



EPIGENETICALLY
MAPPED IN GERMANY



Hair, Skin & Nails Report: ADDITIONAL NUTRITIONAL INFORMATION

cell-wellbeing.com



Background information

Each of us has a genetic heritage that determines the typical characteristics of the person, including the predisposition or not to certain pathologies. But as the Times wrote some time ago, “ Your DNA is not your destiny”.

Our genes are not immutable elements as pillars. They are our **genotype** but there is also the **phenotype** , that is the expression with which the genotype manifests itself.

An expression that varies according to many factors: **diet, pollution, stress and other variables** . All these environmental variables are called **epigenetics** and as Dr. Emanuele de Nobili of the Longevity Centre in Merano, Italy states: “Some aspects of the modern lifestyle can affect the general well-being of the organism, altering it. Among these must be considered: the food we eat, the nutrients we absorb, stress, other environmental factors present at home and at work, including pollution, heavy metals, radiation and electromagnetic fields. All of these factors are known as epigenetic factors. Experts today know that genes are largely influenced by the environment, in some cases up to 98% ” .

Therefore, we can affect our genetic expression in a positive way. Doctor Nobili cites some examples. “Do you lack antioxidants? You could risk degenerative diseases. Are you missing Omega 3? You may have chronic silent inflammation. Nutrition plays 50% and it is often necessary to integrate with some substances, because the preserved, refined products, coming from intensive farming, have very low energy and nourishment “.



Everything has to do with a new scientific branch that approaches medicine, biophysics. “We are mass, mass is energy. We have to open our minds like 50 years ago, then we didn't know anything about biochemistry today we know little about quantum, but in a few years there will be devices that recognize the frequencies of our body and tell us in which areas we are weak and in which we are not ”.

The hair , through the bulb, is one of the parts of the body that reveals to us how we will age and which aspects to treat. So let's treat them well! For example, we can treat the scalp, which can be overly sensitive and appear rough, dry and inflamed. Professional treatments for sensitive skin have a soothing and purifying power and help reduce and eliminate burning, itching and redness. Oily hair, smog, sudden changes in temperature, stress and the use of too aggressive shampoos or colors can irritate the skin and promote the appearance of dandruff or other disorders. So let's oxygenate it! In this way we will restore the physiological balance to the skin, making the hair soft, healthy and shiny.

Hair - Nutritional Information



Your diet has one of the most impactful effects on your hair. In fact, an unbalanced nutritional diet can lead to hair loss. Therefore, eating a balanced diet with optimal nutrients can help promote hair growth.

Vitamin A: Cells need Vitamin A for growth and motorization. Diets deficient in Vitamin A often lead to hair loss.

B-Vitamins: One of the best-known vitamins for hair growth is a B-vitamin called Biotin. Other B-vitamins help create red blood cells, which carry oxygen and nutrients to the scalp and hair follicles. These processes are important for hair growth.

Vitamin C: Vitamin C is required to create a protein known as collagen — an important part of hair structure. Vitamin C also helps your body absorb iron, a mineral necessary for hair growth. As an antioxidant, Vitamin C helps protect cells from oxidative stress caused by free radicals such as EMF or ELF electro smog.

Vitamin D: Low levels of Vitamin D can be associated with alopecia, a technical term for hair loss. Researchers have also shown that Vitamin D may help create new follicles which are small pores in the scalp where new hair can grow.

Vitamin E: Vitamin E is also an important antioxidant that can prevent oxidative stress. In one study, people with hair loss experienced a 34.5% increase in hair growth after increasing their Vitamin E intake.

Iron: Assists red blood cells in carrying oxygen and is a particularly important mineral for many bodily functions including hair growth. Iron deficiency, causes anaemia, which is a major cause of hair loss. It is especially common in women.

Zinc: Zinc is an essential mineral for optimal skin health; it is crucial to the transportation of Vitamin A, wound healing, sebum regulation & enzymatic activity (this will impact the skin's ability to shed old skin cells).

Selenium: Protein is linked to Amino Acids and certain minerals such as Selenium. They are the building blocks of the biological system. Hair is made almost entirely of protein. Consuming a balanced diet consisting of proteins is important for hair growth.

Hair stress is frustrating and difficult to cope with! Healthy individuals may lose up to 100 hairs from their scalp in a single day, hair loss, greying and stressed head hair may signal a poor nutritional diet.

