



THE·HEALTHOLOGY·COMPANY
A C H I E V I N G O P T I M A L H E A L T H

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NAME:

DATE:

HEART HEALTH SCORE: OUT OF 27

● LOW • DECREASED

● HEALTHY RANGE

● HIGH • INCREASED

CARDIOVASCULAR	LOW	HEALTHY	HIGH
Aorta Stiffness (AI) (Normal Range: 7.0 - 9.0)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Medium / Small Artery Stiffness (RI) (Normal Range: 23.0-45.0)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
LDL Cholesterol	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
SP02%	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Dicrotic Elastic Index (DEI) (Normal Range: 0.10.- 0.30)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ejection Fraction (Above 75% could indicate heart condition)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Systemic Vascular Resistance (SVR) (Resistance to Flow) (900-1200)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
D02 (Delivery of Oxygen) (Normal Range: 800-1200)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
V02 (Normal Range: 200-300)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Stroke Volume (SV) (Indicator of volume blood pumped per beat. 60-90)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Red Blood Cell Count (Normal Range 0.44 - 1.54)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Oxidation	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Pulse Height	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Blood Pressure	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
-d/a (Constriction of small artery) (Normal Range: 0.15 - 0.49)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

BRAIN • NERVOUS SYSTEM	LOW	HEALTHY	HIGH
Stress Index	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Serotonin	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Dopamine	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Hypoxia	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Catecholamines	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Noradrenaline	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Adrenaline	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Acetylcholine	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Power Low Frequency (Normal Range: 22-46)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Power High Frequency (Normal Range: 22-34)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Left Frontal Lobe ATP (Normal Range: 45-55)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

BRAIN • NERVOUS SYSTEM

	LOW	HEALTHY	HIGH
Right Frontal Lobe ATP (Normal Range: 45-55)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Right Limbic ATP (Normal Range: 45-55)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Left Limbic ATP (Normal Range: 45-55)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Unspecified Depression	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Left Temporal lobe and left Amygdala: (Normal Range: 2.8 - 7.4)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Right Temporal lobe and right Amygdala: (Normal Range: 2.8 - 7.4)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Right Frontal Lobe ISF	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Left Frontal Lobe ISF	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Right Limbic ISF	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Left Limbic ISF	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ratio of ANS Activity	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Sympathetic Nervous System	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Adrenal Insufficiency	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

DIGESTIVE SYSTEM

	LOW	HEALTHY	HIGH
Digestive Disorders	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Gluten-Sensitive	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Casein-Intolerant	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Digestive Inflammation	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Pancreatic Dysfunction	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Intestinal Flora Problems	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Digestive Tract Disorders	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
H. Pylori	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Gall Bladder Troubles	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Gastro-Esophagal	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
ph Balance	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Kidney Stones or Possibility of reduced Kidney Filtration	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

METABOLISM • NUTRITION

	LOW	HEALTHY	HIGH
Triglycerides	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Metabolic Syndrome	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
High Blood Glucose	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Insulin Resistance	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Beta Cell Resistance	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Lipidemia	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Dehydration	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

METABOLISM • NUTRITION

	LOW	HEALTHY	HIGH
Fat Mass	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Body Mass Index (BMI)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Leptin Levels	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Cortisol Levels	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Phase Angle (Normal - 7.0)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Meridians	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Insulin	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

HORMONE BALANCE

	LOW	HEALTHY	HIGH
PTH	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
FSH	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
ADH	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
TSH	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
DHEA	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Oestradiol	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
ACTH	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Thyroid (Hypo-Hyper)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Renin	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Aldosterone	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

ELECTROLYTES

	LOW	HEALTHY	HIGH
Natremia	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Kalemia	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Chloremia	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Lipidemia	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Phosphatemia	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Phosphorus	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Potassium	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Calcium	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Magnesium	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Chloride	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Sodium	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Iron	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Vitamin D	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

HEALTH TERMS

CARDIOVASCULAR

Aorta Stiffness (AI):

An independent predictor of all-cause and cardiovascular mortality in hypertensive patients. Vascular stiffness increases with advancing age and is a major risk factor for age-related morbidity and mortality.

