

The Custom Recommendations of Your

Q̄URECOLOGY™
BIOCHEMICAL WELLNESS ANALYSIS

for

I.M. Well

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Your Wellness Analysis

The path to health and happiness is a lifelong journey determined by the lifestyle choices that we all make. The quality and length of our lives are but two important factors that ultimately define whether or not we've made the right choices and taken the right path. But knowing what to do and how to do it are two different things. Moreover, if we don't know where to start, how can we know where to go?

All diseases and conditions reveal a sub-clinical picture of the body and are preceded by a pre-disease and its symptoms. These symptoms or chemical changes can come and go throughout the day and may even go undetected by standard medical testing. Q̄rEcology™ Biochemical Wellness Analysis is designed to give us a glance at subclinical activity before the actual disease has taken hold of our bodies.

The analysis is a roadmap that shows the current state of the body (where to start) and a plan (where to go) so that we can focus on creating wellness instead of treating sickness. Every one of us on this path wants to get well and stay well, to prevent disease, and to have more energy and vitality.

All this is possible with the Q̄rEcology™ Biochemical Wellness Analysis.

Your analysis includes the following:

Patient Results

An easy to read numerical and graphical representation of your Wellness Analysis. Optimum reference ranges are clearly defined to gauge your current condition relative to optimal values.

Results Summary

A detailed explanation of your Wellness Analysis result for each Biomarker category accompanied with nutritional support when applicable.

Program Protocol

A schedule of the recommended products per your Wellness Analysis split in to two phases outlining product name, dosage, and any additional recommendations.

Product Information

A list of all recommended products generated from your Wellness Analysis, complete with product descriptions, available sizes, and current prices.

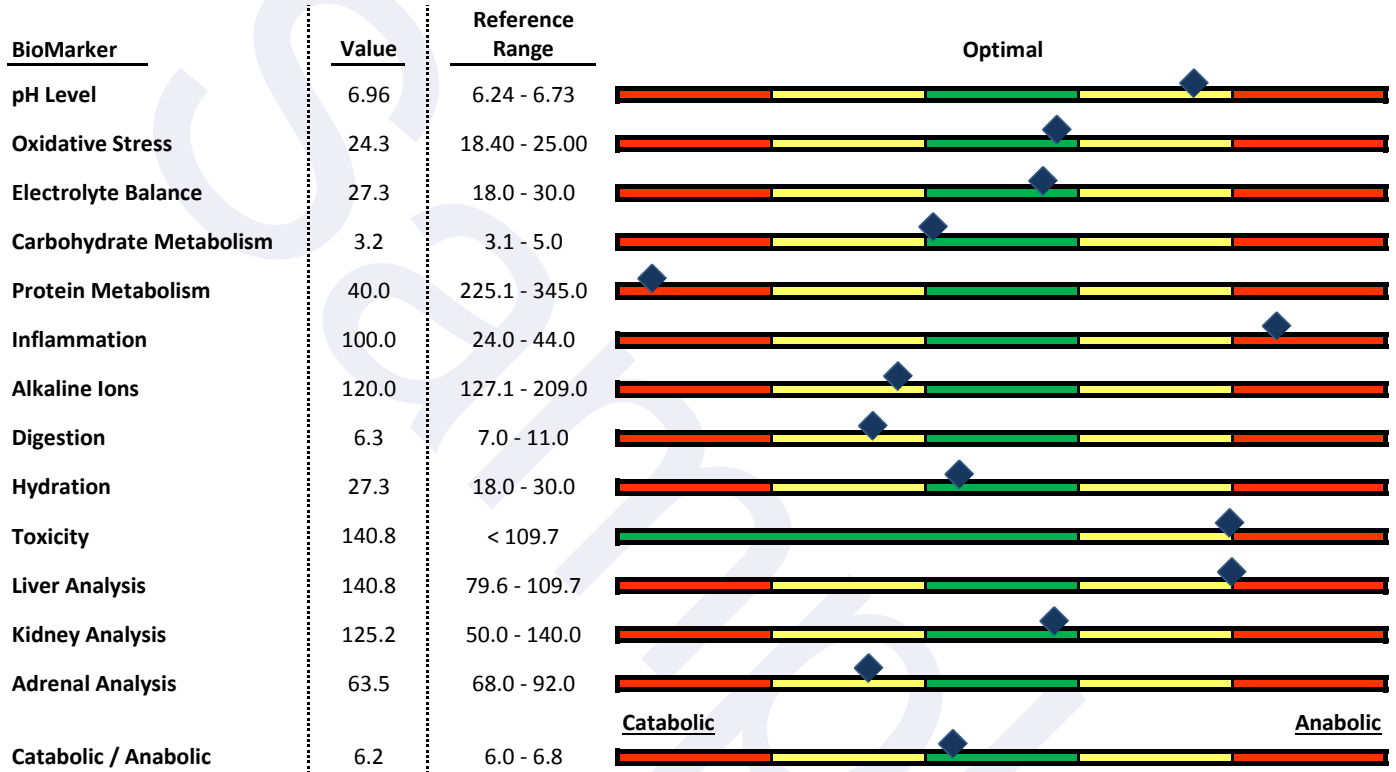
Patient #: IWExxx
Test ID #: 2013

Test Date: 1/10/2013

Clinician: SL
Technician: EN

Patient Results

		pH	ORP	mEq	Nitrates	Ammonia	Alkalinity	Brix
Saliva	Value	7.36	24.27	27.31	100		120	
	Optimum	6.4-6.5	19-25	18-30	24-44		128-209	
Urine	Value	6.14	24.07	63.49		40		3.2
	Optimum	6.3-6.5	20-26	68-92		225-345		3-5



