



WHITE PAPER

THE SOVEREIGN HEALTH REVIEW

Your Clear-Eyed Guide to Natural Wellness That Actually Works

Presented by: Lodestone + ZinZino

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EXECUTIVE SUMMARY

We are in a time of radical health confusion. Natural health has exploded in popularity, but with it has come decision paralysis, misinformation, and fear-driven marketing. This white paper offers clarity. Drawing from over 40 years of interdisciplinary expertise, and the real-time impact of Lodestone and ZinZino's integrative partnership, this guide is designed to help you:

- Reconnect to your body's innate wisdom
- Access and interpret reliable health data
- Navigate overwhelm with confidence
- Begin a new path of true health sovereignty

You will find both inspiration and instruction in these pages. This is not theory — it's lived truth.



INTRODUCTION: HEALTH ANXIETY IS THE NEW NORMAL

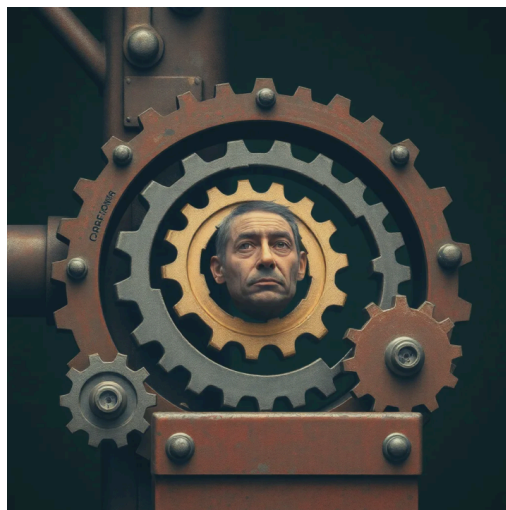
Every day, millions wake up with an ache, a worry, a question they can't answer:

- *Why do I feel so tired all the time?*
- *Is this symptom serious?*
- *Should I see a doctor, take a supplement, try a new diet?*

We're living through a global health crisis — not of disease, but of disconnection. From our bodies. From our intuition. From trustworthy information.

In Japan, ambulances are being called for nosebleeds and dizziness. Across the world, ERs are overwhelmed — not by emergencies, but by panic. People no longer know what's normal, or when to trust their body.

This white paper is a lifeline — a voice of calm, logic, and deep experience in a world full of contradiction and noise



Part One: The Current Health Landscape

Inflammation is the root of most chronic disease. From cardiovascular issues to autoimmune disorders, its reach is global. According to the World Health Organization (2023), 1 in 3 adults suffers from an inflammatory condition.

Yet what most people don't realise is that inflammation is measurable and modifiable.

What is ZinZino?

ZinZino is a global health and wellness company based in Scandinavia that specialises in personalised nutrition — most notably the **BalanceTest**, an at-home dried blood spot test that evaluates your omega-6 to omega-3 ratio, a vital marker of inflammation. With over 1.6 million dry blood test samples collected worldwide and a growing body of data, ZinZino provides the science to support personalized nutritional guidance and transformation.

Their flagship supplement, **Balance Oil**, combines high-quality omega-3 from wild-caught fish, vitamin D3, and polyphenols from cold-pressed olives. This formula helps reduce chronic inflammation, support brain and heart health, and rebalance cell membranes within approximately 120 days.

Why does it matter?

