

Wellness Report



ZYTO PRO Biosurvey
Manager

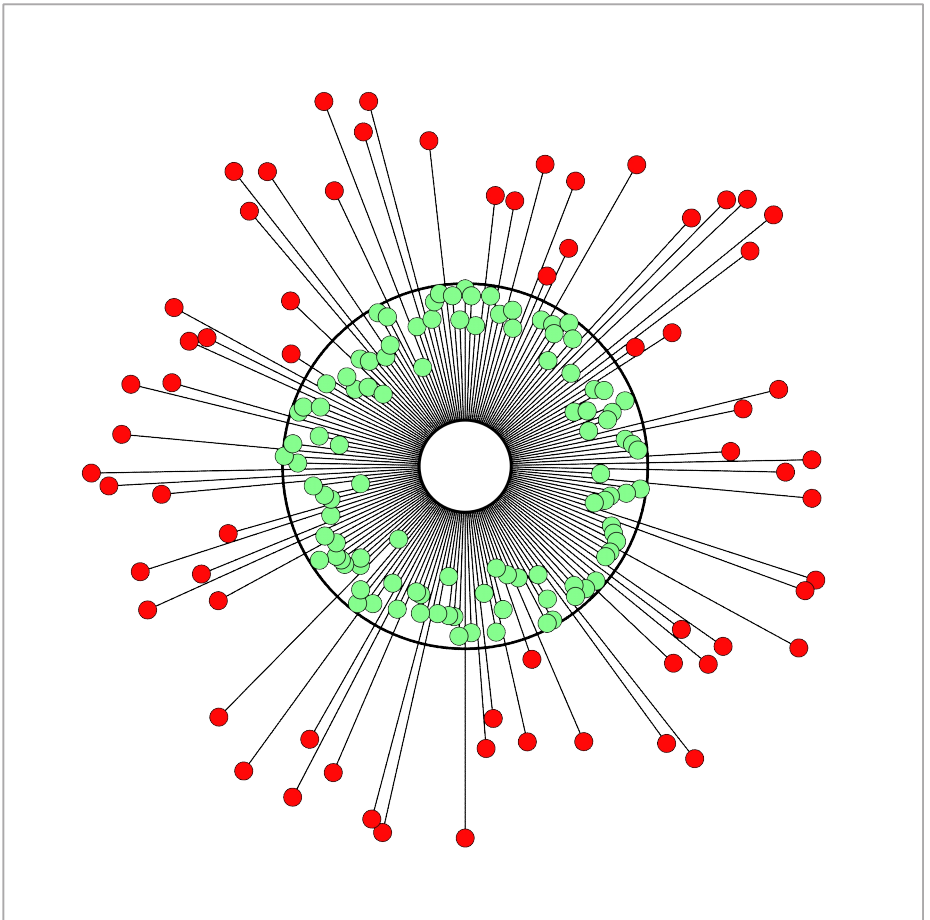
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Phone: Phone 1 (111)
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[http://](http://Accountwebsite.com)
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Female Test
Return Appointment:

YOUR DYNAMIC PROFILE

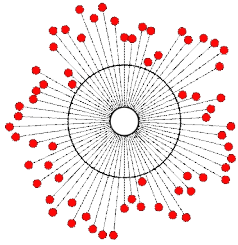
Biomarkers: 170
Range: 6.23

Biomarkers In Range: 104
Biomarkers Out of Range: 66



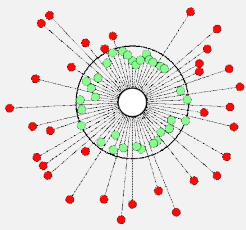
BALANCER VIRTUAL ITEM RE-SCAN RESPONSES

This section of the report shows your top balancer Virtual Items and how many out-of-range biomarkers each balancer progressively brought into range. Each balancer adds to the cumulative amount of biomarkers brought into range.



Baseline

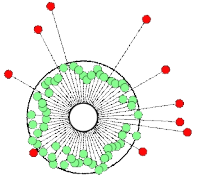
Biomarkers Out of Range: 66



ABC - Cassia Oil

Biomarkers Brought Into Range: 33

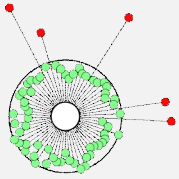
Category: All ABC Products



ABC - Sage Oil

Additional BioMarkers Brought Into Range: 23

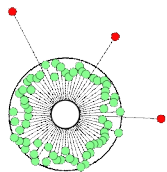
Category: All ABC Products



ABC - Cedarwood Oil

Additional BioMarkers Brought Into Range: 5

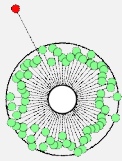
Category: All ABC Products



ABC - Eucalyptus Oil

Additional BioMarkers Brought Into Range: 2

Category: All ABC Products

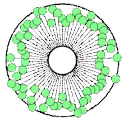


ABC - Tri-Fiber Complex

Additional BioMarkers Brought Into Range: 2

Category: All ABC Products

Usage Directions: 3 Capsules 3 times per day



ABC - Beta Sitosterol

Additional BioMarkers Brought Into Range: 1

Category: All ABC Products

Usage Directions: 3 Capsules 1 times per day

PRODUCT DESCRIPTIONS

Top balancer Virtual Items are listed in order below along with their respective dR values and detailed product descriptions.

24.87 ABC - Cassia Oil

Resembling Cinnamon Bark Essential Oil in aroma, Cassia Essential Oil is sometimes used as an economical substitute within fragancing applications.

It is my understanding that most of the "Ground Cinnamon" that we purchase in grocery stores, and even most of the "Cinnamon Sticks" that are sold are not true cinnamon, but are really its more affordable cousin, Cassia, *Cinnamomum cassia*.

Cassia Oil

When comparing the bark oils of both Cassia (*Cinnamomum cassia*) and Cinnamon (*Cinnamomum zeylanicum*), I personally prefer the richer, fuller aroma of Cinnamon Oil to that of Cassia Oil.

I have purchased sticks of both *Cinnamomum cassia* and *Cinnamomum zeylanicum*, and also prefer the aroma and flavor of *Cinnamomum zeylanicum* in bark form.

Typically, both Cassia Bark and Cinnamon Bark oils should be used with extreme caution, if at all. Refer to the Safety Information section below for more information.

