

# Natoorales Comprehensive Wellness Report and Treatment Plan

## Natoorales Wellness & SPA.

**Purpose:** Integrative, root-cause assessment of September data to prioritize what most impacts health now and provide a clear, stepwise plan. This is educational and collaborative; it complements—not replaces—your primary care.

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### 1) Introduction

This report synthesizes NLS Biophilia findings, CBC/CMP, electrolytes, cardiopulmonary metrics, lipid panel, and symptom context to map active imbalances and design a phased, root-cause plan across naturopathic, TCM, Ayurvedic, and homeopathic lenses. **Lower D-values indicate higher current relevance** and help us triage urgency. Data sources include your September scan and labs, with March data referenced for trend context.

**Medical Disclaimer** appears in Section 20.

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### 2) Client Data & Summary of Wellness Complaints

- **Demographics:**

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- **Diet/lifestyle (March context):** High quality diet; one main meal/day; adequate hydration w/ minerals; good sleep; physically active (walks, yoga, stretching).
- **Key history:** Breast lump with biopsy/marker; maternal cancer at 52; important trauma history with recent healing/closure.
- **Current clinical flags (Sept):** NLS shows **Osteoporosis (D=0.009 ●)**, **Atherosclerosis (D=0.049 ●)**, **Tonsillitis (D=0.049 ●)**, **Hypothyroidism (D=0.237 ●)**; microbiology patterns include **Pseudomonas aeruginosa (D=0.098)** respiratory, **Adenovirus (D=0.221)**, **Opisthorchis felinus (D=0.291)** GI, **Entamoeba gingivalis (D=0.206)** oral. CBC/CMP largely within reference; LDL slightly elevated (2.44), HDL very high (3.59), **Hemochromatosis (D=0.237)** slightly worsens ( $\Delta D = 0.052$ ).

**Narrative (integrated):** You appear metabolically steady and emotionally more resilient, yet the September scan prioritizes structural-vascular risks (bone and arterial health) and acute ENT stress (tonsillar). Thyroid regulation remains a contributor to energy, mood, and bone turnover. A shifted microbiome/parasite signal suggests GI-biliary interplay (notably Opisthorchis resonance), consistent with your chanca piedra use and past hepatobiliary flags. The plan below targets these root threads while supporting detox, minerals, and stress biology.

3) Risk Stratification — Strategic Overview

**Why:** Sorting by severity and urgency concentrates effort where benefit is greatest. D-values, lab deviations, symptom load, and plausible pathophysiology inform triage.

Risk	Time Priority	Identified Issue	System	Supporting Data
● High	Current	Osteoporosis—active bone loss	Musculoskeletal	NLS <b>D=0.009</b> ; postmenopausal status; needs resistance + K2/D/Mg/protein.
● High	Current	Atherosclerosis activation	Cardiovascular	NLS <b>D=0.049</b> ; LDL 2.44 (slightly high), HDL 3.59 (protective).
● High	0–6 wks	Acute tonsillar inflammation	Respiratory/ENT	NLS <b>D=0.049</b> ; co-resonance with adenovirus; Pseudomonas resp 0.098.
● Moderate	0–12 wks	Hypothyroid activity	Endocrine	NLS <b>D=0.237</b> ; thyroid blood flow normal; symptoms mild.
● Moderate	0–12 wks	GI–Biliary pathogen signature	Digestive	Opisthorchis 0.291; E. gingivalis 0.206; B. fragilis 0.323; hx hepatobiliary flags.

4) Root-Cause Analysis (integrated narrative, ~200–300 words)

Primary drivers likely converge on: **(1) mineral–hormonal bone turnover imbalance** (postmenopause, thyroid axis tension, possible low magnesium/niacin/folate signals), **(2)**

**vascular inflammation/lipid handling** (LDL marginally high against very favorable HDL—focus on LDL particle quality, antioxidant tone), **(3) mucosal immune/ENT activation** (tonsillar D-value and viral/bacterial resonance), and **(4) hepatobiliary–GI ecosystem stress** (Opisthorchis resonance with oral protozoa and anaerobes; history of hepatobiliary flags; chanca piedra already in use). These threads inter-link: suboptimal thyroid activity and low-grade gastritis can impair calcium/vitamin D/K2 utilization and protein absorption, reducing osteoanabolic signaling. \*\*\*\*\*

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## 5) Excluded/Lower-Likelihood Pathologies

Based on current data, **overt diabetes** is unlikely (glucose 4.4 within range), gross hepatic failure markers are not present, \*\*\*\*\*.

