



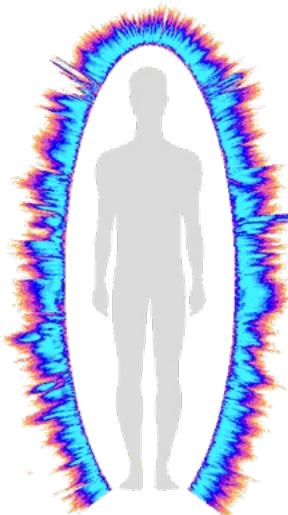
Analysis of a Personal Energetic Homeostasis by Measuring Energy Field

Brandon Emerick
2025-11-25 11:30:33



About Bio-Well

Bio-Well GDV Camera is a revolutionary, non-intrusive way to measure human energy field using a specialized camera and software system.



Bio-Well has been developed by the team of Dr. Konstantin Korotkov and brings the powerful technology known as Gas Discharge Visualization (GDV) or Electro-Photonic Imaging (EPI) technique to market in a more accessible way than ever before. It was developed together with US partners. The product consists of a desktop camera and accompanying software, which allows a user to quickly and easily conduct human energy scans. When a scan is conducted, a weak electrical current is applied to the fingertip for less than a millisecond. In response to this stimulus fingertip emits electrons, which are striking and exciting air molecules. Excited air molecules create gas discharge or glow. This glow is captured by the videocamera and then digital image of the glow is processed by the Bio-Well Software to show energy & stress evaluations. Each scan returns a wealth of meaningful information to provide you with a truly holistic view of the state of your wellbeing.



The intersection of the fingertips glow created in Bio-Well Software is based on the concept of Acupuncture points and is verified by more than 20 years of clinical studies by hundreds of medical doctors and researchers with many thousands of patients. The scanning process is quick, easy and non-intrusive. Get real time feedback on factors affecting your energy state. View each scan in a variety of interesting ways with up to 9 result display options. With the Bio-Well accessories like Sputnik sensor, Water sensor or Bio-Well Glove measure energy of environment, human emotions and water energies!

Bio-Well presents analysis of the Energy Field and allows to see its day-to-day transformation and the influence of different treatments, situations and stimulus to the Energy Field and hence, to the condition of a person. Friendly software makes data processing simple and convenient for non-experienced users. With Bio-Well you do not need to be a scientist to make full-scale scientific research! Bio-Well is being used by thousands of doctors, practitioners and researchers worldwide. Bio-Well does not measure the anatomical structure of the body, but records functional/energetic condition of organs and systems at the moment of measurement.

Bio-Well analysis has the following outcomes:

- Allows to define organs and systems of the body which need attention.
- Makes assessment of the follow up response of the body to different influences (treatments, emotions, mobile phone, etc).
- Provides information on psycho-emotional state and level of stress (anxiety).
- Allows easily measure response of the body to different medications, supplements and food.

Bio-Well GDV Camera is present in more than 70 countries. To get more information go to www.bio-well.com.

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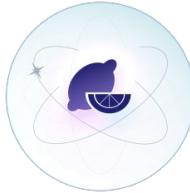


Lifestyle



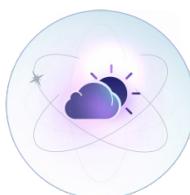
Physical activity: 64%

This sphere is directly associated with the state of the lower back, pelvis zone and lower dan tien (center of gravity). Due to excessive time that we sit during the day and lack of movement - our spine is the one that suffers the most. NB! If you are actively involved in sports - it doesn't mean that you don't have issues with lower back and pelvis zone!



Nutrition: 36%

Three main aspects of our nutrition habits are: quality of food, amount consumed and timing of each meal. Considering all of them can lead to a better quality of life. Here we take into consideration organs that are involved in digestion and filtering of consumed food and liquids.



Environment: 91%

As we spend a lot of time indoors - we are breathing "dead" air and are exposed to excessive doses of EMFs and sometimes radioactivity. That is why environment influences our Energy state so much. Here we look into respiratory system and overall noise in the system.



Psychology: 36%

Constant stress, very high speed of life, excessive consumption of information are affecting our Energy, Stress and Balance levels, and also our nervous system functioning. Psychological balance is taken into consideration too.



Regime of the day: 34%

Sleeping regime in XXI century is highly disturbed by the electric lights and excessive use of computers and smartphones. Our brain and eyes are being affected the most by the incorrect sleeping regime.



Hormonal activity: 82%

Hormones control many processes in our body and regulate the energy levels. Excessive sexual activity is depleting our Energy, especially for men.

Sphere of the lifestyle	Low	Normal	Ideal
Physical (Dan tien)	<66%	66-79%	>79%
Nutrition	<69%	69-81%	>81%
Sleeping regime	<75%	75-86%	>86%
Hormones	<72%	72-85%	>85%
Environment	<78%	78-91%	>91%
Psychology	<74%	74-85%	>85%

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Lifestyle conclusions and recommendations by Dr. Ludmila Vassilieva, MD, PhD

Following spheres of your life need to be corrected:

- Physical activity
- Nutrition
- Psychology
- Regime of the day

Holistic Lifestyle to Enhance Physical Vitality & Movement

«Let movement become your daily prayer.»

