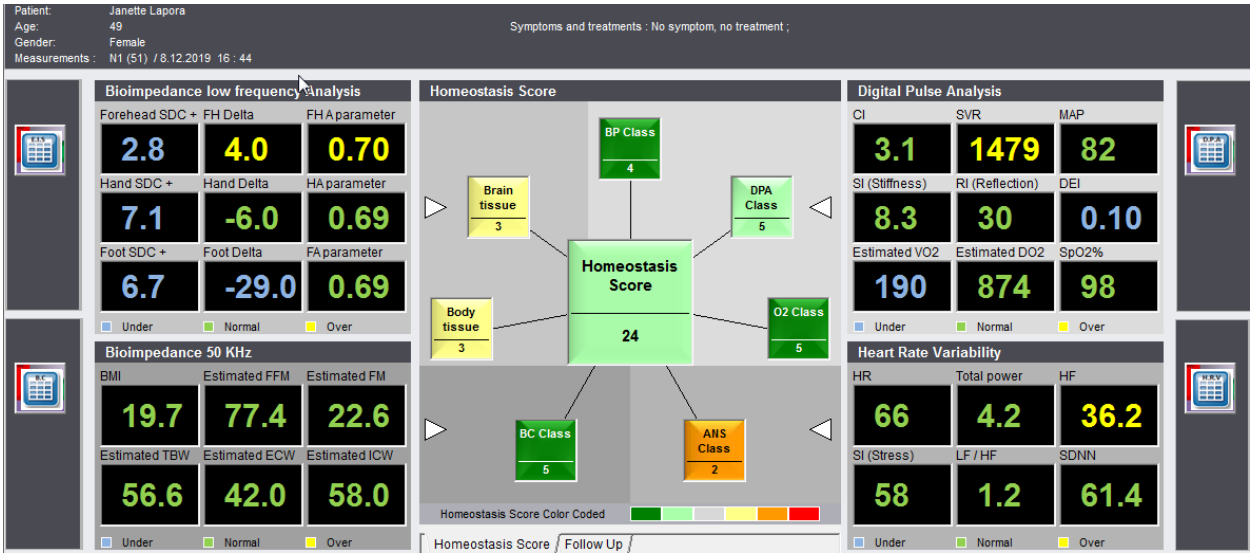
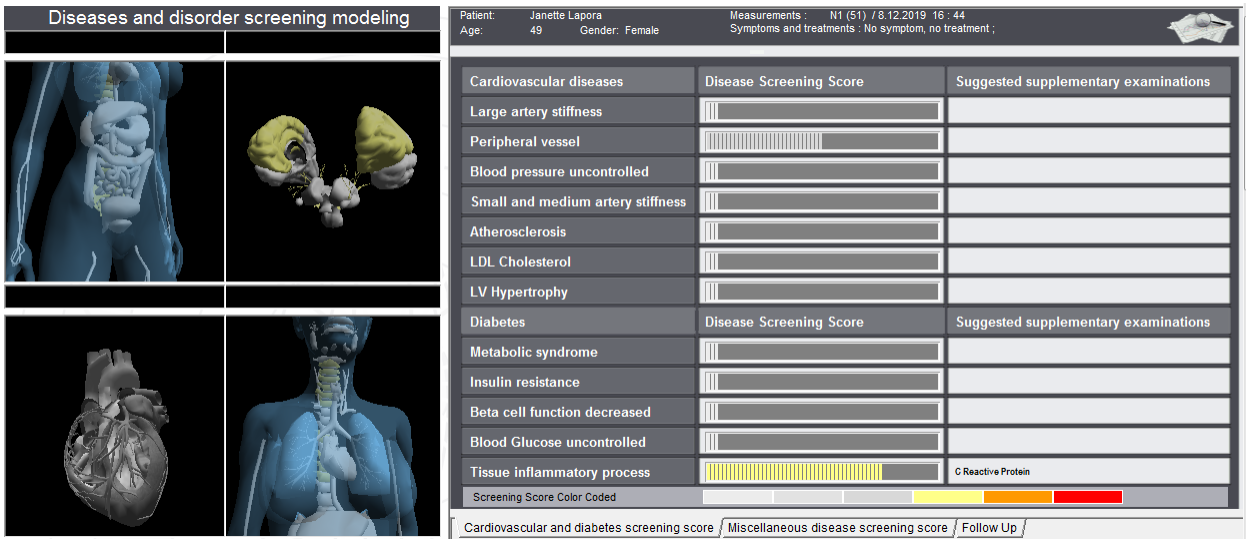
ITHRIVE Health Report

