



Travis J. Elliott

Intuitive Health Consulting

# Intuitive Bioresonance Report (IBA) Explained

## -An Orientation to your results-

**Our work together brings Wholeness (the state of being healed) into your daily experience.**

Each month I intuitively check in on your health and create a report. The information in this report is a reflection of how well your body systems are connected to each other AND how well you are connected to the world around you.

Why? Because your wholeness—your true nature—is Nature. You may feel like an individual, but you are enmeshed in all of the connections and relationships of the natural world and the cosmos.



In fact, you are no more separate from Nature than your arm is separate from your body. And therefore Nature—whether it's moss on a boulder, an owl in a forest, or a strip mine in a mountain—is as connected to your Whole Health as is your arm or your small intestine. *(also part of our nature, though it's harder to imagine, are the violent felon in prison and the RoundUp on a genetically engineered soybean).*

**There is a single ocean of consciousness, and we are all swimming in it.**

**Undoubtedly, you have blocks to experiencing this kind of Wholeness.** No one's River is flowing quite this smoothly and beautifully. **So we have work to do.** Together, we can become more Whole—healed, in other words—and it's a team effort by all of nature; a team that I have been learning to work with for my entire career.

**Your IBA report is a result of this Wholistic teamwork;** it emerges from consulting with the complex interactions among plants, animals, fungi, you (the client), and me (the guide). And it brings these complex interactions into a single, actionable, Nature-derived support plan that you can easily follow.

**As you'll see below, your monthly report is broken into two main sections:**

1. The Description of the Priority Layer. I.e., The description of your current experience of your River of Health.
2. The Support Plan that addresses the Priority Layer.

Let's take a look...



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## But first...

### An Important Disclaimer:

*The information in this report is provided for information purposes only. It is not intended, nor should it be used as a substitute for standard medical diagnostic methods or your physician's clinical judgement. The IBA is a non-medical tool that cannot diagnose nor direct prescriptions. It identifies and supports the priority block in a client's physiology and specific priorities to support health. These recommendations are chosen by the client, through subconscious bioresonance, not through the pattern recognition that comes from medical training and research. Instead, it is meant to offer support to your body's natural healing processes, as interpreted by Travis Elliott, via the IBA process.*

**I take the information in the IBA report seriously**, but it exists outside the normal medical diagnostic paradigm. I.e., **There is not diagnosis with this report**. I may talk about a priority linked to an infection like Lyme disease or a condition like heavy metal toxicity. However, these intuitive findings would not / should not be used to diagnose you with either of these conditions.



What individualized support does your body require?  
Intuitive Bioresonance Assessment (IBA) Client Report

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3/11/23  
x-4000

Sample Template

Category	"Priority Layer" emerging from Client <--> Guide <--> Plant intuitive process	
<b>Initial Intuitive Impression or Analogy</b> (The intuitive image that your body is using to communicate what is—right now—the most important layer to address.)	I see an image of you in a traffic jam that is approaching a bridge. The feeling is that if you can just make it through this bottleneck and over the bridge, it will all open up on the other side and you'll be "free-er". This image then morphs into a ball of light. Everything else falls away like the cardboard set of a play. Le., The truth is that you are—right now, right where you are—a ball of light. There's no need to "go" anywhere.	
<b>What specific body systems need support and how do your body tissues need to change?</b>	This shift will trickle down to increasing the metabolic heat of your regulatory systems (nervous, detox, endocrine, MSK).	
<b>Other archetypal or astrological priority</b> (Possible mythical components of your disease process and/or evolution)	None as priority.	
	<b>Specific markers of flow and flow restrictions</b>	<b>Your body says...</b>
<b>Physiology Flow Score (PFS)</b>	Measure of detoxification and overall information flow in the body. —On a scale up to 21. 10 or less is optimal; 21(+) is the highest restriction.	10
<b>Autonomic Nervous System (ANS) Restriction Level</b>	How restricted is your nervous system? Rest/Digest/Relax vs. Stress/Fight/Flight/Freeze/Fold -Parasympathetic vs Sympathetic balance affects stress levels AND cellular physiology. Graded 1-10 with 10 the highest degree of restriction. 1 is optimal "relaxed alertness."	3
	Restriction summary:	PFS: 10—>10; ANS: 3—>3
<b>Infection Stress</b>	Energetic indication of infection?	none as priority
<b>Other potential blockages in your system</b>	Are any of the following currently needing support? • Cell Danger Response • External toxins such as Solvents or Heavy metals • EMFs, Food allergies, or Environmental Allergies • Nutritional imbalances • Intestinal flora imbalances	none as priority
<b>Cell communication</b>	Optimal cell to cell communication been reached (molecular and bio-energetic)?	Not yet.
<b>What specific support resonates with the priority described above?</b>		
<b>Please send a follow up after 3 weeks, even if the support plan isn't finished.</b>		
In what specific ways are the plants able to help you with this priority? These plants are offering to help...		
1. Organic Unity spagyric essence of Elecampane. Dose is 3 drops 3x/day until gone. Tomorrow we can talk more about this plant. - restore digestive fire; rejuvenative for the lungs; drying, warming, stimulating, tonifying. - we don't have much psychological picture: depression, memory lapses, poor concentration, homesickness such as feeling "torn away from home." But please take it, talk to it, dream about it.		
2. Quicksilver Scientific liposomal "Full Spectrum Hemp Extract" (CBD): Dose is 3 pumps 3x/day for what may be three bottles. Though I'll send you an invoice for two in case you just want those and then see if it's still a priority after 3 weeks. And, again, we can talk more about this powerful CBD formulation tomorrow.		