Medium / Small Stiffness (RI):

The small and medium artery stiffness. Increased stiffness is related to arteriosclerosis, atherosclerosis and hypertension. LDL Cholesterol: Elevated LDL Cholesterol levels are associated with an increased risk of heart disease. Lipoproteins, which are combinations of fats (lipids) and proteins, are the form in which lipids are transported in the blood. Low-density lipoproteins transport cholesterol from the liver to the tissues of the body.

Dicrotic Elastic Index:

indicator of arterial elasticity and blood flow through peripheral arteries Decreased value indicates potential loss of arterial elasticity. Possible causes include heart and vascular disease/inflammation. Increased value indicates vasodilation. Possible causes include anxiety, pharmaceutical and/or nutraceutical reaction.

Hypertension:

High blood pressure. Can damage the cells of your arteries' inner lining. That launches a cascade of events that make artery walls thick and stiff, a disease called arteriosclerosis, or hardening of the arteries.

Ejection Fraction: The % of blood that is pumped out of a filled ventricle as a result of a heartbeat. It's an indicator of the heart's health. If the heart is diseased, the ejection fraction may decrease.

Systemic Vascular Resistance (SVR):

An index of constriction throughout the body; proportional to the blood pressure divided by the cardiac output. The heart has to work harder when the System Vascular Resistance increases.

DO₂:

Oxygen delivery (DO₂) is the amount of oxygen transported from the lungs to the microcirculation. Oxygen delivery depends upon the cardiac output.

V_{O2}:

The amount of oxygen the body can use during a specified period of usually intense exercise that depends on body weight and the strength of the lungs

Stroke Volume (SV):

The volume of blood pumped from one ventricle of the heart with each beat. Because stroke volume decreases in certain conditions and disease states, stroke volume itself correlates with cardiac function.

Red Blood Cell Count (hemoglobin):

Most abundant cells in the blood giving blood its characteristic red color. Primary function is to transport oxygen from the lungs to the cells of the body. Low RBC count may be indicative of anemia, blood loss, or malnutrition.

Oxidation:

The 'aging' of your body. As we breathe and eat everyday our body is oxidizing. However foods that counter the effect of oxidation in the body are considered beneficial especially in preventing disease.

Pulse Height:

The strength of the left ventricle ejection power.

BRAIN • NERVOUS

Stress Index:

Tension caused by responding to daily stress. Stress speeds heart rate, flooding the bloodstream with powerful hormones. Long-term stress harms immune system, increasing disease, infection, allergy, anxiety and depression.

Serotonin:

Helps relay signals from one area of the brain to another. Imbalance may influence mood leading to depression. Adequate also subdues hunger and the desire for carbs.

Dopamine:

Helps control the brain's reward & pleasure centers, movement & emotional responses, enable us to take action. People with that are deficient may be more prone to addiction.

Hypoxia:

Pathological condition in which the body as a whole or a region of the body is deprived of adequate oxygen supply. Symptoms include headaches, fatigue, shortness of breath, a feeling of euphoria and nausea.

Catecholamines:

Important part of the body's stress response, if activated for too long, can produce negative health affects.

Noradrenaline:

Has strong vasoconstrictive effects, thus increasing blood pressure in response to acute stress. blood pressure in response to acute stress.

Adrenaline:

Increases your heart rate, elevates your blood pressure and boosts energy supplies. Helps your body respond to stressful situations by increasing heart rate and blood flow to the brain.

Acetylcholine:

Receptor antibody is a protein in the blood of most people with a condition causing muscles to tire & weaken easily. This antibody affects a chemical that sends signals from nerves to muscles and between nerves in the brain.

Power Low Frequency:

This relates to both the sympathetic & parasympathetic system. Indicates the direct release of epinephrine and noraepinephrine into blood stream. If this is low it could lead to stress, fatigue and weight gain.

Power High Frequency:

Indicates the connection of the Parasympathetic System or vagal activity. Reduced HRV has been used as a marker of reduced vagal activity. HRV refers to the beat-to-beat alterations in heart rate.

