



Biohacking Training Webinar

Lesson 6a

Joanne Bosonnet- 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.

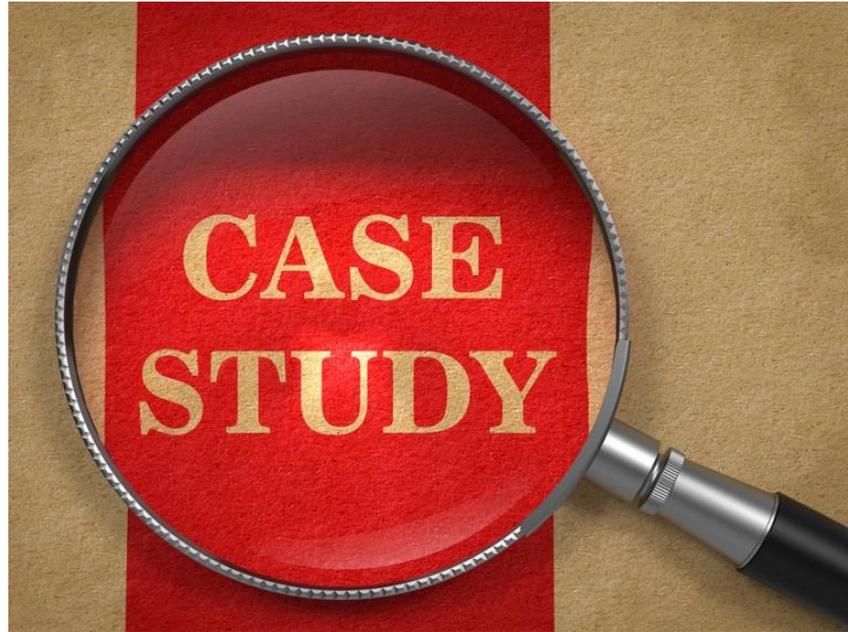
I further request and accept the use of any tools of the "health trade," and at my sole discretion under retained right, in whatever form available in a free market that may be provided for my use to further my health education be it software, workshops, testing or health auditing apparatus, clinical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