Fortunately, unlike regular medicine, **we don't need a diagnosis to help you**. I simply follow the lead of the self-healing wisdom of your bodymind.

**Another reason this report is not a diagnosis** is that it is not a general overview of all imbalances. Rather, it is a snapshot of the most important obstacle, right in this moment, to your own self-healing. This snapshot is what I call the Priority.

Now that that's out of the way, let's look at the **specific parts of the IBA Report...**



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Intuitive Health Consulting

## INTUITIVE DESCRIPTION — WHAT IS THE PRIORITY LAYER OR BLOCK?

•Remember: we are not getting an aerial view of your whole River of Health ([click for pdf](#); [click for video](#)) and all of its obstacles. A river is windingly complex. Each IBA assessment is the “view from the boat” of the closest priority layer that needs help. We are asking, **“What is most strongly blocking your ability to heal yourself—right now—and how do we help you remove that block?”** It could be related to blocks in your liver pathways, it could be related to blocks in your understanding of Consciousness, or it could be a block in the digestion of a “negative” emotion.

•Just because a category in the report says “not a priority,” doesn’t mean that that area of your health is perfectly balanced. This result is not the same as a “negative” test from your doctor. It’s just not a primary driver or cause of symptoms right now.

### Report First Row: **Initial Intuitive Impression or Analogy**

- This **image** is an analogy containing key information about your health. It goes beyond the normal organ systems and quantification of normal medicine.
- My intuitive process is the result of teamwork; it emerges from complex interactions between plants, animals, fungi, you (the client), and me (the guide). I have have worked hard for years to develop and fine-tune this extra sensory ability to perceive and describe this subtle information that comes to me—usually—in the form of a picture that I can explore and ask questions about.
- It may describe the qualities of the information flow in any level of your physiology—from your dense physical body all the way up to your subtle energy fields or spiritual connection.
- This intuitive image is the a snapshot that is **critical for a deep understanding of the whole report.**

### Second Row: **Priority Body Systems and Tissue States**

- In this section of the IBA, I’m asking “yes/no” questions to identify one or more body systems that need support. I also determine **how** the tissues of the body need to shift.
- The tissue state changes are in one of three categories: (1) tissue heat or temperature; (2) tissue moisture [dry or stagnant]; (3) tissue tone [relaxed or tense].
- This section is mostly focused on the physical body and uses more conventional categories of anatomy and physiology.



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### Third Row: **Astrological or Natural Archetypes that might be a Priority**

- The science of astrology and the patterns of nature are the hidden, subconscious foundation of your life; they can describe the terrain that determines the flow of your River.
- Understanding larger life patterns and how they specifically impact you can add needed richness, depth and **power** to your healing.
- When appropriate, I will use nature-based analogies, myths, and/or astrological concepts to illustrate areas of your life and health that are currently a struggle.

### Fourth Row: **Physiology Flow Score (PFS)**

- In this part of the assessment, I determine a “flow” score from 1-21(+).
- This number is an overall description of restrictions within your physiology. It reflects the **combined** flow of toxins through your liver and kidneys, the flow of emotional processing, the flow of nervous system signals, the flow of chakra and meridian communication, and everything in between.
- Most clients start in the neighborhood of 16-21, which is highly restricted flow. A more optimal score is 10 or below.
- As we work together, this score should trend downwards, though it will spike up as different layers of dysfunction are uncovered and worked with. (e.g., a chronic infection or an unresolved trauma).

### Fifth Row: **Autonomic Nervous System (ANS) Restriction**

- This score is similar to the Physiology Flow Score but narrower in scope. It focuses specifically on the part of your nervous system that is the background regulator of all body functions.
- Your ANS restriction is intuitively assessed from 1-10, with 10 being the most restricted.
- Ideally, your ANS is able to flow back and forth, from “Rest and Digest” to “Fight/Flight/Freeze” as the situation dictates. Your nervous system should be flexible and dynamic and responsive to your needs. When you sleep, you should repair and detox. When you are in an emergency, your digestion should quiet down and your muscles should get all the blood they need.
- A high restriction score means that your nervous system is more rigid and stuck, and it means that important body functions will also be rigid and stuck.



