

TERRASTEMMA

Comprehensive Evaluation

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.
- **Environmental Signatures:** Noting external influences that may be contributing to total systemic demand.

How this Evaluation Works

The Methodology

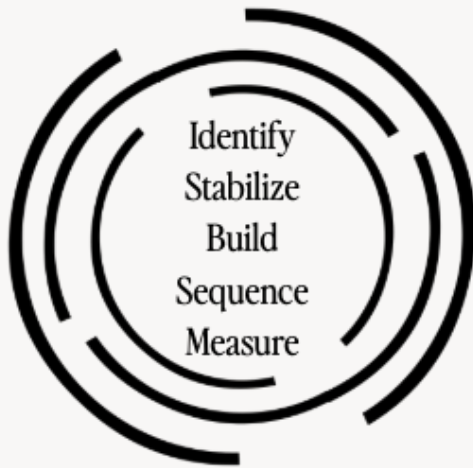
Using frequency-based technology (Qest4), we evaluate how your sample interacts with specific informational signatures. By comparing these against a vast biological database, we identify relative stress responses which highlights where your body is diverting its resources.

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:

- Kidneys
- Spleen

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.



Sulfur Metabolism Dysfunction

Impaired processing of sulfur compounds and metabolic byproducts



Methylation / Detox Pathway Demand

Increased need for support in phase II detox pathways



Gut Microbial Imbalance

Contributing to increased sulfur load and metabolic burden

How these patterns are connected

Gut microbial imbalances generate an excess of sulfur byproducts that overwhelm already strained detoxification pathways. This creates a metabolic bottleneck where the body's processing capacity cannot keep pace with the internal toxic load.

What this Means for You

Your results suggest that your body is currently prioritizing adaptation over optimal function, specifically within the liver and gastrointestinal tract.

The Driving Patterns:

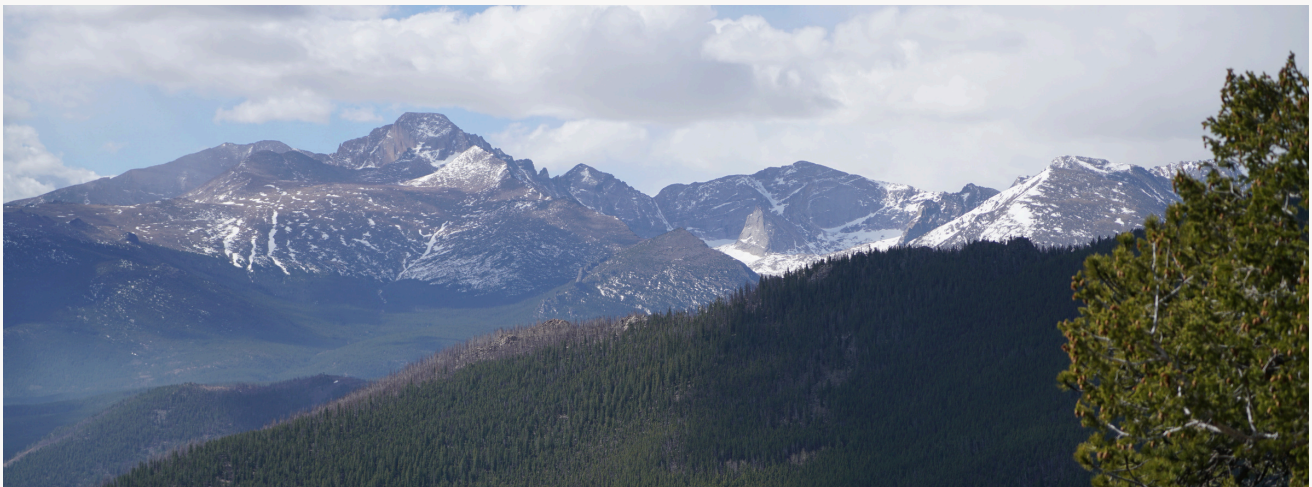
- **Primary Driver:** The sulfur metabolism dysfunction is placing increased demand on Phase II detoxification pathways and systemic antioxidant reserves.
- **Reinforcing Factor:** The gut microbial imbalance is reinforcing this by generating a continuous influx of sulfur byproducts and metabolic waste.
- **Barrier to Recovery:** Methylation demand may be limiting your system's ability to restore balance efficiently.

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
Thyroid gland	One of the largest endocrine glands in the body. Found in the neck and controls how quickly the body burns energy.	Physical: Metabolic issues, cold hands or feet, fatigue, constipation, unable to tolerate cold, dry-coarse skin, sparse-coarse hair, low body temperature. Emotional: Associated with the throat & lack of expression of heart emotions.
Skin	The interface with the surrounding environment and plays the most important role in protecting the body against pathogens.	Physical: Skin disorders, recurrent infections, inflammation Emotional: Skin is the outermost expression of our being. Emotions related to skin are often connected with difficulties in communication and boundaries.
Pancreas	An endocrine-exocrine gland-organ that aids in the function of the digestive and endocrine systems.	Physical: blood sugar imbalances, mid-abdominal pain, digestive disturbance, frequently clammy or moist palms, foul-smelling stools, greasy stools, excess thirst, excess hunger, fatigue Emotional: Pancreas energy has much to do with maintaining balance in our lives - a balance of giving and receiving, or working and playing, of fear and love.

