

PATHWAY SUMMARY

CELLULAR



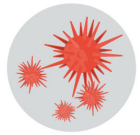
Methylation



Inflammation

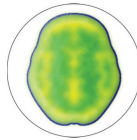


Oxidative Stress

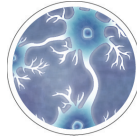


Detoxification

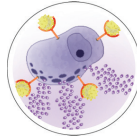
SYSTEMS



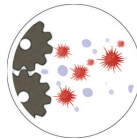
Mood Disorders
& Behavior



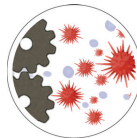
Cognitive Decline and
Memory Loss



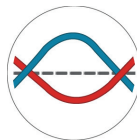
Histamine Overload



Female Sex
Hormone Balance



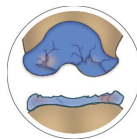
Male Sex
Hormone Balance



Glucose & Insulin

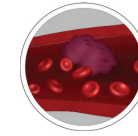


Bone Health

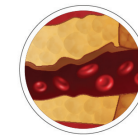


Collagen and Joints

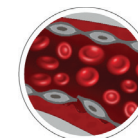
CARDIOVASCULAR HEALTH



Blood Clotting



Cholesterol



Vascular Health



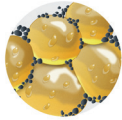
Blood Pressure

PATHWAY SUMMARY

ENERGY



Appetite/Satiety/Intake



Pro-Inflammatory Fat



Adipogenesis



Energy Expenditure



Exercise Response



Weight gain & weight loss resistance

ACTIVITY



Training Response



Injury Risk



Endurance



Power



Recovery

NUTRIENTS



Caffeine



Iron Overload



Fatty Acids



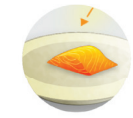
Choline



Folate



Gluten



Vitamin D



Salt



Vitamin C



Vitamin B12

CELLULAR PATHWAYS

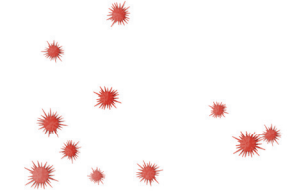
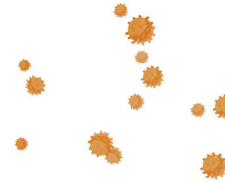
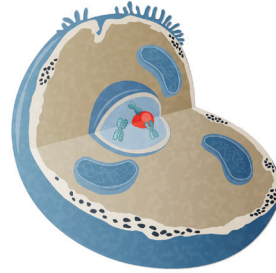
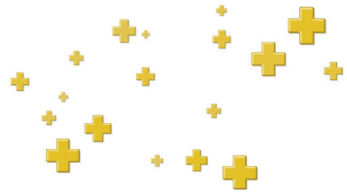
Methylation

Inflammation

Oxidative Stress

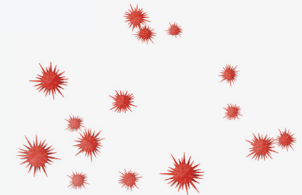
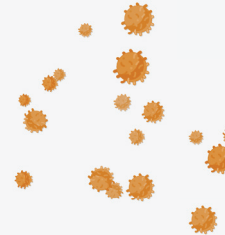
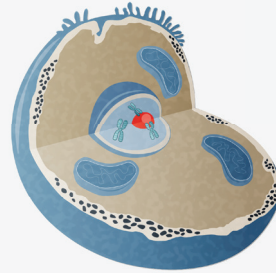
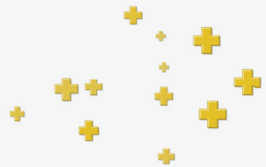
Detoxification