Results Summary

Bio-Marker: pH Level

Value: 6.96

Reference Range: 6.24 - 6.73

Result: *Body pH is alkaline.*

Description: The pH is a measuring unit of acidity and alkalinity of a solution. The urine, blood, saliva, digestive juices, and the fluids inside and outside the body's cells each have an optimum pH level. Urine is filtered blood and gives an indication what the body is throwing away. Urine indicates if the kidneys are under pressure from excess electrolytes or too little water in the system. It also provides information on the type of waste coming from various metabolic pathways.

An indication of what the body is holding on to is in the saliva that comes from the salivary glands. It gives information on the state of the liver and whether the lymphatic system is backed up with debris. Separately, and combined, the pH readings of urine and saliva reveal a great deal about what is going on in the inner terrain of the body. Primarily, pH is a measure of speed or resistance to electricity. Electrolytes, or ionized minerals, carry an electrical charge in the body. The body can have too many electrolytes and hence too much body electricity, or the opposite, too few electrolytes and not enough body electricity.

When the pH is low (acidity), it allows faster electrical conductivity, while high pH (alkalinity) actually resists or slows the conductivity of electricity. Too much one way or the other will disrupt bodily functions. Problems that often arise from pH levels that are far from the optimum range are; constipation, diarrhea, toxic colon, parasites, back pain, disc problems, cartilage deterioration, respiratory problems, sinus congestion, lung infections, body odors (breath and feet), gas, bloating, skin problems, blood pressure issues, cysts, splitting fingernails, menstruation problems, IBS, Crohn's disease, cramping, nervous disorders, fungus infections, Candida, hiatal hernia, and even stroke.

Higher than normal stress levels, poor diet and medication are the most common causes of an acid environments. When medication must be taken, it is important to maintain an alkaline diet and take proper supplements to detoxify the body and support liver and kidney function. The liver and kidney are the primary detoxification organs that metabolize, process and eliminate acids, drugs and other toxins from the body. If these detoxification organs get overloaded toxins will commonly be excreted through the skin which may show up as a rash or itch skin.

The Results Summary pages will tell you the best way to correct your pH by calculating all relative biomarkers.

Acidity and alkalinity can be related to the Alkaline ion biomarker.

Recommendations: C-1000Qür

Comments: Two tablets twice a day after breakfast and dinner. After 60 days, reduce to one tablet twice a day.

Clinician Comments:

Results Summary

Bio-Marker: Electrolyte Balance

Value: 27.3

Reference Range: 18.0 - 30.0

Result: *Electrolyte levels are normal.*

Description: Electrical conductivity, also known as resistivity, measures the level of electrically conductive ions in a biological fluid or the body's ability to conduct electrical currents. Electrolytes are very important for well-being and maintaining energy. Electrolytes are also essential for every reaction in the body. Electrolytes help the brain, kidneys, nerve functions, muscle contractions, heartbeat, and stabilize all cell membranes.

By maintaining the charge (Zeta potential) on blood cell membranes, electrolytes improve circulation and reduce blood pressure. Without electrolytes all cells would disintegrate and atrophy. Electrolytes improve stamina, athletic performance, and increase energy. Electrolyte imbalance, whether too high or low, can cause fatigue, weakness, nausea, and headache.

Electrolytes play a vital role in maintaining homeostasis within the body. They help to regulate myocardial and neurological function, fluid balance, oxygen delivery, acid-base balance and much more. The most common cause of electrolyte disturbances is renal failure.

The most serious electrolyte disturbances involve abnormalities in the levels of sodium, potassium, and/or calcium. Other electrolyte imbalances are less common, and often occur in conjunction with major electrolyte changes. Chronic laxative abuse or severe diarrhea or vomiting (Gastroenteritis) can lead to electrolyte disturbances along with dehydration. People suffering from bulimia or anorexia nervosa are at especially high risk for an electrolyte imbalance.

Electrolytes are important because they are what cells (especially nerve, heart and muscle) use to maintain voltages across their cell membranes and to carry electrical impulses (nerve impulses, muscle contractions) across themselves and to other cells. The kidneys work to keep the electrolyte concentrations in the blood constant despite changes in your body. For example, during heavy exercise, electrolytes are lost in sweat, particularly sodium and potassium. These electrolytes must be replaced to keep the electrolyte concentrations of the body fluids constant. Proper hydration is necessary to keep our electrolytes in balance.

In physiology, the primary ions of electrolytes are sodium (Na⁺), potassium (K⁺), calcium (Ca²⁺), magnesium (Mg²⁺), chloride (Cl⁻), hydrogen phosphate (HPO₄²⁻), and hydrogen carbonate (HCO₃⁻). The electric charge symbols of plus (+) and minus (-) indicate that the substance is ionic in nature and has an imbalanced distribution of electrons, the result of chemical dissociation. Sodium is the main electrolyte found in extracellular fluid and is involved in fluid balance and blood pressure control.

