



Biohacking Training Webinar

Lesson 4a

Kathrina Clark - Case Study

Mark Hathaway

Some legal stuff

I understand that Mark Hathaway provides educational assistance, tutoring, consulting and coaching services to help me understand concepts in nutrition, diet, food and other areas deemed important in order to live a fuller and healthier life, and in association with this education to learn specifically of the foods, dietary supplements or more that can assist in balancing my state of health.

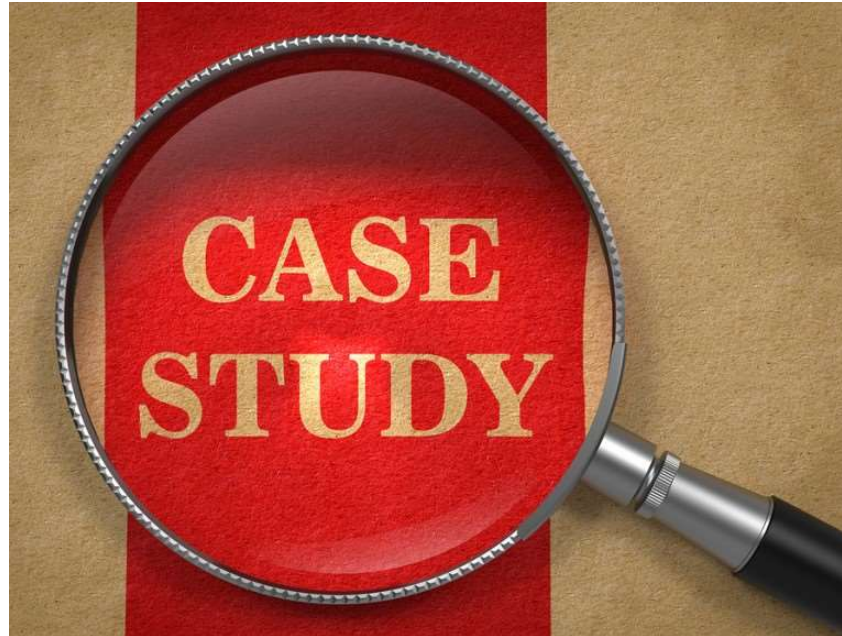
I further request and accept the use of any tools of the "health trade," and at my sole discretion under retained right, in whatever form available in a free market that may be provided for my use to further my health education be it software, workshops, testing or health auditing apparatus, clinical or laboratory equipment.

I understand that Mark received certification in Flow Systems technology for health auditing through professional training programs from Biomedx (Chicago), but is neither offering nor providing a service under this agreement under any official government certification and/or license as a health, or diet professional.