Daily Movement:

- **Sunrise Activation:** Begin your day with movement under the rising sun. Yoga, dance, swimming, cycling, or barefoot walks help align your body's rhythm with circadian energy.
- **Evening Walks:** Post-dinner walks (30–60 mins) support digestion, blood sugar control, and sleep quality.
- **Gentle Massage Before Shower:** Stimulates lymphatic drainage and prepares muscles for movement.

Therapeutic Exercises:

- **Pavanamuktasana (Wind-releasing Pose):** Daily 2–3 mins to relieve gas, constipation, and lower back stiffness.
- **Pranayama Breathing (See below):** Technically physical too—it re-energizes lungs, oxygenates tissues, and revitalizes your energy field.

Additional Tips:

- **Avoid sedentary life:** Move for at least 5–10 minutes every waking hour. Use standing desks or reminders to walk/stretch.
- **Ultrahuman Patch:** Monitor your movement, glucose response, and optimize energy zones throughout the day.
- **Avoid excessive exertion** early in the day or late at night. Find the middle path of energized yet graceful activity.

Holistic Lifestyle to Ignite Digestive Fire & Nutritional Harmony

«What, when, and how you eat can turn food into pure energy.»

Meal Timing (Eat with the Sun!):

- **Breakfast (6–8 AM):** Warm, cooked, and protein-rich. Never skip! Ex: porridge, avocado, eggs, chickpeas, soft veggies.
- **Mid-morning snack (10–11 AM):** Fresh fruit (one variety only). Ripe papaya, banana, kiwi, etc.
- **Lunch (12–2 PM):** Largest meal of the day. Soups, stews, lentils, soft cooked vegetables. Avoid mixing grains and proteins.
- **Afternoon snack (3–4 PM):** Vegetable juice (e.g., papaya juice or ABC Juice: Apple-Beetroot-Carrot).
- **Dinner (Before 7 PM):** Lightest meal—broths, soups, roasted veggies. No grains, dairy, or raw food.

Golden Rules:

- No overeating — stop when 75% full.
- No cold food or drinks.
- Avoid salads, dairy (except ghee, buttermilk), nuts, coffee, gluten, refined sugar.
- Drink water 15 mins before meals, not during or after.

Digestive Boosters:

- **Weekly Soup Fasting:** 1 day/week soup-only meals to cleanse and stoke agni (digestive fire).
- **Chamomile Tea 2–3x/day:** Soothes gut, reduces inflammation.
- **Ash Gourd Juice:** Cooling and hunger-reducing (AM only).
- **Tender Coconut Water:** Electrolyte-rich, improves hydration, energy, and skin glow.

Holistic Lifestyle to Strengthen Mental Clarity & Emotional Balance

«Peace of mind is the foundation of every other wellness pillar.»

Breath & Mind Practices:

- **Pranayama:** Twice daily (10 mins) to balance mind, reduce anxiety, and enhance focus.



- **Nadi Shodhana (Alternate Nostril):** Aligns brain hemispheres, regulates emotions, harmonizes left/right logic.

Mindful Living:

- Eat mindfully without distractions.
- Be present during your shower, meals, and walking.
- Practice deep breathing in moments of stress.
- Avoid mental overload: Refrain from consuming social media, news, or complex topics after sunset.

Emotional Detox:

- Write a gratitude journal nightly.
- Avoid conflict or heavy conversations before bed.
- Spend time in nature to recalibrate your nervous system.

Holistic Lifestyle to Restore Deep, Restorative Sleep

«Sleep is your built-in healing system. Respect its rhythm.»

Optimal Timing:

- **Wake Up by 5–5:30 AM:** Aligns your biological rhythm with nature's cycles.
- **Sleep by 9:30 PM:** Optimal repair time for liver, hormones, and immune system.
- **No gadgets/screens post 6 PM:** Mind needs time to power down.

Sleep Prep Rituals:

- **Herbal Tea at 9 PM:** Chamomile, saffron, or turmeric to calm the nervous system.
- **Warm Bath before Sleep:** 20–40 mins of lukewarm bathing to release stress from joints, nerves, and muscles.
- **Meditation or Deep Breathing:** Nadi Shodhanam or gentle mindfulness for 10 minutes before bed.

Bonus:

- **Sleep in darkness:** No night lights. Use blackout curtains or eye masks to protect melatonin production.
- **Cool, quiet, clean room:** Ideal sleep environment balances temperature and emotional peace.