LOW



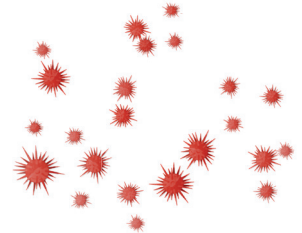
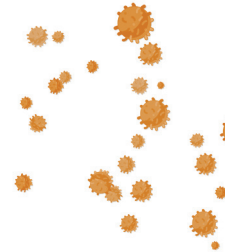
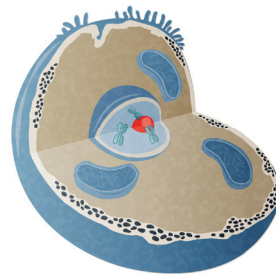
LOW

MEDIUM



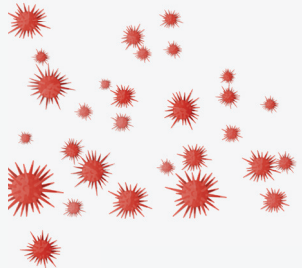
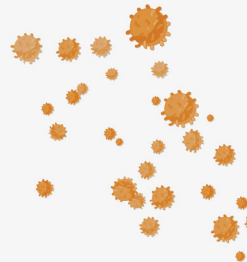
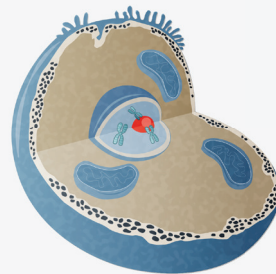
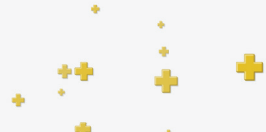
MEDIUM

HIGH



HIGH

VERY HIGH



VERY HIGH

SYSTEMS PATHWAYS

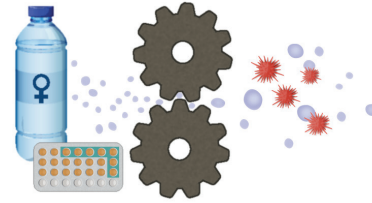
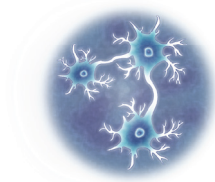
Mood Disorders & Behavior

Cognitive Decline and Memory Loss

Female Sex Hormone Balance

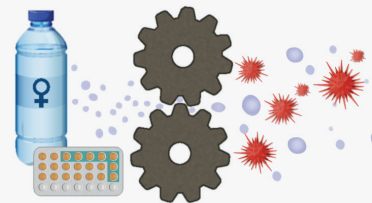
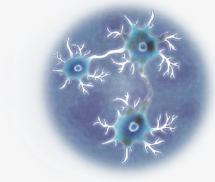
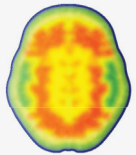
Male Sex Hormone Balance

LOW



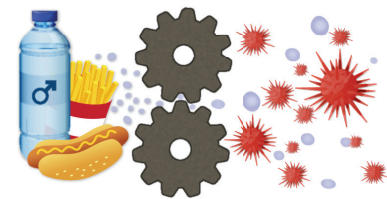
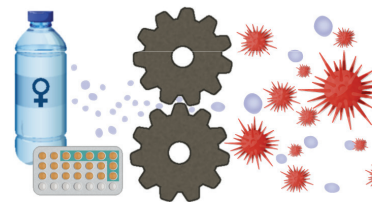
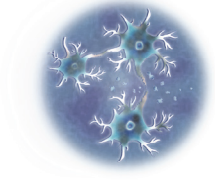
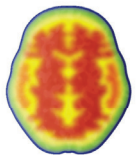
LOW

