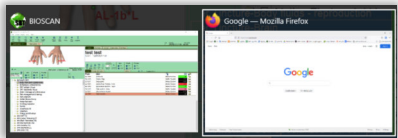
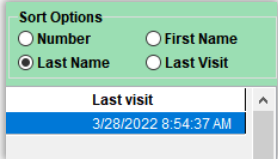
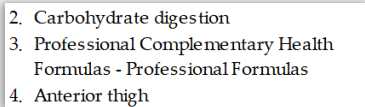
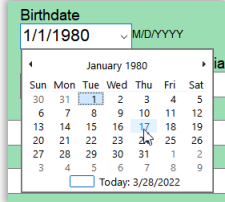
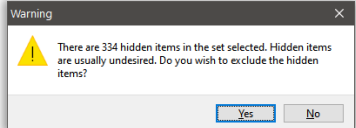

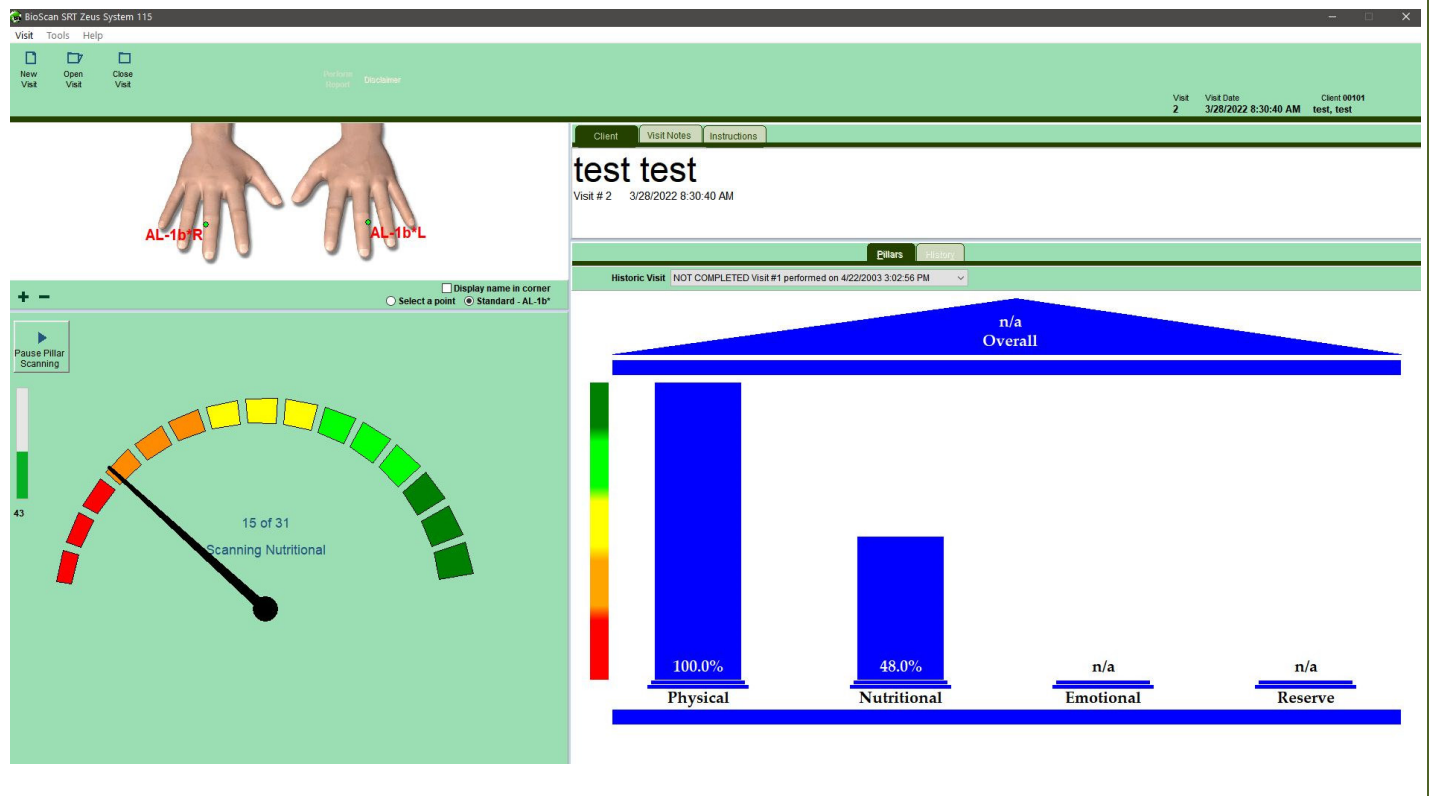


Feature	Benefits	Quick Screen View
<p>Background Activity</p>	<p>Scan, Provoke, and Process continues after switching to another Windows application.</p>	
<p>Last Visit Date</p>	<p>“Last Visit” date visible in the New Visit Wizard</p>	
<p>Word-Wrapped Reports</p>	<p>Items are word-wrapped in the Scan, Provoke, and Process Report</p>	
<p>Birthdate Selection</p>	<p>Selecting a Birthdate is now easier in Client Profile Editor</p>	
<p>Discontinued and Hidden Items</p>	<p>Discontinued and Hidden items, if visible, can be Scanned, Provoked, and Processed</p>	
<p>Thank You For Your Feedback</p>	<p>Several issues such as spelling, error messages, and visibility issues were addressed.</p>	

Optional Add-On

