

# CUSTOM REGENERATIVE NUTRITION REPORT

## Your Report Includes

- Key Optimization Areas
- Your ReGenr8 Optimization Plan
- Self-check questionnaires

*Program for:*

*This program created by:*

None of the statements in this report have been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

[www.regenr8.me](http://www.regenr8.me)

# THE REGENR8 CUSTOM REGENERATIVE NUTRITION PROGRAM

## REGENR8 YOUR LIFE !!!

Welcome to ReGenr8's Custom Regenerative Nutrition program, a revolutionary approach to personalized nutrition that optimizes your body's functions, performance, and overall well-being, by understanding how your unique environmentally-impacted gene expression determines the nutritional requirements of your body. In this three-step program, we first analyze what your body is lacking for optimal functioning through an Epigenetic hair signature mapping that determines how the environment has influenced your personal gene expression. We then initiate the optimization process through a five-day **Regenr8-ive Fasting Plan™ (RFP)**, which shifts your stem cells from a dormant state into a process of self-renewal. We continue the optimization process through **Thrive - Custom Nutrition**; custom formulated to support the unique needs of YOUR body based upon your specific **Analyze Epigenetic Signature Mapping**. In our opinion, there is no better means in the market to truly understand the unique nutritional needs of your body, regenerate stem cell production, and move into an optimized state of health through our **Thrive - Custom Nutrition**.

### The Custom Regenerative Nutrition Program:

#### Step 1 – ANALYZE

Epigenetic hair signature mapping unlocks the potential of our genetic expression to optimize well-being and maximize our longevity by understanding our current state of health and nutrition based upon environmental influences.

#### Step 2 – REGENERATE

Regenerate your cellular structure through the science and natural regenerative process initiated through our **Regenr8-ive Fasting Plan™ (RFP)**. Our program gives you the food and support for your five-day cleansing RFP regenerative process to kick start your stem cell production.

#### Step 3 – OPTIMIZE

After you have prepared your body and started the regenerative process, we introduce your **Thrive - Custom Nutrition** from our seed-to-cell process designed specifically and originally for you, to optimize your biophysical processes and overall wellbeing.

You have heard the old adage "You Are What You Eat", which couldn't be more true. Rampant rates of heart disease, diabetes, cancer, coronary artery disease, stroke, and obesity escalate unabated . . . particularly in the United States, where the common denominator is S.A.D. – the Standard American Diet – filled with chemicals, preservatives, artificial colorings and sweeteners, high fructose corn syrup, processed foods and hydrogenated fats; while being low in fiber, complex carbohydrates, and plant-based foods.

## THE REGENR8 PROGRAM

Precursor warning signs to these serious disease states include low energy, poor sleep, weak immune system, poor concentration, poor libido and sexual function, irritability, general aches and pain, slow recovery, susceptibility to injury and more. If left in a sub-optimal state for too long, then this can eventually lead to the chronic health issues described above.

Couple this with the impacts of the environment on how our body functions, and it is no wonder we are in a health crisis in America. Can our genetic make-up help identify an optimal nutritional regimen? Unfortunately, simple genetic analysis alone is often inadequate to determine appropriate course of action, as your genes are the same from the day you are born to the day you die. It is vital that we analyze the effects of the environment on how your genes are expressing themselves – a proven science called Epigenetics<sup>1, 2, 3, 4, 5</sup>.

External influences heavily impact the day-to-day functions of the body – not only processed foods and nutrient-poor vegetables, but also chemical-laden waters, toxins, chemicals, electro-magnetic forces, pollution, stress, substance abuse, allergies, etc. These functions are driven by two basic processes which are crucial to the way in which your physical body expresses. Firstly, the quality of new cells your body creates to repair itself and secondly, the nervous system and enzyme processes which are responsible for all bodily processes. Your enzyme processes are entirely reliant on a constant supply of vitamins, minerals and amino acids for them to operate optimally. Ideally, these are delivered in whole food format, to increase the bioavailability, or ability of the body to absorb and utilize these key nutrients.

Your environment largely influences how your genes are expressed, and thus genetic analysis alone does not account for these significant environmental influencers on the human body – Epigenetics is vital for a comprehensive and accurate analysis. Because of this, Epigenetics is an explosive market forecast to reach \$22 billion in revenues by 2025, yet is only in its infancy today.

To conduct our **Analyze - Epigenetic Signature Mapping**, we utilize a few hair strands and their bulbs taken from the individual. Hair shafts and their bulbs are an amazing bio-marker that captures over time the impact of the environment on our genes at a quantum epigenetic level. Your hair samples are digitally processed at our lab in Ocala, Florida, and then sent via a secure internet connection to our strategic partner in Hamburg, Germany, a global leader in epigenetic signature mapping. There, powerful super-computer systems reflect YOUR unique epigenetic make-up. Over 800 key indicators are mapped and cross-referenced using bio-resonance algorithms to create your personalized ReGenr8 Custom Regenerative Nutrition Report.

Once we understand your body's unique nutritional needs, we first prepare it for a total state of renewal, through our **ReGenr8-ive Fasting Plan™**. Fasting, and fasting diets<sup>6, 7, 8, 9</sup>, have been scientifically proven to help cleanse the body of old, damaged and weakened cells, in a process called autophagy. More importantly, once this cleanse of the old cells occurs, then new stem cells are actually generated that can totally change the body composition, in a renewed state that can re-invigorate the body and your sense of well-being. Body fat is burned, and lean muscle mass preserved.

## THE REGENR8 PROGRAM

Our RFP is comprised of hearty and flavorful soups, soothing teas, and a powerful morning functional beverage that fool the body into believing it is fasting, while actually receiving clean nutrition without added calories. **Our Fast Start - Functional Beverage** has an amazing flavor that will wake up the senses, energize your body, and promote mental clarity, while suppressing hunger. It has been clinically proven to enhance positive epigenetic changes and promote ketogenesis. Our delicious RFP meals have been prepared by a renowned chef and published author, who owned and managed a five-star restaurant.

Once this cellular regeneration has occurred through our **Regenr8-ive Fasting Plan™**, we move to our **Thrive - Custom Nutrition** phase. Here, we utilize the results of your Analyze - Epigenetic Signature Mapping to determine your specific nutritional needs – vitamins, minerals, fatty acids, amino acids, antioxidants, etc.

