

IMMUNITY

EDUCATION MANUAL

TRANSFORM YOURSELF



IMMUNITY HAS PARTNERED WITH HIPPOCRATES WELLNESS

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HIPPOCRATES
WELLNESS

A partnership of like-minded offerings to educate and empower people and boost the immune system with nutrition and therapies to allow the body to prevent disease and heal itself.





WELCOME TO IMMUNITY

Sabrina Ciceri, Founder and Owner of Immunity sees medicine through a different lens and represents an evolution in health care, shifting disease- centered focus of medicine to a more preventative approach.

She has visited Hippocrates Wellness several times a year for the last 12 years and published their magazine, *Healing our World*, for over four years between 2015-19. Combining her lifetime experience in the medical field as a nurse and the countless hours of training and interviewing health professionals from around the world, her passion grew to help people achieve optimal health through preventative medicine.

Sabrina is a plant-based health educator and certified fitness instructor with several years of education in the area of functional medicine, peptides, Bio-identical hormone replacement, and energy medicine. The entire team at Immunity has experienced a full week at Hippocrates Wellness and understand what the guest experience is like to better help them feel comfortable while visiting Immunity.

Me and the team have a passion to encourage and educate people towards a healthier, happier life. We are all excited to be partnered with such a world renown wellness center and look forward to helping guests thru vital nutrients and therapies proven to boost the immune system and radically improve your health.

♡ Sabrina

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VITAL NUTRIENT THERAPIES





VITAMIN THERAPY DRIPS

WHAT ARE VITAMIN THERAPY DRIPS?

Vitamin IV therapy bypasses the digestive process and delivers high dose vitamins directly to the bloodstream where the cells can benefit from this pure digestion. There are several benefits from receiving vitamin IV therapy such as boosted immune system, increased energy, decreased inflammation, mental clarity, instant hydration, quicker recovery time, detoxification, relieves fatigue and exhaustion, anti-aging and so much more!



PREPARE FOR YOUR VITAMIN IV THERAPY

- Fill out all necessary intake/consent forms prior to your appointment, which will be emailed/texted to you when making your appointment.
- Arrive 10 - 15 minutes prior to your appointment time.
- Please bring your photo ID (passport or DL) as the FL. Department of Health requires verification.
- Wear comfortable clothing. Sleeves must be able to roll up above the elbow to allow access for IV.
- Hydrate before your appointment as that will help the veins to be more easily accessible, making for more comfort during therapy.
- Please eat prior to appointment or have a snack as some vitamins/minerals may have a temporary blood sugar and/or blood pressure raising or lowering effect.
- Most therapy appointments last one hour, however, there are some that will last up to 4 hours.
- Please bring a form of payment with you as you will need to check out directly through Immunity Health.

WHAT TO EXPECT DURING AND AFTER YOUR IV THERAPY?

- During an IV, clients sometimes experience coldness or stiffness in the arm. To help prevent that, your IV Specialist will wrap a heating pad around your arm.
- You may taste or smell vitamins as the IV is started. This is normal and typically goes away during the IV.
- Infiltration is the most common IV complication. This occurs when the IV fluid leaks into the surrounding tissue, which is typically caused by the client moving/bending the arm. Infiltration is a non-serious complication and can be avoided by client keeping their arm still during the IV therapy.
- Most clients become very relaxed during IV. Your IV therapy should be an experience you enjoy every time, so please let our IV Specialist know if you are experiencing any discomfort at all.
- It is common to feel increased energy, mental alertness and over all sense of wellbeing after your IV therapy. There are times that clients may not feel those effects right away but will a day or so later.
- It is common to feel mild fatigue, headaches, nausea, or light headedness following IV therapy as your body is working to clear any stored metabolic waste products.
- You may continue your daily activities. Make sure to stay hydrated.
- Minor bruising of the IV site is common. If you experience redness, swelling or pain at the injection site or arm, please contact Immunity Health right away.

LONGEVITY DRIP

Combines several of the nutrients including high dose Glutathione for the maximum immune boost and positive impact on the body.

When you put the very best in your body, you empower yourself to do more with life. This is what makes us feel accomplished and fulfilled

Delivered in 500ml normal saline.

FEEL THE BENEFITS FROM:

- Thiamine HCL (B1)
- Riboflavin (B2)
- Niacinamide (B3)
- Dexpanthenol (B5)
- Pyridoxine HCL (B6)
- Ascorbic Acid (Vit C)
- Glutathione
- Leucine
- Isoleucine
- Lysine
- Valine
- Phenylalanine
- Histidine
- Threonine
- Methionine
- Tryptophan
- Alanine
- Arginine
- Glycine
- Proline
- Serine
- Tyrosine

PROFESSIONAL DRIP

Promotes mental clarity and focus during work hours and beyond. It isn't normal to always feel mentally drained and exhausted after work. Our bodies are designed to sustain intense physical and mental activity if we replenish it properly. Improve your energy levels, mental clarity, and recover from that jet lag feeling with the Professional drip.

Delivered in 500ml of normal saline.

FEEL THE BENEFITS FROM:

- Magnesium Chloride Hexahydrate
- Calcium Gluconate
- Zinc Silfate
- Thiamine HCL (B1)
- Riboflavin (B2)
- Niacinamide (B3)
- Dexpanthenol (B5)
- Pyridoxine HCL (B6)

REJUVENATION DRIP

Replenishes the body for noticeably healthier skin, hair and nails and includes high dose Glutathione to assist in reversing aging inside and out.

How you treat yourself in your 20s, 30s, 40s, and beyond determines how you'll look and feel in the next decades of your life. Statistics show most people do not nourish their bodies correctly, impacting their outward appearance greatly. Promote a healthy heart, brain, skin, nails, and hair this IV therapy. Glutathione is the most powerful antioxidant! It supports immune function as well as detoxifies the liver

Delivered in 500ml of normal saline.

FEEL THE BENEFITS FROM:

- Magnesium Chloride Hexahydrate
- Calcium Gluconate
- Zinc Silfate
- Thiamine HCL (B1)
- Riboflavin (B2)
- Niacinamide (B3)
- Dexpanthenol (B5)
- Pyridoxine HCL (B6)
- Ascorbic Acid (Vit C)
- Glutathione

VITAMIN C DRIP

Vitamin C in high doses has been shown to help alleviate negative symptoms of many diseases and offers great benefits to all 11 organ systems in the body.

Vitamin C available in multiple doses. Delivered in normal saline or sterile water.

FEEL THE BENEFITS FROM:

- Vitamin C (Ascorbic Acid)

FIT DRIP

Strengthens muscles and joints, before and after physical activity. Speeds up the recovery with vital nutrients and hydration.

Delivered in 500ml of normal saline.

FEEL THE BENEFITS FROM:

- Thiamine HCL (B1)
- Riboflavin (B2)
- Niacinamide (B3)
- Dexpanthenol (B5)
- Pyridoxine HCL (B6)
- Ascorbic Acid (Vit C)
- Glutathione
- Leucine
- Isoleucine
- Lysine
- Valine
- Phenylalanine
- Histidine
- Threonine
- Methionine
- Tryptophan
- Alanine
- Arginine
- Glycine
- Proline
- Serine
- Tyrosine

DEFENSE DRIP

Super charge your immune system with our Defense IV Drip. Loaded with our higher dose Vitamin C and other essential vitamins known to optimize your health while keeping you healthy this cold and flu season.

FEEL THE BENEFITS FROM:

- Magnesium Chloride Hexahydrate
- Calcium Gluconate
- Zinc Silfate
- Thiamine HCL (B1)
- Riboflavin (B2)
- Niacinamide (B3)
- Dexpanthenol (B5)
- Pyridoxine HCL (B6)
- Vitamin C (Ascorbic Acid)

REVIVE DRIP

Reduces headaches and stops feelings of fatigue or exhaustion after a late or sleepless night.

Helps you recharge your body after staying out way too late or just not able to get the good rest you need. Not only does it keep your body hydrated, it also amps up your energy levels so the immune system can continue fighting against germs or viruses that can cause you harm.

Delivered in 1,000ml of normal saline.

FEEL THE BENEFITS FROM:

- Magnesium Chloride Hexahydrate
- Calcium Gluconate
- Zinc Silfate
- Thiamine HCL (B1)
- Riboflavin (B2)
- Niacinamide (B3)
- Dexpanthenol (B5)
- Pyridoxine HCL (B6)

ARGENTYN-23 SILVER DRIP

Silver hydrosol is becoming more popular to treat chronic illnesses. It is most commonly used with the treatment of Lyme disease. Most effective in a series combined with vitamin drips.