In humans, electrolyte homeostasis is regulated by hormones such as antidiuretic hormone, aldosterone and parathyroid hormone. Serious electrolyte disturbances, such as dehydration and overhydration, may lead to cardiac and neurological complications and, unless they are rapidly resolved, will result in a medical emergency.

Review the hydration biomarker for further information.

Recommendations:

Comments:

Clinician Comments:

Results Summary

Bio-Marker: Protein Metabolism

Value: 40.0

Reference Range: 225.1 - 345.0

Result: *Protein intake appears to be very low or digestion is incomplete.*

Description: Protein metabolism denotes the various biochemical processes responsible for the synthesis of proteins and amino acids, and the breakdown of proteins along with other large molecules by catabolism.

Protein metabolism is the processes whereby protein foods are used by the body to make tissue proteins and the subsequent breakdown of tissue proteins in the production of energy. Protein is important for every function in the body. Amino acids are the building blocks from which our hair, skin, nails, and organs are made. Food proteins are first broken down into amino acids, then absorbed into the bloodstream, and finally used in body cells to form new proteins.

Protein enzymes perform every biochemical reaction in the body with the aid of vitamins, minerals, and coenzymes. Amino acids in excess of the body's needs may be converted by the liver enzymes into keto acids and urea. The keto acids may be used as sources of energy via the citric acid cycle, or they may be converted into glucose or fat for storage. The balance between carbohydrate, protein and fat in your diet is critical.

Proteins are needed to make, repair and maintain all tissues of the body. Proteins are cellular macromolecules made up of amino acid polymers (polypeptides). Proteins function as enzymes used to speed up biological reactions. Protein can be used as an energy source, but it is not as efficient as carbohydrates and fat.

Calories from protein and carbohydrate should be about the same and calories from fat should be about 25% of the total. Too much protein can lead to excessive production of bilirubin, nitrates, ammonia, urea and uric acid in the liver, which can be toxic. Too many carbohydrates can lead to excessive weight gain, high blood sugar levels, and problems with yeast infections. There is research that claims chronic yeast infections may lead to cancer. Excess carbohydrate intake is stored as fat.

Protein deficiency can create constant cravings for carbohydrates, sweets, caffeine, chocolate, pop, candy, pastries, or chips; constant cravings for these non-nutritional foods point to unstable blood sugar. Muscle and joint pain have been noticed with unstable blood sugar, which can include severe neck pain along with joint stiffness and the muscles tighten.

Protein in excess of 30% of your caloric intake can cause a buildup of toxic ketones. So-called ketogenic diets can thrust your kidneys into overdrive in order to flush these ketones from your body. As your kidneys rid your body of these toxic ketones, you can lose a significant amount of water, which puts you at risk of dehydration, particularly if you exercise heavily. That water loss often shows up on the scale as weight loss. But along with losing water, you lose muscle mass and bone calcium. The dehydration also strains your kidneys and puts stress on your heart. This dehydration from a ketogenic diet can make you feel weak and dizzy, give you bad breath, or lead to other problems.

Recommendations: ProQūr
DigesQūr

Comments: Two tablespoons mixed in liquid twice a day.

Clinician Comments:

Results Summary

Bio-Marker: Inflammation

Value: 100.0

Reference Range: 24.0 - 44.0

Result: *Inflammation index is very high.*

Description: Inflammation is the body's first line of defense against injury and infection, but it's a double-edged sword. An out-of-control or a chronic inflammatory response can destroy healthy tissue and cause more damage than the original problem. Keeping it under control means the immune system must maintain a balance between fanning the flames of inflammation and cooling it down. The inflammatory response has one all-important goal: respond immediately to detect and destroy infection or toxic material in damaged tissue before it can spread to other areas of the body. In its zeal to protect the body, it will destroy as much tissue as necessary to accomplish this goal. Left unchecked, a hyperactive inflammatory response can even react to the traumatic effects of accidents, burns or surgery on the body and start attacking healthy tissue. This is what many scientists call autoimmune. Originally autoimmune was labeled as an immune system in overdrive. Now science has discovered it is a very worn out or weak immune system sporadically over-reacting to the immune system signaling help.

Nitric oxide has both inflammatory and anti-inflammatory properties depending on when, where, and how much Nitric Oxide is produced. It is an important regulator and the mediator (cellular signaling molecule) of numerous processes in the nervous, immune, and cardiovascular systems. These include vascular smooth muscle relaxation, resulting in arterial vasodilation and increasing blood flow. It is also a neurotransmitter and has been associated with neuronal activity and various functions like avoidance learning; and also partially mediates macrophage cytotoxicity against microbes and tumor cells.

Besides mediating normal functions, nitric oxide is implicated in pathophysiologic states as diverse as septic shock, hypertension, stroke, and neurodegenerative diseases. Currently, exogenous nitric oxide sources constitute a powerful way to supplement nitric oxide when the body cannot generate enough for normal biological functions.

