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# Health and Appearance of Your Hair

Proper nutrition providing micro and macroelements is crucial for maintaining the health and optimal condition of your hair. Assessing the saturation of your hair with mineral components allows us to determine whether your current diet provides them with all the necessary minerals at a level that ensures their beautiful appearance and well-being.

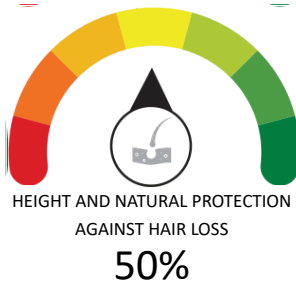
**Disclaimer:** Interpreting the results of H4H and making decisions regarding the correction of mineral deficiencies and excesses, as well as the removal of toxic elements that may occur in the body, requires specialized dietary knowledge. The reader should be aware that a severe deficiency might be an indication of infection, other metabolic problems, or organ dysfunction. Additionally, the removal of identified mineral excesses without proper guidance can lead to metabolic issues. Taking supplements without the advice of a specialist may also result in toxic excesses. Mineral balance should be approached with caution and expertise.

It should be noted that H4H is a laboratory analysis of mineral and toxic metal levels. It is one of the tools in the global approach to healthcare through nutrition. It is not a diagnostic test and does not serve to diagnose any medical condition. Therefore, in case of any medical questions, please consult a doctor.

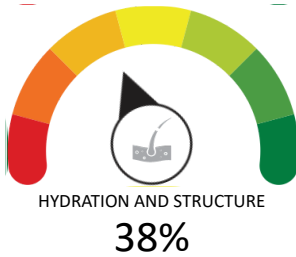




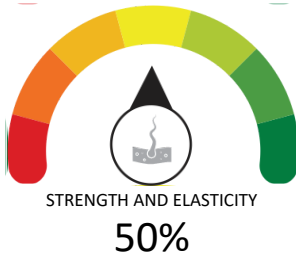
• GET TO THE ROOT CAUSE •



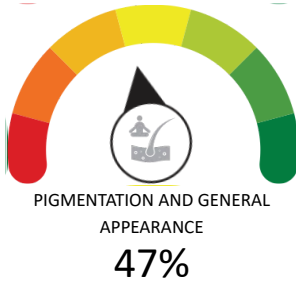
The overall mineral content indicates some imbalances in the minerals responsible for hair growth and protection against hair loss. Follow appropriate hair care - use gentle shampoos, strengthening conditioners, masks, anti-hair loss ampoules, and lotions. Consult with a hairstylist and/or trichologist about the type and duration of treatments, considering the scale of the hair loss problem. Limit the use of styling products and consult your hairstylist for the gentlest products. Reduce straightening, dyeing, and teasing, or if necessary (considering the scale of the hair loss problem), completely avoid chemical styling treatments\*.



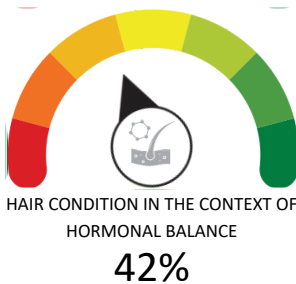
The level of minerals responsible for proper hydration and hair structure indicates a tendency towards dryness and fragility. Increase water intake. Follow appropriate hair care - wash hair with lukewarm water, use moisturizing and sealing products for hair shaft (oils, moisturizing serums, reconstructing products, products with keratin). The hairstylist will help you choose the suitable type of products. Avoid using styling products like gels, wax, hairspray, and treatments involving high heat and chemicals - drying, straightening, curling, perming, dyeing, bleaching. Avoid factors that dry out hair, such as sauna and swimming pool visits, air conditioning, strong UV radiation, low temperatures, smoking, and alcohol consumption\*.



The level of minerals responsible for hair strength and elasticity is not optimal, which may reduce their resistance to stretching. Follow appropriate hair care - choose strengthening hair care products that do not burden less elastic hair. Choose the best styling techniques - use volumizing, thickening, and lifting products for hair. Avoid using styling products like heavy serums. Layered hairstyles will visually add volume to less elastic hair.



The content of minerals responsible for hair pigmentation and overall appearance is not optimal, which may result in a decrease in their attractiveness, such as premature graying, excessive sebum production, or dandruff. Identifying the primary causes of graying can help delay or even reverse the process in some cases. Exclude factors that accelerate color loss - protect hair from strong UV radiation, quit smoking and alcohol consumption. If hair appearance worsens due to seborrhea or dandruff, select appropriate hair care products\*.



The result indicates partial disturbances in the overall level of minerals responsible for hormonal balance essential for proper hair condition. If hair problems are visible, perform additional diagnostics to identify the source of the problem, enabling you to take actions to improve your health and hair condition. Follow appropriate hair care tailored to address the individual hair problems resulting from possible hormonal imbalances. A hairstylist will help you select the best cosmetics and treatments\*.

**For further guidance, sign up for a consultation with a trichologist, who will help determine the appropriate dietary protocol to restore optimal mineral balance for your hair. If needed, contact a doctor or trichologist to determine the proper treatment protocol to restore the optimal mineral balance.**







For more information, you can contact the following number: +48531498287

\* Note: The indicator represents an averaged value (the green area may indicate most elements within the normal range while completely lacking one of them. The red area may reflect a deficit of all elements but still within the safe lower limit of the norm). Therefore, it is important to check the full report and consult with a specialist to obtain further details regarding identified mineral excesses and deficiencies.












# H4H TEST RESULT

## Minerals Present in Your Hair










### CONCENTRATION OF NUTRIENTS – MACROELEMENTS

Element	Patient's Result (ppm)	Normal Value	DEFICIT	NORM	EXCESS
Potassium(K)	95	75 – 125			
Phosphorus(P)	72	110 – 210			
Magnesium(Mg)	471.5	20 – 50			
Sulfur(S)	36 265	20 000 – 35 000			
Sodium(Na)	674	100 – 310			
Calcium(Ca)	5 394	220 – 380			





### CONCENTRATION OF NUTRIENTS - MICROELEMENTS

Element	Patient's Result (ppm)	Normal Value	DEFICIT	NORM	EXCESS
Chromium(Cr)	0.11	0.6 – 1.1			
Iodine(I)	1.09	3.5 – 6			
Cobalt(Co)	0.4344	0.035 – 0.06			
Silicon(Si)	98.1	35 – 65			
Lithium(Li)	0.0213	0.038 – 0.05			
Manganese(Mn)	0.53	1 – 1.9			
Copper(Cu)	117.6	9.5 – 17.5			
Selenium(Se)	2.43	0.6 – 1.1			
Vanadium(V)	0.028	0.04 – 0.08			
Iron(Fe)	11	14 – 24			
Zinc(Zn)	82	120 – 220			

## CONCENTRATION OF TOXIC ELEMENTS

Element	Patient's Result (ppm)	Maximum Value	EXCESS
Arsenic(As)	0.006	0.6	
Barium(Ba)	10.68	1.5	
Aluminium(Al)	11.87	10	
Cadmium(Cd)	0.123	0.3	
Nickel(Ni)	0.76	2.6	
Lead(Pb)	1.99	4	
Mercury(Hg)	0.005	0.5	
Strontium(Sr)	6.22	4.1	
Thallium(Tl)	0.00001	0.0015	

## PROPORTION OF NUTRITIONAL ELEMENTS

Proportion	Patient's Result (ppm)	Normal Value	TOO LOW	NORM	TOO HIGH
Sodium(Na) Potassium(K)	7.12	1.92 - 2.88			
Sodium(Na) Magnesium(Mg)	1.43	3.2 - 4.8			
Calcium(Ca) Magnesium(Mg)	11.44	5.6 - 8.4			
Calcium(Ca) Phosphorus(P)	75.18	2.08 - 3.12			

Every organism is exposed to contact with toxic elements that enter from the external environment. Therefore, the presence of toxic elements in the body is inevitable and excessive amounts can be harmful to health.

The H4H test was performed using the ICP-OES (Inductively Coupled Plasma Optical Emission Spectrometry) technique on the Avio 200 PerkinElmer spectrometer by analysts at the Lifeline Diag laboratory.

*Janicka*  
Zabela Janicka  
starszy technik analityki

*Kowal*  
Krzyszyna Kowal  
starszy technik analityki

The result description was prepared based on cooperation and analysis by a team of trichologists and dietitians working with the Lifeline Diag laboratory.

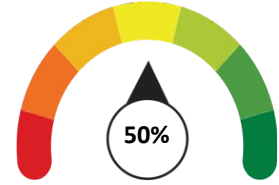
# Raport H4H

## WHAT YOU CAN LEARN FROM THE RESULT

- **The H4H result provides information about potential issues related to a decline in hair health and condition.** The given trends have been determined based on the concentrations of nutritional and toxic elements in the examined organism. Levels of individual micro and macro elements, the degree of burden from toxic elements, as well as resulting hormonal imbalance and stress resistance levels, reflect the causes of hair loss, deterioration of their condition, and appearance.
- **Applying a diet and supplementation based on the H4H result enables the inhibition of hair loss and stimulation of their physiological growth.** It allows for the restoration of the organism's biochemical balance responsible for their healthy appearance and proper condition.
- **The H4H result also includes a descriptive section prepared based on the cooperation and analysis of a team of trichologists and dietitians collaborating with the Lifeline Diag laboratory.** The information contained therein allows for a better understanding of the H4H result and introduces appropriate dietary modifications aimed at restoring optimal hair condition and appearance.



# GROWTH AND NATURAL HAIR PROTECTION AGAINST HAIR LOSS



Hair grows out of the holes in the epidermis called hair follicles. The hair growth cycle consists of alternate overlapping phases. These cycles (hair follicles go through these cycles 30 times in human life) proceed at a suitable pace and are closely influenced by many factors, including mineral balance. Each hair grows for several years, then it drops, and another one appears in its place.

Hair covers almost the entire surface of the skin. In the case of the scalp, we are talking about the so-called pilosebaceous units, i.e. groups of hair follicles from which 3-4 hairs grow simultaneously. Their growth rate is about 0.37–0.44 mm per day (in men it is slightly higher than in women) and is the most intense between the ages of 15 and 30.

#### Phases of hair development cycle:

- **Anagen** – the active phase of hair growth in the hair follicle, the length of which is genetically determined and lasts from 2 to 7 years. About 90% of the hair on the head should be in this stage. Hence, it is assumed that proper loss is limited to 50-100 hairs a day. A higher loss rate, lasting several weeks, could indicate illness or an unhygienic lifestyle, such as poor diet and nutrient deficiencies. When the anagen phase is shortened, the hair bulb becomes weaker, the hair is thinner, falls out faster and in greater amounts, and each subsequent cycle (of which the number is limited) will accelerate the condition that can lead to baldness.
- **Katagen** – after the end of the growth phase, the hair goes into the catagen phase, or transitional phase, which lasts from 14 to 21 days. Reconstruction processes take place at the hair's root, its matrix disappears and the hair is pushed towards the surface of the skin. About 3% of the hair on the head is in this phase.
- **Telogen** – the hair loss phase, in which the hair is completely dead, calloused, and no more metabolic processes take place in it. Within 30-90 days the hair bulb becomes thinner and thinner until the hair finally falls out or is pushed out by the new hair. About 13% of the hair on the scalp is in this phase.
- **Exogen** – the step where dead hair falls out, which, however, should not occur until the next hair is in the anagen phase. Usually, in the exogen stage, the hair follicle cells work intensively on the newly formed hair.
- **Kenogen** – sometimes hair falls out and the anagen step is not initiated (yet or not at all). We are now talking about the rest of the hair follicle, i.e. the kenogenic phase. This phase covers only a small percentage of the hair on the scalp. However, when more hair follicles enter this phase, visibly less hair is left on the head, because the process of baldness is initiated, i.e. irreversible dying off and disappearance of the hair follicles.