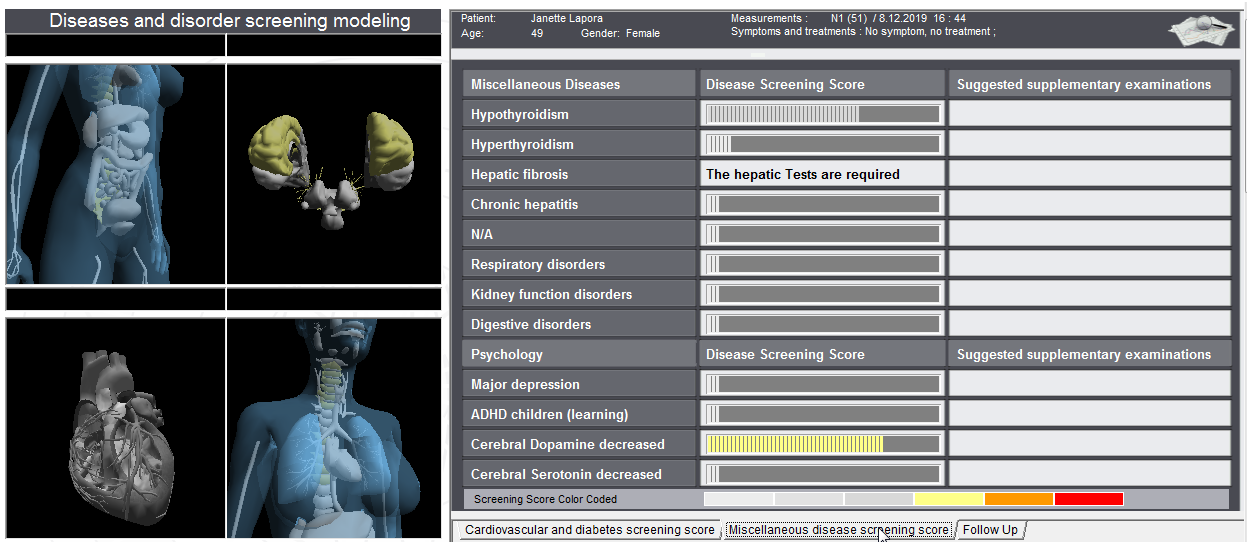
WARNING!

The Bio Scan system does not replace any medical examinations.
The Bio Scan system should be used as adjunct or screening.
All results should be considered in the clinical context of the patient's case history, symptoms, known diagnosis, current medications, treatment plan and therapies. Final status report is the sole responsibility of the practitioner.

Subject ID	***Practitioner***
First/Last Name: Janette Lapora	Address:
Weight : 115.0 Pounds	
Height: 5 Feet 4 Inch	Title:
Date of birth: 7-26-1970	
Gender: Female	
	Telephone / Fax / E-mail:
Measurement conditions	Name : Administrator
Examination performed at: 12-8-2019 16 : 44	Physician's notes:
Registration method: A1 (62,0,100,100,0) N1 (51,0,100,100,0)	
Examination performed with a ES Teck Sensors Analyzer Manufactured by L.D Technology. ISO 13485 Owner/Operator Number: 9097859. Establishment Registration Number: 3006146787. CE 0535 Class IIa. 510k number K102166 and k102442 Class 2 and EC 0535. ES Teck sensor is accredited as electrical equipment type BF according to the standards EN 60601-1-1. CEM according to the standards EN60601-1-2	
Clinical context	
Symptoms : ***Check-Up*** No symptom, no treatment	
Medications :	
Daily Activity Level: Athlete, fitness or athlete morphology Systolic / Diastolic pressure: 104 / 71	
Reason for consultation:	Signature of the practitioner :