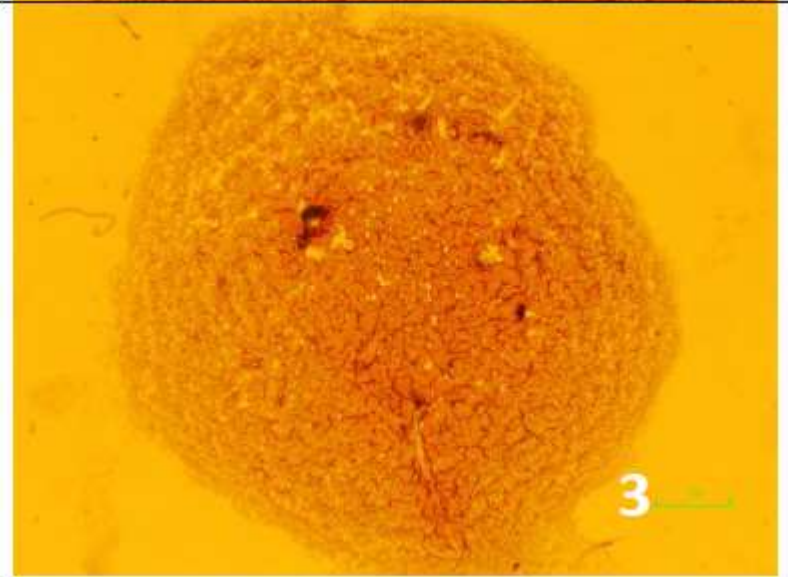
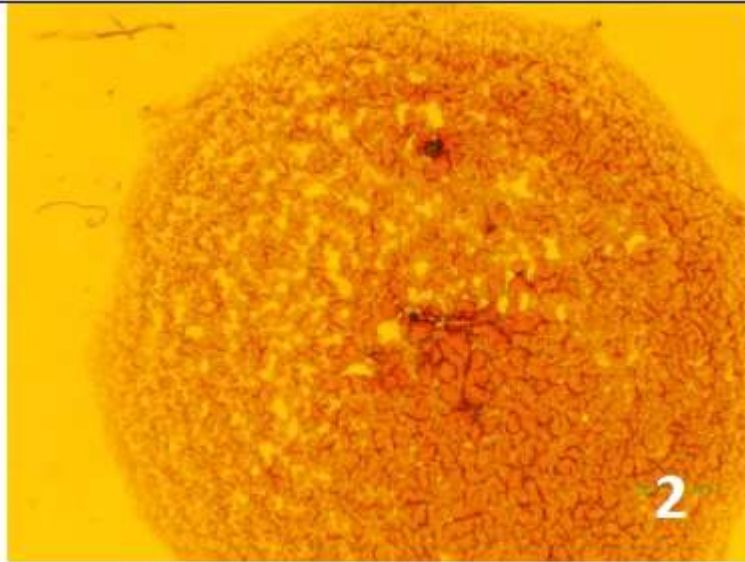
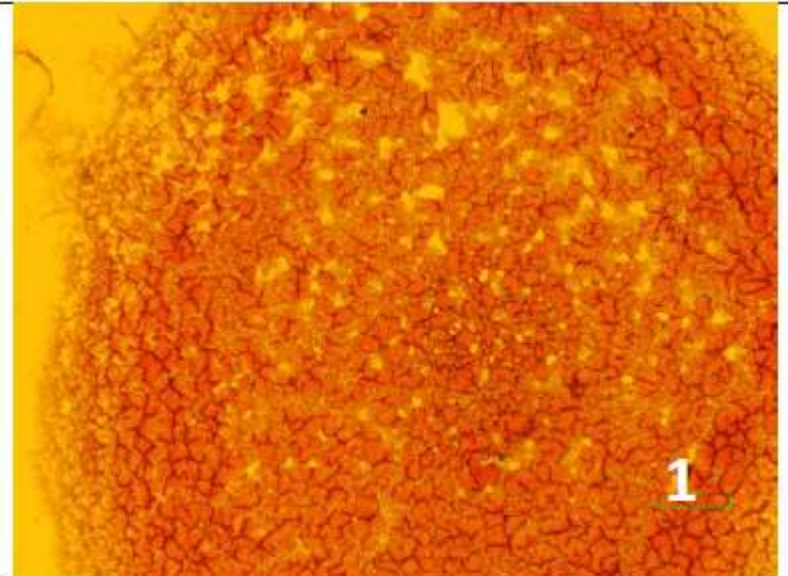
I understand that the health coaching services under this agreement does not, cannot, and will not provide any diagnosis, prescription, or treatment options for any medically or otherwise defined health ailment wherein only a licensed professional may be competent to address such issue, and further, should miscommunication result in a perception that such is the case, I acknowledge that I alone bear full responsibility for any actions taken due to the miscommunication. At no time is this coaching service intended as a substitute for regular medical or other licensed care.