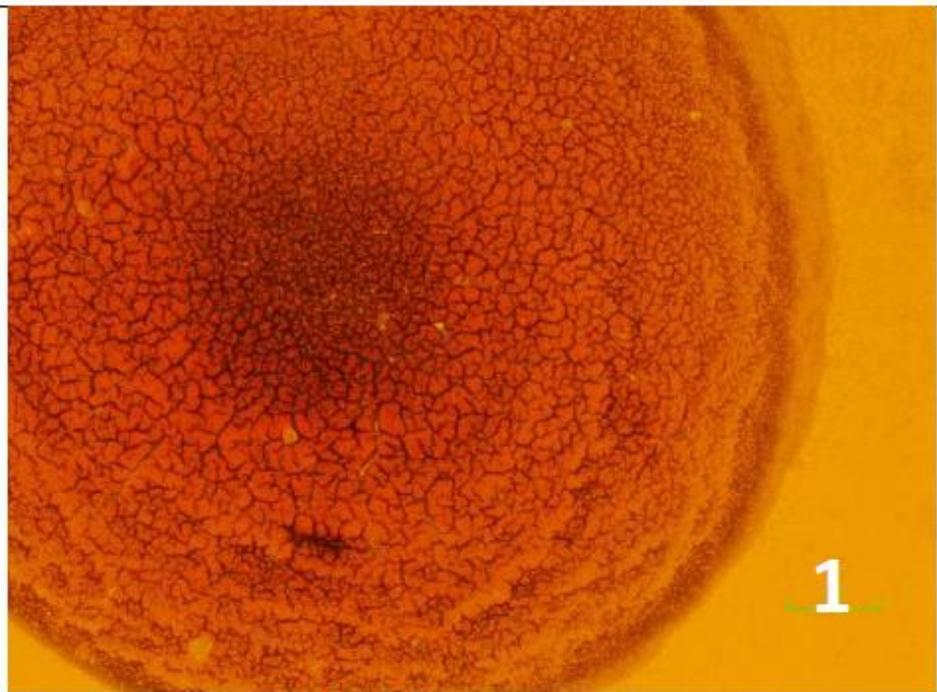


Blood type O, 4/10 Wellbeing Score

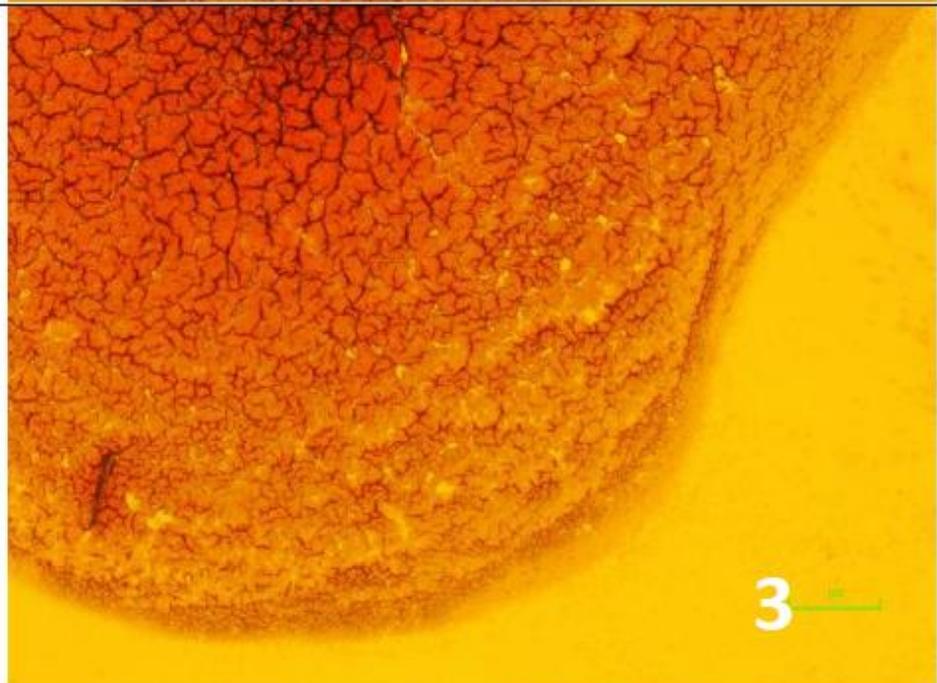
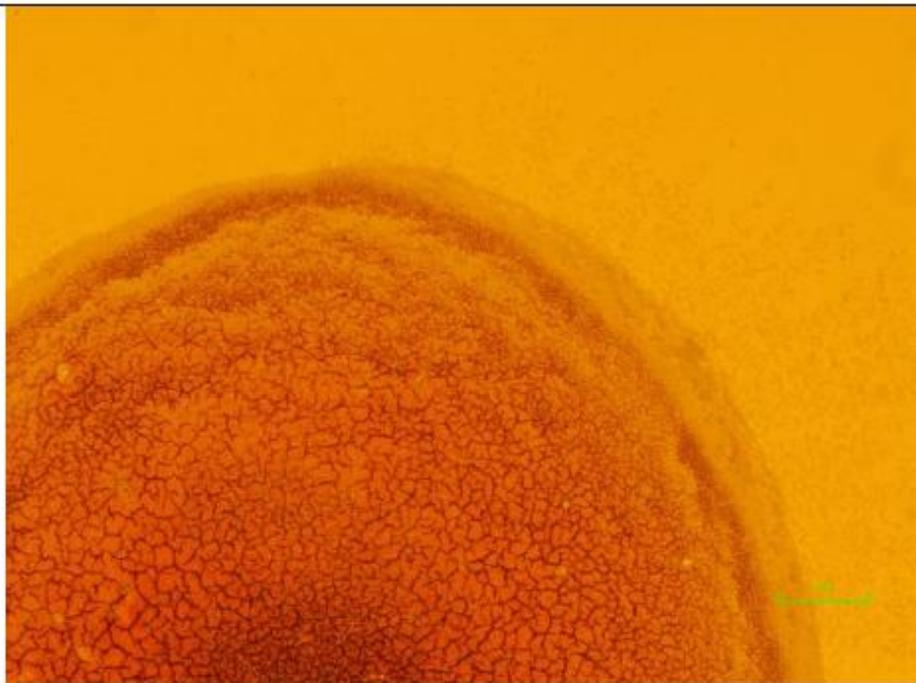
Chronic fatigue, Anxiety, Insomnia, Breathing impaired
Palpitations, Muscle stiffness, Sciatica - numbness and pain lumber and
leg/foot, Aging of skin, dryness, sagging, pitting, Exercise intolerance,
Cant tolerate any stress, Brain fog, Weight gain mainly round middle, cant
lose weight, Kidneys not filtering, Stagnant lymph, Recurring gout
Very Slow healing of tooth extraction (lymph?) 5 months and counting.