Botanical Name

Cinnamomum cassia

Common Method of Extraction

Steam Distilled

Plant Part Typically Used

Bark

Color

Golden Yellow/Brown

Consistency

Medium

Perfumery Note

Middle

Strength of Initial Aroma

Sharp/Strong

Aromatic Description

Spicy, sweet, woody, earthy.

Cassia Oil Uses

Fragrancing, indigestion, gas, colic, diarrhea, rheumatism, cold/flu.

<https://www.aromaweb.com/essential-oils/cassia-oil.asp>

22.83 ABC - Sage Oil

Botanical Name

Salvia officinalis

Common Method of Extraction

Steam Distilled

Plant Part Typically Used



ZYTO decision-support technology does not identify, diagnose, or treat any disease or medical condition and is not a substitute for professional medical advice. Consult with your primary care physician before modifying your lifestyle, diet, or supplement regimen.

Female Test - 7/13/2017

Leaves and Flowers/Buds

Color
Clear

Consistency
Thin

Perfumery Note
Top

Strength of Initial Aroma
Strong

Aromatic Description
Herbaceous, fruity, fresh, camphorous.

Sage Oil Uses
Fragrancing in very low dilutions.

<https://www.aromaweb.com/essential-oils/dalmatian-sage-oil.asp>

15.76 **ABC - Cedarwood Oil**

Cedarwood Essential Oil is said to be one of the first crude essential oils to be extracted, and it was one of the oils that the Egyptians used for spiritual embalming purposes.

Aromatically, I love the rich, woody aroma of Atlas Cedarwood Essential Oil. It is a base note that can help hold an otherwise flighty blend together well. Atlas Cedarwood Essential Oil is said to act as an aphrodisiac. It also complements masculine blends.

Atlas Cedarwood Oil

Though I enjoy blending and diffusing Atlas Cedarwood Oil throughout all four seasons, it's especially nice during the Fall and Winter months.

Emotionally, I find Atlas Cedarwood Essential Oil to be grounding and calming, and it is said to help combat negativity. Atlas Cedarwood is an oil that I reach for at times when I'm faced with chaos or conflict and want a grounding oil for use during meditation or reflecting on the situation.

Additional uses for Atlas Cedarwood Oil are noted below.

Botanical Name
Cedrus atlantica

Common Method of Extraction
Steam Distilled

Part Typically Used
Wood

Color
Light Golden Yellow

Consistency
Medium and oily feeling

Perfumery Note
Base

Strength of Initial Aroma
Medium - Strong

Aromatic Description
Woody and sweet. Atlas Cedar Oil is a bit sharper than Virginian Cedarwood Oil. The aroma is reminiscent of artificial mothballs.

Atlas Cedarwood Oil Uses

Acne, arthritis, bronchitis, coughing, cystitis, dandruff, dermatitis, stress.

<https://www.aromaweb.com/essential-oils/atlas-cedarwood-oil.asp>

15.62 **ABC - Eucalyptus Oil**

Home Page > Essential Oil Profiles > Eucalyptus Globulus Oil

Eucalyptus Globulus Essential Oil

Eucalyptus Eucalyptus Oil

Botanical Name

Eucalyptus globulus

Common Method of Extraction

Steam Distilled

Plant Part Typically Used

Leaves

Color

Clear

Consistency

Thin

Perfumery Note

Top

Strength of Initial Aroma

Strong

Aromatic Description

Eucalyptus Oil is fresh, medicinal, woody, earthy.

Eucalyptus Oil Uses

Arthritis, bronchitis, catarh, cold sores, colds, coughing, fever, flu, poor circulation, sinusitis.

<https://www.aromaweb.com/essential-oils/eucalyptus-oil.asp>

13.13 **ABC - Tri-Fiber Complex 3 Capsules 3 times per day**

3 Capsule(s) 3 times per day

Combines three natural fibers for comprehensive digestive system health

Terrific nutrition for total cardiovascular care and healthy bowel function

Features psyllium powder, oat bran and apple pectin powder

Do the right thing for your heart and your colon; make Tri-Fiber Complex part of your daily dietary plan. A good daily supply of dietary fiber is crucial for cardiovascular health and for maintaining normal bowel function. Unfortunately, most of us don't get enough fiber in our regular diet. That's where Tri-Fiber Complex can help. This all-natural formula makes it easy to get the fiber you need every day by combining psyllium, oat bran and apple pectin in convenient capsules.

13.07 **ABC - Beta Sitosterol 3 Capsules 1 times per day**

3 Capsule(s) 1 times per day

A high purity complex

Potent support for a healthy cardiovascular system

Features premium grade Cholestatin, a complex of high-purity plant sterols

A healthy choice for daily cardiovascular maintenance, beta sitosterol is a powerful plant sterol that works naturally within the body. Our Beta Sitosterol tablets feature premium-grade Cholestatin, a natural complex of high-purity plant sterols including beta sitosterol, campesterol and



ZYTO decision-support technology does not identify, diagnose, or treat any disease or medical condition and is not a substitute for professional medical advice. Consult with your primary care physician before modifying your lifestyle, diet, or supplement regimen.

Female Test - 7/13/2017

stigmasterol for broad-spectrum phytosterol nutrition.

FOUR CORE BODY SYSTEMS FOR WELLNESS



The four core systems that are critical to maintaining health are:

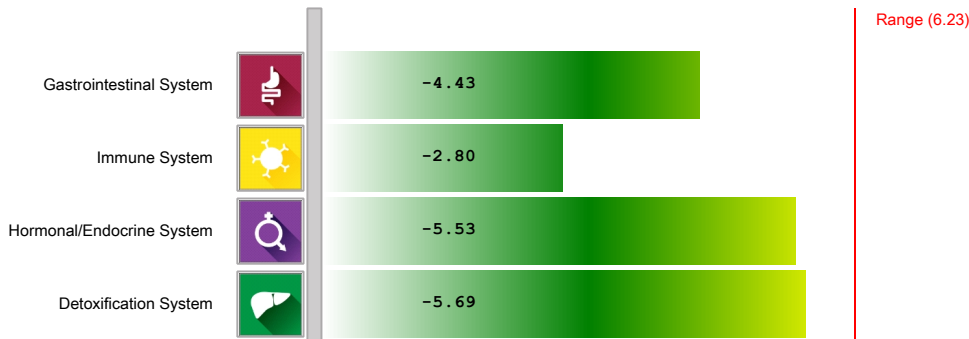
1. Detoxification System
2. Gastrointestinal System
3. Hormonal/Endocrine System
4. Immune System

Why These Four?

