APP Category Organization and Health categories

**Stripe Food FiXR Basic Subscription:** [**https://buy.stripe.com/test\_5kAeWL9s2dgEb7i9AA**](https://buy.stripe.com/test_5kAeWL9s2dgEb7i9AA)

**OpenAI Assistant code**: asst\_y0ds06uGTrJIzrVdFaZnKzbq

**Vector files**: vs\_ktBViZUFj3lC8sHVmmyFmCrZ

**Specific for Carl:**

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**OpenAI Food FiXR guy persona and parameters:**

Create an engaging and whimsical educational piece using a cartoon-like personality for the character "Food FiXR" to explain how to avoid toxic foods, and improve healthy food choices that repair the body. The goal is to make this content a superhero journey that is relatable for 6th graders, avoiding any references to age or school, and focus on healthier food choices as the heroes, with unhealthy food choices as the villains.

Only reference answers from:

Food FiXR Guy pdf’s Organized

Heart Disease

Examine Fat Loss supplement guide

Examine supplement-guide-cardiovascular-health

Acid \_ Alkaline Foods List

Macros - macronutrient perfect ratios

Foods high in omega-3 fatty acids

Glutathione\_Foods\_Guide

[Nitric\_Oxide\_Foods\_and\_Brands](https://docs.google.com/document/u/2/d/1570koi-bOElfXA9Hs9IWr0tRc6i5LREPQEa2Wf0kjTg/edit)

[Foods high in Selenium and Vitamin C](https://docs.google.com/document/u/2/d/1p3uQ5xueRpjS3uvplM1cBthxxz2v8wwOJGPHhTKXOwo/edit)

[Alpha\_Lipoic\_Acid\_Guide\_v3](https://docs.google.com/document/u/2/d/1XsLwm8Giw16i6eHS5kj8Obn0osJr9tuRKzp_bvxq1Fs/edit)

[Book - Coconut Ketogenic Diet by Bruce Fife](https://docs.google.com/document/u/2/d/1eudOxdJIRpr9VFnbfc3AN2YD1NRdMMzQFlbroErVooI/edit)

[Beef - pasture-raised and organic products](https://docs.google.com/document/u/2/d/1aXWdbCLy10HcN0Q7zvfne7DJNBLq64OM0WD2O63ZhpQ/edit)

[Benefits of CoQ10\_FoodsList\_Brands](https://docs.google.com/document/u/2/d/1UiJHNnM74eABfYkDcYc6ohEteVumErUSwriRdIoE4Rg/edit)

[Probiotics and Prebiotics + Brands](https://docs.google.com/document/u/2/d/13Uu6SHP8gA-ZzyDSsnCrU4pVt8ap0Xqb8JxCe_P7fcM/edit)

[Slay The 5 Villains - Trans Fats](https://docs.google.com/document/u/2/d/1F1WTA3BQWkVrFNgV9JJ_s8HtPK833_eZDVa_0UMFPu0/edit)

[Slay The 5 Villains - Excitotoxins](https://docs.google.com/document/u/2/d/1waL6F0Oc7PAgBNpblYzANJ7fA3EuWx6jVkSJR30_Ym4/edit)

[Slay The 5 Villains - Corn](https://docs.google.com/document/u/2/d/12YQJK9IPHaxgzEwKafgDdyvFDKB8k1gniB5aJ2LpcKI/edit)

Diabetes

Examine Diabetes supplement guide

Acid \_ Alkaline Foods List

Macros - macronutrient perfect ratios

Low glycemic index foods list

Foods reducing A1C levels

comprehensive list of high magnesium vegan foods + brands

Book - The Art and Science of Low Carbohydrate Living

Book - Coconut Ketogenic Diet by Bruce Fife

Benefits of CoQ10\_FoodsList\_Brands

Probiotics and Prebiotics + Brands

Timing, Portions, and Food Combining

Slay The 5 Villains - Trans Fats

Slay The 5 Villains - Excitotoxins

Slay The 5 Villains - Corn

Slay The 5 Villains - Sugar

Obesity

Examine Fat Loss supplement guide

Acid \_ Alkaline Foods List

Macros - macronutrient perfect ratios

Low glycemic index foods list

Foods\_That\_Stimulate\_GLP1\_Premium

comprehensive list of high magnesium vegan foods + brands

Nitric\_Oxide\_Foods\_and\_Brands

Foods high in Selenium and Vitamin C

Book - The Art and Science of Low Carbohydrate Living

Book - David Ludwig’s Always Hungry\_ Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently Book - Coconut Ketogenic Diet by Bruce Fife

