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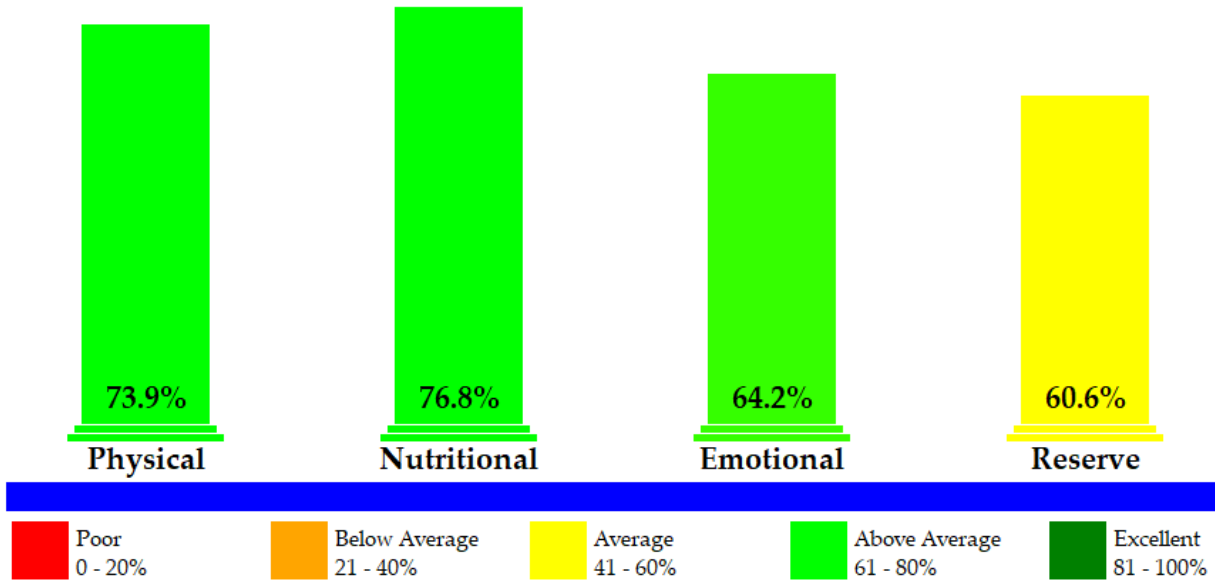
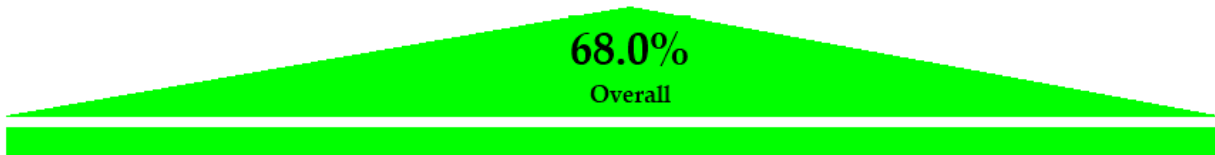
Number [Redacted]
 Patient [Redacted]
 Date and Time [Redacted]

Confidential Information
 Visit Number [Redacted]
 Doctor Dr. Rebecca Risk
 Credentials TCMD, R.Ac., S.C.
 Voll Min / Avg / Max 10 / 52 / 90

BioScan Fit Report - Pillar

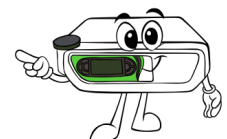
Pillar Report - Current Visit:

The goal of this program is to work toward improving each pillar and by doing so, move towards your best health. The 4 pillars represent your overall physical fitness and health, nutritional health, emotional and mental well-being and your functional reserve (how much you have left in the tank to deal with stressors in your day to day life). The overall score represents the consideration of all 4 pillars to create a score of overall health.



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PHYSICAL PILLAR REPORT : 73.9%

The Physical Pillar represents your muscular strength and flexibility. It also looks at your various organ systems and the stress that they are experiencing. The outcomes from the scan populate to create the Physical Pillar score.