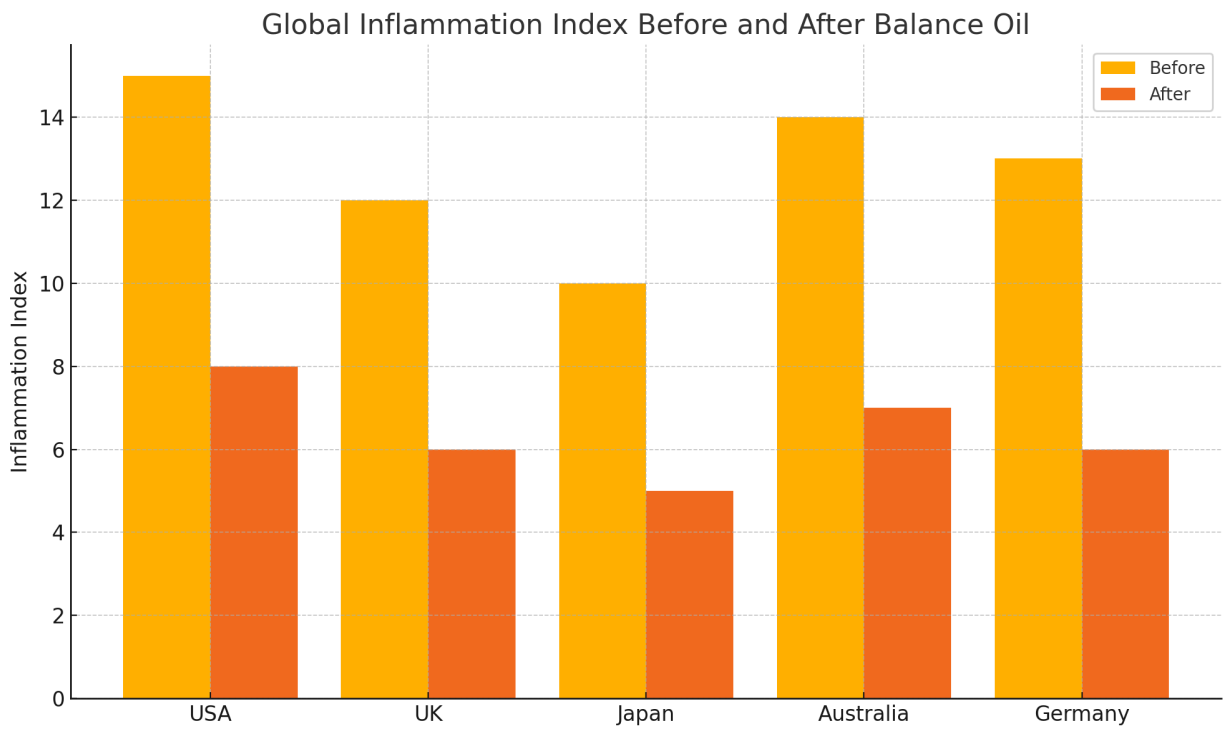
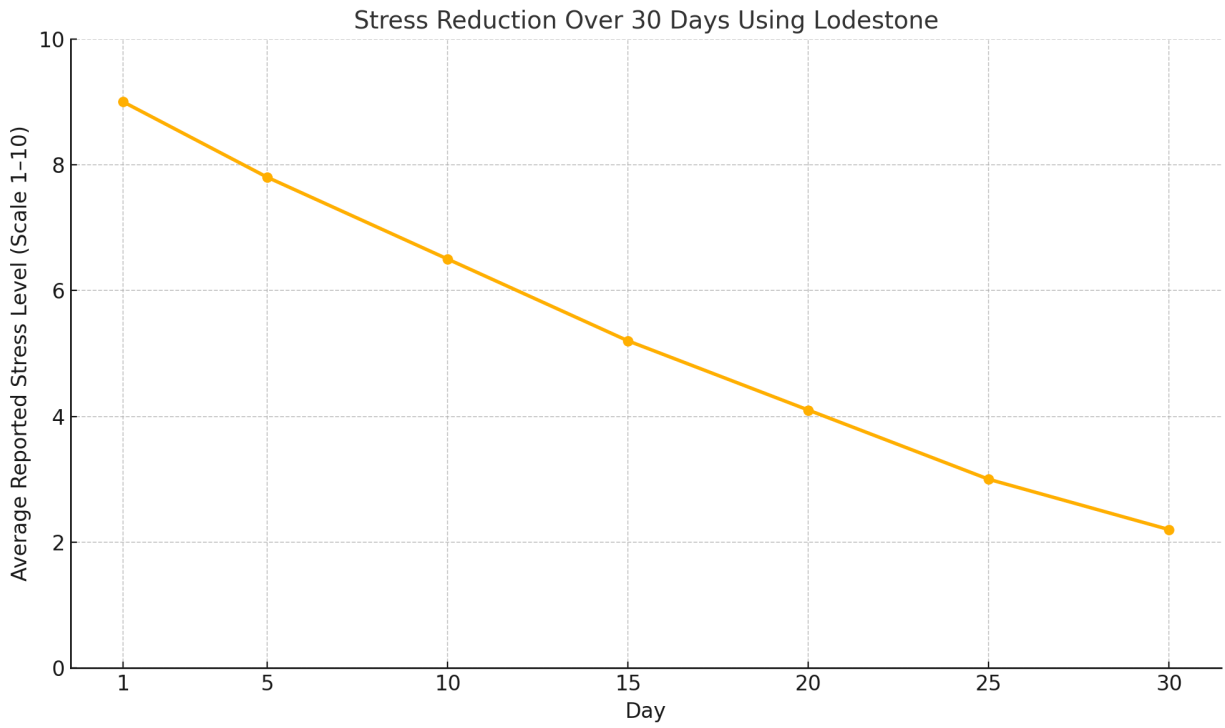
- High omega-6 increases inflammation
- Low omega-3 reduces cell membrane function
- The imbalance affects mood, immunity, focus, and heart health

