triiodothyronine (T3) is the most active form of the thyroid hormone. It is primarily produced from the conversion of T4 to T3 in the tissues. Free T3 represents the unbound and usable form of T3. Below optimal levels indicate the thyroid is underperforming.

REVERSE T3

YOUR VALUE	10.8 ng/dL
INDICATION	Optimal
FUNCTION	Reverse T3, or rT3, is an inactive form of thyroid hormone. It blocks the conversion of inactive T4 to the active form T3.

THYROID PEROXIDASE ANTIBODIES

YOUR VALUE	247 IU/ml
INDICATION	**High**
FUNCTION	Thyroid Peroxidase Antibodies (TPO) when positive can indicate a presence of autoimmunity inside of the thyroid gland, such as Hashimoto's or Graves disease.

THYROGLOBULIN ANTIBODIES

YOUR VALUE	6.1 IU/ml
INDICATION	**High**
FUNCTION	Thyroglobulin antibodies tests for antibody levels to the protein thyroglobulin. This protein is found in thyroid cells.

VITAMIN D

YOUR VALUE	50.7 ng/ml
INDICATION	Optimal
FUNCTION	Vitamin D is both a nutrient that needs to be consumed and a hormone the body produces. Vitamin D has many functions including bone maintenance and immune health.

ADVANCED BLOOD CHEMISTRY

CHOLESTEROL PANEL

TOTAL CHOLESTEROL

YOUR VALUE	205 mg/dl
INDICATION	Lab High/Okay
FUNCTION	Cholesterol is found in every cell of the body. It is an essential component of the structure of a cell membrane, provides the structure for steroid hormones (adrenal hormones, sex hormones, and vitamin D) and is a component of nerve fibers. It is produced in the body by the liver, intestines, and skin and also comes from dietary sources.

TRIGLYCERIDES

YOUR VALUE	70 mg/dl
INDICATION	Optimal
FUNCTION	Triglycerides are a type of fat found in the blood. Any excess calories that are not utilized are converted into triglycerides to be used as energy between meals or in fasted states. Triglycerides are highly influenced by dietary carbohydrates and fats.

HDL

YOUR VALUE	84 mg/dl
INDICATION	Optimal
FUNCTION	High Density Lipoprotein (HDL) is a lipoprotein that transports cholesterol from tissues and vessel walls to the liver. It is considered "good" cholesterol because it brings cholesterol away from the tissues to prevent atherosclerosis. Elevated HDL can occur in those fasting.

VLDL

YOUR VALUE	13 mg/dl
INDICATION	Optimal
FUNCTION	VLDL stands for very low density lipoprotein. The main job of VLDL is to carry cholesterol and triglycerides to other parts of the body.

LDL

YOUR VALUE	108 mg/dl
INDICATION	**High**
FUNCTION	Low-Density Lipoprotein (LDL) is a lipoprotein that carries cholesterol from the liver to the tissue. It is considered "bad" cholesterol because it brings cholesterol into the tissues and arteries. However it is necessary and beneficial for hormone production. Elevated levels may be due to an underperforming thyroid.

ADVANCED BLOOD CHEMISTRY

NUTRIENTS

IRON BINDING CAPACITY

YOUR VALUE	293 ug/dl
INDICATION	Optimal
FUNCTION	Iron Binding Capacity is an estimation of serum transferrin levels. Transferrin is a protein that carries iron in the blood. It represents the body's craving for iron.

IRON

YOUR VALUE	84 ug/dl
INDICATION	Optimal
FUNCTION	Serum iron levels are a measurement of the iron bound to a protein, mostly transferrin. The majority of iron comes from dietary sources. Adequate stomach acid and vitamin C are required for the absorption of iron where it is mostly absorbed in the small intestine.

IRON SATURATION

YOUR VALUE	29%
INDICATION	Optimal
FUNCTION	Iron saturation is a calculated percentage to determine iron status. A high iron saturation indicates iron overload.