FEEL THE BENEFITS FROM:

- Zinc
- Selenium
- Glutathione
- Argentyn-23 Silver
- Oral Supplements
 - Multi-Vitamin with Zinc
 - Selenium
 - Plasmanex
- Vitamin C (Ascorbic Acid)
- Magnesium Chloride
- Calcium Gluconate
- Dexpanthenol (B5)
- B12
- Folic Acid
- B-Complex



INJECTIONS

WHAT ARE INJECTIONS?

An injection delivers vital nutrients directly into a muscle or subcutaneous tissue for some. It's a quick and effective way to deliver certain vitamins and minerals directly to the body for absorption without having to take the time for an IV drip. Also, some vital nutrients like Vitamin D that is oil based, cannot be delivered through an IV and must be injected intramuscularly.



B12

Boosts your energy, kick starts your metabolism and helps you sleep better with this Vitamin B12 shot.

MIC B12

Burn fat, detox the liver, and boost energy with this Trio shot.

B-COMPLEX

Blend of 5 different B vitamins, B1, B2, B3, B5 and B6, to help boost the immune system, increase energy, and improve red blood cell function.

VITAMIN D3

The “sunshine vitamin” that helps boost the immune system, reduce depression, decrease allergy symptoms, reduce joint pain, and improve cognitive functions.

BIOTIN

Assists in the metabolism of fats, carbohydrates, and proteins, strengthens hair, and nails and improves skin.

GLUTATHIONE

Glutathione is the “mother of all antioxidants”. It protects cells from disease, detoxifies the liver, and is anti-aging. Add Glutathione to any Vitamin IV therapy.



GLUTATHIONE THERAPY

WHAT IS GLUTATHIONE THERAPY?

Glutathione is one of the highest quality antioxidants we could give our body to prevent disease and reverse aging. It is excellent to take by mouth, subcutaneously, in an IV, and/or nebulized. Glutathione stops free radical damage and oxidative stress.





NEBULIZING THERAPY

WHAT IS NEBULIZING THERAPY?

Nebulizing therapy aims to deliver a therapeutic dosage of a drug by inhalation of the drug-aerosol, which is generated with a drug solution or suspension by a nebulizer, through the mouth, nose or artificial airway (including endotracheal and tracheotomy tubes) into airways and lungs.



Here at Immunity, we offer Silver and Glutathione nebulizing sessions.

NEBULIZING GLUTATHIONE

Glutathione is a powerful molecule that is found naturally in the body and has many positive effects on our health. It has the ability to decrease viral replication and strengthens our immune system to help us fight off viruses. However, glutathione levels decrease as we age, which leads to a weakened immune system. The excellent news is that you can boost your body's immune system via nebulizing glutathione right here at Immunity!

BENEFITS OF NEBULIZING GLUTATHIONE

- Corrects antioxidant deficiency in the lungs.
- Reverses oxidative injury to the lungs.
- Acts as an anti-inflammatory to the airways.
- Increases Th1 antiviral response.
- Enhances glutathione in the lining of the lower respiratory tract thought to be the first line of defense against oxidative stress.
- Results in an increase in forced expiratory volume.

NEBULIZING SILVER

Silver has been used to kill over 650 different illness-causing microorganisms, bacteria, viruses and fungi for centuries all over the world.

BENEFITS OF NEBULIZING SILVER

- Reduce migraine symptoms.
- Numbs nerve irritation.
- Reduces anxiety and depressions.
- Reduces pain.
- Boost sleep quality.
- Preventing and treating cancer.



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HEALING THERAPIES





CYROTHERAPY

WHAT IS CRYOTHERAPY?

Cryotherapy, which literally means “cold therapy,” is a technique where the body is exposed to extremely cold temperatures. Whole-body Cryotherapy safely and effectively brings the entire body temperature down without nitrogen as this chamber is all electric, no risk of inhaling nitrogen. The chamber drops to –166 degrees Fahrenheit (-110 Celsius).



WHAT ARE SOME BENEFITS OF THE WHOLE-BODY CRYOTHERAPY?

- Reduce migraine symptoms.
- Numbs nerve irritation.
- Reduces anxiety and depressions
- Reduces pain
- Boost sleep quality
- Preventing and treating cancer
- Preventing dementia and Alzheimer’s disease
- Improve skin conditions
- Stimulates collagen and skin tightening
- Anti-aging
- Increases energy and metabolism
- Stimulate white fat into brown fat

HOW MANY SESSIONS SHOULD SOMEONE HAVE?

You can receive benefits from just one session, but it’s most effective when used regularly. Some athletes use cryotherapy twice a day. Others will go daily for 10 days and then as much as possible after.

WHAT DO I WEAR DURING THE CRYOTHERAPY SESSION?

Wear dry, loose-fitting clothing. Client will be provided with slippers, earmuffs, and gloves.



THERALIGHT 360

PHOTOBIO-MODULATION THERAPY

WHAT IS THERALIGHT 360?

The #1 antioxidant available to the body. Doesn't have to be digested and goes directly to the cells thru our largest organ- the skin. Photobiomodulation (PBM) Therapy is the application of Red and Near InfraRed light to tissue that is injured, sick, degenerating or aging.



WHAT ARE SOME BENEFITS OF THE THERALIGHT 360?

- Increase energy production
 - Increase circulation
 - Reduce oxidative stress
 - Reduce inflammation
 - Trigger cell specific repair processes
 - Reduce pain
 - Increases muscle performance
 - Boosts cell growth and anti-aging benefits
- These cellular mechanisms result in:
- Improved muscle performance
 - Increased exercise times and capacity
 - Improved joint motion
 - Enhanced wound healing
 - A release of certain brain compounds that positively affect mood and sleep
 - Improved immune function
 - Faster and better-quality tissue repair and much more.

ARE THERE ANY SIDE EFFECTS?

Photobiomodulation is safe, relaxing, and has no known negative side effects.

WHY DO YOU NEED PHOTOBIMODULATION (PBM) THERAPY?

When cells age and become stressed, the mitochondria produce their own Nitric Oxide (NO) which competes with oxygen and often wins. This molecule blocks the receptor site that Oxygen binds to during the respiratory process — the process of turning sugar in blood into cellular energy. With a diet rich in antioxidants and rest, our body manages excess Nitric Oxide. If the body is too stressed it cannot properly remove enough Nitric Oxide fast enough. This causes Oxidative Stress. Oxidative Stress is toxic and begins the processes for inflammation, cell death and the expression of genes responsible for cancer, Alzheimer's, osteoarthritis, and other diseases.

HOW DOES THE THERALIGHT BED WORK?

When red & near IR (infrared) light is absorbed by a protein in the mitochondria called Cytochrome c Oxidase (CcO), mitochondrial NO is dissociated from CcO and oxygen transport returns to normal. CcO is the last enzyme in the respiratory electron transport chain. This downstream effect increases ATP production among many other beneficial intracellular responses. In other words, the cell functions again at optimal levels. Cells make up tissues, tissues make up organs, and organs make up humans. All aspects of the 11 major organ systems benefit, from faster recovery to improved energy and strength.

WHAT CAN PBM THERAPY WORK FOR?

Photobiomodulation therapy has been effectively used as a non- medical intervention for reducing recovery time resulting in athletes:

- Running faster and longer with less fatigue
- Lifting heavier weights
- Achieving higher benchmarks sooner
- Recovering more quickly from injuries

As a non-medical intervention for musculoskeletal conditions such as:

- Arthritis
- Muscle soreness
- Joint pain and stiffness

As a non-medical intervention for inflammatory conditions such as:

- Fibromyalgia
- Chronic fatigue
- Rheumatoid arthritis
- Psoriatic arthritis

As a non-medical intervention for other painful conditions such as:

- Neuropathy
- Shingles
- Poor circulation

As a non-medical intervention for accelerating visceral fat loss

Many therapies only address symptoms, without addressing the source. PBMT works at the cellular level, stimulating repair and normalizing cell function.

Unlike drugs and surgery, PBM Therapy safely and effectively

- Promotes cell regeneration
- Reduces inflammation and pain

PBM Therapy

- is non-toxic
- is non-invasive
- has no side effects

HOW MANY SESSIONS ARE NEEDED?

Average of 2-5 15 minute sessions per week, however, every person's condition is unique; therefore, their treatment course is as well. There are some general rules of thumb that apply to PBM Therapy.

- Acute injuries and inflammation from muscle strains and sprains, cuts, bruises, burns, etc typically show very rapid improvement and can resolve in 1-2 weeks.
- Long-term, chronic conditions can take 2-3 weeks to get significant benefits, weeks to months for maximum benefits, then weekly or bi-weekly sessions may be necessary to maintain benefits.

Once client has hit healthy goal, they can do 2 sessions a week for 2 – 4 weeks then can go down to 1 session per week to maintain.

