

YOUR PERFORMANCE IS MY PRIORITY!

By working together, we will strive for
impossible and reach for unreachable!

SIMPLY . BALANCED . ENERGY



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1. COMPLETE BODY EVALUATION

This package is designed to analyze the functionality of your body, its organs, glands, and systems. By running this assessment, we will look into:

- Internal organs and systems functionality, ranging from 5% to 100% efficiency.
- Major disturbances that don't allow your body to function to its full potential.
- Possible nutritional deficiencies among major groups (amino acids, minerals, vitamins, fatty acids, antioxidants, probiotics, fiber).
- If you are dehydrated (on the cellular level).
- Your body pH level.
- Body toxicity level (on a scale from 1 to 10).
- Major food categories your body might be sensitive to (dairy, seafood, grains, spices, nuts, sugars, food additives, etc.).
- If your body is sensitive to phenolics (23 chemical compounds widely occurring in organic substances).

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is designed in coherence with your individual needs and will be beneficial for supporting your body and improving major imbalances. It will help all organs and systems to be in harmony and improve overall body strength and vitality.

2. DAILY MAINTENANCE EVALUATION

This package is designed to analyze what's required for your body to function at its full potential, daily. By running this assessment, we will look into:

- Which organs and systems need the most attention and support.
- Major causes for insufficient bodily functions.
- Macro and micronutrients helpful in maintaining the integrity of your body on a day-to-day basis.
- If you are dehydrated (on the cellular level).
- Your body pH level.
- Useful affirmations based on your thinking patterns.

We will also evaluate what type of exercise (aerobic, anaerobic, stretching) can be beneficial outside of your usual training in the next 2 - 4 months, based on its type, intensity, duration, and frequency.

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is designed in coherence with your individual needs and will be beneficial for supporting your body on an everyday basis and improve your overall wellbeing.

3. DIGESTIVE SYSTEM EVALUATION

This package is designed to analyze the functionality of the digestive system and its organs. You will find out:

- What may cause the disturbances and inflammation in your gastrointestinal tract.
- Beneficial bacteria your intestinal tract is lacking.
- Possible pathogens.

- If there is a presence of candida overgrowth.
- If the level of intestinal permeability is increased (leaky gut).
- If you are sensitive to any of the 14 major food allergens (milk, wheat, sugar, corn, dairy, soy, eggs, peanuts, gluten, shellfish, nightshades antigens, chemical sweeteners, and high fructose corn syrup).
- If there is any sensitivity to phenolics (23 chemical compounds widely occurring in organic substances).
- Nutritional and enzyme deficiencies preventing your digestive system from working properly.
- Specific nutrients, essential oils, and herbs that can be beneficial for restoring your digestive system strength.
- Possible involvement of emotional factors/stress in the gastrointestinal tract malfunction.

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is designed in coherence with your individual needs and will be beneficial for restoring your gastrointestinal tract and digestive energy.

4. IMMUNE SYSTEM EVALUATION

The immune system is a very complex and is not yet a fully understood part of our bodies. By running this evaluation, we will look into:

- Immune and lymphatic systems, spleen and thymus functionality.
- Nutritional and enzyme deficiencies preventing your immune system from working properly.
- Presence of an increased level of antibodies and histamine production. This evaluation is based on blood chemistry where we are looking at the same items energetically.
- Presence of candida overgrowth in the intestinal tract.
- If your immune system creates an allergy-pattern response to:
 - Any of 10 major food groups (antigens): dairy, grains, nuts, seeds, meats, vegetables, seafood, legumes, spices, nightshades, food additives.
 - Phenolics (23 chemical compounds widely occurring in organic substances).
 - Environmental allergens (pollens, molds, yeasts, dust, animal hair and dandruff, insect bites, household chemicals).
- Specific nutrients, essential oils, and herbs that can be beneficial for supporting your immune system on a day-to-day basis.

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is designed in coherence with your individual needs and will be beneficial for supporting your immune system and improve your overall wellbeing.

5. NUTRITIONAL DEFICIENCIES PROFILE

This package is designed to determine imbalances of essential and non-essential nutrients.

The difference between the bio-energetic nutrient deficiencies evaluation and a blood test is that bio-energetic test is looking into the nutritional saturation within cells with the ability to differentiate reasons for these deficiencies – malabsorption, greater usage of a specific nutrient by the body, or simply the result of an improper diet.

