

## Wellness Center test result guide sheet

ISS	Probable unbalanced body defensive system due to recent struggling with infectious agents , inflammation or a problem in body which make the defensive system to over proliferate or over migrate to a location or in the whole body.
EIS	Probable unbalanced body defensive system due to long-term struggling with inflammation, suppressive drugs, foreign factor or a problem in body, infectious agents, etc., which make the defensive system to over proliferate or over migrate to a location or in the whole body which could led to weakness, fatigue, higher risk for disease and other problems.
RA-R	Poor defensive system strength (lack of consumption or absorption of sufficient minerals, struggling of the body with a physical or mental problem, etc., can reduce the power of defensive system.)
RA-L	Low defensive system strength (lack of consumption or absorption of sufficient minerals, struggling of the body with a physical or mental problem, etc., can reduce the power of defensive system.)
RA-M	Medium defensive system strength (lack of consumption or absorption of sufficient minerals, poor dietary habits, exercise, struggling of the body with a physical or mental problem, etc., can reduce the power of defensive system.)
RA-G	Good defensive system strength (enough consumption or absorption of sufficient minerals, healthy lifestyle, rich dietary habits, exercise, etc., can increase the defensive system strength)
RA-H	High defensive system strength (enough consumption or absorption of sufficient minerals, healthy lifestyle, rich dietary habits, exercise, etc., can increase the defensive system strength)
RA-vH	Very high defensive system strength (enough consumption or absorption of sufficient minerals, healthy lifestyle, rich dietary habits, exercise, etc., can increase the defensive system strength)
AcP	Probable acid imbalance of body fluid: Possibility of acid overproducing due to lifestyle, diet/excessive exercise or other issues which may cause lack of appetite, low energy, fatigue, headache, feeling confused and problems in breath or sleep and organ malfunction kidney or respiratory problems in long-term
AIP	Probable base imbalance of body fluid: Possibility of base overproducing lifestyle, diet/glandular problems or other issues which may cause nausea/numbness, prolonged muscle spasm/twitching, hand tremors or dizziness, confusion, stupor or difficulty in breathing if gets more serious
AuP	Probable mistakenly self-cell targeting by body defensive system: possibility of malfunctioning of body defensive system mostly due to unknown cause or lifestyle and environment which primary may cause fatigue, achy muscles, swelling and redness, Low-grade fevers, trouble concentrating, numbness and tingling in the hands and feet, hair loss, skin rashes.
Alrg.en	probable seasonal and environmental allergies: possibility of allergic reactions that can triggered by the exposure to pollens, air pollutions, dust mites, pet dander/ saliva, specific plants, mold, smoke or other substances which may cause sneezing, runny nose, shortness of breath, itching, headaches, wheezing and/or fatigue.
Alrg.Fo	probable food allergies: possibility of allergic reaction to foods most commonly to Eggs, Milk, Peanuts, Tree nuts Fish, Shellfish, Wheat and/or Soy that can cause Vomiting and/or stomach cramps, Hives, Shortness of breath, Wheezing, Repetitive cough, Shock or circulatory collapse, Tight hoarse throat; trouble swallowing, Swelling of the tongue, affecting the ability to talk or breathe, Weak pulse, Pale or blue coloring of skin, Dizziness or feeling faint.
NatAlc	Probability of intolerance to consumption of fermentative beverages or with natural alcoholic fermentation like grapes, apples and some of the tropical fruits.
BoV	Probable presence of a weak pathogen or virus in body system or a recent vaccination which still can induce a response in body (specifically in its defensive system.)
EndSS	Probable under/over-expression of hormones in body in a short time due to anxiety, lifestyle, age, as a subsequence of a disease (e.g. infections), an injury to the glands or other problems which may cause a different types of issues from headache, tiredness, weakness, painful and/or regular menstruation to depression, being moody, angeriness and aggressiveness, anxiety and other problems.