DOES IT GET HOT INSIDE THE BED?

No. The LEDs are cooled by a cooling system to keep you comfortable.

CAN CHILDREN USE IT?

With parental informed consent.

DO I NEED EYE PROTECTION?

We provide eye protection if you prefer, however, there has never been any cases where the light has caused any problems with clients eye health. In fact, many have reported improvement of their vision overtime.

WHAT DO I WEAR DURING MY SESSION?

The least amount of clothing that client is comfortable with. Any place that is covered will not receive the light therapy as the light does not penetrate through material.

- All open wounds must be covered with saranwrap, which will be provided by Immunity.



VEMI BEDS

VIBROACOUSTIC ELECTRO-MAGNETIC INFRARED THERAPY

WHAT IS VEMI BED THERAPY?

The VEMI is Vectored ElectroMagnetic Induction (VEMI) which enhances the body's ability to heal itself by creating a point of high physical, mental, and cellular coherence without emitting any harmful electro smog (EMF) radiation. This shifts the body into a parasympathetic (rest and digest) state for 8-12 hours, during which the body can experience extremely efficient and expedient healing without disruptive EMF radiation.



Removing electrosmog (EMF radiation) from the body and surrounding areas makes this process especially potent for healing and allows a tangible sense of calm to pervade the body, brain, and mind. Since these disruptive frequencies have been creating dissonance and disease for generations, the removal of this electrosmog evokes a significant and notably positive effect on the body.

WHAT IS ELECTROSMOG (EMF RADIATION)?

Electrosmog, or EMF radiation, is a by-product of most AC (alternating current) power supplies which provide homes, office buildings, etc. with electricity. Most of the technology in your home and workplace emits these frequencies, which have proven disruptive to the body's fields and cell membranes. Consistent exposure to EMF over time leads to dissonance and disease in the body. With the exponential increases in wireless technology and high voltage lines since the Industrial Revolution, we are seeing significantly higher levels of electrosmog in our bodies and environments. These harmful frequencies have become almost impossible to avoid in our society, so we have developed the VEMI to effectively cleanse our bodies of this electrosmog and optimize cellular function.

VEMI therapy emits little to no electrosmog therefore, the entire area is cleared of EMF radiation so that the body can be surrounded in a cleansing bath of clean cellular resonating signals. This refreshed, EMF-free state is an experience that people have not had since the late 1800s and allows the body to restore itself to optimal health without interference.

The body runs all communication through frequency waveforms, similar to the electrical signals you may have seen on EEG (brainwave monitors) or EKG (heart monitors), though a bit different in makeup. It is known and well substantiated that cells perform optimally when communication is clear and unhindered. To optimize communication and therefore cell function, the cells must be freed from their EMF contamination and bathed in clean resonating energy. This cleans up the communication between the brain and every organ, tissue, and system in the body to promote overall health.

THE VEMI SCIENCE

The VEMI SCIENCE utilizes three-dimensional waveforms called ElectroMagnetic waveforms, which contain voltage, magnetic field, and frequency speed within a certain time frame. These three-dimensional waveforms communicate with the brain and the entire body, including all organs and cells.

The VEMI's vectored emission of these three-dimensional electromagnetic waveforms covers all aspects and varying angles of fields through the body, which cleans off the cells and excites them in resonance. As an example, think of the technology of an MRI machine. The MRI machine spins around the body to image cells and tissues at all angles to provide a full, three-dimensional image. Since the MRI covers every angle and array, it can show in front of, behind, above, and below any cells, tissues, or organs. No area remains unseen. The VEMI goes even further in its cell resonance by not only resonating in front of, behind, above, and below, but also by resonating all varying angles and planes in dynamic torrid fields. This is controlled and emitted in plots according to the mathematics of calculus (points around an entire sphere, cell, tissue, and the entire body) during every VEMI session.

The VEMI runs its emitted output energy in a frequency range of 0 - 10,000 Hz, which mimics the brain and body's own frequency range of natural electromagnetic outputs and responses. This 0 - 10,000 Hz range of our body is the same as our auditory (hearing) range, so we can hear sounds within this frequency range if the intensity is significant enough. However, since our body's frequencies are so low in voltage potential (0-40 microTesla volt/meter), we would need to increase the intensity of the body's voltage all the way up to 1 volt/meter to audibly hear our bodies as sound.

THE VEMI HARMONICS

The PureWave full body harmonics that we play through the VEMI headphones, and Vibro Acoustic (VEMI) Bed mimic the natural harmonic pulse bursts that the brain sends out every 20 milliseconds to the entire body. These ongoing, rhythmic pulses communicate to all our body's cells, tissues, and organs, opening the cellular communication barrier and allowing the cells to remain in a responsive mode to process cellular functions. This is the initiator that allows cells to send and receive communication for necessary cell functions including repair, replacement, absorption of oxygen/nutrients/minerals and discharge of cellular waste (toxins, heavy metals, etc.).

Research shows that these necessary functions are optimized when energy in the cell and its channels are high, and when communications are clear of any problematic electromog interference. The VEMI removes EMF interference and allows the cells to resonate and energize themselves naturally with vectored, varied torrid planes, which helps to optimize cell function. With every successive session of VEMI therapy, the benefits compound and intensify, holding the body at new, improved levels of health and wellness as it can improve itself more and more on its own. The VEMI is not treating or controlling the body or cells directly. The VEMI simply cleans off the electromog (EMF) with its emitted vectored waveforms that resonate the cells, allowing the cells and body to run cleanly and EMF-free.

The body's own communication waveforms control all functions of the living body, and are specific to every cell, organ, tissue, and body part. Each waveform key is coded so that it only communicates with that one individual identifier in the body on a continuing basis, delivering and receiving information. No two waveforms are alike. These are complicated arrays of electromagnetic waveform patterns that disseminate to form a three-dimensional energy waveform at the extremely low frequency (ELF) range. When the energy of a cell is high, the cell will run optimally and healthily in all its processes. VEMI aids in initiating and greatly accelerating this natural process.

THE BENEFITS

- Vibro-Acoustic Harmonics Emitted through the Full Body Mat and Headphones opens cellular communication to all cells in the body.
- Electro-smog EMF Sticky Static on our entire body are eliminated, opening cleared paths for cells to vibrate in resonance with clear pure wave instruction/command signals.
- The body is shifted into a parasympathetic (rest and digest) state for 8-12 hours, during which the body can experience extremely efficient and expedient healing without disruptive EMF radiation.
- The VEMI allows the cells to resonate/vibrate and energize themselves naturally which helps to optimize cell function and repair.
- The body reaches new, improved levels of health and wellness with each additional session.
- Lower stress
- Enhance self-awareness
- Supports quality sleep
- Enhances brain function and memory
- Pain relief
- Slow aging process
- Reverses cell damage/oxidative stress

TREATMENT

There are two session duration options, 30 minutes, and 60 minutes. Client can choose either based on their available time constraints and budget. Client can do as often as once per day.

WHO CAN RECEIVE VEMI BED THERAPY?

There have been no contradictions for usage.

WHY DO I NEED VEMI BED THERAPY?

Those needing more energy, improved sleep, mental clarity, and improved focus. Those experiencing pain, aging/oxidative stress, Neuropathy, inflammation, chronic disease, and autoimmune disease.

- Client must read and sign consent form prior to each session.
- VEMI bed must be cleaned properly immediately after each session.
- Client wears normal clothing to lay on VEMI Bed.



HYPERMAX EWOT

EXERCISE WITH OXYGEN THERAPY

WHAT IS HYPERMAX EWOT?

HyperMax Oxygen is the latest in the evolving equipment designed to offer Exercise with Oxygen Therapy (EWOT). HyperMax is Maxx O2 redesigned and made by the same company since 2017. EWOT is the act of breathing higher concentrations of oxygen during exercise.



In the past, simple masks and nasal cannulas connected directly to an oxygen generator were the best methods. However, oxygen generators only produce 10 Liters Per Minute (LPM) at maximum. When you exercise, you can easily breathe 60-70+ LPM. This means you are “blending” the 93% pure oxygen from the generator within the mask or around the cannula. Since these oxygen delivery products allow room air in, you’re not coming close to getting the high purity and flow required. This problem is solved with HyperMax Oxygen. HyperMax Oxygen uses an oxygen generator to fill a large medical grade bag that holds 900 liters of oxygen. A high-flow mask is attached to that bag. Now every breath you take is 93% oxygen with no room air. HyperMax does not allow any room air inside. Only the oxygen from the bag is inhaled as a valve in the mask opens. As you exhale, CO₂ is blown out through the CO₂ port into the room.

WHAT ARE SOME BENEFITS OF EWOT?