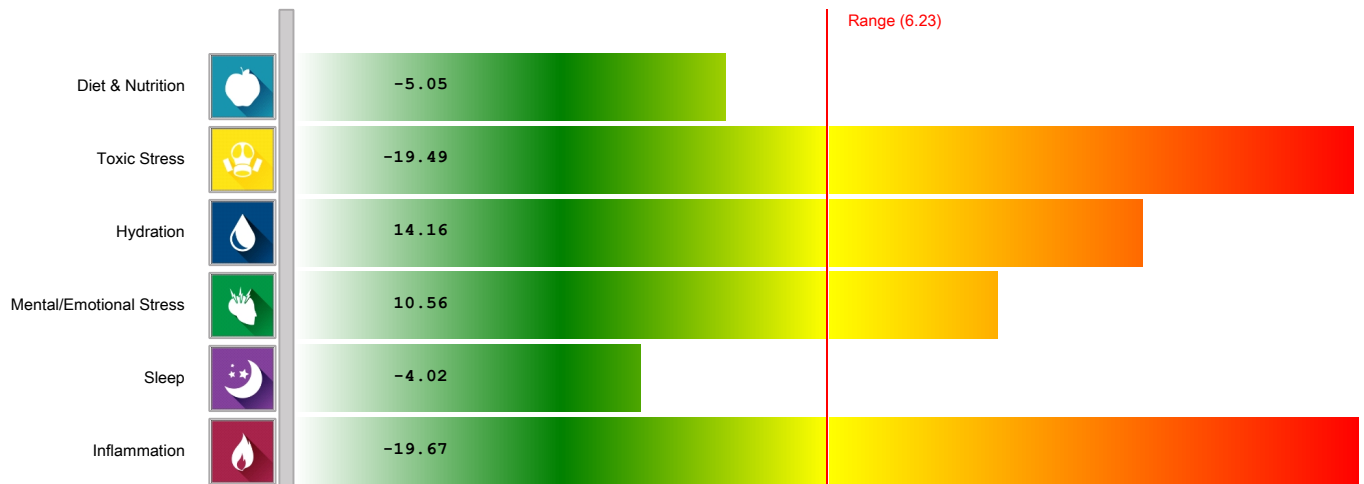
Whether you are very ill, seeking to prevent illness, or just trying to improve your overall health or fitness levels, it is important to evaluate these four systems. How these systems function both independently and interdependently has a profound influence on your health. If one or more is compromised, the negative effects spill over to all other systems, creating a chain of events that can greatly impact your overall health.

If you are serious about preventing health problems or creating an environment where the body can heal, you are cheating yourself out of success if you do not focus on these systems. (1)

STRESSOR VIRTUAL ITEM RESPONSES: FOUR CORE SYSTEMS



STRESSOR VIRTUAL ITEM RESPONSES: LIFESTYLE AREAS



DETOXIFICATION SYSTEM



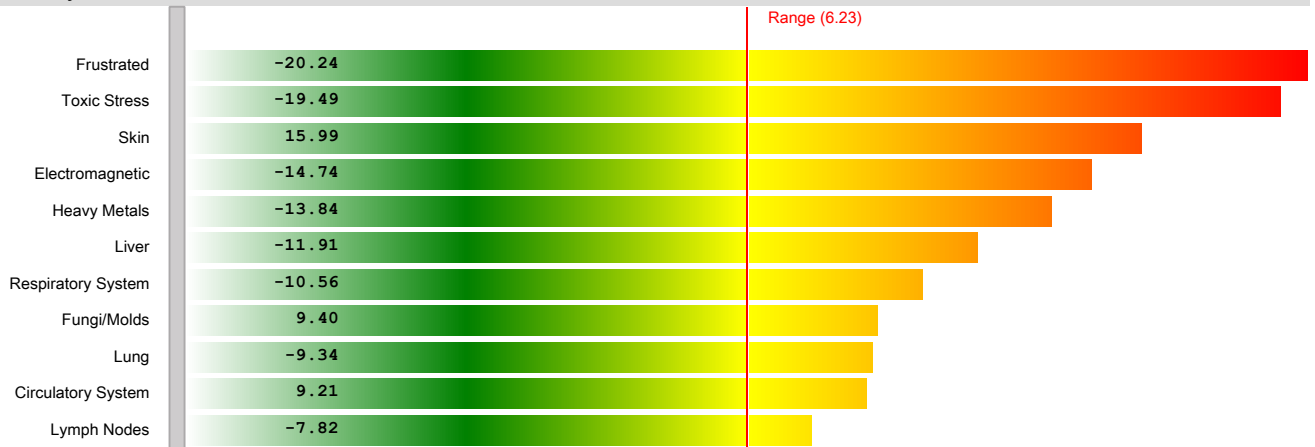
A toxin is any substance that causes harm in the body. Never before in human history have we been exposed to as many toxins as we are now.

If your body's ability to process these toxins—detoxification—is compromised, the dominoes will fall on your core functional systems and your health will suffer, with the quiet stirrings of chronic illness taking hold.

Fortunately, there are everyday things you can do to cleanse the body of toxins, strengthen the detoxification system, and prevent toxic overload.