The personalized hair program is designed to optimize the beauty of your hair.

Skin - Nutritional Information



Nourishing your body from the inside out is what is necessary to achieve the healthy, radiant & youthful skin that we all want.

Vitamin A: Vitamin A is an essential nutrient for the skin as it helps support collagen production, controls Keratin production (Keratin is the substance that makes up most of our skin cells) & it helps keep skin strong.

Vitamin B Complex: Vitamin B Complex is needed for the skin to be able to regulate cell turnover & sebum production, as well as efficiently utilize Essential Fatty Acids.

Vitamin C: Vitamin C is essential for supporting collagen production & wound healing in the skin. It is also an antioxidant that is responsible for fighting against free radical damage a.k.a. the nasty little guys that cause premature aging.

Zinc: Zinc is an essential mineral for optimal skin health; it is crucial to the transportation of Vitamin A, wound healing, sebum regulation & enzymatic activity (this will impact the skin's ability to shed old skin cells).

Essential Fatty Acids: The skin needs EFA's to be able to create an effective barrier to keep out different microbes & bacteria therefore keeping your skin healthy, strong & hydrated. In the western world, EFA's are the nutrient we are most commonly deficient in.

Essential Fatty Acids can be found in nuts, avocados & oily fish, and you should consume a large amount and variety of these to receive the total amount needed for optimal skin health

Nutrient Foods for the skin

Antioxidant-rich foods seem to have a protective effect for the skin as they fight the impacts of free radicals on the skin, Other foods can assist in smoothing fine lines, most natural foods are packed with the nutrients which promote a glowing skin. There are many excellent options found in regular grocery stores. As a general statement, most of us need to consume more fruits and vegetables and select whole foods over processed ones.

Consider these skin-friendly foods such as: carrots, apricots, and other yellow and orange fruits and vegetables. Spinach and other green leafy vegetables are worthy of attention as are tomatoes, berries, beans, peas, lentils and nuts. Salmon, mackerel and other fatty fish boost the omegas.

An over indulgence in some foods seems to be associated with skin damage. For example, some research suggests that a diet high in processed foods, refined sugars, carbohydrates or unhealthy fats may promote skin aging.

Eat plenty of fruits and vegetables. Choose low-fat or fat-free dairy products. Include nuts, seeds and beans in your favorite meals. Consider whole-grain breads and pasta. Limit sweet deserts. Strive for a variety of foods as the balance promotes over all wellbeing.



Nail - Nutritional Information



Your fingernails can say a lot about your wellbeing. A balanced vitamin, mineral and nutrient intake helps support the growth, formation and strength of new nail cells. Nails are primarily made of a fibrous structural protein called Keratin. This is what gives nails their strength and resilience.

Vitamin B: Along with Biotin, B Vitamins are important for nail growth and beauty. B vitamins help carry oxygen to the cells, while Biotin has also been shown to assist in the treatment of brittle nails. A B12 deficiency can sometimes be associated with bluish nails or dark streaks across the nail.

Iron: A mineral which is essential for carrying oxygen to the cells. As oxygen is needed for healthy nails, an iron deficiency or anaemia can lead to vertical ridges in your nails or may deform the body of the nail.

Magnesium: A natural mineral, which is likened to over 300 reactions in your body, including protein synthesis, and is required for nail growth. Vertical ridges in your nails may be a sign of a shortage of Magnesium

Amino Acids: Proteins linked to Amino Acids, along with Zinc, assist in the production of Keratin, which is the result of a shearing process.

Omega-3: Can help lubricate and moisturize your nails giving them a shiny appearance. Fatty acids may also reduce inflammation in your nail bed, which nourishes and promotes the health of cells that give rise to your nail plate. A lack of Omega-3 fatty acids could contribute to dry and brittle nails.

Vitamin C: Essential for the production of collagen, a protein that gives shape, strength and integrity to many tissues and is the building block of fingernails, hair and skin. A deficiency in Vitamin C can result in brittle nails, as well as poor nail growth.

Zinc: Inadequate Zinc can contribute to a degeneration of your nail plate, causing the appearance of white spots on your nail. Nails are made up of a type of cell that grows and divides rapidly. Zinc assists in the division and generation of cells; therefore, a steady supply of Zinc is needed to promote the growth of nails.