Our **Thrive - Custom Nutrition** products are grown & cultivated by our Florida-based farm co-operative on prime agricultural lands. The entire process starts with the finest heirloom seeds from around the world selected for their pristine genetic qualities. These seeds are grown in hand-crafted soils using a proven and proprietary conversion process ensuring optimal growth rates and nutritional quality of the growing plant. The mature plant is rich with nutrients - the vitamins, minerals, and amino acids your body needs for to fuel the body's enzymatic processes for optimal performance. Ideally, these are delivered in whole food format, to increase the bioavailability, or ability of the body to absorb and utilize these key nutrients. This is exactly what our **Thrive - Custom Nutrition** is all about! **From Seed-to-Cell - Custom Regenerative Nutrition.**

Regenr8 takes you through an awakening process, whereby you become aware of the deleterious effects of your environment on your body, you feel the cellular renewal effects of your **Regenr8-ive Fasting Plan™**, and enjoy an overall sense of well-being from your **Thrive - Custom Nutrition**. You become truly in control of your body's optimal performance and well-being.

**We trust that your Regenr8 Custom Regenerative Nutrition Program will have profound effects on your overall health and well-being, and we wish you well on your journey, as you Regenr8 Your Life!**

# THE REGENR8 PROGRAM

## REFERENCES

<sup>1</sup>**Epigenetics: The Science of Change.** Environmental Health Perspectives, March 2006. [Bob Weinhold](#)

<sup>2</sup>**Recent developments on the role of epigenetics in obesity and metabolic disease.** Journal of Clinical Epigenetics, March 2015. Susan J. van Dijk, Ross L., Tellam, Janna L. Morrison, Beverly S. Muhlhausler<sup>†</sup> and Peter L. Molloy

<sup>3</sup>**A twin approach to unraveling epigenetics.** Trends in Genetics, March 2011, [Jordana T. Bell](#)<sup>1,2</sup> and [Tim D. Spector](#)<sup>1</sup>

<sup>4</sup>**Insights From Identical Twins.** Genetics Science Center. <https://learn.genetics.utah.edu/content/epigenetics/twins>

<sup>5</sup>**When a chemical tag makes the difference in cell fate and gene expression.** Center for Genomic Regulation, Sept 2018

<sup>6</sup>**Fasting-mimicking diet and markers/risk factors for aging, diabetes, cancer, and cardiovascular disease.** Science and Translational Medicine, February 2017. Min Wei,<sup>1</sup> \* Sebastian Brandhorst,<sup>1</sup> \* Mahshid Shelehchi,<sup>1</sup> Hamed Mirzaei,<sup>1</sup> Chia Wei Cheng,<sup>1</sup> Julia Budniak,<sup>1</sup> Susan Groshen,<sup>2</sup> Wendy J. Mack,<sup>2</sup> Esra Guen,<sup>1</sup> Stefano Di Biase,<sup>1</sup> Pinchas Cohen,<sup>1</sup> Todd E. Morgan,<sup>1</sup> Tanya Dorff,<sup>3</sup> Kurt Hong,<sup>4</sup> Andreas Michalsen,<sup>5</sup> Alessandro Laviano,<sup>6</sup> Valter D. Longo<sup>1,7†</sup>

<sup>7</sup>**Fasting: Molecular Mechanisms and Clinical Applications.** National Institute of Health, Cellular Metabolism, February 2014. Valter D. Longo<sup>1</sup> and Mark P. Mattson<sup>2,3</sup> <sup>1</sup>Longevity Institute, Davis School of Gerontology and Department of Biological Sciences, University of Southern California, Los Angeles, CA 90089-2520, USA <sup>2</sup>National Institute on Aging Intramural Research Program, National Institutes of Health, Baltimore, Maryland 21224, USA <sup>3</sup>Department of Neuroscience, Johns Hopkins University School of Medicine, Baltimore, Maryland 21205, USA

<sup>8</sup>**A Periodic Diet that Mimics Fasting Promotes MultiSystem Regeneration, Enhanced Cognitive Performance, and Healthspan.** Cell Metabolism, July 2015. Graphical Abstract Highlights d FMD rejuvenates the immune system and reduces cancer incidence in C57BL/6 mice d FMD promotes hippocampal neurogenesis and improves cognitive performance in mice d FMD causes beneficial changes in risk factors of age-related diseases in humans Authors Sebastian Brandhorst, In Young Choi, Min Wei, ..., Todd E. Morgan, Tanya B. Dorff, Valter D. Longo

<sup>9</sup>**Can a Diet That Mimics Fasting Turn Back the Clock?** JAMA, June 2017. Jennifer Abbasi

# THIS REPORT IS ONLY VALID FOR THE NEXT 90-DAYS

**Your next Custom Regenerative Nutrition Report date is:**

**Order at [www.regenr8.me](http://www.regenr8.me)**

With any regime change that supports wellness or performance it is most beneficial to follow a course of reports. Being optimized, means staying in alignment with your epigenetic environment and adjusting your food and nutrient intake to meet your changing needs over time. We recommend that you do this every 90-days, as this is a natural cycle the body follows. Don't miss out and book your next report now based on the above date.

## CUSTOM REGENERATIVE NUTRITION OVERVIEW

- 2. Amino Acids (Priority)**
- 4. Antioxidants (Consider)**
- 3. Fatty Acids (Advisory)**
- 5. Minerals (Consider)**
- 1. Vitamins (Priority)**

Category	Indicator	Information
Vitamins	Inositol. Betaine. Vitamin D3. Vitamin B6	For full results see the chart on page 7. For food sources refer to page 17.
Amino Acids	Serine. Glycine. Lysine. Glutamic Acid	For full results see the chart on page 15. For food sources refer to page 17.
Fatty Acids	Linoleic Acid - 6. Eicosapentaenoic Acid - 3 (EPA)	For full results see the chart on page 11. For food sources refer to page 17.
Antioxidants	Flavonoids	For full results see the chart on page 13. For food sources refer to page 17.
Minerals	Copper. Chromium	For full results see the chart on page 9. For food sources refer to page 17.