Patient: Janette Lapora
Age: 49
Gender: Female
Measurements : N1 (51) / 8.12.2019 16 : 44
Symptoms and treatments : No symptom, no treatment ;
Bioimpedance low frequency analysis
Forehead SDC + 2.8
FH Delta 4.0
FH A parameter 0.70
Hand SDC + 7.1
Hand Delta -6.0
HA parameter 0.69
Foot SDC + 6.7
Foot Delta -29.0
FA parameter 0.69
Under Normal Over
Bioimpedance 50 KHz
BMI 19.7
Estimated FFM 77.4
Estimated FM 22.6
Estimated TBW 56.6
Estimated ECW 42.0
Estimated ICW 58.0
Under Normal Over
Homeostasis Score
BP Class 4
Brain tissue 3
DPA Class 5
Homeostasis Score 24
Body tissue 3
O2 Class 5
BC Class 5
ANS Class 2
Homeostasis Score Color Coded
Homeostasis Score
Follow Up
Digital Pulse Analysis
CI 3.1
SVR 1479
MAP 82
SI (Stiffness) 8.3
RI (Reflection) 30
DEI 0.10
Estimated VO2 190
Estimated DO2 874
SpO2% 98
Under Normal Over
Heart Rate Variability
HR 66
Total power 4.2
HF 36.2
SI (Stress) 58
LF / HF 1.2
SDNN 61.4
Under Normal Over


Diseases and disorder screening modeling
Patient: Janette Lapora
Age: 49 Gender: Female
Measurements : N1 (51) / 8.12.2019 16 : 44
Symptoms and treatments : No symptom, no treatment ;
Cardiovascular diseases | Disease Screening Score | Suggested supplementary examinations
Large artery stiffness
Peripheral vessel
Blood pressure uncontrolled
Small and medium artery stiffness
Atherosclerosis
LDL Cholesterol
LV Hypertrophy
Diabetes | Disease Screening Score | Suggested supplementary examinations
Metabolic syndrome
Insulin resistance
Beta cell function decreased
Blood Glucose uncontrolled
Tissue inflammatory process
C Reactive Protein
Screening Score Color Coded
Cardiovascular and diabetes screening score
Miscellaneous disease screening score
Follow Up

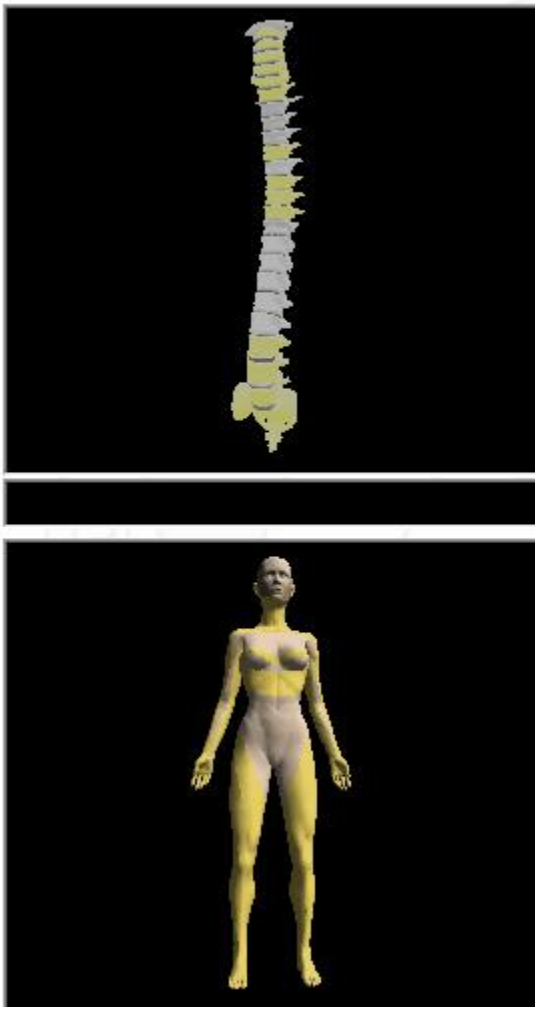

Diseases and disorder screening modeling
Patient: Janette Lapora
Age: 49 Gender: Female
Measurements : N1 (51) / 8.12.2019 16 : 44
Symptoms and treatments : No symptom, no treatment ;
Miscellaneous Diseases | Disease Screening Score | Suggested supplementary examinations
Hypothyroidism
Hyperthyroidism
Hepatic fibrosis
The hepatic Tests are required
Chronic hepatitis
N/A
Respiratory disorders
Kidney function disorders
Digestive disorders
Psychology | Disease Screening Score | Suggested supplementary examinations
Major depression
ADHD children (learning)
Cerebral Dopamine decreased
Cerebral Serotonin decreased
Screening Score Color Coded
Cardiovascular and diabetes screening score
Miscellaneous disease screening score
Follow Up

