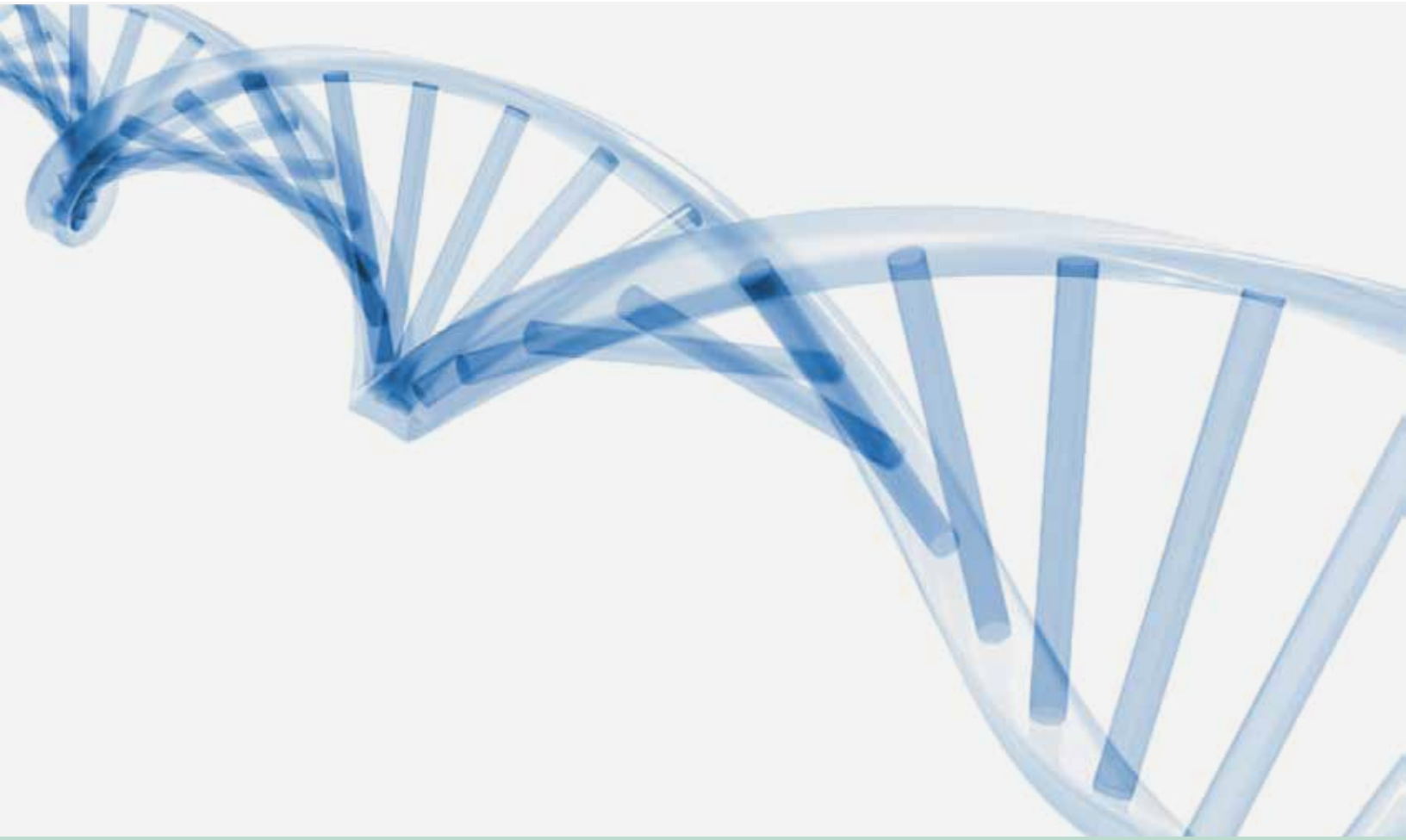




EPIGENETIC HEALTH

Epigenetics for Migraine



Discover and Treat the Root Cause of your Migraines.
Take Your Life Back.

Patient Resource Guide

Welcome to the New Life That Awaits You

Welcome to the Future of Medicine, where the focus is to identify what **CAUSES** your migraine and **TREAT** those underlying causes— easily, simply and **WITHOUT SIDE EFFECTS**.

xR is on a mission to help people everywhere treat and prevent disease through Personalized Epigenetic Health.

You are reading this because you have migraine, an **ACQUIRED AND INHERITED** chronic disease that is not caused by tumor, infection or trauma. That means that **the cause of your problem** is rooted in your genetics, biochemistry, nutrition or hormonal status.