## The Key Indicators Chart

The larger the segment in the chart the higher the signature wave resonance intensity, which means the item is more of a **Priority** for you to address. Lesser items are marked **Advisory** or **Consider** and no indication means low relevance. These are indicators of underlying issues, which you should consider addressing using the suggested nutrient intake programs.

# VITAMINS INDICATORS

## YOUR PERSONAL PROFILE



*Priority - Increase Intake*

### 2. Betaine (P)

Biotin

### 1. Inositol (P)

Vitamin A1

Vitamin B1

Vitamin B12

Vitamin B2

Vitamin B3

Vitamin B5

### 4. Vitamin B6 (P)

Vitamin B9

Vitamin C

### 3. Vitamin D3 (P)

Vitamin E

Vitamin K1

Vitamin K2

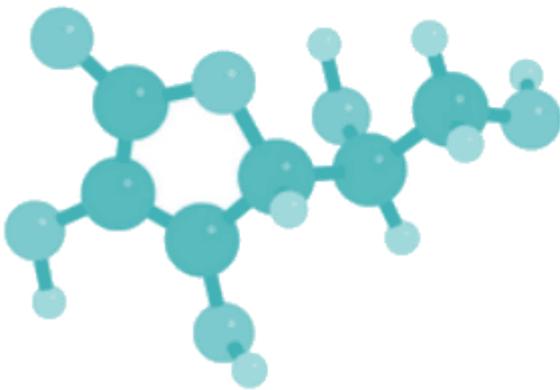
## Category Indicator Chart

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

An indication in the overview chart of any underlying issues and/or the matching of any symptoms on this page are not a physical diagnosis of deficiency or associated illness. Always seek professional health advice when making nutritional and dietary changes.

# VITAMINS

## ABOUT VITAMINS



Vitamin C molecular model



Vitamins are organic compounds which are needed to sustain life. You get vitamins from food, because the human body either does not produce enough of them or none at all. An organic compound contains carbon. When an organism (living thing) cannot produce enough of an organic chemical compound that it needs in tiny amounts, and has to get it from food, it is called a vitamin. Vitamins play a vital role in the enzymatic processes of your body and a shortage of them in your diet can cause a host of health related problems.

### Why Vitamins are vital to our Wellbeing

It is believed modern day living creates many deficiencies in our diets. One of these can be our daily vitamin intake—this can be reflected in the following: eye disorders, poor sight, acne, eczema, psoriasis, hot flushes, shingles, vitiligo, excessive skin wrinkles, poor hair quality, hair loss, poor tongue health, mouth ulcers, gum disease and many more. It is therefore worth considering a course of vitamin supplements.

Too many vitamins would be very rare, but might result in:

- Concentrated urine
- Shortness of breath
- Water retention
- Circulatory issues

*\*There may be other symptoms/conditions.*

### VITAMIN RICH FOODS

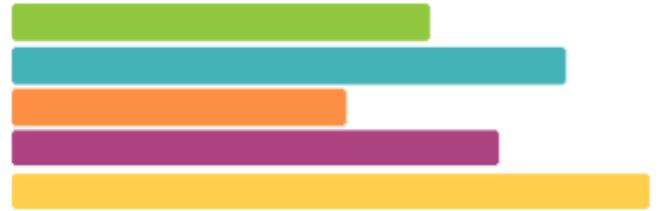
- Dairy
- Seeds and Nuts
- Lentils
- Chickpeas
- Green Vegetables
- Grains
- Peppers
- Chicken
- Turkey
- Fish
- Soy Beans
- Eggs
- Apricots

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

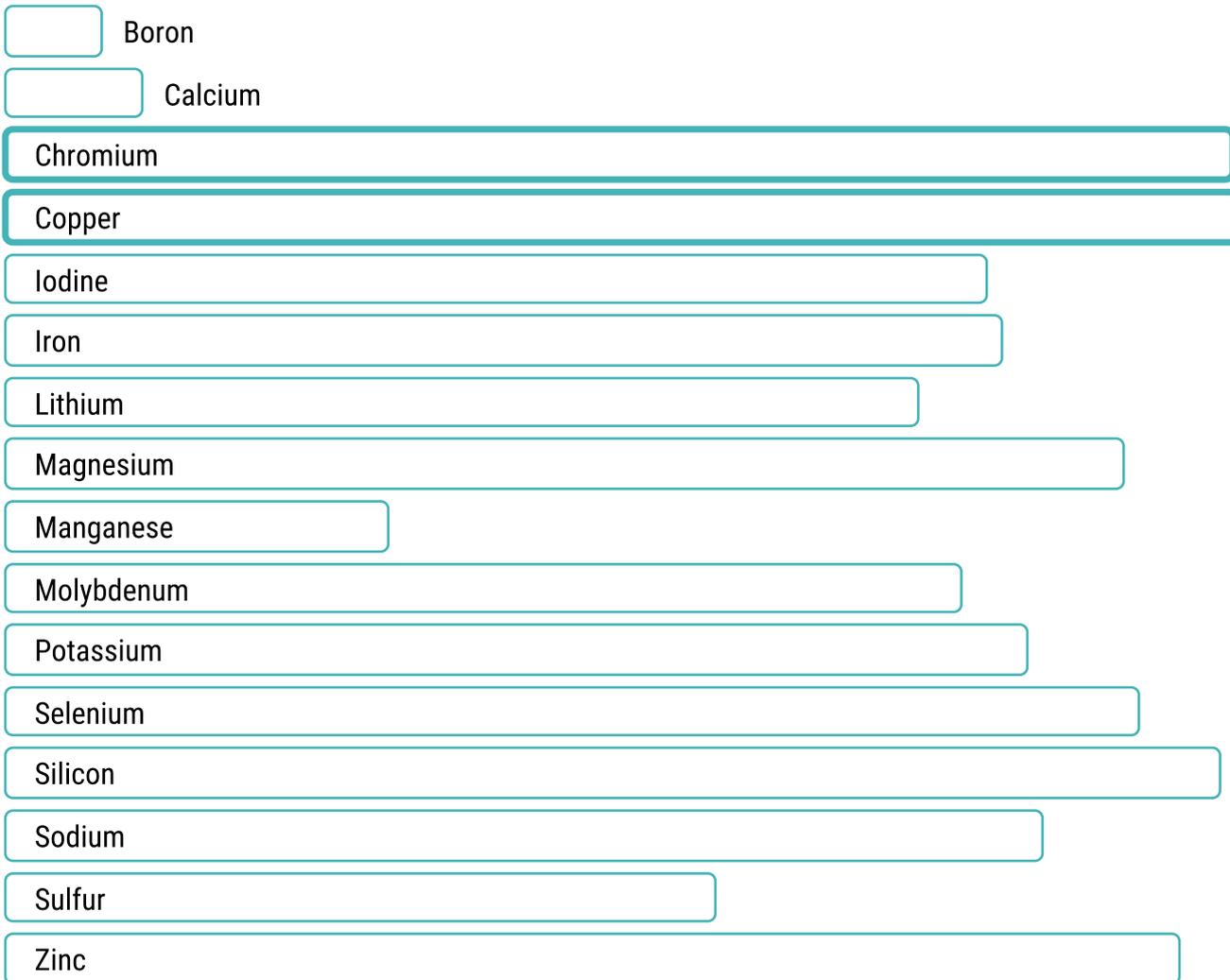
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# MINERALS INDICATORS