Nutritional Influences

Observed Patterns

Your results indicate increased demand for the following nutrients:

- **Vitamins:**
 - Choline
 - Dietary Fiber
 - Pyridoxine (Vitamin B-6)
- **Minerals:**
 - Sulphur
- **Amino acids:**
 - Glycine
 - Cysteine
 - Alanine
 - Isoleucine

What this means for you

This pattern suggests increased demand in areas related to:

- **Phase II liver conjugation** (glycine, cysteine, B6): Your liver requires these to “neutralize” toxins so they may be safely removed.
- **Bile synthesis & flow** (Choline, alanine): These nutrients are essential for the production and thinning of bile.

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

- Enteroglucagon
- Inhibin A
- GABA
- Prostaglandin

What this means for you

This reflects added pressure on:

- **Metabolic Signaling** (Enteroglucagon): Reflects a high demand for blood sugar regulation and gut-brain signaling, often a result of underlying digestive or metabolic strain.
- **Endocrine Balance** (Inhibin A & Prostaglandins): Suggests the system is working harder to coordinate reproductive hormones and manage the inflammatory signals that trigger tissue repair.
- **Neurological Tone** (GABA): Indicates the nervous system is under pressure to maintain a "calm" state amidst increasing physiological demands, signaling a need for better parasympathetic support.

How this is typically addressed

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

Environmental & Microbial Patterns

The following patterns reflect potential **environmental or microbial interactions** contributing to system demand.

Observed Patterns

- Babesia (parasite)
- Candida (fungus)
- Aspergillus (mycotoxin)
- Alvertoxin (mycotoxin)

What this means for you

This pattern suggests increased demand in areas related to:

- **Microbial load** (Babesia & Candida): These organisms act as a constant drain on your metabolic energy. They produce their own waste products, which the liver must process, effectively "clogging" your structural exit pathways.
- **Mycotoxin load** (Aspergillus & Alvertoxin): The presence of these markers suggests a mycotoxin burden that can impair mitochondrial function and keep the nervous system locked in a state of chronic immune activation.

How this is typically addressed

These signatures are often supported by improving foundational function and sequencing interventions appropriately

Interpretation

These findings may reflect environmental exposures or immune interactions. They do not indicate an active infection, but rather patterns that may contribute to overall system demand.

Food & Environmental Sensitivities

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

Observed Patterns

- Refined white rice
- Apricot
- Lemon
- Papaya
- Blueberry
- Spinach
- Fermented pickle
- Olive
- Pea
- Vegetable oil
- Basil
- Cumin

What this means for you

This pattern suggests increased demand in areas related to:

- **Phenolic & Salicylate Load** (Berries, Apricot, Cumin, Olive): Many of these foods are high in salicylates or phenols. Sensitivity here often points back to a bottleneck in sulfur metabolism (specifically the sulfation pathway), where the liver lacks the resources to process these compounds efficiently.
- **Histamine & Fermentation**: The inclusion of fermented foods and high-histamine foods suggests that the body's "bucket" is full.

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:**
 - **Restoring Structural Capacity and Metabolic Flow:** The current focus is on reinforcing the body's "internal architecture" so it can safely process the microbial and sulfur-based loads without systemic reactivity.
- **Highest Priority:**
 - **Stabilizing Foundations:** Before addressing the microbial occupants, we must replenish the specific "building blocks" (Glycine, Cysteine, Choline, and B6) required to fuel the Phase II detoxification pathways. This stabilizes energy production and ensures the system has the raw materials to handle future mobilization.
- **Supportive Actions:**
 - **Optimizing Elimination Pathways:** Utilize dietary fiber and bile-supportive foods to ensure that neutralized toxins are successfully exported from the body, preventing the "recirculation" that triggers sensitivities.
 - **Nervous System & Neuro-endocrine Support:** Use targeted nervous system support and blood sugar stabilization to reduce the pressure on your GABA and endocrine pathways. By lowering the "survival noise," we allow your body to shift resources from constant defense to active repair.

Lifestyle Support

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

- Big 6 lymph reset (Dr. Perry Nickelsoton method)
- Acupressure
- PEMF therapy
- Time off social media
- Gluten free diet
- Refined sugar free diet

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
Mo-Zyme	Biotics	1 tablet	1x/day	Helps convert sulfites into sulfates	FullScript
Super Methyl-SP	Apex Energetix	1-2 capsules	2x/day	Methylation support	FullScript
Sodium Butyrate	BodyBio	1 capsule	1x/day	Gut support	FullScript
Drainage Activator	Cellcore	2 capsules	2x/day	Liver & Lymphatic support	Cellcore

Progress & Reassessment

Clinical Integration Notes

The patterns identified within this evaluation are intended to support strategic clinical sequencing.

By highlighting the systems currently navigating the highest demand—specifically foundational capacity, nutritional priorities, and environmental stressors—these findings help clarify where to focus support to achieve the most efficient systemic response.

Reassessment Evaluation

These observations should be weighed alongside the client's clinical history and practitioner assessment. To monitor how the body integrates this support and to refine focus as foundations stabilize, a reassessment evaluation is typically recommended after the initial period of intervention.

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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