The body has an amazing capacity to process and dispose of toxins. However, like any waste disposal system, it has limitations; chronic illness is the consequence when the body's capacity to process toxins is hindered. Impaired detoxification impacts us on a cellular level. Toxic build up will slow you down, zap your zest for life, and limit basic metabolic functions. (2)

Detoxification System Stressors



Top Detoxification Balancers

- 15.76 **ABC - Cedarwood Oil**
- 13.13 **ABC - Tri-Fiber Complex**
- 12.86 **ABC - Grapefruit Oil**
- 10.20 **ABC - Evening Primrose Oil**
- 9.78 **ABC - Herbal Lax**

GASTROINTESTINAL SYSTEM

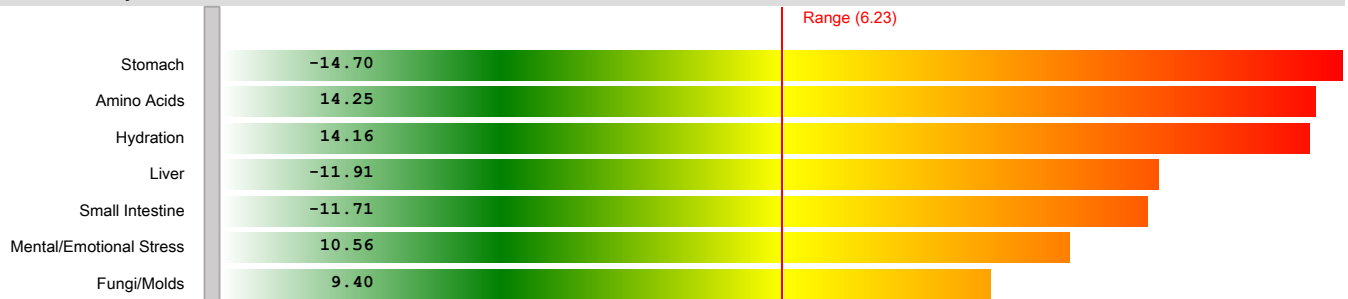


The saying "You are what you eat" can be said more accurately; "You are what you digest"! However, if digestive function is compromised, it's not just your body's nutrient status that suffers. The health of the gut greatly impacts brain function, hormone balance, immune regulation, and so much more...

The Gastrointestinal System, which handles your digestive function, also contains a vast mucosal barrier. Gut inflammation and a compromised mucosal barrier can be caused by bacterial and parasitic infections, food additives, environmental toxins, mental & emotional stress, and a host of other stressors. This can severely limit digestion, lead to inflammation in other areas of the body, and have a huge negative impact on the Immune System and Hormonal/Endocrine System.

In order for your body's cells, tissues, and organs to get both proper nutrition and eliminate toxins, your digestive organs need to be supported in a way that eliminates any stress that compromises this amazing system. (3)

Gastrointestinal System Stressors



Top Gastrointestinal Balancers

- 24.87 **ABC - Cassia Oil**
- 13.13 **ABC - Tri-Fiber Complex**
- 12.77 **ABC - Ginger Oil**
- 10.70 **ABC - Green Tea**
- 9.78 **ABC - Herbal Lax**

HORMONAL/ENDOCRINE SYSTEM

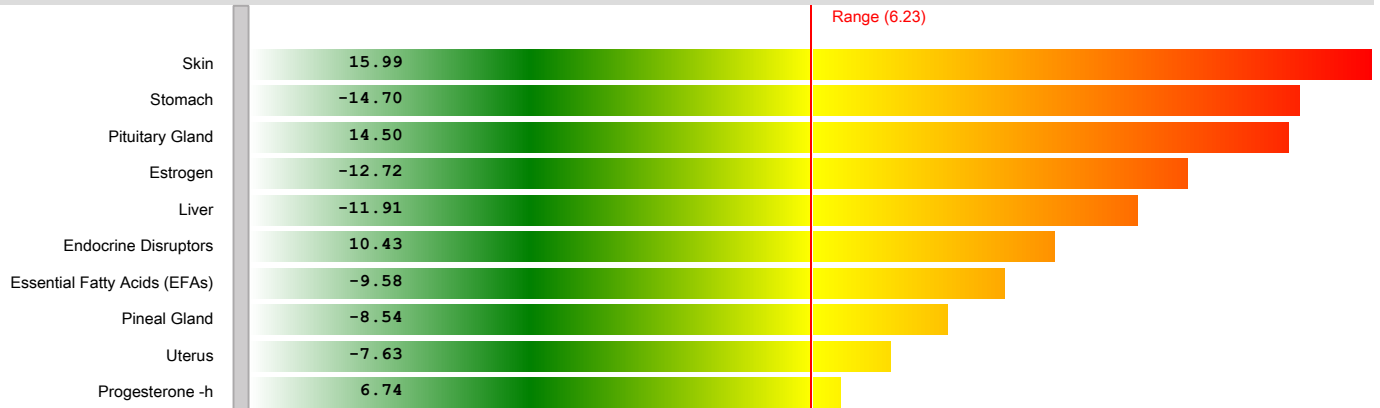


Hormones are chemical messengers that travel through your bloodstream and enter tissues, where they turn on switches to the genetic machinery that regulates everything from reproduction to emotions to your sense of well-being. The body's system of hormone production is formally known as the Endocrine System.

Hormones can be thought of as the chemical force that animates you physically, mentally, and emotionally. Balanced levels are necessary for the optimal function of numerous physiological processes.

In today's world, there are many environmental chemicals that act as endocrine disruptors that have a significant impact on your body's ability to utilize hormones both correctly and efficiently. In addition, there are many food and water additives that also impact Endocrine/Hormonal health. Being aware of and avoiding these toxins and stressors when possible will be a proactive step to improving your overall health. (4)

Hormonal/Endocrine System Stressors



Top Hormonal/Endocrine Balancers

- 22.83 **ABC - Sage Oil**
- 13.07 **ABC - Beta Sitosterol**
- 12.55 **ABC - Calms Forte**
- 11.77 **ABC - Geranium Oil**
- 11.28 **ABC - Bergamot Oil**

IMMUNE SYSTEM



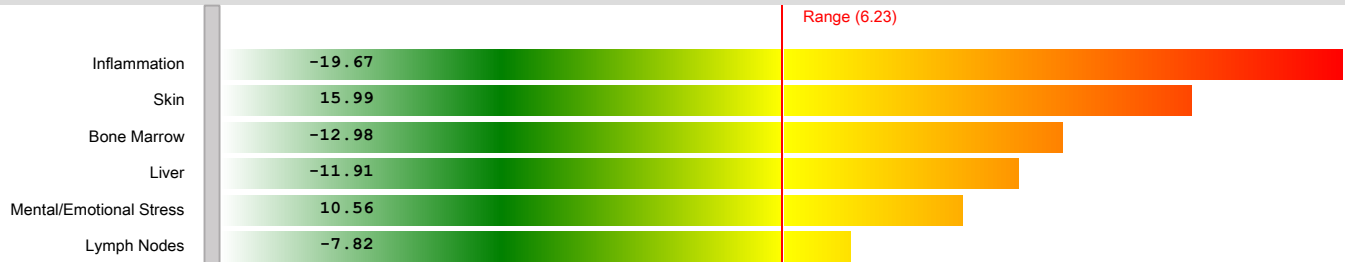
The first line of defense against disease-causing microorganisms is the skin and mucosal barriers. Behind this is a complex defensive system. Collectively these parts are known as the immune system.