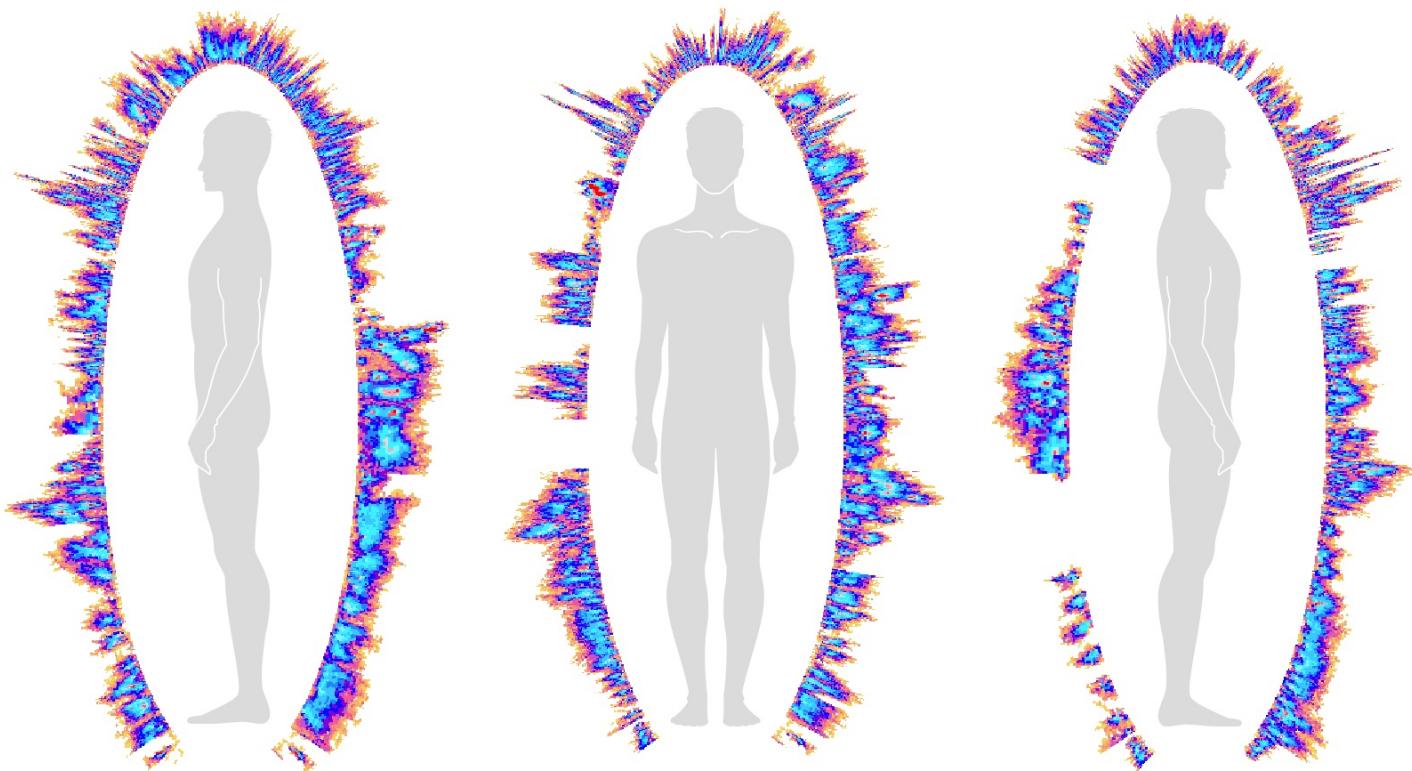
Dr. Ludmila Vassilieva, MD, PhD, GP, Cardiologist, Homeopath, Founder of Holistic healing medical Centre, Founder of Holistic Healing Academy, «Best clinic» award in 2023 (UAE), «Best homeopath» award 2024 (UAE)

For more information about lifestyle recommendations please contact «Holistic Healing Medical Centre», Dubai, UAE

www.holistichealingmed.com



Energy Field



Energy 23 Joules ($\times 10^{-2}$)

Human Energy Field - is the most sensitive reflection of the physical, emotional and, in some cases, spiritual condition of a person.

Light around the model of a human body – is a projection of various sectors from the fingers images for easier assessment. These images are used for structural analysis of glow.

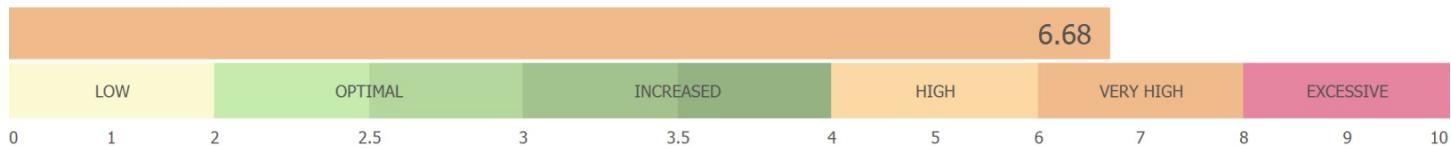
It is not aura. The colors are artificial. Actual glow is grey-scale.