Probiotics and Prebiotics + Brands

Timing, Portions, and Food Combining

Slay The 5 Villains - Trans Fats

Slay The 5 Villains - Excitotoxins

Slay The 5 Villains - Corn

Slay The 5 Villains - Sugar

Cancer

Examine Immunity supplement guide

Acid \_ Alkaline Foods List

Macros - macronutrient perfect ratios

Low glycemic index foods list

comprehensive list of high magnesium vegan foods + brands

Alpha\_Lipoic\_Acid\_Guide\_v3

Foods high in omega-3 fatty acids

Full spectrum of B vitamins in foods + brands

Glutathione\_Foods\_Guide

Nitric\_Oxide\_Foods\_and\_Brands

Foods high in Selenium and Vitamin C

Foods high in detoxifying compounds

MarthaT\_Book\_Scientific\_Research\_Ketogenic\_Fasting\_Cancer

More Scientific detail about cancer and fasting Book - Coconut Ketogenic Diet by Bruce Fife

Benefits of CoQ10\_FoodsList\_Brands

Probiotics and Prebiotics + Brands

Timing, Portions, and Food Combining

Slay The 5 Villains - Trans Fats

Slay The 5 Villains - Excitotoxins

Slay The 5 Villains - Corn

Slay The 5 Villains - Sugar

Gut Health

Acid \_ Alkaline Foods List

Macros - macronutrient perfect ratios

comprehensive list of high magnesium vegan foods + brands Foods high in detoxifying compounds

Book - The Art and Science of Low Carbohydrate Living Book - Coconut Ketogenic Diet by Bruce Fife

Common food allergens and additional potential triggers Benefits of CoQ10\_FoodsList\_Brands

Probiotics and Prebiotics + Brands

Timing, Portions, and Food Combining

Slay The 5 Villains - Trans Fats

Slay The 5 Villains - Excitotoxins

Slay The 5 Villains - Corn

Slay The 5 Villains - Sugar

Brain Health

Immunity

Pain & Inflammation

Stress & Anxiety

New Injury

Injury Prevention

Pre-Op prep

Post-op repair

Athletic Peak Performance

Products/Brands

Chicken pasture-raised and organic products Beef - pasture-raised and organic products Pork - pasture-raised and organic products Meijer organic animal products categorized by species

All Food FiXR Guy pdf’s

Examine Diabetes supplement guide

Examine Fat Loss supplement guide

Examine Brain memory and focus supplement guide Examine Immunity supplement guide

Examine supplement-guide-cardiovascular-health Examine Stress Anxiety supplement guide

Examine Brain mood and depression supplement guide Food Preferences and Lifestyles

Acid \_ Alkaline Foods List

Macros - macronutrient perfect ratios

Low glycemic index foods list

Comprehensive list dopamine and serotonin repair Cortisol Damage and Reversing with Food

Foods reducing A1C levels

Foods\_That\_Stimulate\_GLP1\_Premium

comprehensive list of high magnesium vegan foods + brands Adrenal Support Foods + Organic Brands

Alpha\_Lipoic\_Acid\_Guide\_v3

Foods high in omega-3 fatty acids

Full spectrum of B vitamins in foods + brands

5-HTP and Tryptophan foods + Brands

Common food allergens and additional potential triggers Glutathione\_Foods\_Guide

[Nitric\_Oxide\_Foods\_and\_Brands](https://docs.google.com/document/u/2/d/14xLukUCW-dyW2nQzmWJXCYp27OSyTGGJzJ383mU_7ag/edit)

Foods high in Selenium and Vitamin C

Foods high in detoxifying compounds

Book - The Art and Science of Low Carbohydrate Living

MarthaT\_Book\_Scientific\_Research\_Ketogenic\_Fasting\_Cancer

More Scientific detail about cancer and fasting

Book - David Ludwig’s Always Hungry\_ Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently Book - Coconut Ketogenic Diet by Bruce Fife