Human hair growth phases are out of sync. This means that adjacent hair follicles are at different stages of development and each of them has a microscopic image characteristic to any given phase. The exception is hair growth during pregnancy, which is synchronous at that time and is the result of an increase in estrogen levels. Hence, increased hair loss affects as much as 90% of women after childbirth, when estrogen and progesterone levels drop sharply. Hair growth is a complicated process. The mesenchymal cells of the hair papilla, capable of synthesizing growth factors and cytokines, play a special role in it.

There are three types of human hair. The first is the light and delicate nap (lanugo hair), which appears already in the third month of prenatal life. The second type is a thin and dye-free permanent hair (vellus hair) that replaces the fetal hair (which falls out shortly after or just before birth). During puberty, vellus hair thickens, darkens, and remains on the scalp in this form throughout life, in the amount of approximately 9%. The third type is terminal hair. They are thicker than the previous ones and contain dye. They can be of different diameters and lengths. They are found in the scalp (including eyebrows and eyelashes) and cover the skin of the armpits, the pubic area, and the chin. In the final stage, hair is dead. These are calloused structures that, once fully developed, are no longer subject to physiological changes. All processes that affect their properties take place in the period preceding their formation. Terminal hair, however, may gradually transform into vellus hair. This is the case with alopecia, such as androgenic alopecia.



• GET TO THE ROOT CAUSE •

Diet and supplements that provide the right nutrients have a huge impact on hair growth in the anagen phase. Taking into account the fact that the hair on the human head does not grow synchronously, the need for constant and regular attention to proper nutrition and supplementation becomes obvious, as well as systematic diagnostic control. Only such a comprehensive procedure will allow the body's biochemical balance to be assessed and for any deficiencies affecting the strength, health, and condition of the hair to be averted. Taking internal measures is incomparably more effective than the use of even the most expensive hair and scalp cosmetics, which of course (if properly selected) can be an effective complement to the therapy.

Excessive hair loss is a problem that affects both women and men. Physiologically, we lose up to 100 telogen hairs every day. In cases above this number, we are talking about baldness. Many factors can be responsible for proper hair growth and at the same time for disrupting the hair growth cycle and loss of hair. The most common of them include hormonal disorders, hypothyroidism (including Hashimoto's atrophic thyroiditis), as well as active viral and bacterial infections (including *Helicobacter pylori*), yeast overgrowth of the genus *Candida albicans*, bacterial overgrowth of the small intestine (SIBO), latent food hypersensitivity, non-celiac gluten hypersensitivity, intestinal dysbiosis (leaky gut syndrome), anorexia, stress, depression, as well as the degree of blood supply to the head and medications taken. Frequent causes of hair loss are also deficiencies of vitamins and minerals and the burden of the body with toxic elements. An important role is played, among others, by zinc, sulfur, silicon, copper, iron, and many more.

Your H4H result showed some mineral imbalances:

- ▼ Zinc Deficiency - disrupts carbohydrate, fat, and protein metabolism, negatively affecting hair and hair follicles. It hinders the production of keratin and collagen and weakens hair protection against UV radiation (a leading cause of telogen effluvium). Zinc deficiency impairs proper hair construction and growth and intensifies hair loss, leading to baldness.
- ▼ Iron Deficiency - causes hair loss and hinders hair growth (disrupts the energy supply to the matrix cells responsible for hair creation). It negatively affects the function of enzymes responsible for hair structure and growth.
- ▼ Manganese Deficiency - slows down the pace of hair growth.
- ▲ Excess Magnesium - may limit the absorption of zinc, necessary for proper hair growth and control of hair loss.
- ▲ Excess Calcium - may limit the absorption of zinc, necessary for proper hair growth and control of hair loss.
- ▲ Excess Copper - may limit the absorption of zinc, necessary for proper hair growth and control of hair loss.
- ▲ Excess Aluminum - may lead to worsened hair growth and hair loss. High levels block the absorption of nutrients and vitamins and disrupt the function of hormones responsible for proper hair construction and growth.
- ▲ Excess Barium - blocks the absorption of nutrients and vitamins and disrupts the function of hormones responsible for proper hair construction and growth.
- ▲ Excess Strontium - may lead to worsened hair growth and hair loss. High levels block the absorption of nutrients and vitamins and disrupt the function of hormones responsible for proper hair construction and growth.





• GET TO THE ROOT CAUSE •

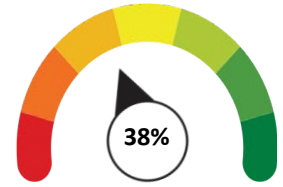
Element	Patient's Result (ppm)	Normal Value	DEFICIT	NORM	EXCESS
Magnesium(Mg)	<b>471.5</b>	20 – 50			
Silicon(Si)	<b>98.1</b>	35 – 65			
Manganese(Mn)	<b>0.53</b>	1 – 1.9			
Copper(Cu)	<b>117.6</b>	9.5 – 17.5			
Selenium(Se)	<b>2.43</b>	0.6 – 1.1			
Sulfur(S)	<b>36 265</b>	20 000 – 35 000			
Calcium(Ca)	<b>5 394</b>	220 – 380			
Iron(Fe)	<b>11</b>	14 – 24			
Zinc(Zn)	<b>82</b>	120 – 220			

Element	Patient's Result (ppm)	Maximum Value	EXCESS
Barium(Ba)	<b>10.68</b>	1.5	
Aluminium(Al)	<b>11.87</b>	10	
Strontium(Sr)	<b>6.22</b>	4.1	

Hormones and stress are also responsible for proper hair growth and hair loss (see section "HAIR CONDITION IN THE CONTEXT OF HORMONAL BALANCE" and "MINERAL RATIOS").



## Moisture and Structure



Dry hair is characterized by lower moisture levels and increased porosity. Curly hair often falls into this category due to its structure. Dry hair is not necessarily damaged, but when neglected, it can become brittle and start to fall out. On the other hand, dehydrated hair is a common result of improper hair care. In both cases, it is challenging to style the hair, and shortly after washing, it becomes "straw-like," frizzy, and prone to static. Dry hair feels rough, looks dull, and its ends tend to split. Hair dehydration occurs when the cuticles are lifted, leading to rapid water loss.

The result of inadequate moisture for hair is brittleness and fragility. The causes of all these symptoms can be improper hair care or the use of unsuitable hair care products, high-temperature styling (curling, straightening, blow-drying), frequent hair washing, frequent bleaching and coloring, as well as excessive weight loss, stress, skin diseases, exposure to sunlight, cold weather, strong wind, air conditioning, and even frequent visits to saunas or tanning beds. However, the primary cause of excessively dry and dehydrated hair, leading to brittleness and fragility, is an improper diet lacking in essential vitamins and minerals such as zinc, iron, copper, magnesium, and vitamins B, A, C, and E. The presence of toxic elements in the body is also a direct cause of hair dehydration, brittleness, and fragility. An excess of toxic elements blocks the absorption of nutrients and vitamins and disrupts the function of hormones responsible for maintaining the proper moisture level of the hair. The toxic elements responsible for this condition are aluminum, arsenic, barium, cadmium, nickel, lead, mercury, and thallium.

Your H4H result showed some mineral imbalances:

- ▼ Zinc Deficiency - may lead to a deficiency of vitamin E, which has a moisturizing and smoothing effect on hair.
- ▼ Iron Deficiency - disrupts the transport of nutrients, preventing hair from achieving the necessary moisture level, leading to brittleness and fragility.
- ▲ Excess Magnesium - may limit the absorption of zinc, which protects hair from dryness and brittleness.
- ▲ Excess Calcium - may limit the absorption of zinc, which protects hair from dryness and brittleness.
- ▲ Excess Copper - may limit the absorption of zinc, which protects hair from dryness and brittleness.
- ▲ Excess Aluminium - It contributes to hair brittleness and fragility, blocking the absorption of nutrients and vitamins and disrupting the function of hormones responsible for maintaining the proper moisture level of the hair.
- ▲ Excess Barium - It blocks the absorption of nutrients and vitamins and disrupts the function of hormones responsible for maintaining the proper moisture level of the hair.
- ▲ Excess Strontium - contributes to hair dehydration, brittleness, and fragility, blocking the absorption of nutrients and vitamins and disrupting the function of hormones responsible for maintaining the proper moisture level of the hair.



• GET TO THE ROOT CAUSE •

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Magnesium(Mg)	471.5	20 – 50			
Copper(Cu)	117.6	9.5 – 17.5			
Calcium(Ca)	5 394	220 – 380			
Iron(Fe)	11	14 – 24			
Zinc(Zn)	82	120 – 220			

Element	Patient's Result (ppm)	Maximum Value	EXCESS
Barium(Ba)	10.68	1.5	
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Strontium(Sr)	6.22	4.1	

Hormones and stress are also responsible for dryness, brittleness, and fragility of the hair (see section "HAIR CONDITION IN THE CONTEXT OF HORMONAL BALANCE" and "MINERAL RATIOS").



## Strength and Elasticity



The strength and resistance to stretching of the hair depend on its elasticity and flexibility. Strong and robust hair is resistant to damage, presenting a beautiful and healthy appearance, and is easy to style. The strength and elasticity of the hair are influenced by its proper structure and growth, which are ensured by the adequate supply of minerals such as silicon, copper, zinc, iron, calcium, magnesium, and sulfur, as well as vitamins C and B (especially B7, also known as biotin, which provides hair with flexibility and elasticity). Weak and low-resilience hair can be caused by the body's burden of toxic elements, as their excess can block the absorption of essential nutrients and vitamins, disrupting the function of hormones responsible for providing hair with strength, elasticity, and resilience. Toxic elements responsible for this condition include aluminum, arsenic, barium, cadmium, nickel, lead, mercury, strontium, and thallium.

Your H4H result showed some mineral imbalances:

- ▼ Zinc deficiency - Zinc activates enzymes in matrix cells and helps in the formation of disulfide bonds, which provide hair with structural strength. It also participates in the creation of collagen and keratin, which give hair elasticity and flexibility. Its deficiency leads to weak and vulnerable hair.
- ▼ Iron deficiency - Disrupts the proper hair structure, making them thin, weak, and less resilient.
- ▲ Excess Magnesium - Excessive magnesium levels may limit the absorption of zinc, which is responsible for hair strength, resilience, and elasticity.
- ▲ Excess Calcium - Excessive calcium levels may limit the absorption of zinc responsible for hair strength and elasticity.
- ▲ Excess Copper - Excessive copper levels may limit the absorption of zinc responsible for hair strength and elasticity.
- ▲ Excess Aluminium - Causes weak and low-resilience hair, blocking the absorption of essential nutrients and vitamins, and disrupting the function of hormones that provide hair with strength and elasticity.
- ▲ Excess Barium - Causes weak and low-resilience hair, blocking the absorption of essential nutrients and vitamins, and disrupting the function of hormones that provide hair with strength and elasticity.
- ▲ Excess Strontium - Causes weak and low-resilience hair, blocking the absorption of essential nutrients and vitamins, and disrupting the function of hormones that provide hair with strength and elasticity.



• GET TO THE ROOT CAUSE •

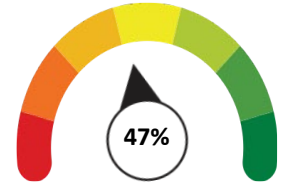
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The lack of strength, resilience, and low resistance to stretching are also caused by hormones and stress (see section CONDITION OF HAIR IN THE CONTEXT OF HORMONAL BALANCE and ELEMENT RATIOS).