MEDIUM



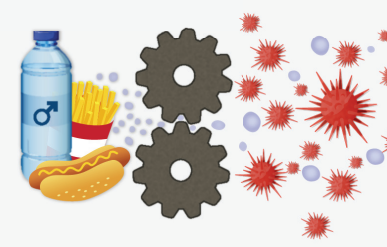
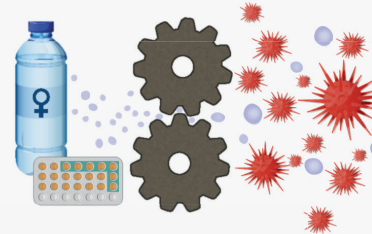
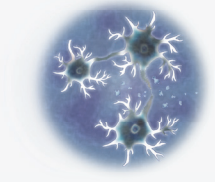
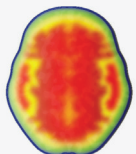
MEDIUM

HIGH



HIGH

VERY HIGH



VERY HIGH

SYSTEMS PATHWAYS

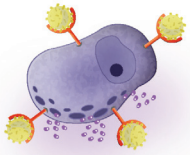
Histamine Overload

Glucose & Insulin

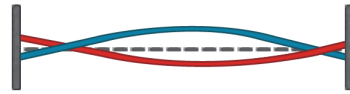
Bone Health

Collagen and Joints

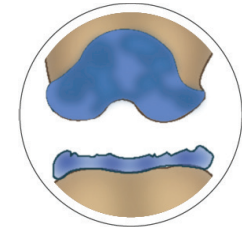
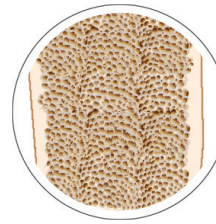
LOW



Glucose

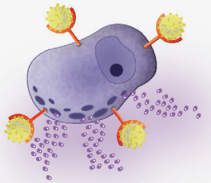


Insulin



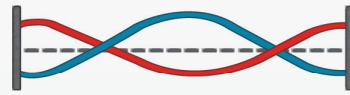
LOW

MEDIUM

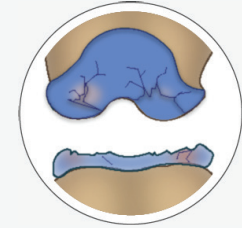
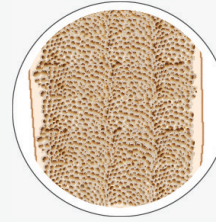


Gesundheit!

Glucose

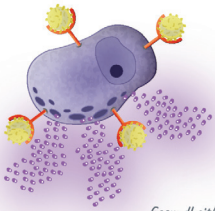


Insulin



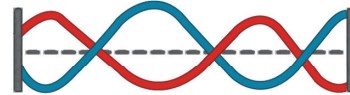
MEDIUM

HIGH

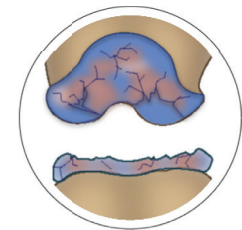
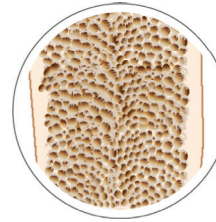


Gesundheit!

Glucose

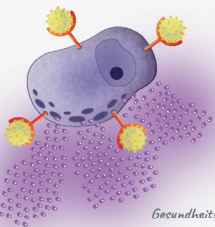


Insulin



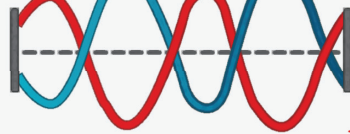
HIGH

VERY HIGH

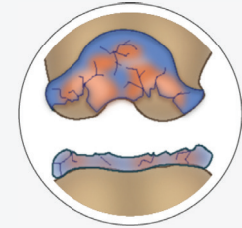
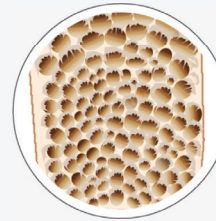


Gesundheit!