- Receive maximum energy
- Faster recovery
- Mental clarity
- Better endurance
- Deeper sleep
- Stronger immunity

WHO CAN DO EWOT?

Moderate to severe lung disease with a low oxygen state (COPD & restricted air disease) are not candidates for EWOT. All others over the age of 18 are a candidate for EWOT therapy.

WHAT SHOULD I WEAR?

Clients should wear non-restricting workout attire.

SESSION DURATION

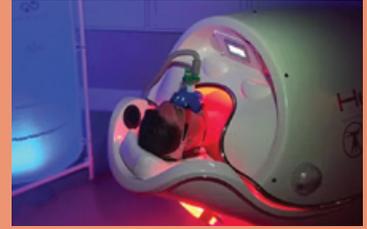
Clients can do 15 minutes 3 time per week maximum.



HYPER T PRO

WHAT IS HYPER T PRO?

The HyperT Pro is the most advanced whole-body wellness pod available, incorporating both thermal and non-thermal Red Light health technology. HyperT Pro uses Bio-Stacking principles.



WHAT THERAPIES DOES THE HYPER T PRO DO?

- Far-infrared sauna heating up to 190 degrees tolerated due to head being out and face cooling technology
- Thermal exercise and weight management
- The integrated fitness protocol uses far-infrared light, convection heat and exercise bands for optimal thermal exercise results and benefits.
- Allows active or passive thermal exercise or HIIT (high-intensity interval training) to be performed from 15 min to 60 min for maximum caloric burn and metabolism.
- Red & Near-infrared light therapy (Photobiomodulation)
- Dual Far-infrared & Convection heating is coupled with Red & Near-infrared light therapy to maximize wellness outcomes, improve skin tone, increase ATP (energy) production and so much more!
- Exercise with Oxygen Therapy
- Dynamic dry heat with hot-air blower
- Face cooling with Himalayan salt & ionic air infused with 93% pure oxygen and aroma therapy
- Dual-motor body massage
- Soothing eScapes images, an option to enhance your session

BENEFITS OF THE HYPER T PRO THERAPY:

- Detox
- Increased metabolism and weight loss
- Decreased inflammation
- Increased O₂ and nutrient absorption
- Increased ATP (energy) production
- Anti-aging benefits; reversal of oxidative stress
- Increased endurance

WHO SHOULD NOT HAVE THIS TREATMENT?

Those that have had organ transplants and/or pregnant must have written consent from treating physician prior to using this therapy.



HYPERBARIC OXYGEN THERAPY (HBOT)

WHAT IS HYPERBARIC OXYGEN THERAPY (HBOT)?

Hyperbaric Oxygen therapy (HBOT) is a treatment that uses higher atmospheric pressures and additional oxygen in an enclosed chamber. Both oxygen and pressure are important together for treatment. When there is more oxygen present, the body functions more efficiently at the cellular level. As a result, the body has more energy to perform important tasks such as self-healing.

WHY DO I NEED HBOT?

When your blood carries this extra oxygen throughout your body, this helps fight bacteria and stimulate the release of substances called growth factors and stem cells, which promote healing.

BENEFITS OF HBOT:

- Increase body's ability to fight infections
- Boost immune system
- Assists in stimulating the body's production of stem cells
- Promotes regeneration of injured tissues
- Decreases inflammation and swelling
- Reduces fatigue
- Improves brain function
- Stimulates wound healing and collagen production
- Faster recovery from cosmetic and plastic surgery
- Supports growth of new blood vessels
- Eases arthritic pain
- Aid in recovery after stroke or traumatic brain injury

WHO CAN RECEIVE HBOT?

Anyone over the age of 18 that does not have a ruptured ear drum, sinus infection, head cold, moderate to severe COPD, or history of collapsed lung. Anyone under the age of 18 must have parental consent and parent must be in room during entire session.

HOW MANY SESSIONS ARE NEEDED?

It all depends on the client's diagnosis and where they are in their health journey as to how many sessions they would need. Lyme Disease, traumatic brain injuries, stroke, autoimmune disease, and many other illnesses benefit greatly from a package of consistent sessions a couple to several times a week for several weeks for maximum benefits.

We offer a one-hour session or a two-hour session. Diseases can't survive and thrive in an oxygenated environment so saturate your body with this living alkaline nutrient and boost your immune system with Pure Oxygen.



SUPERHUMAN PROTOCOL

WHAT IS SUPERHUMAN PROTOCOL?

Superhuman protocol is the highest level of therapies on the market today scheduled simultaneously for the maximum immune boost and benefit to reduce inflammation and improve health.

Combines VEMI, EWOT and Theralight.

THE STEPS

Step 1: Magnetism – VEMI Bed (PEMF – Pulse Electromagnetic Field)

Step 2: Oxygen – EWOT (Exercise w/Oxygen Therapy)

Step 3: Light – Theralight Bed (Photobiomodulation)

WHY THE ORDER IS IMPORTANT?

Each technology has a profound effect on the next. For example, charging the cells separates them allowing for more oxygen absorption. This is the immediate window of opportunity for oxygen training. EWOT (exercise with oxygen) can be 30% more effective after PEMF (pulsed electromagnetic field). Light is then optimized because of the additional O₂ in the blood plasma and cellular surface space has increased (cells now repel vs. clump) creating a window of opportunity for optimal light absorption and oxygen uptake to reverse the oxidative stress and optimize APT (energy) production.

Without magnetism, oxygen, and light we cannot survive. With them we are “Superhuman.” The benefits are compelling no matter if you’re 80, in a wheelchair, or a Gold Medal Olympian. Magnetism, oxygen, and light created life. When you expose the body to these powerful natural forces, in the correct order, you can restore its order.

WHY THESE THREE THERAPIES?

Step 1: VEMI Bed - Pulsed Electromagnetic Field (PEMF), also known as low field magnetic stimulation. It is a type of therapy that promotes cellular communication, which in turn enhances self-healing and wellness. This session opens up the pathways to better absorb the next two therapies.

Step 2: EWOT - With EWOT (Exercise with Oxygen Therapy), the body can create an oxygen-rich environment that improves overall health by getting the heart pumping and delivering oxygen to healthy cells. This session, after the VEMI bed, allows oxygen to go much deeper into the cell.

Step 3: Theralight Bed - Photobiomodulation (PBM Therapy) previously known as Low-Level Laser Therapy (LLLT) is the application of red and near infra-red light over injuries or lesions to improve wound and soft tissue healing, reduce inflammation and give relief for both acute and chronic pain. This being combined with step one and step two means that the ability to drive powerful antioxidants into the cells is more effective since the pathways have been opened and the oxygen saturation is present.



BRAINTAP

WHAT IS BRAINTAP?

After Dr. Porter has developed a truly revolutionary concept in BrainTap — a powerfully effective tool designed to help people like you achieve balanced brainwave states that enhance production of all the necessary neurotransmitters needed for optimal function of body and mind.

This exclusive, copyrighted technology has been extensively tested to create the perfect symmetry of sound, music, and spoken word for the ultimate in brainwave training and relaxation, providing your mind and body with all the benefits of meditation without the disciplined effort.

Unlike meditation apps, BrainTap's neuro-algorithm produces brainwave entrainment — the synchronization of brainwaves to a specialized sound — with no user effort. The result of which is full-spectrum brainwave activity. Using this matrix of neuro-activity, each of BrainTap's sessions is encoded differently to ensure maximum neuroplasticity — the brain's ability to reorganize itself by forming new neural connections, resulting in a flexible and resilient brain.



BrainTap's proprietary neuro-algorithm is the proven way to relax, reboot and revitalize. The science behind BrainTap relies on four key elements that enable the sessions to induce brainwave entrainment.

1. BINAURAL BEATS: When two different tones, separated in frequency by only a few Hertz, are introduced — one in each ear — the brain perceives a third, unique tone. Binaural beats work by creating this phantom frequency, which the brain then mimics. For example, if we play a 220 Hz carrier tone into the left ear and a 226.5 Hz carrier tone into the right ear, your brain perceives the difference between the two, which is a subtle beat frequency of 6.5 Hz, the same frequency associated with deep, meditative states. Your brain naturally follows this frequency, and you experience this deeply relaxed state.

BrainTap's proprietary algorithms have been shown to produce a state of calm and concentration in the brain, yielding the full effect of the guided visualization, and resulting in extraordinary levels of performance that would otherwise take years of practice to achieve.

2. GUIDED VISUALIZATION: In general, the visual imagery process involves the individual setting aside a period for relaxation, during which he or she contemplates mental images depicting a desired result or goal. This exercise is done during the spoken-word sessions to help the listener envision a consistent image (either literal or symbolic) of the results desired from the session.

Visualization has been studied for decades, having been shown to have the power to affect mental states, improve physical and athletic performance and even heal the body. And when combined with the other elements of BrainTap, these effects are increased and optimized.