Left Frontal Lobe ATP:

Plays vital role in recognizing & processing written & verbal language. Can also help people remember certain details, such as names. Damage or dysfunction of the left temporal lobe can result in mood swings or learning disabilities.

Right Frontal Lobe ATP:

Crucial for emotional thought, social inhibitors, ethical diligence, executive control & social conduct areas. Damage to the right frontal lobe will naturally lead to some kind of impairment of these various personality controls.

Right Limbic ATP:

Associated with emotion, behavior, long-term memory, olfaction and motivation. Primarily responsible for our emotional life, and has a great deal to do with the formation of memories.

BRAIN • NERVOUS CONT.

Left Limbic ATP:

Central in the control of emotional responses. Associated with functions including smell, behavior, learning, long-term memory, emotions, & drives. Linked to the prefrontal cortex and the brain's pleasure center.

Right Frontal Lobe ISF:

Crucial for emotional thought, social inhibitors, ethical diligence, executive control & social conduct areas. Damage to the right frontal lobe will naturally lead to some kind of impairment of these various personality controls.

Left Frontal Lobe ISF:

Plays vital role in recognizing & processing written & verbal language. Can also help people remember certain details, such as names. Damage or dysfunction of the left temporal lobe can result in mood swings or learning disabilities.

Right Limbic ISF:

Associated with emotion, behavior, long-term memory, olfaction and motivation. Primarily responsible for our emotional life, and has a great deal to do with the formation of memories.

Left Limbic ISF:

Central in the control of emotional responses. Associated with functions including smell, behavior, learning, long-term memory, emotions, & drives. Linked to the prefrontal cortex and the brain's pleasure center.

Ratio of ANS Activity:

Innervates every organ in body modulating sensory, visceral, motor, and neuroendocrine functions. It functions independently & continuously, w/out conscious effort. Imbalances will cause interruption in all mentioned.

Sympathetic Nervous System:

Functions to produce localized & reflex adjustments of the cardiovascular system. Under stress, the entire SNS is activated, producing a widespread response called the fight-or-flight response.

DIABETES SCREENING

Triglycerides:

Type of fat found in blood. Your body uses them for energy. High triglycerides can raise your risk of heart disease and may be a sign of metabolic syndrome.

Metabolic Syndrome:

Combination of high blood pressure, high blood sugar, too much fat around the waist, low HDL cholesterol, and high triglycerides. Increases your risk for heart disease, diabetes, and stroke.

High Blood Glucose:

Happens when the body has too little insulin or when the body can't use insulin properly. This is also a major cause of complications with diabetes.

Insulin Resistance:

The body's cells have a diminished ability to respond to the action of the insulin hormone. Compensating for the insulin resistance, the pancreas secretes more insulin. This increases your risk of diabetes & heart disease.

Beta Cell Resistance:

Primary function of a beta cell is to store and release insulin. This can improve after just 12 weeks of weight loss in patients with type 2 diabetes.

DIABETES SCREENING CONT.

Lipidemia:

Abnormally high concentration of lipids in the circulating blood. Causes increased risk of early CAD & heart attacks. Can also present a higher rate of obesity & glucose intolerance.

Dehydration:

Occurs when you lose more fluid than you take in. Your body cannot carry out its normal functions. Causes increased risk of kidney stones, kidney disease, digestive problems, low blood pressure and many more.

METABOLISM • NUTRITION

Fat Mass:

The amount of fat in the body.

Body Mass Index (BMI):

Measurement of body weight based on height and weight.

Leptin Resistance:

Chronic consumption of a diet, containing sugar and fat. Sugar is one causative ingredient in the development of leptin resistance.

Elevated Cortisol Levels:

Result of stress. High prolonged levels are shown to impair cognitive performance, suppress thyroid function, blood sugar imbalances such as hyperglycemia, & more.

Phase Angle:

Low phase angle determined by bioelectrical impedance analysis is associated with malnutrition and nutritional risk.