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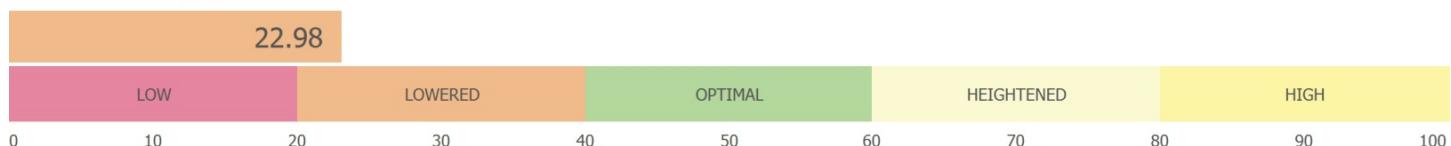


Analysis

STRESS: Very high



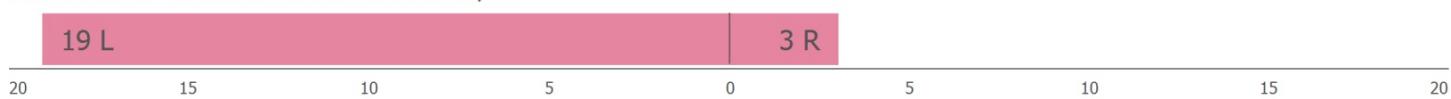
ENERGY: Lowered



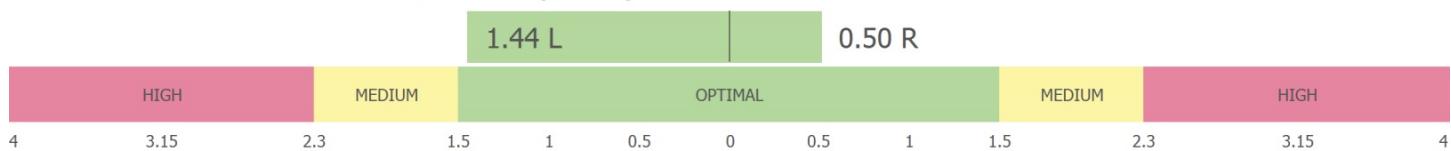
ORGANS DISBALANCE, %: High dominance of left hand



NUMBER OF ORGANS IN DISBALANCE, N



AVERAGED DISBALANCE ENERGY, JOULES ($\times 10^{-2}$)



Stress – level of organism involvement in stress-adaptation on psychological and physiological levels; «level of stress» speed of reaction to the external influences; level of tiredness/activity.

Calm [0.0>2.0]

Very high [6.0>8.0]

- very calm person;
- meditative state;
- slow / deferred response, sluggishness;
- medicaments, drugs or alcohol influence;
- introversion.

- high emotional excitement;
- emotional overload;
- uncompensated stress;
- activation of physiological processes;
- physiological tiredness, exhaustion;
- reaction to high air temperature.

Optimal [2.0>3.0]

- Normal state with normal reaction to the external influences.

Excessive [8.0>10.0]

Increased [3.0>4.0]

- Normal state, but with activation of reaction to the external influences.

- too high stress;
- psychological problems;
- inadequate state;
- reaction to alcohol, drugs, medicaments;
- reaction to a very high air temperature;
- extreme exhaustion.

High [4.0>6.0]

- compensated stress;
- active emotional type (cholerics);
- emotional excitation;
- reaction to physical load and/or uncomfortable environment.

Energy – overall energy level of organism.

Low [0-20] – exhaustion, high stress state, obligatory to rest.

Lower [20-40] – tiredness, medium stress state, need to rest.



Optimal [40-60] – optimal energy level for most types of activities; small stress (closer to 40).

Heightened [60-80] – mobilization of inner energy reserves; inflammatory processes; hyperactivation.

High [80-100] – acute inflammatory processes; strong hyperactivation.

Organs disbalance – disbalance of the overall energy of organs and systems (present on both hands) between left and right hands, represented in % of difference between two hands. Directly connected to the «Balance» tab. This parameter can be used for assessment of sympathetic/parasympathetic domination.

Left hand is connected with the right hemisphere of the brain and excitation, activation processes.

Right hand is connected with the left hemisphere of the brain and energy saving, slowing down processes.

Optimal (0-5%) - optimal disbalance between left and right sides;

Medium (5-10%) - average disbalance – temporary adaptation of the organism to the internal or external processes;

High (10-15% and higher) – high disbalance – adaptation to some extreme conditions, or internal problems.

Number of organs in disbalance – number of organs with dominance of the left or right hand higher than 20% (as on the «Balance» tab). Number is calculated for both sides separately.

In example, 1L / 3R means that there is 1 organ with left hand dominance and 3 organs with right hand dominance.

Coloring of the scale is applied according to the following scheme:

AD (Average Disbalance) – number of organs/systems with disbalance between 20% and 40%;

HD (High Disbalance) - number of organs/systems with disbalance higher than 40%.

Green color: HD = 0, AD = 0 to 5.

Yellow color: HD = 0, AD = 6 to 15.

Orange color: HD = 1-3 or AD is more than 16 organs/systems.

Red color: HD = 4 or more.

Thus, by looking at this scale one can understand how many disbalanced organs/systems there are in the body + understand how relatively significant (in %) are these disbalances.

