

# TERRASTEMMA

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## Foundational Evaluation

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### Sample Report

*This report is a curated demonstration designed to showcase the TerraStemma Evaluations in action. The patterns and insights below are examples of how foundational data is translated into a strategic roadmap for recovery.*

# Report Overview

## What this evaluation provides:

This report serves as a structural map of your current physiological landscape. By analyzing resonance patterns within your sample, we identify specific areas where your system is navigating increased demand. Rather than providing a list of isolated markers, this evaluation defines the foundational sequence required to restore balance.

## This report is designed to clarify:

- **Systemic Stress:** Identifying which primary systems are currently prioritizing adaptation over optimal function.
- **Foundational Needs:** Mapping the nutritional and mineral signatures required to stabilize your foundations.
- **Pathways & Capacity:** Evaluating drainage efficiency and the body's current ability to process environmental load.

# How this Evaluation Works

## The Methodology

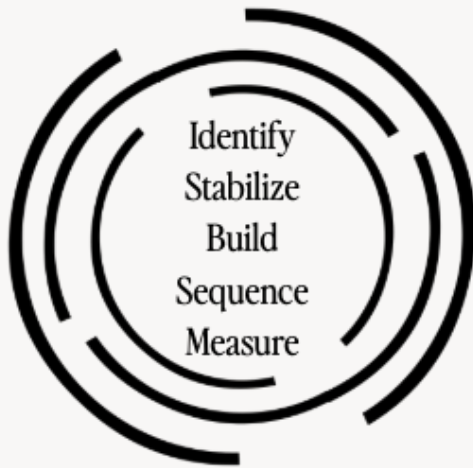
Using frequency-based technology (Qest4), we evaluate how your sample interacts with specific informational signatures. By comparing these against a vast biological database, we identify relative stress responses which highlights where your body is diverting its resources.

## The Strategy: Priority & Sequence

The objective is to replace systemic overwhelm with a structured path forward. Rather than addressing every imbalance simultaneously, we identify the primary drivers of demand. This strategic sequencing allows your body to respond more efficiently to each phase of support, building progress on a stable foundation.

# TerraStemma Framework

All findings are organized using the **TerraStemma Framework**. This methodology operates on the principle that **structure precedes progression**. We prioritize foundational stability and the clearing of exit pathways before introducing deeper interventions, ensuring your body has the capacity to integrate change.



- **Identify** patterns across systems
- **Stabilize** foundational function
- **Build** capacity for change
- **Sequence** interventions appropriately
- **Measure** progress over time

## How to Read this Report

This evaluation is designed to provide structural insights into your body's current patterns of demand. It is organized into three distinct layers to help clarify priority and focus:

- **Primary Patterns:** The systems currently navigating the most significant physiological demand.
- **Influencing Signatures:** The nutritional, environmental, and regulatory factors contributing to these patterns.
- **Foundational Support Observations:** Suggested areas of focus to improve systemic resilience and stability.

You are not expected to address everything at once. **Lasting progress is built on consistency.**

# What's Supporting You Right Now

While this evaluation highlights areas of increased demand, it also identifies systems that are currently maintaining balance. These stable functions provide the foundational capacity your body relies on as it restores order elsewhere.

## **Functions currently maintaining stability:**

- Lungs
- Reproductive system

## **Why this matters:**

When core systems are stable, your body can more effectively prioritize repair and integrate new support. These internal strengths allow us to sequence your care more efficiently, ensuring a sustainable response to intervention.

# Key Findings

The following patterns represent the primary areas currently affecting your body's ability to maintain balance.

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## **Nervous system dysregulation**

Reduced resilience and regulatory capacity

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## **Impaired ammonia / nitrogen clearance**

Accumulation of metabolic waste

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## **Immune regulatory imbalance**

Immune dysregulation driven by impaired metabolic processing

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### **How these patterns are connected**

Accumulated ammonia acts as a chemical irritant that keeps the nervous system in a state of chronic dysregulation. This persistent stress signal triggers immune hypersensitivity, creating a cycle where metabolic waste prevents the body from shifting into a restorative state.