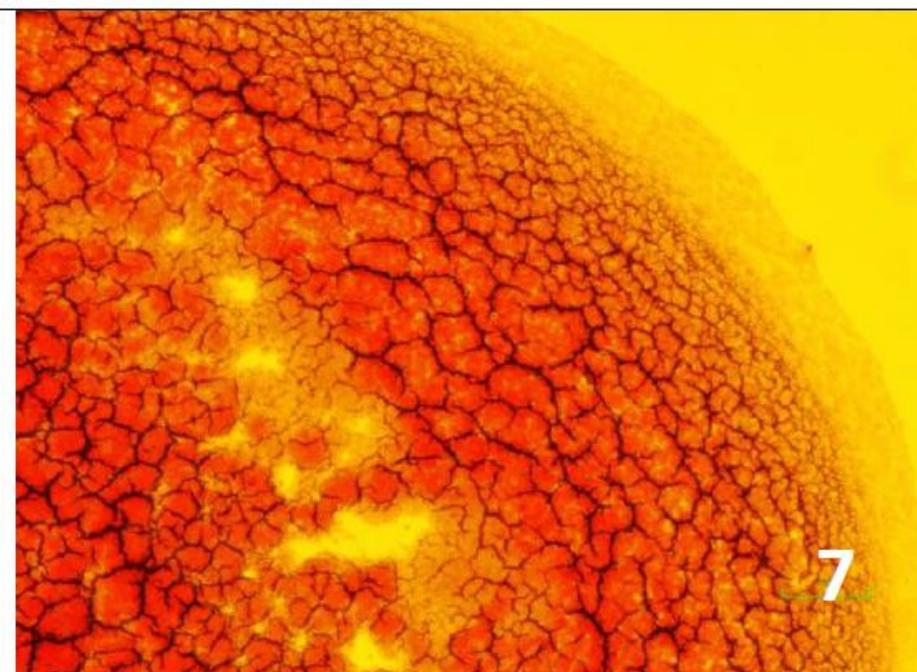
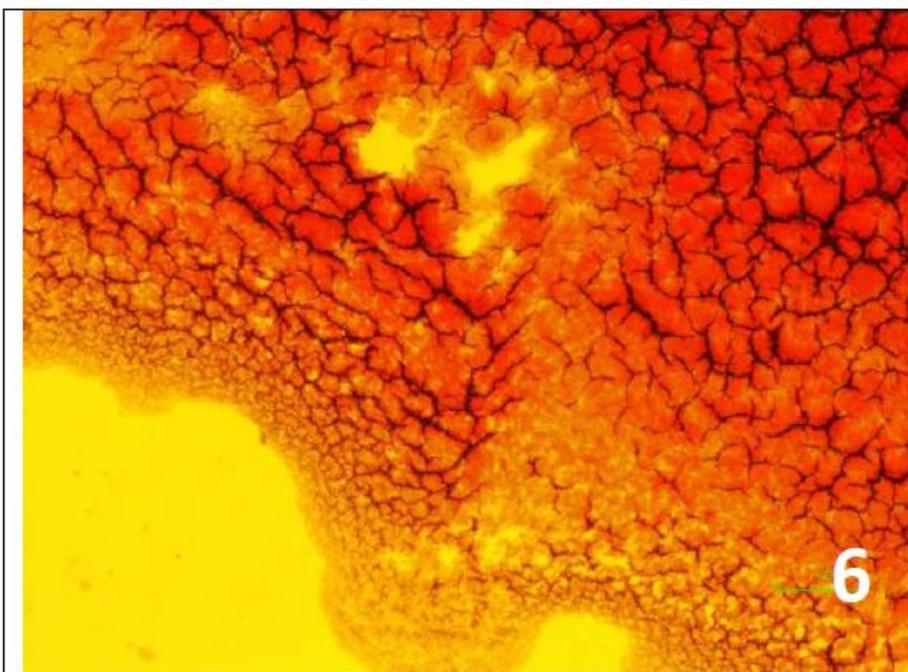
