

Comprehensive Report Card

Name: Filipe Palma

Sex: Male

Age: 18

Figure: Severe underweight(173cm,51kg)

Testing Time: 2025-01-10 12:03

About the probably hidden problems

System	Testing Item	Normal Range	Actual Measurement Value	Expert advice
Cardiovascular and cerebrovascular	Myocardial Oxygen Consumption	3.321 - 4.244	7.609	Reduce stress, maintain mental balance and regular life, and eat more black fungus and nuts and less foods with high cholesterol.
Gastrointestinal function	Small Intestine Absorption Function Coefficient	3.572 - 6.483	1.907	Eat more non-stimulating and digestible foods and vegetables on time, chew the foods thoroughly, eat less but have more meals, relax in eating, keep happy mood, and pay attention to rest.
Brain nerve	Functional Status of Cranial Nerve	0.253 - 0.659	0.046	Reduce stress, pay attention to rest, eat less meat and foods with high cholesterol, eat more vegetables, quit smoking and drinking, and be able to do appropriate exercises, such as: walking, jogging, playing tai chi, etc.
Bone mineral density	Degree of Osteoporosis	0.124 - 0.453	0.844	Have a reasonable diet, increase outdoor sports, supplement adequate calcium, usually pay more attention to appropriate exercise, such as walking, jogging, etc.
	None Mineral Density	0.433 - 0.796	0.148	
Rheumatoid bone disease	Bone Hyperplasia Coefficient	2.954 - 5.543	7.931	Eat less bean foods and soy products, and do not eat stimulating food, tobacco and alcohol.
	Osteoporosis Coefficient	2.019 - 4.721	6.990	
Basic physical quality	Response Ability	59.786 - 65.424	47.460	Work and rest together, make emotion stable, eat more foods for adjusting blood fat, such as black fungus, fungi, vegetables and fruits, and eat less foods with high cholesterol, foods that have high salinity and high-fat foods.
Endocrine System	Gland secretion index	2.204 - 2.819	1.000	Recommends eating more high protein and vitamin B, C-rich foods, such as yam, soy milk, regular life, soothe emotions, can be practicing yoga.
Vitamin	Vitamin A	0.346 - 0.401	0.257	Supplement corresponding lacking trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
				Proper control of food intake, avoid high-sugar, high-fat and

Obesity	Hyperinsulinemia coefficient	0.097 - 0.215	0.594	high-calorie diet, regular physical exertion and exercise. When diet and exercise therapy is unsuccessful, a medication-assisted treatment.
Pulse of heart and brain	Pulse wave coefficient K	0.831 - 1.248	2.528	Suitable, kinesiotherapy may use the adjuvant medicines.
	Cerebrovascular blood oxygen volume(CaCO2)	7.880 - 10.090	0.169	
Blood lipids	Triglyceride(TG)	1.116 - 2.101	6.268	Suitable, kinesiotherapy may use the adjuvant medicines.
	High-density lipoprotein(HDL-C)	1.449 - 2.246	5.511	
Sperm and semen	Semen volume	1.502 - 6.028	0.309	Suitable, kinesiotherapy may use the adjuvant medicines.