Migraine's Devastating Impact— No More

Migraine is a chronic disease that affects nearly 36 million people in the United States alone. It is a debilitating disease that often goes untreated, leaving the individual hopeless with few options. Furthermore, the effects of migraine extend to families and places of employment.

One study estimates the U.S. economy loses \$13 billion each year from the 113 million lost workdays due to migraine. Indeed, each individual who is unable to work suffers financially as well.

Surely, there are incalculable costs from the disruption that migraines cause families. Many of our patients have told us that xR “gave me my life back” and often remark how their families suffered right alongside them.

**You do not need to live with the pain.
Take control with xR Epigenetic Health.**

Migraine Facts

- 36 Million people suffer from migraines.
- 13% of adults have migraines in the U.S.
- 3 million migraine sufferers are chronic
- 5 million people experience at least one migraine attack a month

The End of Migraine?

Discover the Root Cause of your Migraines

The Epigenetic approach to ending migraines is like nothing you have seen before, because our method is to find and treat the root cause of your migraines.

“Regardless of the nature of the genes we inherit from our parents, dynamic change at this level (epigenetics) allows us almost unlimited influence on our fate”

—Deepak Chopra



- NO DRUGS
- ROOT CAUSE
- NO SIDE EFFECTS
- PREVENTION

xR FINDS & TREATS AT THE ROOT CAUSE OF DISEASE

Why Root Cause?

If your migraines are not caused by trauma or infection then you will continue to have them so long as the underlying conditions exist.

Conventional approaches sometimes work but cause side effects. We often hear that although the pain may be masked, the side effects alone leave people debilitated. Furthermore, conventional approaches do not manage the root causes, leaving them to smolder unabated.

Fortunately, xR gets to the root cause of migraine! Our tests find these causes and our treatment recommendations provide you with the road-map you need to prevent migraines, or if they do strike, they are less severe, less frequent and shorter in duration.

We must find all your causes so we can understand YOU and allow you to break free of your medical difficulties, both present and future. The current strategy of treating pain only masks your symptoms and is not the solution you are looking for. In fact, because the current therapies do not attack the root causes of your migraine they can be thought of as a temporary stop gap which allow the root causes to go on.