Low levels of nitrates and nitrogen oxide can lead to liver and nerve dysfunction, poor circulation and a lack of ability for sexual enjoyment. Low levels can also cause other problems such as impotence, sexual dysfunction, elevated blood pressure, digestive disturbances, increased susceptibility to infection, and even increased risk of cancer. High levels of nitrates and nitrogen oxide can cause elevated levels of inflammation in the muscles and joints and can lead to symptoms of Fibromyalgia. Research has shown that high ammonia, nitrates and nitrogen oxides can also trigger multiple chemical sensitivities and excessive nitric oxide may be partly responsible for causing glaucoma.

Nitric Oxide plays a vital role in normal physiological function. However, in addition to being an antioxidant, it is also a free radical and can have unwanted negative effects when levels are abnormally high.

Recommendations: **OmegaQūr**
EnzyQūr

Comments: Two soft gels twice a day after breakfast and dinner.

Clinician Comments:

Results Summary

Bio-Marker: Alkaline Ions

Value: 120.0

Reference Range: 127.1 - 209.0

Result: *Alkalinity is low.*

Description: Alkalinity (total hardness) is a measure of the concentration of the total divalent extra cellular minerals. In the case of saliva, this is mostly calcium since most of the magnesium is contained inside the cells of the body.

Calcium is a very important mineral for the body. It is important for strong bones and teeth, muscle contraction, carbohydrate metabolism, and cell division plus many other cellular processes. Too little calcium usually shows up as cramps, osteoporosis, tooth decay, and symptoms of hypoglycemia. Too much or the wrong type of calcium can lead to kidney stones, gall stones, calcium deposits in the joints, bone spurs, and hardening of the arteries.

Calcium, magnesium, sodium, potassium, chloride, and bicarbonate (a combination of hydrogen, carbon, and oxygen molecules) are responsible for the precise acid-alkaline balance.

Ions... the electrical energy source is an important factor in the function of our bodies. We often say, "I am lacking energy" or "I wish I had more energy." But, what is energy? Simply defined, energy is the capacity to do work, or to place matters in motion. It is the use of energy from our body that creates the quality we call "life."

Most ionic compounds fall in the category of chemicals called salts. Ionic minerals existing in a liquid state are electrolytes. An electrolyte is any compound that, in solution, conducts electricity and is decomposed or electrolyzed by the electricity.

The pH and alkaline ion biomarkers are closely related in that the minerals from the bones are required to buffer the acid produced by the body during normal metabolism. If sufficient calcium is not present, the body becomes acidic, and osteoporosis and even some types of cancer may occur. If the body is too alkaline, then the calcium in the body fluids may deposit in places where it does not belong; such as the kidneys, gall bladder, arteries, veins, heart valve, and other places in the body.

It is important to monitor both calcium and pH to make sure you have the correct amount of minerals and the proper pH to handle the minerals properly. Calcium intake should be between 600 and 1500 mg per day depending on your age and gender. Magnesium and phosphorus are also important for bones and calcium metabolism.

All calcium formulas and their extension are designed for different purposes. Some are for bone support or pH balancing and others for stomach acid buffering. Calcium carbonate which is one of the oldest forms of calcium helps our oceans stay alkaline. Calcium carbonate naturally occurs in the ocean from the currents brushing against the coral reefs. Calcium carbonate is not one of the best forms of calcium for bones. Some people need to be on two or three different forms of calcium for a period of time to return their health to normal. Taking the wrong type of mineral formula will never resolve osteoporosis or balance the pH.

Recommendations: BoneQür

Comments: Two capsules twice a day after breakfast and dinner.

Clinician Comments:

Results Summary

Bio-Marker: Digestion

Value: 6.3

Reference Range: 7.0 - 11.0

Result: *Digestion appears to be low.*

Description: The human digestive system is a complex process that consists of breaking down large organic masses into smaller particles that the body can use as fuel. The breakdown of the nutrients requires the coordination of several enzymes secreted from specialized cells within the mouth, stomach, intestines, and liver.

The human body is designed to function within a very narrow pH. Most foods, as do other organ systems, are either acid or alkaline and influence the overall pH of the body. For optimum wellness the pH of the blood should be slightly alkaline.

The stomach has the lowest pH of any part of the body. In other words, the stomach is very acidic. The stomach secretes HCl, or hydrochloric acid, which is acidic. The function of this low pH is to convert the inactive enzyme pepsinogen to its active form, pepsin. Pepsin is a protein-digesting enzyme that begins the process of breaking down dietary protein into amino acids the body can absorb.

Science has revealed that these enzymes become compromised due to the aging process. Research has shown that the body's ability to produce enzymes grows weaker with age and that pH is often compromised. Proper digestion requires a generous amount of specific enzymes and the proper pH in which they can be converted. It is for this reason that outside supplementation is often recommended.

Poor digestion can lead to atrophy of muscle and organs and trigger problems with food allergies. It takes proper digestion to break down not only foods, but also vitamins, herbs and drugs. Many people have digestive problems starting with dry mouth where the digestive system starts the breakdown process.

Gastric juice in the stomach starts the protein digestion. Gastric juice mainly contains hydrochloric acid and pepsin. As these two chemicals may damage the stomach wall, mucus is secreted by the stomach, providing a slimy layer that acts as a shield against the damaging effects of the chemicals. At the same time protein digestion is occurring, mechanical mixing occurs by peristalsis, which are waves of muscular contractions that move along the stomach wall. This allows the mass of food to further mix with the digestive enzymes.