## Pigmentation and General Appearance



Hair is a hallmark and a source of confidence for both women and men. Therefore, we want to maintain their health and good condition for as long as possible. To do this, it is essential to ensure an adequate supply of nutrients. Their deficiency, besides causing hair loss, can accelerate graying and result in an unhealthy hair texture. The hair becomes porous, dull, rough, and lacks shine. Insufficient vitamins and minerals can also lead to issues such as oily scalp and dandruff, which also affect their aesthetics. Silicon, zinc, copper, iron, calcium, and magnesium are particularly important for hair appearance, along with vitamins, especially from the B group. Another direct cause of losing the attractive look of hair is the presence of toxic elements in the body. Their excess blocks the absorption of nutrients and vitamins, disrupting the function of hormones responsible for maintaining healthy and beautiful hair. Toxic elements responsible for this condition include aluminum, arsenic, barium, cadmium, nickel, lead, mercury, strontium, and thallium.

Your H4H result showed some mineral imbalances:

- ▼ Zinc Deficiency - Zinc is essential for the production of collagen and keratin. Its deficiency noticeably worsens the appearance of hair, making it thin and prone to splitting. A low level of zinc also contributes to seborrheic dermatitis of the scalp and dandruff.
- ▼ Iron Deficiency - Causes hair to become thin and lose volume.
- ▲ Excess Magnesium - May limit the absorption of zinc responsible for beautiful, healthy-looking hair.
- ▲ Excess Calcium - Limits the absorption of zinc responsible for healthy-looking hair.
- ▲ Excess Copper - May limit the absorption of zinc responsible for beautiful, healthy-looking hair.
- ▲ Excess Aluminium - Blocks the absorption of nutrients and vitamins and disrupts the function of hormones that maintain healthy and beautiful hair.
- ▲ Excess Barium - Blocks the absorption of nutrients and vitamins and disrupts the function of hormones that maintain healthy and beautiful hair.
- ▲ Excess Strontium - Blocks the absorption of nutrients and vitamins, and disrupts the function of hormones that maintain healthy and beautiful hair.



• GET TO THE ROOT CAUSE •

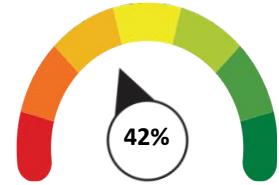
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Maintaining healthy hair appearance is also influenced by hormones and stress (see section HAIR CONDITION IN THE CONTEXT OF HORMONAL BALANCE and ELEMENT PROPORTIONS).



## Hair Condition and Hormonal Balance



Hormonal balance has a huge impact on the health and condition of the hair. Responsible, inter alia, for their correct height, thickness and color. Disrupted hormone levels determine not only dry hair or excessive sebum secretion, it can also cause hair thinning and even lead to baldness.

As the work of hormones is influenced by minerals, and hormones, in turn, affect the level of the different elements, the relationship between them is inseparable and allows for the mutual evaluation of their functioning. Mineral surpluses or deficiencies are an obstacle to the proper functioning of the hormones responsible for the proper appearance and health of the hair. Testosterone (as well as its derivative dihydrotestosterone), estrogen, progesterone, and thyroxine are key hormones that support many important functions in the body, including those most important for the hair growth cycle.

- **Thyroid hormones** – A poorly functioning thyroid gland may make too many hormones (hyperthyroidism) or not make enough of them (hypothyroidism). Hypothyroidism lowers the metabolic rate in hair cells. This slows down the growth of new hair, causes them to fall off more frequently, and causes an unfavorable look. In turn, hyperthyroidism causes the hair to become thin and excessively shiny, and their loss usually begins 2-4 months after the onset of the disease. The only way to stop hair loss caused by a thyroid gland not working properly is to regulate hormone levels. The thyroid hormones include, among others triiodothyronine and thyroxine, which is most often associated with hair loss.
  - **thyroxine** – regulates the secretion of sebum. Its deficiency affects the appearance of hair, which becomes dull, rough, and brittle.
  - **triiodothyronine** – the proper secretion of this hormone determines and at the same time proves the proper functioning of the thyroid gland. Disorders in the production of this hormone negatively affect its work, which visibly affects the quality and appearance of the hair.
- **Parathyroid gland** – disturbed functioning leads to disorders of calcium metabolism and the acid-base balance of tissues. The hormones produced by the parathyroid gland are:
  - **parathyroid hormone and calcitonin** – their excess can contribute to high levels of calcium in the bones and blood, leading to an acid-base imbalance. Calcium begins to compete with silicon - hair becomes harder and less bouncy.
- **Sex hormones** – are the main factor in the occurrence of androgenetic alopecia, which affects up to 95% of balding men. However, this type of alopecia also affects women who are deficient in female or excess male hormones. Sex hormones include testosterone and its active form of DHT (androgens), as well as female sex hormones, estrogen, and progesterone. All of these hormones are found in both women and men.
  - **testosterone and DHT (dihydrotestosterone)** – too high levels shorten the hair growth phase. In menopausal women, hair follicles become more susceptible to their influence. They are responsible, among others for regulating hair growth. However, an excess may cause androgenic alopecia in both men and women. Hair loss is a symptom of the hypersensitivity of the hair follicles to DHT. They shrink, which makes hair thinner and shorter, and less and less of it until it is eventually lost. If the receptors are very sensitive to the action of DHT, even a small amount of it can cause baldness.
  - **DHEA** - a natural steroid hormone produced from cholesterol in the adrenal glands, specifically in the reticular layer of the adrenal cortex. Low levels are associated with the adrenal exhaustion syndrome, which leads to a weakening of collagen synthesis, which in turn causes deterioration of the hair structure.
  - **estrogen** – in women it is responsible for keeping the hair on the scalp strong while reducing the amount of hair on the rest of the body. It extends the growth phase and stimulates the appearance of new hair and prevents hair loss. High levels (e.g. during pregnancy) make the hair shiny, thick, and healthy. A low level (e.g. after childbirth) causes thinning, weakening, and dullness of the hair. There is also a decline during menopause when a woman begins to gradually lose her hair
  - **progesterone and estrogen** – Proper functioning of the hair follicles depends on the balance of these female sex hormones. The disorder may occur as a result of nutrient deficiencies in the diet, taking birth control pills, and medications containing estrogen. The imbalance results in thin and brittle hair. Their effect on hair can be seen from the menstrual cycle in women. A decrease in the first few days causes dry hair. From the tenth day of the cycle onward, their level increases, and the condition of the hair improves significantly. Over the course of the next few days, as progesterone continues to rise, the hair begins to grease more quickly.





• GET TO THE ROOT CAUSE •

- **SHBG (sex hormone binding globulin)** – a protein produced mainly in the liver, binding sex hormones, the level of which affects the ratio of testosterone to estrogens affecting the body. Chronically elevated SHBG levels may be associated with hair loss and a small amount of hair on the head or the entire body (for men). Higher SHBG levels are observed in people with vitamin D deficiency. The correct SHBG level is indirectly dependent on the correct level of zinc, selenium, and magnesium, but also many other factors, therefore it cannot be assessed solely on the concentration of elements in the body.
- **Adrenal glands** – Symptoms of hair loss may result from too low or too high levels of hormones produced in the adrenal cortex, including adrenaline and cortisol, the so-called stress hormones, which is one of the most common causes of hair problems.
  - **adrenaline** - hair loss can be triggered by chronic stress. Repeatedly processing negative thoughts causes a constant feeling of sadness, anxiety, and worry. The body reacts to this situation by producing stress hormones, which include, among others, adrenaline.
  - **cortisol** – another of the so-called "Stress hormones", is involved in the process of androgenetic alopecia. A high level can damage the hair matrix and cause hair loss. A low level of cortisol also has a negative effect on the condition of the hair.
- **Pancreas** – its impaired functioning causes inappropriate insulin production.
  - **insulin** – too high a level increases the sensitivity of the hair follicles to DHT, which causes their miniaturization.

Your H4H result showed some mineral imbalances:

- ▼ Zinc Deficiency - Disrupts the secretion of sex hormones - testosterone, DHT, DEHA, and progesterone.
- ▼ Iron Deficiency - Disrupts the proper functioning of the thyroid and adrenal glands, contributing to progesterone secretion disorder.
- ▼ Manganese Deficiency - Disrupts the proper functioning of the adrenal glands.
- ▼ Chromium Deficiency - Disrupts insulin secretion.
- ▼ Phosphorus Deficiency - Disrupts progesterone secretion and the proper functioning of the adrenal glands.
- ▼ Iodine Deficiency - Disrupts the proper functioning of the thyroid gland.
- ▼ Vanadium deficiency – Disrupts insulin secretion
- ▲ Excess Magnesium - Disrupts the proper functioning of the parathyroid and adrenal glands, disrupts estrogen and insulin secretion.
- ▲ Excess Calcium - Disrupts the proper functioning of the thyroid, especially the production and action of its hormone - thyroxine, as well as parathyroid hormone and calcitonin - parathyroid hormones. Too much calcium also contributes to the disruption of sex hormone secretion - testosterone, DHT, DEHA, and progesterone. Excess calcium also disrupts the proper functioning of the adrenal glands.
- ▲ Excess Copper - Disrupts the proper functioning of the thyroid and adrenal glands, contributing to progesterone secretion disorder.
- ▲ Excess Cobalt - Disrupts the proper functioning of the thyroid.
- ▲ Excess Sodium - Disrupts the proper functioning of the parathyroid and contributes to estrogen and adrenal hormone secretion disorder - adrenaline and cortisol, as well as disrupts insulin secretion.
- ▲ Excess Aluminium - May disrupt the secretion and function of hormones that influence the proper structure, growth, and appearance of hair.
- ▲ Excess Barium - May disrupt the secretion and function of hormones that influence the proper structure, growth, and appearance of hair.
- ▲ Excess Strontium - May disrupt the secretion and function of hormones that influence the proper structure, growth, and appearance of hair.



• GET TO THE ROOT CAUSE •

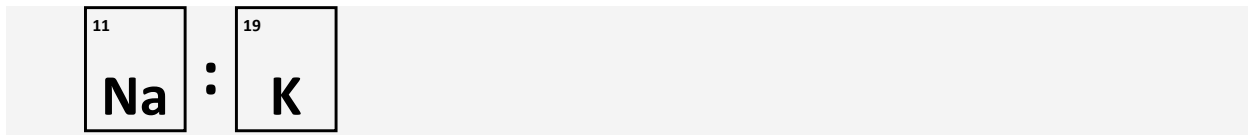
Element	Patient's Result (ppm)	Normal Value	DEFICIT	NORM	EXCESS
Chromium(Cr)	0.11	0.6 – 1.1			
Phosphorus(P)	72	110 – 210			
Magnesium(Mg)	471.5	20 – 50			
Iodine(I)	1.09	3.5 – 6			
Cobalt(Co)	0.4344	0.035 – 0.06			
Lithium(Li)	0.0213	0.038 – 0.05			
Manganese(Mn)	0.53	1 – 1.9			
Copper(Cu)	117.6	9.5 – 17.5			
Selenium(Se)	2.43	0.6 – 1.1			
Sodium(Na)	674	100 – 310			
Vanadium(V)	0.028	0.04 – 0.08			
Calcium(Ca)	5 394	220 – 380			
Iron(Fe)	11	14 – 24			
Zinc(Zn)	82	120 – 220			

Element	Patient's Result (ppm)	Maximum Value	EXCESS
Barium(Ba)	10.68	1.5	
Aluminium(Al)	11.87	10	
Strontium(Sr)	6.22	4.1	

# Proportions of Elements

The proportions between the elements perfectly reflect the damages caused by stress in the body. Stress is a factor we all deal with on a daily basis, to a lesser or greater extent. Stress and the high level of cortisol that comes with it are significant issues for our skin and appendages, including hair. This process is often referred to as psychogenic alopecia. It can lead to various hair disorders. Experiencing stress can result in premature transition of hair into the resting phase and can also lead to inflammation of hair follicles or overall weakening of hair structures. Patients whose hair loss is caused by psychological factors may present with different types of alopecia. In some individuals, there may be total bald spots appearing in various areas of the scalp (resembling changes seen in alopecia areata), while in others, a condition called telogen effluvium may develop, characterized mainly by significant reduction in hair density.