What is Lodestone?

Lodestone is a 30-day audio-based embodiment journey designed to restore your 4 inner compasses. It draws from decades of practice and training in meditation, neuroscience, Indigenous teachings, and the Alexander Technique. Lodestone offers daily 25–30 minute practices guiding you into the body through breath, posture, and subtle sensory awareness.

Each session is carefully crafted to help regulate the nervous system, reconnect to intuition, and build trust in the body's signals. No app required, there are no tech barriers — just a headphone (if possible do not use) and a willingness to listen. Lodestone is particularly effective for those with health anxiety, burnout, trauma recovery, or emotional overwhelm.

Together, Lodestone and ZinZino create a powerful inside-out, outside-in synergy — one that blends the measurable with the mystical.

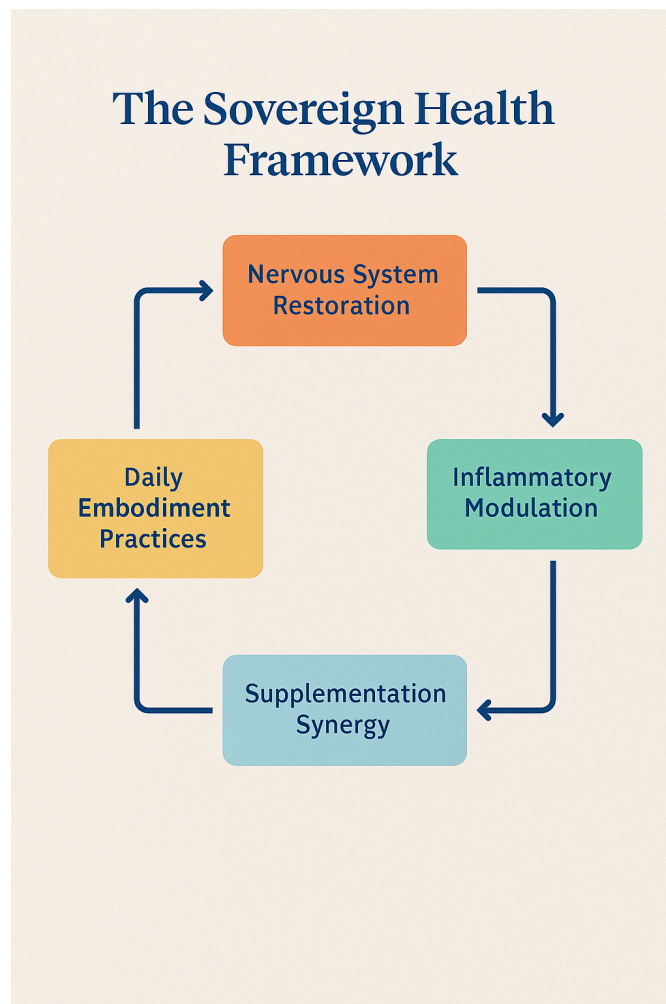


Part Two: Learned Helplessness

Years of medicalisation have taught people to outsource authority. When something goes wrong, we look for pills or permission. The body has become a black box — mysterious, risky, and untrustworthy.

This cultural pattern has bred helplessness. But it can be unlearned.

Education. Empowerment. Embodiment. These are the new frontlines.