“Fit” Pillar Scan

Physical, Nutritional, Emotional, and Reserve pillars with actionable reports for your clients.



- Scan your members through the Fit software.
- Generate reports showing areas to focus on improving throughout the month.
- Increase member compliance in programs with monthly scanning.
- Scores are represented as the 4 Pillars with an overall “Health” score, reflected by their different colors.
- Categories that may be included in the report are Strength, Flexibility, Organ Systems, Axial Skeleton, Upper Appendicular Skeleton, Lower Appendicular Skeleton, Chakras and Qi, Amino Acids, Digestion, Fatty Acids, Food Sensitivity, Heavy Metals, Hormones, Hydration, Minerals, Supplements, Vitamins, Mindfulness, Positive Affirmations, and Triggers. An example **BioScan Fit Report** is included on the following pages.



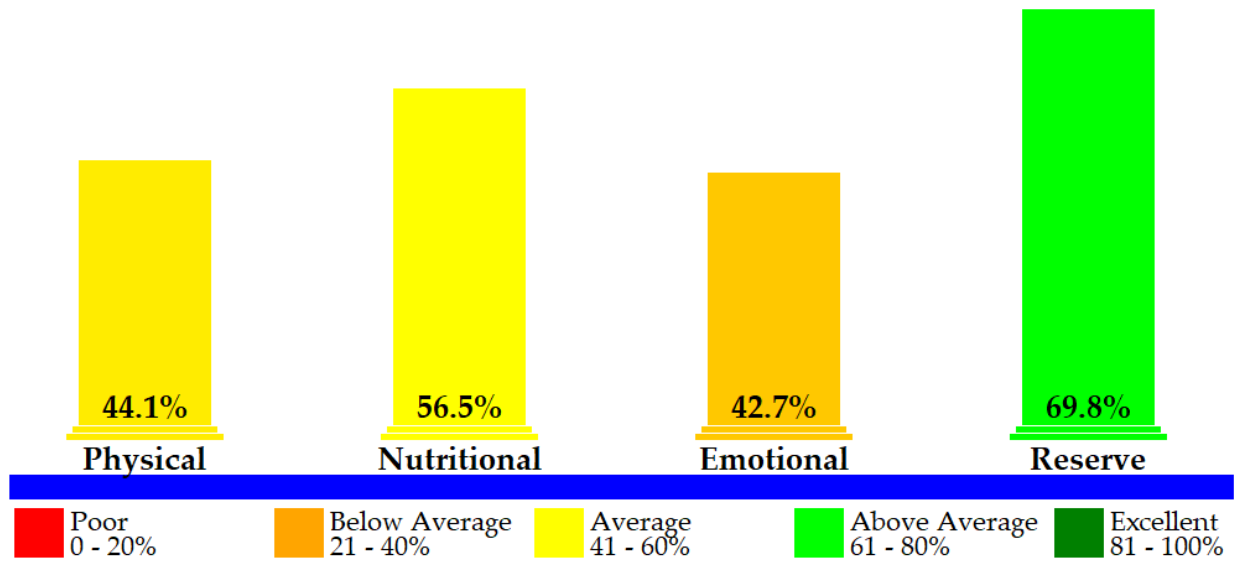
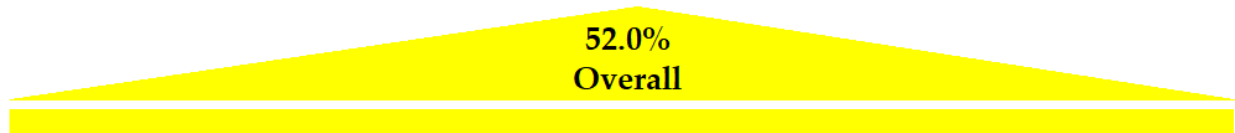
Confidential Information