The immune system neutralizes or destroys microorganisms and the toxins created by them wherever they attack the body via the extensive lymphatic system (comprised of the spleen, thymus gland, tonsils, bone marrow, and other organs and tissues). The network of lymph vessels (capillaries and lymphatics) drains the clear body fluid known as lymph from the tissues into the bloodstream. Special white blood cells that originate in bone marrow, known as lymphocytes, along with antibodies (proteins that neutralize foreign objects), are primarily responsible for carrying out the work of the immune system.

The first line of immune defense is called the mucosal barrier. Mucous membranes are an integral part of the immune system. They form a protective barrier between the interior of the body and the outside environment. The mucosal barrier is permeable and allows nutrients into the body while protecting it from infectious agents, allergens, and other harmful substances. If testing reveals that mucosal immunity is impaired, therapies should be initiated to rebuild it.

In addition to evaluating mucosal immunity, it is relevant to assess cell-mediated immunity and humoral immunity. Cell-mediated immunity works by the activation of specialized cells called macrophages and natural killer cells, which destroy intracellular pathogens (disease-causing microorganisms). Humoral immunity is the aspect of immunity that involves antibodies. Knowing the status of these immune components provides a comprehensive understanding of one's ability to fight infectious agents, defend against toxic exposures such as chemicals and heavy metals, and kill aberrant cancer cells. (5)

Immune System Stressors



Top Immune System Balancers

- 24.87 **ABC - Cassia Oil**
- 15.62 **ABC - Eucalyptus Oil**
- 12.86 **ABC - Grapefruit Oil**
- 11.97 **ABC - Sinus**
- 10.70 **ABC - Green Tea**



Regardless of the diet you follow, the primary goal should always be the same: maintaining good blood sugar (glucose) control. You can achieve and maintain optimal health only when you are on a diet that promotes hormone balance; that balance depends on a steady blood sugar level. Eating the proper combination of proteins, fats, and carbohydrates regularly and in moderate amounts helps to sustain that balance.

Clinically speaking, blood sugar control occurs when insulin and glucagon, two hormones produced by the pancreas, are in balance. Carbohydrate consumption and the resulting rise in blood sugar induce the stimulation of insulin, the hormone responsible for lowering blood sugar and storing excess blood sugar as fat. Protein consumption induces the stimulation of glucagon, the hormone that promotes the mobilization and utilization of fat for energy and, in the process, raises blood sugar.

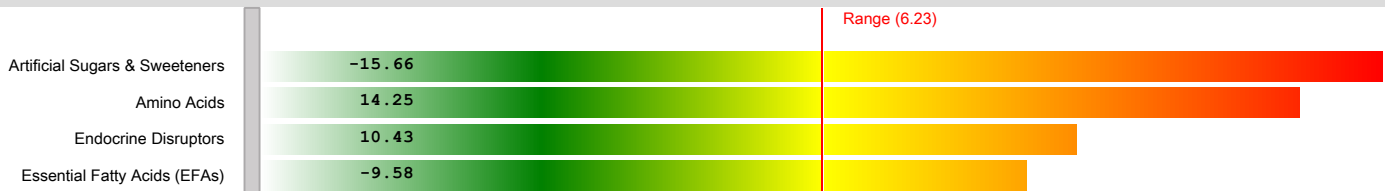
Insulin and glucagon are antagonists, meaning that the secretion of one acts to balance or modulate the effects of the other. Above-average levels of insulin caused by a diet high in sugar, processed foods, and unhealthy fats are associated with almost every disease known to mankind, especially cancer, diabetes, and cardiovascular disease.

Signs of low blood sugar consist of headaches, brain fog, shakiness, fatigue, worry, carbohydrate cravings, and lethargy.

Signs of high blood sugar consist of anxiety, racing mind, nervous energy, headache, difficulty thinking and concentrating, and cravings for protein or fat.

If your blood sugar is low, you will mobilize cortisol to break down muscle, organ, and bone tissue—not fat—to ensure that a constant supply of blood sugar is delivered to your brain and the rest of your body. In effect, your body digests itself to continue operating. If your blood sugar is sustained at high levels, metabolism becomes chaotic and blood vessels may become damaged, which in turn creates a cascade of undesirable events. Stable blood sugar levels, on the other hand, form a strong foundation for hormone balance and homeostasis. (7)

Diet & Nutrition Stressors



Top Diet & Nutrition Balancers

- 13.13 **ABC - Tri-Fiber Complex**
- 9.78 **ABC - Herbal Lax**
- 6.53 **ABC - 7-Keto DHEA**
- 4.72 **ABC - EyesAlive**

HYDRATION



Water is life. You need water to eliminate toxic substances, produce digestive enzymes, maintain healthy skin, hair, and organs, and to help your body absorb essential vitamins, minerals, and natural sugars. Water also regulates body temperature, stimulates metabolism, and helps promote regularity. Fluids other than pure water don't act the same as water in your body, and they don't meet your needs for hydration like water does. Most people are slightly dehydrated from relying on other fluids besides water for their fluid intake. Coffee, tea, alcohol, and sodas (or any other caffeinated beverages) don't count; they're diuretics, which means they actually remove water and nutrients from the body.