Antacid medications (proton pump inhibitors) prevent this perfect digestive system from performing its job by shutting off the digestive acids in the stomach. It is rare and almost impossible for the body to over produce digestive acids. Reflux and heartburn are an indication of a weak stomach lining or the body not secreting enough mucus to protect the stomach lining. In 2012 the FDA reported that these acid blockers are the cause of many degenerative diseases.

Certain back problems or spinal subluxations can lead to the excess production of hydrochloric acid.

Recommendations: DigesQūr

Comments: One tablet at the beginning of each meal.

Clinician Comments:

Results Summary

Bio-Marker: Hydration

Value: 27.3

Reference Range: 18.0 - 30.0

Result: *Hydration is normal.*

Description: The hydration status of a person refers to their body water balance. Dehydration occurs when people don't have enough fluid in their bodies. Various tissues of the human body are between 75% and 95% water. This water is used as a way of transporting nutrients and other substances in the body. Water regulates the body's temperature, cushions and protects vital organs, and aids the digestive system. It is also important for joint function, healthy skin, and removal of waste products.

Transmission of nerve impulses and neurotransmitters is heavily dependent on water. It holds the cell membranes together allowing for greater efficiency of protein and enzyme function, which results in more efficient metabolism specifically sugar metabolism, and an enhanced immune system.

Water is the primary chemical of the human body. If you remove the water you have left about 15 to 25 percent of your entire body weight.

- 75% of the body is made up of water.
 - 80% of the brain is made up of water.
 - 75% of the muscles are made up of water.
 - 92% of the blood is made up of water.
 - Water helps convert food into energy.
 - Water regulates body temperature.
 - 2% dehydration reduces your ability to work.
 - Water helps vitamins, herbs, medications work properly with less toxicity.
 - Water carries nutrients and oxygen to all cells in the body.
 - 10% dehydration decreases mental performance.
 - 4% dehydration results in lethargy, apathy and mental symptoms.
 - Dehydrated causes trouble in concentrating, irritability and more headaches.
 - Dehydrated can cause kidney and urinary tract infections, constipation, continence problems, and kidney stones.
 - Water helps reduce obesity and bed-wetting in children.
 - Hydration assists in exercise feeling more enjoyable.
- Dehydration depresses immunity, makes us tired and elevates toxicity. Excessive hydration causes tiredness, sluggish, and the depletion of vital nutrients.

Every 24 hours the body recycles the equivalent of forty thousand glasses of water to maintain normal physiological functions. During this process, the body loses about 6-10 glasses of water each day. This deficit must be replenished in the body each day. The body needs, on average, upwards of half its weight in ounces of water per day - a minimum of 8-10 glasses.

Recommendations:

Comments:

Clinician Comments:

Results Summary

Bio-Marker: Toxicity

Value: 140.8

Reference Range: < 109.7

Result: *Toxicity is very high.*

Description: Toxins are poisonous compounds produced by living organisms; sometimes the term “biotoxin” is used to emphasize the biological origin of these compounds. Man-made chemical compounds with toxic potential are more properly called toxicants. The most common toxins consumed daily come from drugs and foods. Toxins and toxicants can exert their detrimental effects on health in a number of ways. Some, broadly act as mutagens or carcinogens (causing DNA damage or mutations, which can lead to cancer), others can disrupt specific metabolic pathways (which can lead to the dysfunction of particular biological systems such as the nervous system, liver, or kidneys).

We are bombarded every day with chemical, electrical, bacterial, viral, heavy metals, parasites and other stress toxins. When we are young our bodies have efficient waste management systems that have the ability to remove toxins from our internal environment.

These systems weaken with age and unhealthy lifestyles. Detoxifying the body can restore many body functions to normal and strengthen our immune system. Many diseases and symptoms can be resolved by eliminating toxic waste.

Detoxification reactions follow three steps or “phases” that have the ultimate goal of converting the toxin into an inert, water-soluble form for excretion:

- Phase I reactions transform the toxins into a chemical form that can be metabolized by the Phase II enzymes. Phase I reactions are performed primarily by the cytochrome P450 enzymes.
- Phase II reactions conjugate (attach) the toxin to other water-soluble substances to increase its solubility. Each of the different types of Phase II enzymes catalyze a different type of conjugation reaction.
- Phase III detoxification involves the transport of the transformed, conjugated toxins into or out of cells. Different Phase III transport proteins work in concert to shuttle toxins from different parts of the body to bile or urine for excretion.

Following detoxification reactions, the toxins are removed from the body by excretion:

- A) Products of liver detoxification often leave the body by being secreted into the intestines in the bile, but can sometimes be transported into the bloodstream for processing by the kidneys.
- B) The cells that line the intestines detoxify the toxins as they are absorbed, and then release them back into the intestinal lumen.
- C) The kidneys filter and further process toxins from circulation, excreting them from the body as urine. High levels of toxicity can lead to organ damage, tiredness, inflammation, and impaired immunity.

Constipation in the US affects over 35% of the population. This is one of the most serious dysfunctions of the human body. The bowel movement is related to the digestive and elimination system. Taking synthetic laxatives or psyllium Fibers that are not both soluble and insoluble do helps the body eliminate the stool but do not correct the problem of constipation or toxin exposure.