By running this evaluation, you will find out deficiencies of:

- Vitamins
- Minerals
- Amino acids
- Fatty acids
- Antioxidants and other additional nutrients
- Digestive enzymes
- If you are dehydrated (on the cellular level)
- Possible presents of electrolytes imbalance
- Your body's pH level

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is designed in coherence with your individual needs. Even though the tincture will be a great resource for your body to address deficiencies, you as well will be given a list of foods that are high on deficient nutrients. Additional temporary supplementation may be also recommended.

6. FOOD FOR OPTIMAL HEALTH AND PERFORMANCE

There are many food choices available to us. I am happy to introduce a great assessment that includes a wide range of food categories and will help you to:

- Navigate through stores or local markets and pick the food that will benefit you the most
- Enrich your diet with a personalized selection of the most nourishing foods for you
- Build customized meals, snacks, and trail mixes based on your body's needs

You will also find out:

- If you are dehydrated (on the cellular level)
- Your body's pH level
- Specifics on how to improve your diet.

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is designed in coherence with your individual needs and will be beneficial for maintaining your individual nutrients intake, the digestive system, energy production, and overall wellbeing.

7. FOOD SENSITIVITY PROFILE

The main purpose of this package is to identify and start working on eliminating sensitivities to food antigens you might be producing. This is a helpful test to help your body find homeostasis, increase energy, improve digestion, the immune system, skin, and the overall feeling of wellbeing.

The library of this evaluation is vast and contains a broad spectrum of items in each food category. By choosing this package, you will be tested on sensitivities to:

- Dairy and non-dairy products
- Eggs
- Fish and crustaceans
- Grains and legumes
- Meat and poultry

- Nuts and seeds
- Oils and fats
- Vegetables
- Fruits
- Beverages
- Spices
- Sugars and sweeteners
- Additives
- Cooking ingredients
- Anti-nutrients that can cause various health challenges.

You will also find out:

- To which major environmental allergens your body is sensitive to (pollens, molds, yeasts, dust, animal hair and dandruff, insect bites, household chemicals).
- The possible sensitivity to phenolics (23 chemical compounds widely occurring in organic substances).
- Presence of digestive enzymes deficiencies.

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is designed in coherence with your individual needs and will train your immune system to recognize these compounds and help your body to break them down properly rather than responding adversely to them.

8. ENVIRONMENTAL SENSITIVITY AND INHALANT PROFILE

The main purpose of this package is to identify and start working on eliminating sensitivities to environmental components that can interact with your body. By assessing either environmental, food or phenolic sensitivities, we are looking into compromised immune system function. Bioenergetic technology is designed not only to recognize elements that interfere with the immune system, but also to strengthen the immune system so it has a lesser chance to react to these elements in the future. Along with finding out environmental sensitivities, this package is very helpful for combating seasonal allergies.

The library of this evaluation is vast and contains a broad spectrum of items in each category. By choosing this package, you will be tested on sensitivities to:

- Air pollutants
- Animals
- Chemical families (solvents, chlorine, industrial, agriculture, and household chemicals)
- Fossil fuels
- Heavy metals
- Pests
- Materials (fabrics, rubber, silicone, etc.)
- Pollens
- Harmful energies (microwave, x-rays, UV, computer, electromagnetic, etc.)

You will also find out:

- To which major food categories your body may be sensitive to (dairy, seafood, grains, spices, nuts, sugars, food additives, etc.).
- If your body is sensitive to phenolics (23 chemical compounds widely occurring in organic substances).

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is design in coherence with your individual needs and will train your immune system how to recognize these compounds and help your body to break them down properly rather than responding adversely to them.

9. PHENOLICS SENSITIVITY PROFILE

The main purpose of this package is to identify and start working on eliminating sensitivities to phenolics. Phenolics are the chemical compounds that are chained throughout organic substances. When phenolics you are sensitive to enter your body, the immune system tries to destroy them, creating an altered immune response or allergy-pattern response. Often, one phenolic can be in many foods, causing the immune system to react to it, and develop a sensitivity to all foods which that specific phenolic is present.

Overall, this test can neutralize more food and environmental sensitivities than any other sensitivity evaluation, as one phenolic can be present in more than 80 foods as well as numerous environmental allergens such as pollen, dust, perfumes, etc.