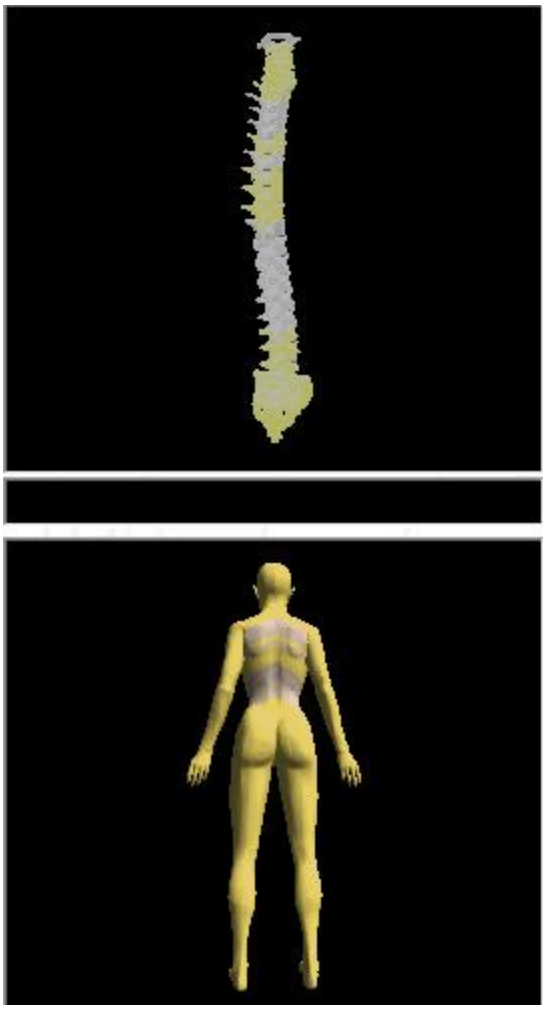
Patient: Janette Lapora
Age: 49 Gender: Female

Measurements : N1 (51) / 8.12.2019 16 : 44
Symptoms and treatments : No symptom, no treatment ;

Biochemical substances	Physiologic data statistical scale	Suggested laboratory tests
TSH		
Insulin		
PTH		
Adrenaline		
Noradrenaline		
Cortisol		
Hepatic enzymes		
Leptin resistance		
ACTH		
Renin secretion		
Natremia		
Kalemia		
Chloremia		

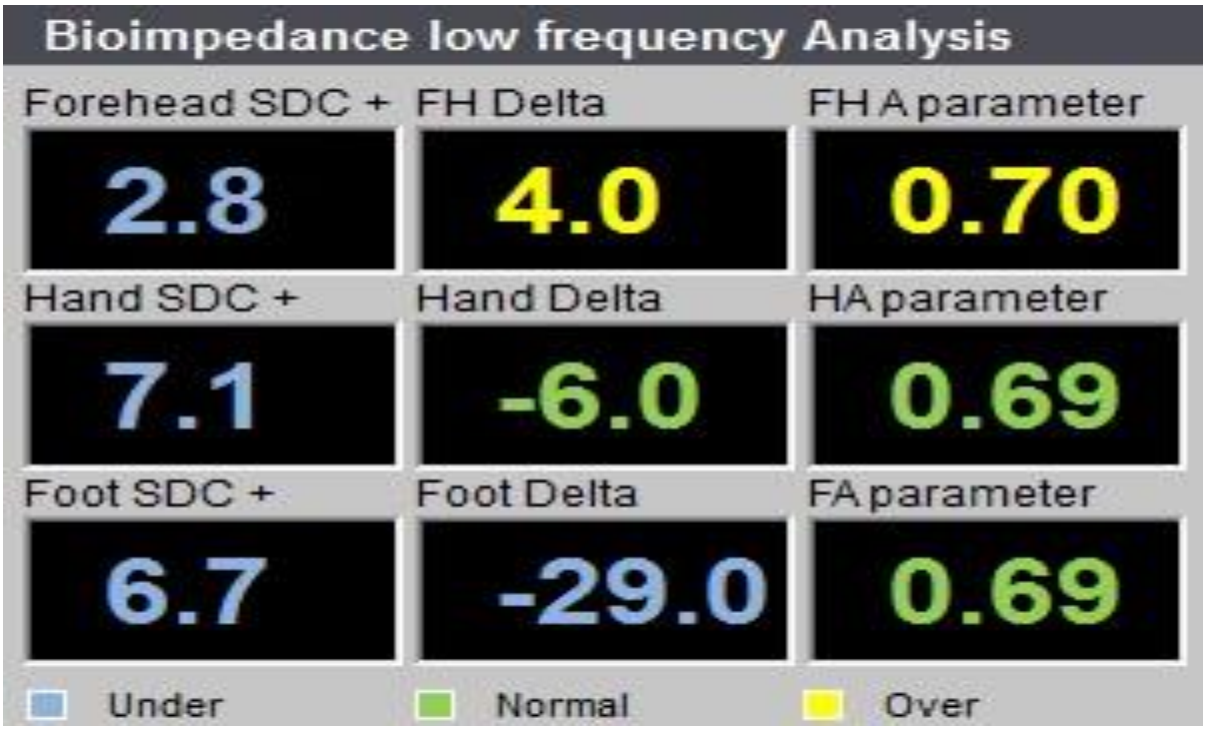
Chloremia		
Free ionized Ca+		
Phosphatemia		
Magnesemia		
Lipidemia		
Arterial Ph		
Arterial Paco2		
Arterial PaO2		
Body Tissue pH		N/A
Immune system		
Blood Glucose uncontrolled		