## YOUR PERSONAL PROFILE



*Consider - Increase Intake*



## Category Indicator Chart

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

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# MINERALS

## ABOUT MINERALS



Magnesium molecular model



Minerals are important for your body to stay healthy. Your body uses minerals for many different jobs, including building bones, making hormones and regulating your heartbeat.

**There are two kinds of minerals: macro-minerals and trace minerals.**

Macro-minerals are minerals your body needs in larger amounts. They include calcium, phosphorus, magnesium, sodium, potassium, chloride and sulphur. Your body needs just small amounts of trace minerals. These include iron manganese, copper, iodine, zinc, cobalt and selenium. The best way to get the minerals your body needs is by eating a wide variety of foods. However, even when eating a varied diet you often do not receive all of the required minerals and in the quantities the body needs. A broad spectrum mineral supplement should be considered.

### Why Minerals are vital to our Wellbeing

**A deficiency of Minerals in our body may cause:**

Cramps, joint pain, palpitations, eczema, insomnia, irritability, anxiety, fatigue, depression, osteoporosis, hair loss, weak immune, hyperactivity, headaches, hypertension and many more.

**Too many minerals in the body may cause:**

- Constipation
- Kidney stones
- Abdominal pain
- Nausea
- Vomiting
- Low blood pressure

*\*There are other symptoms/conditions but these are some common ones.*

### MINERAL RICH FOODS

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

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

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# FATTY ACIDS INDICATORS

## YOUR PERSONAL PROFILE



*Advisory - Increase Intake*

Alpha-Linolenic Acid - 3 (ALA)

Arachidonic Acid - 6 (AA)

Docosahexaenoic Acid - 3 (DHA)

**2. Eicosapentaenoic Acid - 3 (EPA) (A)**

Gamma Linoleic Acid - 6 (GLA)

**1. Linoleic Acid - 6 (A)**

Oleic Acid - 9

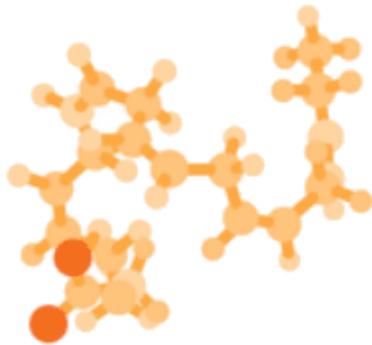
## Category Indicator Chart

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

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# FATTY ACIDS

## ABOUT FATTY ACIDS



Omega 3 molecular model



Many fish varieties, including salmon, are a good source of EFAs

Fatty acids, as they sound, are fats that are necessary within the human body. Though you have probably often heard the word 'fats' and associated it with bad health, there are some essential fatty acids that are necessary for your survival.

Without them, you could cause serious damage to different systems within the body. However, essential fatty acids are also not usually produced naturally within the body. This means that you have to obtain essential fatty acids by adding them to your diet.

### Why Essential Acids are vital to our Wellbeing

**A deficiency of EFAs in our body may cause:**

- Scaly dry skin
- Re-curent infections
- Poor wound healing
- Poor mental alertness
- Allergies
- Hyperactivity
- Possible links to: cardiovascular disease, stroke, arthritis, depression, alzheimer's, obesity

Very few toxicity symptoms noted, but very high doses could lead to mercury exposure due to toxic accumulations in the marine food chain.

*\*There are other symptoms/conditions but these are some common ones.*

### FATTY ACIDS RICH FOODS

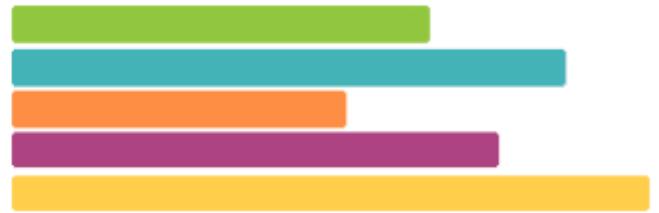
- |                       |                   |
|-----------------------|-------------------|
| <i>Non-Vegetarian</i> | <i>Vegetarian</i> |
| • Sardines            | • Flaxseed        |
| • Salmon              | • Walnuts         |
| • Shrimp              | • Soy Bean        |
| • Mackerel          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