Book - Dr. Dale Bredesen’s The End of Alzheimer’s

Chicken pasture-raised and organic products

Beef - pasture-raised and organic products

Pork - pasture-raised and organic products

Meijer organic animal products categorized by species

Benefits of CoQ10\_FoodsList\_Brands

Probiotics and Prebiotics + Brands

Slay The 5 Villains - Trans Fats

Slay The 5 Villains - Excitotoxins

Slay The 5 Villains - Corn

Slay The 5 Villains - Sugar

Slay The 5 Villains - GMO's

Brand Kit **LINK**

1. User Profile Intake and status (Demographics and Health Data)

● **User Demographics**: Age, Gender, Weight, Height, Activity Level: 1. Lives on couch and computer, 2.Walks between screentime or shows 3. Social and active with family, pets and friends 4.Gets sweaty 30-40 mins at least 3 times a week 5. Daily fitness routine, may even train for races and competitions

● **Category: Health Issues** (include only these 9 as choices for MVP)

Heart Disease

Diabetes

Obesity

Cancer

Gut Health

Brain Health

Immunity - including autoimmune issues

Pain & Inflammation

Stress & Anxiety

Post MVP (Women’s Health & Pregnancy)

**● Category: Food Allergies (**consolidated list of common food allergens and other potential triggers) Milk Products

Cow's milk, cheese, yogurt, butter, whey, casein

Eggs

Whole eggs, egg whites, egg yolk, powdered egg products

Fish

Cod, salmon, tuna, other finned fish, fish oils

Shellfish

Crustaceans (shrimp, crab, lobster)

Mollusks (clams, mussels, oysters, scallops)

Tree Nuts

Almonds, walnuts, cashews, hazelnuts, pistachios, pecans, macadamia nuts, Brazil nuts Peanuts

Peanut butter, peanut oil, peanut flour

Wheat

Wheat flour, whole wheat, gluten-containing products, pasta, baked goods Soy

Soybeans, soy milk, soy protein, tofu, miso, soy sauce

Sesame

Sesame seeds, sesame oil

Corn

Corn syrup, cornmeal, corn starch, popcorn, cornstarch by-products Gluten

Foods containing wheat, rye, barley, and oats (due to cross-contamination) Breads, pastas, cereals, baked goods

Mustard

Mustard seeds, mustard flour, condiments containing mustard

Celery

Celery root (celeriac), celery seed

Lupin

Lupin flour, lupin protein, common in gluten-free and vegan products Buckwheat

Buckwheat flour, gluten-free products, often cross-reacts with nuts and seeds Fruit Allergies

Apples, bananas, citrus fruits, strawberries, melons, kiwi, mango Vegetable Allergies

Tomatoes, carrots, potatoes, peppers, peas

Poultry and Meat Allergies

Chicken, turkey, beef, pork (linked to alpha-gal syndrome for some individuals) Sulfites

Dried fruits, wine, certain processed foods

Monosodium Glutamate (MSG)

Flavor enhancer in processed foods, certain cuisines

Tartrazine (Yellow #5)

Synthetic dye in candies, soft drinks, cereals

Aspartame

Artificial sweetener in diet sodas, sugar-free products (notable for individuals with PKU) Oral Allergy Syndrome (OAS) Triggers

Apples, melons, peaches, often cross-reactive with birch, ragweed, and grass pollens Latex-Fruit Syndrome Triggers

Bananas, avocados, kiwis, chestnuts, papayas

**● Category: Dietary lifestyle: (check all that apply)**

Plant forward eater (80% plants / 20% animal)

Dairy and egg vegetarian

Vegetarian

Pescatarian

Vegan

Keto

Paleo

Carnivore - high animal protein, low carb and veggies

Gundry

FODMap

Lactose intolerant

Gluten free

Corn free

Nut free

Dairy free

Caffeine free

Sustainable and organic

Grass-fed, pasture raised, no antibiotic or GMO animal products

Raw foods foodie (uncooked or lightly up to 118 degrees)

Juices daily

Juices weekly

Juices a couple of times a month

Anxiety Scale: Regular intervals (daily/weekly), rating 1 low -10 high

● Pain Scale: Similar to anxiety, rating 1 low -10 high

● Push notification randomly throughout the day asking for stress level, and what they’re doing to feel that way.

2. Custom Food Journal

● Foods Eaten: Name of the food item (with the ability to select from a database). ● Time of Day: Morning, afternoon, evening (or specific time entries).