3. 10-CYCLE HOLOGRAPHIC MUSIC: Another aid to the guided meditation is 10-cycle holographic music, which is a sonic technology that produces a 360-degree sound environment. In this sonic environment, the visualizations become more real to the mind, helping the user take full advantage of the power of the visualizations by creating a more receptive learning state.

4. ISOCHRONIC TONES: Isochronic tones are equal intensity pulses of sound separated by an interval of silence. They turn on and off rapidly, but the speed depends on the desired brain frequency. The discrete nature of isochronic tones makes them particularly easy for the brain to follow. While binaural beats rely on balanced hearing in both ears, isochronic tones work effectively for nearly everyone, except for someone with complete hearing loss. This is one of the reasons BrainTap's proprietary algorithms incorporate both types of tones.

THE POWER OF LIGHT – THE BRAINTAP HEADSET:

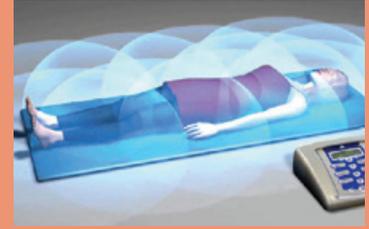
In addition to the sonic effects of braintapping, the BrainTap headset delivers gentle light pulses that travel through the retina and ear meridians, sending direct signals to the brain and guiding you into unparalleled brain states.



QRS

WHAT IS QRS?

The Quantron-Resonance System (QRS) is an advanced Pulsed Electromagnetic Field Therapy system (PEMF) for fast pain relief, relaxation and well-being. QRS is a tool for fast and easy recovery from the symptoms of over-exertion, lower back pain, muscle aches and strains, nervous tension and every day emotional stress.



WHAT ARE THE BENEFITS OF QRS?

QRS is especially beneficial for elderly or sedentary individuals who are not engaging in regular exercise.

WHY IT WORKS?

PEMF stands for Pulsed Electromagnetic Fields, and are widely used these days to improve circulation and cell metabolism as well as reducing inflammation and pain relating to injury or surgery. The QRS-101 mat which delivers the PEMFs works in the same way as if you held two magnets together, and felt a resistance between them, then you have experienced a magnetic field.

The QRS-101 system provides pulsed electromagnetic field frequencies which are natural and balancing to the body and work to:

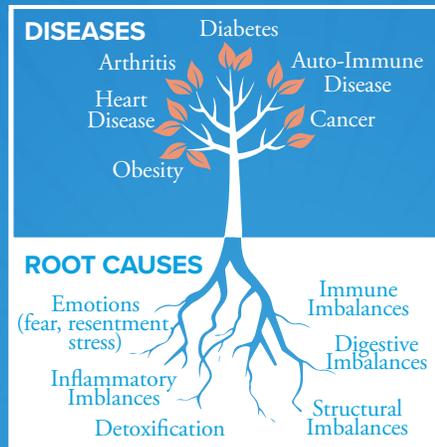
- Reduce pain, inflammation and the effects of stress on the body.
- Improve energy, circulation, blood and tissue oxygenation, sleep quality, blood pressure and cholesterol levels, the uptake of nutrients and the ability to regenerate cells.
- Balance the immune system.
- Accelerate the repair of bone and soft tissue.
- Relax muscles.

We use the QRS-101 mat alongside HBOT to help treat a range of health concerns.



FUNCTIONAL MEDICINE & COMPREHENSIVE TESTING





FUNCTIONAL MEDICINE

WHAT IS FUNCTIONAL MEDICINE?

Is a personalized and integrative approach to healthcare which involves understanding the prevention, management and root causes of complex chronic disease, The ultimate goal is to heal disease and promote a healthy life. A healthy life is not defined as simply an absence of disease, but rather a positive vitality filled with energy, joy, gratitude and balance.

Functional medicine does not reject conventional medicine, instead it uses conventional medicine as a foundation on which to add new dimensions in the evaluation, management and prevention of chronic disease.

THE 5 PILLARS IN WHICH WE APPROACH FIRST IS

- Detox
- Nutrition
- Fitness
- Hormones
- Mentorship

Immunity takes the proper steps to help you achieve optimum health and live life to the fullest.

ARE YOU HAPPY WITH YOUR CURRENT SITUATION?

Do you want to find a health provider who understands that you want more than disease management—you want wellness! You want to feel alive and energetic and youthful and sexy and nothing in the current health care system offers what you truly need- YOU feeling like YOU!

We listen to what you want and also have the knowledge for additional comprehensive testing when needed. All supplementation recommendations have been approved by Hippocrates and will continue to follow their path with new and upcoming nutritional recommendations and therapies to better improve the health of us all.

Schedule a complete wellness evaluation today and see if its the right fit to join our family and have a full team on your side as your long term health care providers.



BIO-IDENTICAL HORMONE REPLACEMENT THERAPY (BHRT)

WHAT IS (BHRT)?

Hormones are the chemical messengers that travel through our blood stream, enter cells by unlocking a door called a receptor, and flip the switches that govern growth, development, and mental and physical functioning. The exact chemical structure of the body's hormones is incredibly important, because in order for hormone therapy to fully replicate the normal functioning present in the human body it must match the original structure of that hormone exactly.

Bio-identical hormones have the same chemical structure as the hormones made by the human body. Structural differences exist between bio-identical hormones and those available commercially, which are typically synthetic like esterified estrogens and medroxyprogesterone or animal derived like conjugated equine estrogens. In order to be patented, synthetic hormones have side chains added to a natural substance. Synthetic hormones are not found in humans, and are not identical in structure or function to the bio-identical hormones they are intended to replace. This is why we use high quality compounding pharmacies to formulate the hormones we recommend.

TAKE CHARGE OF YOUR BODY NATURALLY

With medical advancements and greater knowledge about the human body, there are many choices when it comes to aging gracefully. Bio-identical hormone replacement therapy is one option for support throughout life. These are hormones with the same chemical makeup as hormones already found in the body. Replacement therapy with bio-identical hormones may ease hormone disruption and keep the body healthy.

WHY ARE HORMONES DISRUPTED?

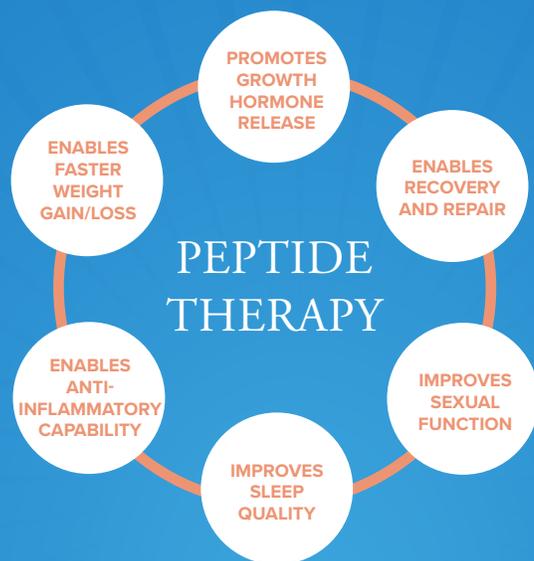
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THE EFFECTS OF AGING FOR MEN AND WOMEN

Men and women both experience symptoms from low hormone levels, though in women the symptoms may seem more prevalent post-menopause. With disrupted hormone levels, many women report weight gain, headaches, fatigue, or even depression. It is not uncommon to experience mood swings when hormones are unbalanced. Unfortunately, many women attribute these symptoms solely to pre or postmenopausal changes and ignore these warning signs until it is too late.

Men may face low testosterone levels during andropause, possibly resulting in Metabolic Syndrome which leads to high blood pressure, heart disease, diabetes, and abdominal obesity. There have even been studies by the Journal of Alzheimer's Disease in regards to the role of low testosterone in memory loss.

Fortunately, both men and women can benefit from bio-identical hormone replacement therapy recommended by Immunity.



PEPTIDE THERAPY

WHAT ARE PEPTIDE THERAPIES?

Whatever stage you are in life you want to leave it to the fullest. We want mental clarity to perform at peak energy to spend time with friends and family when you're off the clock and strong metabolism help you maintain your ideal weight. And of course the great immune boost that you get from having these wonderful amino acids working for you in the body.

There are several different forms of peptides. The most popular being tiny subcutaneous injections but they also can be taken in capsule form, nasal spray and others. Natural peptides are amino acids that service building blocks for protein in the body. When peptides are absorbed they increase your body's natural production of hormones like the human growth hormone. The hormone responsible for physical strength and anti-aging skin factors.