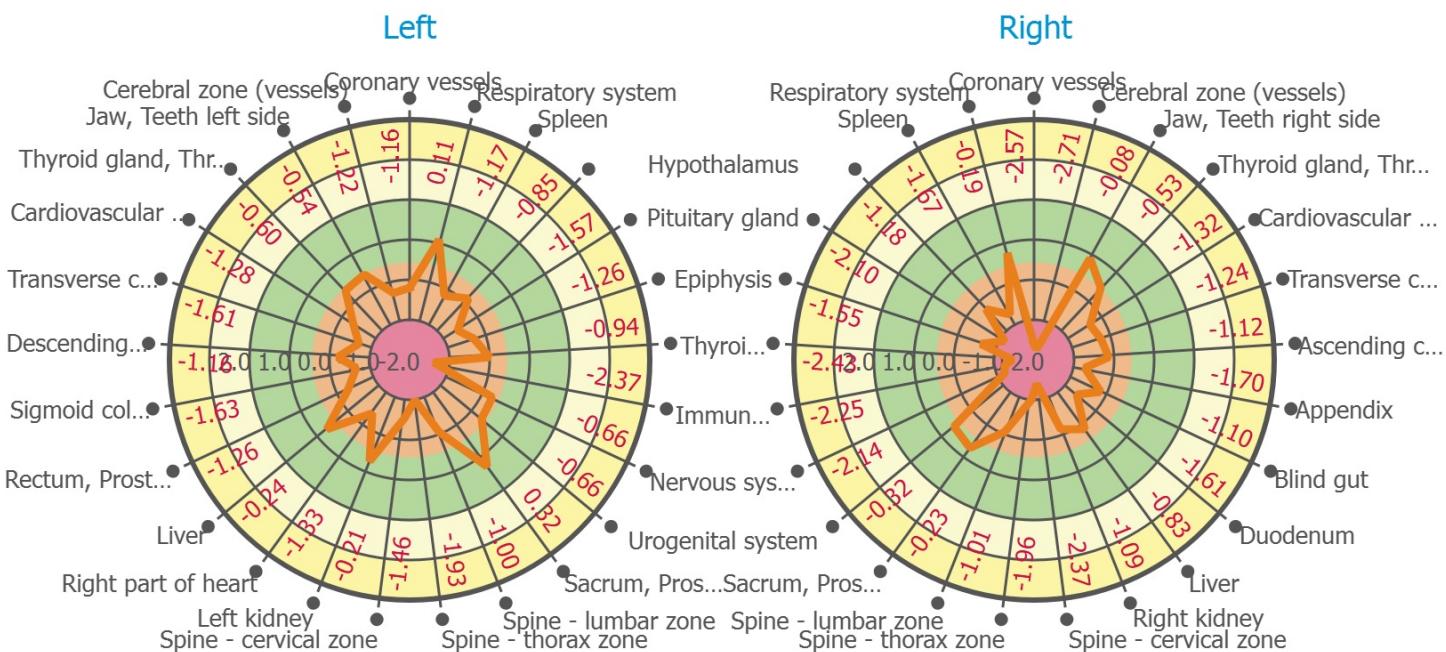
Averaged disbalance energy – presents the average Energy of the dominance of the organs/systems mentioned in the previous scale (Number of organs in disbalance).

This parameter gives you additional information – absolute level of disbalance in Joules. By looking at it you can understand how big, Energy wise, is the disbalance in the organism.

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Area diagram

Value for each organ and system is based on Area parameter of glow: ratio between the calibration cylinder and finger glow.



Disbalance between left and right diagrams means:

- temporary reaction to some stress = adaptation process;
- person may be in the process of recovery from the illness or is getting ill;
- problems are created on conscious level = person is inventing problems for himself/herself => much more problematic sectors on the right diagram in comparison to the left;
- problems are on subconscious level = they were recorded some time ago and he/she already doesn't remember about them => much more problematic sectors on the left diagram in comparison to the right.

HS parameter (Integral Area) – mathematically is equal to average value of the diagram; it is the level of adaptation of organism to inner (psycho-physiological) and external (stress, food, ecology, etc.) influences; character of metabolism; vital resources.

Very Low Integral Area [-2.0>-3.0]

- Low capacity to work;
- High weakness;
- Exhaustion of resources;
- Complication to concentrate;
- High level of perspiration.
- Lability of psychic;
- Unstable mood;
- May be defects of capture.

If very low level of Integral Area stays for a long time then it means:

- Dysfunction of inner organs and systems;
- Malfunction of vegetative balance;



- Metabolic disturbance.

Low Integral Area [-0.6>-2.0]

- May be norm for some people;
- Tiredness;
- Irritability;
- Decreasing of adaptation;
- Low possibility of changing in new conditions;
- Hard to compensate disease;
- Deficiency of energy.

Normal Integral Area [-0.6>1.0]

- Optimal adaptation;
- Balanced power inputs and energy consumption.