The Future of Medicine is Epigenetic Health

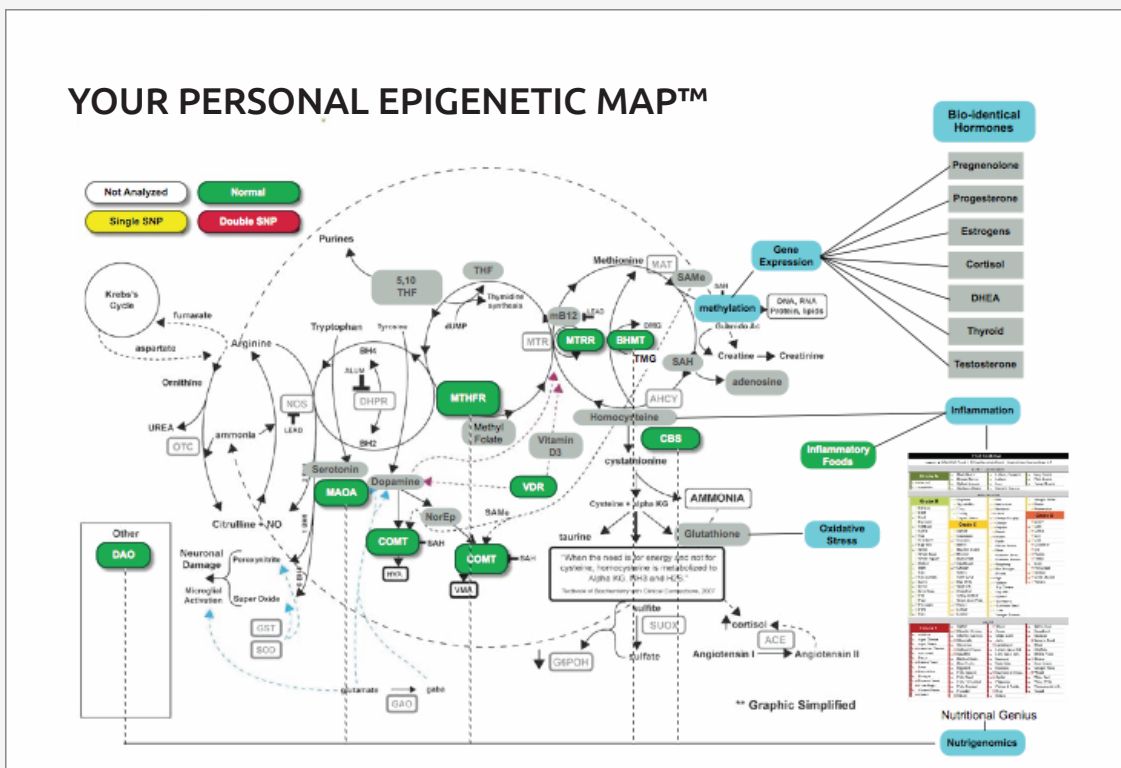
Epigenetics is the Key

The science of epigenetics has rapidly evolved following the mapping of the human genome that was completed in 2003.

Our DNA – or genetics – is fixed from birth. But our Epigenome (genetic expression) is flexible and controllable. It is this epigenetic flexibility that is changing and improving medicine.

What does this mean for you and your migraines? It means your migraines are very likely driven by epigenetic issues that can be identified and treated with xR's program.

xR's epigenetic treatments consist of recommendations that are personalized to your epigenome. It is this approach to personalized, epigenetic care that has been remarkably successful in our migraine patients.



Have you tried “Everything”?



Whether you have migraines twice a year or everyday for decades we want to help you. You may have tried “everything” and may even have lost hope. We welcome you to go to migraine.xrmd.com and hear stories of some of our toughest migraine cases who no longer suffer. There you will also see our Founder and Chief Medical Officer receive a Health Hero award for our work with Epigenetics and Migraine.

Epigenetics Works By Improving the Health of All the Cells in your Body



- Hormone Imbalance**
- Oxidative Stress**
- Methylation**
- Inflammation**
- Nutrigenomics**
- Gene Expression**

You have 37 trillion cells in your body. xR’s strategy is to determine what is wrong at the cellular level through genetic and other testing. With this knowledge, xR creates your Epigenetic Care Plan to optimize cellular function to prevent another migraine from occurring with no side effects. Because the approach is cellular, you may also see improvement in many symptoms.

Personalized Epigenetic Strategies:

PERSONALIZED NUTRITION

TARGETED NUTRACEUTICALS

TARGETED BIOIDENTICAL HORMONES

The Profound Benefit of Epigenetic Health



Epigenetics *Does No Harm*

Epigenetic treatment is targeted at the root cause of what is causing your migraine pain. The treatments we use do no harm, because we are advising on proper nutrition, nutraceuticals and bioidentical hormones. The body is more at peace to heal naturally and physiologically because we are not introducing foreign substances into the body.



H.O.M.I.N.G to get back “home” — to your healthy state.

Measurable with Simple Impactful Tests

Ask Your Doctor To Find the Cause of your Migraine

Have xR work with your Health Care Provider to get tested to find the cause of your migraine. xR happily trains doctors in the emerging field of Epigenetics.

The First Step to Ending Migraines

Tests and Health History



DNA Test



Food Sensitivity Test



xR Methylation Test



xR Hormone Panel



Review of Health History

To obtain the information we need to determine the causes of your migraine we test your DNA. A Food Sensitivity test identifies foods that create inflammation. A Methylation Test is used to analyze the functioning of important biochemical pathways. And a hormone test is used to see if your hormones are in balance.

The results of these tests, combined with a review of your personal health history, provide us with the information to take action at the root causes of your migraines.

