



IRT RESULTS

DETAILED REPORT

Prepared for: CLIENT NAME

Date

Beneficial interventions determined by
Integrative Response Testing
Provided by JS Wellness Consulting





About Your IRT Results

The results below were determined to be beneficial for the client based on energetic testing called Integrative Response Testing (IRT). IRT is based on Autonomic Response Testing developed by Dr. Dietrich Klinghardt and allows the practitioner to assess which supplements, diet and other recommendations will provide a neutralizing response to the stresses which are most significant in the client's body.

These results are not intended to serve as a finalized protocol. They are third-party data which help guide the practitioner in conjunction with his or her clinical expertise to create formal recommendations- much like bloodwork, mineral analyses or any other type of third-party testing. However, rather than providing insight as to what is wrong, IRT results show what is beneficial.

For more information about IRT and how it works, please click [here](#).

THESE RESULTS ARE IN NO WAY A DIAGNOSIS OF, NOR TREATMENT FOR, ANY DISEASE OR MEDICAL CONDITION, AND ARE NOT INTENDED TO BE INTERPRETED AS SUCH.

Diet: Anti-inflammatory, Paleo

Priority Recommendations

These recommendations are the top priorities which will allow the body to effectively utilize all of the other recommendations.

SUPPLEMENT/THERAPY	INSTRUCTIONS	RESEARCH & CONNECTIONS
Thorne L-5 MTHF 1 mg	1 capsule with each meal	Optimal folate levels modulate inflammation This supplement provides the active form of folate, which is easier for the body to utilize.
Vital Proteins Collagen Peptides	1 scoop in 8 oz water at breakfast	Provides amino acids that are easier to absorb, as your stomach doesn't have to work as hard to break them down.



Top area of stress #1: Mitochondria

STRESS IS NEUTRALIZED BY	INSTRUCTIONS	RESEARCH & CONNECTIONS
Designs for Health Mitochondrial NRG	2 caps with breakfast and dinner	Provides targeted nutrient to support mitochondrial energy production
Red light therapy	Full body 10 minutes 3x per week This Spa has red light booths	Red light therapy increases mitochondrial energy production, reduces pain and inflammation
Walking outside 30 minutes	Every other day	Walking improves glucose tolerance Walking in nature reduces biomarkers of stress

Top Area of Stress #2: Abdominal Lymph

STRESS IS NEUTRALIZED BY	INSTRUCTIONS	RESEARCH & CONNECTIONS
Biotics Research A.D.P	2 tabs with breakfast and dinner	Emulsified oregano oil kills parasites and improves GI symptoms Oregano oil improves gut symptoms and cellular function compared to antibiotics
Dry Brushing	3-4x per week Video Focus on the abdominal area	Dry brushing can improve rheumatic symptoms and induce anti-inflammatory genes
Avoiding gluten	See diet section	Wheat increases intestinal inflammation

Top Area of Stress #3: Cervical Spine

STRESS IS NEUTRALIZED BY	INSTRUCTIONS	RESEARCH & CONNECTIONS
Chiropractic	1x per week Find a chiropractor near you who you trust	Chiropractic can help provide relief from joint pain, as well as increasing anti-inflammatory markers.
GUNA Lympho Detox	Take 15 minutes before each meal	Homeopathic to reduce swelling in the lymph nodes, particularly around the neck and tonsil area



Top Area of Stress #4: Frontal Lobe

STRESS IS NEUTRALIZED BY	INSTRUCTIONS	RESEARCH & CONNECTIONS
ECO Meditation	3-4x per week Video	ECO Meditation improves multiple biomarkers of stress
Blue light glasses	Use these when looking at screens-TV, phone, computer, etc. Try to avoid any screens two hours before bed	Long-term blue light exposure alters oxygenation of the brain Blue light glasses improve sleep, focus, attitude and productivity.
Integrative Therapeutics DHEA 25	1 capsule with breakfast	DHEA in the frontal lobe has anti-anxiety and anti-depressive effects
Designs for Health Melatonin SRT	1 capsule 20 minutes before bed	Melatonin modulates cortisol, sleep and provides antioxidant activity in the brain

Top Area of Stress #5: Liver

STRESS IS NEUTRALIZED BY	INSTRUCTIONS	RESEARCH & CONNECTIONS
Global Healing Center Liver Flush	Follow instructions included in the kit.	There is a lot of conflicting information in scholarly literature about liver flushes. However, in our experience and that of many clients and colleagues, this is a very effective way to purge the liver of toxins and improving digestion, mood and energy.
Integrative Therapeutics Detoxification Factors	1 capsule with each meal	Liver health is associated with arthritis symptoms
Eating sulfur-rich foods	See diet section	Sulfur is crucial for glutathione production in the liver, your body's "master antioxidant"



SUMMARY

Supplement Recommendations

NAME	WAKE UP	B-FAST	MID AM	LUNCH	MID PM	DINNER	BED TIME	SPECIAL INSTRUCTIONS
Global Healing Center Liver Flush								Follow instruction included in the kit. RECOMMENDED TO COMPLETE THIS BEFORE STARTING OTHER SUPPLEMENTS.
Thorne L-5 MTHF 1 mg		1		1		1		1 capsule with each meal
Vital Proteins Collagen Peptides		1						1 scoop in 8 oz water with breakfast alternatively, you may add it to a breakfast smoothie
Biotics Research A.D.P.		2				2		2 tabs with breakfast and dinner
Integrative Therapeutics DHEA 25		1						1 capsule with breakfast
Designs for Health Melatonin SRT							1	1 capsule 20 minutes before bed
Integrative Therapeutics Detoxification Factors		1		1		1		1 capsule with each meal
GUNA Lympho Detox		1		1				1 spray 15 minutes before each meal

Diet: Anti-Inflammatory, Paleo



Therapy Recommendations

THERAPY	FREQUENCY	INSTRUCTIONS
Red Light Therapy	10 minutes, 3x per week	Full body You may use your own or see here for red light locations near you
Walking outside	30 minutes every other day	Try to walk in nature as opposed to a crowded, busy environment
Dry brushing	3-4 x per week	Video Focus on the abdomen
Blue light glasses	Use when looking at screens	Choose from these
Chiropractic	1x per week	Find a chiropractor near you who you trust