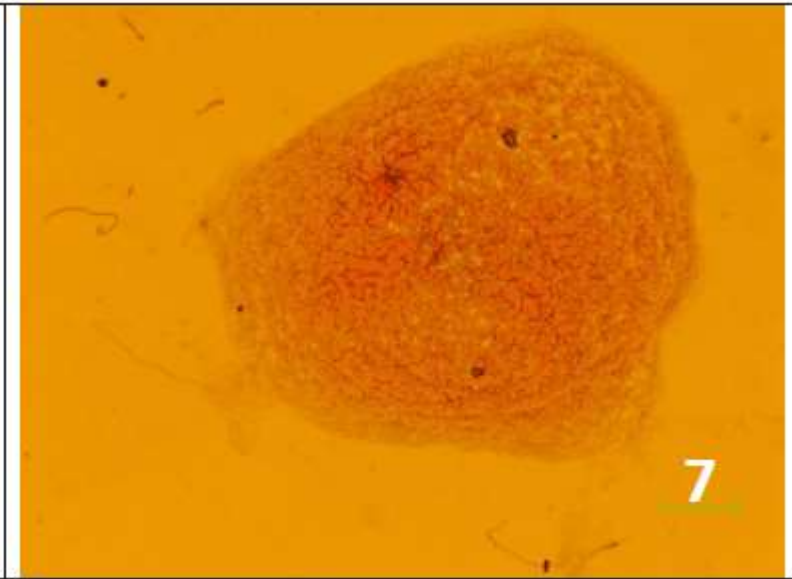
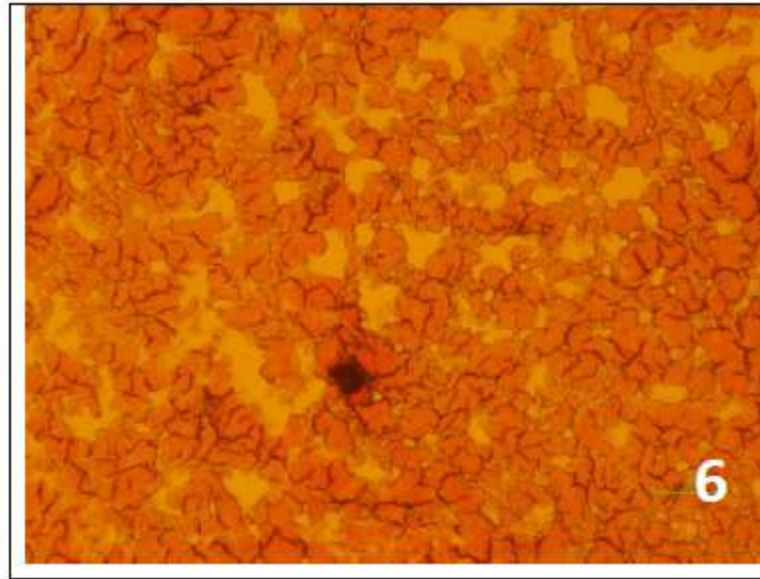
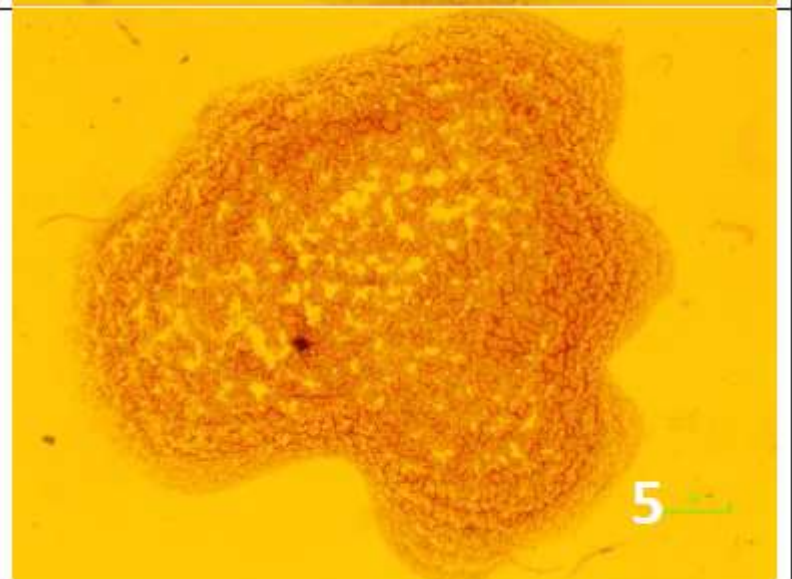
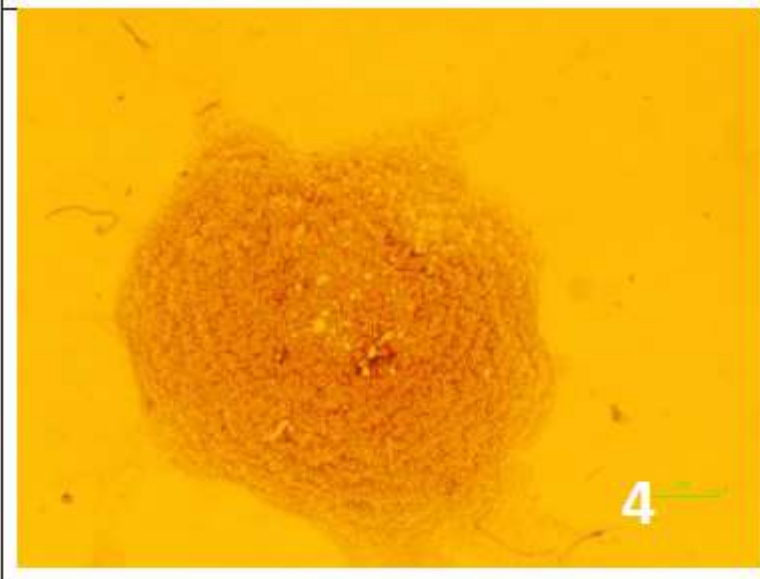
I understand that I assume all risks from the use, non-use or misuse of information, materials or opinions provided by Mark Hathaway during my health coaching sessions, trainings or presentations.