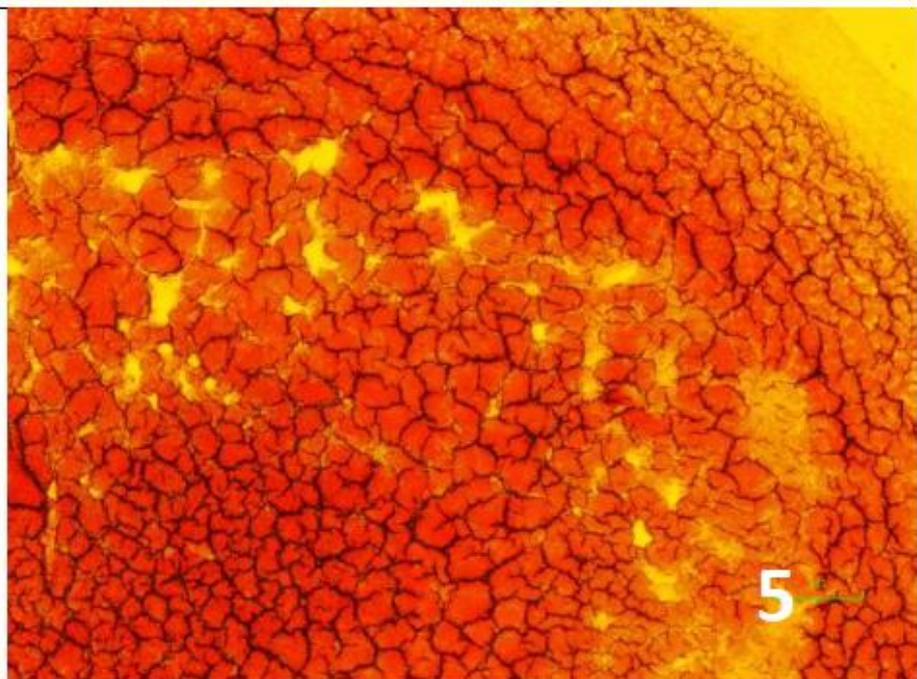
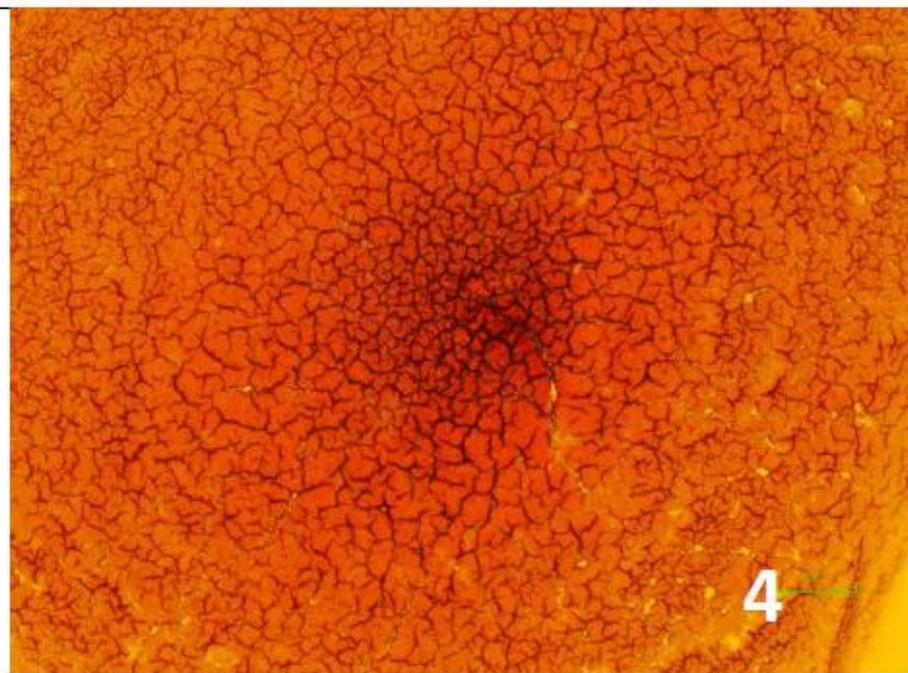
Example of a Good Dry Blood Sample



