

Comprehensive Report Card

Name: Gina Brito

Sex: Female

Age: 65

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

Testing Time: 2024-12-03 10:17

About the probably hidden problems

System	Testing Item	Normal Range	Actual Measurement Value	Expert advice
Cardiovascular and cerebrovascular	Blood Viscosity	48.264 - 65.371	82.249	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	0.718	
	Coronary Artery Elasticity	1.553 - 2.187	0.850	
Gastrointestinal function	Gastric Peristalsis Function Coefficient	58.425 - 61.213	44.551	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	0.035	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	0.145	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	7.076	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	23.311	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	9.012	Develop good health habits, and avoid spicy food, seafood, sweet and greasy foods.
Skin	Skin Melanin Index	0.346 - 0.501	0.972	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	0.803	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	0.058	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	1.797	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	0.605	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	0.035	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	4.402	Please stay away from allergens to avoid allergic.
	Dust allergy index	0.543 - 1.023	3.222	
Coenzyme	Folic acid	1.449 - 2.246	1.148	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	1.275	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	2.475	Suitable, kinesiotherapy may use the adjuvant medicines.
	Tai mai	5.733 - 7.109	1.186	
Pulse of heart and brain	Cerebrovascular blood oxygen pressure(PaO2)	5.017 - 5.597	3.123	Suitable, kinesiotherapy may use the adjuvant medicines.
Blood lipids	Blood viscosity	4.131 - 4.562	8.624	Suitable, kinesiotherapy may use the adjuvant medicines.
	Triglyceride(TG)	1.116 - 2.101	6.018	
	Low-density lipoprotein(LDL-C)	0.831 - 1.588	0.273	

Menstrual cycle	Fibrinogen	2.807 - 3.294	0.792	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	1.617	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	1.158	
	Coronary Perfusion Pressure	11.719 - 18.418	18.872	
Gastrointestinal function	Small Intestine Peristalsis Function Coefficient	133.437 - 140.476	125.770	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	0.288	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.
	Liver Fat Content	0.097 - 0.419	0.676	
Gallbladder function	Serum Globulin (A/G)	126 - 159	189	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	0.740	
	Alkaline Phosphatase (ALP)	0.082 - 0.342	0.397	
	Serum Total Bile Acid (TBA)	0.317 - 0.695	0.821	
	Bilirubin (DBIL)	0.218 - 0.549	0.643	
Pancreatic function	Insulin	2.845 - 4.017	4.041	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	6.875	
Kidney function	Uric acid Index	1.435 - 1.987	3.007	Do not eat spicy hot foods, such as chilli, pepper, ginger, onion, garlic, leek, dog meat, mutton, crucian, shrimp, and eels and so on.
	Blood urea nitrogen(BUN) Index	4.725 - 8.631	11.701	
	Proteinuria Index	1.571 - 4.079	5.253	
Lung function	Vital Capacity VC	3348 - 3529	3575	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	1.831	

	Arterial Oxygen Content PaCO2	17.903 - 21.012	5.437	lotus roots, walnuts, pears and other food.
Brain nerve	Sentiment Index	0.109 - 0.351	0.709	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	0.229	
Bone mineral density	Osteoclast Coefficient	86.73 - 180.97	200.06	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	0.848	
	Degree of Osteoporosis	0.124 - 0.453	0.660	
Rheumatoid bone disease	Degree of Cervical Calcification	421 - 490	533	Eat less bean foods and soy products, and do not eat stimulating food, tobacco and alcohol.
	Degree of Lumbar Calcification	4.326 - 7.531	8.424	
Blood sugar	Blood Sugar Coefficient	2.163 - 7.321	8.672	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	3.047	
Basic physical quality	Response Ability	59.786 - 65.424	56.770	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	0.845	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	0.848	
	Toxic Pesticide Residue	0.013 - 0.313	0.616	
Trace element	Ferrum	1.151 - 1.847	0.367	Supplement corresponding lacking trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
	Selenium	0.847 - 2.045	0.663	
	Phosphorus	1.195 - 2.134	0.519	
	Iodine	1.421 - 5.490	0.999	
	Silicon	1.425 - 5.872	1.019	
Gynecology	Appendagitis coefficient	2.301 - 4.782	8.513	Develop good health habits, and avoid spicy food, seafood, sweet and greasy foods.

Skin	Skin Collagen Index	4.471 - 6.079	1.947	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.
	Skin Moisture Loss	2.214 - 4.158	6.515	
	Skin Red Blood Trace Index	0.824 - 1.942	3.583	
Endocrine System	Adrenal glands Index	2.412 - 2.974	1.937	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	2.109	
	Gland secretion index	2.204 - 2.819	1.568	
Immune System	Bone marrow Index	0.146 - 3.218	0.053	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	54.073	
	Gastrointestinal immune Index	0.638 - 1.712	0.416	
Breast	Hyperplasia of mammary glands coefficient	0.202 - 0.991	1.964	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	1.799	
Vitamin	Vitamin A	0.346 - 0.401	0.293	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	1.169	
	Vitamin B3	14.477 - 21.348	11.792	
	Vitamin B12	6.428 - 21.396	2.440	
	Vitamin C	4.543 - 5.023	3.488	
	Vitamin D3	5.327 - 7.109	2.480	
Amino Acid	Vitamin K	0.717 - 1.486	0.452	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.
	Tryptophan	2.374 - 3.709	6.002	
	Threonine	0.422 - 0.817	1.475	
Bone Growth Index	Valine	2.012 - 4.892	8.724	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.
	Bone alkaline phosphatase	0.433 - 0.796	0.277	
	Osteocalcin	0.525 - 0.817	0.329	
	Epiphyseal line	0.432 - 0.826	0.359	

Eye	Sagging	0.233 - 0.559	1.144	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.
	Eye cell activity	0.118 - 0.892	1.757	
	Visual fatigue	2.017 - 5.157	8.392	
Heavy Metal	Antimony	0.162 - 0.412	1.212	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	1.551	
Allergy	Pollen allergy index	0.143 - 1.989	4.432	Please stay away from allergens to avoid allergic.
	Smoke allergy index	0.826 - 1.013	3.944	
Coenzyme	Biotin	1.833 - 2.979	0.483	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	0.433	
Obesity	Abnormal lipid metabolism coefficient	1.992 - 3.713	0.923	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	1.971	
Collagen	Reproductive system	3.778 - 4.985	2.320	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	1.727	
Channels and collaterals	Foot Jue Yin Liver	1.553 - 2.187	0.852	Suitable, kinesiotherapy may use the adjuvant medicines.
	Governor meridian	0.708 - 1.942	0.320	
	Vital meridian	6.138 - 21.396	2.036	
Pulse of heart and brain	Stroke index	60.735 - 65.396	76.355	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	1.976	
	Cerebrovascular blood oxygen saturation(Sa)	1.403 - 1.671	0.747	
	Pulse wave coefficient K	0.316 - 0.401	0.208	
	High-density			

Blood lipids	lipoprotein(HDL-C)	1.449 - 2.246	4.247	Suitable,kinesiotherapy may use the adjuvant medicines.
Menstrual cycle	Beta hormone	2.942 - 3.407	0.768	Suitable,kinesiotherapy may use the adjuvant medicines.
	Reflect protein	4.713 - 5.345	0.998	
	Sedimentation rate	6.326 - 8.018	2.775	

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