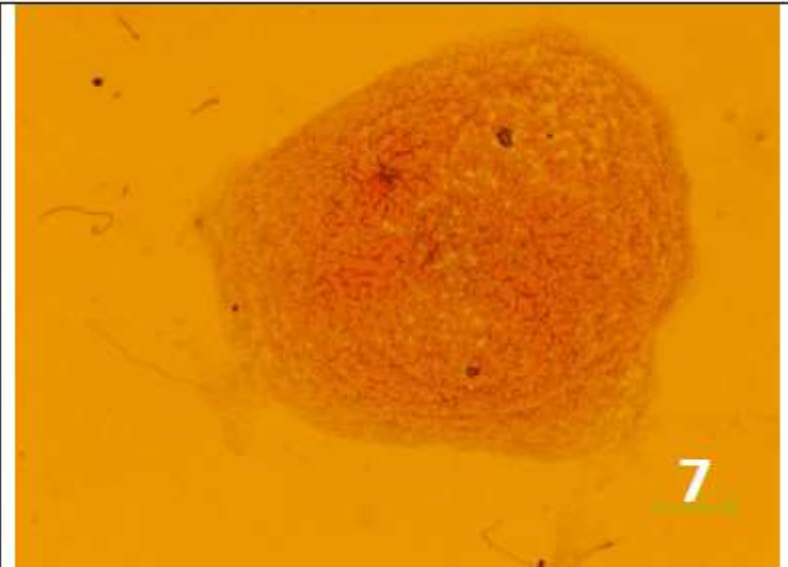
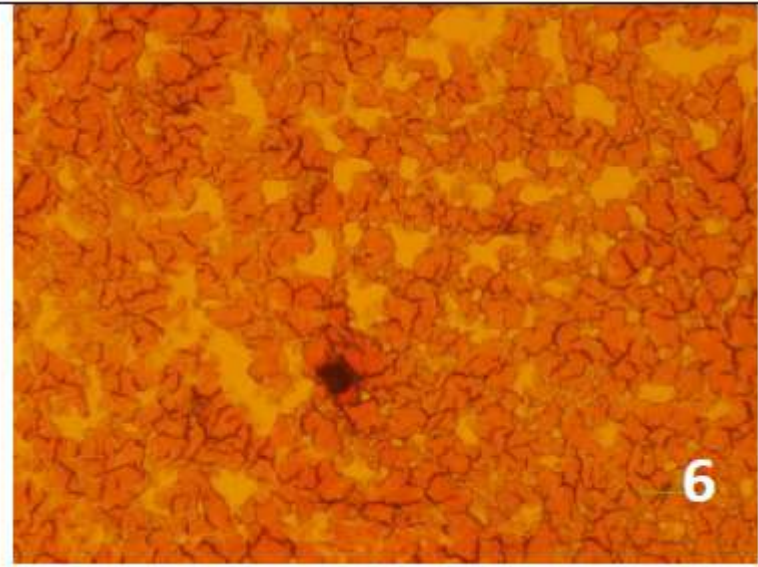
Case Study - Kathrina Clark