Chronic dehydration has been linked to the following symptoms and disease processes:

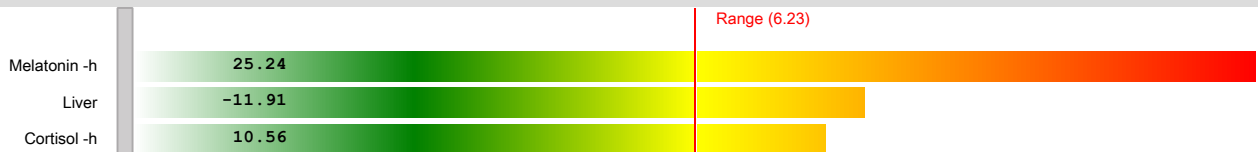
- Fatigue
- Constipation
- Headaches
- Indigestion
- Muscle and joint aches and pains
- High blood pressure
- Depression
- Allergies
- Lack of mental clarity
- Skin issues
- Excess weight

To prevent dehydration, drink as many ounces of water every day equal to half your body weight in pounds (e.g., body weight 150 pounds = 75 ounces of water a day). Use more water in hot weather or after strenuous exercise. When you're actually drinking enough water, your urine will be essentially clear.

Many digestive problems, joint and muscle issues, problems with fatigue, and even your complexion will clear up with the use of more water, especially when you limit or eliminate fluids that actually dehydrate your body (sodas/caffeinated beverages/alcohol).

It's okay to drink some water with meals because digestive enzymes are hydrolytic (activated by water). So drinking a little water with meals is fine. The bulk of the water you drink throughout the day, however, is best taken between meals. (8)

Hydration Stressors



Top Hydration Balancers

7.87 **ABC - Frankincense Oil**

4.77 **ABC - Myrrh Oil**

INFLAMMATION



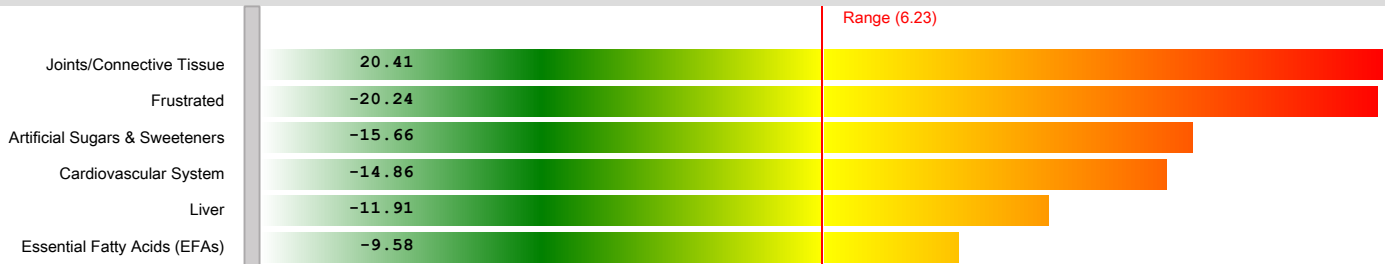
Acute Inflammation is the body's natural response to injury or infection. It's normally short in duration and it recedes as the body heals. The purpose of acute inflammation is to aid the body in healing.

When the body is injured, inflammation helps to improve the blood flow to the area generally resulting in redness, warmth, and/or swelling. The cells and nerves then send out signaling molecules called inflammatory cytokines to the immune system to attract white blood cells and aid in the healing process. As the healing progresses, anti-inflammatory cytokines are produced to turn off the inflammation process once the body has healed. Overall, acute inflammation helps by increasing the blood flow and immune response which then heals damaged cells, removes infection, and protects the body during the healing process.

Chronic Inflammation is consistent, low grade, or systematic. Scientists believe that is caused by faulty signaling to the immune system resulting in an unorganized white blood cell response. Since there's not an injury to be healed, the white blood cells become confused and begin to attack healthy organs and tissue. Over time, chronic inflammation can cause significant damage to the body and can be an underlying cause of disease or significantly impact existing diseases such as:

- Cancer
- Heart disease
- Diabetes
- Obesity
- Auto-Immune Disorders
 - Rheumatoid arthritis
 - Inflammatory Bowel diseases (ulcerative colitis, Crohn's)
 - Lupus
 - Asthma
- Depression
- Allergies (9)

Inflammation Stressors



Top Inflammation Balancers

- 15.76 **ABC - Cedarwood Oil**
- 15.62 **ABC - Eucalyptus Oil**
- 13.07 **ABC - Beta Sitosterol**
- 12.86 **ABC - Grapefruit Oil**
- 12.77 **ABC - Ginger Oil**

MENTAL/EMOTIONAL STRESS



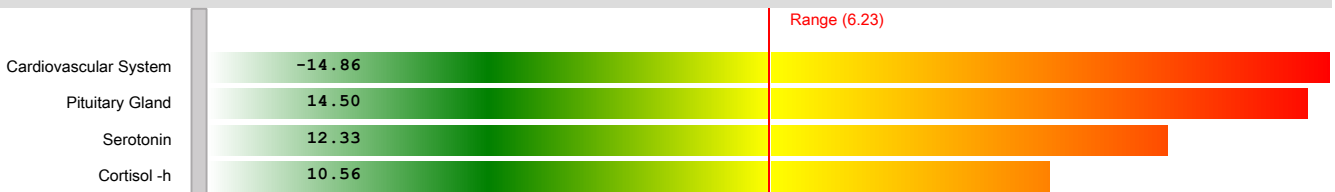
While you can't always control what happens to you, you can control how you react to it. Channeling your emotions in a consciously positive way helps you to dramatically decrease the negative impact of stressful events. Learning how to do this is part of personal growth—mental and emotional, as well as spiritual. Integrating relaxation exercises such as meditation and deep breathing into your daily routine can make a dramatic improvement in your entire life, giving you the resolve to positively channel your emotions.

Mental and emotional responses to stimuli are referred to as limbic responses. The limbic system of the brain, sometimes called the emotional nervous system, moderates your moods, maintains homeostasis, and helps form memories.