EIS indicators

The EIS measures the human body electrical properties (electrical conductivity and dispersion).
The signals processing analysis provides data about the galvanic skin response.
Main indicators for each electrodes pairs : Hand, Foot and Forehead
SDC + : Electrical conductivity related to the pathway from anode to cathode and from the peer reviews it seems related with the tissue oxygen level
Delta SDC+-SDC -: numeric value .From the peer review, it seems related to the interstitial chloride ions (inversely proportional)
.
Alpha parameter : Electrical Dispersion. From the peer reviews, it seems related to the morphology of the fluid between the cells.



HRV

Heart Rate Variability (HRV) is the mathematical analysis of the time between each Heart beat and provides indicators of the Autonomic nervous system activity and it is the gold standard to estimate your stress level.

Main indicators:

Heart rate: The number of heart beats per minute
SI Stress Index: Indicator of the heart left ventricle work and heart oxygen consumption
MxDMn: Indicator of the stability of the heart rhythm
HF % and ms: Main indicator of the parasympathetic activity
Total Power: Indicator of the vagal activity.
LF/HF: ratio considered by some investigators to mirror sympathetic/parasympathetic balance or to reflect sympathetic modulations.

HRV Indicators

K30/15

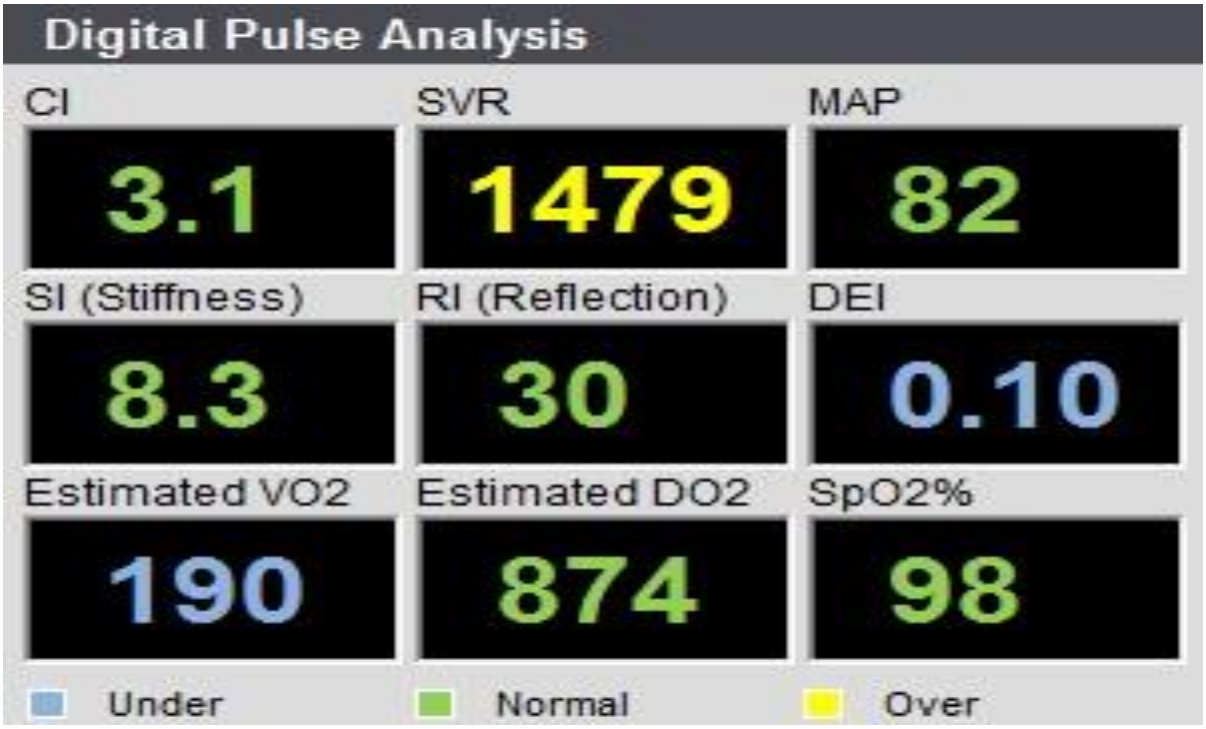
Indicator of the orthostatic hypotension and vagal syndrome. The value under should be an indicator of vagal syndrome
Normal range > 1.30
Value: 1.80 C.U