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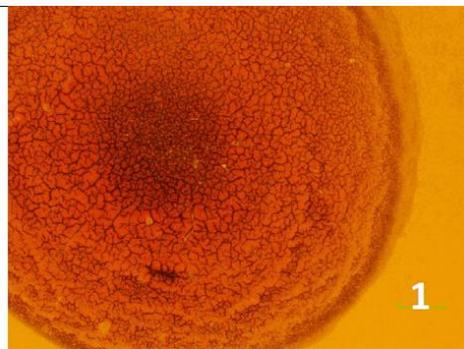


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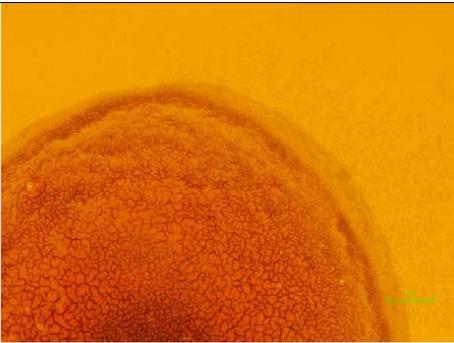




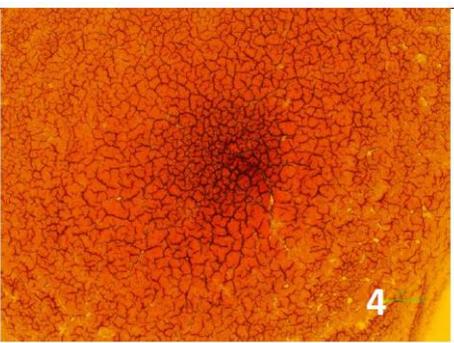
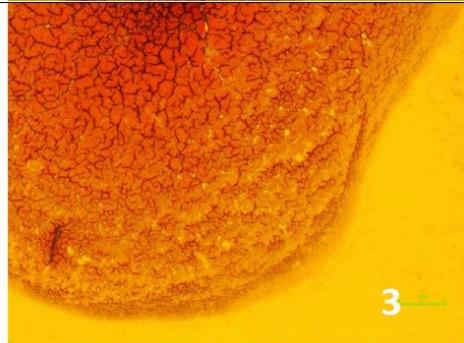
Example of a Good Dry Blood Sample



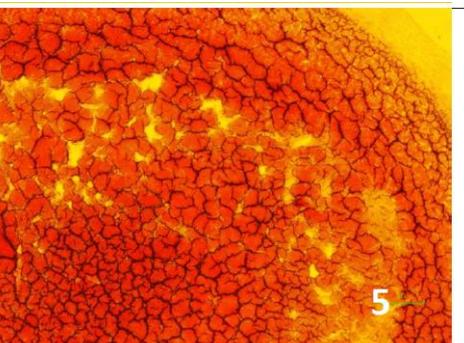
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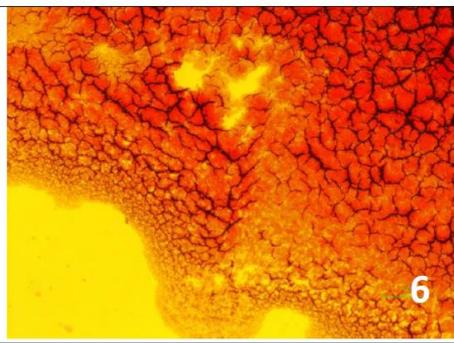
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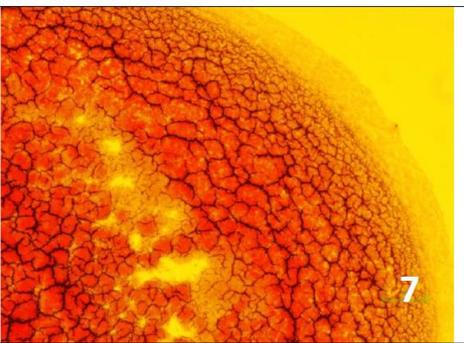
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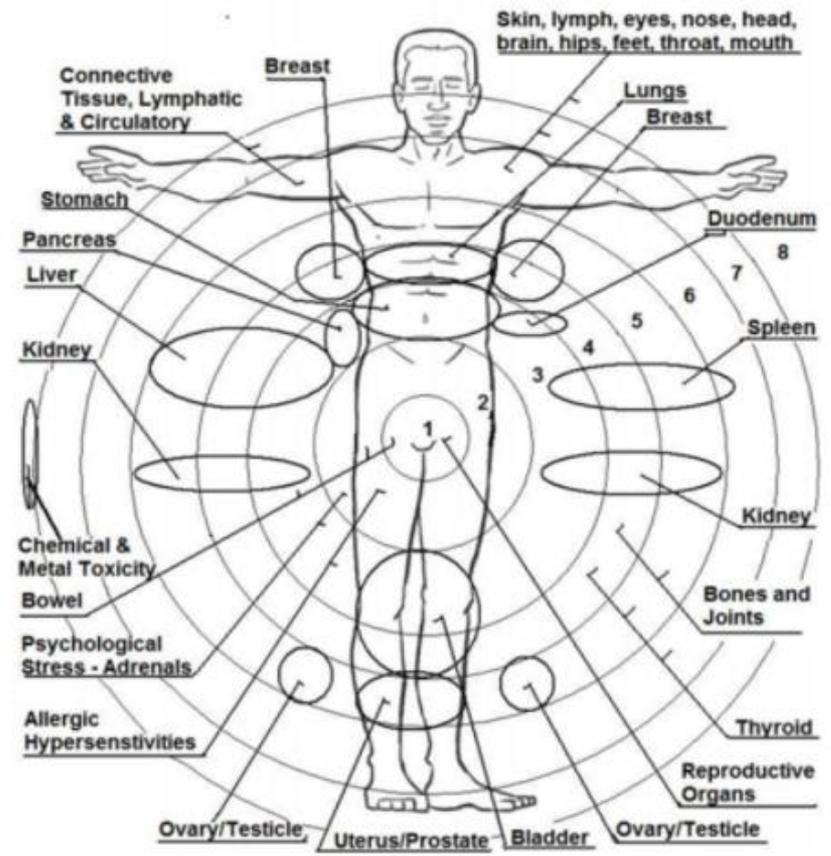
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Metabolic Imbalances