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

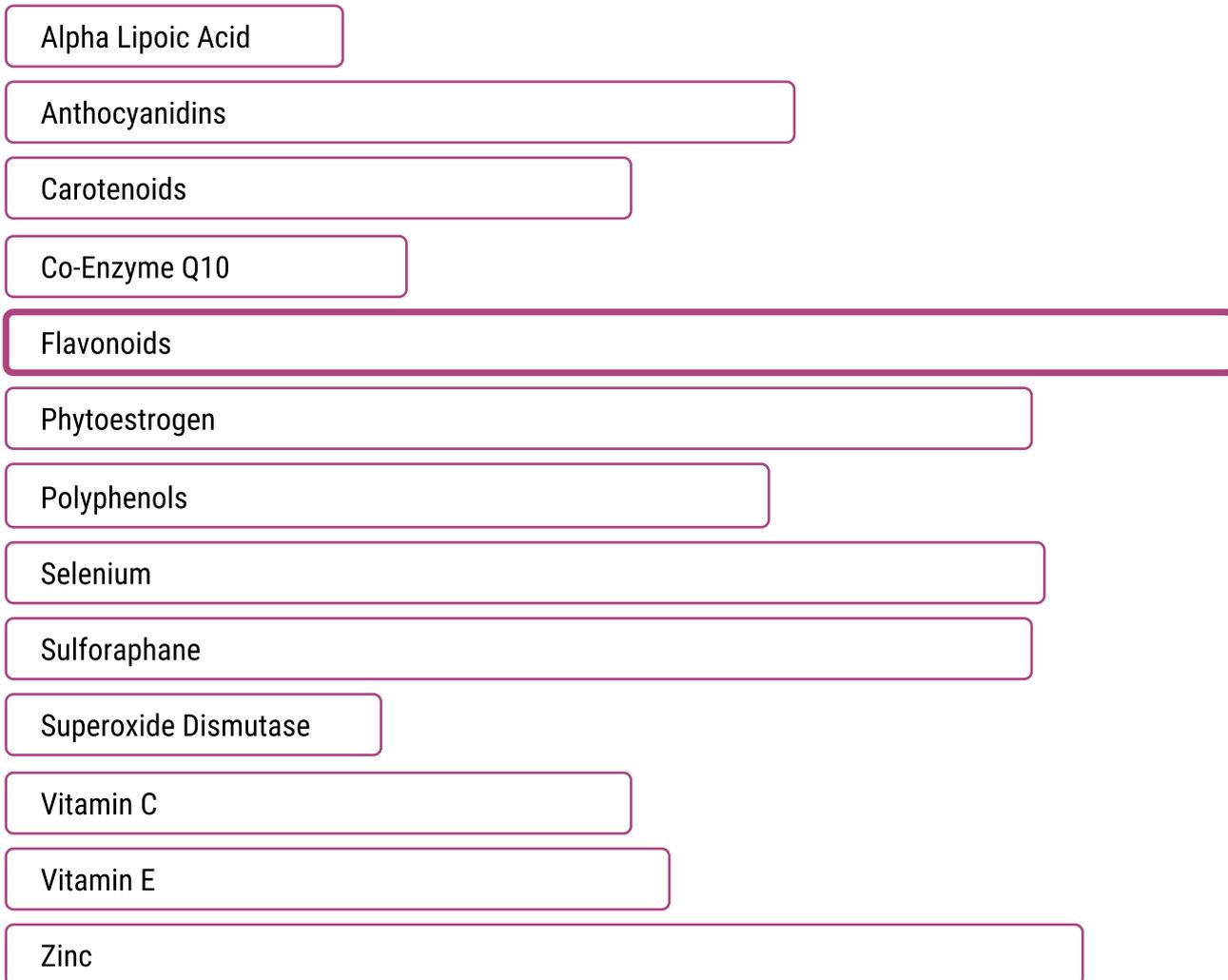
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# ANTIOXIDANTS INDICATORS

## YOUR PERSONAL PROFILE



*Consider - Increase Intake*



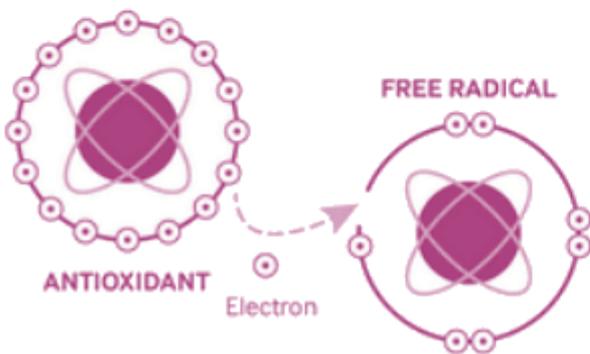
## Category Indicator Chart

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

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# ANTIOXIDANTS

## ABOUT ANTIOXIDANTS



Antioxidant neutralizing a free radical



Many berry varieties, including blueberries, are a good source of antioxidants

Antioxidants are substances that may protect cells in your body from free radical damage that can occur from exposure to certain chemicals, smoking, pollution, radiation and as a by-product of normal metabolism. Dietary antioxidants include selenium, vitamin A and related carotenoids, vitamins C and E, plus various phytochemicals such as lycopene, lutein, and quercetin.

You can find these antioxidants in many different foods. There are large amounts of antioxidants in fruits, vegetables, nuts, and whole grains and smaller amounts of antioxidants in meats, poultry and fish.

## Why Antioxidants are vital to our Wellbeing

### A deficiency of Antioxidants in our body may cause:

- Anemia
- Poor balance
- Muscle weakness
- Sight problems
- Inflammation (joint)
- Possible links to: cardiovascular disease, diabetes, hypertension, macular degeneration, mental illness, infertility and others.

Vitamins C and E can be toxic at high doses, causing diarrhea, nausea and cramping/wind.

Food intake of antioxidants presents very low risk.

*\*There are other symptoms/conditions but these are some common ones.*

## ANTIOXIDANT RICH FOODS

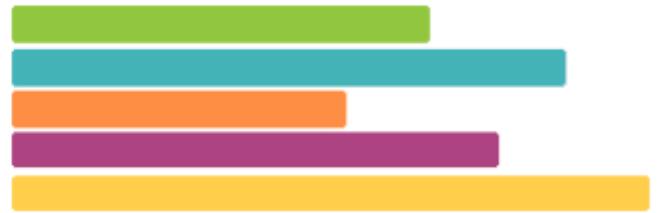
- |                  |            |
|------------------|------------|
| • Peppers        | • Broccoli |
| • Blueberries    | • Cabbage  |
| • Cranberries    | • Apricots |
| • Tomatoes       | • Salmon   |
| • Nuts and Seeds | • Sardines |
| • Spinach        | • Onion    |
|                  | • Garlic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