About the problems of sub-health trends

System	Testing Item	Normal Range	Actual Measurement Value	Expert advice
Cardiovascular and cerebrovascular	Vascular Elasticity	1.672 - 1.978	1.250	Work and rest together, make emotion stable, eat more foods for adjusting blood fat, such as lack fungus, fungi, vegetables and fruits, and eat less foods with high cholesterol, foods that have high salinity and high-fat foods.
	Myocardial Blood Demand	0.192 - 0.412	0.597	
	Coronary Perfusion Pressure	11.719 - 18.418	11.537	
Liver function	Protein Metabolism	116.34 - 220.62	85.95	Eat more foods rich of vitamins B, C and E, such as black fungus, fungi foods; eat less fried foods, and quit smoking, drinking and spicy foods.
	Bile Secretion Function	0.432 - 0.826	0.203	
Gallbladder function	Serum Total Bile Acid (TBA)	0.317 - 0.695	0.749	Eat less food with high calcium and cholesterol, and eat more fiber vegetables and more foods rich of vitamins B, C and E.
Pancreatic function	Glucagon	2.412 - 2.974	3.154	Follow the principles of low fat, high protein, high vitamins, high carbohydrate, no stimulation, easy digestion, etc., and eat non-fat and low protein liquid, such as fruit juice, rice soup, green bean soup, etc.
Kidney function	Uric acid Index	1.435 - 1.987	3.208	Do not eat spicy hot foods, such as chilli, pepper, ginger, onion, garlic, leek, dog meat, mutton, crucian, shrimp, and eels and so on.
	Proteinuria Index	1.571 - 4.079	6.440	
Lung function	Vital Capacity VC	3348 - 3529	3872	Eat more foods with high content of vitamins A, C, E and B, quit smoking and drinking, and often eat lily, black fungus, sponge gourd, honey, kelp, lotus seeds, lotus roots, walnuts, pears and other food.
	Total Lung Capacity TLC	4301 - 4782	4194	

Brain nerve	Status of Brain Tissue Blood Supply	143.37 - 210.81	106.47	Reduce stress, pay attention to rest, eat less meat and foods with high cholesterol, eat more vegetables, quit smoking and drinking, and be able to do appropriate exercises, such as: walking, jogging, playing tai chi, etc.
	Sentiment Index	0.109 - 0.351	0.556	
Bone mineral density	Osteoclast Coefficient	86.73 - 180.97	202.47	Have a reasonable diet, increase outdoor sports, supplement adequate calcium, usually pay more attention to appropriate exercise, such as walking, jogging, etc.
	Amount of Calcium Loss	0.209 - 0.751	0.969	
Rheumatoid bone disease	Rheumatism Coefficient	4.023 - 11.627	18.474	Eat less bean foods and soy products, and do not eat stimulating food, tobacco and alcohol.
Blood sugar	Blood Sugar Coefficient	2.163 - 7.321	8.156	Eat less but have more meals, have a fixed amount and fixed timing for the meals, and eat light foods, foods with low fat and less oil, foods that are so sweet and salty, more vegetables, bean curd residue, high-fiber foods, corn and black fungus.
	Urine Sugar Coefficient	2.204 - 2.819	3.207	
Basic physical quality	Mental Power	58.715 - 63.213	54.487	Work and rest together, make emotion stable, eat more foods for adjusting blood fat, such as lack fungus, fungi, vegetables and fruits, and eat less foods with high cholesterol, foods that have high salinity and high-fat foods.
Human toxin	Electromagnetic Radiation	0.046 - 0.167	0.595	Eat the natural food instead of delicate food, eat fresh fruit as the most powerful purifying food, such as pineapple, papaya, kiwi fruit and pears, in addition, reduce irritating diet, correct the habits of drinking coffee and black tea, and drink flower tea and green tea.
	Toxic Pesticide Residue	0.013 - 0.313	0.608	
Trace element	Calcium	1.219 - 3.021	0.504	Supplement corresponding lacking trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
	Strontium	1.142 - 5.862	0.634	
Prostate	Prostatitis Syndrome	2.213 - 2.717	5.577	Have a rest, pay attention to personal physical health, avoid wearing too tight and gas-tight underwear, and quit drinking.
Skin	Skin Collagen Index	4.471 - 6.079	1.507	Eat more vegetables and fruits which are rich in Vitamin C, but less food with strong sensitive to light, esp. like caraway, red turnip, and celery, etc. Avoid yourself to expose in sunlight too much, preventing the harm from
	Skin Grease Index	14.477 - 21.348	31.810	
	Skin Immunity Index	1.035 - 3.230	6.133	
	Skin Moisture Loss	2.214 - 4.158	7.021	