Meridians:

describes the overall energy distribution system of Chinese Medicine and helps us to understand how basic substances of the body (Qi, blood and body fluids) permeate the whole body. Each is a set of pathways in the body along which vital energy is said to flow. There are 12 pathways associated with specific organs.

Insulin:

a polypeptide hormone, produced by the beta cells of the of the pancreas, that regulates

DIGESTIVE SYSTEM

Digestive Disorders:

Ranges from the occasional upset stomach to the more life-threatening colorectal cancer. They encompass disorders of the gastrointestinal tract, as well as the liver, gallbladder, and pancreas

Gluten-Sensitive:

Not being able to tolerate gluten. Could cause lining of small intestine to become inflamed & damaged, which hampers absorption of nutrients. Can also cause stomach upset, abdominal pain, and bloating.

Casein-Sensitive:

Casein is the protein found in most dairy products. The symptoms associated with a casein allergy can be quite severe and immediate and include wheezing, difficulty breathing, vomiting and hives.

Digestive Inflammation:

Digestive inflammation elevates ghrelin and increases appetite even when you don't need food. The more you crave sugar or carbohydrates the greater the problem.

DIGESTIVE SYSTEM CONT.

Pancreatic Dysfunction:

Occurs when the pancreas does not secrete enough chemicals and digestive enzymes for normal digestion to occur.

Intestinal Flora Problems:

Increases chances of constipation, for maintaining your primary immunity decreases the protection of your large intestine from colon cancer, & decreases the protection of averting yeast infection.

Digestive Tract Disorders:

Can effect and disrupt the entire digestive system including the following organs: mouth and salivary glands, stomach, small and large intestines, colon, liver, pancreas, and gallbladder.

H. Pylori:

The bacteria are believed to cause stomach problems when they penetrate the stomach's mucous lining and generate substances that neutralize stomach acids. This makes the stomach cells more vulnerable to the harsh acids. Stomach acid and H. pylori together irritate the stomach lining and may cause sores or peptic ulcers in your stomach or duodenum, which is the first part of your small intestine.

Gall Bladder Troubles:

Gall bladder stores bile produced by the liver and plays a key role in fat digestion. Can result from the obstruction of the bile ducts due to infection or gallstones.

Gastro-Esophagal:

In gastro-esophagal reflux disease (GERD) is a condition in which the stomach contents, food or liquid leak backwards from the stomach into the esophagus. Can cause heartburn and other symptoms.

ph Balance:

The ph of the body should be between 7.35 and 7.45. It is important to stay within the healthy range because all the chemical processes in the body operate within an optimal ph range.

Kidney Stones:

Kidney stones are small, hard deposits that form inside your kidneys. Kidney stones have many causes and can affect any part of your urinary tract — from your kidneys to your bladder.

ORGAN INFLAMMATION

Tissue Inflammation:

Inflammation is the body's normal response to injury or attack by bacteria and viruses. Chronic inflammation is not normal. It can damage the body and cause chronic disease.

Hepatic Fibrosis:

Excessive connective tissue build up in the liver. The trigger is chronic injury, especially inflammation. Fibrosis itself causes no symptoms but can lead to restricted blood flow through the liver.

Chronic Hepatitis:

Defined by inflammation of the liver. Most cases of hepatitis are caused the hepatitis viruses - A, B or C virus. Other causes include toxic chemicals, alcohol, certain drugs, infections and autoimmune diseases.

Respiratory Disorders:

Respiratory disorders affect your breathing. Your breathing is directly related to your body's demand for oxygen. When demand for oxygen increases, you breathe quicker and deeper.

Extra Cellular Water:

Increase in extracellular water primarily due to hypertension, electrolyte imbalance or inflammation.

HORMONE BALANCE

PTH:

Controls calcium, phosphorus, and vitamin D levels. Release of PTH is controlled by the level of calcium in the blood.

FSH:

In women, FSH stimulates production of eggs and a hormone called estradiol during the first half of the menstrual cycle. In men, FSH stimulates production of sperm.

ADH:

Hormone produced by the hypothalamus. ADH helps manage the amount of water in the body by acting on the kidneys.