FERRITIN

YOUR VALUE	40 ng/ml
INDICATION	Optimal
FUNCTION	Ferritin is a blood protein that contains iron. It is used as a marker to measure the body's stores of iron.

UIBC

YOUR VALUE	209 ug/dL
INDICATION	Optimal
FUNCTION	Unsaturated Iron Binding Capacity (UIBC) is a marker to determine the levels of transferrin not yet bound to iron. It is a helpful marker in determining iron status.

RBC MAGNESIUM

YOUR VALUE	4.8 mg/dL
INDICATION	Optimal
FUNCTION	Magnesium is involved with many different functions such as carbohydrate metabolism, protein synthesis, energy production, blood clotting and muscle contraction. RBC Magnesium shows the magnesium levels inside the cell, making it a more accurate marker for magnesium.

RBC ZINC

YOUR VALUE	1196 ug/dL
INDICATION	Optimal
FUNCTION	Zinc is involved with many different functions in the body, such as supporting thyroid health, hormone health, immune function, and more. RBC Zinc shows the zinc levels inside of the cell, making it a more accurate marker for zinc.

CHOLESTEROL IS THE BUILDING BLOCK OF HORMONES

LOW CHOLESTEROL = LOW HORMONES

ADVANCED BLOOD CHEMISTRY

INFLAMMATION

C-REACTIVE PROTEIN

YOUR VALUE	0.40 mg/L
INDICATION	Optimal
FUNCTION	C-Reactive Protein (CRP) is a protein that is made in the liver. It acts as a non-specific inflammatory marker.

HOMOCYSTEINE

YOUR VALUE	8.0 umol/L
INDICATION	**Above Optimal**
FUNCTION	Homocysteine is an amino acid that is formed as a waste product in the energy production cycle that is broken down by different b vitamins. An above optimal homocysteine level usually indicates a b vitamin deficiency.

Summary of Findings

NEED FOR B VITAMINS:

Low hemoglobin, low hematocrit and elevated homocysteine and MCV indicate a deficiency of b vitamins

THYROID SUPPORT:

Low thyroid hormones and presence of thyroid antibodies indicate thyroid autoimmunity.

iMMUNE SUPPORT:

Low white blood cell count indicates immune support is needed.

SALIVARY CORTISOL

UNDERSTANDING YOUR STRESS RESPONSE ALLOWS YOU TO FIND STABILITY IN YOUR BODY

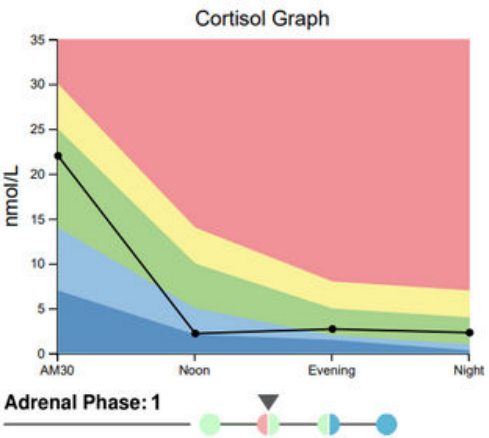
THE CORTISOL CURVE

Your cortisol curve shows how your cortisol levels fluctuate throughout the day. Cortisol is our stress response hormone. It also has other functions, such as helping control metabolism, suppressing inflammation and regulating blood sugar.

Cortisol peaks in the morning - it's what wakes us up with the sunrise. Ideally, cortisol should decrease during the day and should be lowest before bed.

Normal increases and decreases in cortisol in response to life stress are normal. Cortisol becomes problematic when it is chronically increased or decreased.

Symptoms of imbalanced cortisol include anxiety, insomnia, headaches, irritability, blood pressure issues, weight gain especially around the abdomen, low blood sugar, fatigue, dizziness, body aches, and fertility related issues.



CORTISOL MORNING: 22
CORTISOL AFTERNOON: 2.2
CORTISOL EVENING: 2.7
CORTISOL NIGHT: 2.3
DHEA: 171

CORTISOL MORNING

Your morning cortisol levels are optimal. This may feel like you are well rested in the mornings and ready to start the day.