Why You Can Trust This Guide

As the creator of Lodestone, I bring 40+ years of experience as a spiritual educator, embodiment mentor, and wellness guide. My background includes:

- MA in Language Communication for Autistics and Visually Impaired
- Advanced study in Anatomy and Physiology
- Certified Alexander Technique and Feldenkrais practitioner
- Meditation teacher and ordained Buddhist priest
- Mindful educator working across the university system
- Advocate of Indigenous wisdom (particularly from Australian First Nations)

Lodestone began as a private practice tool. It has since evolved into a powerful, inclusive system. For the past 7 months, it has run in pilot form live on LinkedIn three times weekly as **Mindful Moments: Touch Your Heart Every Day**, with universally positive feedback.

Lodestone in the Field: Q&A Highlights with ZinZino Directors Zoe & Fitz

- "What happens when the body feels safe again?"
- "Can we measure inner peace?"
- "What if calm is the prerequisite for healing, not the result?"

The ZinZino Trial

The current trial explores the synergy of Lodestone and Balance Oil over 30 days. Results include improved digestion, sleep, clarity, emotional resilience, and daily motivation.

Part Three: The Sovereign Solution

ZinZino's Role:

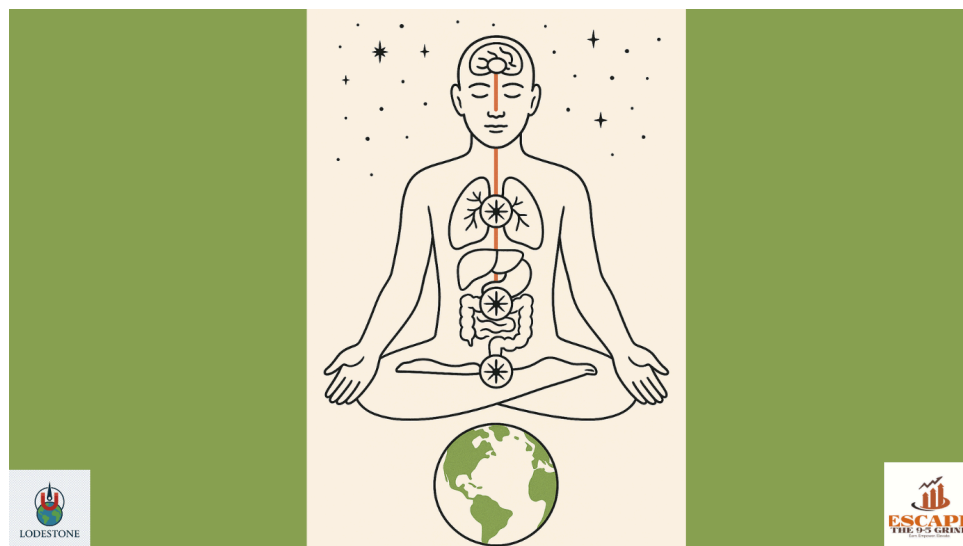
- Objective measurement via Balance Test
- Targeted daily supplementation with Balance Oil
- Reassessment after 120 days to confirm biological change

Lodestone's Role:

- Guided embodiment through 30 audio sessions
- Breath anchoring, sensory listening, and postural release
- Integration of nervous system states and emotional resilience

The Science of Synergy:

- Lodestone calms the vagus nerve, influencing immune and hormonal systems
- Omega-3s from Balance Oil restore membrane fluidity, supporting cell communication
- Vitamin D3 supports serotonin and immune modulation
- Polyphenols from olives reduce oxidative stress





Case Studies

Clare (Age 54):

Chronic fatigue, long-COVID, no sense of body safety. Within 15 days of Lodestone + Balance Oil: “First time I’ve slept through the night in 2 years.”

Anil (Age 38):

Tech entrepreneur, high stress, borderline hypertension. Uses Lodestone each morning. BP down, reports improved creativity and reduced migraines.

Jamie & Maria (Parents of 2 neurodiverse children):

“We do the sessions as a family — our kids feel more settled. It’s our safe time together.”

Emiko (Age 65, Japan):

Cultural resistance to supplements. But Balance Oil changed her arthritis symptoms: “I can climb stairs again.”