Valsalva ratio

Ratio issue from the Valsalva maneuver : a value under should be an indicator of cardiovascular disease, especially when used in conjunction with echocardiogram.
Normal range > 1.20
Value: 1.23 C.U

SPo2 % and Photoelectrical Plethysmograph

CI (Cardiac index) is a Vasodynamic indicator that relates the cardiac output (CO) to body surface area (BSA).
SVR (Systemic Vascular Resistance) : Indicator of peripheral Resistance to flow that must be overcome to push blood through the circulatory system.
MAP (Mean Arterial Pressure): Average pressure during the aortic pulse cycles estimated from the Digital Pulse Analysis
Stiffness Index: Indicator of the large artery stiffness related to the blood pressure
Reflection Index: Indicator of small and middle size artery stiffness
DEI: Indicator proportional to the peripheral artery elasticity or to the venous return (vasoconstriction)
Estimated VO2: Oxygen uptake represents the oxygen supply for the tissue metabolism
Estimated DO2: oxygen delivery is the rate of oxygen transport in the arterial blood
SpO2%: Hemoglobin oxygen saturation in percent corresponding to the arterial oxygen pressure. It can be reduced e.g. anemia, hypothyroidism, high altitude, Co2 increased, histotoxic hypoxia (cells cannot use 02) , oxygen-hemoglobin bond increased affinity, sleep apnea or lactic acid excess.



Body composition and follow up

The estimated body composition is made according to the measurement of the body resistance in tetra polar mode and frequency of 50 KHz. The estimated values are calculated from the peer reviews. Please note that these ranges are average values taken from a treatment of the NHANES-III survey data.

What do the Results Mean?

FAT Mass: Fat is the energy storage of the body. Everybody needs fat in their bodies, but it is important not to have too much.
Fat Free Mass (FFM) : This value is, literally, what would be left after all fat was removed from the body. Many people also Refer to FFM as Lean Body Mass (LBM).
Total Body Water (TBW): Literally, the total amount of water in the body. Since fat is essentially 0% water, TBW is entirely contained within FFM.
Intra-Cellular Water (ICW) : This is the portion of Total Body Water that is located within the body's cells.
Extra-Cellular Water (ECW): This is the portion of Total Body Water that is located outside of the body's cells. Examples of where ECW is found include, but are not limited to blood plasma, spinal fluid, joint fluids, and edema.
Target Weight: This is calculated using a set of standardized formulas.
Body Mass Index (BMI): A person's BMI is equal to their weight in kilograms divided by their height in meters, squared. BMI is commonly used as an indicator of whether someone is overweight.
It is important to note, however, that somebody who is 'overweight' may not necessarily be 'over-fat'. A 5'10'', 300 pound couch potato and a 5'10'', 300 pound bodybuilder could have exactly the same BMI.
Basal Metabolic Rate (BMR): Basal Metabolic Rate is the number of calories that a person will use per day, by virtue of simply being alive (i.e., lying still and breathing).