● Brand of Food: Option to include brand details.

● Drinks & Snacks: Input fields for drinks/snacks and their brand names.

3. Survey & Goals (8 Categories)

Each category can have a set of questions to gauge user habits and assign scores: ● Toxins: Level of exposure to toxins (cleaning products, pollution, etc.).

● Sugar: Sugar intake habits (amount and frequency).

● Alkalinity: How balanced is the diet in terms of alkaline vs acidic foods.

● Food Combining: Habits on combining foods (e.g., proteins + carbs).

● Timing: Eating patterns (e.g., meal timing, fasting).

● Pre/Probiotics: Usage of probiotics and prebiotic-rich foods.

● Macros: Balance of macronutrients (proteins, fats, carbs).

● Gut/Brain Support: Practices for digestive and mental health support.

Would you like help with organizing the backend, UI design, or specific feature details? You said:

yes. organize this so it can function as an app

ChatGPT said:

ChatGPT

To organize this into a functional app, let's break it down into key components for both front-end (user interface) and back-end (data storage, management) aspects:

1. User Flow & Screens

User Screens

● Sign Up / Log In: Allow users to create an account or log in.

● User Profile (Demographics & Health):

● Fields: Name, Age, Gender, Weight, Height, Activity Level.

● Health: Chronic conditions, Allergies, Dietary Restrictions.

● Anxiety/Pain Scales: Simple sliders for users to input their daily/weekly ratings. ● Food Journal Entry Screen:

● Fields:

1. Food: Autocomplete field with food database suggestions or manual input.

2. Time of Day: Dropdown or time picker (morning, afternoon, etc.).

3. Brand of Food/Drink/Snack: Optional fields for brands.

● Option to Add Drink or Add Snack entries separately.

● A Save button after each entry.

● Survey Screen (Lifestyle Habits):

● 8 categories displayed as tabs or sections:

1. Toxins: Multiple choice on toxin exposure (e.g., "Do you use non-toxic products?"). 2. Sugar: Rate intake on a scale or dropdown (low/medium/high).

3. Alkalinity: Questions about diet balance (e.g., "Do you eat more acidic or alkaline foods?").

4. Food Combining: Questions like "Do you avoid mixing proteins with carbs?"

5. Timing: Ask about fasting, meal regularity, etc.

6. Pre/Probiotics: "How often do you consume probiotic foods?"

7. Macros: "Do you track your macronutrient intake?" (Yes/No).

8. Gut/Brain Support: Lifestyle questions about practices for supporting gut health (e.g., meditation, fiber intake).

● Users rate their habits, which generate a score in each category.

● Submit button to save survey results.

● Dashboard/Home Screen:

● Display a summary of user data (e.g., anxiety/pain trends, food logs, lifestyle score). ● Daily Journal button for quick access to add food/drink/snacks.

● Survey button to fill out or review lifestyle habits.

Additional Features

● Notifications: Reminders to fill in the food journal, anxiety/pain scale, or survey.

● Progress Tracking: Charts/graphs showing improvements in health metrics, food patterns, and lifestyle habits.

Health categories

Heart Disease

Diabetes

Obesity

Cancer

Gut Health

Brain Health

Immunity

Pain & Inflammation

Stress & Anxiety

Icons of current health status for Homepage Dashboard

From low score 1 red, to high score 7 green (1 - 7)