Number	00123	Visit Number	1
Client	Client Name	Practitioner	John Doe
Date and Time	2022-03-11 06:03:41 PM	Credentials	BioScan Practitioner
		Voll Min / Avg / Max	31 / 49 / 71

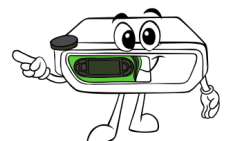
BioScan Fit Report

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 : 44.1%

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:

- Back postural muscles
- Rotator cuff
- Shoulder stability (pecs, rhomboids, upper arm, trapezius, deltoids)

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:

- Back postural muscles
- Hip flexors and low back
- Shoulder stability (pecs, rhomboids, upper arm, trapezius, deltoids)

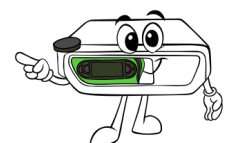
Organ Systems:

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.

- Immune
- Muscular
- Nervous



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NUTRITION PILLAR REPORT : 56.5%

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:

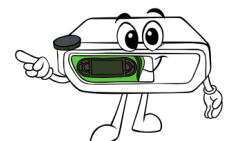
To sustain life, sufficient amounts of "good" fats should be consumed. Fats allow you to store energy in the body and allow you to make certain hormones. They provide padding for some organs and some fat soluble vitamins allow for proper formation of the brain, eyes and skin. They also help to keep the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

- Cruciferous vegetables (cabbage, Brussel sprouts, broccoli, radish, rutabaga, turnip)
- Fruit (apple, banana, cantaloupe, cherry, cranberry, date, fig, grapes, lemon, orange, peach, pear, pineapple, plum, pomegranate, raisin, raspberry, strawberry, watermelon)
- Grains (brown rice, amaranth, millet, quinoa, sorghum, buckwheat, wheat germ, oats, rye, barley, wheat)

Amino Acids:

Protein is made of peptides, which are made of amino acids. Amino acids help with support, repair and recovery of the body when you're active. They help to maintain cell hydration, act as a buffer to maintain the acid-base balance and transport oxygen and carbon dioxide in the blood. There are 10 essential amino acids (8 for adults), and 10 non-essential ones. Adult requirements for protein is approximately 0.8 g of protein per ideal kg of weight.

To ensure you're getting a good variety of some foods rich in amino acids include:

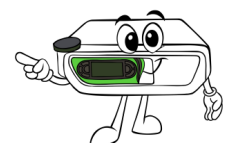
- Chickpeas
- Egg white
- Dairy (cheese, milk & yogurt)
- Fish & Seafood (anchovy, haddock, herring, mackerel, sardine, sole, trout, whitefish)
- Garlic
- Grains
- Vegetables (green Vegetables including seaweed, onions, peppers)
- Legumes (soy, tofu, tempeh)
- Lentils
- Meat & Poultry
- Nuts & Seeds
- Spirulina

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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Hydration:

Hydration plays a crucial role in many different bodily functions. Proper hydration allows our bodies to regulate body temperature. It also keeps joints lubricated and helps deliver nutrients to cells. Water is often passed up for other beverages such as coffee, tea and soda, which can have a dehydrating effect on the body. Drinking adequate water (half of your body weight in pounds, in ounces of water) helps us sleep better, improves mood, fight infections, and can improve our brain's function.