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

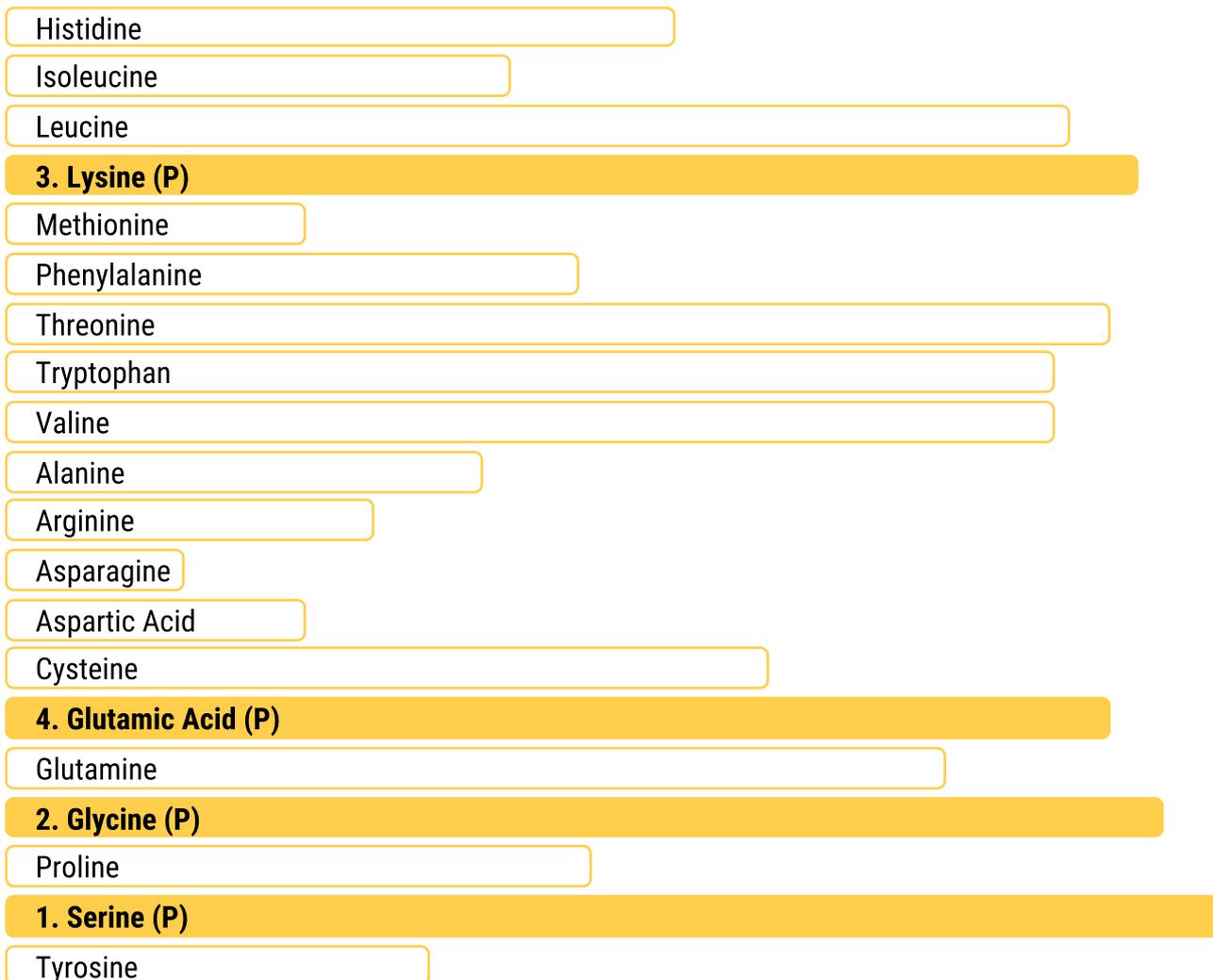
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# AMINO ACIDS INDICATORS

## YOUR PERSONAL PROFILE



*Priority - Increase Intake*



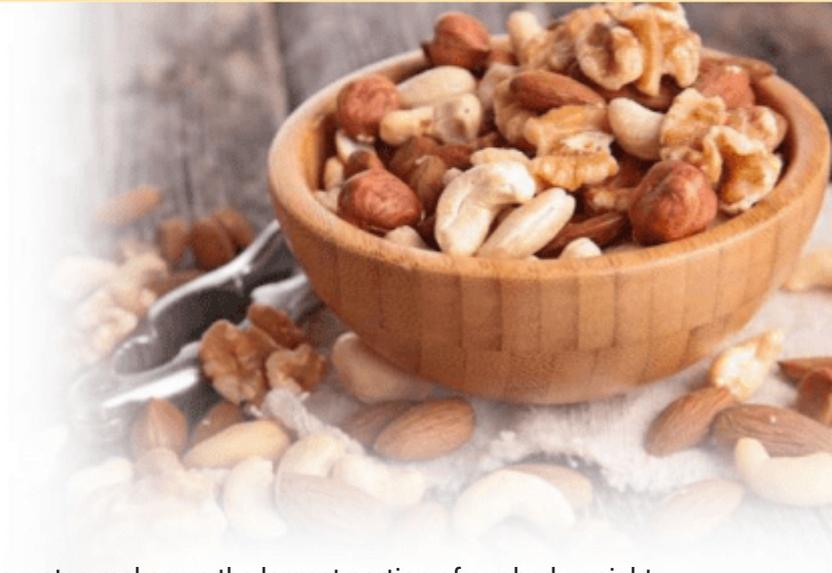
## Category Indicator Chart

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

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# AMINO ACIDS

## ABOUT AMINO ACIDS



Protein is needed by every living organism, and next to water, makes up the largest portion of our body weight since it is contained in muscles, organs, hair, etc. The protein used in making up the body is not directly derived from diet, but the dietary protein is broken down into amino acids, and the body then re-constitute these amino acids into the specific proteins needed.

Enzymes and hormones regulating body functions are also proteins. Amino acids are used in most body processes from regulating the way the body works to how the brain functions—they activate and utilize vitamins and other nutrients.

