

Because our emotional health is just as important as our physical health, we have bioenergetically tested your hair and saliva for the following categories:

- Emotions
- Color
- Gem
- Essential Oils
- Nutritional Imbalances
- Polychrest

Because awareness is the first step in lasting change...

## Emotions

Emotional information is crucial to acknowledge and understand to begin the balancing process. Below you'll see the specific emotional patterns that resonate the most with you right now. These are patterns you are holding, or patterns that stress you when another person presents them towards you.

Strong and steady, while never giving up under adversity. Intense determination, and does not consider resting until past the point of exhaustion.

Feeling an absence of love, and needing to find an openness towards others.

At times can be critical of others, while craving recognition and acceptance.

At times can feel resentful or resist change, while having strong opinions.

At times feeling like all reserves of inner strength and energy have run out. Needs to let go and allow yourself to revitalize and restore your mental energy.

## Color

Every color holds beneficial properties for balancing. The specific color that resonates the most with you right now is listed below. Because this is a balancing color for you it is helpful to surround yourself with this color by wearing clothes/accessories of this color and even decorating with this color. Visualization and meditation with this color may also be very beneficial.

Your resonating color is **Violet**

The color Violet is one of the highest frequencies of vibrational speed. This color's energy helps to balance spiritual growth, universal love, and encourages the flow of imagination. Violet energy opens us to selflessness and speeds up natural healing, while soothing mental and emotional stress. Violet is great when feeling overwhelmed, sleepless, confused, and having cravings. It brings spiritual insight and renewal of our higher selves. This cooling, calming color is the most advanced color of the visible light spectrum. This color balances the central nervous system, pineal gland, cerebral cortex, the right eye and upper brain function. It slows down an overactive heart and mind.

# Gem

Every gem holds beneficial properties for energetic balancing. These benefits can include physical, emotional, and mental health benefits. Knowing this is a balancing gem for you, it might be ideal to wear this gem, keep it in your pocket, or even visualize it during meditation. The specific gem balancing the best with you right now is listed below.

## Your resonating Gem is **Jasper**

This gem has been used to strengthen the heart and enhance circulation. It's energies detoxify the circulatory system, blood, bile ducts, and liver. It has been used to balance anemia, exhaustion, nosebleeds, and hemorrhoids. Jasper vibration increases strength, vitality and physical stamina. There are beneficial energies for increased libido and fertility. This gem has been used to calm the emotions. Jaspers are the nurturers, the healers and represent courage and wisdom. Jasper draws a strong connection to the Earth's energy, making the jasper healing properties very beneficial for grounding, stability and strength.

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# Essential Oils

Essential Oils carry physical, mental, and emotional balancing properties. It can be beneficial to use these essential oils in a variety of ways. You can diffuse them, use them topically, or even use them to make your own sprays and detergents. The top three oils that resonate the most with your right now are listed below.

- **Juniper Berry**

This oil has a sweet woody aroma. Juniper Berry is calming, grounding, stress-reducing, and yet mentally motivating. It has great detoxification properties, especially within the skin. Juniper has been used to support muscle and joint issues as well as the digestive, urogenital, and respiratory systems.

- **Nutmeg**

This essential oil has a warm spicy aroma. It has been shown to increase circulation as well as reduce inflammation in muscles and joints. Nutmeg has relaxing properties, which may allow you to fall asleep faster as well as staying asleep longer. This antibacterial oil has been used to support detox pathways, especially within the liver.

- **Patchouli**

This oil has a earthy aroma that is mentally grounding and balancing. This is one of the best essential oils for skincare due to its many uses. It can help nourish dry skin, regulate oily skin, and keep skin looking vibrant. Patchouli has a toning effect to help support metabolic function and fortify the immune system. It has been used to detoxify the body, support circulation, digestion, and remove excess water.

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# Nutritional Imbalances

Nutrients carry physical, mental, and emotional balancing properties. The specific nutrients resonating with you right now are listed below. You'll see how a deficiency might display itself within the body as well as foods that are potent in it. It is helpful to eat foods that are high in these nutrients and possibly take a specific supplement for it if needed.

- **Taurine**

When low may experience low energy, anxiety, depression, hypertension, weak thyroid, sore joints, fertility issues, and/or kidney issues.

**Food:** food sources include eggs, fish, meat

- o **Glutamine**

When low may experience poor gut health, poor muscle recovery, anxieties due to the gut-brain connection, sugar/alcohol cravings, weakened immune system, and lowered muscle mass.

**Food:** food sources include many plant and animal substances. Excellent sources would be raw spinach and parsley

- o **Cysteine**

When low may experience water retention, muscle loss, skin issues, fatigue, cravings, depression, anxiety, liver issues, and/or obsessive feelings. This amino acid is essential in the body's own natural detoxification process.

**Food:** food sources include carob, coconut, gelatin, meat, oats, peanuts, walnuts

- o **Phosphorus**

When low may experience appetite changes, anxiety, bone pain, stiff joints, fatigue, irregular breathing, irritability, numbness, weakness, and weight changes.

**Food:** sources include asparagus, bran, brewer's yeast, eggs, fish, dried fruit, legumes, nuts, sesame seeds, sunflower seeds, pumpkin seeds, meats, poultry, salmon, whole grains

- o **Vitamin C**

When low may experience a weakened immune system, poor liver detoxification, stressed adrenal glands, bruising, weakness, fatigue, skin issues, muscle pain, irritability, swollen gums, dry/splitting hair and nails, swollen/painful joints, depression, or weight changes.

**Food:** sources include citrus fruit, tomatoes, green peppers, parsley, dark leafy vegetables, broccoli, cantaloupe, strawberries, cabbage, potatoes, peas, lettuce, asparagus

- o **Pantothenic Acid (Vitamin B5)**

When low may experience fatigue, feelings of being sad, irritability, sleeplessness, stomach pains, nausea, painful feet, upper respiratory issues, and muscle cramps.

**Food:** sources include beef, brewer's yeast, eggs, fresh vegetables, kidney, legumes, liver, mushrooms, nuts, royal jelly, saltwater fish

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## Polychrest

This is a homeopathic that is used to balance a wide variety of physical, mental, and emotional imbalances. The specific polychrest that is balancing the most with you right now is listed below. This will be the formula we infuse all of the other patterns into if you decide you'd like to order an infusion.

### Your resonating Polychrest is **Natrum Muriaticum**

This polychrest has been used for headaches that seem to recur at the same time each day. It has also been used for clear runny eyes, noses and also for cold sores. May experience sleeplessness, lower back pain, and cravings for salt. Can be very sensitive, dwell on old hurts, and at times desires to be left alone.

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# Infused Remedy

We are so excited that you took the step towards a deeper level of AWARENESS! There are so many steps that can be taken from this provided information and one of our Practitioners would love to help you dive even deeper into a plan of action to balance this. To take balancing a step further we can also infuse your customized remedy infusion! This remedy will include the Polychrest formula and an infusion of energetic patterns from above for optimum balancing!

## Customized Bioenergetic Infused Remedy



When you receive your custom infused remedy it is best taken once per day 20 minutes away from food and mint. Gently tap the bottom of the bottle a few times to activate the infusion prior to taking 8 drops of the remedy directly under your tongue.

If you have any questions feel free to reach out to us at any time. We are so excited for you to start feeling the balancing properties of this remedy!

We recommend you test again in roughly six weeks.

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