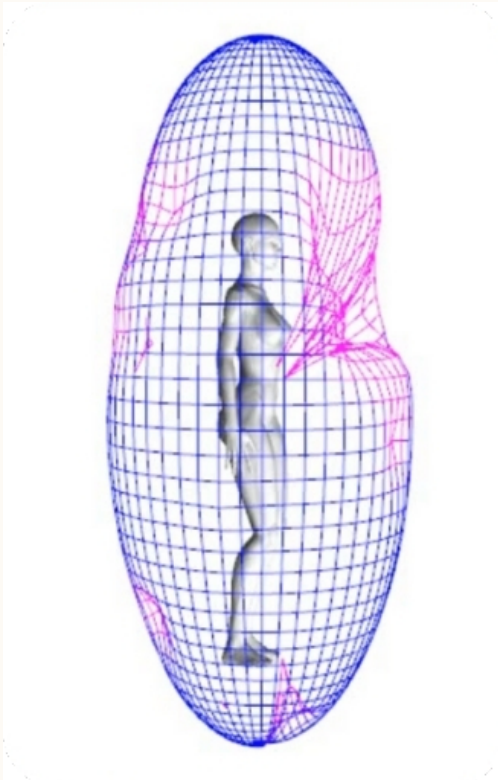


# Complete Bio-Resonance Scan

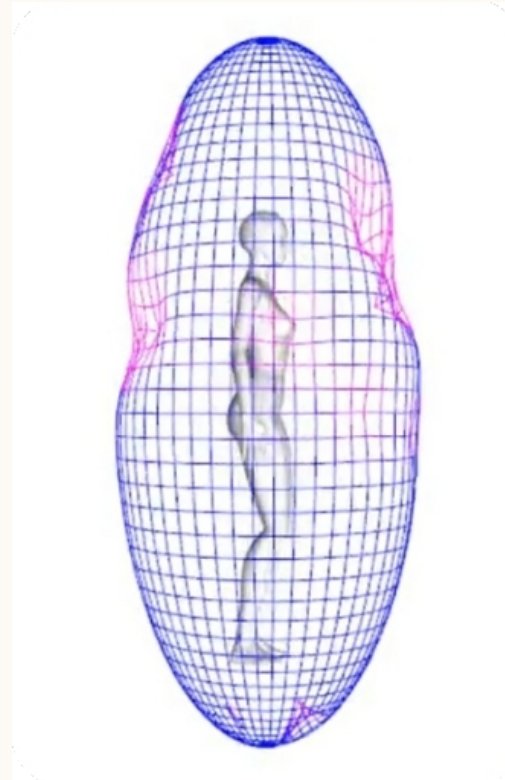
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Hello [Name], it was a pleasure to do this full scan for you. This is the complete picture — your energy field, your body systems, what your system is carrying and reacting to, and the simplest first steps to start clearing and strengthening. Much of what showed up was deactivated during your session; the steps below help your system finish the work and stay ahead of it.

**Before**



**After Energizing**



*The blue grid is your energy field; pink shows where it is weak. Where the pink reaches inward and touches the body, the energy loss is greatest. Left, before the session; right, after energizing.*

## Most Important to Know Now

- Your energy drains most deeply at your core — the abdomen, the seat of the solar plexus. This governs gut instinct, confidence, and digestion, and when it runs low it shows up as overthinking, second-guessing, and a sensitive or sluggish gut.
- Your digestive system is the busiest area: inflammation, a sluggish gallbladder and colon, low stomach acid, and signs of gallstones. Calming and rebuilding digestion is your first physical priority.

- Your liver, kidneys, and urinary system are overworked and tired, with signs of stones, crystal deposits, and stored heavy metals. Gentle cleansing and support comes next.
- Your thyroid is underactive, which goes with fatigue and hormone swings, and there is a clear mold load in your system and likely your environment.
- Iron isn't absorbing well, so it pools in the blood and feeds joint inflammation, and uric acid is running high — both point to the same fix: better digestion and gentle detox.
- Threaded through all of it is the weight you've been carrying emotionally. Body and feeling are rarely separate, and yours are asking for the same thing: rest, nourishment, and permission to set some of the load down.

### Start Here — Your Quick Wins

- Favor warm, cooked, simply prepared meals while your system clears — nothing raw or cold yet. This feeds the digestive fire at your core.
- Fresh celery juice each morning to help cleanse and calm inflammation; wait 30 minutes before anything else.
- Half a teaspoon of real salt in lukewarm water, once or twice a day. Beyond hydration, this gently rebuilds your stomach acid — which matters more than most people realize, as the findings explain.
- Take a full-spectrum, high-quality digestive enzyme with meals, and add unflavored collagen peptides once a day to soothe and rebuild the gut.
- Ease off sugar, fruit, refined starches, and dairy for now, since these feed mold and unfriendly bacteria.
- Reduce mold in your environment. The first ten pages of *Toxic Mold* (yours as a gift) give you safe, simple steps you can start today.
- Each day, make one small decision quickly and act on it without circling back. Acting on your gut is how your center rebuilds its strength.