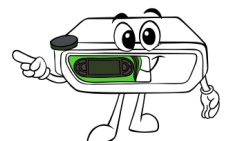
If you struggle to drink water throughout the day, consider the following:

1. Drink from a bottle or glass that requires only 1 hand to drink . You are much more likely to hydrate if the bottle doesn't require 2 hands to open.
2. If your work area permits, keep a bottle/glass on your desk so it is there in front of you as a reminder. Some water bottles you can purchase have features such as lighting up when it's time to drink as a friendly reminder.
3. There are many water apps for our phones that will allow you to set a goal for the amount of water you will drink daily. Reminders will be sent to your phone when you're falling behind that target.

If you already drink an adequate water intake and your hydration score was low, it may be that you are lacking the trace minerals necessary for your body to absorb the water. Consider speaking with your doctor or alternative health care provider to see if adding a trace mineral supplement might be suitable for you.



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EMOTIONAL PILLAR REPORT : 42.7%

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
- Body Scan
- Mindful Walking

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 made of love and patience, I find it easy to stay calm and relaxed.
- My needs come before those of others. When I prioritize my health and well-being, I can then help others.
- I am well-structured and balanced.

Triggers:

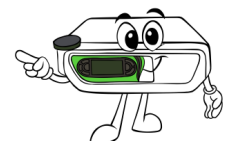
Triggers are probable causes for certain symptoms or emotions that are experienced. By bringing them into the conscious mind, acknowledging the triggers and attempting to make positive changes around them, we often find that our symptoms or emotional triggers subside.

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.

- No flow in life; refocus on the essentials of love and joy.
- Compromised communications; not trusting the process of life.
- Holding yourself back; poor distribution of get up and go.



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RESERVE PILLAR REPORT : 69.8%

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.

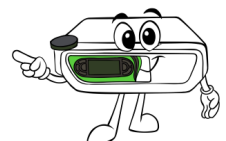


Reserve Score:

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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SUMMARY

PHYSICAL PILLAR REPORT : 44.1%

Strength:

- Back postural muscles
- Rotator cuff
- Shoulder stability (pecs, rhomboids, upper arm, trapezius, deltoids)

Flexibility:

- Back postural muscles
- Hip flexors and low back
- Shoulder stability (pecs, rhomboids, upper arm, trapezius, deltoids)

Organ Systems:

- Immune
- Muscular
- Nervous

NUTRITION PILLAR REPORT : 56.5%

Food Sensitivity:

- Cruciferous vegetables (cabbage, Brussel sprouts, broccoli, radish, rutabaga, turnip)
- Fruit (apple, banana, cantaloupe, cherry, cranberry, date, fig, grapes, lemon, orange, peach, pear, pineapple, plum, pomegranate, raisin, raspberry, strawberry, watermelon)
- Grains (brown rice, amaranth, millet, quinoa, sorghum, buckwheat, wheat germ, oats, rye, barley, wheat)

Amino Acids:

To ensure you're getting a good variety of some foods rich in amino acids include:

- Chickpeas
- Egg white
- Dairy (cheese, milk & yogurt)
- Fish & Seafood (anchovy, haddock, herring, mackerel, sardine, sole, trout, whitefish)
- Garlic
- Grains
- Vegetables (green Vegetables including seaweed, onions, peppers)
- Legumes (soy, tofu, tempeh)
- Lentils
- Meat & Poultry
- Nuts & Seeds
- Spirulina

Hydration:

If you struggle to drink water throughout the day, consider the following:

1. Drink from a bottle or glass that requires only 1 hand to drink . You are much more likely to hydrate if the bottle doesn't require 2 hands to open.
2. If your work area permits, keep a bottle/glass on your desk so it is there in front of you as a reminder. Some water bottles you can purchase have features such as lighting up when it's time to drink as a friendly reminder.
3. There are many water apps for our phones that will allow you to set a goal for the amount of water you will drink daily. Reminders will be sent to your phone when you're falling behind that target.