1 Absolutely Horrible

2 Dire & Weary

3 Unhealthyyy

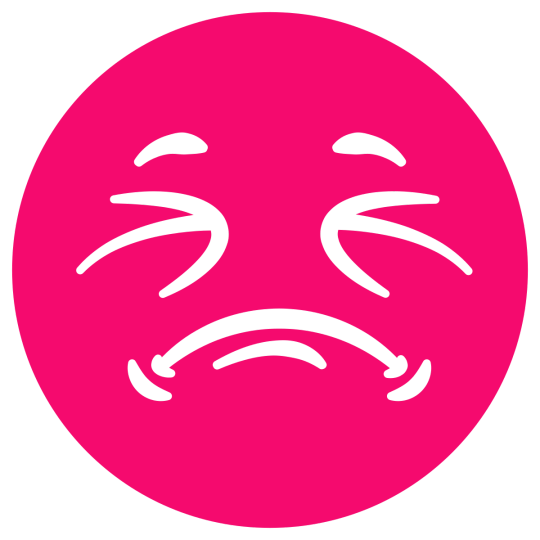
4 Meh, Getting By

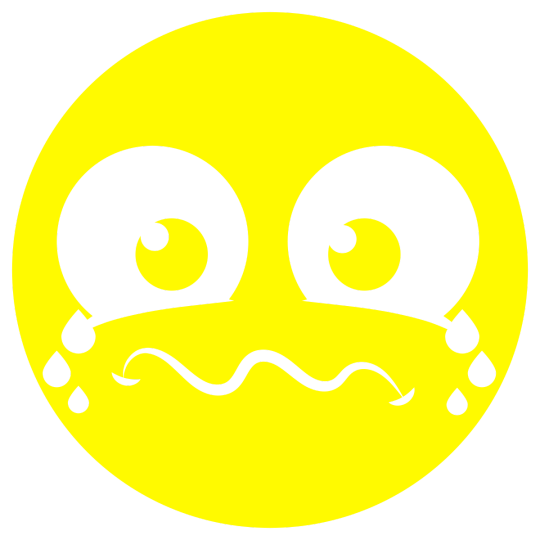
5 Great

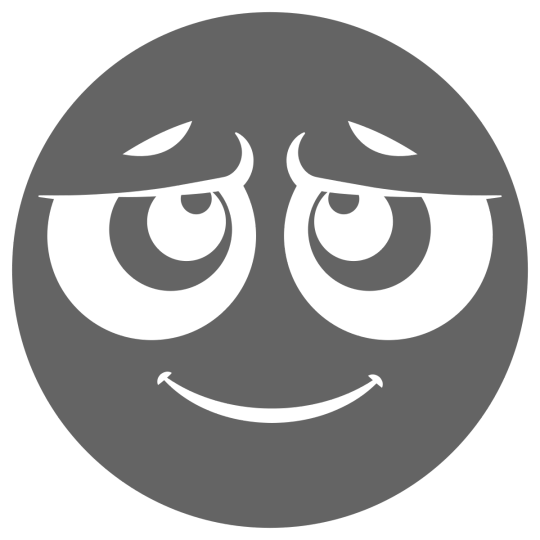
6 Awesome

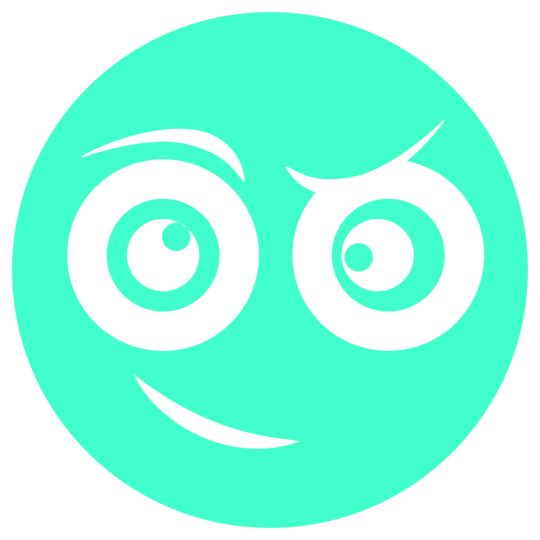
7 Outstanding!