## Why Amino Acids are vital to our Wellbeing

### *A deficiency of Amino Acids in our body may cause:*

- Decreased muscle tone and weakness
- Chronic Fatigue Syndrome (tiredness)
- Chemical sensitivity and food intolerances
- Depression and anxiety
- Hair loss and low weight
- Thyroid malfunction

There are very few instances of amino acid toxicity but in some cases of high doses, vomiting, nausea and diarrhea were reported.

*\*There are other symptoms/conditions but these are some common ones.*

## AMINO ACID RICH FOODS

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

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# 90 DAY OPTIMIZE NUTRITION FOODS

Optimize Indicator (STEP 5 - Nutrition)	Suggested Food Sources Day 30-90 (introduce as many foods as you can, at least 2 for each indicator)
Inositol	Cantaloupe, oranges, beans, lemons, limes, whole grains
Serine	Meats, dairy products, Spirulina, lentil, kidney beans, mung beans, tuna, chicken, beef, cheese, wheat gluten, peanuts, soy
Glycine	Meats, poultry, eggs, milk, rice and beans, avocado, garlic, yoghurt, cottage cheese
Betaine	Whole wheat, wheat bran, wheat germ, spinach, beetroot, broccoli, spinach
Lysine	Red meats, fish, and dairy products (milk, eggs, and cheese), beans, peas, lentils, wheat germ, bananas, garlic, potatoes, Chlorella
Glutamic Acid	Pasta, Peanut Flour, Soy Beans, Asparagus, Almond Nuts, Fresh Eggs, Dairy, FISH-Cod, Tuna and Salmon
Vitamin D3	Swiss Cheese, oysters, sardines, cod liver oil, mackerel, herring, salmon, maitake and portabella mushrooms, eggs, sunlight
Vitamin B6	Avocados, bananas, fortified cereals, walnuts, peanuts, pecans, cashews, chestnuts, hazelnuts, lentils, potatoes, salmon, shrimp, beef, potato, spinach, broccoli, soybeans, sunflower seeds, tuna, brewer's yeast, green peas, wheat germ
Linoleic Acid - 6	Safflower oil, sunflower oil, soybean oil, corn oil, beef, lamb, walnuts, pumpkin seeds, sesame seeds
Eicosapentaenoic Acid - 3 (EPA)	Mackerel, salmon, sardines, tuna, flax seeds, sunflower oil, algal oil
Flavonoids	Apples, apricots, blueberries, pears, raspberries, strawberries, black beans, cabbage, onions, parsley
Copper	Whole grains, almonds, green leafy vegetables, oysters, crab, sunflower seeds, pine nuts, olives, hazelnuts
Chromium	Brewer's yeast, brown rice, cheese, whole grains, dried beans, blackstrap molasses, beef, chicken, corn, eggs, mushrooms, potatoes, parsnip, capsicum, molasses

If you find adding the suggested foods to your diet difficult, then you can choose to supplement your diet with nutritional supplements. Supplementation is not a replacement for eating a balanced and healthy diet but can be a way of helping to increase your intake of specific nutrients or nutrient groups. When taking supplements for Environmental Challenges and Resistance Indicators support you should seek the advice of a qualified health professional who can advise you on the products and processes involved.

# YOUR CUSTOM REGENERATIVE NUTRITION PLAN

**(NOTE: THIS REPORT IS ONLY VALID FOR THE NEXT 90-DAYS)**

**Your next Optimize Report date is:**

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**Phone:**

**Email:**

With any regime change that supports wellness or performance it is most beneficial to follow a course of reports. Being optimized, means staying in alignment with your epigenetic environment and adjusting your food and nutrient intake to meet your changing needs over time. We recommend that you do this every 90-days, as this is a natural cycle the body follows. Don't miss out and book your next report now based on the above date.

## Step 1

**ANALYZE**

The first step that you have already undertaken is to send your hair sample, including root bulbs and shafts, to our processing center in Ocala Florida. There, preliminary processing of the epigenetic signature map will occur, with digital files being securely transmitted to Germany for final processing on supercomputing systems. These systems run bio-resonance algorithms and check cross-referenced databases, creating the custom report that you see before you.

## Step 2

**REGENERATE**

The second step of the Custom Regenerative Nutrition Plan is to initiate the regenerative cell renewal process in the body through our Regenr8-ive Fasting Plan. Fasting diets have been clinically proven to kick-start the cellular renewal process, first by moving the body into a state of autophagy, whereby weak or damaged cells or expelled from the body, followed by a regenerative stem-cell renewal process. Our RFP fools the body into thinking it is fasting, while you are in fact receiving a nutritional meal, eliminating the severe hunger pangs of regular fasting along with other physical side effects (nausea, irritability, headache, fatigue, lethargy, etc.)

## Step 3

**OPTIMIZE**

Step 3 of the optimizing process is to ensure that you are absorbing the proper nutrients that YOUR body lacks – vitamins, minerals, amino acids, fatty acids, etc. – which is delivered to you in our Thrive – Custom Clean Nutrition. This optimized and customized plant-based nutritional ensures that the proper nutrients are being delivered to your body based upon your unique Epigenetic signature. And since Thrive is whole-food based, you can rest assure that no fillers, additives or synthetic chemicals will ever interfere with your body's natural enzymatic processes or their ability to digest and utilize nutrients to the fullest.

# SELF-CHECK PROGRESS

The process of optimizing varies for everyone and it's important to keep a track of the changes over time. Once a more optimized you becomes the norm it's sometimes difficult to remember how things used to be. Keeping a record of your journey helps you to quantify the changes and motivates you to keep them. **Be sure to schedule in the 4 dates that you are going to complete the questionnaires at the start and ensure you give yourself enough time to complete this thoughtfully.**