Glucose



Insulin



VERY HIGH

CARDIOVASCULAR HEALTH PATHWAYS

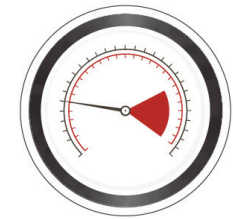
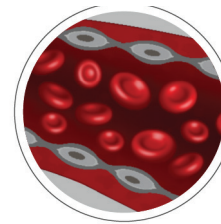
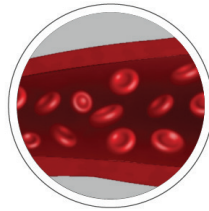
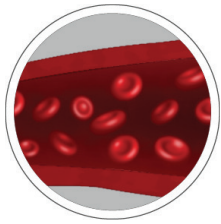
Blood Clotting

Cholesterol

Vascular Health

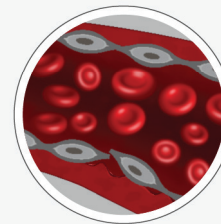
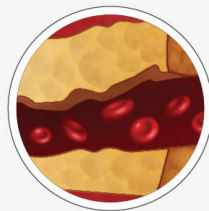
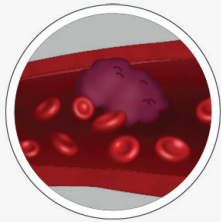
Blood Pressure

LOW



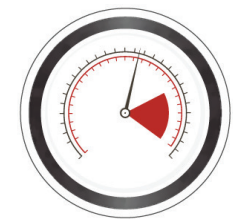
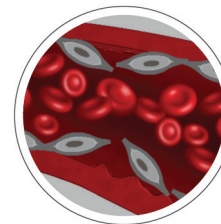
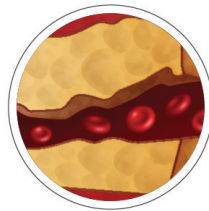
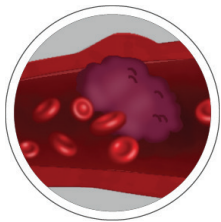
LOW

MEDIUM



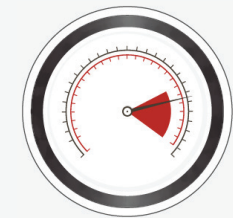
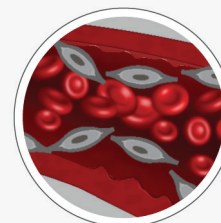
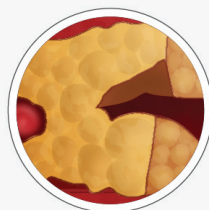
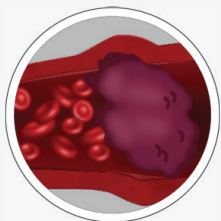
MEDIUM

