



# IRT TEST RESULTS

## AND RECOMMENDATIONS

Prepared for: SAMPLE CLIENT  
11/22/22

Personalized recommendations to help you  
achieve your wellness goals:

1. More energy
2. Improve digestion and lose 20 lbs.
3. Reduce pain (joints and gut)





# RECOMMENDATIONS

## Supplement Recommendations

NAME	WAKE UP	B-FAST	MID AM	LUNCH	MID PM	DINNER	BED TIME	SPECIAL INSTRUCTIONS
<b>Global Healing Center Liver Flush</b>								Follow instruction included in the kit. DO THIS BEFORE STARTING OTHER SUPPLEMENTS. You may start the other supplements the day after completing the flush
<b>Thorne L-5 MTHF 1 mg</b>		1		1		1		1 capsule with each meal
<b>Vital Proteins Collagen Peptides</b>		1						1 scoop in 8 oz water with breakfast alternatively, you may add it to a breakfast smoothie
<b>Biotics Research A.D.P.</b>		2				2		2 tabs with breakfast and dinner
<b>Integrative Therapeutics DHEA 25</b>		1						1 capsule with breakfast
<b>Designs for Health Melatonin SRT</b>							1	1 capsule 20 minutes before bed
<b>Integrative Therapeutics Detoxification Factors</b>		1		1		1		1 capsule with each meal
<b>GUNA Lympho Detox</b>		1		1				1 spray 15 minutes before each meal

Supplements to discontinue (for now):

- CellCore Para 1
- CellCore Biotoxin Binder
- Kirkland Vitamin C

You will receive an email from the virtual dispensary Fullscript with a link to purchase the recommended supplements.

For the sake of convenience, I try to recommend only supplements that are available through Fullscript; however very occasionally I will recommend something that is not available from them. In those cases, links or ordering instructions are provided under special instructions.



## Diet Recommendations

DIET	FOODS TO INCLUDE		FOODS TO AVOID(FOR NOW)	
<b>PALEO, ANTI-INFLAMMATORY</b>	<ul style="list-style-type: none"> <li>• Brussels Sprouts</li> <li>• Onions</li> <li>• Garlic</li> <li>• Ginger</li> <li>• Turmeric</li> <li>• Sweet potatoes</li> <li>• Fish</li> </ul>	<ul style="list-style-type: none"> <li>• Goat dairy</li> <li>• Artichokes</li> <li>• Dark berries and cherries</li> <li>• Asparagus</li> <li>• Dark leafy greens (cooked)</li> </ul>	<ul style="list-style-type: none"> <li>• Grains (except quinoa)</li> <li>• Cow Dairy</li> <li>• Legumes (beans, peanuts)</li> <li>• Alcohol</li> </ul>	<ul style="list-style-type: none"> <li>• High-fructose corn syrup</li> <li>• Fruit juice</li> <li>• Canola oil</li> <li>• Soybean oil</li> <li>• Vegetable oil</li> </ul>
<b>RATIONALE &amp; RESOURCES:</b>				
<p>The goal of the paleo and anti-inflammatory diets are to reduce inflammation within the body by removing foods that contribute to inflammation and increasing foods that help resolve it. Gut inflammation from offending foods is often associated with symptoms in other parts of the body, such as joint pain, brain fog, blood pressure issues, mood imbalances, skin issues, etc. By focusing on the foods above, you will be supporting your body's natural healing processes.</p> <p style="text-align: center;"><b>Here are some resources for these diets:</b></p>				
<ul style="list-style-type: none"> <li>• <a href="#">Primal Kitchen</a> videos</li> <li>• <a href="#">Downshiftology</a> videos</li> <li>• <a href="#">Kayla Chandler</a> videos</li> </ul>		<ul style="list-style-type: none"> <li>• <a href="#">Anti-inflammatory 5-Ingredient Cookbook</a></li> <li>• <a href="#">Anti-inflammatory Cookbook for Beginners</a></li> <li>• <a href="#">Best Paleo meal delivery services</a></li> <li>• <a href="#">PrimalKitchen.com</a></li> <li>• <a href="#">ThriveMarket.com</a> (not all paleo)</li> </ul>		

## Therapy Recommendations

THERAPY	FREQUENCY	INSTRUCTIONS
Red Light Therapy	10 minutes, 3x per week	Full body You may use your own or <a href="#">see here</a> for red light locations near you
Walking outside	30 minutes every other day	Try to walk in nature as opposed to a crowded, busy environment
Dry brushing	3-4 x per week	<a href="#">Video</a> Focus on the abdomen
Blue light glasses	Use when looking at screens	Choose from <a href="#">these</a>
Chiropractic	1x per week	Find a chiropractor near you who you trust





# RESULTS

## About Your IRT Results

Below are your Integrative Response Testing (IRT) results. IRT is used to identify the top areas of stress in your body and what combination of supplements and/or other strategies will neutralize that stress. Once the top five areas are addressed, the body is largely able to self-regulate, and is better equipped to handle other areas of stress.