CORTISOL NIGHT

Your night cortisol levels are optimal. This may feel like you are relaxed and able to fall asleep easily.

CORTISOL AFTERNOON

Your afternoon cortisol levels are below optimal. This can feel like low motivation, fatigue, brain fog, and having a sense of overwhelm in the afternoons. This is likely due to going too long without eating between the morning and afternoon.

DHEA

Your DHEA levels are optimal. This means your adrenals are keeping up with your stress response. This is great!

CORTISOL EVENING

Your evening cortisol levels are optimal. This likely feels like being relaxed in the evening.

Summary of Findings

BALANCE BLOOD SUGAR:

Make sure you eat frequently enough, especially in the morning and afternoon.

KEEP IT UP:

Your body is handling your stress response well. Keep up whatever practices you are currently doing!

RESTORING CIRCADIAN RHYTHM

IS ONE OF THE MOST EFFECTIVE WAYS TO REGULATE CORTISOL

HAIR HEAVY METAL ANALYSIS

YOUR HAIR IS ONE OF THE SAFEST WAYS YOUR BODY CAN PUSH HEAVY METALS OUT OF YOUR SYSTEM

Your hair acts as an excretory tissue - a way for the body to safely remove toxic elements you comes into contact with. The presence of heavy metals in hair correlates with an overall heavy metal burden in the body. Heavy metals can have a profound impact on our physiology, ranging from hormone imbalances to gut issues and more.

ARSENIC

YOUR VALUE	Optimal
SOURCES	Pesticides, beer, table salt, water, paint, cosmetic pigments, rat poison, glass and mirror manufacturing, fungicides, wood preservatives, commercial chicken feed

LEAD

YOUR VALUE	**Above Optimal**
SOURCES	Ceramic glazes, cigarette smoke, colored ink, food cans, old paint, old water pipes, battery manufacturing, pesticide residues, water contamination

MERCURY

YOUR VALUE	Optimal
SOURCES	Dental amalgams, large fish such as tuna or swordfish, contaminated drinking water, produce treated with fungicides, certain medications such as diuretics, contact lens solution, adhesives, fabric softeners

CADMIUM

YOUR VALUE	**Above Optimal**
SOURCES	Produce grown in contaminated soil, large fish such as tuna and haddock, processed foods, cola drinks, instant coffee, cigarette smoke, contaminated drinking water, air pollution, car exhaust

CHROMIUM

YOUR VALUE	Optimal
SOURCES	Supportive nutrient - broccoli, turkey, chicken, potatoes, eggs, apples, green beans, oysters, Brazil nuts and grapes

BERYLLIUM

YOUR VALUE	Optimal
SOURCES	Air pollution, produce grown in contaminated soil, contaminated drinking water

COBALT

YOUR VALUE	Optimal
SOURCES	Supportive nutrient - found in fish, nuts, green leafy vegetables, broccoli, and oats

NICKEL

YOUR VALUE	Optimal
SOURCES	Cigarette smoke, commercial peanut butter, vegetable oils, imitation whipped creams, margarine, kelp, teas, oysters, grains, vegetable shortening, vegetarian products, machine manufacturing

ZINC

YOUR VALUE	**High**
SOURCES	Supportive nutrient - oysters, grass-fed beef, lamb, sunflower seeds, pumpkin seeds, cheese, maple syrup, teas

COPPER

YOUR VALUE	Optimal
SOURCES	Supportive nutrient in small doses - oysters, crab, lobster, lamb, pork, almonds, pecans, walnuts, Brazil nuts, sunflower seeds, pistachios, soybeans, mushrooms, chocolate

THORIUM

YOUR VALUE	Optimal
SOURCES	Ceramics, camera and telescope lenses, cancer treatments

THALLIUM

YOUR VALUE	Optimal
SOURCES	Electronic manufacturing, some medical procedures, produce grown in contaminated soil, green fireworks