For almost 100 years peptide injections have been a popular treatment option in medical practices for men and women of all ages to improve athletic performance assist with weight loss and even boost sexual stamina. Peptides have come a long way. They were more effective today because of new natural sources that have improved the peptide half-life and deliverability and effectiveness in longevity of these injections.

There are several types of peptides and each serves a different purpose. Some breakdown stubborn fat cells. Some improve muscle retention and recovery from workouts. Some protect your skin from UV rays. Some improve sexual performance and satisfaction. While others repair gut health and improve the overall immune system.

WHY YOU CAN BENEFIT FROM PEPTIDE THERAPY?

Peptides influence our body's reaction to our diet and exercise in our immune responses. As we age our body's natural production of a central amino acid decreases making peptides especially beneficial.

PEPTIDE THERAPY MAY BE IDEAL FOR YOU IF YOU EXPERIENCE ANY OF THESE

- A higher level of body fat especially around the waist.
- Anxiety and depression.
- Decrease sexual function and libido.
- Fatigue.
- Less muscle and lean body mass.
- Decreased strength stamina and ability to exercise.
- Reduce bone density and greater risk of bone fractures.
- Individuals in general who want to preserve their skin and slow down the aging process on the inside and out.

BENEFITS OF PEPTIDE THERAPY

- Increase production of human growth hormone.
- Lowered body fat and increased lean muscle.
- Enhanced sexual performance.
- Ligament and tendon repair.

WHERE TO GET PEPTIDE THERAPY

Because of the popularity, many clinics are offering a wide variety of peptide therapies. However it's always recommended to speak with an experienced licensed medical professional. Not all peptides will be right for you and it's best to work with someone who specializes in this therapy and other age reversal treatments.

4 WAYS OF TESTING FOR HORMONAL IMBALANCES	BLOOD TEST	SALIVA TEST	URINE TEST	DUTCH TEST
EASY COLLECTION	X	✓	X	✓
BASIC HORMONES	✓	✓	✓	✓
ANDROGEN METABOLITES	X	X	✓	✓
MELATONIN	X	✓	✓	✓
FREE CORTISOL PATTERN	X	✓	X	✓
CORTISOL METABOLITES	X	X	✓	✓
ESTROGEN METABOLITIES	X	X	✓	✓

DUTCH TEST

WHAT IS DUTCH TESTING?

The DUTCH test is a dry urine test for hormones. All 3 estrogens, progesterone, testosterone, DHEA, cortisol, and their metabolites.

WHY USE DUTCH?

The Easiest Patient Collection: Patients collect just four or five dried urine samples over a 24-hour period. Dried samples are stable for several weeks making them convenient to ship worldwide.

Analytical and Clinical Validation: Precision Analytical's testing methods go through a rigorous validation process to verify accuracy, recovery, and linearity. We pride ourselves in relentlessly pursuing the most accurate and precise techniques available for testing. See the data on the next page to support the analytical and clinical validation of this powerful new testing model.

Effective HRT Monitoring: DUTCH testing was designed to be optimally effective for most forms of hormone replacement therapy. Unique methods are used for improved monitoring of oral progesterone and vaginal hormones.

WHY DUTCH VS. OTHER METHODS?

DUTCH vs. Saliva Testing – While the free cortisol pattern in saliva has clinical value, there is a significant missing piece to surveying a patient's HPA-Axis function with saliva testing – measuring cortisol metabolites. To properly characterize a patient's cortisol status, free and metabolized cortisol should be measured to avoid misleading results when cortisol clearance is abnormally high or low. Likewise with sex hormones, measuring estrogen and androgen metabolites gives a fuller picture for more precise clinical diagnosis of hormonal imbalances and HRT monitoring.

DUTCH vs. Serum Testing – While the most universally accepted testing method (due to the availability of FDA-cleared analyzers that are reliable and inexpensive), serum testing is lacking in some areas. Adrenal hormones cannot be effectively tested in serum because free cortisol cannot be tested throughout the day. There is also a lack of extensive metabolite testing (especially for cortisol and estrogens).

DUTCH vs. 24-Hour Urine Testing – There are two primary drawbacks to 24-hour urine testing of hormones. First, the collection is cumbersome, and as many as 40% of those who collect, do so in error (Tanaka, 2002). Secondly, dysfunction in the diurnal pattern of cortisol cannot be ascertained from a 24-hour collection. Some providers add saliva for daily free cortisol. DUTCH eliminates the need for two tests.

WHO NEEDS TO TAKE A DUTCH TEST?

Typically, the test is recommended by provider.

WHAT ARE SYMPTOMS OF NEEDING A DUTCH TEST?

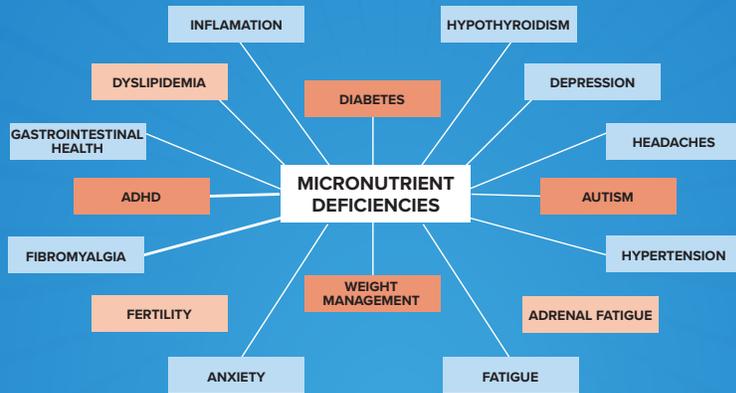
- Changing body
- Night sweats and hot flashes
- Fogginess
- Fatigue
- Changing menstruation patterns
- Vaginal dryness
- Erectile disfunctions
- Weight gain/ muscle loss
- Abdominal weight gain
- Low energy
- Moodiness, and MORE “not feeling like myself”

HOW DO WE ADMINISTER THE DUTCH TEST?

The DUTCH test can be purchased directly from Immunity and taken home OR we can have the test mailed to client. Either option, payment is collected prior to handing out or mailing. Provider will inform client how to do the test and there are instructions inside the test kit.

HOW TO RECEIVE YOUR RESULTS?

Results typically take 3 – 5 weeks to come back. The day client puts the test kit in the mail, they will need to call Immunity to schedule their follow up appointment.



SPECTRACELL MICRONUTRIENT TEST

WHAT IS SPECTRACELL'S MICRONUTRIENT TEST?

SpectraCell's Micronutrient test provides the most comprehensive nutritional analysis available by measuring functional deficiencies at the cellular level. It is an assessment of how well the body utilizes 31 vitamins, minerals, amino/fatty acids, antioxidants, and metabolites, while conveying the body's need for these micronutrients that enable the body to produce enzymes, hormones, and other substances essential for proper growth, development, and good health. Repletion recommendations are made based on need.

WHY USE THE SPECTRACELL MICRONUTRIENT TEST?

What truly makes this test unique is that it measures the functional level and capability of micronutrients present within white blood cells, where metabolism takes place and where micronutrients do their job—thus taking a person's biochemical individuality into account. Unlike static serum measurements, which only assess the concentration of nutrients present outside of the cell and only provide a glimpse of your health.

WHY IS NUTRIENT STATUS IMPORTANT?

Cut out the guesswork of knowing which supplements that you need to take and which ones you don't. With this analysis we can determine the results so that you don't waste money on vitamins and minerals that your body may not need. This test allows us to be specific with our supplement recommendations.

Virtually all metabolic and developmental processes that take place in the body require micronutrients, and strong evidence suggests that subtle vitamin, mineral, and antioxidant deficiencies can contribute to degenerative processes such as arthritis, cancer, cardiovascular disease, and diabetes.

Evaluating micronutrient status can therefore be the first step in identifying metabolic inadequacies while shedding light on the possible underlying causes of complex chronic conditions.

This test is typically recommended by the provider however it is not uncommon for someone to call wanting to have it done. Either way, client would have blood drawn here at Immunity. Payment is to be collected at time of blood draw. A consultation (either new client or follow up depending on type original appointment) for result interpretation MUST be scheduled for 2 ½ - 3 weeks from the day of the blood draw as results can take 10-14 days.



INBODY-770

BODY COMPOSITION ANALYSIS

WHAT IS THE INBODY-770?

Measures the following vital measurements

- Total Body Water (divided into Intracellular and Extracellular Water)
- Lean Body Mass
- Dry Lean Mass
- Body Fat Mass
- Weight
- Overall cellular health

It's important to know the health of your cells, metabolism, and body fat for optimum assessments of how to heal and repair damaged tissues and cells as well as optimize the body's ability to slow down aging and preventative against diseases.

