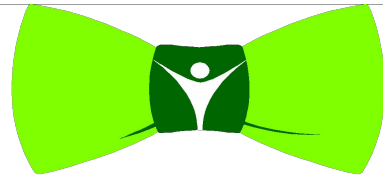


# Natural Solutions for Preventive Health Care Using ZYTO BIOFEEDBACK



**FREEDOM WHOLE HEALTH**



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# Alternative Health Vs. Standard Medical Treatment



# Naturopathy/Preventive Care

- ▶ Defined: A system of therapeutics in which neither surgical nor medicinal agents are used. Dependence is being placed on the natural or non-medical forces. It attempts to get the body in the optimum state where disease is no longer welcome. It allows the body to get back to homeostasis where the body can heal itself.
- ▶ Focuses on removing the source of stress.
- ▶ Focuses on improving the diet and digestion.
- ▶ Focuses on detoxifying and improving elimination.

# HOMEOSTASIS:

- ▶ The body's ability to maintain the constancy of its internal environment despite changes in its surroundings.



# Standard Medical Treatment

- ▶ **Medicine Defined:** The art or science of treating disease with drugs or curative substances, as distinguished from surgery and obstetrics
- ▶ Focuses on managing symptoms after they develop
- ▶ Often the drug itself produces side effects
- ▶ Does not focus on getting to the root problem
- ▶ Does not focus on lifestyle and prevention

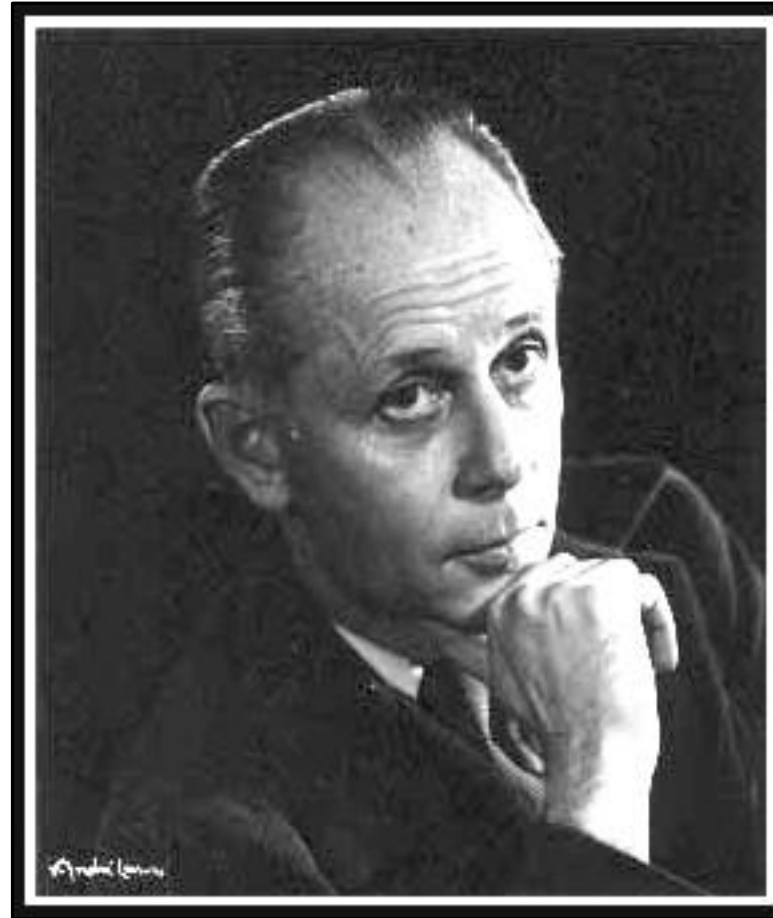
## Dr. Howard Loomis Says:

“Normal body functions cannot be restored and health cannot be maintained by using drugs, because they all have side effects.”



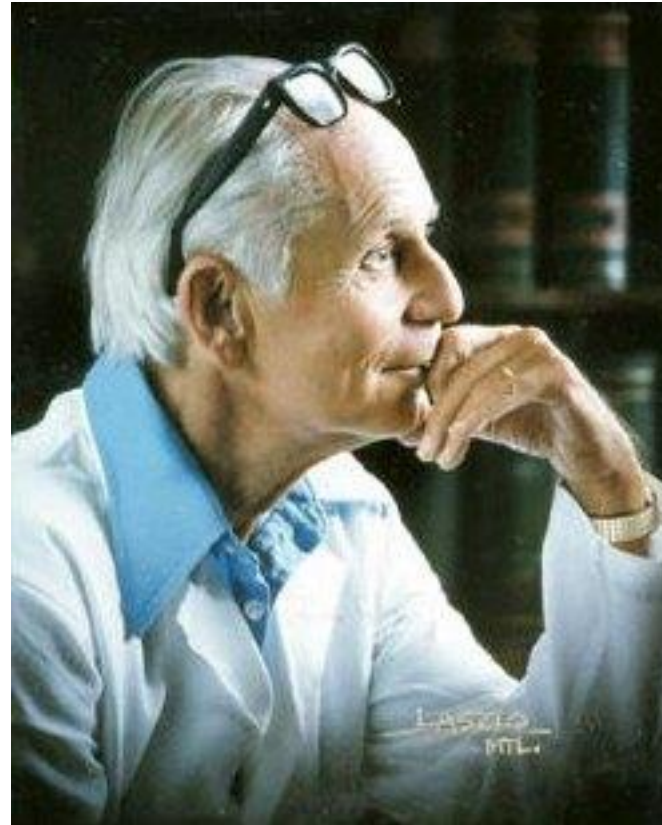
# Hans Selye, M.D.