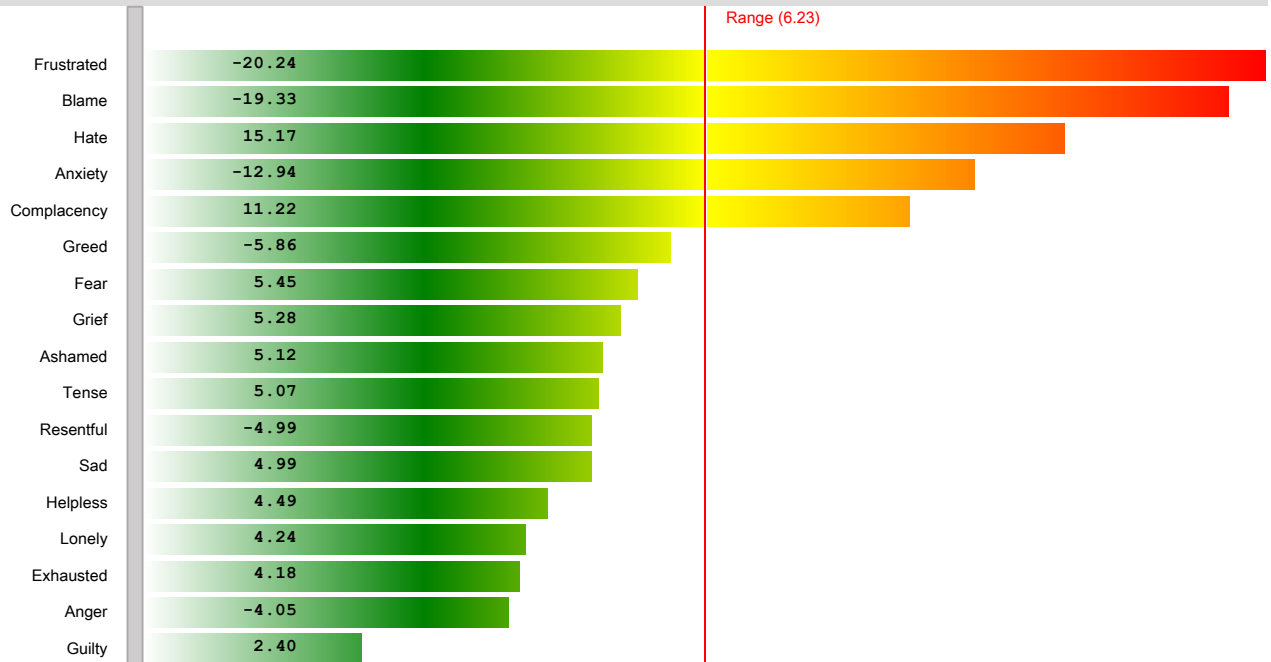
The hypothalamus, also known as the Master Gland, is a small gland at the base of the brain, a principal limbic structure whose primary purpose is to maintain homeostasis in the body—meaning that it returns systems within your body to their “set points.” Specifically, the hypothalamus regulates hunger, thirst, levels of pain and pleasure, sexual satisfaction, and aggressive or defensive behavior.

The hypothalamus—under the control of your thoughts, feelings, and attitude—sends instructions through the autonomic nervous system and the pituitary gland. The autonomic nervous system regulates blood pressure, heart rate, breathing, digestion, and sweating, and serves other vital functions. The pituitary gland releases hormones that cause other endocrine glands, such as the adrenal glands and the thyroid, to secrete their hormones. The hypothalamus, therefore, is the principal intermediary between the nervous and endocrine systems—your body's two major control systems. (10)

Mental & Emotional Stressors



Emotion Stressors



Top Mental/Emotional Balancers

24.87 **ABC - Cassia Oil**

- 22.83 **ABC - Sage Oil**
- 15.76 **ABC - Cedarwood Oil**
- 15.62 **ABC - Eucalyptus Oil**
- 12.77 **ABC - Ginger Oil**

SLEEP



Ample rest for the body is critical, yet an estimated 68% of the United States population has insomnia. They take more than 20 minutes to fall asleep, they wake up periodically throughout the night, or they wake up and are unable to fall back to sleep. These sleep patterns fit the clinical definition of insomnia, a major source of chronic stress that promotes a chronic stress response and compromises the hormone, immune, digestive, and detoxification systems.

Cortisol, DHEA, progesterone, melatonin, human growth hormone, estrogens, and testosterone all depend on quality sleep, as do neurotransmitters in the brain that can regenerate only with deep sleep. Poor sleep interferes with virtually all body functions and undermines homeostasis.

You can't have optimal health and longevity if you are not sleeping well.

The hormone, immune, digestive, and detoxification systems are hardwired to your internal "clock," or circadian rhythm. The circadian clock in mammals is located in the hypothalamus. In modern society, we have chosen to ignore this basic law of nature, attempting to bend this physiological imperative to our own needs and desires. We pay a hefty price for disturbing the internal clock and sleep cycle.

It's interesting to note that we live in a time where the days are extended with artificial light, which creates a shorter dark cycle. By shortening the dark cycle, we deprive ourselves of sleep. To lengthen this cycle, try sleeping in a room that is completely dark. A dark sleeping environment supports the body's ability to regenerate.

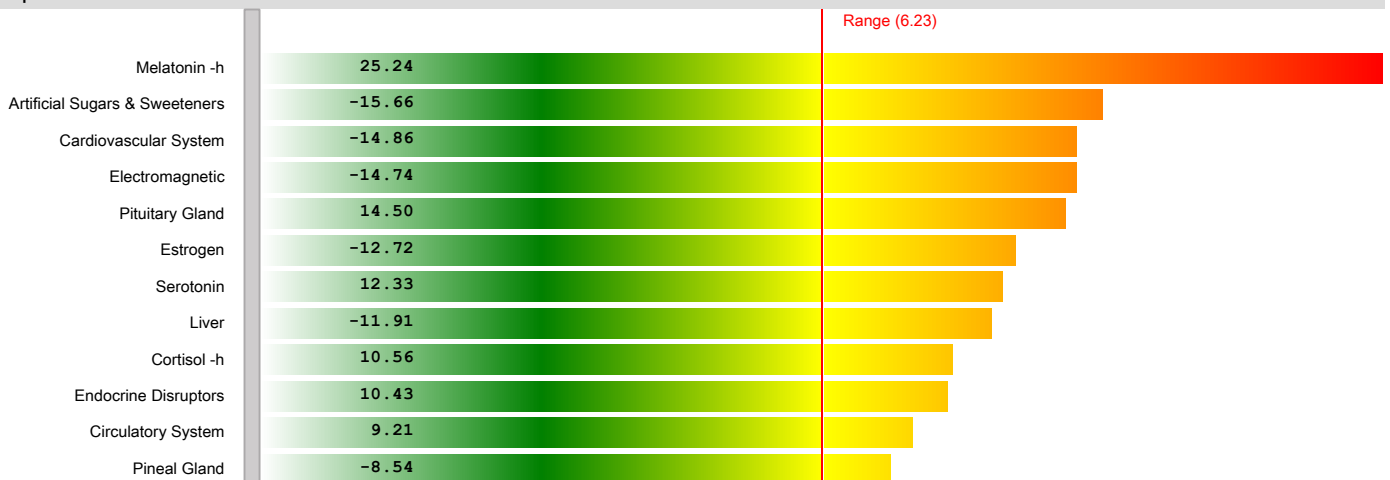
Another reason we are sleeping less, in addition to indoor lighting and multitasking lifestyles, is the universal acceptance and abuse of caffeine.