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## 6) Nutrition Recommendations (Mitochondria, anti-inflammatory, bone & vascular support)

Bone and systemic health require **cellular energy and charge**, not just minerals. Nutrition must build **redox balance**, \*\*\*\*\*

### Foods to Include

Food Group	Specific Examples	Rationale
<b>Low-Oxalate Vegetables</b>	Broccoli, cabbage, cauliflower, zucchini, Arugola (rocket), *****	Antioxidant *****
<b>Polyphenol Fruits</b>	Blueberryj*****	Build structured water (EZ), *****
<b>Protein Sources</b>	Grass-fed beef (*****)	Substrate for collagen + mitochondrial enzymes
<b>Collagen &amp; Glycine-Rich</b>	Bone broth, *****	Direct osteoblast support; glutathione precursor
<b>Healthy Fats</b>	Olive oil, *****	DHA for mitochondrial membranes; fat-soluble vitamins

Food Group	Specific Examples	Rationale
<b>Mineral-Rich Hydration</b>	Silica water, mineral spring water	Enhances structured water in collagen + mitochondria
<b>Fermented fibrous food</b>	Sourcrout, *****	Repopulating gut flora with probiotics, tackling dysbiosis.

## Foods to Exclude

Food Group	Specific Examples	Rationale
<b>High-Oxalate Vegetables</b>	Spinach*****	Disrupt ***** stress
<b>Processed Foods</b>	Sugar, *****	Inflammatory, *****
<b>Excessive Calcium-Only Foods</b>	Fortified *****	Worsen *****

**Summary:** Nutrition should **fuel mitochondrial redox and osteoblast energy**, rather than simply adding calcium.

## 7) Supplementation Recommendations

### True Mitochondria Medicine Supplement Protocol, Core Bioenergetic & Bone Support

Supplement	Dosage & Schedule	Purpose
<b>Lysin +</b>	1000mg / 2-3x day	
<b>Vit C Liposomal+</b>	1000 mg/2-3x day	The Combo*****
<b>Proline</b>	1000 mg 2-3x/day	

Supplement	Dosage & Schedule	Purpose
<b>Niacinamide (B3) Flushing</b> , it will create a flushing reaction, take before bed, best	250–500 mg at night	NAD <sup>+</sup> pool; fuels osteoblast & systemic redox
<b>Riboflavin (B2) + Pantethine (B5)</b>	B2: 100 mg; B5: 250 mg	FAD + CoA for energy metabolism

**Notes on EDTA:** You're using EDTA drops. Chelation may reduce metal burden but cardiovascular outcome data are mixed; IV trials (TACT/TACT2) are ongoing/replicative with uncertain benefit outside specific subgroups. Continue only under clinician guidance; monitor minerals. [PMCfactor.niehs.nih.gov](https://pubmed.ncbi.nlm.nih.gov/16162000/)

## 8. Emotion Matrix Summary (Digestion & Cardiovascular Focus)

Emotional imbalances are directly linked with physiological health, particularly digestion (stomach, liver, intestines) and cardiovascular function (atherosclerosis, vascular tone, blood pressure\*\*\*\*\*).

Emotion (Sept 2025)	D-Value	Root/Secondary	Impact on Digestion	Impact on Cardiovascular	Associated Conflict	Potential Healing Tools
<b>Fear (aging, bad outcomes, intimacy)</b>	0.136 – 0.166	Root	Weakens digestive fire (Agni), increases ulcer/IBS risk	Sympathetic overdrive, endothelial stress, ↑ atherosclerosis risk	Mortality anxiety, uncertainty	Box breathing; Argentum Nitricum 30C
<b>Helplessness</b>	0.150	Root	Collapsed gut motility, nutrient malabsorption	Depressed vagal tone, endothelial dysfunction	Loss of agency, collapse	Coherent breathing; Gelsemium 30C

Summary Insight:

These five emotions represent the **root-destructive matrix** linking psyche and soma. Fear, helplessness, and grief erode resilience at the **core**, while hostility and suppression act as **reactive defenses**. By resolving these, the client’s digestion and cardiovascular health will experience the greatest cascade of improvement.

9. Optimized Emotional Body and Energetics Treatment (Integrated Plan)

5-Remedy Emotional Protocol (Homeopathic drops)

Remedy	Dosage & Schedule	Primary Emotional Target	Body System Benefit	Notes
Rescue Remedy (Bach Flower)	4 drops, 4× daily (or acute as needed)	Immediate stress, fear spikes, trauma recall	Reduces sympathetic overdrive, protects heart	Broad-spectrum, fast-acting; use as “first aid”

💡 Why These 5?

- Covers **root triad**: Fear (Arg. Nit.), Grief (Ignatia), Suppression (Staphysagria).
- Covers **reactive defenses**: Anger/hostility (Chamomilla).
- Provides **broad, acute support**: Rescue Remedy.
- Streamlined → no redundancy, yet systemic coverage for both digestion + cardiovascular.

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## 10) Heavy Metals & Toxins — Detox Support

NLS shows Aluminum 0.193 and other traces; continue **gentle** detox with mineral repletion, glutathione support, fiber, and sauna/hydration as tolerated. EDTA use should be supervised; replete zinc/magnesium and monitor kidney function if using chelators. [PMC](#)

Toxin	Remedy	Dosage & Schedule
Aluminum / general metals	NAC 600 mg BID; mineral repletion; fiber 25–35 g/day (already in the plan)	Daily

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## 11) Parasites Treatment Protocol (30–60 days)

Sept resonance suggests **Opisthorchis** (liver fluke) signal; confirmatory testing recommended (stool O&P x3, parasite serology) before aggressive protocols.

