

Comprehensive Report Card

Name: Gina Brito

Sex: Female

Age: 66

Figure: Severe partial fat(154cm,73kg)

Testing Time: 2025-06-20 11:28

About the probably hidden problems

System	Testing Item	Normal Range	Actual Measurement Value	Expert advice
Cardiovascular and cerebrovascular	Blood Viscosity	48.264 - 65.371	87.719	Reduce stress, maintain mental balance and regular life, and eat more black fungus and nuts and less foods with high cholesterol.
	Myocardial Blood Demand	0.192 - 0.412	0.754	
	Coronary Artery Elasticity	1.553 - 2.187	0.804	
Gastrointestinal function	Gastric Peristalsis Function Coefficient	58.425 - 61.213	50.021	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.
Liver function	Detoxification Function	0.202 - 0.991	0.042	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.
Bone mineral density	None Mineral Density	0.433 - 0.796	0.137	Have a reasonable diet, increase outdoor sports, supplement adequate calcium, usually pay more attention to appropriate exercise, such as walking, jogging, etc.
Rheumatoid bone disease	Osteoporosis Coefficient	2.019 - 4.721	6.301	Eat less bean foods and soy products, and do not eat stimulating food, tobacco and alcohol.
Basic physical quality	Water Shortage	33.967 - 37.642	23.095	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.
Gynecology	PID coefficient	1.348 - 3.529	8.126	Develop good health habits, and avoid spicy food, seafood, sweet and greasy foods.
Skin	Skin Melanin Index	0.346 - 0.501	0.898	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 ultraviolet rays.

Endocrine System	Pineal secretion index	3.210 - 6.854	0.841	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	Tonsil immune Index	0.124 - 0.453	0.068	Psychological adjustment, optimistic attitude, and more with friends and colleagues, to participate in meaningful activities, to keep the body strong state.
Breast	Fibroadenoma of breast coefficient	0.433 - 0.796	1.971	Use some light and easy to digest but also has the role of nutritional value and food Tongru, avoid hot, spicy food stimulation, avoid hot, greasy food, Such as: dog meat, mutton, crab and so on.
Vitamin	Vitamin B1	2.124 - 4.192	0.528	Supplement corresponding lacking trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
Bone Growth Index	Short bone cartilage healing situation	0.202 - 0.991	0.042	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.
Allergy	Chemical products allergy index	0.842 - 1.643	4.356	Please stay away from allergens to avoid allergic.
	Dust allergy index	0.543 - 1.023	2.952	
Coenzyme	Folic acid	1.449 - 2.246	1.140	Supplement corresponding lacking trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
Collagen	Nervous system	3.357 - 4.239	1.237	Eat more foods rich in collagen, such as beef tendons, trotters, 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.
Channels and collaterals	Jen mai	11.719 - 18.418	1.993	Suitable, kinesiotherapy may use the adjuvant medicines.
	Tai mai	5.733 - 7.109	1.346	
Pulse of heart and brain	Cerebrovascular blood oxygen pressure(PaO2)	5.017 - 5.597	3.025	Suitable, kinesiotherapy may use the adjuvant medicines.
Blood lipids	Blood viscosity	4.131 - 4.562	8.218	Suitable, kinesiotherapy may use the adjuvant medicines.
	Triglyceride(TG)	1.116 - 2.101	6.083	
	Low-density lipoprotein(LDL-C)	0.831 - 1.588	0.265	

Menstrual cycle	Fibrinogen	2.807 - 3.294	0.754	Suitable, kinesiotherapy may use the adjuvant medicines.
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About the problems of sub-health trends

System	Testing Item	Normal Range	Actual Measurement Value	Expert advice
Cardiovascular and cerebrovascular	Vascular Resistance	0.327 - 0.937	1.749	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.
	Vascular Elasticity	1.672 - 1.978	1.060	
	Myocardial Blood Perfusion Volume	4.832 - 5.147	4.052	
	Coronary Perfusion Pressure	11.719 - 18.418	18.628	
Gastrointestinal function	Small Intestine Peristalsis Function Coefficient	133.437 - 140.476	126.382	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, pay attention to rest, and do not eat cold food.
Liver function	Bile Secretion Function	0.432 - 0.826	0.310	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.
Gallbladder function	Serum Globulin (A/G)	126 - 159	172	Eat less food with high calcium and cholesterol, and eat more fiber vegetables and more foods rich of vitamins B, C and E.
	Total Bilirubin (TBIL)	0.232 - 0.686	0.770	
	Alkaline Phosphatase (ALP)	0.082 - 0.342	0.359	
	Serum Total Bile Acid (TBA)	0.317 - 0.695	0.771	
	Bilirubin (DBIL)	0.218 - 0.549	0.554	
Pancreatic function	Insulin	2.845 - 4.017	4.693	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.
	Pancreatic Polypeptide (PP)	3.210 - 6.854	6.865	
Kidney function	Blood urea nitrogen(BUN) Index	4.725 - 8.631	11.687	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	5.823	
Lung function	Vital Capacity VC	3348 - 3529	4110	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,
	Airway Resistance RAM	1.374 - 1.709	1.845	

