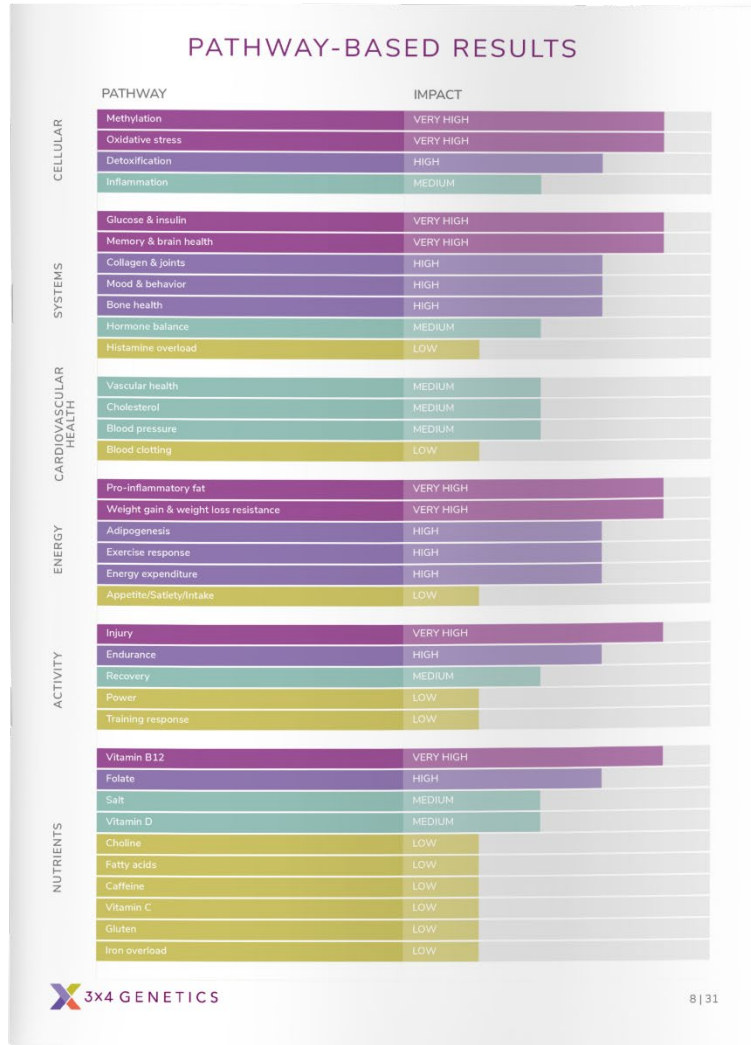


























Terrain Ten™ & The 3X4 Blueprint



Terrain Ten™ Buckets Pairing

Bucket	3X4 Pathways			
Genetics / Epigenetics and nutrigenomic	High impact pathways & those affected by environmental exposures			
Blood sugar regulation	 Glucose & Insulin	 Iron Overload	 Energy Balance	
Toxic burden management	 Methylation  Bone Health	 Histamine Overload  Iron Overload	 Hormone Balance  Detoxification	 Caffeine
Repopulating and balancing the microbiome	 Cellular Functions  Gluten	 Histamine Overload  Collagen & Joints (Connective Tissue)	 Vitamin B12	
Modulating inflammation and oxidative stress	 Inflammation  Glucose & Insulin  Vitamin D	 Oxidative Stress  Pro-inflammatory Fat  Iron Overload	 Histamine Overload  Fatty Acids  Gluten	

Bucket

3X4 Pathways

Immune system maximization



All cellular pathways



Glucose & Insulin



Histamine Overload



Gluten



Vitamin D



Fatty Acids

Blood circulation enhancement +
inhibit angiogenesis + metastasis



Vascular Health



Blood Clotting



Blood Pressure



Cholesterol

Establishing Hormone Balance



Methylation



Hormone Balance



Mood & Behavior



Glucose & Insulin



Choline



Folate



Vitamin B12



Vitamin D



Bone Health

Recalibrating stress levels
and biorhythms



Mood & Behavior



Histamine Overload



Hormone Balance



Appetite & Satiety

Mental and emotional wellbeing



Mood & Behavior



Memory & Brain
Health



Hormone Balance



Glucose & Insulin



Histamine Overload



Vitamin B12