High Integral Area [1.0<2.0]

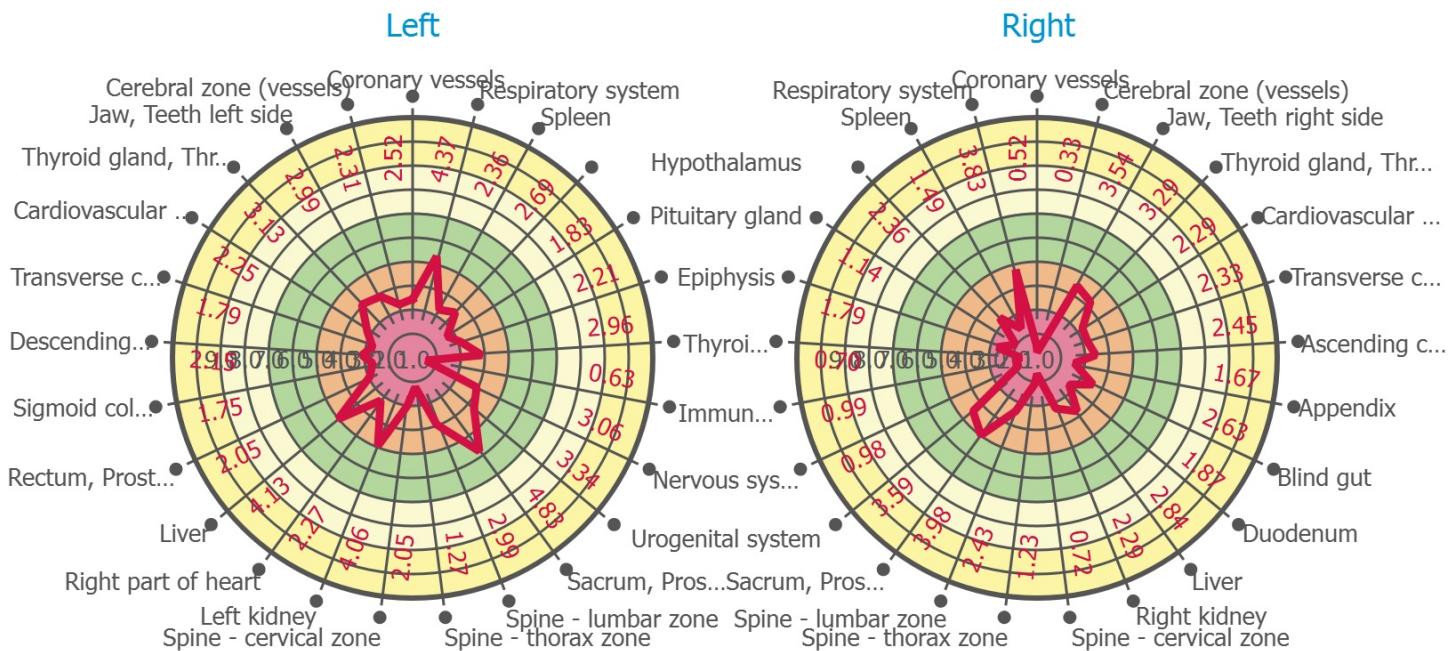
- May be norm for some people;
- Physiological tension, reflected high load on the system;
- Over reaction (for example, physical training);
- Activation of systems and organs;
- State of a healer during work.

Very High Integral Area [2.0<3.0]

- Significant tension/stress of adaptation and energy-supply systems;
- Hyper reaction with possible derangement of adaptation
- (temperature, inflammation);
- Presence of inflammatory processes in the body.

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Energy diagram



The Energy diagram is designed for analysis of the functional state of the human body, by calculating the Energy parameter of the particular sector (energy of the glow). "Energy reserve" parameter (experimental) reflects energy reserve at the cellular level.

Value on the Energy diagram can be:

- 0 - 2 Joules ($\times 10^{-2}$)** - low energy
- 2 - 4 Joules ($\times 10^{-2}$)** - lowered energy
- 4 - 6 Joules ($\times 10^{-2}$)** - optimal energy
- 6 - 8 Joules ($\times 10^{-2}$)** - increased energy
- 8 - 10 Joules ($\times 10^{-2}$)** - heightened energy

Disbalance between left and right diagrams means:

