# How to Interpret a ZYTO Balance Report

In 5 Easy Steps

Please note that the key to success is by making connections! Stand-alone biomarkers do not provide you with a lot of information. Use all of the information cohesively.

Please see the example at the bottom of this document for further explanation.

1. **Assess overall stress.**
   a. Ask your client about their stress levels: have they been sick, has there been an emotional trauma, is it tax season?
   b. Range: trends in data suggest the following categorization which may be true for the majority of clients but not all.
      i. Low <5 indicates chronic stress
      ii. High >20 indicates acute stress
      iii. Normal 5-20
   c. Identify which is higher: in-range or out-of-range responses.
      i. A higher count of out-of-range responses suggests a high level of stress in the body.
   d. Assess how many 0 dR responses are present on graphic (indicated by green dots on the inner circle).
   e. Observe how many/how effective were the top balancers on the stressors in bringing stressors back into range. Difficulty bringing in stressors indicates a stressed body.

2. **Review the balancers and services.**
   a. What main stresses do the top balancers remedy? i.e. are they sick, do they have an emotional imbalance etc.?
      i. Look at what the balancers support and balance in the body; this is usually the body's priority. *Make connections:* Keep this is mind as you look at the rest of the report and see which out-of-range biomarkers support the need for these products.
   b. Pick the top few balancers/services to best help your client after you have reviewed the rest of the report.

3. **Compare the Core 4 and Lifestyle graphs.**
   a. Identify the high out-of-range or 0 dR 4 Core systems, and inquire how they relate to your client.
   b. Identify the high out-of-range or 0 dR Lifestyle categories, and inquire how they relate to your client. *Make connections*: how do the out-of-range or 0 dR Lifestyle categories impact the Core 4?

4. **Look at out-of-range categories in detail.**
   a. Dive deeper into each of the out-of-range or 0 categories in step 3 by looking at their detailed reports.
   b. Identify the most out of range or 0 dR responses in each category, and ask the client questions about how those might connect to the client.
   c. *Make connections:* which biomarkers appear frequently throughout the different categories? How do they relate?
5. **Find energetic and biological connections.**
   a. Use Vector Reports to see what is linked to the highest out-of-range or 0 dR response organs, emotions etc. from the Core 4 and Lifestyle categories.
      i. Identify which top stressed biomarker has a lot of vectors listed under it. A long list indicates a more important biomarker to pay attention to.
      ii. What emotions, meridians, vertebrae, teeth, and organs are appear multiple times in the list of vectors? *Make connections:* how do they connect to each other and the information your client gives on how they feel?
   b. Use your own knowledge or research to connect stressors. Below is an example of how to go about connecting the dots in this way:

How to Interpret Biomarkers on the Report

If you are unsure as to why a biomarker is out of range there are two resources you can use: the Reasons for an out of Range Response and Google! For example, if you're unsure as to what the cardiovascular system does, the issues that can arise in it, or the impact it has on the body, I would look it up, become an expert, know what possibilities are out there! Then I would ask my client if they match any of those things I found online or have in my own knowledge stores. If nothing matched I would run through the Reasons document and see what other possibilities could be there. It's very important to note that you can't make an assumption by ONE data point (in this case the cardiovascular system). You must use other data points around it to see the overall picture i.e. the heart, the lymph, inflammation, their diet, products that support the cardiovascular system, services that support the cardiovascular system. If most of those things are also out of range, then it's a lot safer to say the cardiovascular system needs support or make assumptions as to why it is out of range.

For example, if the heart, inflammation, cardiovascular system, and diet were all out of range, I would ask my client if they are on blood pressure medication, if they eat a diet high in sugar and carbohydrates. If they responded yes, I would assume that their poor diet is causing inflammation in their cardiovascular system, and it is impacting their blood pressure.

Cardiovascular system means nothing if I look at it by itself; it's not until I grab multiple data points and feedback from my client that I can see the whole picture.

*Follow link for an in-depth discussion on how to interpret a Balance report. Start at 28:30*

https://register.gotowebinar.com/recording/3812443706379817217