Recommendations: **FiberQür**
MagQür

Comments: Two heaping tablespoons mixed with water or juice two times a day before breakfast and dinner.

Clinician Comments:

Results Summary

Bio-Marker: Liver Analysis

Value: 140.8

Reference Range: 79.6 - 109.7

Result: *Liver activity appears to be very high.*

Description: The liver is one of the most important organs in the body and considered the lifeline of the human body. It is connected to all bodily processes which are responsible for the filtration of all incoming food, fluids, vitamins, herbs, drugs, and toxins. The body relies upon the liver to remove toxins so that the nutrients supplied to the body are pure and capable of providing nourishment. It serves a vital function in almost every system in the body, for example; from hormone and digestive enzyme production, to blood filtration, and to the metabolization of chemicals and drugs.

By means of a complicated chemical process, the liver performs well over 500 functions absolutely necessary for the vitality of life. It manufactures hormones, regulates platelet production in the bone marrow, makes cholesterol and triglycerides, produces bile, breaks down fats, produces Insulin-Like Growth Factor (IGF 1), converts glucose into glycogen, and stores vitamins and minerals for short and long term use. The liver is considered the chemistry lab of the human body. The liver's key roles are related to synthesis, storage, digestion, breakdown of naturally produced but harmful substances and detoxification.

The liver synthesizes amino acids, the building blocks for proteins; hormones such as thrombopoetin, which regulates platelet production, and angiotensin, which regulates blood pressure; cholesterol and lipids; albumin, a major component of blood serum; and coagulation factors. The liver also plays a crucial role in carbohydrate metabolism by synthesizing glucose and transforming it into its storage form called glycogen.

The liver stores glycogen, iron, copper and vitamins A, D, E and B12. The liver's glycogen reserve is the first line of defense against falling blood glucose levels. When needed, the liver converts glycogen into glucose and releases glucose into the blood stream. In a similar way, the liver releases iron, copper and vitamins into the bloodstream when needed.

The liver produces and secretes bile, a thick greenish-yellow fluid stored in the gallbladder between meals and emptied into the intestinal system by the common bile duct for digestion. Bile helps the body absorb and digest lipids, fats and fat-soluble vitamins. Bilirubin from red blood cell decomposition, used hormones, excess cholesterol and drug metabolites are all secreted into the bile for elimination from the body in feces.

The liver breaks down or neutralizes naturally produced substances that are harmful to the body. For example, ammonia is produced naturally in the digestion process, but too much ammonia in the body causes brain swelling and can be fatal; the liver converts ammonia into urea for excretion. The liver also breaks down hemoglobin in aging red blood cells and turns hemoglobin into bilirubin. Some bilirubin is excreted from the body but most is recycled. Disorders of hemoglobin metabolism cause jaundice.

The liver is the only organ in the body that can fully rebuild in 6 months after 50% of it has been surgically removed.

Optimum health requires the liver to be operating at maximum capacity.

Recommendations: HepataQür
HepataQür Drops

Comments: Three capsules two times a day after breakfast and dinner.

Clinician Comments:

Results Summary

Bio-Marker: Kidney Analysis

Value: 125.2

Reference Range: 50.0 - 140.0

Result: *Kidney activity is normal.*

Description: The kidneys are bean-shaped organs that act as sophisticated filters to remove organic waste products from the blood, along with excess salt and water, through the urine. Nephrons are the working units of the kidney that are responsible for waste removal. As part of the normal aging process, kidney function diminishes as the number of functional nephrons are reduced.

The kidney participates in whole-body homeostasis, electrolyte concentrations, extracellular fluid volume, hormones, regulation of blood pressure and other forms of pressure regulating systems in the body. The kidneys are responsible for filtering toxins from our blood on its way to becoming urine and maintenance of acid-base balance. The kidneys excrete wastes such as urea and ammonium, and they are also responsible for the reabsorption of water, glucose, and amino acids. The kidneys also produce hormones including calcitriol, erythropoietin, and the enzyme renin.

The kidneys play a critical role in: controlling the acid-base balance in the body along with electrolyte balance, cleaning waste material from the blood, retaining or excreting salt and water, regulating blood pressure, stimulating the bone marrow to make red blood cells and controlling the amount of calcium and phosphorous absorbed or excreted for bone health. If the kidneys are not kept healthy, some of the following disorders can occur: analgesic nephropathy, chronic nephritis, diabetes, ESRD (End-Stage Renal Disease), hypertension, infection, injury, stones, lupus erythematosus, and ADPKD (Autosomal Dominant Polycystic Kidney Disease), and finally kidney failure.

Symptoms of renal disease can include frequent headaches, frequent urination, itching, poor appetite, fatigue, burning bladder, anemia, baggy eyes, nausea and vomiting, swollen or numb hands or feet, poor concentration, darkened skin, and muscle cramps.

Subclinical symptoms of kidney weakness include decreased urination, itching, fatigue, loss of appetite, numbness and tingling in the hands and feet, pale skin, facial swelling, leg swelling (bilateral), foot swelling (bilateral), ankle swelling (bilateral), hand swelling (bilateral), nausea, vomiting, unintentional weight loss, memory loss, malaise and tremors.

Subclinical symptoms of severe kidney weakness include, chest pain, chest pain when taking a breath, chest pain when coughing, pain often described as sharp, difficulty breathing, rapid breathing, confusion, loss of consciousness, seizures and coma.