Body Composition Indicators (lb)

Compartments	Values	Total Body Water	Fat Free Mass	Weight
Intra Cellular Water	37.8	65.1	89.0	115.0
Extra Cellular Water	27.4			
Dry Lean Mass	23.9			
Body Fat Mass	26.0			

Body Composition Analysis

General distribution	Under	Normal	Over
Fat Free Mass		77.4%	
Body Fat Mass		22.6%	
Total Body Water		56.6%	

Fluid distribution	Under	Normal	Over
Intra Cellular Water		58.0%	
Extra Cellular Water		42.0%	

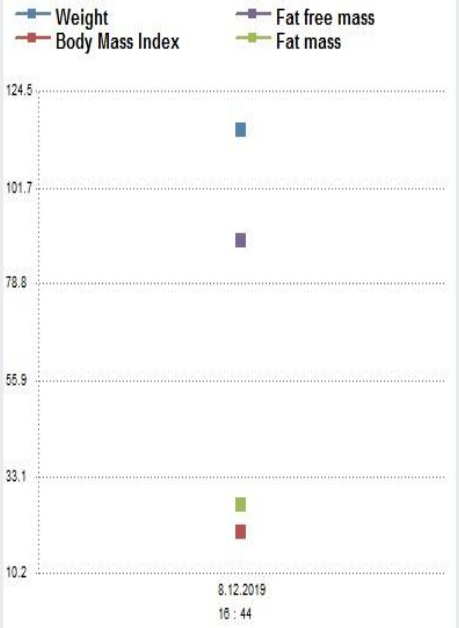
Indicators of the target weight

	Under	Normal	Over
Body Mass Index		19.7	
Percent Body Fat		22.6	

Weight Control (lb)

Current Target Weight: 115.0	Fat Control: 3.9	Basal Metabolic Rate: 1224 Kcal
Weight Control: 0.0	FFM Control: -3.9	Daily Energy Expenditure (DEE): 2325 Kcal