Strength:

Muscular strength refers to the amount of force you can put out or the amount of weight you can lift. Muscular endurance is how many times you can move a weight without causing fatigue. Although many people are physically active during their day to day lives, it's important to be sure that your muscles are properly worked, without overtraining, so your strength is balanced throughout your body. Based on today's scan the following muscle groups showed stressors when scanned for muscular strength and should be the focus over the next month:

- Side and front of lower leg
- Calf and back of lower leg
- Hamstrings

Flexibility:

Flexibility refers to the ability of a joint to move through a pain free and unrestricted range of motion. Your flexibility will vary compared to other people, but a minimum range is necessary to maintain joint and total body health. When stretching we are looking at the muscles as well as the fascia. We need to use it or lose it when it comes to flexibility. The following areas showed stressors when scanned for muscular flexibility and should be the focus over the next month to increase their range of motion:

- Upper arm (biceps, triceps)
- Muscles of the wrist, hand and fingers
- Core

Organ Systems:

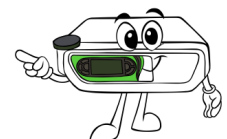
Our bodies are made up of organ systems that manage all the essential body functions. If one is not functioning properly, the others will attempt to correct the problem. Various factors may influence the function of the organ systems which include physical issues, emotional stressors and environmental factors. Below is a list of the top organ systems showing stress based on today's scan. If over the next few scans, a particular organ system continues to show up as your top 3 stressed, consider following up with your practitioner or doctor.

- Circulatory
- Digestive
- Nervous



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NUTRITION PILLAR REPORT : 76.8%

The Nutrition Pillar tests nutritional components such as vitamins, minerals, as well as food groups that may cause certain sensitivities. It also examines the digestive system and hormones that can affect the body's nutrition. The score accumulates to create the Nutrition Pillar score.



Proteins:

Proteins are the building blocks of life and play many roles in our body. They help repair and build tissues such as muscles, skin, hair and bone while coordinating various functions of the body. The amount of protein needed daily varies based on your physical activity. The average is 0.8 g/kg of ideal body weight. If you are very active, this will be slightly higher. As a reference, a portion is roughly the size of the palm of your hand. Over consumption without adequate digestive enzymes can lead to increased uric acid. Protein sources include nuts, seeds, meat, poultry, fish, legumes, dairy, eggs and certain grains and vegetables.

Carbohydrates:

Carbohydrates play a vital role in all life. There are 3 types of carbohydrates: sugars, starches and fiber. To function well your body needs carbohydrates although some are better than others. When carbohydrates are consumed from vegetables, whole organic fruit with their peels, and whole grains the body can produce long lasting and sustainable energy. Choosing processed grains in pastas, breads, white rice and foods with added sugars creates highs and lows in our energy and are not the best choices. Carbohydrates are the main fuel for our muscles and brain and can help athletes' performance as well as their recovery. Healthy carbohydrate choices include: brown rice, quinoa, sweet potatoes, rolled oats, bananas, sprouted breads, dried fruit & whole grain pasta.

Fats:

To sustain life, sufficient amounts of "good" fats should be consumed. Fats allow you to store energy in the body and allow you to make certain hormones. They provide padding for some organs and some fat soluble vitamins allow for proper formation of the brain, eyes and skin. They also help to keep the skin supple.

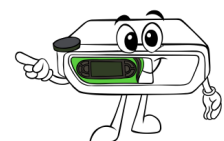
There are 3 types of fats:

1. Trans fat – this should be eliminated from the diet. They are found in margarine, shortening, baked goods, doughs, and fried foods. If you see "trans fat" on the nutritional label, that food should be avoided.
2. Saturated fat – this is found mostly in animal sources with high fat contents such as fatty beef, lamb, pork, butter and dairy. These should be consumed in moderation as excessive caloric intake has been linked to a variety of diseases.
3. Unsaturated fat – these healthy fats originate from plant sources such as avocado, nuts, nut butters, seeds, olives, and oils (olive, canola, safflower). They can also be found in animal sources such as fatty fish including salmon, mackerel, sardines, tuna and herring.



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Food Sensitivity:

Food sensitivities are different from food allergies because they do not have the potential to be life threatening. When you overconsume a food item, it can cause the body's tolerance to be exceeded which results in symptoms such as bloating, headaches, changes in bowel movements and fatigue. Over time, through a food elimination diet and by improving your gut health, food sensitivities can often be overcome. When the food is eliminated from the diet for a period of time, the gut has a chance to 'rest and recover' so that when the food is slowly re-introduced, it is once again tolerated. Addressing gut imbalances is also a key step to improving digestion and decreasing the aforementioned symptoms.

The following foods showed up as the top stressed on today's scan. By considering decreasing their intake or following an elimination diet, this may help to decrease the sensitivity.

- Genetically Modified Organisms (GMO) Foods (aspartame, caramel, corn syrup, fructose, lucose, gluten, lactose, soy, xanthan gum)
- Nuts & Seeds (almond, brazil nut, chestnut, coconut, hazelnut, hemp seed, peanut, poppy seed, pumpkin seed, sesame seed, sunflower seed, walnut)
- Sugars & sweeteners (aspartame, cane sugar, corn syrup, maple syrup, fructose, galactose, glucose, stevia, sweet & low, truvia, dextrose, maltose, sucrose)

Fatty Acids:

Essential fatty acids (EFA) are fats that are necessary for your survival and if lacking can cause harm to various systems within the body. EFAs are not produced within the body, so you need to obtain them through your diet. Regularly getting EFA's 3, 6 and 9 may result in improved muscular development, fewer overtraining symptoms, improved recovery, increased injury healing speed, improvement of sleep and concentration among many others. Ensuring your diet includes a variety of the foods below may help to balance this area.