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Intuitive Health Consulting

### Sixth Row: **Infection Stress**

- This section is a non-diagnostic assessment of infection stress. In order for an infection to show up in this section, the following two criteria must be true:
  1. The electromagnetic signature of that infection is present in your body.AND...
  2. It is a priority to support your body's immune system.
- Please note: this is not a medical test for an infection. E.g., the IBA is not a "Lyme disease test." *Also note, that you may have an active infection even if this section of the IBA says "none as priority."*
- The IBA identifies what specific aspects of your health are most important right now. Sometimes an infection is the most important, and other times it won't be. If your immune system is weak because you are anxious, your nervous system dysfunction is the main issue, not the infection.

### Seventh Row of Evaluation Section: **Other Potential Blockages**

- This section is a "catch-all" section for less frequent priorities. In other methods of evaluations—for other doctors—these factors are **very** common. But with the IBA I am able to dive deeply into your body and being. Rather than working with intestinal bacteria directly, we might work with the underlying issues of the nervous system that are **directly leading** to the intestinal dysfunction that creates unbalanced intestinal bacteria. However, because these factors are sometimes important, I include them in this section so that you know that I am considering them.
  1. Cell Danger Response: In situations of past trauma (emotional, physical, infection, etc), the wiring for the fight/flight response gets strengthened and more "trigger happy" and can trigger anxiety, but also mast cell-based allergic responses. This finding means that extra care (and extra time) needs to be taken to calm the nervous system and help with the effects of past trauma.
  2. EMF sensitivities, food allergies, environmental allergies.
  3. Specific Environmental Toxins such as solvents or heavy metals.
  4. Specific Nutritional Imbalances: No person has perfect nutritional balance, but in my experience, the imbalances are often the result of deeper issues. It's not just a matter of taking more Vitamin D or Vitamin B.
  5. Intestinal Flora Imbalances.

### Eighth Row of Evaluation Section: **Optimal Cell-to-Cell Communication**

- This is a "yes/no" hurdle that takes some work to clear. In my experience, after months of work on many levels of your health; after we've traveled together quite a bit down your River, you reach a level of 'flow' that is smooth and untroubled.
- Once this section reaches a "yes," you will be able to look back in awe at the work you've done, and how deeply and joyfully you are able to inhabit both your body and your life.

Travis J. Elliott, Intuitive Health Consulting

[contact@travisjelliott.com](mailto:contact@travisjelliott.com) — 802-482-2770 — [www.travisjelliott.com](http://www.travisjelliott.com) — 291 Mead Farm Rd, Hinesburg, VT 05461





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Intuitive Health Consulting

## IBA SUPPORT PLAN— HOW DO WE HELP YOU MOVE YOU DOWN THE RIVER?

### Spagyric Plant and Fungal Medicines

- The most powerful medicines are ones that reflect and honor the collective consciousness that we are a part of. More than normal tinctures, spagyric preparations of plants and fungi embody this wisdom of the natural world. They are potentized messengers of plant and fungal consciousness that can interact more powerfully with your body than any “normal” nutritional supplement or herbal capsule.
- I honor that consciousness in this report by including a description of specifically **how** the plants are offering to help you. This description adds additional depth to the understanding of the priority layer and how change can occur. It’s an educational offering from the plants that I have tremendous respect for.

### How Is The Support Plan Decided Upon?

- When I perform this part of the assessment, **I am only focused on nutritional or herbal support that are a priority for the client sample in front of me.** I am not referring back to the Evaluation results and matching a treatment for each imbalance. This latter strategy is a “whack-a-mole” approach that has limited effectiveness.
- For example, if the Evaluation lists a chronic infection and a B-vitamin deficiency, the treatment is not a knee-jerk attempt to kill the infection or give B-vitamins. ***Your body may have a higher priority, and it is in charge.*** For example, the best weapon against Lyme disease is your own immune system, and perhaps (for example) your immune system is shackled by a severely restricted nervous system. If that were the case, then relaxing your nervous system could be the most important thing we could do for your infection. AND, it may help increase your absorption of B-vitamins from your food, without having to take a pill.
- **I don’t know what the support plan will be before I start the IBA.** My job is to learn about, and be open to, all kinds of products and lifestyle changes that can help you heal. I listen to your system and find herbs, supplements, lifestyle changes and referrals that your body can effectively work with.

Thank you for reading. [Click here to find out how to work together and to claim your free IBA trial.](#)