Follow Up



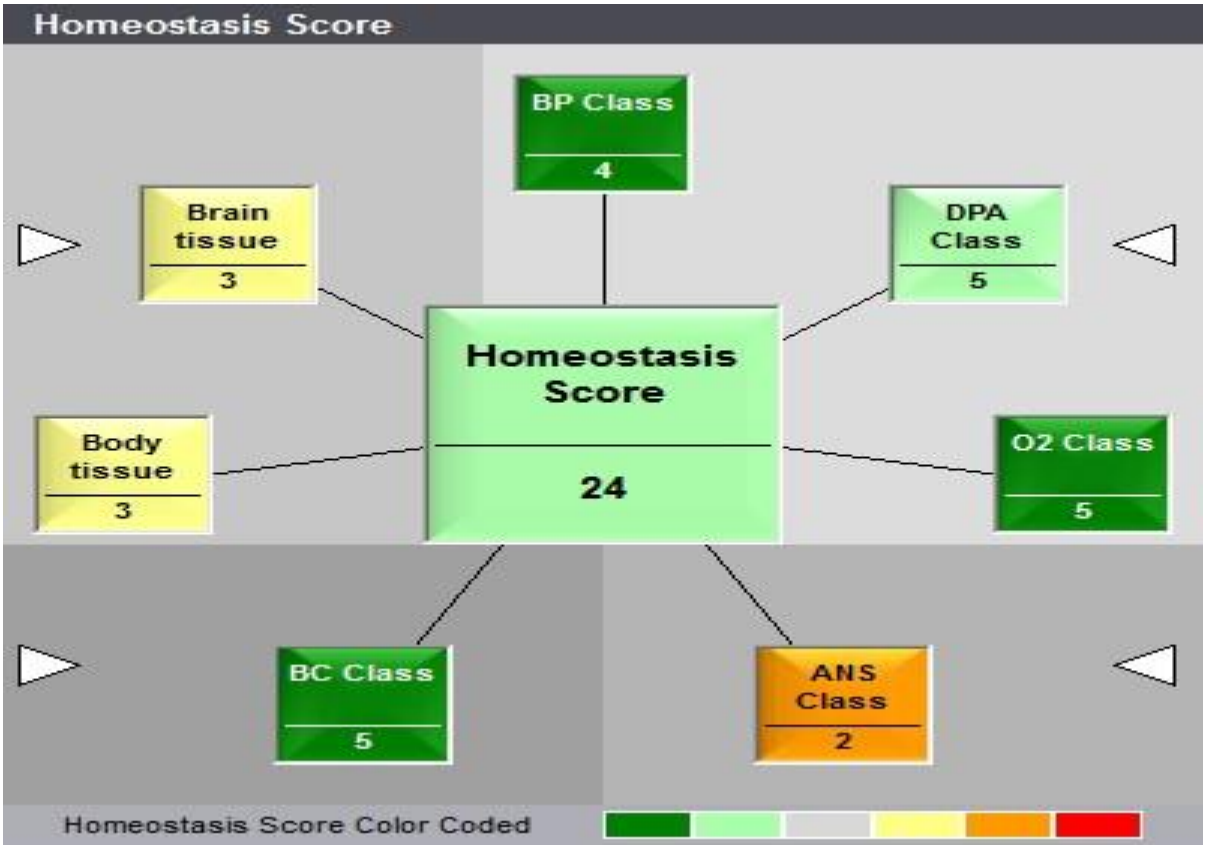
Homeostasis Score

The homeostasis score provides a fast overview of a patient's homeostasis processes and responses with the key regulatory mechanisms, to understand the patient's potential adaptation to lifestyle, disorders, diseases or current treatment. or any factors (temperature, stress…)

- Depend first of all from Genetic
- Could be affected by lifestyle/diseases/ treatment
- Decreased with age.

The healthy subject is not identified as such simply because he does not have any disease, but because his homeostasis score is acceptable and therefore his body can adapt and remain healthy when challenged. The homeostasis score cannot be used as diagnosis.

Results meaning
Maximum Score = 30
Very Good = 27-30
Good = 24- 27
Normal = 20-24
Warning = 17-20
Low = 10-17
Poor < 10



Suggested diet and micro nutrition advices 1

The advices in nutrition and micro nutrition could be revised in the next follow up examination. The advices do not take care about the clinical context, current treatment and specific lifestyle such as vegetarian, athletes. The advices are issue from Recommended Dietary Allowances, 10th Edition. National Academy Press 1989-1999. ISBN: 0-309-04633-5 and the cross analysis of the ES Teck results and in particular the body composition and hemodynamic indicators.

NOT RECOMMENDED FOODS	*RECOMMENDED FOODS*
Vegetables *Egg Plant* ***Animal protein*** *Salami , Frankfurters, Well-hung game, Marinated herring, Beef liver* ***Carbohydrates*** *Brewer's yeast, Sodium glutamate (often used in Chinese cooking)* ***Drinks*** *Certain wines (Sauternes, Chianti, Riesling, Porto), Beer* ***Fruit*** *Bananas*	***Vegetables*** *Ginseng* ***Animal protein*** *Cooked egg-white, Egg-white, Fish* ***Carbohydrates*** *Sprouted wheat, Rice* ***Drinks*** *Green tea* ***Oily foods*** *Hazel nuts, Almonds* ***Fruit*** *Fresh fruit* ***Herbs*** *Rosemary, Sesame, Garlic* ***Plant protein*** *Soy* ***Oils*** *Cod liver oil, Plant oils* ***Cereals*** *Bran*
MICRONUTRITION	*COOKING METHODS*
Trace elements *Cobalt Manganese ,Iodine ,Sulfur ,Phosphorus* ***Plant therapy*** *Poppy ,Passion flower ,Aubeline ,Hawthorn*	*· Steaming is to be preferred to all other methods.* *· For cooking food: olive, peanut or palm oil, without ever allowing it to smoke.* *· For improved digestion, advice for cooking : carrots, tomatoes, broccoli, spinach then add olive or colza oil after cooking.* *· To prepare fish, marinate in lemon juice, wine or oil, then steam or poach in stock* *· Do not burn or carbonize meat and throw away the gravy.*

Suggested diet advices 2

REGIME	*FOOD ASSOCIATIONS*
Daily Energy Expenditure (DEE): 2325 Kcal	*· Meat-potato* *· Meat-vegetables (good for acid-base balance)* *· Cheese -pasta- vegetables (very good complementarily)* *· Meat-cereal- vegetables (ideal complementarily)* *· Diversity of fruit and vegetables (action synergy of plant-micronutrients)*
DIETARY ADVICE	
Reduce salt, alcohol, fast sugars, avoid barbecued foods and overcooked or burned foods, smoked animal protein (meat, fish, poultry), avoid fried foods and do not re-use cooking fat or oil. *Your total daily calories should be made up of:* *10 to 15% animal and vegetable protein* *30 to 35 % fats* *50 to 55% glucose, 10% of which should be fast sugars* *30 to 40 g of fiber /day* *A balanced diet must include all these substances vitamins and trace elements must be added.* *Water quality is the essential complement to a balanced diet.* *You should always eat a big breakfast, moderate lunch and light meal in the evening.* *Avoid using microwave ovens. Q10 coenzyme supplement is recommended (from 150 to 300 mg / day).*	