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	120	Resting systolic BP >130	120
Standing Diastolic BP <73	84	Standing Diastolic BP >87	84
Resting Pulse <70	54	Hypertension	no
Depression	yes	Poor Circulation	no
Vertigo	no	Cardiovascular Disease	no
Fatigue	yes		
Insomnia	yes		
Crawling	yes		
Cramps	no		
Resting pulse to standing >12 difference			

Control Mechanism No. 2 - Circadian Rhythm			
Anabolic		Catabolic	
Urine pH >6.3	6	Urine pH <6.1	6
Saliva pH <6.6	6.2	Saliva pH >6.9	6.2
High Body Temp	no	Low Body Temp	yes
Polysats	yes	Oliguria	no
Hard stool / Constipation	no	Soft / loose stool	no
Difficult to Rise	no	Wake easily	yes
Anxiety	yes	Insomnia	yes
Saliva mEq <5	0	Slows to heal	yes
Low Debris	0	Migraines	yes
Resting Pulse > 77	54	Muscle loss	no
HI Blood Pressure	120	Saliva mEq > 5.5	0
		Gag Reflex	yes
		Low blood pressure	120

Control Mechanism No. 3 - Energy Production			
Carb Burning (Tricarboxylic Acid)		Fat Burning (Beta slow oxidiser)	
Breath Rate >18	12	Breath Rate <8	12
Breath Hold <50 sec	23	Breath Hold >50 sec	23
Resting systolic BP <112	120	Resting systolic BP >133	120
Glucose <70	90	Glucose >100	90
Urine pH >6.3	6	Urine pH <6.1	6
Saliva pH <6.6	6.2	Saliva pH >6.9	6.2
Fatigue	yes	Fatigue	yes
Weight Issues	yes	Weight Issues	yes
Depression	yes	Depression	yes
Irritable when hungry	yes	Type II Diabetes	no
NH4 Low <6	0	High blood pressure	120
		NH4 high > 8	0

Control Mechanism No. 4 - Autonomic Nervous System			
Parasympathetic		Sympathetic	
Small Pupils	4	Large Pupils	4
Pulse pressure <37	39	Pulse pressure >45	39
Gag Reflex Increased	yes	Gag Reflex Decreased	yes
Red Demographic Line	0	White Demographic Line	0
Low Body Temp	yes	High body temp	no
Warm Dry Hands	yes	Cold Hands	no
Fingertips colder than triceps	yes	Fingers colder than triceps	no
Asthma	no	Dry Mouth	yes
Allergies	no	Allergies	no

Control Mechanism No.5 - Acid / Alkaline Balance			
Tending Acidosis		Tending Alkalosis	
Breath Rate >18	12	Breath Rate <8	12
Breath Hold <41 sec	23	Breath Hold >64 sec	23
Shortness of breath	yes	Chronic Fatigue	yes
		Sleep apnoea	no

