

HOW TO USE THIS BOOK...

This guide was created out of my personal love of having a written resource to use during a session with a client when I started using Zyto products years ago.

Biomarkers are digital representations of actual components of your body like organs, glands, and systems, but they also include lifestyle and environmental factors that also impact your body like sleep, emotions, or toxins.

These biomarkers provide useful information about your health, but they are different than biomarkers that are found when blood or urine are tested.

Zyto biomarkers interact with your body's energetic field and are measured and analyzed based on how your body responds to them by comparing your body's baseline, normal, resting response to its response when a particular biomarker is introduced.

Biomarkers measured are organs, glands, systems, TCM meridians, teeth, vertebrae, emotions, toxins, sleep, nutrition and other lifestyle areas.

Keep in mind that this technology provides wellness information in the form of biomarker responses and wellness products that can be helpful in bringing your body to a place of energetic balance. It does not diagnose, treat, mitigate, cure, or prevent any disease or medical condition.

To make the best use of this guide, all you have to do is browse the alphabetical list of biomarkers and review the provided information. Consider this guide as a starting point to expand your knowledge or take advantage of what is available.

Personally, I find it convenient to print the guide and organize the pages in sheet protectors in a binder. This not only makes it easily accessible but also safeguards it from any unexpected "life events" such as spilled drinks, lunch accidents, or encountering a puddle... However, feel free to choose whichever method suits you best.

APPENDIX

Emotions – blocking the flow of good; loss of power; feeling like you can't get what you want; denial of life; feeling dejected, fearful, angry, and uninspired.

Your appendix, an organ of your immune system, is a small, tube-shaped pouch, about the size of your pinky finger, that is attached to your large intestine in the lower right part of your belly. The purpose of the appendix is not clear, but one theory is that the appendix acts as a storehouse for good bacteria, “rebooting” your digestive system after diarrhea or the overuse of antibiotics.

Appendicitis can happen when it becomes inflamed and filled with pus with symptoms like sudden pain that begins on right side of lower abdomen or around your belly button, shifting to the lower right; pain that gets worse when you walk, cough, or make other movements; nausea or vomiting; loss of appetite.

Your appendix likes lots of fruits and vegetables.

ARTIFICIAL SUGARS & SWEETENERS

Artificial sweeteners are typically 200 to 600 times sweeter than sugar. They stimulate your taste buds, go to your brain, affect your hormones, and slow your metabolism. Both sugar and artificial sweeteners are addictive.

Common artificial sweeteners include Aspartame, Sucralose, Acesulfame K, Saccharin, and Xylitol.

Aspartame may cause central nervous system disturbances, menstrual, and may even affect brain development in unborn babies.

Sucralose is basically chlorinated sugar that can even be made chemically without the sugar. It contains small amounts of contaminants like heavy metals, methanol, and arsenic. Have a chlorine allergy? You could have a severe reaction to sucralose.

As of 2006, there have been only six human studies done on sucralose...the longest one was for just...three months. No studies have been done on children or pregnant women and there has been no monitoring of any adverse health effects.

CHEMICALS

A chemical is any pure substance or any mixture that cannot be broken down without changing it into something else. Chemicals can occur naturally or be artificially created. Our bodies don't recognize those that are created. Detergents, soaps, make up, meds, cleaning products, personal care products, candles...

What environment are you working in? Tattoos? Personal care products? Food choices? It can also be chemical exposure from the past.

Some signs that you may have a chemical build up include brain fog, hair loss, fatigue, brittle toenails, bad breath, nausea, weight gain, consistent bags under your eyes, lack of energy, poor digestion, or constipation.

Detoxing from chemical overload can include increasing your daily water intake, cutting out sugar and processed foods, eating organic, and adding fermented foods and drinks to your diet.

TCM – GOVERNING MERIDIAN

Thousands of years old and having changed very little, Traditional Chinese Medicine uses meridians, strings connecting acupuncture points that are considered pathways through which life energy, or Qi, flows. These meridians run through your fascia (connective tissue) and play an important part in the health of your organs, emotions, and thoughts. Imbalance to Qi can cause disease and illness.

The Governing Meridian, associated with the largest organ in your body, the skin, runs up the center of your body from your coccyx (lower back) over the top of your head to under your nose, strengthening your body, clearing your mind, and stabilizing your spirit. When it is balanced you feel strong, enriched, and structured with a sense of integrity and self-responsibility. If it is out of balance, you may feel burdened, unable to stand up straight, controlled or even self-destructive.

It is related to the functions of storing energy, receiving both sunlight and white light, and maintaining structure in your life as circumstances like climate, season, your environment, or your state of life changes.

Yin yoga is another way to support your meridians. I found Yin Yoga with Annie while researching for this project. You can find her here:

<https://www.youtube.com/watch?v=pwdO76mj9bg&list=PL3QKA8VNp3w7WamrKmky6MEx6YYRugYL4&index=1>

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