BARIUM

YOUR VALUE	Optimal
SOURCES	Contaminated drinking water, produce grown in contaminated soil

CESIUM

YOUR VALUE	Optimal
SOURCES	Drinking water or produce, can be from radioactive waste

MANGANESE

YOUR VALUE	Optimal
SOURCES	Supportive nutrient - egg yolks, sunflower seeds, coconuts, pecans, walnuts, chestnuts, hazelnuts, almonds, Brazil nuts, blueberries, olives, avocados, corn, parsley, legumes, rice, barley, oats, rye, cloves, tea

SELENIUM

YOUR VALUE	Optimal
FUNCTION	Supportive nutrient in small doses - oysters, tuna, lobsters, scallops, shrimp, salmon, beef, eggs, Brazil nuts, cashews, peanuts, brown rice

BISMUTH

YOUR VALUE	Optimal
FUNCTION	Cosmetics, pharmaceuticals such as Pepto-Bismol, deodorants

VANADIUM

YOUR VALUE	Optimal
FUNCTION	Supportive nutrient - mushrooms, shellfish, black pepper, parsley, dill and grains

HEAVY METALS CAN BE A ROOT CAUSE OF INFERTILITY AND DIFFICULT PERIMENOPAUSE

SILVER

YOUR VALUE	**Above Optimal**
SOURCES	Jewelry, tableware, electronics, batteries

ANTIMONY

YOUR VALUE	**High**
SOURCES	Air pollution, forest fires, air fryers, plastics, rubber, adhesives

PALLADIUM

YOUR VALUE	Optimal
SOURCES	Jewelry, dentistry, electronics

ALUMINUM

YOUR VALUE	Optimal
SOURCES	Baked goods, dairy products, seafood, cooking acidic foods in aluminum cookware, contaminated tap water, air pollution, certain medications such as antacids and antidiarrheal agents, cosmetics, deodorant

PLATINUM

YOUR VALUE	Optimal
FUNCTION	Certain foods such as cabbage and broccoli, medical implants, jewelry, chemotherapy medications, vehicle exhaust

TUNGSTEN

YOUR VALUE	**High**
FUNCTION	Heating elements, light bulbs, electrodes

TIN

YOUR VALUE	Optimal
FUNCTION	Packaged foods and beverages, contaminated drinking water, seafood

URANIUM

YOUR VALUE	Optimal
FUNCTION	Jewelry, tableware, electronics, batteries

GOLD

YOUR VALUE	Optimal
SOURCES	Produce, dental fillings, certain medications

TELLURIUM

YOUR VALUE	Optimal
SOURCES	Fatty foods, produce

GERMANIUM

YOUR VALUE	Optimal
SOURCES	Supportive nutrient - found in mushrooms, garlic, tuna, and tomatoes

TITANIUM

YOUR VALUE	Optimal
SOURCES	Often dental titanium implants

GADOLINIUM

YOUR VALUE	Optimal
FUNCTION	Used as contrast agent in MRI scans

MINERALS NEED TO EXIST IN BALANCED RATIOS

IMBALANCED RATIOS SHOW HOW THE BODY IS TRYIGN TO HEAL

Summary of Findings

1

ELEVATED LEAD:

Elevated lead may be passed generationally, water from old pipes or living in a home with old paint.

2

HIGH CADMIUM:

Most often found from cigarettes but can be from drinking water or dietary sources.

3

HIGH ZINC:

Indicates likely zinc deficiency.

4

ELEVATED SILVER:

Likely from jewelry. Limited clinical significance.

5

HIGH ANTIMONY:

Most often from smoking and/or air fryers.

6

HIGH TUNGSTEN:

Limited clinical significance.

URINE ENVIRONMENTAL POLLUTANTS TEST

EXAMINING THE URINE SHOWS WHAT YOUR BODY IS PROCESSING IN REAL TIME

The kidneys are one of the body's major detoxification organs. Testing for endocrine disrupting chemicals, such as parabens and phthalates, in the urine shows the body's exposure to chemicals in real time. Knowing your exposure levels can help narrow down which exposures to limit and support hormone health.