DAY 1		DATE										SCORE	
SYMPTOM	SCALE	1	2	3	4	5	6	7	8	9	10		
TIRED	Extremely											Never	
TEMPERAMENT	Racy											Calm	
A LITTLE SNAPPY	Very Bad Tempered											Placid	
A LITTLE EMOTIONAL	Highly											Balanced	
FOOD DOESN'T DIGEST	Uncomfortable											No Problem	
SHORT TERM MEMORY	Forget Easily											Great Memory	
SUGAR CRAVINGS	Love Sweets											Don't Need Sugar	
LIBIDO	Very Low											High	
COLD HANDS OR FEET	Very Cold											Normal	
FEELING OF HOPELESSNESS	Depressed											Life is Good	
MIGRAINE	Extreme											No Headaches	
THRUSH	Frequently											Never	
BOWEL MOVEMENTS	Irregular											Frequent/Normal	
CONSTIPATION	10 Days Apart											Every Day	
APPETITE	Always Snacking											Never Hungry	
ACNE	Extreme											Nil	
VOICE	Very Deep											Soft	
HIGHLY STRUNG	Volatile											Calm	
IRRITABLE BOWEL SYNDROME	Bad											No	
SLEEP PATTERNS	Poor											Very Good	
NUMBER OF HOURS OF SLEEP	10 or More											5-8	
RESTLESS LEGS	Often											Never	
LOWER BACK PAIN	Extreme											Never	
WIND/BLOATING	Often											Never	
<b>TOTAL</b>													

# SELF-CHECK PROGRESS

The process of optimizing varies for everyone and it's important to keep a track of the changes over time. Once a more optimized you becomes the norm it's sometimes difficult to remember how things used to be. Keeping a record of your journey helps you to quantify the changes and motivates you to keep them. **Be sure to schedule in the 4 dates that you are going to complete the questionnaire at the start and ensure you give yourself enough time to complete this thoughtfully.**

DAY 30		DATE										SCORE	
SYMPTOM	SCALE	1	2	3	4	5	6	7	8	9	10		
TIRED	Extremely											Never	
TEMPERAMENT	Racy											Calm	
A LITTLE SNAPPY	Very Bad Tempered											Placid	
A LITTLE EMOTIONAL	Highly											Balanced	
FOOD DOESN'T DIGEST	Uncomfortable											No Problem	
SHORT TERM MEMORY	Forget Easily											Great Memory	
SUGAR CRAVINGS	Love Sweets											Don't Need Sugar	
LIBIDO	Very Low											High	
COLD HANDS OR FEET	Very Cold											Normal	
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ACNE	Extreme											Nil	
VOICE	Very Deep											Soft	
HIGHLY STRUNG	Volatile											Calm	
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SLEEP PATTERNS	Poor											Very Good	
NUMBER OF HOURS OF SLEEP	10 or More											5-8	
RESTLESS LEGS	Often											Never	
LOWER BACK PAIN	Extreme											Never	
WIND/BLOATING	Often											Never	
<b>TOTAL</b>													

# SELF-CHECK PROGRESS

The process of optimizing varies for everyone and it's important to keep a track of the changes over time. Once a more optimized you becomes the norm it's sometimes difficult to remember how things used to be. Keeping a record of your journey helps you to quantify the changes and motivates you to keep them. **Now is the time to book yourself for a re-scan, which should be as close as possible to the end of the 90-days and after you have completed the final self-check.**

## DAY 60

DATE

SYMPTOM	SCALE											SCORE		
		1	2	3	4	5	6	7	8	9	10			
TIRED	Extremely												Never	
TEMPERAMENT	Racy												Calm	
A LITTLE SNAPPY	Very Bad Tempered												Placid	
A LITTLE EMOTIONAL	Highly												Balanced	
FOOD DOESN'T DIGEST	Uncomfortable												No Problem	
SHORT TERM MEMORY	Forget Easily												Great Memory	
SUGAR CRAVINGS	Love Sweets												Don't Need Sugar	
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COLD HANDS OR FEET	Very Cold												Normal	
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IRRITABLE BOWEL SYNDROME	Bad												No	
SLEEP PATTERNS	Poor												Very Good	
NUMBER OF HOURS OF SLEEP	10 or More												5-8	
RESTLESS LEGS	Often												Never	
LOWER BACK PAIN	Extreme												Never	
WIND/BLOATING	Often												Never	

TOTAL

# SELF-CHECK PROGRESS

Compare your self-check questionnaires from day 1 to day 90 to get a feel for some of the tangible changes that optimization has brought about already. Changes can vary but should generally be on an upward trend. If they are then you can see for yourself that the process of optimizing is boosting your enzymes function; helping your genes to produce better cells; promoting an adaptable nervous system and overall improving your metabolic function. **Now get your re-scan and keep up the good work and continue to Optimize.**

DAY 90		DATE										SCORE	
SYMPTOM	SCALE	1	2	3	4	5	6	7	8	9	10		
TIRED	Extremely											Never	
TEMPERAMENT	Racy											Calm	
A LITTLE SNAPPY	Very Bad Tempered											Placid	
A LITTLE EMOTIONAL	Highly											Balanced	
FOOD DOESN'T DIGEST	Uncomfortable											No Problem	
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LOWER BACK PAIN	Extreme											Never	
WIND/BLOATING	Often											Never	
<b>TOTAL</b>													

# CUSTOM REGENERATIVE NUTRITION IS THE KEY TO WELLNESS

## WHAT CUSTOM REGENERATIVE NUTRITION DOES FOR YOUR BODY...

Power all of the processes in your body

Boosts your immune system

Helps you achieve better sleep

Cleanses your body of toxins

Assists you to maintain a healthy weight

Promotes good sexual health

Improves your performance

Can help you live to a healthy age

Optimizes your wellness



## WHAT COULD BE STOPPING YOU FROM GETTING CUSTOM REGENERATIVE NUTRITION?

### Nutrient Intake

Many soils are depleted of key nutrients and those that do exist are much lower than a generation ago. Even a healthy diet may not provide you with enough nutrients.

### Processed Foods

These foods have a very low nutritional value, known as empty calories/carbs they actually create a deficit of key nutrients for the body.

### Convenience

We like convenience in foods but it comes at a cost—the convenient options often have very low nutritional value.

### Lifestyles

Lifestyles of high stress deplete the body of many nutrients and when combined with other factors leave many people malnourished of micro-nutrients.

# IT'S TIME FOR A CHANGE . . .

# REGENR8 YOUR LIFE!!!!

Thank you for investing your time and resources to get your ReGenr8 Custom Regenerative Nutrition Report.

Time is more valuable than money. You can get more money but you can't get more time and as they say,

*'At the end of the day prevention is far better than cure.'*

It's *your* body, so why not let it do the talking.

[www.regenr8.me](http://www.regenr8.me)

**DISCLAIMER:**

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