Blood type A, 6/10 Wellbeing Score
Symptoms: Lots but essentially poor health, low energy, low weight struggling to get anywhere with health all her life. Ongoing issues that just don't go away







Metabolic Imbalances

Electrolyte Deficiency
 Anabolic
 Carb Burning (fast oxidiser)
 Parasympathetic
 Acidosis

Electrolyte Excess
 Catabolic
 Fat Burning (slow oxidiser)
 Sympathetic
 Alkalosis

Digestive Insufficiency

| Control Mechanism No. 1 - Electrolyte Status | | | |
|--|-----|----------------------------|-----|
| Electrolyte Deficiency | | Electrolyte Excess | |
| Resting systolic BP <112 | 109 | Resting systolic BP >140 | 139 |
| Standing Diastolic BP <74 | 79 | Standing Diastolic BP >107 | 79 |
| Resting Pulse <70 | 72 | Hypertension | no |
| Depression | yes | Poor Circulation | yes |
| Vertigo | yes | Cardiovascular Disease | no |
| Fatigue | no | | |
| Neurosis | yes | | |
| Crawling | yes | | |
| Cramps | yes | | |
| Resting pulse to standing >12 difference | | | |

| Control Mechanism No. 2 - Circadian Rhythm | | | |
|--|-----|--------------------|-----|
| Anabolic | | Catabolic | |
| Urine pH >6.3 | 6.9 | Urine pH <5.3 | 6.9 |
| Saliva pH <6.6 | 7 | Saliva pH >6.9 | 7 |
| High Body Temp | no | Low Body Temp | yes |
| Polyuria | no | Oliguria | no |
| Hard stool / Constipation | no | Soft / Loose stool | yes |
| Difficult to Rise | yes | Wake easily | no |
| Anxiety | yes | Nervous | yes |
| Saliva pH <6.5 | 0 | Slow to heal | yes |
| Low Diets | 0 | Migraines | no |
| Resting Pulse >77 | 72 | Muscle loss | yes |
| Hi Blood Pressure | 129 | Saliva pH > 5.5 | 0 |
| | | Gag Reflex | yes |
| | | Low Blood pressure | 129 |

| Control Mechanism No. 3 - Energy Production | | | |
|---|------|-------------------------------------|------|
| Carb Burning (Tricarboxylic Acid) | | Fat Burning (Beta slow oxidiser) | |
| Breath Rate >18 | 11 | Breath Rate <12 | 11 |
| Breath hold <10 sec | 28 | Breath hold >10 sec | 28 |
| Resting systolic BP <112 | 109 | Resting systolic BP >140 | 139 |
| Glucose <70 | 80.8 | Glucose >100 | 80.8 |
| Urine pH >6.3 | 6.9 | Urine pH <5.3 | 6.9 |
| Saliva pH <6.6 | 7 | Saliva pH >6.9 | 7 |
| Fatigue | no | Fatigue | no |
| Weight Issues | no | Weight Issues | no |
| Depression | yes | Depression | yes |
| Inhibits when hungry | yes | Type 2 Diabetes | no |
| BMI low <1 | 0 | High blood pressure | 129 |
| | | BMI high > 3 | 0 |