- ▶ Came from a family of physicians.
- ▶ Earned three doctorates (M.D., Ph.D., D.Sc.)
- ▶ 50 + years studying stress
- ▶ He wrote over 1700 scholarly papers and 39 books about stress.
- ▶ Known as "the father of stress"
- ▶ Nominated several times for the Nobel Peace Prize



# What is Stress?

- ▶ Dr. Selye found that stress has a specific cascade of physiological events when a continual demand is made upon the body's ability to adapt.
- ▶ If not recognized, stress will progress from an alarm reaction to resistance, exhaustion (the appearance of symptoms), disease, degeneration and death.





# What is *Stress*?

"Stress," in Selye's lexicon, could be anything from prolonged food deprivation to the injection of a foreign substance into the body, to a good muscular workout; by "stress," he did not mean only "nervous stress," but "*the nonspecific response of the body to any demand.*"



## Selye's Conclusion:

*“Stress is a specific entity.”*

It is the **ONLY** disease we have to fight and it comes from 3 sources:

1. Mechanical
2. Emotional
3. Nutritional

# Stress Management

## Stress Reduction Kit



Directions:

1. Place kit on FIRM surface.
2. Follow directions in circle of kit.
3. Repeat step 2 as necessary, or until unconscious.
4. If unconscious, cease stress reduction activity.

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# What is Electrodermal Screening?

- ▶ It uses the energy circulating through your body along specific meridians, and when points on your skin that correspond to certain meridians are manipulated, the energy circulation and your internal organs are affected. In other words, a very small electrical charge is sent throughout your body. Based on how your body's tissues and organs respond, the machine can tell if the tissues and organs are under worked or over worked.
- ▶ Then nutritional supplements are given to bring the body's energy back into balance. The result is that the client feels better and starts a proactive stance on their health.



# Why Zyto?

- ▶ 1. **Insight into your health:** Reports from your zyto scan provide you with information that may help identify your individual needs such as nutritional support or other clinical assistance. Identifying items to which you have an unusual response gives you and your health care provider insight about health-related issues that may be keeping you from functioning at a balanced state.

# Why Zyto?

- ▶ 2. **Identify your biological preference for nutrition.**  
Does one size fit all when it comes to nutritional support?

**Of course not!**

- ▶ ZYTO scans identify our body's unique positive responses; we call these your biological preferences. Knowing your biological preferences helps you and your healthcare provider choose the nutritional supplements that will support your individual health needs.

## Why Zyto?

- ▶ 3. **Save money:** There are a lot of good nutritional supplements but you probably don't need them all. Knowing your biological preferences helps you choose products that are right for you. Choosing well means your investment in supplements are more likely to pay off, providing you the benefits you need and saving money on things you don't need.

# Why Zyto?

- ▶ 4 **Increase your energy:**  
Your body consumes energy in its effort to maintain a healthy balance. When your body uses this energy to deal with life's extra challenges, like fighting a cold, you will have less energy to perform your day-to-day physical activities. Zyto helps you identify the additional support your body may need to maintain balance and keep your energy levels high. By providing your body extra help when it's needed, you're more likely to address issues while they are small, leaving you with more energy to enjoy life.





## Why Zyto?

- ▶ 5. **Track your health:** ZYTO biocommunication scans give you information ‘in the moment’. Tracking your scans over time can be beneficial, allowing you to identify trends or long term issues that you will want to pay particular attention to. Keeping track of your past can help you predict the future, and reviewing your past ZYTO reports gives you essentially a look back through time.

**ZYTO**™

# Why Zyto?

- ▶ 6. **Peace of Mind:** Worrying about your health or the health of a loved one can be incredibly stressful. Sometimes it is hard to put into words what you are feeling, and then there is added concern about things you may not consciously be aware of. Biocommunication takes place at a subconscious level so you don't have to worry about the words you choose to describe what you are feeling. ZYTO scan reports introduce a new perspective about your unique biological preferences to your healthcare provider, enabling a more complete picture to base healthcare decisions. Knowing more about your individual health can make all the difference... giving you an added measure of peace.

# *A Gift!*



## Four Reasons You Should Accept This Gift:

1. Health problems get worse over time if not treated.
2. You will enjoy life more if we improve your health and eliminate your symptoms. Feeling great and being happy is what life is all about.
3. I'm not going to waste your time or money. If I can't help you, I will let you know and refer you to someone who can.
4. You have nothing to lose because I'm going to do the consultation and screening for you at absolutely no charge.