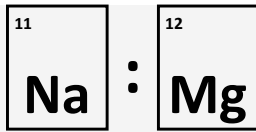
Assessing stress in elemental hair analysis is crucial and directly related to evaluating the key elements involved in stress regulation, namely calcium, phosphorus, magnesium, sodium, and potassium, along with their mutual proportions, which are provided below.



The sodium to potassium ratio allows the evaluation of adrenal function, particularly cortisol. It is related to the distribution of nutrients to hair tissue.

#### H4H result showed:

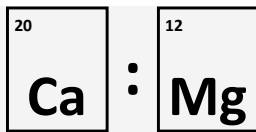
Norm for Sodium/Potassium (Na:K)	1,92 - 2,88
Patient value	7,12 (TOO HIGH)
Limit intake	sodium
Increase intake	-



The sodium-to-magnesium ratio allows assessing the function of adrenaline related to microcirculation in the skin, which significantly affects proper hair growth and disturbances in this process.

**H4H result showed:**

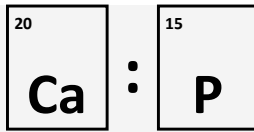
<b>Norm for Sodium/Magnesium (Na:Mg)</b>	<b>3,2 - 4,8</b>
<b>Patient value</b>	<b>1,43 (TOO LOW)</b>
<b>Limit intake</b>	<b>sodium and magnesium</b> Both elements are in excess. You should decrease their intake (slightly more magnesium than sodium).
<b>Increase intake</b>	-



The calcium-to-magnesium ratio allows for assessing muscle tension, which nutritionally affects hair and activates its growth.

**H4H result showed:**

<b>Norm for Calcium/Magnesium (Ca:Mg)</b>	<b>5,6 - 8,4</b>
<b>Patient value</b>	<b>11,44 (TOO HIGH)</b>
<b>Limit intake</b>	<b>calcium and magnesium</b> Both elements are in excess. You should decrease their intake (slightly more calcium than magnesium).
<b>Increase intake</b>	-



The calcium-to-phosphorus ratio allows for assessing the balance between energy consumption and production. Excessive energy production leads to depletion of nutritional resources, while inadequate production results in weak regeneration. These phenomena significantly impact all skin appendages, particularly hair.

**H4H result showed::**

<b>Norm for Calcium/Phosphorus (Ca:P)</b>	<b>2,08 - 3,12</b>
<b>Patient value</b>	<b>75,18 (TOO HIGH)</b>
Limit intake	<b>calcium</b>
Increase intake	<b>phosphorus</b>

If the result indicates disturbances in the proportion of elements, take care of:

- Additional diagnostics - determining the levels of hormones responsible for the body's response to stress will help take actions to improve health and, at the same time, the condition and appearance of the hair.
- Peace, relaxation, and body regeneration - this will take care of physical and mental health, which has a significant impact on the condition and appearance of your hair.
- Proper care - tailored to individual hair problems resulting from possible exposure to chronic stress. A hairdresser or trichologist (depending on the degree of the problem) can help you choose the best cosmetics, treatments, or care procedures.
- Dietary changes and supplementation - create a menu based on products containing the appropriate minerals.

# Remember

## Cosmetics

Let the composition, not the packaging, determine your purchase. Read labels. Many popular cosmetics contain heavy metals that are harmful to health, hair condition, and appearance. Choose cosmetics based on your hair's porosity level.

## Water

Remember to stay hydrated. Hair also needs water to grow healthily. Water affects the moisture level of the skin and the state of the hydrolipid layer on its surface. Physiologically, the amount of water present in the body, which is bound in the skin, should be 20%. A good source of it (and at the same time of nutrients) are mineral and spring waters. Liquids should be consumed in amounts of 30-35 ml/kg of body weight/day, including 1.5 liters of water, preferably between meals.

## Protection from Weather Conditions

Protect your hair from freezing air, harsh sun, and strong wind. Adverse weather conditions negatively affect their health and appearance.

## Diet and Supplementation

Design your diet based on the H4H result. Providing the right nutrients through diet and supplementation restores the body's biochemical and hormonal balance. Only in this way will you ensure the proper growth, structure, and beautiful and healthy appearance of your hair.

Familiarize yourself with:

individual nutrition program

individual supplementation program

## WARNING!

**The individual report you have in front of you consists of three parts: Part I - result, Part II - nutrition program, and Part III - supplementation program. These parts are interdependent, so for consultation with a specialist, it is essential to print the report in its entirety.**

## Part I - Result

**It is essential to remember that H4H is a laboratory analysis of mineral and toxic metal levels. It is one of the tools of a global nutritional approach to healthcare. It is not a diagnostic test, so it is not used to diagnose a disease state and cannot be used to track treatment processes. The H4H analysis result cannot and does not indicate any recommendations regarding the occurrence of any disease. Therefore, if you have any medical questions, you should contact a doctor.**

# INDIVIDUAL NUTRITION PROGRAM



Prepared by:

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# NAVIGATION PAGE

Click the button to go to the recipe.

## Menu summary

### Monday

Breakfast

Brunch

Lunch

Dinner

### Tuesday

Breakfast

Brunch

Lunch

Dinner

### Wednesday

Breakfast

Brunch

Lunch

Dinner

### Thursday

Breakfast

Brunch

Lunch

Dinner

### Friday

Breakfast

Brunch

Lunch

Dinner

### Saturday

Breakfast

Brunch

Lunch

Dinner

### Sunday

Breakfast

Brunch

Lunch

Dinner

## Shopping list



# Menu summary

Monday	Tuesday	Wednesday	Thursday
<b>Breakfast 7:00 AM</b> Buckwheat porridge with apple and cinnamon in milk	<b>Breakfast 7:00 AM</b> Buckwheat bread Sardine and tomato spread Apple-pear-lime-celery juice	<b>Breakfast 7:00 AM</b> Scrambled eggs with broccoli and borecole, buckwheat bread	<b>Breakfast 7:00 AM</b> Buckwheat porridge with pear purée
<b>Brunch 11:00 AM</b> Ginger green smoothie	<b>Brunch 11:00 AM</b> Green source smoothie	<b>Brunch 11:00 AM</b> Green source smoothie	<b>Brunch 11:00 AM</b> Green smoothie with banana and avocado
<b>Lunch 3:00 PM</b> Grilled chicken breasts with "boletus" buckwheat, carrot and celery slaw	<b>Lunch 3:00 PM</b> Grilled chicken breasts with "swiss chard" buckwheat	<b>Lunch 3:00 PM</b> Quinoa with pan-fried vegetables	<b>Lunch 3:00 PM</b> Tomato "minestrone" soup with chickpeas
<b>Dinner 7:00 PM</b> Buckwheat bread, sardine and tomato spread	<b>Dinner 7:00 PM</b> Buckwheat salad	<b>Dinner 7:00 PM</b> Green quinoa salad	<b>Dinner 7:00 PM</b> Quinoa and thyme turkey salad
<b>C: 1599.9 / P: 77.4</b> <b>F: 35.8 / CB: 58.9</b> <b>FI: 172.0 / CBE: 17.7</b>	<b>C: 1638.0 / P: 78.8</b> <b>F: 35.9 / CB: 66.1</b> <b>FI: 166.4 / CBE: 16.8</b>	<b>C: 1621.2 / P: 72.3</b> <b>F: 48.5 / CB: 70.5</b> <b>FI: 152.2 / CBE: 15.4</b>	<b>C: 1683.8 / P: 65.3</b> <b>F: 48.2 / CB: 62.3</b> <b>FI: 191.0 / CBE: 19.2</b>

Friday	Saturday	Sunday
<b>Breakfast 7:00 AM</b> Rice porridge with pear	<b>Breakfast 7:00 AM</b> Soft-boiled eggs with butter beans and cherry tomatoes	<b>Breakfast 7:00 AM</b> Shakshuka with swiss chard
<b>Brunch 11:00 AM</b> Beetroot smoothie	<b>Brunch 11:00 AM</b> Pear and oatmeal smoothie	<b>Brunch 11:00 AM</b> Sirtuin green smoothie
<b>Lunch 3:00 PM</b> Tomato "minestrone" soup with chickpeas	<b>Lunch 3:00 PM</b> Aromatic rice with chicken and broccoli	<b>Lunch 3:00 PM</b> Sunny-side-up egg with potatoes and cultured milk  Cherry tomatoes with sprouts
<b>Dinner 7:00 PM</b> Chicken salad with avocado dressing	<b>Dinner 7:00 PM</b> Red bean and chive pasta, buckwheat bread, green salad	<b>Dinner 7:00 PM</b> Red bean and chive pasta, buckwheat bread
<b>C: 1703.3 / P: 69.1</b> <b>F: 43.3 / CB: 68.4</b> <b>FI: 180.4 / CBE: 18.0</b>	<b>C: 1630.1 / P: 91.0</b> <b>F: 37.3 / CB: 65.2</b> <b>FI: 149.8 / CBE: 15.4</b>	<b>C: 1612.1 / P: 76.6</b> <b>F: 43.3 / CB: 68.1</b> <b>FI: 150.9 / CBE: 15.5</b>

## BREAKFAST 7:00 AM

C:270.1 / P:7.3 / F:6.8 / CB:41.3 / FI:6.8 / CBE:4.4

### BUCKWHEAT PORRIDGE WITH APPLE AND CINNAMON IN MILK

#### INGREDIENTS:

- ✓ Almond Milk, Organic - 250 g (1 x Glass)
- ✓ Apple - 75 g (0.5 x Piece)
- ✓ Buckwheat Groats - 39 g (3 x Table-spoon)
- ✓ Stevia Powder (Stevia) - 5 g (1 x Tea-spoon)
- ✓ Buckwheat Bran - 4 g (0.5 x Table-spoon)
- ✓ Cinnamon - 2.5 g (0.5 x Teaspoon)

1. Bring almond milk to a boil, add buckwheat, cook until the groats soften and double in volume.
2. Then add chopped fruit and cook for a while, stirring constantly.
3. Cover, add bran, and let it sit for about 5 minutes until the fruits are heated.
4. Finally, add the spices.