Parasite	Remedy	Dosage & Schedule
Suspected Opisthorchis	Herbal triad: *****)	4 weeks on, 1 week off; repeat 2 cycles

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**Background evidence:** Opisthorchiidae inhabit intrahepatic bile ducts; many infections are cryptic—hence value of targeted testing. [NCBIPMC](#)

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## 12) Mold Treatment Protocol (*include only if detected*)

**Current data do not confirm mold/mycotoxin illness.** If you have home/occupational exposure or symptoms (sinus pressure, cognitive fog, static shocks), please confirm with ERMI/HERTSMI-2 and urinary mycotoxin testing. *Action needed:* “Please confirm presence of mold with specific diagnostic data.”

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### 13) Candida Treatment Protocol (*include only if detected*)

**Not explicitly detected in Sept data.** If symptoms (bloating, sugar cravings, recurrent thrush) or labs suggest Candida, confirm with GI-MAP or stool culture. *Action needed:* “Please confirm presence of Candida with specific diagnostic data.”

**Meal Plan note:** Regardless, keep **no-sugar**, low-oxalate framework (see Section 6).

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### 14) Lyme & Co-Infections Protocol (*include if detected*)

March frequency list hinted at Borrelia resonance; September does **not** clearly confirm. If you have prior tick exposure or symptoms (migratory pain, neuropathy), consider serology (ELISA/Western blot) or advanced panels. *Action needed:* “Please confirm presence of Lyme/co-infections with specific diagnostic data.”

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## 15. Exercise & Lifestyle Recommendations (Bioelectric + Mitochondrial)

Bones and tissues are **piezoelectric semiconductors**. Movement, light, and structured water restore **bioelectric signaling** and **ATP production**.

### Movement (Piezoelectric Bone & Muscle Support)

Activity	Frequency	Purpose
Walking (daily)	30–45 min	Circulation + mitochondrial oxygen use
Micro-Impact / Vibration	10 min, 3–4× weekly	Stimulates osteoblast charge
Resistance Training	2–3× weekly	Mechanical + bioelectric bone loading
Yoga / Fascia Unwinding	2–3× weekly	Enhances collagen conduction & structured water



## Lifestyle Bioenergetics

Practice	Frequency	Purpose
<b>Morning Sunlight</b>	Daily	Resets circadian mitochondrial clocks
<b>NIR / Red Light</b>	10–15 min, 3–5× weekly	Stimulates Complex IV, osteoblast ATP
<b>Grounding (Earthing)</b>	15–30 min daily	Restores electron flow, lowers inflammation
<b>Mineral-Rich Hydration</b>	Throughout day	Builds exclusion zone (EZ) water in bone + mitochondria
<b>FIR Sauna + Cold Contrast</b>	2–3× weekly	Thermal hormesis → mitochondrial resilience
<b>Time-Restricted Eating</b>	12–14 hr overnight fast	Increases NAD <sup>+</sup> , activates sirtuins
<b>Sleep Optimization</b>	7–9 hrs/night	Night = peak mitochondrial repair + bone turnover

## 16) Natoores In-House Recommended Treatment Plan

- **Scalar frequency sessions** (remote): Terrain cleanse, remote scalar treatment
- **Infrared sauna**: 45-60 min, 1-2×/wk with hydration/minerals.
- **Foot Detox with Liver and Gall bladder support** : 1 – 2x week
- **Trauma Release**: Package 5 or 10 sessions
- **FLOW** – Progressive Resistance therapeutic exercise with Rey Carroll

## 17) Sources for the Report and Recommendations

- Mitchell T et al. **Dietary oxalate and kidney stone formation**. *Urolithiasis* (Review), 2019. PMID: 30779071. [PMC](#)
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- NCCIH. **Homeopathy** (overview). 2015/2025 updates; Ernst E. **Bach flower** reviews (2002–2010). [NCCIHNCCIHPubMed](#)
- Lamas GA et al. **TACT2 chelation trial overview**. 2022. [PMC](#)
- **Patient data:** March and September files.

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## 18) Natoores Contact Information

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## 19) Ongoing Projects

- Visit: [www.natoores.com](http://www.natoores.com) to read more about “**60 Day Scalar Remote Parasite Cleanse.**”
  - **Leave us a testimony!**
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## **20) Medical Disclaimer**

"This report is based on functional and holistic medicine principles and is intended for educational and informational purposes only. It does not constitute medical advice, diagnosis, or treatment. The recommendations within this document are not a substitute for professional medical consultation, and individuals should seek guidance from their primary healthcare provider before making significant health decisions. Natorales Wellness & Spa does not claim to cure, treat, or prevent any disease. The therapies, treatments, and protocols included in this report are based on holistic methodologies, traditional practices, and current scientific literature but are not FDA-approved. Every individual responds differently to treatment, and results may vary. The client assumes full responsibility for their health and well-being when implementing any recommendations from this report. If experiencing severe or worsening symptoms, immediate medical attention should be sought."