TOTAL BODY WATER

- Intracellular Water (body water inside cells) and Extracellular Water (body water outside cells), which make up Total Body Water.
- Monitoring Extracellular Water, in particular, can provide deep insights. If you notice an increase in ECW, but not ICW, this could be due to acute inflammation from overtraining.

DRY LEAN MASS

- This value is the weight of the protein and mineral content in your body.
- Protein makes up most of your muscle, bones are mainly minerals, and Dry Lean Mass excludes body water, if your Dry Lean Mass increases, then this is generally a sign that you have gained muscle mass!

BODY FAT MASS

- Below Dry Lean Mass on the print out is Body Fat Mass. This value reveals how much body fat, both surface level (subcutaneous) and internal (visceral), makes up your weight.

LEAN BODY MASS (LBM)

- Displayed in the second column from the right, Lean Body Mass (LBM) is the sum of your ICW, ECW, and Dry Lean Mass. LBM is the weight of everything in your body except fat; for this reason, it is also called Fat-Free Mass. Lean Body Mass includes muscle, water, bones, and organs.
- Usually, increases in LBM reflect an increase in muscle mass (which you can also see as an increase in Dry Lean Mass) and is considered an improvement in body composition. However, people who do not maintain normal body water ratios may have increased LBM due to swelling caused by strenuous exercise or activity.

ECW/TBW (Extra Cellular Water, Total Body Water)

- ECW/TBW is a measure of compartmental fluid distribution and shows, as a ratio, how much of your total body water is extracellular.
- Taking multiple InBody Tests will establish your normal fluid status and help determine any imbalances. As a general guide, check to see that your ECW/TBW is below 0.390.
- You'll see minor fluctuations in your ECW/TBW—that's normal. This output is primarily used to give context to another section—the Segmental Lean Analysis.
- High LBM and a high ECW/TBW ratio usually indicate excess body water—not just muscle.

MUSCLE-FAT ANALYSIS

- This section shows how your Weight, Skeletal Muscle Mass, and Body Fat Mass compare to the healthy average range of people of the same height and sex for a better understanding of where your current body composition is so you can make any changes to get it to where you would like it to be.
- This is an easy-to-understand overview of body composition and helps narrow the focus of health goals.
- The 100% mark indicates the healthy average for people of your height and sex. So if your Weight bar is at 130%, this would mean that your weight is 30% above average. Adversely, if your weight is 70%, you are 30% below average.
- Most optimal is when Skeletal Muscle Mass is above average and body fat is below average.

BODY COMPOSITION HISTORY

- This graph displays some of the most vital measurements from your previous tests (up to 8). With Body Composition History, you can easily spot trends and track your progress over time.
- At the bottom of the Result Sheet is the Body Composition History graph, which automatically tracks your Weight, Skeletal Muscle Mass, Percent Body Fat, and ECW/TBW measures from recent tests.

WHO WOULD WANT A BODY COMP ANALYSIS?

- Athletes
- Those working to lose/gain weight
- Those wanting to know the health of their cells

HOW OFTEN SHOULD CLIENT HAVE BODY COMP ANALYSIS DONE?

Most receive one every 4 weeks; however, the provider will advise client as to how often they will need to get a BCA done.

WHAT IS THIS GOOD FOR?

- Athletes
- Overall health
- Weight loss or weight gain; to know where it is being lost or gained.

DO'S & DON'TS PRIOR TO BODY COMP ANALYSIS APPOINTMENT?

- DO maintain your normal fluid intake the day before appointment.
- DO use bathroom right before your BCA.
- DON'T eat or exercise for at least 4 hours prior to your appointment (preferred appointment time is the AM)
- DON'T consume alcohol or excess caffeine for at least 24hrs prior to your appointment.
- DON'T use a shower or sauna for a least 3hrs prior to your appointment
- DON'T use lotion/ointment on hands or feet prior to appointment.

Your weight is made up of muscle, fat, and water. The key to effective weight loss and overall health is losing excess body fat, not overall body weight. Instead of tracking how heavy you are, use the Body Composition Analysis to track how healthy you really are.

TOP 8 FOOD ALLERGEN



FIT TEST

FOOD INFLAMMATION TEST (FIT 132 OR FIT 176)

WHAT IS THE FOOD INFLAMMATION TEST?

The FIT 132/176 Test is a patented, multi-pathway delayed food sensitivity test. The test uses patented technology that measures both IgG and Immune Complexes, the most common food-related pathways in the body. This enables the FIT test to be able to identify, food sensitivities, inflammation, and leaky gut from a single test. The FIT 132 test measures sensitivities of 132 different foods, colorings and additives spanning most major food groups. The FIT 176 test measures the same things, just a larger span than the FIT 132 test.

WHY SHOULD I GET A FIT TEST?

Food sensitivities affect more than 100 million people worldwide. They are very difficult to identify because the symptoms can be delayed up to 72 hours after eating. Food Sensitivities cause a wide variety of illnesses ranging from skin rashes and headaches to chronic intestinal diseases.

WHAT ARE SOME SYMPTOMS THAT I HAVE A FOOD SENSITIVITY?

- Anxiety/depression
- Bloating/stomach pain
- Inability to lose weight
- Impotence/libido
- Fatigue/insomnia
- Joint pain
- Constipation/diarrhea
- Sugar cravings

HOW IS TESTING DONE?

Client can have blood drawn at Immunity or a home kit (finger prick) can be mailed to client. Once Immunity receives the results, we will call client to schedule follow-up appointment. Payment is due at time of service or prior to mailing kit.

At Immunity, we always use a food first approach, so this test would be a recommendation by the provider after some initial dietary lifestyle changes were made.



IMMUNITY

FAQs



WHAT IS ASTHMA?

Asthma is another disorder caused by immune system dysregulation which has its own underlying cause(s). It is essentially a hyperactivity or hyperreactivity of immune response to triggers. It occurs in the airways leading to and in the lungs.

Asthma is an increasing problem in the U.S. Currently approximately 8% of the population, or about 25 million people, are affected, and this number is increasing every day. This is likely due to the increasing stress on our systems, especially immune systems, from mold, more and more GMO food, food chemicals (preservatives, MSG), environmental toxin from industry, manmade frequencies (5G, EMFs), pesticide and fertilizer in food and water, etc. The immune system can get overwhelmed just like a worker with too many projects thrown at them at one time.

HOW IS IT TREATED?

The Functional Medicine approach is always most effective as it finds and addresses the root cause of a disease. While immune dysregulation is the physical problem, we must go further back, or further upstream if you will, to determine what the actual root cause is, remove it, and get the body back on track.

How we do this includes:

First and Foremost, Hippocrates Wellness Lifestyle is the first step in the right direction! Congratulations, you have already done that!

1. Food sensitivity evaluation elimination of key inflammatory food and food additives right away. Evaluation and elimination of environmental exposures as much as possible. For example, is there a mold issue in the home? What flooring materials are in the home? Is the environment TOO sterile? How much nonorganic foods containing pesticides, fertilizers, and are GMO being consumed? Heavy metals are in all of us and eventually create problems.

(With our “InBody 770” body composition device, we will be able to evaluate hydration inside and outside the cells, muscle and fat percentage (including dangerous visceral fat mass), and trend progress to guide the plan. Just monitoring weight is too limiting. Nutritional planning and education should always be included in this process.)

2. Detoxify the body. Many high tech, innovative therapies we have available for our clients at Immunity Health raise the bar on detoxing the body. These include red light therapy, VibroAcoustic Magnetic energy therapies, meditation, oxygen therapies, Infrared beds, High dose IV nutrients and hydration are all hugely beneficial!

3. Evaluate GUT health. Healing the gut is a game changer and we have an entire protocol to make sure this is successful.

4. Regulate hormones, including cortisol if indicated.

5. Evaluation of sleep. Without quality and enough quantity of restorative sleep, you will have inflammation, poor healing and immune dysregulation.

6. Ongoing Nutritional support and weight management.

WHAT IS AUTOIMMUNE DISEASE OR DISORDERS?

It is quite literally a malfunctioning immune system. This occurs most often in response to the body being overwhelmed by environmental toxins, infection, inflammation, etc. It can be a progressive condition that happens from years of the body being in a state of “disease” or can occur acutely from a significant adverse event in the body (i.e. sepsis, septic shock, COVID, or physical or emotional trauma to name a few). Basically, the body’s natural defense system can’t tell the difference between good and bad or it isn’t alerted to things it needs to fight or clear.

SOME COMMON NAMES FOR WHAT MOST ARE GETTING LABELED WITH

- Graves Disease
- Rheumatoid Arthritis
- Lupus
- Crohns
- Multiple Sclerosis
- Psoriasis
- Celiac Disease
- Vitiligo
- And many others.....

Contrary to common belief, autoimmune disorders are not an overactive or over functioning immune system. That is 100% incorrect.

