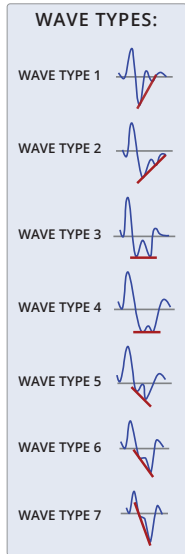
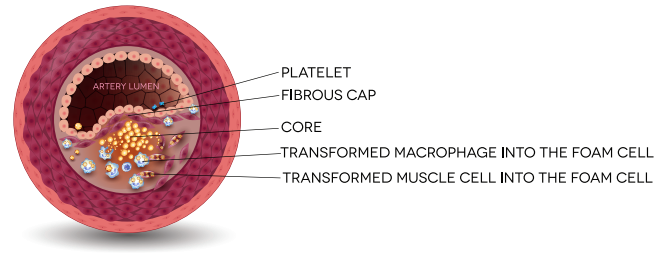


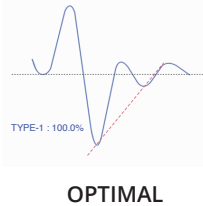
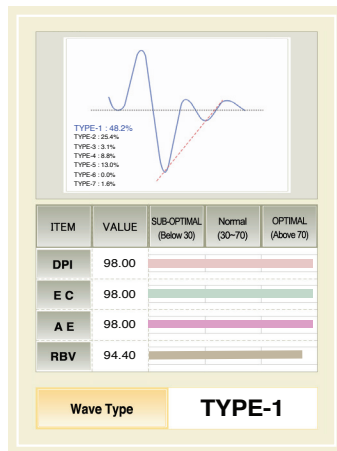
FUNCTIONAL TESTING OVERVIEW

ARTERIOSCLEROSIS:

Arteriosclerosis occurs when the blood vessels that carry oxygen and nutrients from your heart to the rest of your body (arteries) become thick and stiff – sometimes restricting blood flow to your organs and tissues. Healthy arteries are flexible and elastic, but over time, the walls of your arteries can harden.



AGING VASCULAR HEALTH SAMPLE REPORT



DPI - Differential Pulse Wave Index: Represents the overall health of the cardiovascular system. DPI is the main indicator that represents aging vascular health.

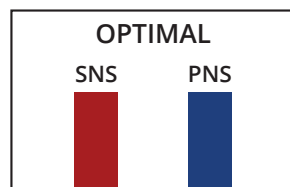
EC - Eccentric Constriction: Represents the contraction power of vessels from the left ventricle.

AE - Arterial Elasticity: Analyzes the blood circulation, vascular elasticity, and resistance of the vessels. It detects early cardiovascular disease like atherosclerosis and peripheral circulation dysfunction.

RBV - Remaining Blood Volume: The remaining blood volume in the vessels after systolic contraction on the heart. If the blood vessels are healthy, there is little remaining blood volume. If the vascular state improves, the remaining blood volume will decrease. This will reflect as an improved remaining blood volume score.

HEART RATE VARIABILITY & AUTONOMIC NERVOUS SYSTEM

HRV measures the adaptability of the cardiovascular system and autonomic nervous system, which is composed of the sympathetic nervous system (SNS) and parasympathetic nervous system (PNS). Your SNS plays the role of the accelerator, also known as flight or fight. Your PNS functions as the brake, also known as rest and repair. A healthy person has a balanced autonomic nervous system.



SYMPATHETIC NERVOUS SYSTEM

Fight or Flight

Muscle breakdown (catabolic)

Releases muscle destroying and fat storing hormones

Cortisol, Adrenaline (noradrenaline)

Increased heart rate, blood pressure, sweating, blood vessels and pupils dilate, blood flow to the limbs

Decrease in digestion and sexual function

Naturally active during the day

Everyday stress: Traffic, deadlines, kids, family, relationships

PARASYMPATHETIC NERVOUS SYSTEM

Rest and Digest

Muscle building (anabolic)

Releases muscle building hormones

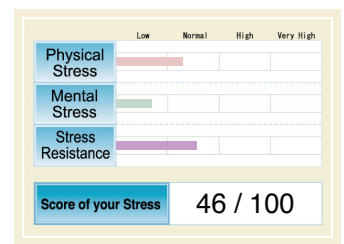
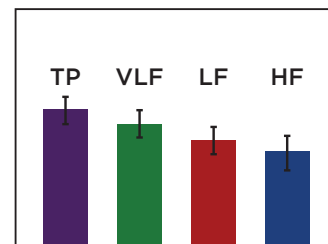
Growth hormone, DHEA, Melatonin, Testosterone, Estrogen

Repairs the body and responsible for sexual arousal

Stimulates digestion and elimination

Naturally active at night (specifically between 10pm and 2am)

FREQUENCY DOMAIN ANALYSIS & STRESS SCORE



< 50 OPTIMAL

REDUCTION OF TP:

- Decreased ANS function
- Lowered regulation competence
- Decreased ability to cope with the requirement of continuously changing environment

REDUCTION OF VLF:

- Inability to regulate body temperature
- Hormone disorder

REDUCTION OF LF:

- Insufficient sleep
- Fatigue
- Lethargy

REDUCTION OF HF:

- Chronic stress
- Reduced electrical stability of heart
- Functional indigestion
- Aging