This test contains a library of 23 phenolics.

You will also find out which major environmental and food categories your body is sensitive to (for example pollens, molds, dust, animal hair and dandruff, household chemicals, dairy, seafood, nuts, grains, spices, sugars, food additives, etc.).

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is designed in coherence with your individual needs and will teach your immune system how to recognize these compounds and help your body to break them down properly rather than responding adversely to them.

10. FOOD ADDITIVES SENSITIVITY PROFILE

Our food is not perfect. We get exposed to substances which our bodies are not designed to process well. The main purpose of this package is to identify and start working on eliminating sensitivities to food additives that your body can be especially impaired by.

By assessing any types of sensitivities, we are looking into compromised immune system function. Bioenergetic technology is designed not only to recognize elements that interfere with the immune system, but to also strengthen the immune system so it has a lesser chance to react to these elements in the future.

The library of this evaluation is vast and contains brought spectrum of items from many groups, from preservatives and stabilizers to artificial flavours and colorings.

You will also find out:

- To which major food categories your body might be sensitive to (dairy, seafood, grains, legumes, meat/poultry, nuts, sugars, etc.).

- If there is any sensitivity to phenolics (23 chemical compounds widely occurring in organic substances).

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is designed in coherence with your individual needs and will train your immune system how to recognize these compounds and help your body to break them down properly rather than responding adversely to them.

As we are all aware, we are constantly exposed to many different types of chemicals: from food we eat, water we drink, air we breathe, chemicals at work and home... Our bodies have a well-designed mechanism to detox on a regular basis. Unfortunately, in the last few decades, the amount of chemicals became overwhelming. The stress level went up and nutrients in food has diminished. It's much more difficult for our bodies to stay on top of detoxification and we see more disturbances caused by stored toxins within body tissues.

The main purpose of Detoxification Protocols is to identify and start working on eliminating these chemicals that your body has stored. Bioenergetic technology is designed not only to recognize elements that are not needed, but to also to help your body to detox safely.

By running the next 4 protocols, we will also find out:

- Body toxicity level (on a scale from 1 to 10).
- Nutritional deficiencies compromising your ability to detox.
- Level of hydration and pH of your body.
- Health of the most important organs for detoxification.
- Nutrient bio-availability on the cellular level and cellular permeability.
- Useful nutrients, essential oils, and herbs to help with detoxification.

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is designed in coherence with your individual needs and will be very helpful through the process of gentle and safe detoxification. It will also support your body and its main detoxification organs.

11. DETOXIFICATION PROTOCOL (I). HEAVY METALS.

12. DETOXIFICATION PROTOCOL (II). AGRICULTURAL CHEMICALS.

13. DETOXIFICATION PROTOCOL (III).

HOUSEHOLD CHEMICALS / MOLDS, FUNGUS, YEASTS.

14. DETOXIFICATION PROTOCOL (IV).

ENVIRONMENTAL CHEMICALS / RADIATION.

15. MENTAL AND EMOTIONAL STRESS

Even though mental and emotional stresses are distinctly different, they go hand-in-hand. Mental health refers to your ability to process information, and emotional health refers to your ability to express feelings which are based on the information you have processed. That's why this package explores both venues.

Stress affect different body systems and alter bodily functions. We begin to experience troublesome symptoms such as insomnia, lack of energy, feeling lethargic, anxious/irritated, have trouble to control emotions, experience impaired digestion, skin problems, reoccurring infections... This is the time to start looking into the situation more seriously before the possibility of a 'big storm'.

This package is very helpful in identifying needed components to help to restore your mental and emotional health. Additionally, this assessment will look into everyday stressors as well as deep buried issues that could have been ignored or avoided, giving us a chance to investigate the root cause of the problem.

You will find out:

- What emotions need to be addressed first.
- Nutritional deficiencies that can affect stress recovery.
- Specific nutrients, essential oils, herbs, and crystals to help with mental concentration, to cope/resist stress.
- The most bothersome feeling and which body system it affects.
- Specific emotion to concentrate on.
- Useful affirmations based on your thinking patterns.
- Status of neurotransmitters (chemical messengers which transmit signals across the nervous system) and endorphins (brain chemicals which function to transmit electrical signals within the nervous system and reduce our perception of pain, trigger positive feelings, and the general feeling of well-being).