Digestive Capacity	
Resting Systolic BP <112	120
Standing Diastolic BP <73	84
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?	no
Do you seem to gain weight no matter what you eat?	yes
Do cravings frequently derail your weight loss attempts?	yes
Does eating sweets or fats restore your energy?	yes
Does your meal feel like sitting on stomach like rock	yes

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	120	Resting systolic BP >130	120
Standing Diastolic BP <73	84	Standing Diastolic BP >87	84
Resting Pulse <70	54	Hypertension	no
Depression	yes	Poor Circulation	no
Vertigo	no	Cardiovascular Disease	no
Fatigue	yes		
Insomnia	yes		
Cravings	yes		
Cramps	no		
Resting pulse to standing >12 difference			

Control Mechanism No. 2 - Circadian Rhythm

Anabolic		Catabolic	
Urine pH >6.3	6	Urine pH <6.1	6
Saliva pH <6.6	6.2	Saliva pH >6.9	6.2
High Body Temp	no	Low Body Temp	yes
Polyuria	yes	Oliguria	no
Hard stool / Constipation	no	Soft / loose stool	no
Difficult to Rise	no	Wake easily	yes
Anxiety	yes	Insomnia	yes
Saliva mS <4.5	0	Slow to heal	yes
Low Debris	0	Migraines	yes
Resting Pulse > 77	54	Muscle loss	no
Hi Blood Pressure	120	Saliva mS > 5.5	0
		Gag Reflex	yes
		Low blood pressure	120

Control Mechanism No. 3 - Energy Production

Carb Burning (Tricarboxylic Acid)		Fat Burning (Beta slow oxidiser)	
Breath Rate >18	12	Breath Rate <15	12
Breath Hold <50 sec	23	Breath Hold >50 sec	23
Resting systolic BP <112	120	Resting systolic BP >133	120
Glucose <70	90	Glucose >100	90
Urine pH >6.3	6	Urine pH <6.1	6
Saliva pH <6.6	6.2	Saliva pH >6.9	6.2
Fatigue	yes	Fatigue	yes
Weight Issues	yes	Weight Issues	yes
Depression	yes	Depression	yes
Irritable when hungry	yes	Type II Diabetes	no
NH4 Low <4	0	High blood pressure	120
		NH4 high > 8	0

Control Mechanism No. 4 - Autonomic Nervous System

Parasympathetic		Sympathetic	
Small Pupils	4	Large Pupils	4
Pulse pressure <37	39	Pulse pressure >46	39
Gag Reflex Increased	yes	Gag Reflex Decreased	yes
Red Demographic Line	0	White Demographic Line	0
Low Body Temp	yes	High body temp	no
Warm Dry Hands	yes	Cold Hands	no
Fingertips colder than triceps	yes	Fingers colder than triceps	no
Asthma	no	Dry Mouth	yes
Allergies	no	Allergies	no

Control Mechanism No.5 - Acid / Alkaline Balance			
Tending Acidosis		Tending Alkalosis	
Breath Rate >18	12	Breath Rate <14	12
Breath Hold <41 sec	23	Breath Hold >64 sec	23
Shortness of Breath	yes	Chronic Fatigue	yes
		Sleep apnoea	no

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

Digestive Capacity	
Resting Systolic BP <112	120
Standing Diastolic BP <73	84
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?	no
Do you seem to gain weight no matter what you eat?	yes
Do cravings frequently derail your weight loss attempts?	yes
Does eating meats or fats restore your energy?	yes
Does your meal feel like sitting in stomach like rock	yes