Caffeine junkies are caught in a vicious cycle of inadequate nightly recovery. The more caffeine you consume, the worse your sleep will be as a result of hormone disturbance, and your tendency to increase caffeine consumption rises, further robbing you of adequate sleep, and so on. If you insist on drinking coffee or other stimulants such as "energy" drinks, caffeinated teas, and sodas, limit your consumption to about 8 ounces and take these substances before noon to minimize their interference with your sleep.

Poor blood sugar control may be a factor in your inability to rest and recover given the highs and lows at play with your nervous system and hormone levels. Exercise can support your ability to get a good night's sleep, or can interfere with it. Both over exercising, such as pushing yourself to run even when you're tired, injured, or experiencing pain, or exercising during times when you should be resting can feed this problem.

Emotion is another lifestyle component that affects the quality of your sleep. If you are easily upset and carry around the negative emotions of the day, your mind will be busy and your body will be on alert. Learn to breathe deeply throughout your day and do not internalize negative experiences. (11)

Sleep Stressors



Top Sleep Balancers

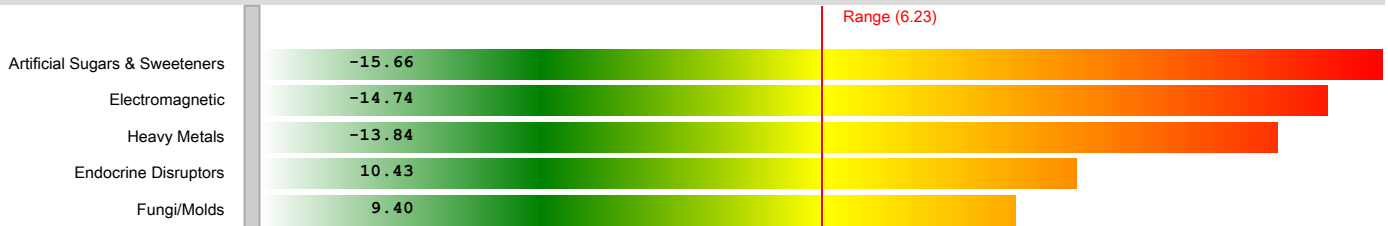
- 15.62 **ABC - Eucalyptus Oil**
- 12.55 **ABC - Calms Forte** 3 Tablets 6 times per day
- 5.73 **ABC - Valerian Oil**
- 5.17 **ABC - Clary Sage Oil**
- 4.19 **ABC - Revitalizing Sleep Formula** 2 Capsules 1 times per day

TOXIC STRESS



Many of the toxic substances that enter the body are fat-soluble, which means they dissolve only in fatty or oily solutions and not in water. This makes them difficult for the body to excrete. Toxins may be stored for years in fatty tissues, and are released during times of exercise, stress, or fasting. During the release of these toxins, symptoms such as headaches, poor memory, stomach pain, nausea, fatigue, dizziness, and heart palpitations can occur. (12)

Toxic Stress Stressors



Top Toxic Stress Balancers

- 15.76 **ABC - Cedarwood Oil**
- 13.13 **ABC - Tri-Fiber Complex 3 Capsules 3 times per day**
- 12.86 **ABC - Grapefruit Oil**
- 9.78 **ABC - Herbal Lax 3 Tablets 1 times per day**
- 6.46 **ABC - Orange Oil**



Your positive responses indicate a stronger coherent response, or preference, for the service Virtual Items shown here.

23.72 Qi Gong

Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention.

The word Qigong (Chi Kung) is made up of two Chinese words. Qi is pronounced chee and is usually translated to mean the life force or vital-energy that flows through all things in the universe.

The second word, Gong, pronounced gung, means accomplishment, or skill that is cultivated through steady practice. Together, Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality.

Qigong is an integration of physical postures, breathing techniques, and focused intentions.

Qigong practices can be classified as martial, medical, or spiritual. All styles have three things in common: they all involve a posture, (whether moving or stationary), breathing techniques, and mental focus. Some practices increase the Qi; others circulate it, use it to cleanse and heal the body, store it, or emit Qi to help heal others. Practices vary from the soft internal styles such as Tai Chi; to the external, vigorous styles such as Kung Fu. However, the slow gentle movements of most Qigong forms can be easily adapted, even for the physically challenged and can be practiced by all age groups.

16.34 Zone Therapy

Zone therapy is associated with hand and foot reflexology with the belief that by applying pressure (acupressure) directly on nerve endings within certain to zones of the body you can treat certain organs or body systems. In zone therapy the body is divided into different zones, with each zone being associate with particular organs. For example the eyes relate to zones 3, 4, and 5. When pressure is applied to certain points, energy can be balanced and pain released in the organ or system associated with that point or zone of the body.

14.78 Cupping

The suction and negative pressure provided by cupping can loosen muscles, encourage blood flow, and sedate the nervous system. Cupping is used to relieve back and neck pains, stiff muscles, anxiety, fatigue, migraines, rheumatism, and even cellulite.

14.26 Iridology

Iridology (also known as iridodiagnosis or iridiagnosis) is an alternative medicine technique whose proponents claim that patterns, colors, and other characteristics of the iris can be examined to determine information about a patient's systemic health. Practitioners match their observations to iris charts, which divide the iris into zones that correspond to specific parts of the human body. Iridologists see the eyes as "windows" into the body's state of health.

11.79 Fasting

[No main description available]

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