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# What this Means for You

Your results suggest that your body is currently prioritizing adaptation over optimal function, specifically within the metabolic systems.

## The Driving Patterns:

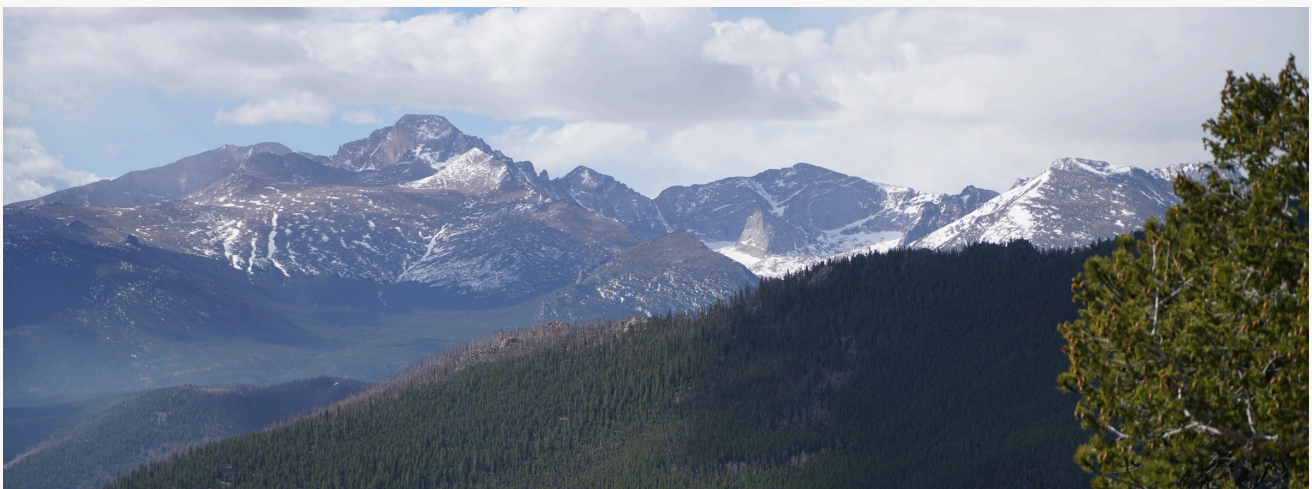
- **Primary Driver:** The **impaired ammonia / nitrogen clearance** is placing increased demand on the urea cycle and hepatic detoxification pathways.
- **Reinforcing Factor:** The **nervous system dysregulation** is reinforcing this by maintaining a sympathetic "stress" state that restricts the blood flow and energy required for effective waste filtration.
- **Barrier to Recovery:** **Immune regulatory imbalance** may be limiting your system's ability to restore balance efficiently, as the body remains locked in a defensive, inflammatory posture rather than shifting into cellular repair.

## The Structural Logic:

When these systems are under sustained demand, the body shifts into a state of **compensation**. This reduces your energy efficiency and slows your ability to integrate new support.

## The Objective:

Right now, the goal is not to force a change, but to **reduce systemic demand and reinforce your foundations**. By supporting your primary pathways first, we build the capacity your body needs to move from compensation back to performance.



# Priority Systems Under Stress

The following systems are currently navigating the greatest physiological demand. These systems are not all addressed at once. Instead, they help guide the order and focus of your support plan.