Most of the time these results can be easily correlated to your current health situation; however sometimes the connections aren't as apparent. The results are listed below along with references so you can see the connections between each recommendation and how it can help address the related area of stress in your body, and ultimately help you progress toward your health goals.

Integrative Response Testing allows us to discover what your body says will be most beneficial. The results are not based on our opinions or a best guess– they are determined by your body. For more information about IRT, please refer to the FAQ portion of my website.

**THESE RESULTS ARE IN NO WAY A DIAGNOSIS OF ANY DISEASE OR MEDICAL CONDITION, AND ARE NOT INTENDED TO BE INTERPRETED AS SUCH.**

## Priority Recommendations

**These recommendations are the top priorities which will allow your body to effectively utilize all of the other recommendations.**

SUPPLEMENT/THERAPY	INSTRUCTIONS	RESEARCH & CONNECTIONS
Thorne L-5 MTHF 1 mg	1 capsule with each meal	<u><a href="#">Optimal folate levels modulate inflammation</a></u> This supplement provides the active form of folate, which is easier for the body to utilize.
Vital Proteins Collagen Peptides	1 scoop in 8 oz water at breakfast	Provides amino acids that are easier to absorb, as your stomach doesn't have to work as hard to break them down.



## Top area of stress #1: Mitochondria

STRESS IS NEUTRALIZED BY	INSTRUCTIONS	RESEARCH & CONNECTIONS
Designs for Health Mitochondrial NRG	2 caps with breakfast and dinner	Provides targeted nutrient to support mitochondrial energy production
Red light therapy	Full body 10 minutes 3x per week <a href="#">This Spa</a> has red light booths	<a href="#">Red light therapy increases mitochondrial energy production, reduces pain and inflammation</a>
Walking outside 30 minutes	Every other day	<a href="#">Walking improves glucose tolerance</a> <a href="#">Walking in nature reduces biomarkers of stress</a>

## Top Area of Stress #2: Abdominal Lymph

STRESS IS NEUTRALIZED BY	INSTRUCTIONS	RESEARCH & CONNECTIONS
Biotics Research A.D.P	2 tabs with breakfast and dinner	<a href="#">Emulsified oregano oil kills parasites and improves GI symptoms</a> <a href="#">Oregano oil improves gut symptoms and cellular function compared to antibiotics</a>
Dry Brushing	3-4x per week <a href="#">Video</a> Focus on the abdominal area	<a href="#">Dry brushing can improve rheumatic symptoms and induce anti-inflammatory genes</a>
Avoiding gluten	See diet section	<a href="#">Wheat increases intestinal inflammation</a>

## Top Area of Stress #3: Cervical Spine

STRESS IS NEUTRALIZED BY	INSTRUCTIONS	RESEARCH & CONNECTIONS
Chiropractic	1x per week Find a chiropractor near you who you trust	<a href="#">Chiropractic can help provide relief from joint pain, as well as increasing anti-inflammatory markers.</a>
GUNA Lympho Detox	Take 15 minutes before each meal	Homeopathic to reduce swelling in the lymph nodes, particularly around the neck and tonsil area





## Top Area of Stress #4: Frontal Lobe

STRESS IS NEUTRALIZED BY	INSTRUCTIONS	RESEARCH & CONNECTIONS
ECO Meditation	3-4x per week <a href="#">Video</a>	<a href="#">ECO Meditation improves multiple biomarkers of stress</a>
Blue light glasses	Use <a href="#">these</a> when looking at screens-TV, phone, computer, etc. Try to avoid any screens two hours before bed	<a href="#">Long-term blue light exposure alters oxygenation of the brain</a> <a href="#">Blue light glasses improve sleep, focus, attitude and productivity.</a>
Integrative Therapeutics DHEA 25	1 capsule with breakfast	<a href="#">DHEA in the frontal lobe has anti-anxiety and anti-depressive effects</a>
Designs for Health Melatonin SRT	1 capsule 20 minutes before bed	<a href="#">Melatonin modulates cortisol, sleep and provides antioxidant activity in the brain</a>

## Top Area of Stress #5: Liver

STRESS IS NEUTRALIZED BY	INSTRUCTIONS	RESEARCH & CONNECTIONS
Global Healing Center Liver Flush	Follow instructions included in the kit. DO THIS BEFORE STARTING OTHER SUPPLEMENTS.	There is a lot of conflicting information in scholarly literature about liver flushes. However, in my own experience and that of many clients and colleagues, this is a very effective way to purge the liver of toxins and improving digestion, mood and energy.
Integrative Therapeutics Detoxification Factors	1 capsule with each meal	<a href="#">Liver health is associated with arthritis symptoms</a>
Eating sulfur-rich foods	See diet section	Sulfur is crucial for glutathione production in the liver, your body's "master antioxidant"