### Your Full Findings

**Your energy field.** Your field is shown as a blue grid; pink marks weakness, and where the pink reaches inward and touches the body, the energy loss is greatest. In your before image the deepest penetration is at your abdomen — the solar plexus, your center of gut instinct, confidence, and digestion. The same inner fire that breaks down food breaks down experience and turns it into action, which is why a depleted center shows up as both sensitive digestion and overthinking or second-guessing. The wide web of pink behind you is energy leaking from that center. In the after image, taken once we energized the area, the pink has softened and the blue grid filled back in — your field strengthening in real time, and continuing to over the coming days.

**Digestive system.** This was your busiest area. The stomach and both intestines showed inflammation, and the intestinal muscles are sluggish, which slows things and tends toward constipation. Your gut bacteria are out of balance, and digestive enzymes are running low — so food isn't breaking down as cleanly as it could. The gallbladder is sluggish and underactive, which affects how you digest fats, with signs of gallstones adding irritation. Parasitic signatures were present in the tract, the kind that draw on nutrients, iron especially. There is a small polyp on the small-intestine lining, the esophagus is inflamed, and there's a long-standing reflux-and-gastritis pattern. That last one surprises people: reflux usually means too *little* stomach acid, not too *much* — when acid runs low, food sits and ferments and pushes back up. The fix is to rebuild acid gently, not suppress it, and to keep liquids to a minimum during meals so you don't dilute it. The pancreas also showed long-term inflammation and reduced blood flow.

**Liver.** Your liver is overworked, with sluggish bile flow and long-term, low-grade inflammation. There's an iron-overload pattern in the blood alongside copper building up — so gentle heavy-metal support matters, paired with the caution below that iron isn't absorbing properly even while it pools.

**Kidneys & urinary.** Both run tired. One kidney is sitting slightly low, a sign of long-term fatigue in the system, and there's narrowing of a kidney artery reducing blood flow, some urine backup, and general kidney inflammation, with signs of kidney stones. Lower down, the bladder, urethra, and prostate showed inflammation — which can mean discomfort or frequent urination — and uric acid is running high in the urine, which makes the kidneys work overtime and can feed both stones and the crystal deposits in your joints.

**Heart & lungs.** Mostly gentle signals: an occasional irregular heartbeat, slight heart inflammation with the muscle reading a little thick, some narrowing of the artery to the lungs and reduced blood flow to the heart, and a valve not closing fully. The airways and lungs showed inflammation and irritation consistent with inhaled dust, and there was skin inflammation tied to allergy.

**Endocrine & hormones.** The thyroid is enlarged and underactive, which fits the fatigue and hormone fluctuation, and the parathyroid read as swinging both over- and under-active. The pancreas is under-producing insulin, affecting how you handle sugar and energy. Your spleen and pancreas both showed low blood supply — in Chinese medicine this pair is drained by overthinking, so nourishing them includes easing the mental load, not only the food.

**Blood, nervous system & skeleton.** Bone density showed weakness (osteoporosis) alongside some bone hardening — magnesium and good fats support both. There's inflammation across multiple joints, gout-type crystal deposits, pinched nerves in the spine with the lower back most affected, and shoulder-joint inflammation. Your blood carries too much iron yet absorbs it poorly, too much fat (a sluggish gallbladder reduces fat digestion), and signs of arterial deposits.

Red blood cells read low and somewhat misshapen, which makes carrying oxygen and nutrients less efficient. The nervous system showed exhaustion — the kind that brings fatigue, anxiety, and trouble concentrating — and there's a clear fungal and mold overgrowth in the system and environment.

**Ear, nose & throat.** Inflammation showed through the tonsils, throat, nasal lining, voice box, sinuses, and salivary glands, plus the small mastoid bone behind the ear. A slightly deflected nasal septum makes airflow less than optimal.

**Critters — mold, parasites, bacteria.** Mold is the dominant load: the strongest were *Mucor racemosus*, *Penicillium notatum*, and *Candida parapsilosis*, with *Aspergillus* and other *Penicillium* species behind them — common household molds that grow in damp, low-airflow spaces. Parasitic signatures consistent with common gut amoebae appeared, the strongest being *Entamoeba gingivalis*, *Entamoeba histolytica*, and *Iodamoeba buetschlii*. On the bacterial side, most are ordinary gut residents that have overgrown — *Bacteroides fragilis* and *Enterobacter aerogenes* alongside the *E. coli* and acidophilus families — plus a *Helicobacter pylori* signature that ties into the low-stomach-acid pattern.