The World's Only Food Guidance Report on Migraine's Root Causes

FOODS AS MEDICINE—			
▲ = GEMS DNA RESULTS	● = FOOD SENSITIVITY RESULTS	Symbol Color Denotes Grade A-F	
SAFE / ABUNDANCE			
Grade A			
▲ Almond	▲ Black Beans	▲ Lettuce Romaine	▲ Navy Beans
▲ Apple Mix	▲ Brussel Sprout	▲ Lettuce	▲ Pinto Beans
	▲ Collard Greens	▲ Liver	▲ Turnip Greens
	▲ Garbanzo Beans	▲ Mustard Greens	
MODERATION			
Grade B			
● Banana	● Soybean	● Malt	▲ Vinegar, White
● Beef	● Squash Mix	● Mushroom	▲ Walnut
▲ Beet	▲ Trout	▲ Nectarine	● Watermelon
● Blueberry	▲ Turkey	● Onion	Grade D
▲ Cabbage	▲ Yogurt, Greek	▲ Orange Roughly	
▲ Carrot	Grade C		
▲ Cod	● Apricot	▲ Orange	
● Cranberry	▲ Asparagus	▲ Papaya	
▲ Egg Yolk	▲ Avocado	● Peach	
▲ Garlic	▲ Barley	▲ Pecan	
● Green Bean	▲ Bouillon Cubes	▲ Pectin	
● Green Pepper	▲ Broccoli	▲ Pickled Foods	
▲ Halibut	▲ Buckwheat	● Plum	
▲ Ham	▲ Cauliflower	▲ Potatoes, Dried	
▲ Kale	▲ Chicken	▲ Potatoes, Frozen	
▲ Kidney Bean	▲ Ciders	▲ Raspberry	
▲ Lamb	▲ Corn Syrup	▲ Red Snapper	
▲ Lentil	▲ Egg White	▲ Ricotta	
▲ Lima Bean	▲ Goat Milk	▲ Rye	
▲ Pea	▲ Grapefruit	▲ Salmon	
▲ Pear	▲ Gravy, Bottled	▲ Soy Cheese	
▲ Pineapple	▲ Green Bean Pods	▲ Soy Milk	
▲ Pork	▲ Honey	▲ Spinach	
▲ Sole	▲ Lemon	▲ Strawberry	
	▲ Lobster	▲ Sunflower Seed	
		▲ Tuna	
		▲ Vinegar, Balsamic	
AVOID			
Grade F			
▲ Abalone	▲ Catfish	● Gluten	▲ Salmon Lox
▲ Aged Cheese	● Cheddar Cheese	▲ Goose	▲ Sauerkraut
▲ Aged Game	▲ Cherries, Marasc...	▲ Grape Juice	▲ Sausage
▲ American Cheese	● Chocolate	▲ Jerky	● Sesame Seed
▲ Anchovies	▲ Cinnamon	● Lactalbumin	▲ Shark
▲ Bacon	▲ Cottage Cheese	▲ Lemon Juice, Bot...	▲ Shellfish
▲ Bakers Yeast	● Cow Milk	▲ Lime Juice, Bott...	▲ Shrimp Paste
▲ Beer	▲ Cow Milk	▲ Mackerel	● Shrimp
▲ Black Olive	▲ Dried Fruits	▲ Mahi Mahi	▲ Sour Cream
▲ Bologna	▲ Eggplant	▲ Molasses	▲ Vinegar, Wine
▲ Brewers Yeast	▲ Fish, Canned	● Mozzarella Cheese	▲ Wheat
▲ Cane Sugar	▲ Fish, Dried	▲ Oyster	▲ Wine, Red
▲ Canned Meats	▲ Fish, Fermented	▲ Pepperoni	▲ Wine, White
● Casein	▲ Fish, Smoked	▲ Pickles & Relish	▲ Worcestershire Sau...
	▲ Flounder	▲ Rice	▲ Yogurt
	● Gliadin	▲ Salami	

Your results are provided in an elegant solution that is easy to implement. The analysis is presented into the world's only food report that integrates genetics, methylation, inflammation and oxidative stress.

- PERSONALIZED TO YOU
- INTEGRATES NUTRIGENOMIC DATA & INFLAMMATORY FOOD DATA

Privacy Assured

TARGETED NUTRACEUTICALS
+
PERSONALIZED NUTRITION
+
TARGETED HORMONES
=
EPIGENETICS FOR MIGRAINE

Available Through Select Health Care Professionals



YOUR MIGRAINE CAUSE IS UNIQUELY YOURS

xR is an innovative healthcare company that is using the science of human genetics, as well as our deep expertise in biochemistry and human physiology, to identify and treat at the root cause of disease, including migraines. We believe the future of medicine lies in empowering patients to learn what is at the root cause of their disease and to treat using nutrition and targeted supplementation and bioidentical hormones under the care of a healthcare professional.

xR will help you determine what are **YOUR CAUSES** and provide you with specific guidance to **TAKE ACTION** over a lifetime to prevent migraines.

This is a state of the art, innovative, and clinically proven program that only xR with your doctor can provide. It has changed many people's lives for the better and we are excited to show you how we can help you too. Stay positive, there is more than hope when it comes to understanding your Epigenetics.

To find out more or get started today please contact us at the number below or visit us online at migraine.xrmd.com



EPIGENETIC HEALTH

This content is not intended to substitute for professional medical advice. You should not use this information for diagnosing or treating a health problem or disease, or prescribing any medication or other treatment. Always consult your physician or other qualified healthcare provider with your questions regarding a medical condition. Individual results will vary.

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migraine.xrmd.com