Priority Systems	Role in Body	Symptoms May Include
Thymus gland	The thymus gland is the primary lymphoid gland located in the upper chest under the breastbone near the lower part of the neck. It processes many of the body's lymphocytes, which migrate throughout the body via the bloodstream, seeding lymph nodes and other lymphatic tissue.	<p><b>Physical:</b> Recurrent infections, fever, malaise, allergies, autoimmune disorders.</p> <p><b>Emotional aspect:</b> Thymus is known as a source of healing energy and the seat of fire because of its close connection with the heart. When we are in love, feel confident, or have an open, positive frame of mind we generally enjoy vibrant health. It appears that the emotional state of the heart can energize or deplete the thymus gland, which in turn influences the health of the immune system.</p>

# Nutritional Influences

## Observed Patterns

Your results indicate increased demand for the following nutrients:

- **Vitamins:**
  - Choline
  - Inositol
  - Tocotrienols (Vitamin E)
  - Menatetrenone (Vitamin K-2)
  - Ascorbic acid (Vitamin C)
- **Minerals:**
  - Molybdenum
  - Sulphur
  - Silicon
- **Enzymes:**
  - Maltase
  - Protease
- **Amino acids:**
  - Ornithine
  - L-theanine
- **Fatty acids:**
  - Flax seed oil

## What this means for you

This pattern suggests increased demand in areas related to:

- **The Urea Cycle & Nitrogen Clearance** (Ornithine & Molybdenum): Ornithine is a primary driver of the urea cycle, which converts toxic ammonia into urea for excretion. Molybdenum is a critical cofactor for enzymes that process sulfur and nitrogen, helping to prevent these byproducts from irritating the nervous system.
- **Sulfur & Phase II Support** (Sulphur & Choline): These provide the raw materials for conjugation pathways in the liver. When sulfur demand is high, it indicates the body is working overtime to neutralize internal toxins and environmental chemicals.
- **Nervous System & Membrane Resilience** (L-theanine, Inositol, & Tocotrienols): These nutrients act as "buffers." L-theanine helps counteract the excitatory effect of ammonia on the brain, while Inositol and Vitamin E protect cell membranes from the oxidative stress caused by a high metabolic load.

## How this is typically addressed

These signatures are often supported by improving foundational function and introducing targeted nutritional or lifestyle support.

# Regulatory Influences

Regulatory systems (hormones and neurotransmitters) help coordinate communication throughout the body.

## Observed Patterns

- Parathyroid
- Angiotensin
- Intrinsic Factor
- Epinephrine

## What this means for you

This reflects added pressure on:

- **Mineral Balance** (Parathyroid): The demand for parathyroid regulation suggests your body is struggling to maintain proper calcium and phosphate levels in the blood, which are critical for nerve signaling and bone health.
- **Fluid & Blood Pressure Control** (Angiotensin): This reflects a high demand on the system that manages fluid balance and vascular tone. When this is under pressure, it often indicates the body is trying to compensate for shifts in electrolytes or hydration status.
- **Nutrient Absorption** (Intrinsic Factor): This is a specific protein required for Vitamin B12 absorption. Increased pressure here suggests potential digestive strain or a high metabolic requirement for the "energy" vitamins needed to fuel your recovery.
- **The Stress Response** (Epinephrine): Also known as adrenaline, high demand here indicates that your "fight or flight" system is frequently engaged. This puts a significant drain on your adrenal reserves and keeps the body in a state of high metabolic alertness.

## How this is typically addressed

These signatures are often supported by improving foundational function and introducing targeted nutritional or lifestyle support.

# Food & Environmental Sensitivities

The following items showed increased energetic stress during evaluation and may be temporarily limited to reduce system demand.

## Observed Patterns

- Sole
- Tuna
- Pecan
- Grapefruit
- Red pepper (vegetable)
- Lettuce - red leaf
- Black pepper
- Basil
- Red pepper (spice)
- Dog dander

## What this means for you

This pattern suggests increased demand in areas related to:

- **Phenolic & Salicylate Load** (Grapefruit, Pecan, Peppers, Basil): These foods are high in salicylates. Sensitivity here often points to a bottleneck in the sulfation pathway, where the liver lacks the specific resources needed to neutralize these compounds before they irritate the system.
- **Histamine & Environmental Reactivity** (Tuna, Dog Dander): The combination of high-histamine fish and animal dander suggests that your immune "bucket" is full.
- **Nightshade & Spice Irritants (Red and Black Pepper)**: These contain alkaloids that can heighten intestinal permeability. When your immune regulation is already imbalanced, these spices act as "amplifiers" for existing systemic inflammation.