**Sensitivities.** Your strongest reactions: dairy (across the milk proteins, so it appears in many forms at once), gluten and wheat, and yeast. Behind them, sugar, chocolate, garlic, and fish. On the chemical side the leaders were chloroform, formaldehyde, and toluene — common in tap water, new furnishings, and solvents — and the metal signals pointed to dental amalgam and gold plus environmental lead. A few medication families flagged too, including aspirin, penicillin, and the anti-inflammatory group. Note these and raise them with your doctor, dentist, or pharmacist; never stop a prescribed medication on your own.

**Geo-pollution & environmental stressors.** Several everyday frequencies came up that your system finds draining — EMFs and Wi-Fi, phone and aerial signals, low-level radiation and radon, and natural geological lines beneath where you spend time. A few subtler influences also showed: the sense of someone wishing you harm or quietly hoping you don't succeed; the drain of time spent around a person who is negative or needy and leaves you depleted; and a "heavy" quality to your physical space — a home with an unhappy past, previous occupants who struggled, or a feng-shui reason it sits low and pulls on your energy. You can build resilience to all of these with grounding, time in nature, clean water and salt, and strengthening your own field and boundaries.

**The emotional weight you're carrying.** This layer ran all the way through your scan, and it deserves naming gently. There are threads of financial strain and the sense of carrying a great deal — times when it has felt like a lot to hold. There's deep tiredness, worry that reaches toward others as much as yourself, old grief that hasn't fully moved, and quiet questions of worth and belonging — moments of feeling unseen, or not quite enough. None of this is a verdict on you; it's simply what your field has been holding, and naming it is the first softening.

You don't need to fix any of it today. The body and the feelings are asking for the same things: rest, nourishment, and permission to set some of the weight down.

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## **The Emotional & Energetic Layer**

Often overlooked, and frequently the most meaningful part. Physical patterns and emotional ones are rarely separate. A field carrying a long-held burden often carries long-held feeling alongside it — themes around self-expression, boundaries, and permission to rest. Dr. Gabor Maté describes it this way: when we cannot say “no” with our voices, eventually our bodies say it for us.

You don't need to do anything with these — simply sitting with the ones that resonate is enough. A few gentle questions to hold:

### **QUESTIONS TO SIT WITH**

- When do I feel most valued, heard, and seen?
- Where in my life am I over-giving, or stretching beyond my boundaries?
- In what situations do I feel most at peace, relaxed, and at home in my body?
- What do I most need permission to explore, do, or say no to?
- What have I needed to express that has not yet found its voice?
- What is one thing I could do to reclaim a little rest this week?
- Who are the people I feel most like myself and content around?
- Who are the people or situations that leave me feeling depleted?
- One year from now, what would I like my life to feel and look like?
- What is the dominant emotional state I want to be living in?
- What needs to happen to make that reality possible?
- What are my top three goals for this year?
- What legacy do I want to leave?
- In 20 years, what will matter most about how I used this next phase of my life?

## **Wellness Foundations**

These are the small, steady practices that help restore energy, support nervous system regulation, and create a more stable foundation for healing. You do not need to do them all.

Start with one or two that feel most accessible, and build from there with gentleness and consistency. Small actions, repeated over time, create meaningful change.

### **Daily rhythm**

- Get natural light in your eyes early in the day, before screens.
- Go barefoot on the earth whenever possible.
- Pause once an hour for a few slow, deep breaths.
- Create a consistent evening wind-down that supports restful sleep.

### **Nourishment**

- Drink plenty of clean water and include good-quality salt or electrolytes as appropriate.
- Choose warm, simple, well cooked, easy-to-digest meals.
- Limit sugar and heavily processed foods that can place extra strain on the body.
- Eat slowly, chew thoroughly, and stop when you are about 80 percent full. It's important to leave your stomach with some space for easier digestion.

### **Rest & nervous system**

- Deep rest as a genuine priority, not a reward.
- Practice a daily heart–brain coherence exercise or other calming regulation practice.
- Spend time in nature and let your eyes rest on green and blue.
- Move gently in ways that restore energy, such as walking, yoga, or swimming.

### **Environment**

- Reduce mold, dust, dander, and damp at home.
- Air out rooms; let in natural light.
- Notice which spaces leave you feeling drained or restored.
- Surround yourself with colors you're drawn to.

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Remember that this is a process, and every step forward strengthens your roots. The leaves and flowers bloom once the roots feel steady again. You are doing the good, and often not-so-easy, work of lightening your load so you can move forward with greater ease and flow. It is my pleasure to support you in that.

With gratitude and warmth,  
*Yvette*

*This is an energetic wellness reflection — not a medical diagnosis.*