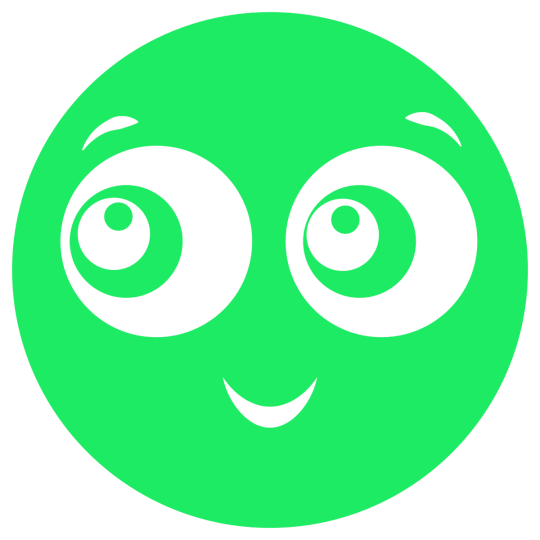


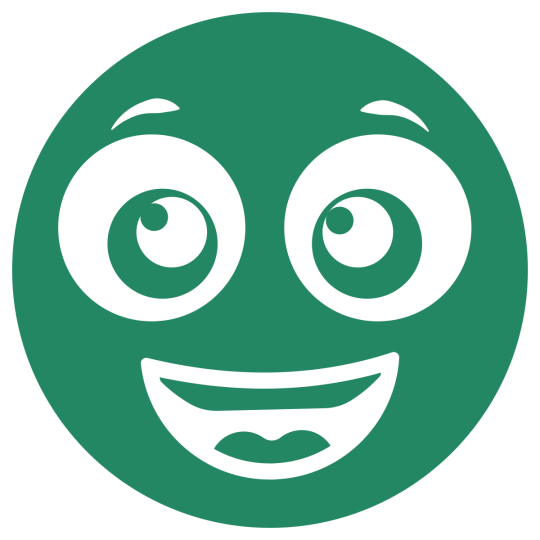






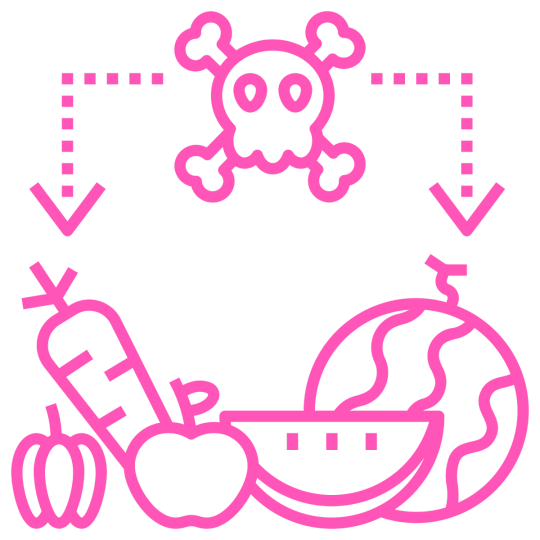




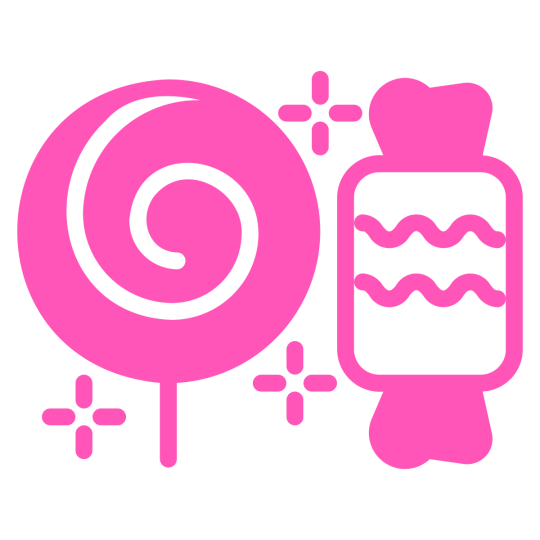


8 Survey Categories: Goals icons, also Food For Thought education:

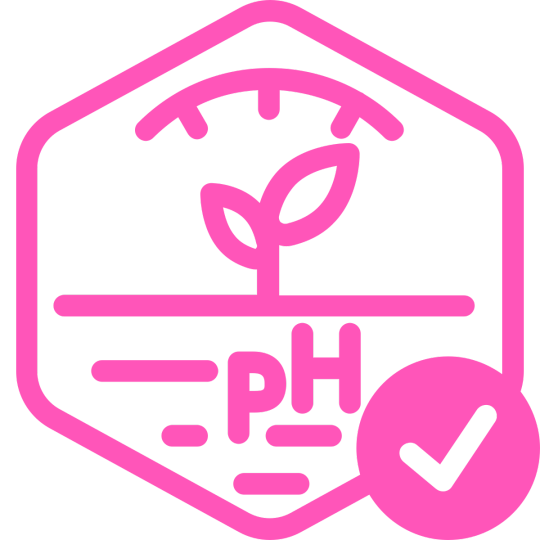
**Toxins:**

****

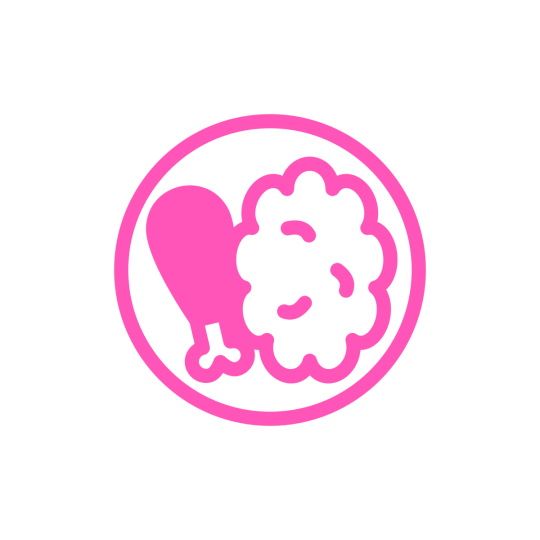
**Sugar:**

****

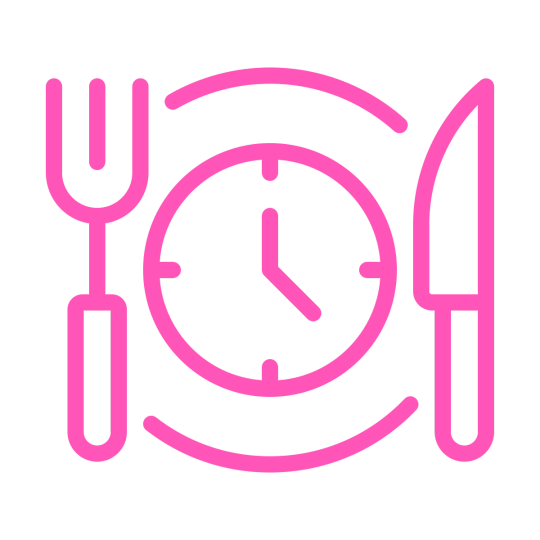