HIGH



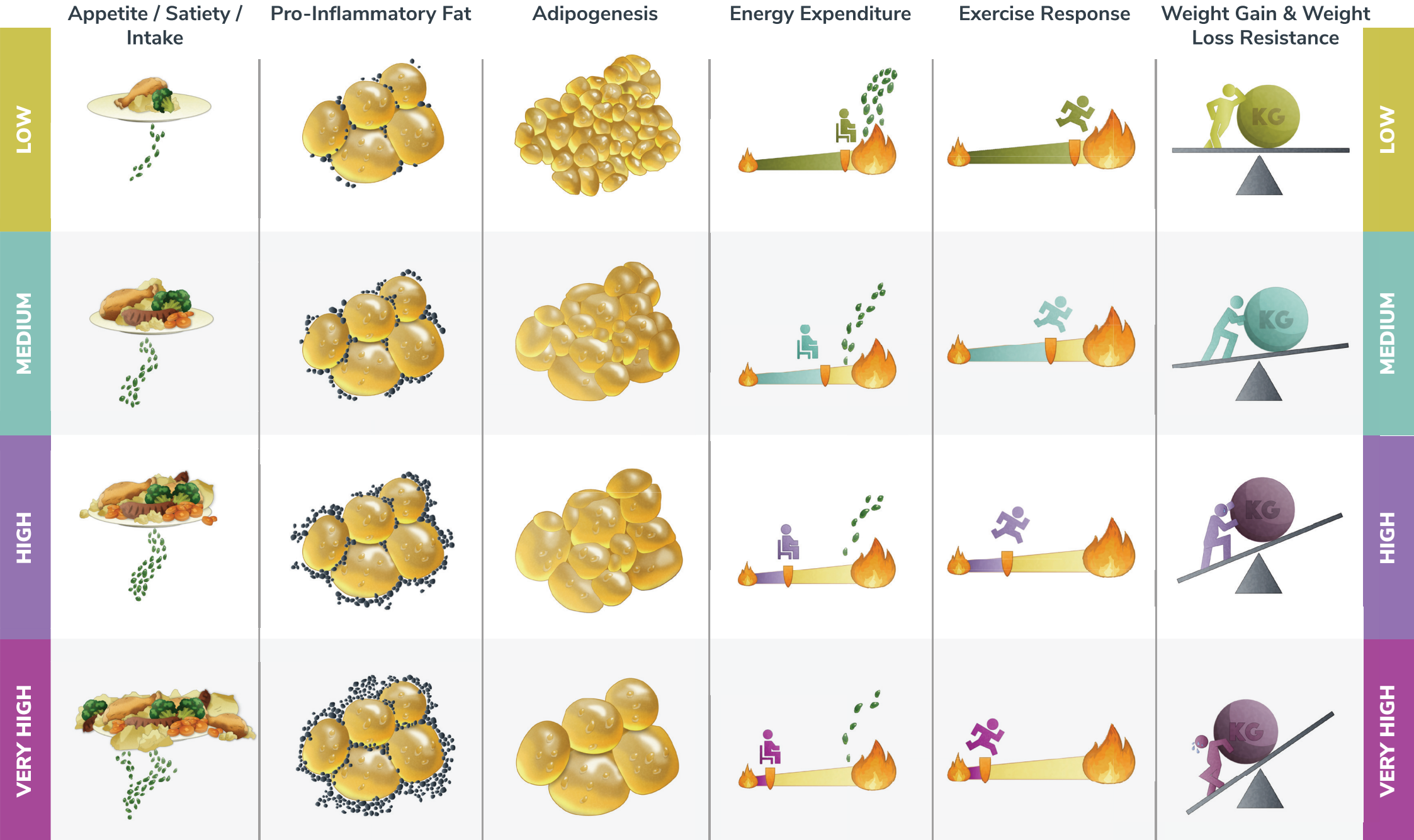
HIGH

VERY HIGH



VERY HIGH

ENERGY PATHWAYS



ACTIVITY PATHWAYS

Training Response

Injury Risk

Endurance

Power

Recovery

LOW

Normal response to training

Beneficial to improve strength, balance and range of motion

How you will respond to endurance based training

How you will respond to power based training

AFTER THE RACE

How long will it take

How long will it take

LOW

MEDIUM

Moderate response to training

TRAINING FOR THE RACE

Beneficial to improve strength, balance and range of motion

How you will respond to endurance based training

How you will respond to power based training

AFTER THE RACE

How long will it take

How long will it take

MEDIUM

HIGH

Good response to training

TRAINING FOR THE RACE

Invest in strength, balance and range of motion exercises to prevent injuries

How you will respond to endurance based training

How you will respond to power based training

AFTER THE RACE

How long will it take

How long will it take

HIGH

VERY HIGH

Excellent response to training

TRAINING FOR THE RACE

Invest in strength, balance and range of motion exercises to prevent injuries

How you will respond to endurance based training

How you will respond to power based training

AFTER THE RACE

How long will it take

How long will it take

VERY HIGH

NUTRIENT PATHWAYS

LOW

LOW

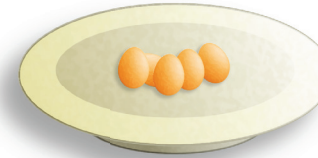
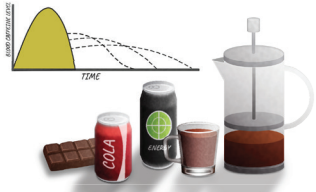
Caffeine