ExEndS	Probable over-expression of hormones in body due to lifestyle, constant stress, as a subsequence of a disease (e.g. infections) ,an injury to the glands or other issues which may cause a different types of issues from severe fatigue & weakness, body aches, skin discoloration and unexplained weight fluctuations to depression, sleep problems and other chronic issues.
D. Vit	Poor nutrition: Possibility of unbalanced vitamin amount in body which is usually due to insufficient consumption or low absorption. It can primary cause brittle hair & nails, mouth ulcers or cracks in the corners of the mouth, bleeding gums, poor night vision and white growths on the eyes, scaly patches and dandruff, hair loss, red or white bumps on skin, Restless Leg Syndrome, tingling hand, feet and/or dry skin, bone pain, stress and tired ness and other problems.

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D. Min	Poor nutrition: Possibility of unbalanced mineral amount in body which is usually due to insufficient consumption or low absorption. It might cause Muscle Twitches and Cramps, Mental Disorders, Osteoporosis, Fatigue and Muscle Weakness, High Blood Pressure, Asthma, Irregular Heartbeat, hair loss, Restless Leg Syndrome, reproduction problems, irregular and painful menstruation, nervous problems, depression, decreasing immune system and other problems, numbness, tingling in the fingers Fatigue, poor appetite and other problems.
ImmD	Possibility of defects in the body defensive system caused by the use of drugs or from long-lasting disorders or family history that can lead to increased susceptibility to infection, frequent, recurrent and long lasting infections allergies, blood disorders, such as low platelet counts or anemia digestive problems, such as cramping, loss of appetite, nausea and diarrhea and other problems.
LoH	Possible hormonal imbalances which can occur due to age, lifestyle, damage to glands and organs secreting them, family history, stress, medication pills specially birth control ones and other issues which may cause sleep problems, hot flashes and night sweats, irregular periods, chronic acne, memory fog, , weight gain, headache, inflammations, mood swings and depression and/or other problems
preDia	Possibility imbalanced blood sugar level or fluctuations in blood sugar related to a recently consumption of high glucose foods. It's usually related to lifestyle (inactivity, dietary patterns) family history, age can cause increased thirst, frequent urination, fatigue, blurred vision, heart and kidney complications and other problems. If the lifestyle choices doesn't change it can progress to diabetes. To prevent that and creating balance Eat healthy foods, Get more physical activity, Lose excess pounds, Control your blood pressure and cholesterol.
indDia	Possibility of pancreatic cell malfunction due to family history, lifestyle, age, trauma or other issues which might led to sugar metabolite malfunction.
hCL	Probable increased amount of fatty substances in circulation which is caused by unhealthy lifestyle, dietary patterns, fatty recent meal, age and other problems. It might have no sign but can increase the possibility of heart complications, high blood pressure chest pain and other problem. If the lifestyle and the unhealthy habits don't change the possibility of heart and vascular problems.
hUA	Probability of unbalanced uric acid in the body which is caused by kidney complications to remove the uric acid due to unhealthy lifestyle, rich foods, pancreatic problems, renal insufficiency, obesity, family history and some other problems which might cause lower back, sides and abdominal region pain, fever and chill and renal problems.
LoVir	Possibility of viral and pathogen presence in body that body defense system cannot destroy. Factors which are contributed to weakening body's defense could be unhealthy lifestyle, age, malnutrition, metabolic disease, crowded or infected environment or treatments can cause it or increase the possibility. This can cause frequent or painful urination, vaginal abnormal discharge, diarrhea, influenza-like symptoms, irritability, nausea & vomiting, inflammatory pain, skin rashes, skin abscesses & injuries, neck stiffness, weakness...
LoBac	Possibility of bacterial overgrowth & proliferation in body which biological defense system cannot destroy. Factors which are contributed to weakening body's defense could be unhealthy lifestyle, age, malnutrition, metabolic disease, crowded or infected environment or treatments can cause it or increase its possibility. This can cause frequent or painful urination, vaginal abnormal discharge, diarrhea, influenza-like symptoms, irritability, nausea & vomiting, inflammatory pain, skin rashes, skin abscesses & injuries, neck stiffness, weakness...