If you already drink an adequate water intake and your hydration score was low, it may be that you are lacking the trace minerals necessary for your body to absorb the water. Consider speaking with your doctor or alternative health care provider to see if adding a trace mineral supplement might be suitable for you.

EMOTIONAL PILLAR REPORT : 42.7%

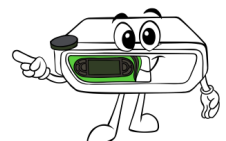
Mindfulness:

- Box Breathing
- Body Scan
- Mindful Walking

Positive Affirmations:



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- I am made of love and patience, I find it easy to stay calm and relaxed.
- My needs come before those of others. When I prioritize my health and well-being, I can then help others.
- I am well-structured and balanced.

Triggers:

- No flow in life; refocus on the essentials of love and joy.
- Compromised communications; not trusting the process of life.
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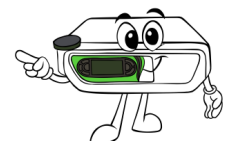
RESERVE PILLAR REPORT : 69.8%

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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Box Breathing

Also known as Four Square breathing because you give each part of your respiratory function, the same amount of time and attention. These four parts are:

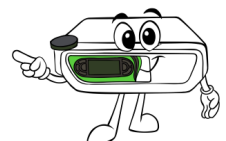
1. Breathe in to the count of four. Slowly and mindfully.
2. Pause or hold your breath to the count of four.
3. Breathe out to the count of four.
4. Pause or hold your breath again to the count of four.

Repeat this process until you are comfortable with "4 seconds" as your count. Then, start to increase this time as long as you can manage comfortably. Pay particular attention to your 'out breath' ensuring that you continue to breathe out for the full time.

Your body considers your breath as your life force. Having "control" of your breathing is vitally important and can be a calming and stress relieving activity that has the most benefit on the Autonomic Nervous system. This can also be used to halt a "panic attack".



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Body Scan

Body Scanning is a type of meditation that allows you to slow down and get in tune with your body.

Ensure that all distractions are removed (TV, music, phone).

Find a comfortable place to lie down or to sit relaxed (floor, bed, couch, reclining chair).

- Be sure that your body is properly supported so that you're comfortable. You may consider a roll under your knees or neck if needed.

Close your eyes and take a few deep breaths. Notice how your lungs and body move as you breathe.

Decide on where you'd like to begin the scan.

- Generally, the extremities are best: a hand or foot or top of your head.

Focus on your starting area while breathing deeply and slowly.

- Become aware of any sensations that are present. Some sensations may include pain, discomfort, tension or just something that feels unusual.
- Take your time, anywhere up to a minute feeling these sensations.
- If your mind starts to drift; not to worry, bring it gently back to focus on the body scan.

If you find an area of pain, tension, or discomfort, thank your body for bringing it to your attention. Acknowledge the sensation(s) and then accept them.

- While acknowledging and letting go of the sensation, continue to breathe deeply and slowly.
- "Let go" of the sensation as you exhale each breath.

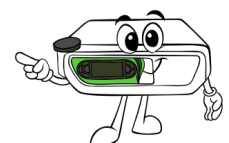
Once that sensation has decreased, slowly move on to the next body part. Move along your body in a way that makes sense to you, while continuing the deep slow breathing throughout.

After you have scanned and released the pain, discomfort, tension, and other unusual feelings, take 3-5 more deep slow breaths.

- As you breathe in, imagine "filling" your body with pure, white, healthy energy or light.
- Continue the deep, slow breaths until you are "filled" with this amazing white light.

Thank yourself for taking this time to be mindful and slowly open your eyes.

- Make sure you are back in your body and move slowly getting up and moving on with your day.



Mindful Walking

Embark on this mindfulness exercise when you have the time to practice being present.

Begin walking with no specific destination in mind.

While walking notice your feet touching the ground with each step and the sensations (sound, feel) that accompanies them.

Pay attention to your breathing (inhalation and exhalation).

Smile.



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