



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.

1
Very strict in your way of living to the point of denying many of the joys of life because you don't want it to interfere with work.

2
Always on the go and in a rush with many projects underway. Can be impatient with others and trying to do too much in a short time.

3
Resists change and not always open minded to other points of view.

4
Normally enthusiastic, dynamic and full of energy, but feeling downhearted or flat. Tiredness and frustration as a result of an illness, disappointment, or burnout.

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 **Rose Quartz**

This is a popular gem to support the skin and immune system. Rose Quartz is supportive for sleep, heart health, circulation, lung support, kidneys, and adrenal glands. It has been used to increase fertility, balance, and memory. This is a gem of love, attraction, and to fortify relationships. Rose Quartz is for those needing unconditional love, and needing to give unconditional love to others. It enhances self love, empathy, calmness in the mind, release of anxieties, and ability to receive compassion and kindness. This gem is helpful in releasing unexpressed emotions, and opens your heart to receive love. It comforts you in grief, encourages you to trust, and helps you to forgive. Rose Quartz clears negative energy and replaces it with loving vibrations.

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.

- **Cedarwood**

This oil has a woody aroma. It has a soothing quality that has been used to calm nerves and anxiety, reduce hyperactivity, support concentration, and relax the body. This essential oil has been known to support skin, the respiratory system, inflammation, and hair.

- **Wild Rosemary**

This oil has a fresh herb aroma. It has an energizing effect on the brain, improving cognitive function by increasing concentration, focus, clarity, and memory retention. Rosemary is commonly used for hair dryness and flakiness associated with dandruff. It also energizes the hair follicles which may promote hair growth and overall health. When used for skincare, Rosemary can improve skin hydration and elasticity while reducing irritation and excessive oil production. It also helps soothe tired muscles, fortifies healthy immune and respiratory systems, and improves circulation.

- **Roman Chamomile**

This oil has a sweet fruity smell. Roman Chamomile helps promote a sense of inner peace and calm, reduces stress and anxiety, and promotes restful sleep. It can be supportive of healthy reproductive and digestive systems. Chamomile is anti-inflammatory and is often used as a balm for muscle soreness, spasm, and joint pain. Its anti-inflammatory properties also make it an excellent essential oil for skincare and minor wound treatment like soothing insect bites.

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.

- **Tyrosine**

When low may experience irritated legs, tremors, vision issues, fatigue, weight gain, poor temperature regulation, issues regulating blood pressure, dry skin, constipation, depression, brittle hair/nails, and for females heavy menstrual periods.

Food: food sources include almonds, bananas, lima beans, pumpkin seeds, sesame seeds

- **Ornithine**

When low may experience sleep issues, mood issues, headaches, and lessened growth hormone production.

Food: food sources include meat, fish, and eggs

- **EPA**

When low may experience skin and hair issues, lack of concentration, irritability, fatigue, poor sleep quality, mood swings, joint pain, and/or cramps.

Food: sources include salmon, sardines, mackerel, herring

- **Vitamin B6**

When low may experience changes in mood, anxiety, irritability, depression, confusion, muscle pain, low energy, worsening PMS issues, and/or anemia.

Food: most food contains B6, but the highest amounts are in brewer's yeast, carrots, chicken, eggs, fish, meat, peas, spinach, sunflower seeds, walnuts, bananas, blackstrap molasses, broccoli, brown rice, cabbage, cantaloupe, dulse, plantains, potatoes, rice bran

- **Choline**

When low may experience brain fog, stress in the nervous system, fatigue, memory issues, cognitive decline, learning difficulties, muscle aches, and mood changes.

Food: sources include egg yolks, legumes, meat, whole-grains

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 **Pulsatilla**

Pulsatilla has been used with painful indigestion, rumbling gas, bitter belching and heartburn. It is also known for car and motion sickness, hormonal imbalances, shifting leg pains and swollen joints. Even other properties of Pulsatilla include sleepiness during the day, and anxious restless dreams at night; eye irritation; ear pain and congestion; and acne in younger years.

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.



XioWellness
BIOENERGETIC HEALTH