

	ZONE 1 High Blood Sugar	ZONE 2 Low/Fluctuating Blood Sugar	ZONE 3 High Cortisol	ZONE 4 Low Cortisol	ZONE 5 Stomach / small intestine	ZONE 6 Large Intestines	ZONE 7 Liver / Gall Bladder	ZONE 8 Thyroid	ZONE 9 Male Hormone	ZONE 10 Female Hormone (Menstruating)	ZONE 11 Female Hormones (Menopausal)	ZONE 12 Nutrients	ZONE 13 Oxygen Deliverability
HIGH PRIORITY	12	12	12	12	12	12	12	12	12	12	12	12	12
	11	11	11	11	11	11	11	11	11	11	11	11	11
	10	10	10	10	10	10	10	10	10	10	10	10	10
	9	9	9	9	9	9	9	9	9	9	9	9	9
MEDIUM PRIORITY	8	8	8	8	8	8	8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5	5	5	5	5
LOW PRIORITY	4	4	4	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1	1	1	1
	0	0	0	0	0	0	0	0	0	0	0	0	0

myZone
Total Score

LOW: 0-43

MODERATE: 44-87

HIGH: 88-132