## BRUNCH 11:00 AM

C:204.1 / P:6.6 / F:9.0 / CB:19.7 / FI:9.4 / CBE:2.0

### GINGER GREEN SMOOTHIE

#### INGREDIENTS:

- ✓ Natural Yogurt - 150 g (7.5 x Table-spoon)
- ✓ Cucumber - 80 g (2 x Piece)
- ✓ Spinach - 50 g (2 x Bunch)
- ✓ Lime - 40 g (0.5 x Piece)
- ✓ Buckwheat Flakes - 40 g (4 x Table-spoon)
- ✓ Buckwheat Bran - 8 g (1 x Table-spoon)
- ✓ Ginger - 5 g (1 x Slice)

1. Blend all the ingredients into a smoothie.

LUNCH 3:00 PM

C:669.7 / P:35.0 / F:30.7 / CB:55.5 / FI:16.3 / CBE:5.6

## GRILLED CHICKEN BREAST WITH "SWISS CHARD" BUCKWHEAT (RECIPE FOR 2 SERVINGS)

### INGREDIENTS:

- ✓ Boar - 240 g (3 x Bunch)
- ✓ Skinless Chicken Breast - 200 g (2 x Piece)
- ✓ Buckwheat Groats - 104 g (8 x Tablespoon)
- ✓ Natural Yogurt - 100 g (5 x Tablespoon)
- ✓ Cucumber - 80 g (2 x Piece)
- ✓ Olive Oil - 20 g (2 x Tablespoon)

Consume 1 out of 2 servings

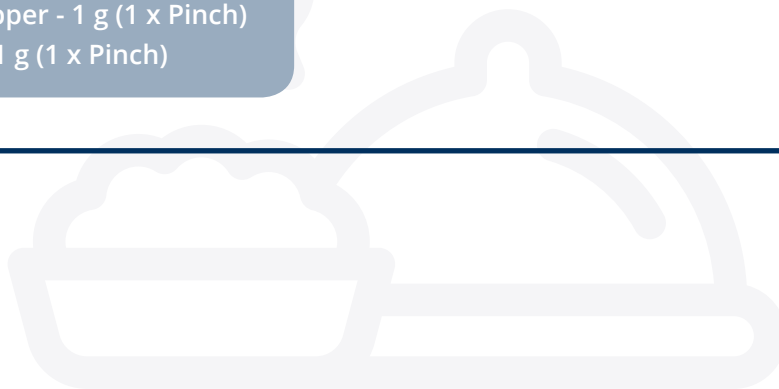
1. Lightly flatten the chicken, season, drizzle with a little olive oil, and grill.
2. Chop the boar, lightly sauté with a little olive oil, and mix with cooked buckwheat.
3. Slice the cucumbers and mix with yogurt.
4. Enjoy the chicken with buckwheat and cucumbers.

## CARROT AND CELERY SALAD

### INGREDIENTS:

- ✓ Carrot - 90 g (2 x Piece)
- ✓ Root Celery - 90 g (1.5 x Slice)
- ✓ Parsley, Leaves - 12 g (2 x Teaspoon)
- ✓ Olive Oil - 10 g (1 x Tablespoon)
- ✓ Honey - 6 g (0.2 x Tablespoon)
- ✓ Cold-Pressed Flaxseed Oil - 5 g (0.5 x Tablespoon)
- ✓ Mustard - 5 g (0.5 x Teaspoon)
- ✓ Turmeric - 2.5 g (0.5 x Teaspoon)
- ✓ Ground Black Pepper - 1 g (1 x Pinch)
- ✓ Himalayan Salt - 1 g (1 x Pinch)

1. Wash the vegetables, peel them, and grate them coarsely or finely as desired. Add chopped parsley.
2. Combine olive oil, mustard, turmeric, salt, and pepper. Mix with the salad.



DINNER 7:00 PM

C:350.5 / P:21.8 / F:15.4 / CB:28.9 / FI:5.8 / CBE:3.0

## BUCKWHEAT BREAD (RECIPE FOR 12 SERVINGS)

### INGREDIENTS:

- ✓ Water - 750 g (3 x Glass)
- ✓ Unroasted Buckwheat Groats (white) - 494 g (38 x Tablespoon)
- ✓ Himalayan Salt - 2 g (2 x Pinch)

**Consume 1 out of 12 servings**

1. Rinse the buckwheat groats in a sieve, place in a bowl, and cover with water (700ml). Let it sit overnight (at least 8 hours). During this time, the grains will swell and become slightly sticky, and a foam might form on the surface.
2. In the morning, stir the contents of the bowl and replenish the absorbed water. The grains should always be under a thin layer of water. Let it sit for the whole day.
3. In the evening, check the water level. If there's excess liquid on top, pour it off. Blend the sticky buckwheat with a blender until half smooth. Add salt and mix. Transfer to the original loaf pan lined with parchment paper. Place in a cold oven or cover with a cloth and leave in a quiet place overnight. During this time, the dough will fill the pan, and a rounded top should form.
4. Put the bread in the oven (or leave it if it spent the night there) and preheat to 200 degrees Celsius. Bake for 50/55 minutes. A slightly cracked, crispy crust will form on top.
5. Remove the pan, peel off the paper, and cool on a wire rack. Slice with a sharp knife.

## SARDINE-TOMATO SPREAD (RECIPE FOR 2 SERVINGS)

### INGREDIENTS:

- ✓ Sardines in oil - 125 g (1 x Package)
- ✓ Tomato - 120 g (1 x Piece)
- ✓ Red Pepper - 70 g (0.5 x Piece)
- ✓ Parsley, Leaves - 12 g (2 x Teaspoon)
- ✓ Olive Oil - 10 g (1 x Tablespoon)

**Consume 1 out of 2 servings**

1. Drain the sardines and blend them in a blender with chopped tomatoes, olive oil, parsley, and favorite spices.
2. Spread the paste on the bread and garnish with sliced pepper.

# MONDAY

**TOTAL C: 1599.9 P: 77.4 F: 58.9 CB: 172.0 FI: 35.8 CBE: 17.7**

**BREAKFAST 7:00 AM**

**C:526.0 / P:24.1 / F:16.5 / CB:65.4 / FI:13.9 / CBE:6.7**

## **BUCKWHEAT BREAD** (RECIPE FOR 12 SERVINGS)

1. The dish should already be prepared.
2. The recipe can be found above.

**Consume 1 out of 12 servings**

## **SARDINE-TOMATO SPREAD** (RECIPE FOR 2 SERVINGS)

1. The dish should already be prepared.
2. The recipe can be found above.

**Consume 1 out of 2 servings**

## **APPLE-PEAR-LIME-CELERIAC JUICE**

### **INGREDIENTS:**

- ✓ Apple - 150 g (1 x Piece)
- ✓ Pear - 130 g (1 x Piece)
- ✓ Lime - 58 g (1 x Piece)
- ✓ Celery - 45 g (1 x Stalk)

1. Wash the ingredients, peel the lime.
2. Pass through a juicer.



BRUNCH 11:00 AM

C:204.1 / P:6.6 / T:9.0 / WP:19.7 / F:9.4 / WW:2.0

## GREEN GINGER SMOOTHIE (RECIPE FOR 2 SERVINGS)

### INGREDIENTS:

- ✓ Almond milk organic - 250 g (1 x Glass)
- ✓ Broccoli - 100 g (0.2 x Piece)
- ✓ Carrot - 90 g (2 x Piece)
- ✓ Avocado - 70 g (0.5 x Piece)
- ✓ Blackberries - 65 g (0.5 x Glass)
- ✓ Banana - 60 g (0.5 x Piece)
- ✓ Celery - 45 g (1 x Stalk)
- ✓ Cucumber - 40 g (1 x Piece)
- ✓ Arugula - 40 g (2 x Bunch)
- ✓ Parsley, leaves - 30 g (5 x Pinch)
- ✓ Basil (fresh) - 20 g (20 x Leaf)
- ✓ Turmeric - 5 g (1 x Pinch)
- ✓ Himalayan salt - 1 g (1 x Pinch)

**Consume 1 out of 2 servings**

1. Blend all the ingredients into a smooth mixture.

LUNCH 3:00 PM

C:435.5 / P:31.6 / F:14.8 / CB:40.5 / FI:7.2 / CBE:4.0

## GRILLED CHICKEN BREAST WITH "SWISS CHARD" BUCKWHEAT (RECIPE FOR 2 SERVINGS)

1. The dish should already be prepared.
2. The recipe can be found above.

**Consume 1 out of 2 servings**

DINNER 7:00 PM

C:472.4 / P:16.5 / F:25.8 / CB:40.8 / FI:5.4 / CBE:4.1

## BUCKWHEAT SALAD

### INGREDIENTS:

- ✓ Cocktail tomatoes - 100 g (5 x Piece)
- ✓ "Feta" cheese - 50 g (1 x Piece)
- ✓ Buckwheat - 45.5 g (3.5 x Pinch)
- ✓ Dried tomatoes (in oil with herbs, drained) - 45 g (3 x Piece)
- ✓ Olive oil - 10 g (1 x Pinch)
- ✓ Lemon juice - 6 g (1 x Pinch)
- ✓ Mint (fresh) - 1 g (1 x Pinch)

1. Put the buckwheat in a small pot, pour 2/3 cup of water, season with salt, pepper, add a teaspoon of oil from dried tomatoes, cover, and cook for about 10 - 15 minutes until soft.
2. Transfer to a bowl, add a teaspoon of oil from dried tomatoes, chopped cocktail tomatoes, chopped dried tomatoes, feta cheese, salt, pepper, a little lemon juice, and chopped mint leaves. Mix everything.

## TUESDAY

TOTAL C: 1638.0 / P: 78.8 / F: 66.1 / CB: 166.4 / FI: 35.9 / CBE: 16.8



## BREAKFAST 7:00 AM

C:491.2 / P:31.1 / F:26.0 / CB:30.2 / FI:8.5 / CBE:3.2

### SCRAMBLED EGGS WITH BROCCOLI AND BORECOLE

#### INGREDIENTS:

- ✓ Whole eggs - 168 g (3 x Pieces)
- ✓ Broccoli - 100 g (0.2 x Piece)
- ✓ Parsley - 50 g (2.5 x Sprigs)
- ✓ Clarified butter - 7.5 g (0.5 x Table-spoon)

1. Steam the broccoli.
2. Heat the butter and sauté the borecole, then scramble with the eggs.
3. Season to taste.
4. Serve with steamed broccoli and bread.

#### BUCKWHEAT BREAD (RECIPE FOR 12 SERVINGS)

1. The dish should already be prepared.
2. The recipe can be found above.

**Consume 1 out of 12 servings**

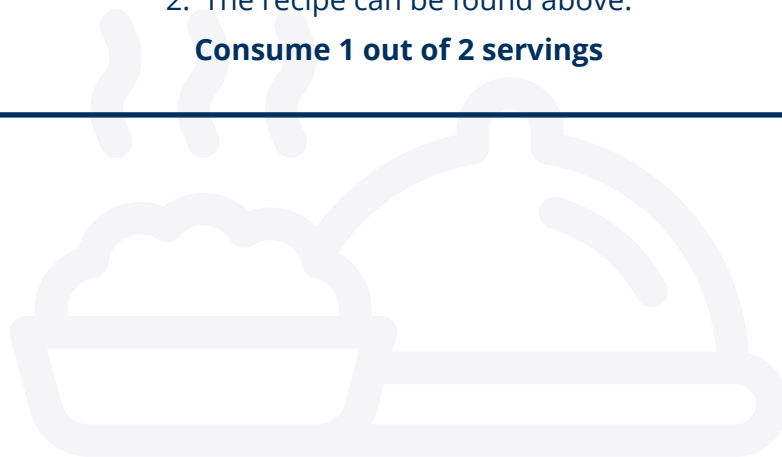
## BRUNCH 11:00 AM

C:204.1 / P:6.6 / F:9.0 / CB:19.7 / FI:9.4 / CBE:2.0

### GREEN SOURCE SMOOTHIE (RECIPE FOR 2 SERVINGS)

1. The dish should already be prepared.
2. The recipe can be found above.

**Consume 1 out of 2 servings**





## LUNCH 3:00 PM

C:472.8 / P:15.6 / F:20.0 / CB:50.6 / FI:15.7 / CBE:5.2

### QUINOA WITH PAN-FRIED VEGETABLES

#### INGREDIENTS:

- ✓ Vegetables for the pan with broccoli - 200 g (2 x Portion)
- ✓ Quinoa, grains - 70 g (5 x Pinch)
- ✓ Clarified butter - 15 g (1 x Pinch)
- ✓ Turmeric - 5 g (1 x Pinch)
- ✓ Ground black pepper - 4 g (4 x Pinch)
- ✓ Marjoram - 4 g (1 x Pinch)
- ✓ Himalayan salt - 2 g (2 x Pinch)

1. Cook quinoa until fluffy.
2. Heat the butter in the pan and sauté the vegetables for the pan. Season with salt, pepper, marjoram, and turmeric.
3. Add quinoa. If you feel that the dish is underseasoned after adding quinoa, then season it again.