Iron Overload

Fatty Acids

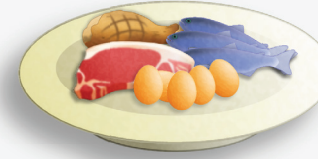
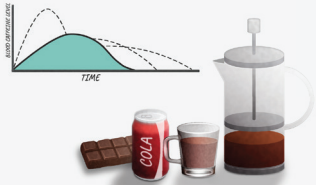
Choline

Folate



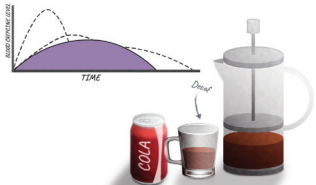
MEDIUM

MEDIUM



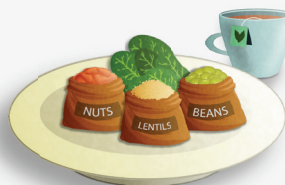
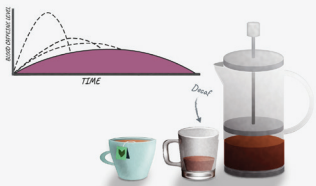
HIGH

HIGH



VERY HIGH

VERY HIGH



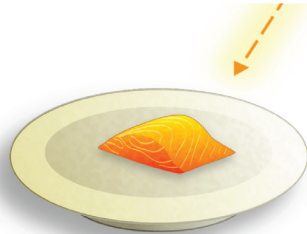
NUTRIENT PATHWAYS

LOW

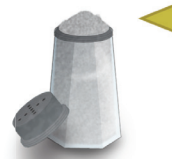
Gluten



Vitamin D



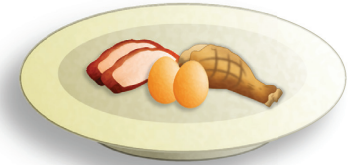
Salt



Vitamin C

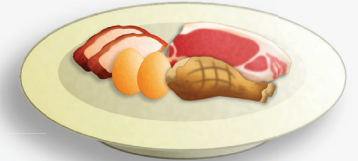
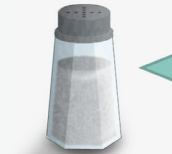
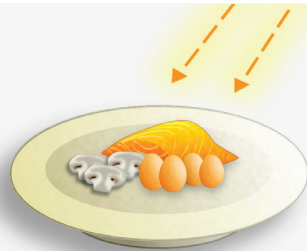


Vitamin B12



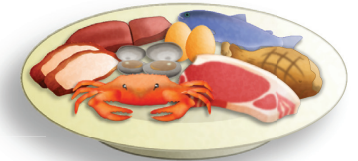
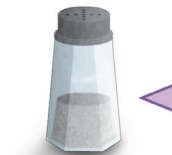
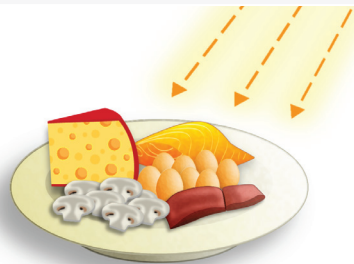
LOW

MEDIUM



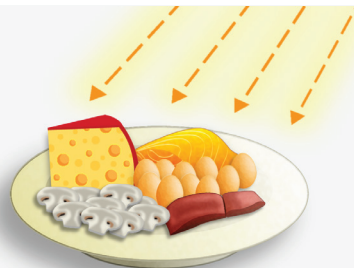
MEDIUM

HIGH



HIGH

VERY HIGH



VERY HIGH