	Arterial Oxygen Content PaCO2	17.903 - 21.012	10.907	lotus roots, walnuts, pears and other food.
Brain nerve	Sentiment Index	0.109 - 0.351	0.764	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.
	Memory Index(ZS)	0.442 - 0.817	0.212	
Bone mineral density	Osteoclast Coefficient	86.73 - 180.97	191.91	Have a reasonable diet, increase outdoor sports, supplement adequate calcium, usually pay more attention to appropriate exercise, such as walking, jogging, etc.
	Degree of Bone Hyperplasia	0.046 - 0.167	0.988	
	Degree of Osteoporosis	0.124 - 0.453	0.730	
Rheumatoid bone disease	Degree of Cervical Calcification	421 - 490	539	Eat less bean foods and soy products, and do not eat stimulating food, tobacco and alcohol.
	Degree of Lumbar Calcification	4.326 - 7.531	8.350	
Blood sugar	Blood Sugar Coefficient	2.163 - 7.321	8.286	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	2.887	
Basic physical quality	Response Ability	59.786 - 65.424	56.272	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	Stimulating Beverage	0.209 - 0.751	0.881	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.
	Electromagnetic Radiation	0.046 - 0.167	0.988	
	Toxic Pesticide Residue	0.013 - 0.313	0.586	
Trace element	Ferrum	1.151 - 1.847	0.377	Supplement corresponding lacking trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
	Phosphorus	1.195 - 2.134	0.565	
	Iodine	1.421 - 5.490	1.045	
	Silicon	1.425 - 5.872	0.763	
Gynecology	Appendagitis coefficient	2.301 - 4.782	7.380	Develop good health habits, and avoid spicy food, seafood, sweet and greasy foods.
	Skin Collagen Index	4.471 - 6.079	1.713	Eat more vegetables and fruits which are rich in Vitamin C, but

Skin	Skin Moisture Loss	2.214 - 4.158	6.267	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 ultraviolet rays.
	Skin Red Blood Trace Index	0.824 - 1.942	3.608	
Endocrine System	Adrenal glands Index	2.412 - 2.974	1.434	Recommends eating more high protein and vitamin B, C-rich foods, such as yam, soy milk, regular life, soothe emotions, can be practicing yoga.
	Thymus gland secretion index	2.967 - 3.528	2.203	
	Gland secretion index	2.204 - 2.819	1.518	
Immune System	Bone marrow Index	0.146 - 3.218	0.084	Psychological adjustment, optimistic attitude, and more with friends and colleagues, to participate in meaningful activities, to keep the body strong state.
	Thymus index	58.425 - 61.213	53.327	
	Gastrointestinal immune Index	0.638 - 1.712	0.270	
Breast	Hyperplasia of mammary glands coefficient	0.202 - 0.991	2.154	Use some light and easy to digest but also has the role of nutritional value and food Tongru, avoid hot, spicy food stimulation, avoid hot, greasy food, Such as: dog meat, mutton, crab and so on.
	Acute mastitis coefficient	0.713 - 0.992	1.835	
Vitamin	Vitamin A	0.346 - 0.401	0.291	Supplement corresponding lacking trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
	Vitamin B2	1.549 - 2.213	1.227	
	Vitamin B3	14.477 - 21.348	9.158	
	Vitamin B12	6.428 - 21.396	3.092	
	Vitamin C	4.543 - 5.023	3.214	
	Vitamin D3	5.327 - 7.109	2.586	
	Vitamin K	0.717 - 1.486	0.514	
Amino Acid	Tryptophan	2.374 - 3.709	6.228	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.
	Threonine	0.422 - 0.817	1.555	
	Valine	2.012 - 4.892	8.802	
Bone Growth Index	Bone alkaline phosphatase	0.433 - 0.796	0.150	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.
	Osteocalcin	0.525 - 0.817	0.375	
	Sagging	0.233 - 0.559	1.290	Choosing the right eye care products, to ensure adequate sleep,

Eye	Eye cell activity	0.118 - 0.892	1.496	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.
	Visual fatigue	2.017 - 5.157	10.000	
Heavy Metal	Antimony	0.162 - 0.412	1.303	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.
	Thallium	0.182 - 0.542	1.151	
Allergy	Pollen allergy index	0.143 - 1.989	3.696	Please stay away from allergens to avoid allergic.
	Smoke allergy index	0.826 - 1.013	3.866	
Coenzyme	Biotin	1.833 - 2.979	0.878	Supplement corresponding lacking trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
	Coenzyme Q10	0.831 - 1.588	0.495	
Obesity	Abnormal lipid metabolism coefficient	1.992 - 3.713	1.097	Proper control of food intake, avoid high-sugar, high-fat and high-calorie diet, regular physical exertion and exercise. When diet and exercise therapy is unsuccessful, a medication-assisted treatment.
	Brown adipose tissue abnormalities coefficient	2.791 - 4.202	1.848	
Collagen	Reproductive system	3.778 - 4.985	1.900	Eat more foods rich in collagen, such as beef tendons, trotters, 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.
	Skeleton	6.256 - 8.682	2.577	
Channels and collaterals	Foot Jue Yin Liver	1.553 - 2.187	0.652	Suitable, kinesiotherapy may use the adjuvant medicines.
	Governor meridian	0.708 - 1.942	0.525	
	Vital meridian	6.138 - 21.396	4.256	
Pulse of heart and brain	Stroke index	60.735 - 65.396	72.724	Suitable, kinesiotherapy may use the adjuvant medicines.
	Heart peripheral resistance(TRR)	0.983 - 1.265	2.052	
	Pulse wave coefficient K	0.831 - 1.248	2.038	
	Cerebrovascular blood oxygen saturation(Sa)	1.403 - 1.671	0.772	
	Pulse wave coefficient K	0.316 - 0.401	0.224	
Blood lipids	High-density lipoprotein(HDL-C)	1.449 - 2.246	4.089	Suitable, kinesiotherapy may use the adjuvant medicines.

Menstrual cycle	Beta hormone	2.942 - 3.407	1.894	Suitable,kinesiotherapy may use the adjuvant medicines.
	Reflect protein	4.713 - 5.345	2.733	
	Sedimentation rate	6.326 - 8.018	1.999	

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