Who This Is For

- Health seekers tired of contradiction
 - Burned-out professionals
 - Parents of neurodiverse kids
 - Older adults navigating chronic issues
 - Coaches & therapists seeking integrative tools
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Your Next Step

Book a free consultation

-  [Book here](#)
-  [Explore Lodestone](#)
-  [Explore ZinZino](#)

FAQ Section

- What is Lodestone?
- How does the BalanceTest work?
- What is the optimal omega-6 to omega-3 ratio?
- Can this help ADHD, anxiety, or autoimmune issues?
- Why combine embodiment and nutrition?
- How do I start?
- What does a typical day look like with Lodestone?
- What if I miss a session?
- Is Lodestone religious?
- Can I do this with my children?
- Can I use ZinZino products without Lodestone, or vice versa?

Answers available [HERE](#)

Lodestone 1: LIVE Q&A Archive

Explore how Lodestone works in the real world. These interactive sessions with our global community dive deep into embodiment science, spiritual healing, and how the Lodestone–ZinZino synergy supports true sovereign health.

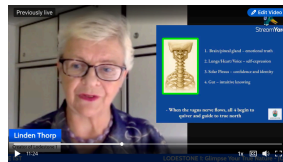
♦ 30 May 2025 – General Q&A



A broad introduction to the Lodestone system, its synergy with ZinZino, and how participants experience body literacy, calm, and daily transformation.

 [Watch Replay](#)

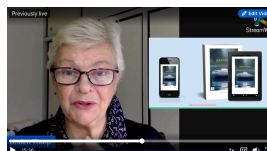
♦ 6 June 2025 – The Vagus Nerve



This Q&A explores the science and spiritual wisdom behind the vagus nerve — the healing superhighway. Discover how Lodestone activates it through posture and breath.

 [Watch Replay](#)

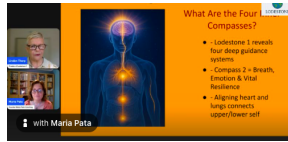
♦ 13 June 2025 – Brain, Brain Stem & Pineal Gland



How stillness, inner listening, and sensory awareness enhance spiritual perception and support nervous system repair. A deeper look into neural embodiment.

 [Watch Replay](#)

♦ 20 June 2025 — Heart & Lungs Compass



This session explores the second Lodestone compass. Topics include trust, emotional clarity, and reclaiming breath as the first medicine.

 [Watch Replay](#)

♦ 27 June 2025 — Solar Plexus Compass



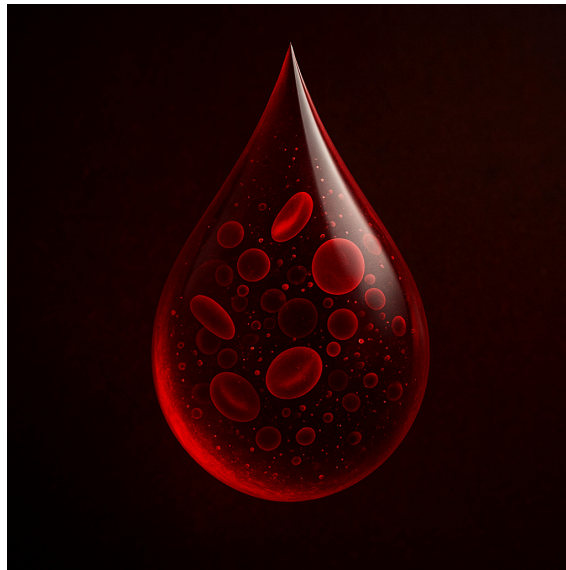
The third compass: personal power, digestion, and identity. How shame freezes the fire of transformation — and how to melt it safely.

 [Watch Replay](#)

References and Resources

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Linden Thorp | Lodestone | ZinZino Partnership



About the Author



Linden Thorp is a spiritual mentor, embodiment guide, and published author with 40+ years of experience at the intersection of body-based wisdom and mindful education. Based in Tokyo, she draws from Indigenous practices, neuroscience, and the contemplative arts to help others reclaim their inner authority. A former academic, she integrates depth with clarity — holding space for profound personal transformation.

Contact & Booking

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📅 Booking: [Book a discovery session](#)

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Logos



Legal

This publication is not intended as medical advice. Please consult a qualified mainstream professional before starting any new health programme.