## DINNER 7:00 PM

C:453.1 / P:19.0 / F:15.5 / CB:51.7 / FI:14.9 / CBE:5.0

### GREEN QUINOA SALAD

#### INGREDIENTS:

- ✓ Green peas, frozen - 150 g (1 x Glass)
- ✓ Green pepper - 70 g (0.5 x Piece)
- ✓ Quinoa (Quinoa), grains - 56 g (4 x Pinch)
- ✓ Cucumber - 40 g (1 x Piece)
- ✓ Black olives - 15 g (1 x Pinch)
- ✓ Olive oil - 10 g (1 x Pinch)
- ✓ Broccoli sprouts - 8 g (1 x Pinch)

1. Cook quinoa in water. Let it cool.
2. Dice the vegetables and combine all ingredients with quinoa.
3. Season with olive oil and your favorite spices.

# WEDNESDAY

TOTAL C: 1621.2 / P: 72.3 / F: 70.5 / CB: 152.2 / FI: 48.5 / CBE: 15.4

## BREAKFAST 7:00 AM

C:412.8 / P:8.9 / F:7.2 / CB:73.4 / FI:10.5 / CBE:7.4

### BUCKWHEAT PORRIDGE WITH PEAR PURÉE

#### INGREDIENTS:

- ✓ Natural organic almond drink - 250 g (1 x Glass)
- ✓ Pear - 130 g (1 x Piece)
- ✓ Banana - 120 g (1 x Piece)
- ✓ Buckwheat flakes - 40 g (4 x Pinch)

1. Cook the flakes in almond milk.
2. Blend the fruits and eat with buckwheat porridge.  
\* Choose less ripe fruits to avoid a large insulin spike after the meal.

## BRUNCH 11:00 AM

C:350.4 / P:7.1 / F:18.7 / CB:34.5 / FI:9.1 / CBE:3.6

### GREEN BANANA AND AVOCADO SMOOTHIE (RECIPE FOR 2 SERVINGS)

#### INGREDIENTS:

- ✓ Natural organic almond drink - 250 g (1 x Glass)
- ✓ Banana - 120 g (1 x Piece)
- ✓ Avocado - 70 g (0.5 x Piece)
- ✓ Spinach - 50 g (2 x Handful)
- ✓ Lime juice - 12 g (2 x Pinch)
- ✓ Freshly ground flaxseed - 5 g (1 x Pinch)

1. Peel and chop all ingredients.
2. Blend everything in a blender.
3. You can add more lime juice to taste.

**Consume 1 out of 2 servings**



LUNCH 3:00 PM

C:478.5 / P:16.5 / F:19.9 / CB:47.6 / FI:17.9 / CBE:4.7

## TOMATO "MINISTRONE" SOUP WITH CHICKPEAS (RECIPE FOR 2 SERVINGS)

### INGREDIENTS:

- ✓ Tomato passata - 400 g (4 x Portion)
- ✓ Homemade vegetable broth - 375 g (1.5 x Glass)
- ✓ Zucchini - 300 g (1 x Piece)
- ✓ Chickpeas (in brine) - 240 g (12 x Pinch)
- ✓ Onion - 100 g (1 x Piece)
- ✓ Carrot - 90 g (2 x Piece)
- ✓ Red pepper - 70 g (0.5 x Piece)
- ✓ Olive oil - 30 g (3 x Pinch)
- ✓ Parsley leaves - 18 g (3 x Pinch)
- ✓ Garlic - 10 g (2 x Cloves)
- ✓ Dried oregano - 3 g (1 x Pinch)
- ✓ Bay leaf - 2 g (2 x Leaves)
- ✓ Allspice - 2 g (2 x Pinch)

1. Chop the onion, carrot, and zucchini into small pieces, dice the red pepper, and slice the garlic.
2. Drain and rinse the chickpeas, season with salt, pepper, and sweet paprika.
3. In olive oil, sauté the onion, add garlic, then add chickpeas. Sauté for a few minutes.
4. Add the remaining spices, zucchini, and carrots. Sauté for 3 minutes, then add the passata (from a glass package). Sauté for about 10 minutes.
5. Add the red pepper. Sauté for 5 minutes. Add the broth or water and cook for another 5 minutes after boiling.
6. Sprinkle with parsley and transfer to serving bowls.

**Consume 1 out of 2 servings**



DINNER 7:00 PM

C:442.1 / P:32.8 / F:16.5 / CB:35.5 / FI:10.7 / CBE:3.5

## QUINOA AND THYME TURKEY SALAD

### INGREDIENTS:

- ✓ Zucchini - 150 g (0.5 x Piece)
- ✓ Skinless turkey breast - 100 g (1 x Piece)
- ✓ Green beans - 90 g (1 x Handful)
- ✓ Cultivated mushrooms, fresh - 60 g (3 x Pieces)
- ✓ Quinoa (Quinoa), grains - 42 g (3 x Pinch)
- ✓ Onion - 25 g (0.2 x Piece)
- ✓ Parsley leaves - 6 g (1 x Pinch)
- ✓ Olive oil - 5 g (0.5 x Pinch)
- ✓ Flaked almonds - 5 g (0.5 x Pinch)
- ✓ Cold-pressed flaxseed oil - 5 g (0.5 x Pinch)
- ✓ Thyme - 2 g (0.5 x Pinch)
- ✓ Caraway - 2 g (0.5 x Pinch)
- ✓ Himalayan salt - 1 g (1 x Pinch)

1. Cook quinoa in slightly salted water.
2. Cook the green beans al dente - just put them in boiling water and cook for 4-6 minutes. Then immediately transfer the vegetable to another container.
3. Dice the turkey, season with spices. Let it rest for 15 minutes. Then steam it.
4. Grate the zucchini into ribbons or cut into thin slices (as desired).
5. In a pan, add a teaspoon of olive oil and onion. Sauté for about a minute, then add the sliced mushrooms and zucchini. Season to taste and cook covered for about 10 minutes.
6. Drain the green beans and add them to the pan along with the quinoa. Mix with the turkey.
7. Serve the dish on a plate/bowl. Mix with flaked almonds, flaxseed oil, and parsley.

# Thursday

TOTAL C: 1683.8 / P: 65.3 / F: 62.3 / CB: 191.0 / FI: 48.2 / CBE: 19.2



## BREAKFAST 7:00 AM

C:438.0 / P:9.8 / F:19.2 / CB:52.6 / FI:10.5 / CBE:5.4

### RICE PORRIDGE WITH PEAR

#### INGREDIENTS:

- ✓ Almond natural bio drink - 250 g (1 x Glass)
- ✓ Pear - 130 g (1 x Piece)
- ✓ Brown rice - 45 g (3 x Tablespoon)
- ✓ Coconut milk (12%) - 40 g (2 x Tablespoon)
- ✓ Flaked almonds - 15 g (1.5 x Tablespoon)
- ✓ Mint (fresh) - 1 g (1 x Tablespoon)

1. In a saucepan, add the brown rice, almond drink, and coconut milk. Cook until the rice softens.
2. Cut the pear into small cubes.
3. Add the pear to the rice and sprinkle with mint and almonds.  
\* You can leave everything covered for about 5 minutes to allow all the ingredients to reach the desired temperature.

## BRUNCH 11:00 AM

C:425.8 / P:5.4 / F:11.3 / CB:71.0 / FI:9.0 / CBE:7.0

### BEETROOT SMOOTHIE

#### INGREDIENTS:

- ✓ Coconut water - 250 g (1 x Glass)
- ✓ Blackberries - 130 g (1 x Glass)
- ✓ Banana - 120 g (1 x Piece)
- ✓ Beetroot - 100 g (1 x Piece)
- ✓ Spinach - 25 g (1 x Bunch)
- ✓ Honey - 18 g (0.8 x Tablespoon)
- ✓ Coconut oil (solid) - 10 g (0.5 x Tablespoon)
- ✓ Ginger - 5 g (1 x Slice)

1. Thoroughly wash the fruits and vegetables, then cut the beetroot into small pieces that will fit in the blender.
2. Blend all the ingredients with 200ml of water or coconut water until smooth, adding more liquid if needed. Serve immediately or transfer to a glass jar and store in the fridge for up to 48 hours.

LUNCH 3:00 PM

C:478.5 / P:16.5 / F:19.9 / CB:47.6 / FI:17.9 / CBE:4.7

### TOMATO "MINISTRONE" SOUP WITH CHICKPEAS (RECIPE FOR 2 SERVINGS)

1. The dish should already be prepared.
2. The recipe can be found above.

**Consume 1 out of 2 servings**

DINNER 7:00 PM

C:361.0 / P:37.4 / F:18.0 / CB:9.2 / FI:5.9 / CBE:0.9

### CHICKEN SALAD WITH AVOCADO DRESSING

#### INGREDIENTS:

- ✓ Chicken breast meat, skinless - 150 g (1.5 x Piece)
- ✓ Cherry tomatoes - 80 g (4 x Piece)
- ✓ Iceberg lettuce - 40 g (2 x Leaf)
- ✓ Sugar snap peas - 35 g (1 x Bunch)
- ✓ Avocado - 35 g (0.2 x Piece)
- ✓ Red onion - 15 g (0.2 x Piece)
- ✓ Lime - 14.5 g (0.2 x Piece)
- ✓ Gluten-free soy sauce (tamari) - 10 g (1 x Tablespoon)
- ✓ Broccoli sprouts - 8 g (1 x Tablespoon)
- ✓ Olive oil - 5 g (0.5 x Tablespoon)
- ✓ Coconut oil (solid) - 5 g (0.2 x Tablespoon)
- ✓ Ground sweet paprika - 2.5 g (0.5 x Spoon)
- ✓ Ground black pepper - 1 g (1 x Pinch)
- ✓ Himalayan salt - 1 g (1 x Pinch)

1. Marinate the chicken in soy sauce, coconut oil, and paprika for 15 minutes. Sear on a hot, greased grill pan for 4 minutes on each side. Do not let the meat brown. Tear the lettuce into smaller pieces.
2. Blend the dressing ingredients (olive oil, avocado, lime juice, 15g onion) until smooth. Season with salt and pepper to taste.
3. Serve the sliced chicken on lettuce, add tomatoes, peas, and sprouts. Drizzle the dressing over the chicken.