XYLENE

SOURCES: Automotive emissions, nail polish, nail polish remover, conventional cleaning products, paint, fabric and leather treatments, fragrances

TOLUENE

SOURCES: Automotive emissions, high density traffic locations, tobacco smoke, paint, ink, household aerosol sprays, cosmetics

BENZENE

SOURCES: Automotive emissions, first and second hand smoke, Styrofoam containers, dyes, glues, paints, paint removers, degreasing agents. Can also be from sorbic acid and potassium sorbate in food (processed cheese and spreads, salad dressings, mayo, flavored drinks, canned foods and baked goods)

TRIMETHYLBENZENE

SOURCES: Automotive emissions, high density traffic locations, tobacco smoke, paint, ink, household aerosol sprays, cosmetics

STYRENE

SOURCES: Automotive emissions, tobacco smoke, plastic food containers, foam cups, packaging materials, toys

PHTHALATES

SOURCES: Food wrappers and containers, pesticides, dyes, detergents, personal care products such as shampoos, body washes, lotions, make up and more

PARABENS

SOURCES: Conditioners, shampoos, hair gels, deodorant, soap, hand sanitizer, make up, sunscreen, shaving gel, antacids, pain relieving patches, chapstick, packaged meats, mayo, oils, salad dressings, processed fruit and vegetables, frozen dairy products, baked goods, soft drinks, beer, fruit juice, syrup, candy

METHYL TERT-BUTYL ETHER

SOURCES: Automotive exhaust, contaminated tap water

Summary of Findings

RECOMMENDED SCHEDULE

DAILY SCHEDULE

WAKE UP:
- Do orienting exercise in bed

BREAKFAST:
- Eat within 1 hour of waking (have spoonful of nut butter if can't eat full meal right away)
- Supplements: multivitamin, omega 3s, vitamin D, blackstrap molasses, NAC (1 capsule), Thyrosol (1 capsule), ConcenTrace (10 drops in water)
- Practice 3-5 minutes of visualization

MID MORNING:
- Snack
- Do orienting exercise

LUNCH:
- Eat a meal
- Supplements: Methyl B Complex (1 capsule), ConcenTrace (10 drops), Thyrosol (1 capsule), TH1 Support (2 capsules)
- Do orienting exercise

MID AFTERNOON:
- Snack
- Supplements: ConcenTrace (10 drops)
- Do orienting exercise

DINNER:
- Eat a meal
- Supplements: ConcenTrace (10 drops), Liver Sauce (1 tsp), Thyrosol (1 capsule), NAC (1 capsule), turmeric powder
- Do orienting exercise

BEFORE BED:
- Supplements: magnesium powder

RECOMMENDED SCHEDULE

WEEKLY SCHEDULE

DETOXIFICATION:

- 2-3 20 minute sauna sessions per week

NERVOUS SYSTEM SUPPORT:

- 1 longer de-stress practice such as a massage, somatic coaching session or yin yoga class per week

AS NEEDED SCHEDULE

- Purchase an air purifier (Air Doctor is recommended brand)
- Open windows once per day
- Switch to non-toxic personal care and household products
- Switch to an organic rug when possible
- Replace plastic food containers with glass

CONCLUSION

THIS IS THE BEGINNING OF SOMETHING GOOD.

This is the storybook of you. We've reviewed your intake form, blood work results, cortisol results, heavy metal test and environmental pollutants test. We have seen how your physiology is responding to your environment and created a customized plan to empower you to step into the best version of yourself.

Lasting change takes time. This plan is not a quick fix nor meant to be implemented all at once. Review your daily schedule and slowly make the transition over the course of the next three months to embody the routine. This is the beginning of living in alignment with your physiology.

Please feel free to schedule additional guidance calls if you need support along your journey. We can't wait to see you transform.

In health & happiness,

The Rêve Health Team