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is designed in coherence with your individual needs and will be beneficial for supporting your nervous system, help to increase brain power, resist stress, and improve your overall well-being.

16. SLEEP DISTURBANCES PANEL

It's very well known that good sleep is a critical component of well-being. There are many reasons as to why sleep may be compromised: from chronic illnesses to a troubled mind. Some of us suffer from insomnia, some have trouble to fall asleep, or stay asleep... The result is always the same: we feel exhausted and generally unwell.

This assessment will look into a few aspects of sleep deprivation:

- Brain homeostasis and brain waves.
- Present status of hormones, amino acids, and neurotransmitters (chemical messengers which transmit signals across the nervous system) involved in sleep patterns.
- If any emotions are involved in sleep impairment.
- Useful nutrients, essential oils, herbs, and crystals to help with sleep restoration.

- Presence of heavy metals and their possible interference with your sleep.
- Major food categories your body might be sensitive to (dairy, seafood, grains, spices, nuts, sugars, food additives, etc.).
- If your body is sensitive to phenolics (23 chemical compounds widely occurring in organic substances).

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is designed in coherence with your individual needs. This tincture will be a great resource for your body to address issues involved with impaired sleep patterns and will assist in recovery during sleep.

17. ENERGY BALANCE PANEL

This package is designed to analyze what obstacles your body is facing in order to produce the right amount of energy at the right time and start working on improving your energy level.

By running this assessment, we will look into:

- Nutritional deficiencies that may interfere with the energy production.
- Nutrient bio-availability on the cellular level and cellular permeability.
- Cellular health, including the mitochondria (power generator of the cell).
- Level of hydration and the pH of your body.
- Possible presence of insulin and leptin resistance (hormones that share common effects in the control of food intake and energy metabolism).
- Health of the thyroid, parathyroid, and adrenal glands.
- Useful nutrients, essential oils and herbs to help with energy production.
- Possible presence of emotional involvement in impaired energy production.

You will also find out energy scores (ranging from 10% to 99%) for:

- Physical energy
- Mental energy
- Emotional energy
- Casual/Believe energy

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is designed in coherence with your individual needs and will be beneficial for supporting your body on a cellular level, help to increase energy production, and improve your overall well-being.

18. WEIGHT LOSS EVALUATION

This package is designed to analyze many aspects of weight loss: from identifying what can interfere with healthy reducing fatty tissue, to determining what needs to be done to achieve successful results. By running this evaluation, we will be looking into:

- Nutritional deficiencies inhibiting your ability to lose weight.
- Level of hydration and pH of your body.

- Possible presence of insulin and leptin resistance (hormones that share common effects in the control of food intake and energy metabolism).
- Evaluation of metabolic enzymes.
- Evaluation of digestive enzymes.
- Body toxicity level (on a scale from 1 to 10).
- Health of the thyroid gland, liver, kidneys, gallbladder, lymphatic system, and intestinal tract.
- Useful nutrients, essential oils, spices, and herbs to help with weight loss.
- Possible presence of an emotional component interfering with successful weight loss.
- Major food categories your body may be sensitive to (dairy, seafood, grains, legumes, meat/poultry, nuts, sugars, etc.).
- If there is any sensitivity to phenolics (23 chemical compounds widely occurring in organic substances).

If desired, we may also evaluate what form of exercise (aerobic, anaerobic, stretching, and breathing) is going to work the best for you in the next 2-4 months. Its type (swimming, interval training, walking, rowing, isometric exercise, weightlifting, balance exercises, etc.), intensity, duration, and frequency.

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is designed in coherence with your individual needs and will be beneficial for many important components of weight loss: from increasing the metabolism and training your body to use fat as a primary energy source, to improving absorption of essential nutrients and reducing cravings.

19. INJURY AND POST-SURGICAL RECOVERY EVALUATION

This package is designed to help you to restore your vitality, gain back your strength, stamina, mobility, and control your body weight during a time of recovery.

This assessment focuses not only on physical aspects your body needs to recover quicker, but also mental and emotional components of the recovery. It's a tremendous advantage on the road to healing.