| Control Mechanism No. 4 - Autonomic Nervous System | | | |
|--|-----|---------------------------|-----|
| Parasympathetic | | Sympathetic | |
| Small Pupils | 2 | Large Pupils | 2 |
| Pulse pressure <37 | 37 | Pulse pressure >45 | 37 |
| Gag Reflex Increased | yes | Gag Reflex Decreased | yes |
| Red Dermographia Line | red | White Dermographia Line | red |
| Low Body Temp | yes | High Body Temp | no |
| Warm Dry Hands | no | Cold Hands | yes |
| Finger tips colder than Nails | no | Fingers colder than Nails | yes |
| Active | no | Dry Mouth | yes |
| Allegria | yes | Allegria | yes |

| Control Mechanism No. 5 - Acid / Alkaline Balance | | | |
|---|-----|---------------------|----|
| Tending Acidotic | | Tending Alkalotic | |
| Breath Rate >18 | 11 | Breath Rate <12 | 11 |
| Breath hold <10 sec | 28 | Breath hold >10 sec | 28 |
| Mouthness of Breath | yes | Classic Fatigue | no |
| | | Sleep apnoea | no |

| Digestive Capacity | |
|--|-----|
| Resting Systolic BP <112 | 129 |
| Standing Diastolic BP <74 | 79 |
| Hungry or Starving | yes |
| Flaking Skin | no |
| Reflex / Heartburn | no |
| Light Coloured Stool | no |
| Constipation | no |
| Diarrhea | no |
| Do you Crave Sweet/Salty Foods | yes |
| Do some foods make you nauseous? | no |
| Do you see unexplained food in your stool? | yes |
| Do you seem to gain weight no matter what you eat? | no |
| Do you lose weight frequently despite your weight loss attempts? | no |
| Does eating meals or fats reduce your energy? | yes |
| Does your meal feel like sitting on stomach like rock? | no |

NOTES: Highlighted boxes indicate a biological marker that is out of range

| Control Mechanism No. 1 - Electrolyte Status | | | |
|--|-----|---------------------------|-----|
| Electrolyte Deficiency | | Electrolyte Excess | |
| Resting systolic BP <112 | 109 | Resting systolic BP >130 | 109 |
| Standing Diastolic BP <73 | 79 | Standing Diastolic BP >87 | 79 |
| Resting Pulse <70 | 72 | Hypertension | no |
| Depression | yes | Poor Circulation | yes |
| Vertigo | yes | Cardiovascular Disease | no |
| Fatigue | no | | |
| Insomnia | yes | | |
| Cravings | yes | | |
| Cramps | yes | | |
| Resting pulse to standing >12 difference | | | |

| Control Mechanism No. 2 - Circadian Rhythm | | | |
|--|-----|--------------------|-----|
| Anabolic | | Catabolic | |
| Urine pH >6.3 | 6.9 | Urine pH <6.1 | 6.9 |
| Saliva pH <6.6 | 7 | Saliva pH >6.9 | 7 |
| High Body Temp | no | Low Body Temp | yes |
| Polyuria | no | Oliguria | no |
| Hard stool / Constipation | no | Soft / loose stool | yes |
| Difficult to Rise | yes | Wake easily | no |
| Anxiety | yes | Insomnia | yes |
| Saliva mS <4.5 | 0 | Slow to heal | yes |
| Low Debris | 0 | Migraines | no |
| Resting Pulse > 77 | 72 | Muscle loss | yes |
| Hi Blood Pressure | 109 | Saliva mS > 5.5 | 0 |
| | | Gag Reflex | yes |
| | | Low blood pressure | 109 |