EFA rich foods include:

- Fish (Sardines, Salmon, Shrimp, Mackerel, Herring, Trout)
- Nuts & Seeds (Flaxseed, Walnuts, Hemp seed)
- Tofu

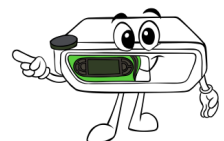
Supplements:

Your goal ideally is to eat a balanced diet providing you with all the vitamins, minerals and nutrients that your body needs to be healthy. This isn't always the case. Finding a good quality supplement that helps to bridge the gap on the days when your diet is incomplete can help to keep you healthy.



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EMOTIONAL PILLAR REPORT : 64.2%

This Pillar focuses on the emotional and mental well-being of your body. We looked at how your body responded from a stress standpoint, to stress from positive and negative emotions. It includes your response to Bach Flowers which represents certain emotions and experiences over your lifetime. The scores accumulate to create the Emotion/Mental Pillar.



Mindfulness:

Mindfulness is the human ability to be fully present and aware of where we are and what we are doing, to not overly react or become overwhelmed by what is going on around us. There is research that shows that when you train your brain to be mindful, you're actually remodelling the physical structure of your brain. Here are some activities that may help with becoming more mindful and present:

- Box Breathing
- Mindful Eating
- Body Scan

Positive Affirmations:

Positive Affirmations are statements that you use and repeat to encourage and uplift yourself throughout the day. Based on today's Emotional scan the following affirmations when used consistently may help to improve your score:

- I am loved and appreciated by those around me.
- I am the architect of my life. I build its foundation and choose its contents. My body is healthy, my mind is brilliant and my soul is peaceful. I am overflowing with energy and joy.
- I am at peace and harmony with everyone and everything.

Triggers:

Triggers are probable causes for certain symptoms or emotions that are experienced. By bringing them into the conscious mind, acknowledging the triggers and attempting to make positive changes around them, we often find that our symptoms or emotional triggers subside.

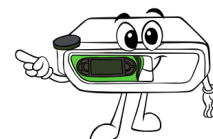
Based on today's scan consider all or parts of the triggers below and how they fit into your life. When you notice them appear in your life, choose to consciously make a different choice.

- Compromised communications; not trusting the process of life.
- Children emotional stress/fear; inability to assimilate the new; can't stomach something or someone.
- Holding yourself back; poor distribution of get up and go.



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RESERVE PILLAR REPORT : 60.6%

This Pillar can be used as an indicator of the available resources your body has for healing and dealing with the stressors in your life. The higher the number, the better reserve or resources you have. The lower the number, the fewer resources and capability you have to deal with current and new stressors that come into your life. Certain scores from all the pillars accumulate to create the Reserve Pillar score.



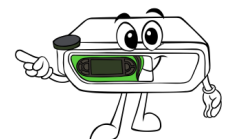
Reserve Score:

Based on your score, your body is doing pretty well having a decent amount of reserve to deal with the day to day stressors as well as any other stressor that may be added into your life. Continue to work on the suggestions from the other 3 Pillars and listen to your body. This will allow the Reserve Pillar score to continue to build. Be mindful of what your body needs and like other appointments you book, schedule time for yourself to rest and recharge.



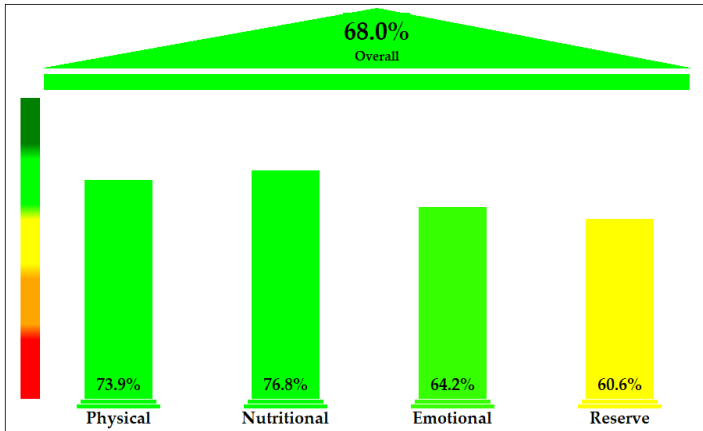
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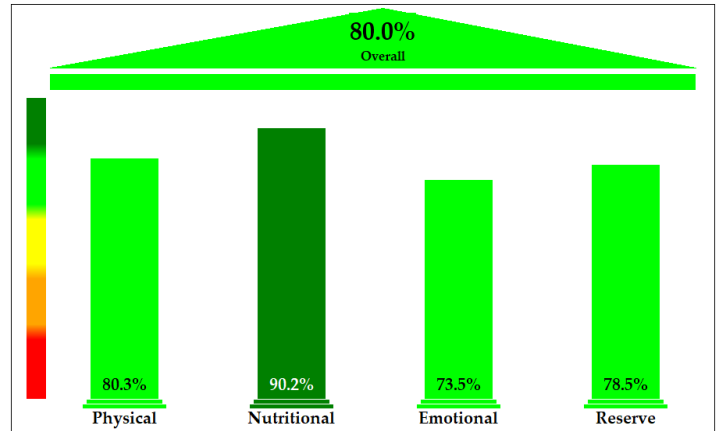