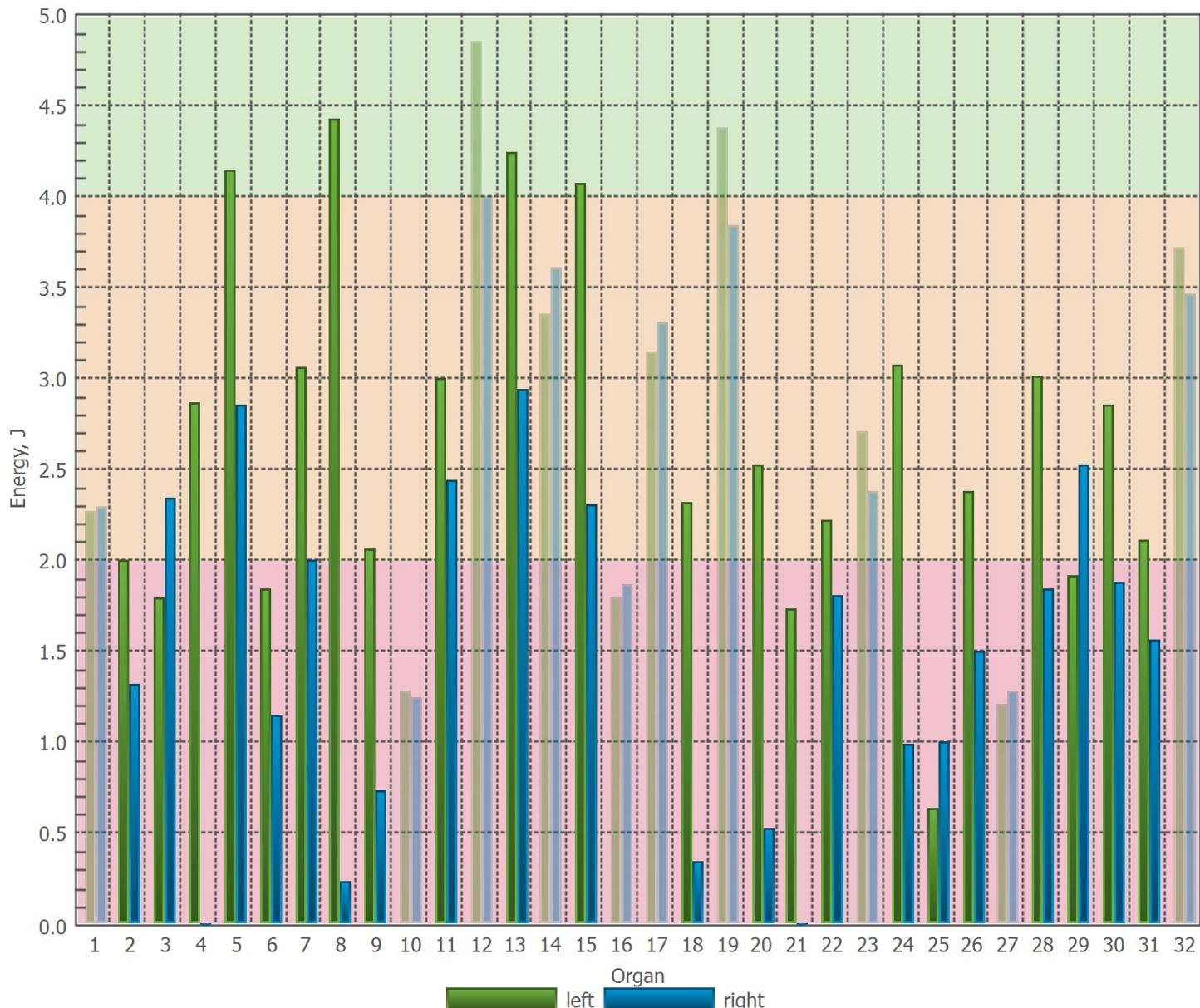
- temporary reaction to some stress = adaptation process;
- person may be in the process of recovery from the illness or is getting ill;
- problems are created on conscious level = person is inventing problems for himself/herself => much more problematic sectors on the right diagram in comparison to the left;
- problems are on subconscious level = they were recorded some time ago and he/she already doesn't remember about them => much more problematic sectors on the left diagram in comparison to the right.

*Energy reserve (experimental parameter):