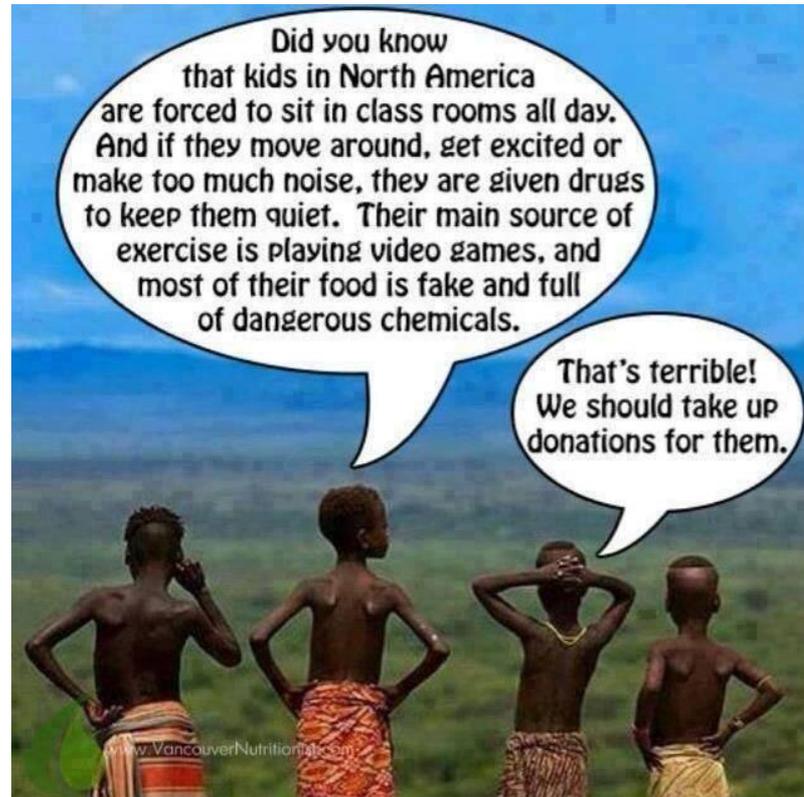
Supplement/Dietary Recommendations 4th November, 2017

Supplement	Upon waking	Breakfast	Morning	Lunch	Afternoon	Dinner	Evening
Grounding (earthing)	10-15 minutes 3 x week at least (bare feet connected to earth).						
Filtered water	Minimum 2 litres per day (adding salt to water is a good idea). First drink of the day to include the juice of a fresh lemon (ideally)						
Borax (boron)	Mix 1 tsp of borax with 1 litre of water and take 1-2 tsp of this mix each day.						
Adrenal Cocktail	Please see PDF		10 am		2 pm		
Pink/Celtic salt (minerals/electrolytes)	1 to 2 tsp spread over the day (add a little to each drink of water ideally).						
Parasite Cleanse	https://au.iherb.com/pr/Kroeger-Herb-Co-Wormwood-Kit-5-Piece-Kit/55936						
Probiotics	https://www.rejuvehealth.com.au/other-natural-products/prescript-assist-probiotic/prescript-assist-probiotic-1-bottle-detail						
Alpha-Ketoglutarate (mop up ammonia for P/Cleanse)					3-4 caps 30 min prior to last meal		
Mag Chloride Oil	Spray all over body first thing in the morning and then wash of after approx. 30 min.						
D-limonene (gallbladder/liver cleanse)		1 cap (after meal)		1 cap (after meal)		1 cap (after meal)	
Catabolic (catabolic imbalance)				2-3 caps		2-3 caps	
HCL (stomach acid)		1-5 caps		1-5 caps		1-5 caps	
Digestizyme (digestive enzymes)		1-3 caps		1-3 caps		1-3 caps	
Beet Flow (liver/bile)		3 caps		3 caps		3 caps	
L-Glutamine powder (help heal gut)	Take a couple of teaspoons just prior to going to bed. https://au.iherb.com/pr/Jarrow-Formulas-L-Glutamine-35-3-oz-1000-g-Powder/183						

Notes:

1. Start at top of list and work down. We need to build a foundation for health healing and health to be built upon
2. Always start slowly with supplements and work up your dose slowly.
3. Saliva stringing down is a sign that you may have a candida overgrowth problem. I recommend you get some further testing to confirm whether this is the case or not.
4. Digestion, digestion, digestion and bile is not moving very well either as part of this issue. This means liver will be congested and backing up into blood stream.
5. One bowel movement per day is not regular. 2-3 movements per day is what we are after.
6. Keep away from magnesium citrate. Not good for the gut and you have gut issues.
7. Keep away from any type of mag late in the day. Magnesium is extremely catabolic inducing.
8. Watch your carb intake later in the day. Focus on more good saturated fats / protein in the evening.
9. Dry blood showing signs of dysbiosis (toxic gut), lymphatic stress, skin issues and I'm also thinking there may be some heavy metal issues too. This is a hard one to determine but there are signs (dark ring on outer edge of sample) so I recommend you do an HTMA test to confirm.
10. Fatty acids (runny oils) in the morning (you need less of). Saturated fats (hard fats – coconut oil, butter etc.) later in the day (you need more of).
11. Supplements displayed in RED can be purchased from naturalreference.com in the USA. You will need to enter my practitioner number to order: 40551240

Question Time Next Week!



Thank you for allowing me to share my passion with you today. I look forward to joining you for your next lesson
Mark Hathaway

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