Friday

**TOTAL 1703.3 / P: 69.1 / F: 68.4 / CB: 180.4 / FI: 43.3 / CBE: 18.0**

## BREAKFAST 7:00 AM

C:451.5 / P:27.1 / F:30.2 / CB:14.3 / FI:6.9 / CBE:1.6

### SOFT-BOILED EGGS WITH BUTTER BEANS AND CHERRY TOMATOES

#### INGREDIENTS:

- ✓ Green beans - 180 g (2 x Handful)
- ✓ Whole chicken eggs - 168 g (3 x Piece)
- ✓ Cherry tomatoes - 120 g (6 x Piece)
- ✓ Parsley, leaves - 12 g (2 x Teaspoon)
- ✓ Extra butter - 10 g (2 x Teaspoon)
- ✓ Olive oil - 5 g (0.5 x Tablespoon)
- ✓ Ground black pepper - 1 g (1 x Pinch)
- ✓ Himalayan salt - 1 g (1 x Pinch)

1. In a saucepan, pour water and add the eggs. Cook them soft-boiled, 6 minutes from the moment the water starts boiling.
2. In the meantime, prepare the beans: cook them in salted water (preferably bring to a boil and cook for about 4-6 minutes) until tender, then drain. Heat the butter with olive oil in a pan, add the beans and sauté until they turn golden. Season with salt and pepper to taste.
3. Cut the cherry tomatoes in half and add them to the beans, briefly sauté. Chop the parsley and add it to the beans, mix thoroughly, transfer to a plate, and serve with the soft-boiled eggs.

## BRUNCH 11:00 AM

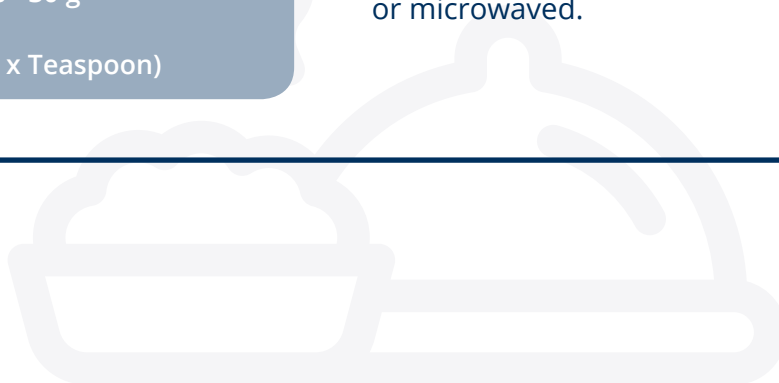
C:272.3 / P:5.4 / F:5.9 / CB:44.8 / FI:8.1 / CBE:4.6

### PEAR AND OATMEAL SMOOTHIE

#### INGREDIENTS:

- ✓ Organic almond milk - 250 g (1 x Glass)
- ✓ Pear - 130 g (1 x Piece)
- ✓ Instant rice flakes - 30 g (3 x Tablespoon)
- ✓ Cinnamon - 5 g (1 x Teaspoon)

1. Mix everything in a blender, peel the pear.
2. Depending on preference, the fruit can be fresh or microwaved.



LUNCH 3:00 PM

C:509.1 / P:42.8 / F:14.0 / CB:48.6 / FI:10.4 / CBE:4.9

## AROMATIC RICE WITH CHICKEN AND BROCCOLI

### INGREDIENTS:

- ✓ Broccoli - 150 g (0.3 x Piece)
- ✓ Skinless chicken breast - 150 g (1.5 x Piece)
- ✓ Brown rice - 60 g (4 x Tablespoon)
- ✓ Onion - 25 g (0.2 x Piece)
- ✓ Olive oil - 10 g (1 x Tablespoon)
- ✓ Parsley, leaves - 6 g (1 x Teaspoon)
- ✓ Cilantro (dried leaves) - 4 g (1 x Teaspoon)
- ✓ Herbes de Provence - 3 g (1 x Teaspoon)
- ✓ Himalayan salt - 1 g (1 x Pinch)
- ✓ Ground black pepper - 1 g (1 x Pinch)

1. Cook the rice according to the package instructions.
2. Chop the onion and parsley.
3. Heat the olive oil in a pan and add the chopped onion. When the onion becomes translucent, add the cooked rice and sauté for a few more minutes.
4. Then add the chopped parsley, black pepper, and cilantro to the pan and mix everything with the rice.
5. Cut the chicken into cubes and season with Herbes de Provence, salt, and pepper.
6. Pour boiling water into the pan and cook until tender.
7. Boil the broccoli in water.
8. Serve the rice with chicken and cooked broccoli.





DINNER 7:00 PM

C:397.2 / P:15.7 / F:15.1 / CB:42.1 / FI:11.9 / CBE:4.3

## RED BEAN AND CHIVE SPREAD (RECIPE FOR 2 SERVINGS)

### INGREDIENTS:

- ✓ Red beans in brine (canned) - 240 g (12 x Tablespoon)
- ✓ Tomato concentrate, 30% - 37.5 g (1.5 x Tablespoon)
- ✓ Chives - 20 g (4 x Teaspoon)
- ✓ Sweet paprika (ground, smoked) - 2.5 g (0.5 x Teaspoon)
- ✓ Himalayan salt - 1 g (1 x Pinch)
- ✓ Ground black pepper - 1 g (1 x Pinch)

**Consume 1 out of 2 servings**

1. Rinse the beans thoroughly from the brine (preferably from the jar) and transfer them to a deep bowl. Mash the beans into a smooth paste with a fork, you can also use a blender for this, which will take a few seconds. In the case of cooked beans, you can add a little water to achieve the consistency of the paste.
2. Add the tomato concentrate, chopped onion or chives, and then the smoked paprika.
3. Mix everything thoroughly and season with salt and pepper to taste.
4. Enjoy with bread and vegetables.

## BUCKWHEAT BREAD (RECIPE FOR 12 SERVINGS)

1. The dish should already be prepared.
2. The recipe can be found above.

**Consume 1 out of 12 servings**

**REST OF THE RECIPE ON THE NEXT PAGE**



## GREEN SALAD

### INGREDIENTS:

- ✓ Arugula - 40 g (2 x Handful)
- ✓ Lemon juice - 6 g (1 x Tablespoon)
- ✓ Pumpkin seeds, peeled - 5 g (0.5 x Tablespoon)
- ✓ Olive oil - 5 g (0.5 x Tablespoon)
- ✓ Cold-pressed flaxseed oil - 5 g (0.5 x Tablespoon)
- ✓ Ground black pepper - 1 g (1 x Pinch)
- ✓ Himalayan salt - 1 g (1 x Pinch)

1. Place any mix of salads in a bowl, add seasonings, drizzle with olive oil and lemon juice, mix with pumpkin seeds.

Saturday

TOTAL C: 1630.1 / P: 91.0 / F: 65.2 / CB: 149.8 / FI: 37.3 / CBE: 15.4



## BREAKFAST 7:00 AM

C:513.1 / P:34.3 / F:35.8 / CB:8.4 / FI:9.2 / CBE:1.0

### SHAKSHUKA WITH SWISS CHARD

#### INGREDIENTS:

- ✓ Whole chicken eggs - 168 g (3 x Piece)
- ✓ Cherry tomatoes - 120 g (6 x Piece)
- ✓ Beets - 120 g (1.5 x Handful)
- ✓ "Feta" type cheese - 50 g (1 x Piece)
- ✓ Olive oil - 10 g (1 x Tablespoon)
- ✓ Black cumin - 5 g (1 x Teaspoon)
- ✓ Garlic - 5 g (1 x Clove)
- ✓ Ground black pepper - 1 g (1 x Pinch)
- ✓ Himalayan salt - 1 g (1 x Pinch)

1. Rinse and dry the beets.
2. In a pan, sauté garlic in olive oil.
3. Gradually add chopped beets, stirring occasionally until they soften.
4. Season with salt and pepper.
5. Make wells in the mixture and crack an egg into each. Reduce heat and cook until the egg whites set (about 10-15 minutes). You can cover the pan while cooking.
6. Lastly, add the chopped tomatoes and crumbled cheese.
7. Sprinkle with black cumin before serving.

## BRUNCH 11:00 AM

C:206.4 / P:5.1 / F:2.0 / CB:36.4 / FI:10.7 / CBE:3.6

### SIRTUIN GREEN SMOOTHIE

#### INGREDIENTS:

- ✓ Apple - 300 g (2 x Piece)
- ✓ Celery stalks - 90 g (2 x Stalk)
- ✓ Lettuce - 60 g (3 x Handful)
- ✓ Arugula - 20 g (1 x Handful)
- ✓ Lemon juice - 12 g (2 x Tablespoon)
- ✓ Ginger - 10 g (2 x Slice)
- ✓ Parsley, leaves - 6 g (1 x Teaspoon)

1. Blend all ingredients in a blender until smooth.
2. If the smoothie is too thick, you can add water. You can also use a juicer.

LUNCH 3:00 PM

C:627.4 / P:23.8 / F:27.8 / CB:66.2 / FI:12.7 / CBE:6.8

## SUNNY-SIDE UP EGG WITH POTATOES AND CULTURED MILK

### INGREDIENTS:

- ✓ Potatoes - 280 g (4 x Piece)
- ✓ Cultured milk, Krasnystaw brand - 200 g (0.5 x Package)
- ✓ Whole chicken egg - 56 g (1 x Piece)
- ✓ Garden dill - 16 g (2 x Tablespoon)
- ✓ Clarified butter - 7.5 g (0.5 x Tablespoon)

1. Cook the potatoes, then sprinkle them with dill.
2. Fry the egg in clarified butter until sunny-side up.  
\* If you want a more liquid version, prepare it covered, on low heat, without browning. The yolk will be very liquid and easily digestible.
3. Eat the potatoes with cultured milk and the egg.

## CHERRY TOMATOES WITH BROCCOLI SPROUTS

### INGREDIENTS:

- ✓ Cocktail tomatoes - 240 g (12 x Piece)
- ✓ Broccoli sprouts - 24 g (3 x Tablespoon)
- ✓ Lemon juice - 6 g (1 x Tablespoon)
- ✓ Olive oil - 5 g (0.5 x Tablespoon)
- ✓ Pumpkin seeds, peeled - 5 g (0.5 x Tablespoon)
- ✓ Rosemary - 4 g (1 x Teaspoon)
- ✓ Ground black pepper - 2 g (2 x Pinch)

1. Mix olive oil, lemon juice, and dried rosemary.
2. Add the sprouts and halved tomatoes.
3. Season with freshly ground black pepper, mix, and sprinkle with pumpkin seeds.