TSH:

An active hormone that stimulates metabolism. About 80% of this conversion is in the liver and other organs, and 20% in the thyroid itself.

DHEA:

Most abundant hormone found in the bloodstream. When the adrenal glands are chronically stressed, your production of DHEA can be greatly reduced. An important regulator of the thyroid and pituitary glands.

Oestradiol:

Strongest of the three naturally-produced oestrogens & the main oestrogen found in women. It has many functions, although it mainly acts to mature and maintain the female reproductive system.

ACTH:

Normally released in response to stimulation of the brain during various types of stress or pain. Principal action is to stimulate and release of steroid hormones from adrenal glands.

Hypothyroidism:

Thyroid gland is underactive. Untreated hypothyroidism can cause a number of health problems, such as obesity, joint pain, infertility and heart disease.

Hyperthyroidism:

Thyroid gland is overactive. You may lose weight quickly, have a fast heartbeat, sweat a lot, or feel nervous and moody. Without treatment, can lead to serious heart problems, bone problems, and other conditions.

Renin:

Released by kidney cells when you have decreased salt or low blood volume. Increases the amount of angiotensinogen in the blood, which eventually increases blood pressure.

Aldersterone:

Steroid hormone that plays a central role in the regulation of blood pressure. Helps body regulate blood pressure. Increases the reabsorption of sodium and water and the release of potassium in the kidneys.

MUSCULAR • SKELETAL

Cervical Arthrosis:

Neck stiffness, neck pain, discomfort when moving the neck and head, cervical arthrosis can cause numbness in the upper limbs. The pain is caused by the nerve root compression in the neck.

MUSCULAR • SKELETAL CONT.

Deformation of Vertebral column:

A common vertebral problem is changes in the intervertebral disks. Sometimes problems develop in the curvatures of the vertebral column because of poor posture, injury, disease, or as a person ages.

Somesthesia Disorder:

Unpleasant or hurtful sensation resulting from nerve endings. The stimulus is carried by nerve fibers to the spinal cord and then to the brain, where the nerve impulse is interpreted as pain.

ELECTROLYTES

Natremia:

Sodium is an essential electrolyte for the maintenance of fluid balance inside and outside the cells. High sodium can increase blood pressure.

Kalemia:

Potassium is an essential electrolyte. It helps maintain fluid balance. When sodium goes up, potassium usually goes down. High or too low can be serious.

Chloremia:

Chloride is an essential electrolyte. It is also involved in pH balance.

Lipidemia:

High lipids in the blood. Usually refers to cholesterol (HDL and LDL) and triglycerides. High lipids can lead to cardiovascular disease.

Phosphatemia:

Phosphate in the blood. Phosphorus helps build and repair bones and teeth, nerves function, and make muscles contract. 85% of body phosphate is in bones.

Phosphorus:

Phosphate in the blood. Phosphorus helps build and repair bones and teeth, nerves function, and make muscles contract. 85% of body phosphate is in bones.

Potassium:

Calcium:

Calcium is found mostly in bone and teeth. It helps nerves work, make muscles squeeze together, help blood clot, and help the heart to work. Vitamin D helps calcium absorption in the intestine.

Magnesium:

Magnesium in the blood. Magnesium is needed for proper muscle, nerve, and enzyme function. Helps body make & use energy. Most magnesium in the body found in bones & inside cells. Tiny amount present in the blood.

Chloride:

Chloride is an essential electrolyte. It is also involved in pH balance.

Sodium:

An essential electrolyte for the maintenance of fluid balance inside and outside the cells. High sodium can increase blood pressure.

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NOTICE:

“State law allows any person to provide nutritional advice or give advice concerning proper nutrition—which is the giving of advice as to the role of food and food ingredients, including dietary supplements. This state law does NOT confer authority to practice medicine or to undertake the diagnosis, prevention, treatment, or cure of any disease, pain, deformity, injury, or physical or mental condition and specifically does not authorize any person other than one who is a licensed health practitioner to state that any product might cure any disease, disorder, or condition.”