LoMio	Possibility of fungal overgrowth commonly on skin, nail and sexual areas due to types of activities, infected & polluted environment, pets, traveling into places with common types of fungi, over-using anti-biotics and other issues. It may cause Skin changes, burning, feeling, peeling, dryness, redness, and itching; respiratory, circulatory and other systems complications.
LoHel	Possibility of parasitic presence in different parts of the body which might transmitted from the soil or polluted water or other sources into human body. It can cause many effects like diarrhea, vomiting, skin changes and injuries, abdominal pain, nausea, pain, general malaise and weakness, impaired cognitive and physical development and many other problems.
	Possibility of unbalanced cellular polarity which can be caused by unhealthy lifestyle, family history, dietary patterns, long-term stress/ tension, etc. which might cause vascular and vascular-flow imbalances and other circulatory problems.
HypT	Possibility of unbalanced blood pressure which can be due to dietary patterns, unhealthy lifestyle, stress, family history, race, etc. it might cause headache, heat or it can have no sign at all but if it continue it might create heart / vascular and memory problems in future.
OstPo	Possibility of unbalanced calcium or calcium absorption problems which can be due to age, sex, family history, body frame size, race, dietary patterns, eating disorders, etc. it can have no signs at first but it can lead to Back pain, slow healing of a bone fracture and skeletal problems in future.
dBSI	Possibility of microbial imbalance or maladaptation inside the body specifically the GI tract which could be due to change in dietary patterns, accidental chemical consumption, unhealthy life style, poor dental hygiene, gastrointestinal problems high level stress or anxiety, etc. it can cause bad breath (halitosis), upset stomach, nausea, constipation, diarrhea, difficulty urinating, vaginal or rectal itching, bloating, fatigue, having trouble thinking or concentrating, anxiety, depression, digestive complications, etc.

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LoCad	Possibility of inhalation of Toxic Elements in Tobacco and in Cigarette Smoke which might damage body systems (e.g. respiratory and circulatory) in long time.
LoMer	Possibility of presence of traceable amount of Hg in body which can be due to occupational exposure, food consumption, (especially fish) and amalgam tooth fillings. In higher amount or long duration of exposure this element might cause headaches neurological and behavioral disorders, such as tremors, emotional instability, insomnia, memory loss, neuromuscular changes, and so on.
LoLea	Possibility of presence of lead in circulatory system, mineralized & soft tissues (bones, teeth, liver, muscle, kidney, etc.) which might have been caused by air pollution, industrial soil, workplace, water or other sources. In higher amount it can lead to abdominal pain abdominal cramps, aggressive behavior, constipation, sleep problems, headaches, irritability, loss of developmental skills in children, loss of appetite, fatigue, high blood pressure, numbness or tingling in the extremities, memory loss, anemia, kidney dysfunction, etc.
Geo. L	Geopathic stress distorted or disrupted electromagnetic fields due to geographical reasons, underground water streams, caverns and certain mineral deposits or man-made structures such as railways, motorway cuttings, bridges, tunnels, mines, etc. that could impair balance of human electromagnetic field. The effects of such stress is not feeling refreshed, headache, fatigue, chronic disease in long time exposure.
Rad. L	Possibility of presence of inorganic traceable molecules in body which might be due to lifestyle, environment, dietary intakes, inhalation, therapeutic applications, etc. In higher amounts this type of molecules could decrease body's defensive systems and increase the possibility of chronic problems.
X. L	Possibility of x-ray-caused imbalance in body systems which can be caused by security gates (airport, markets, organizations), medical imaging tests, radiotherapy, etc. Higher doses of exposure it may cause vomiting, bleeding, fainting, hair loss, and the loss of skin and hair, and the possibility of chronic and/or genetic problems.