Historic Pillar Report:

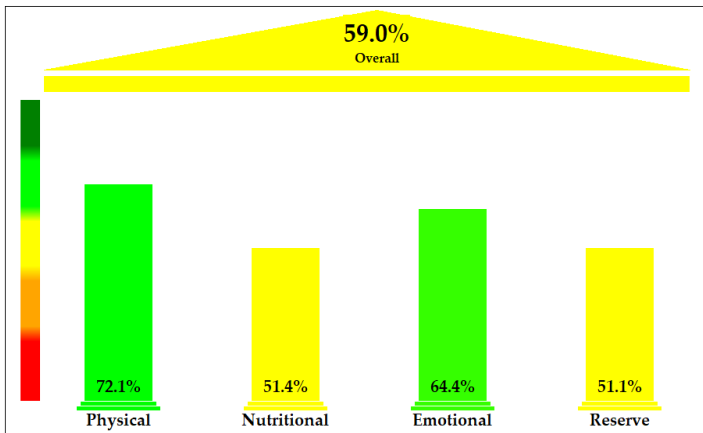
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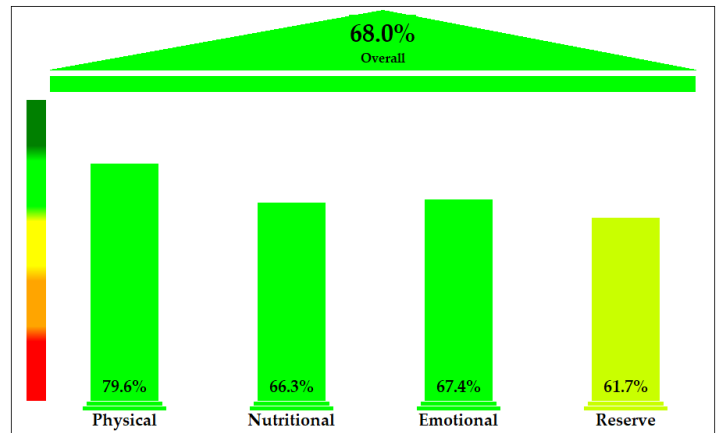
Historic Visit 2023-11-21



Historic Visit 2023-09-26

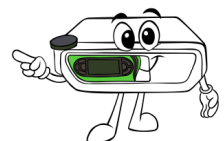


Historic Visit 2023-08-09



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SUMMARY

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Strength:

- Side and front of lower leg
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- Hamstrings

Flexibility:

- Upper arm (biceps, triceps)
- Muscles of the wrist, hand and fingers
- Core

Organ Systems:

- Circulatory
- Digestive
- Nervous

NUTRITION PILLAR REPORT : 76.8%

Food Sensitivity:

- Genetically Modified Organisms (GMO) Foods (aspartame, caramel, corn syrup, fructose, lucose, gluten, lactose, soy, xanthan gum)
- Nuts & Seeds (almond, brazil nut, chestnut, coconut, hazelnut, hemp seed, peanut, poppy seed, pumpkin seed, sesame seed, sunflower seed, walnut)
- Sugars & sweeteners (aspartame, cane sugar, corn syrup, maple syrup, fructose, galactose, glucose, stevia, sweet & low, truvia, dextrose, maltose, sucrose)

Fatty Acids:

EFA rich foods include:

- Fish (Sardines, Salmon, Shrimp, Mackerel, Herring, Trout)
- Nuts & Seeds (Flaxseed, Walnuts, Hemp seed)
- Tofu

EMOTIONAL PILLAR REPORT : 64.2%

Mindfulness:

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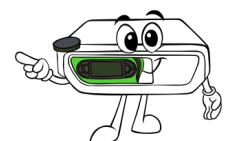
RESERVE PILLAR REPORT : 60.6%

Reserve Score:



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