Overactive kidneys are usually processing large amounts of toxins, dealing with an active or subclinical urinary tract infection, back pain, depressed immunity, insomnia and frequent urination.

If you have a known kidney problem or symptoms of kidney weakness, it is best to be on a low protein diet, take digestive enzymes and treat both the liver and kidneys.

Recommendations:

Comments:

Clinician Comments:

Results Summary

Bio-Marker: Adrenal Analysis

Value: 63.5

Reference Range: 68.0 - 92.0

Result: *Adrenal activity is low.*

Description: The adrenal glands secrete hormones directly into the bloodstream. The adrenals are the main glands to help the body fight stress. They control both short and long term glucose levels in the blood by the release of epinephrine and cortisol. Cortisol helps to regulate inflammatory responses in the body as well as balance blood sugar during times of stress. These steroids made by the adrenal glands have a wide range of activity including control of the immune system, fighting allergies, maintaining electrolyte levels, and the expression of secondary sex traits.

Healthy adrenals have a large role to play in how humans cope and feel in everyday life. The inner part, or adrenal medulla, manufactures epinephrine and norepinephrine, also commonly known as adrenaline and noradrenaline. These hormones are the "fight or flight" hormones that are released in potentially life-or-death situations. They are considered the emergency response glands. Their release increases one's heart rate and blood pressure and diverts more blood to the brain, heart, and skeletal muscles. This is important when discussing stress.

Adrenal dysfunction can disrupt the body's blood sugar metabolism, causing weakness, fatigue, and a feeling of being run down. It can also interfere with normal sleep rhythms and produce a wakeful, unrelaxed sleep state, making a person feel worn out even after a full night's sleep.

If a person succumbs easily to allergies and infections, feels constantly drained and exhausted, and experiences low blood sugar and blood pressure, the culprit may be weak adrenals. Adrenal insufficiency is sometimes linked to chronic fatigue. In some fatigued patients, thyroid problems may overlap adrenal problems.

Signs and symptoms of elevated cortisol are: easily bruising, poor muscle tone or muscle wasting, poor wound healing, thin skin, stretch marks, excess scar tissue, fat pads, chronic yeast infections, accelerated skin aging, puffy flabby skin, water retention, and moon face.

Underactive or sluggish adrenal function may reveal symptoms of, slow reaction time, stress intolerance, poor inflammatory response, difficulty regulating proteins, carbohydrate and fats, problems with insulin breaking down sugar for energy, difficulty maintaining blood pressure and cardiovascular function, muscle weakness, reduced blood sugar, nausea, appetite loss, weight loss and low blood pressure, which can impact the act of standing, causing dizziness or fainting.

Overactive or hyper adrenals may reveal symptoms of, anxiety, insomnia, nervousness, elevated cortisol, food cravings and weight gain in the mid section.

Underactive adrenal function is much more serious than overactive and can lead to adrenal diseases.

Recommendations: AdrenoQür
AdrenoQür Drops
Basic-BQür

Comments: Two capsules two times a day after breakfast and dinner.

Clinician Comments:

Program Protocol

Phase One		
Product	Dosage	Additional Recommendations
C-1000Qür	Two tablets twice a day after breakfast and dinner. After 60 days, reduce to one tablet twice a day.	
DigesQür	One tablet three times a day with each meal.	
EnzyQür	Two capsules twice a day before breakfast and dinner.	
OmegaQür	Two soft gels twice a day after breakfast and dinner.	
ProQür	Two tablespoons mixed in liquid twice a day.	

+ *Optional. For faster and optimum results, the homeopathic drops are recommended but they must be taken away from caffeine, mints and any strong aromatics.*

Phase Two		
Product	Dosage	Additional Recommendations
♦ BoneQür	Two capsules twice a day after breakfast and dinner.	
C-1000Qür	One tablet twice a day after breakfast and dinner.	
DigesQür	One tablet twice daily with meals.	
EnzyQür	One capsule twice daily before breakfast and dinner.	
♦ FiberQür	Two heaping tablespoons mixed with water or juice two times a day before breakfast and dinner.	
♦ HepataQür	Three capsules two times a day after breakfast and dinner.	
♦ + HepataQür Drops	10-15 drops three times per day.	
♦ MagQür	One tablet two times a day after breakfast and dinner.	
OmegaQür	One soft gel twice daily after breakfast and dinner.	
ProQür	One tablespoon mixed in liquid twice daily.	