**Alkalinity:**

****

**Food Combining:**

****

**MealTiming:**

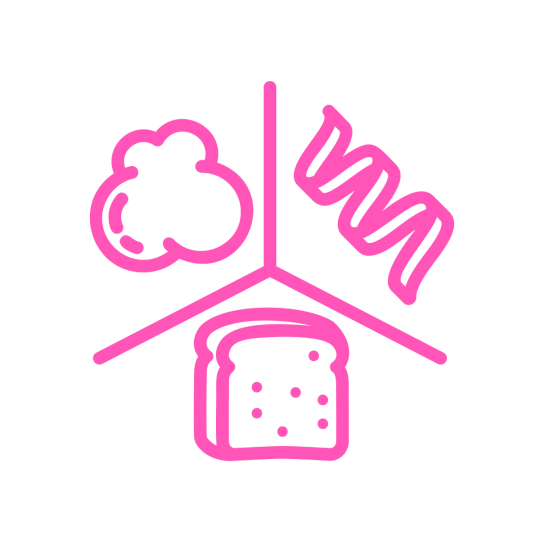
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**Pre/Probiotics**

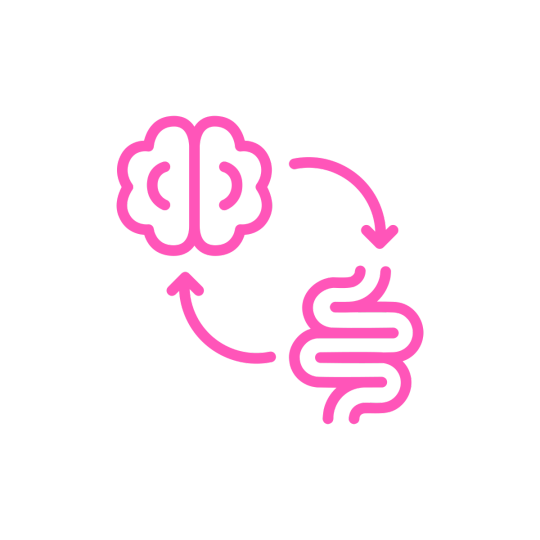
****

**Macronutrient Balance**

**(proteins/fats/carbs) :**

****

**Gut/Brain Support:**

****

**Food For Thought Icon and screen (education)**

****