| Control Mechanism No. 3 - Energy Production | | | |
|---|------|-------------------------------------|------|
| Carb Burning (Tricarboxylic Acid) | | Fat Burning (Beta slow oxidiser) | |
| Breath Rate >18 | 11 | Breath Rate <15 | 11 |
| Breath Hold <50 sec | 28 | Breath Hold >50 sec | 28 |
| Resting systolic BP <112 | 109 | Resting systolic BP >133 | 109 |
| Glucose <70 | 86.4 | Glucose >100 | 86.4 |
| Urine pH >6.3 | 6.9 | Urine pH <6.1 | 6.9 |
| Saliva pH <6.6 | 7 | Saliva pH >6.9 | 7 |
| Fatigue | no | Fatigue | no |
| Weight Issues | no | Weight Issues | no |
| Depression | yes | Depression | yes |
| Irritable when hungry | yes | Type II Diabetes | no |
| NH4 Low <4 | 0 | High blood pressure | 109 |
| | | NH4 high > 8 | 0 |

| Control Mechanism No. 4 - Autonomic Nervous System | | | |
|--|-----|-----------------------------|-----|
| Parasympathetic | | Sympathetic | |
| Small Pupils | 2 | Large Pupils | 2 |
| Pulse pressure <37 | 37 | Pulse pressure >46 | 37 |
| Gag Reflex Increased | yes | Gag Reflex Decreased | yes |
| Red Demographic Line | red | White Demographic Line | red |
| Low Body Temp | yes | High body temp | no |
| Warm Dry Hands | no | Cold Hands | yes |
| Fingertips colder than triceps | no | Fingers colder than triceps | yes |
| Asthma | no | Dry Mouth | yes |
| Allergies | yes | Allergies | yes |

| Control Mechanism No.5 - Acid / Alkaline Balance | | | |
|--|-----|---------------------|----|
| Tending Acidosis | | Tending Alkalosis | |
| Breath Rate >18 | 11 | Breath Rate <14 | 11 |
| Breath Hold <41 sec | 28 | Breath Hold >64 sec | 28 |
| Shortness of Breath | yes | Chronic Fatigue | no |
| | | Sleep apnoea | no |

NOTES: **Highlighted** boxes indicate a biological marker that is out of range

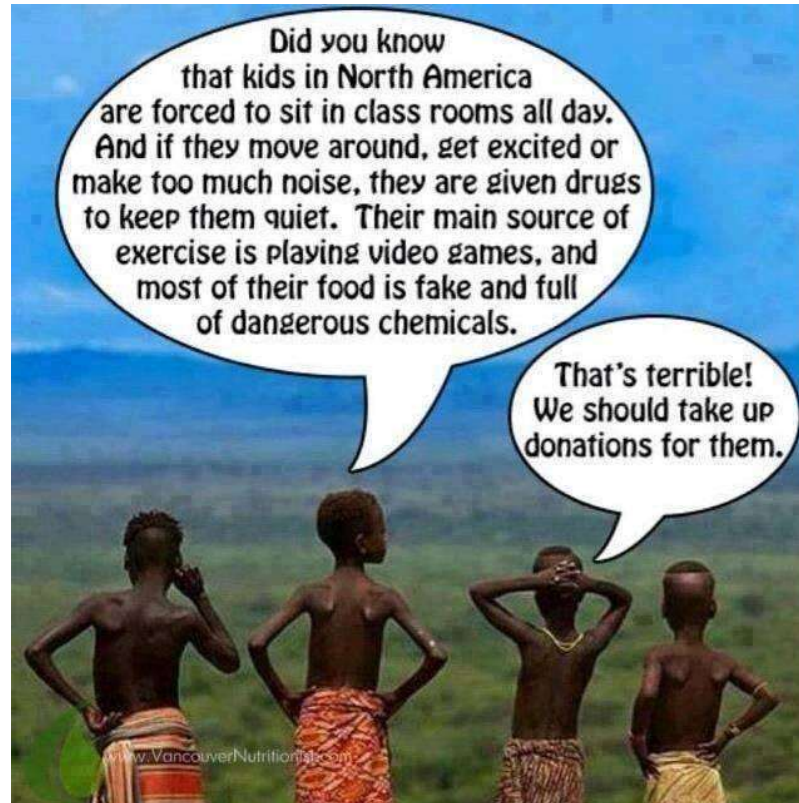
| Digestive Capacity | |
|--|-----|
| Resting Systolic BP <112 | 109 |
| Standing Diastolic BP <73 | 79 |
| Burping or bloating | yes |
| Passing Gas | no |
| Reflux / Heartburn | no |
| Light Coloured Stool | no |
| Constipation | no |
| Diarrhea | no |
| Do you Crave Sweet/Salty Foods | yes |
| Do some foods make you nauseous? | no |
| Do you see undigested food in your stool? | yes |
| Do you seem to gain weight no matter what you eat? | no |
| Do cravings frequently derail your weight loss attempts? | no |
| Does eating meats or fats restore your energy? | yes |
| Does your meal feel like sitting in stomach like rock | no |