## Guidance

These sensitivities are often temporary and may shift as your system stabilizes.

It is recommended to:

- Limit these items for 30 days
- Reintroduce one at a time
- Monitor your response

If a listed item causes no noticeable response and is a preferred or nutrient-dense food, it may be continued with awareness. Items you typically avoid may not appear due to lack of recent exposure.

# Support Plan

Support is introduced to match your body's current capacity, focusing on reinforcing your foundations to build systemic resilience.

## Primary Objectives

- **Focus:**
  - **Metabolic Decompression and Regulatory Stability:** The current focus is on lowering metabolic waste and secondary food sensitivities to allow the nervous and immune systems to return to a baseline of safety.
- **Highest Priority:**
  - **Facilitating Ammonia and Nitrogen Clearance:** The most critical step is providing the specific cofactors (Ornithine and Molybdenum) needed to drive the urea cycle. By neutralizing ammonia—a potent neuro-irritant—you directly address the primary driver of your nervous system dysregulation and immune hypersensitivity.
- **Supportive Actions:**
  - **Restore Phase II Sulfur Conjugation & Gut Integrity:** Utilize Sulphur, Choline, and Digestive Enzymes (Protease/Maltase) to ensure proteins are fully broken down and salicylates/phenols are effectively neutralized. This reduces the "internal load" and helps lower the reactivity seen in your food sensitivity patterns.
  - **Buffer the Neuro-Endocrine Response:** Support the adrenal and cardiovascular systems (Epinephrine and Angiotensin pathways) by stabilizing minerals and using calming amino acids like L-theanine. This signals the body to shift out of "adaptation mode," conserving the energy required for deep cellular repair.

# Lifestyle Support

Choose **1-2 practices** to implement consistently:

- Herbal tea enema (Chamomile, Burdock root)
- Dry skin brushing
- Eat foods high in natural pectin
- Sunshine exposure
- Audio books / Podcasts
- Craniosacral therapy
- Time off social media
- Nature play and time outdoors

These are designed to support foundational systems and improve your response to deeper interventions.

# Supplement Support

Note: Recommendations are based on general guidelines. Work with your practitioner for individualized dosing.

Supplement	Brand	Dose	Frequency	Support Given	Vendor
Takesumi	Supreme Nutrition	1-2 capsules	1x/day	Binder support	DSS
Ammonia Scavenger	PHP	3 capsules	1x/day	Ammonia buildup & ROS support	DSS
Calm	BodyBio	1 capsule	1x/day	Nervous system support	DSS
Remineralize	BodyBio	0.5 teaspoon	1x/day	Mineral support	DSS
Garlic Plus	Biotics	1 tablet	1x/day	Immune support	DSS

# Progress & Reassessment

## Educational Integration Notes

The patterns identified within this evaluation are intended to support **strategic wellness sequencing**. By highlighting the systems currently navigating the highest demand—specifically **foundational capacity and nutritional priorities**—these findings help clarify where to focus your personal support to achieve the most efficient systemic balance.

## Reassessment Evaluation

These observations are designed for educational purposes and provide a baseline for your wellness journey. To monitor how your body integrates these nutritional building blocks and to refine your focus as your foundations stabilize, a **Reassessment Evaluation** is recommended after the initial period of 60 to 90 days of support.

# Closing

## The Foundational Philosophy

Sustainable improvement is built through **Clarity, Sequencing, and Consistency**. We prioritize structure over intensity, ensuring that every intervention aligns with your system's current capacity for change.

## A Note on This Record

This bio-resonance evaluation is not diagnostic and does not replace medical care. It identifies informational patterns intended to guide supportive strategies and should be used in coordination with professional clinical guidance.

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