Elec. L	Possibility of exposure to electromagnetic fields which can come from cellphone, Wi-Fi modem, radio, TV, satellites, antennas, high-voltage electric tower and so on. It may cause headaches, sleep problems, tiredness after sleep, nausea, fatigue and loss of libido, anxiety, depression, etc. and in long-term the possibility of chronic and/or genetic problems
Intox 1	Possibility of unbalance secretion of biomolecules induced by overthinking about mental fears for yourself, the future problems, death, etc... This type of could cause anxiety, depression, fear and mental and physical problems.
Intox 2	Possibility of presence of toxic molecules from infection. Unbalance secretion of biomolecules induced by overthinking mental fears and stress for job or education can have a similar effect as the possibility of infections.
Intox 3	Possibility of unbalance secretion of biomolecules induce by worrying for the relatives, friends and other people. This type of worries could cause anxiety, depression, fear and mental problems.
NarT	Possibility of existence of organic and inorganic molecules containing phenol and benzene in body systems, like pain killers, sleeping pills that could have problems of abuse or addiction in long-term usage. In lone time it might cause muscle and bone pain, sleep problems, diarrhea and vomiting, cold flashes with goose bumps, uncontrollable leg movements, severe cravings
OADT	Possibility of existence of synthetic/natural organic or inorganic molecules which affect opioid receptor in body systems, like strong pain relievers, anti-depression pills, alcohol and drugs with fast addiction that might have problems of abuse or addiction even in short-term usage. It can cause drowsiness, Confusion, nausea, constipation, euphoria, slowed breathing, muscle and bone pain, sleep problems, diarrhea and vomiting, cold flashes with goose bumps, uncontrollable leg movements, severe cravings
KanT	Possibility of existence of natural/ synthetic organic molecules which affect Endocannabinoid system and alter the neurotransmitters and nervous systems. It might cause severe nausea, vomiting, and dehydration. This type of molecules in long-time may alter the memory, cognition and psychomotor performance; effects on the mesolimbic pathway and may affect the reward and pleasure responses and pain perception.
CyPro	Possibility of mass accumulations in body like kidney stones, lipid cysts and similar problems due to lifestyle, environment, dietary patterns, etc. In this case changing unhealthy lifestyle, dietary patterns and exercise might be needed.
BeTu	Possibility of mass accumulations in body, like kidney stones, lipid cysts and similar problems due to lifestyle, environment, dietary patterns, chemicals, etc. In this case changing in unhealthy lifestyle, dietary patterns and exercise might be needed.
OMpro	Possibility of chronic problems due to lifestyle, environment, dietary patterns, chemicals, etc. that might need further attention of an expert.
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Ma.Mi	Possibility of chronic problems due to lifestyle, environment, dietary patterns, chemicals, etc. that might need further attention of an expert.
OnT	Possibility of chronic problems due to lifestyle, environment, dietary patterns, chemicals, etc. that might need further attention of an expert.
MetPro	Possibility of chronic problems due to lifestyle, environment, dietary patterns, chemicals, etc. that might need further attention of an expert.
DstCy	Possibility of chronic problems due to lifestyle, environment, dietary patterns, chemicals, etc. that might need further attention of an expert.
gAol	General weakness or reduction in body's defensive system which might increase the risk of infectious or chronic disease.
psyBlo	Mental resistant to the different treatments which may reduce or postpone the efficiency of the treatments.
VegDis	Probable spasm in muscular system of body that might have been caused by excessive exercise, sudden movements, trauma, unhealthy habits, etc. which can disturb movement, cause pain and in long term might cause skeletal deformation and chronic pain.
SS1	depression, anxiety, constant inner stress, self-centered worries
SS2	Occupational & educational stress. Stress and worries for job, education or similar issues
SS3	Fear of the future, or worries for the loved ones, family members and friend
SS4	Social interactions stress, and stress caused by others, coworkers, classmate, other people in the society.
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