Calcium: An important nutrient that plays a role in several bodily functions, including supporting nail and bone health. Some people may experience calcium deficiencies, which might cause dry, brittle nails. Although the nails are a different substance to that of the teeth and bones, calcium deficiency can still impact the nails.

Nutrient absorption



The amount of nutrients that your body absorbs from food can range from less than 10% to greater than 90%.

The absorbability depends on your cellular reaction as well as the functionality of the GI tract and Gut functions. It is often wise to consider consuming a Probiotic based on natural vegetables.

You may be consuming a variety of nutritional foods, however technically they are not assisting the bodily systems until they are properly absorbed by the GI tract and Gut. Therefore optimizing nutrition involves requiring an understanding of what occurs after the food has been swallowed.

While you might be consuming lots of fruits, vegetables and whole grains in your diet, if your body isn't digesting and absorbing those foods your Gut system may be stressed in some way.

Digestion begins in your mouth and chewing is the first step to breaking down your food. Many foods like nuts are more efficiently digested by being chewed for a longer period. Saliva is packed with enzymes that help begin the breakdown process, especially in the case of carbohydrates.

Stomach acid helps to further digest or break down food and nutrients like protein. Not much gets absorbed directly in the stomach, except alcohol. Absorption of nutrients mostly occurs in the small intestine.

Here are 6 easy tips to maximize the amount of nutrients you absorb:

- 1 Fat helps to increase absorption of Vitamins A, D, E and K. So, don't feel bad about adding in healthy fats from avocados or olive oil to your favorite dish.
- 2 Vitamin C helps improve iron absorption from plants. This is especially important for vegetarians (iron from meat is better absorbed).
- 3 Do add a lemon squeeze and/or mandarin orange slices to your spinach salad. Natural phytic acid and oxalates in plants can bind to decrease the absorption of both calcium and magnesium. Add milk to your protein shake... not your vegetable smoothie.
- 4 Caffeine can decrease the absorption of several nutrients.
- 5 Calcium is much better absorbed with adequate Vitamin D from food or sunlight. Another great reason to sport a tank top on the weekend!
- 6 Carotenoids like lycopene, which are powerful antioxidants, are better absorbed with fat and after cooking. This rare time pizza sauce beats out a whole tomato.

General - Nutritional Information



The Personalized Hair Skin & Nail Program

Protein. Protein is an essential part of hair and skin vitality, and hair growth. Poor protein consumption may cause dry skin, brittle or broken nails, and broken hair. It is therefore wise to add a variety of healthy proteins to your meals daily. Include 100% grass-fed beef, organic poultry, pasture sourced eggs and wild caught fish like salmon. Protein can help improve the assimilation of Amino Acids needed to produce healthy skin, hair and nails. If you are a vegan, consuming high quantities of single celled algae like spirulina and chlorella may be very helpful as well as consuming pea or hemp protein powders.

Vitamins and Minerals

Many nutrients are required to provide optimal health for your skin, hair and nails. The body's vital tissue and organs are the first to absorb these nutrients, leaving the skin, hair and nails depleted of essential nutritional support to maintain suppleness, shine and strength.

For instance, a lack of vitamin B12 in your diet may cause dry skin and premature hair greying while a Vitamin C deficiency may leave your skin open to bacterial attack, as well as being dry and dull.

Other vitamins including A, B, C, D and E, plus minerals such as Magnesium, Zinc, Copper and Selenium are also vital for the wellbeing of your skin, hair and nails.

The personalised report is developed from four hairs, plucked from your head. The report reflects 800 bio markers, which then highlight foods you should consider not consuming for the next 90 days. The report lists your personal environmental challenges such as Toxic Metals, Chemicals, Electro Smog stressors and other pathogens.

You may also discover underlying cellular information covering a wide variety of nutrients which are also reflected in a personalised 90 day food plan based on the report findings.

If you are planning to change your diet following years of unhealthy dietary choices, please give your skin, hair and nails time to recover there lustre again as long term damage takes time to repair.

Learn more from <https://cell-wellbeing.com>

None of these statements have been evaluated by the FDA. The report is not intended to diagnose, treat or cure any disease or condition. It is intended to provide nutritional food information. The digital process does not provide reproducible indicators as it reflects the changing epigenetic environment at the quantum biological level. Nutrition optimization should only be considered every 90 days it is not recommended that a new nutritional food plan be created within this period.