By running this evaluation, we will be looking into:

- Nutritional deficiencies that are slowing your complete recovery.
- If you are dehydrated (on the cellular level).
- Your body's pH level.
- What is needed for your body to control inflammation.
- Possible presents of major food sensitivities that contribute to increased inflammation (dairy, wheat, sugar, corn, gluten, peanuts, eggs, soy).
- Presence of vertebral and non-vertebral misalignments.
- Status of endorphins (brain chemicals which function to transmit electrical signals within the nervous system and reduce our perception of pain, trigger positive feelings, and the general feeling of well-being).
- What emotions need to be addressed.
- Useful affirmations based on your thinking patterns.
- Specific frequencies for healing, injury or post-surgery recovery, and anesthesia detoxification (if needed).

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is designed in coherence with your individual needs and will be very beneficial for supporting your body on a cellular level, helping to increase your ability to recover, and improve overall body strength and vitality.

20. HEAD INJURY RECOVERY EVALUATION

This package is designed to help you to overcome head injuries, including concussions, and help you to restore your vitality, mental sharpness, concentration, and overall cognitive function, as well as to control your body weight during a time of recovery. This assessment focuses not only on physical aspects your body needs to recover quicker, but also mental and emotional components of the recovery. It's a tremendous advantage on the road to healing.

By running this evaluation, we will be looking into:

- Nutritional deficiencies that are slowing your complete recovery.
- If you are dehydrated (on the cellular level).
- Your body's pH level.
- What is needed for your body to control inflammation, specifically within the brain.
- Possible presents of major food sensitivities that contribute to increased inflammation (dairy, wheat, sugar, corn, gluten, peanuts, eggs, soy).
- Status of your gastro-intestinal tract.
- Presence of vertebral misalignments.
- Status of neuropeptides (protein-like molecules used by neurons to communicate with each other. They are signaling molecules that influence the activity of the brain and the body in specific ways), endorphins (brain chemicals which function to transmit electrical signals within the nervous system and reduce our perception of pain, trigger positive feelings, and the general feeling of well-being), and neurotransmitters (chemical messengers which transmit signals across the nervous system).
- What emotions need to be addressed.
- Useful affirmations based on your thinking patterns.
- Specific frequencies for brain recovery.
- Useful essential oils, herbs, and crystals to help with brain recovery.

At the end of the session, you will be given a bio-energetic homeopathic tincture or a skin patch (depending on your preference) that is designed in coherence with your individual needs and will be very beneficial for supporting your body on a cellular level, helping to increase your ability to recover, and improve overall body strength and vitality.

21. ESSENTIAL OILS, HERBS, SPICES, CRYSTALS, AND COLOURS COMPATIBILITY ANALYSIS

If you are looking for improving your health or sport performance by using simple, but very powerful elements outside of nutrition, or simply curious which essential oils, herbs, spices, crystals, or colours are compatible with your constitution – this package is for you. The library of this evaluation is vast and contains a broad spectrum of items in each category. You will be tested on:

- More than 60 Essential Oils
- More than 200 Herbs
- More than 150 Crystals
- More than 50 Spices
- More than 40 Colours

22. PROFESSIONAL DEVELOPMENT PACKAGE

This package is equally beneficial for teams, professional athletes as well as beginners.

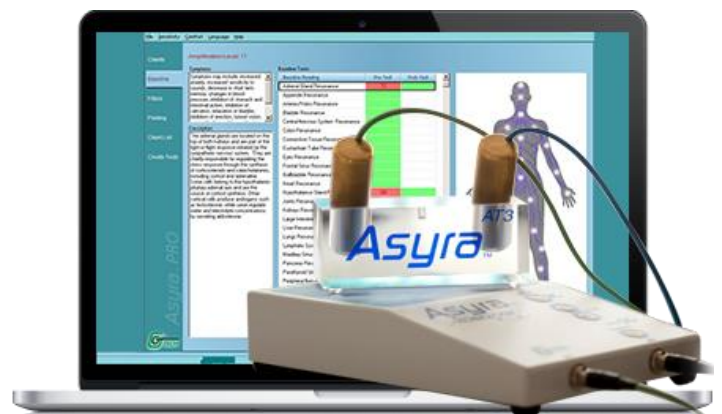
Can be designed for peak or off-season training.

It is designed based on your needs. Therefore, the price will vary.

We will work together on developing an individualized nutritional program that is right for you.

Please contact Tatiana for more details.

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