Kathrina Clark

Supplement/Dietary Recommendations 16th May, 2017

| Supplement | Upon waking | Breakfast | Morning | Lunch | Afternoon | Dinner | Evening |
|---|--|---|---|------------------------|-----------------------------------|--------------------|---------|
| Probiotics (gut health) | I like Pre-script assist. Take as directed on label: http://www.prescript-assist.com/ | | | | | | |
| Borax (boron) | Mix 1 tsp of borax with 1 litre of water and take 1-2 tsp of this mix each day. | | | | | | |
| D-limonene (yes) (gallbladder/liver cleanse) | | 1 cap (after meal) | | 1 cap (after meal) | | 1 cap (after meal) | |
| Catabolic (yes) | Please read Catabolic PDF before ordering these supps. | | | 2-3 caps | | 2-3 caps | |
| Alpha Ketoglutarate - detox ammonia (yes) | | | | | 3-5 caps 30 min before last meal. | | |
| Banaba Chrome (yes) | | 1 cap | | 1 cap | | 1 cap | |
| Phosphoric acid drops (https://www.pureformulas.com/phosdrops-60cc-liquid-by-nutri-west.html) | | 10 drops with water | Watch urine pH. It should drop whilst salvia stays steady. Stop taking these drops if urine pH drops below 5.5. | | | | |
| Neprinol AFD (systemic enzyme) – Get the 150 cap option. Take until finished. | 5 caps on empty stomach | https://au.iherb.com/pr/Arthur-Andrew-Medical-Neprinol-AFD-Advanced-Fibrin-Defense-500-mg-150-Capsules/23710 | | | 5 caps on empty stomach | | |
| Magnesium Chloride | 8 sprays all over body | | | 8 sprays all over body | | | |
| Electrolyte Deficiency (yes) | Please read Electrolyte Deficient PDF before ordering these supps. | 2 caps | | 1-2 | | 1-2 caps | |
| HCL (yes) | | 1-5 caps | | 1-5 caps | | 1-5 caps | |
| Beet Flow (yes) | | 1-3 caps | | 1-3 caps | | 1-3 caps | |
| Digestizyme (yes) | | 1-3 caps | | 1-3 caps | | 1-3 caps | |
| Bio C (yes) | | 2 caps | | 2 caps | | 2 caps | |
| Filtered water | Minimum 2 litres per day | | | | | | |
| Coconut Oil | | | | | ¼ - 3 tsp | ¼ - 3 tsp | |
| Fresh lemon water (distilled) | 500ml | | | | | | |
| Grounding (earthing) | 10-15 minutes 3 x week at least (bare feet connected to earth) | | | | | | |

Question Time!



Thank you for allowing me to share my passion with you today. I look forward to joining you for Lesson 5

Mark Hathaway

www.biosynergypro.com <https://www.facebook.com/groups/biosynergyhealth/>