IS IT TREATABLE?

Not only is it treatable, it can be reversed completely.

Your body was designed beautifully with such amazing innate abilities intended to keep you healthy and moving and productive, to fight diseases, cancer, toxins, etc. By changing negative habits or behaviors or emotions into positive ones, your body will be able to do the rest. There is more to it but it is 100% possible with good teaching, coaching and support.

IS THIS TRUE OF ALL AUTOIMMUNE DIAGNOSES?

Yes! Regardless of the name given to “diagnose” you, they all stem from the same stressors on the body, and the treatment is to reverse the underlying cause. A knowledgeable health coach or provider can help you find the underlying cause and guide you to naturally help your body reverse it.

TREATMENT PLAN

Food first approach

Exercise

Adequate sleep

Detox

Gut repair

Testing of allergies and hormones to determine optimum function of the body and to take a deeper look at what’s going on inside the body.

ADDITIONAL THERAPIES

Cryotherapy

Infrared light therapy

VEMI (vibracoustic Magnetic energy infrared) bed

EWOT (exercise with oxygen therapy)

WHAT IS CHRONIC FATIGUE SYNDROME (CFS)?

More than 17-24 million people are currently reporting to suffer from this illness.

It's most common in ages 40-60 and most common complaint is having no energy to want to go thru basic daily duties without a struggle.

Many try to combat this low energy with energy drinks and caffeine that further toxify their bodies and cause even more fatigue in the long run.

Chronic fatigue syndrome (CFS) is a serious, long-term illness (more than 6 six months) that affects many body systems. Also known as as myalgic encephalomyelitis/chronic fatigue syndrome, it can often make you unable to do your usual activities, even getting out of bed can be a problem.

OTHER SYMPTOMS INCLUDE

- Malaise - a general feeling of discomfort or illness
- Extreme fatigue
- Body pain
- Poor concentration
- Loss of memory
- Sore throat
- Tender lymph nodes
- Pain in multiple joints
- Headache

RISK FACTORS CONSIDERED TO PLAY A ROLE IN THE DEVELOPMENT OF THIS DISORDER INCLUDE

- Viral infections such as Epstein-Barr virus and human herpes virus 6
- Physical/emotional trauma
- Exposure to toxins
- Individuals with affected relatives might have a predisposition
- Pre-existing psychological conditions/perfectionist personalities
- Psychological stress
- Problems with the immune system
- Hormonal imbalances
- Advanced age 40-60
- Gender: women
- Race white

CFS can be related to general fatigue, Fibromyalgia, IBS, Infectious Mononucleosis, Lyme's Disease, Multiple Schlerosis, and Hypothyroidism among others. These implications make diagnosis so important. Unfortunately, its complexities help most patients go undiagnosed.

Chronic fatigue syndrome is a complex multi-symptomatic disorder which requires a broad spectrum of treatments. All of which include Lifestyle change, Food First approach. Exercise. Living foods and vital nutrients and hydration is where you start.

TREATMENT PLAN

Detox the body
Repair the gut
Fuel the cells with vital nutrients to thrive not just survive

ADDITIONAL THERAPIES

High dose IV nutrients and hydration
Cryotherapy
Near and far infrared light therapy
EWOT Exercise with Oxygen therapy

WHAT IS IBS?

Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine. Signs and symptoms include cramping, abdominal pain, bloating, gas, and diarrhea or constipation, or both. IBS is a chronic condition that you'll need to manage long term.

THREE COMMON DISORDERS UNDER THE UMBRELLA TERM IBD ARE

- Ulcerative colitis (UC) involves inflammation of the large intestine, known as the colon.
- Crohn's disease can cause inflammation in any part of the digestive tract. However, it mostly affects the tail end of the small intestine.
- Celiac disease has become more prevalent and has symptoms similar to the above disorders.

WHAT ARE THE SYMPTOMS OF IBS?

Symptoms of IBD vary depending on the location and severity of the inflammation and can include:

- Diarrhea from affected parts of the bowel being unable to reabsorb water. This leads to dehydration
- Bleeding ulcers which may be suspected if there is blood in the stool
- Stomach pain, cramping, and bloating due to inflammation or possibly bowel obstruction
- Weight loss and anemia which can cause delayed physical growth or development in children
- Canker sores in mouth
- Ulcers or fissures around anal or genital area

Other accompanying problems seen can be:

- Eye inflammation
- Skin disorders
- Arthritis

WHAT CAUSES IBS?

Some medical sites will claim the cause is unknown. However, this is not the case. Several factors can increase your risk of developing IBS:

- Family history and genetics. This does not mean it is your destiny. There are ways to prevent and reverse genetic related disorders.
- The immune system being upregulated, meaning irritants causing an inflammatory response, can become chronic if irritants aren't removed or if immune system is not functioning properly for another reason. Irritants could be pathogens (viruses, parasites, bacteria), chronic exposure to chemicals in food and the environment, manmade frequencies (5G, EMF), foods you may be sensitive to, all which can cause chronic inflammation and damage. In a healthy immune response, the inflammation goes away when the infection is gone.
- Smoking
- Environmental factors: People who live in urban areas and industrialized countries have a higher risk of developing IBS. This is consistent with the knowledge that environmental, according to research. Residents of industrialized countries also tend to eat more fat and processed food, which has been shown to be connected to the development of IBS according to a 2021 study. rusted Source. This study involved over 100,000 people of varying socioeconomic backgrounds across seven geographical regions around the world.
- Colder climates, this is true also of other auto-immune disorders. This may be due to lack of sunlight, GMO foods altered to grow in that climate among other things.
- Researchers studying the environmental factors also found that having a sedentary lifestyle or job increases the risk of IBS. It's not surprising then that studies have shown that physical activity in the pre-illness period helped to reduce the risk of the onset of IBS.

WHAT IS IBS (Cont.)?

IS THIS REVERSABLE AND HOW IS IT TREATED?

It can be reversed with natural treatments and optimized health and nutrition. Discovering the root cause(s) is key. Prognosis and time to resolution will depend on the length of the condition, the state of health of the body and the cause of the IBD. A knowledgeable health coach or provider can help you find the underlying cause and guide you to naturally help your body reverse it.

TREATMENT PLAN

- Food first approach of living foods diet
- Exercise
- Vital nutrient supplementation
- Lots of hydration
- Stress management
- Detox
- Gut repair

THERAPIES TO INCREASE DETOX AND RECOVERY

- Infrared sauna
- Red light therapy
- High dose vitamin IV and hydration
- Cryotherapy
- VEMI bed (Vibracoustic Magnetic Energy Infrared)

WHAT IS A MIGRANE?

A migraine is a headache that can cause severe throbbing pain or a pulsing sensation, usually on one side of the head. It's often accompanied by nausea, vomiting, and extreme sensitivity to light and sound. Migraine attacks can last for hours to days, and the pain can be so severe that it interferes with your daily activities.

WHERE DO THEY COME FROM? IS THERE HELP?

While it may be something acute (happening to you right now), it can also be related to a chronic disruption in the body. Some specific triggers/causes are:

- An unhealthy gut
 - 90% of our serotonin is made in our gut and low serotonin can be a cause of migraines. So it stands to reason that an unhealthy gut may cause low serotonin and migraines.
- Food sensitivities
 - Most commonly wheat, orange, eggs, coffee, tyramine containing foods, such as cheese, cured meats, alcohol, vinegars, tannins, such as in tea and wine and sulfites in wine and cheese
- Food chemicals such as artificial sweeteners, preservatives and additives such as MSG
- Chronic inflammation (therefore autoimmune disorders can trigger)
- Chronic stress (women more than men)
- Poor sleep or sleep apnea
- Hormonal imbalance or menstruation or birth control (synthetic hormone)
- Histamine intolerance
- Atmospheric pressure fluctuations
- Heavy metals (cadmium and lead)

CAN I EVER EXPECT TO HAVE COMPLETE RELIEF OR REMISSION FROM MY MIGRAINES?

Yes! By addressing the underlying cause(s), your body will respond in a positive way. Most everyone will need to be started on a GUT protocol to seal and heal the gut lining and blood brain barrier thus balancing the neurotransmitters and other hormones. A knowledgeable health coach or provider can help you find the underlying cause and guide you to naturally help your body reverse adverse effects.

TREATMENT PLAN

Nourish the body!

Livingfoods and hydration

Exercise

Detox

Gut repair

Testing as needed to get to the root cause and help the body to repair itself. Healing the body must consider more than just treating symptoms and take a deeper look into how the body is reacting to different things going on.

ADDITIONAL THERAPIES

Cryotherapy

IV nutrients and hydration

VEMI (Vibracoustic magnetic energy infrared) bed