♦ *Additional Treatment*

+ *Optional. For faster and optimum results, the homeopathic drops are recommended but they must be taken away from caffeine, mints and any strong aromatics.*

Program Protocol

Phase Three		
Product	Dosage	Additional Recommendations
♦ AdrenoQūr	Two capsules two times a day after breakfast and dinner.	
♦ + AdrenoQūr Drops	10-15 drops three times per day.	
♦ Basic-BQūr	Two capsules two times a day after breakfast and dinner.	If Carbohydrate Metabolism is HIGH or VERY HIGH, you will not need to take Basic-BQūr. GlucoQūr is recommended.
BoneQūr	One capsules twice daily after breakfast and dinner.	
C-1000Qūr	One tablet twice a day after breakfast and dinner.	
DigesQūr	One tablet twice daily with meals.	
EnzyQūr	One capsule twice daily before breakfast and dinner.	
FiberQūr	One heaping tablespoons mixed with water or juice twice daily before breakfast and dinner.	
HepataQūr	Two capsules twice daily after breakfast and dinner.	
+ HepataQūr Drops	10-15 drops three times per day.	
MagQūr	One tablet a day after breakfast.	
OmegaQūr	One soft gel twice daily after breakfast and dinner.	
ProQūr	One tablespoon mixed in liquid twice daily.	
♦ <i>Additional Treatment</i>		
+ <i>Optional. For faster and optimum results, the homeopathic drops are recommended but they must be taken away from caffeine, mints and any strong aromatics.</i>		

Product Information

Product Name	Product Description	Contains	SKU	Cost
AdrenoQūr	Stimulates and supports the adrenal gland by releasing active adrenal hormones into the system. The ingredients work together to strengthen the adrenal gland and nervous system. Adrenal health is essential for overall health and supports healing and helps fight stress.	60 capsules	QGL140	\$22.00
		180 capsules	QGL141	\$42.00
AdrenoQūr Drops	Relieves stress through a healthy adrenal system. Glandular tinctures are designed to stimulate the body into building a healthy organ by supplying an energy blueprint for healthy organ cells. Also helps alleviate symptoms caused by an ineffective organ.	1 ounce liquid	QLE120	\$16.00
Basic-BQūr	Contains a specialized, balanced high potency formula with higher concentrations of the B vitamins that are especially important in combating stress. B vitamins act as activating agents to maintain many body functions.	60 tablets	QVM270	\$24.00
		180 tablets	QVM271	\$54.00
BoneQūr	Provides a comprehensive bone formula that enhances bone tissue production. Complexes minerals with amino acids to increase uptake by 60-100% and provides deeper cellular penetration and retention.	90 capsules	QVM147	\$22.00
C-1000Qūr	Promotes healing and is necessary for proper adrenal function. Boosts the immune system, supports the cardiovascular system, combats inflammation and pain, and aids in the balancing of pH.	60 tablets	QVM160	\$23.00
		180 tablets	QVM161	\$56.00
DigesQūr	Contains protein, starch and fat metabolizers which provide optimum digestive support, especially in the stomach and upper GI; and hydrochloric acid to enhance enzyme function. Aids in the reduction of inflammation.	60 tablets	QSP180	\$28.00
		180 tablets	QSP181	\$52.00
EnzyQūr	Ease stomach upset with natural Bromelain and Papain. Bromelain is derived from pineapple and used as an anti-inflammatory agent after trauma or surgery. It is an effective digestive aid, particularly for those who have pancreatic problems. Bromelain and Papain are known to effectively relieve gastrointestinal upset.	60 capsules	QSP180	\$20.00
		180 capsules	QSP181	\$42.00
FiberQūr	A proprietary mix of soluble and insoluble fiber in a specific combination that promotes overall cholesterol health. This great tasting product also contains vitamins and minerals to assist the body's general health and well-being.	16 ounces powder	QSP160	\$48.00
HepataQūr	Helps detoxify and strengthen the liver. Contains the proper ingredients in the right amounts to improve liver function and health. Cleanses the blood stream and supports immune function by reducing the load of toxins on the liver.	60 capsules	QSP360	\$20.00

Product Information

Product Name	Product Description	Contains	SKU	Cost
HepataQūr Drops	Helps support healthy liver function. Glandular tinctures are designed to stimulate the body into building a healthy organ by supplying an energy blueprint for healthy organ cells. Also helps alleviate symptoms caused by an ineffective organ.	1 ounce liquid	QLE160	\$16.00
MagQūr	Assists in alkalinity balance. Pure magnesium supplement that also aids in cardiovascular function, bone formation, activates B vitamins, and increases energy.	90 tablets 180 tablets	QVM134 QVM135	\$16.00 \$24.00
OmegaQūr	Provides a proprietary blend of purified whole body fish oils to improve cardiovascular health, boost immune response, improve joint function and combat the effects of inflammation.	50 soft gels 150 soft gels	QSP145 QSP146	\$22.00 \$30.00
ProQūr	Contains vitamins and minerals, as well as a complete panel of essential amino acid complexes to give the body energy and support bone growth. Amino acids are the chief components of proteins which in turn are critical for maintaining muscle tone.	16 ounces powder	QSP164	\$50.00

Processing

Products are constantly monitored and tested to ensure consistent quality of raw materials, product batches, and finished products. Analyses are conducted to validate content and specifications, assuring high quality.

Manufacturing Standards

Standard operating procedures are based on Current Good Manufacturing Practices (cGMP). To ensure the highest quality nutraceuticals, these manufacturing procedures are applied to every product.

Complexing Minerals

Minerals are complexed with amino acids which increases uptake by 60% to 100% and provides deeper cellular penetration for longer biological half-life and retention.

Premium Quality Glandulars

All glandular products are produced from government inspected, range-grazed animals raised in New Zealand without the use of pesticides, hormones, and antibiotics. The glandulars are lyophilized (freeze-dried), whereby the material is frozen and subjected to a high vacuum that vaporizes moisture directly from the solid state, thereby maintaining enzymatic vitality and nutritional potential.