	Skin Red Blood Trace Index	0.824 - 1.942	3.817	ultraviolet rays.
	Skin Horniness Index	0.842 - 1.858	3.232	
Endocrine System	Adrenal glands Index	2.412 - 2.974	1.634	Recommends eating more high protein and vitamin B, C-rich foods, such as yam, soy milk, regular life, soothe emotions, can be practicing yoga.
Immune System	Respiratory immune Index	3.241 - 9.814	1.562	Psychological adjustment, optimistic attitude, and more with friends and colleagues, to participate in meaningful activities, to keep the body strong state.
Vitamin	Vitamin C	4.543 - 5.023	3.746	Supplement corresponding lacking trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
	Vitamin E	4.826 - 6.013	4.081	
Amino Acid	Tryptophan	2.374 - 3.709	5.792	Comparison of amino acid-rich foods are fish, such as cuttlefish, octopus, eel, loach, sea cucumber, squid, silkworm, chicken, frozen tofu, seaweed and so on. In addition, like beans, legumes, peanuts, almonds or bananas and other amino acids than more.
	Methionine	0.432 - 0.826	1.553	
Bone Growth Index	Osteocalcin	0.525 - 0.817	0.368	Maintain good sitting and stand, pay attention to rest during work, avoid prolonged standing without activities, and usually do more health-care massage and physical therapy.
Eye	Bags under the eyes	0.510 - 3.109	8.557	Choosing the right eye care products, to ensure adequate sleep, choose a number of easy-to-Liver eyesight, kidney solid element, but also collagen food, drink, such as ribs stewed with a variety of soups.
	Edema	0.332 - 0.726	1.402	
	Eye cell activity	0.118 - 0.892	1.564	
Heavy Metal	Lead	0.052 - 0.643	1.295	Everyday life will inevitably inhale a lot of heavy metals, can be hard to detect, can only try to reduce the intake, such as eating pumpkin, mushrooms, seaweed, less variety of make-up, try to use glass to drink water and so on.
	Chromium	0.176 - 1.183	2.146	
	Asenic	0.153 - 0.621	1.694	
Allergy	Chemical products allergy index	0.842 - 1.643	2.760	Please stay away from allergens to avoid allergic.
	Hair dye allergy index	0.717 - 1.486	3.033	
Coenzyme	Nicotinamide	2.074 - 3.309	1.043	Supplement corresponding lacking trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
				Eat more foods rich in collagen, such as beef tendons, trotters,

Collagen	Reproductive system	3.778 - 4.985	2.376	chicken wings, chicken skin, fish skin and cartilage, while complementing the foods rich in vitamin C and collagen to help absorb. If necessary, by taking collagen products to supplement.
Thyroid	Thyroglobulin	0.114 - 0.202	0.609	Suitable,kinesiotherapy may use the adjuvant medicines.
Channels and collaterals	Foot Jue Yin Liver	1.553 - 2.187	0.834	Suitable,kinesiotherapy may use the adjuvant medicines.
Pulse of heart and brain	Heart peripheral resistance(TRR)	0.983 - 1.265	2.276	Suitable,kinesiotherapy may use the adjuvant medicines.
	Pulse wave coefficient K	0.316 - 0.401	0.190	
	Cerebrovascular blood oxygen saturation(Sa)	0.710 - 1.109	0.428	
	Cerebrovascular blood oxygen pressure(PaO2)	5.017 - 5.597	4.219	
Blood lipids	Meutral fat(MB)	0.726 - 1.281	4.708	Suitable,kinesiotherapy may use the adjuvant medicines.
	Circulating immune complex (CIC)	13.012 - 17.291	22.928	
Sperm and semen	Number of sperms	2.483 - 3.932	1.137	Suitable,kinesiotherapy may use the adjuvant medicines.
	Sperm motility rate	0.637 - 0.887	0.380	

The test results for reference only and not as a diagnostic conclusion.