DINNER 7:00 PM

C:1612.1 / P:76.6 / F:68.1 / CB:150.9 / FI:43.3 / CBE:15.5

## RED BEAN AND CHIVE SPREAD (RECIPE FOR 2 SERVINGS)

1. The dish should already be prepared.
2. The recipe can be found above.

**Consume 1 out of 2 servings**

## BUCKWHEAT BREAD (RECIPE FOR 12 SERVINGS)

1. The dish should already be prepared.
2. The recipe can be found above.

**Consume 1 out of 12 servings**

# Sunday

TOTAL C: 1612.1 / P: 76.6 / F: 68.1 / CB: 150.9 / FI: 43.3 / CBE: 15.5



PRODUCT	WEIGHT	ESTIMATED QUANTITY
<b>FISH AND SEAFOOD</b>		
Sardines in oil	125 g	1 x Package
<b>DAIRY</b>		
Whole eggs	560 g	10 x Piece
Natural yogurt	250 g	12.5 x Tablespoon
Cultured buttermilk, Krasnystaw	200 g	0.5 x Package
"Feta" type cheese	100 g	2 x Piece
<b>BEVERAGES</b>		
Almond milk organic	1500 g	6 x Glass
Water	750 g	3 x Glass
Coconut water	250 g	1 x Glass
Lemon juice	30 g	5 x Teaspoon
<b>CEREALS</b>		
Buckwheat groats (white)	494 g	38 x Tablespoon
Millet groats	188.5 g	14.5 x Tablespoon
Rice, brown	168 g	12 x Tablespoon
Buckwheat flakes	105 g	7 x Tablespoon

PRODUCT	WEIGHT	ESTIMATED QUANTITY
Buckwheat flakes (quick)	80 g	8 x Tablespoon
Buckwheat bran	30 g	3 x Tablespoon

### MEAT AND MEAT PRODUCTS

Chicken breast meat, skinless	500 g	5 x Piece
Turkey breast meat, skinless	100 g	1 x Piece

### FATS

Olive oil	135 g	13.5 x Tablespoon
Clarified butter	30 g	2 x Tablespoon
Coconut oil (solid)	15 g	0.8 x Tablespoon
Cold-pressed flaxseed oil	15 g	1.5 x Tablespoon
Extra butter	10 g	2 x Teaspoon

### NUTS AND SEEDS

Almond flakes	20 g	2 x Tablespoon
Pumpkin seeds, hulled	10 g	1 x Tablespoon
Flaxseeds (freshly ground)	5 g	1 x Teaspoon

PRODUCT	WEIGHT	ESTIMATED QUANTITY
<b>OTHER</b>		
Tomato passata	400 g	4 x Portion
Vegetable broth (homemade)	375 g	1.5 x Glass
Coconut milk (12%)	40 g	2 x Tablespoon
Tomato concentrate, 30%	37.5 g	1.5 x Tablespoon
Bee honey	24 g	1 x Tablespoon
Gluten-free soy sauce (tamari) naturally brewed	10 g	1 x Tablespoon
Mustard	5 g	0.5 x Teaspoon
Stevia powder	5 g	1 x Teaspoon

<b>SEASONINGS AND HERBS</b>		
Ground black pepper	13 g	13 x Pinch
Himalayan salt	13 g	13 x Pinch
Turmeric	12.5 g	2.5 x Teaspoon
Cinnamon	7.5 g	1.5 x Teaspoon
Black Cumin	5 g	1 x Teaspoon
Cilantro (dried leaves)	4 g	1 x Teaspoon
Marjoram	4 g	1 x Teaspoon
Rosemary	4 g	1 x Teaspoon
Oregano (dried)	3 g	1 x Teaspoon
Herbes de Provence	3 g	1 x Teaspoon
Ground Sweet Paprika	2.5 g	0.5 x Teaspoon
Sweet Paprika (ground, smoked)	2.5 g	0.5 x Teaspoon
Savory	2 g	0.5 x Teaspoon



PRODUCT	WEIGHT	ESTIMATED QUANTITY
Bay Leaf	2 g	2 x Leaf
Thyme	2 g	0.5 x Teaspoon
Allspice	2 g	2 x Piece

## FRUITS AND VEGETABLES

Cherry Tomatoes	660 g	33 x Piece
Apple	525 g	3.5 x Piece
Pear	520 g	4 x Piece
Zucchini	450 g	1.5 x Piece
Banana	420 g	3.5 x Piece
Beet Greens	360 g	4.5 x Handful
Broccoli	350 g	0.7 x Piece
Potatoes	280 g	4 x Piece
Green Beans	270 g	3 x Handful
Carrot	270 g	6 x Piece
Chickpeas (in brine)	240 g	12 x Teaspoon
Red Beans in brine	240 g	12 x Teaspoon
Cucumber	240 g	6 x Piece
Pan-fried Vegetables with Broccoli	200 g	2 x Serving
Blackberries	195 g	1.5 x Cup
Celery Leaves	180 g	4 x Stem
Avocado	175 g	1.2 x Piece
Onion	150 g	1.5 x Piece
Green Peas, frozen	150 g	1 x Cup

PRODUCT	WEIGHT	ESTIMATED QUANTITY
Kale	150 g	7.5 x Handful
Red Pepper	140 g	1 x Piece
Spinach	125 g	5 x Handful
Tomato	120 g	1 x Piece
Parsley Leaves	102 g	17 x Teaspoon
Beet	100 g	1 x Piece
Root Celery	90 g	1.5 x Slice
Lime	72.5 g	1.2 x Piece
Green Pepper	70 g	0.5 x Piece
Cultivated Mushroom, fresh	60 g	3 x Piece
Arugula	60 g	3 x Handful
Sun-Dried Tomatoes (in herb-infused oil, drained)	45 g	3 x Piece
Lemon	40 g	0.5 x Piece
Broccoli Sprouts	40 g	5 x Teaspoon
Iceberg Lettuce	40 g	2 x Leaf
Sugar Snap Peas	35 g	1 x Handful
Basil (fresh)	20 g	20 x Leaf
Ginger	20 g	4 x Slice
Chives	20 g	4 x Teaspoon
Garden Dill	16 g	2 x Teaspoon
Red Onion	15 g	0.2 x Piece
Garlic	15 g	3 x Clove
Black Olives	15 g	1 x Tablespoon
Lime Juice	12 g	2 x Tablespoon
Mint (fresh)	2 g	2 x Tablespoon

## LEGEND

C: calories P: protein F: fats CB: carbohydrates FI: fiber CBE: carbohydrate exchanges  
Nutritional values and product weight refer to edible parts.

## NOTES

Substitutes will allow you to replace one ingredient of a dish with another while maintaining a relatively similar caloric content of the meal. Most products also maintain the proportion of other components, including protein and carbohydrates, and some even retain micronutrients.

### Product weight provided before thermal processing:

100 g of poultry meat = 100 g of poultry liver = 100 g of fresh herring  
= 100 g of sardines/sprats = 50 g of dried chickpeas, seeds = 50 g of  
dried fava beans, seeds = 50 g of dried beans, seeds = 50 g of dried  
lentils, seeds = 60 g of tofu = 100 g of chickpeas, drained from brine  
= 100 g of fava beans, drained from brine = 100 g of beans, drained  
from brine = 100 g of lentils, drained from brine

If you feel that the number of meals is too small to meet your caloric needs, add a meal by duplicating either the dinner or second breakfast meal.

If it turns out that there are too many meals, you can combine second breakfast with afternoon snack, reducing the 5 meals to 4 while maintaining the same nutritional density of the proposed diet.

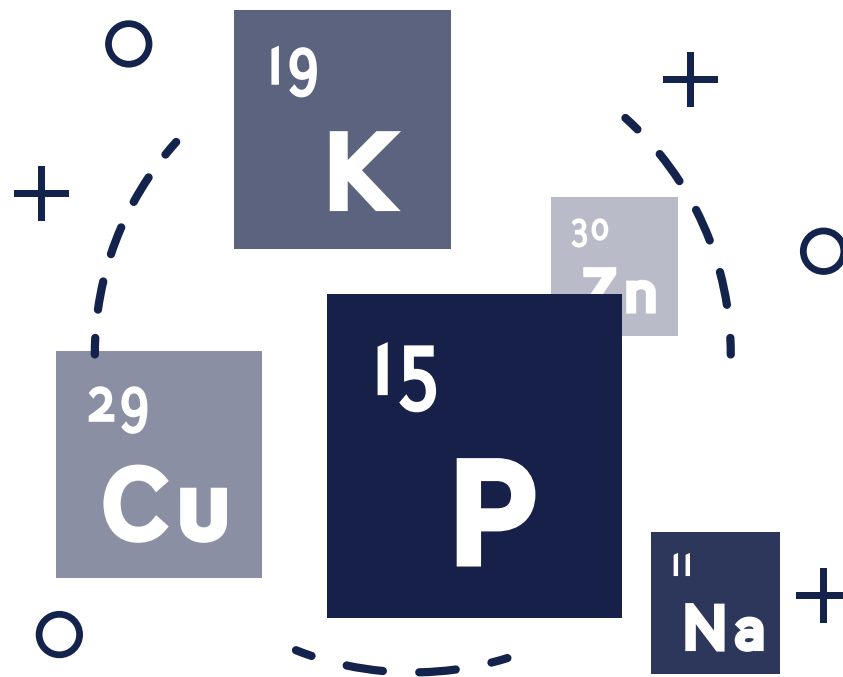
The individual plan you have before you consists of three parts: Part I - results, Part II - nutrition program, and Part III - supplementation program. These parts are interrelated, so for consultation with a specialist, it is imperative to print the entire plan.

## Part II - NUTRITION PROGRAM

The participant acknowledges that every nutritional therapy is a complex and long-term process, often divided into stages, and that the indicated nutrition program is based solely on the participant's H4H results. Considering that each person's diet should be diverse, the presented nutrition program should not be used long-term. At the same time, we inform you that long-term use of the indicated nutrition program should be consulted with a specialist.

Individuals who are ill, on permanent medication, pregnant or breastfeeding should consult a doctor before implementing the dietary recommendations from the nutrition program.

# INDIVIDUAL PROGRAM SUPPLEMENTATION



Prepared by:

**MSc. Magdalena Kamińska**

Clinical Dietitian: specializes in healthy weight loss and nutritional treatment of autoimmune-related conditions (such as Hashimoto's), metabolic disorders (such as insulin resistance), and broadly understood issues related to improper gastrointestinal function (including reflux, SIBO, SIFO).

## BREAKFAST

**MANGANESE** - 10mg per day, with mid-morning snack, only for 4 weeks, preferably in diglycinate form.

**BEET KVASS** - Take 50 ml of beet kvass on an empty stomach daily. Use for a maximum of 12 weeks.

**VITAMIN B COMPLEX** - 1 capsule daily for 12 weeks.

**VITAMIN ADEK COMPLEX** - 1-2 drops daily for 4 weeks, then check the level of vitamin D3 and adjust the individual dose for the next 8 weeks to balance or maintain a proper level in the blood.

**OMEGA 3 (EPA/DHA)** - Take 2 capsules daily for the first 6 weeks, then reduce the dose by half (1 capsule, 1000mg). This supplement is an exception - use continuously for 6 months.

## MID-MORNING SNACK

**DETOX.POINT** - Mix 3g with water or yogurt. It can also be used as an addition to muesli, salads, or porridge.

## LUNCH

**VITAMIN C C.POINT** - Dilute 6ml portion in 100 ml of water. Use for a maximum of 12 weeks.

## AFTERNOON SNACK

No supplementation

## DINNER

**CHROMIUM CHROME.POINT** - Take 2 drops per day diluted in 100 ml of water. Use for a maximum of 12 weeks.

**JOD 150µg** - It is best to use in the form of sublingual drops. It is important that the preparation is administered as potassium iodide. Use for a maximum period of 12 weeks.

**MILK THISTLE** - At night, take 1 tablespoon of ground milk thistle mixed with 10 ml (1 tablespoon) of extra virgin olive oil and juice from freshly squeezed organic lemon. Use for a maximum of 12 weeks.

**PROBIOTIC ESSENCE** - 15ml daily, dissolved in water, with dinner. Use for 4-12 weeks.

**Supplements from the POINT line available at [www.lifelinediag.eu](http://www.lifelinediag.eu) or prescribed by a specialist after H4H assessment.**

## ATTENTION!

The individual study material you have in front of you consists of three parts: Part I - results, Part II - nutrition plan, and Part III - supplementation plan. These parts are interdependent, therefore, for consultation with a specialist, it is absolutely necessary to print the entire study material.

## Part III - SUPPLEMENTATION PROGRAM

The participant acknowledges that each supplementation therapy is a complex and long-term process, often divided into stages, and that the recommended supplementation program is solely based on the H4H results of the participant. It should be noted that dietary supplements cannot be used as substitutes for a varied diet, and the presented supplementation program may be used temporarily. However, it is essential to consult a specialist if the supplementation program is used for a longer period than indicated. The above supplementation program is a proposal for the specialist who makes the final decision regarding supplementation. Before using dietary supplements, one should read the full information about them. Do not use the product if allergic to any of the ingredients. Individuals with medical conditions, those on regular medication, pregnant and breastfeeding women should consult a physician before implementing the recommendations derived from the supplementation program.