- < 20% - low level
- from 20% to 60% - optimal level
- > 60% - high level

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Energy balance

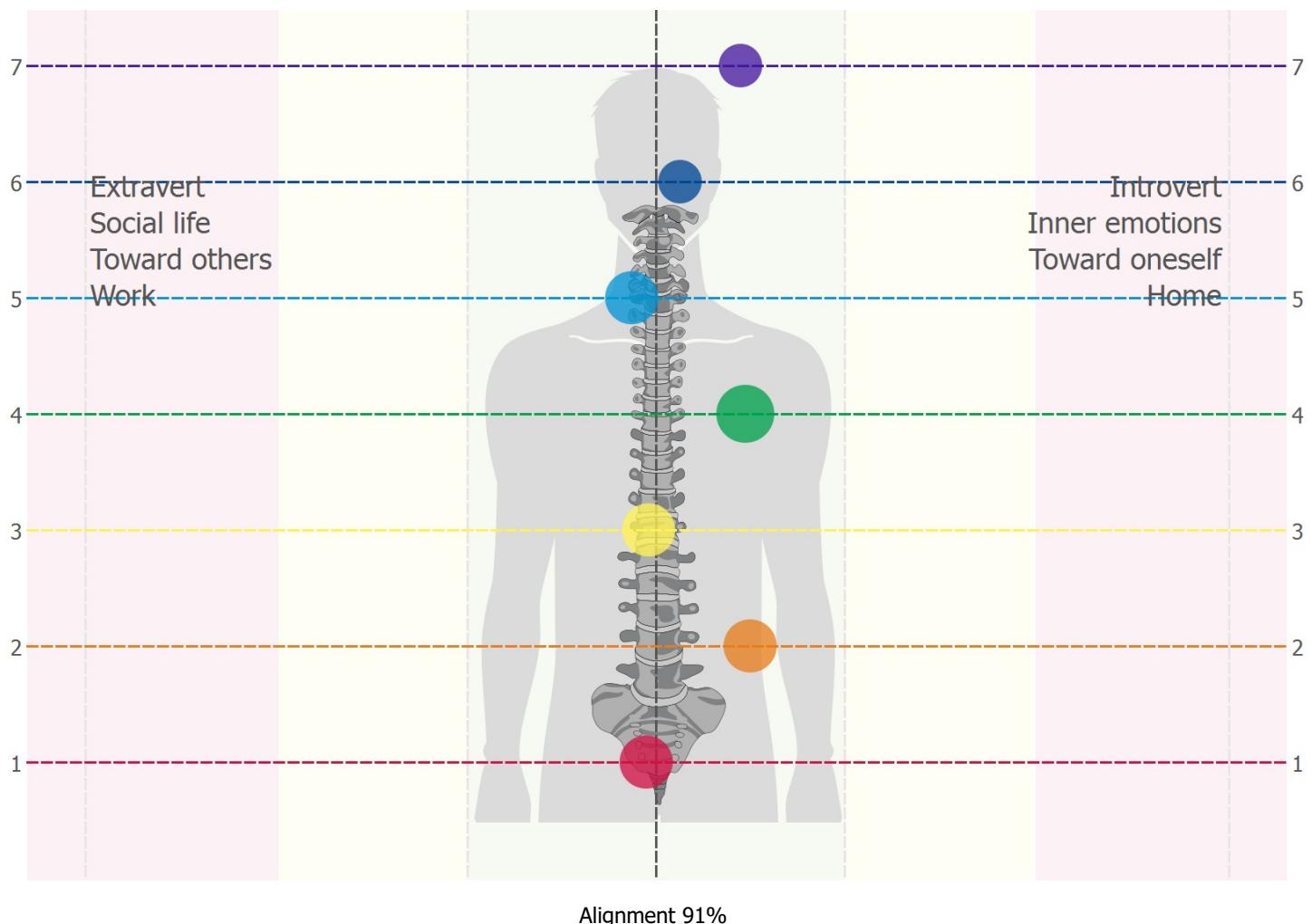


1. Cardiovascular system
2. Heart
3. Colon - transverse
4. Pancreas
5. Liver
6. Pituitary gland
7. Thyroid gland
8. Adrenals
9. Spine - cervical zone
10. Spine - thorax zone
11. Spine - lumbar zone
12. Sacrum
13. Coccyx, Pelvis minor zone
14. Urogenital system
15. Kidneys
16. Ears, nose, maxillary sinus
17. Throat, larynx, trachea
18. Cerebral zone (vessels)
19. Respiratory system
20. Coronary vessels
21. Thorax zone
22. Epiphysis
23. Hypothalamus
24. Nervous system
25. Immune system
26. Spleen
27. Right eye
28. Left eye
29. Jaw, Teeth
30. Cerebral zone (cortex)
31. Eyes
32. Prostate

Highlighted bars correspond to significant difference (more than 20%) between energy of the particular system or organ on the left and right hands.

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Nervous centers



- **Nervous system center 1**

Energy: 2.7 Joules ($\times 10^{-2}$)

Alignment: 97%

Physical aspects: adrenal gland, skeleton, backbone, spinal cord, kidney, rectum

Psychological aspects: safety, prudence, patience, vigilance, selfishness, self-defense, struggle

- **Nervous system center 2**

Energy: 2.7 Joules ($\times 10^{-2}$)

Alignment: 83%

Physical aspects: digestive apparatus, bowels, urogenital system

Psychological aspects: passion, self-appraisal, fear, authority, aggressiveness, contempt, egoism, thrift

- **Nervous system center 3**

Energy: 2.7 Joules ($\times 10^{-2}$)

Alignment: 98%

Physical aspects: stomach, pancreas, excretory glands, liver, solar plexus

Psychological aspects: self-expression, self-affirmation, courage, emotionality, enthusiasm, guile, fear

- **Nervous system center 4**

Energy: 3.2 Joules ($\times 10^{-2}$)

Alignment: 84%

Physical aspects: cardiovascular system, circulation of the blood, lungs, thyroid gland, mammary glands

Psychological aspects: obligation, responsibility, empathy, love for one's neighbour, indecision



- **Nervous system center 5**

Energy: 2.7 Joules ($\times 10^{-2}$)

Alignment: 95%

Physical aspects: spinal cord, throat, neck, oesophagus, heart, lungs

Psychological aspects: emotion, inspiration, creation, sociability, emotional-spiritual activity

- **Nervous system center 6**

Energy: 2.0 Joules ($\times 10^{-2}$)

Alignment: 96%

Physical aspects: brain, hypophysis, hypothalamus, head, nervous system

Psychological aspects: reason, will, intellect, logic, empathy, inspiration, directivity, analysis, imagination

- **Nervous system center 7**

Energy: 1.9 Joules ($\times 10^{-2}$)

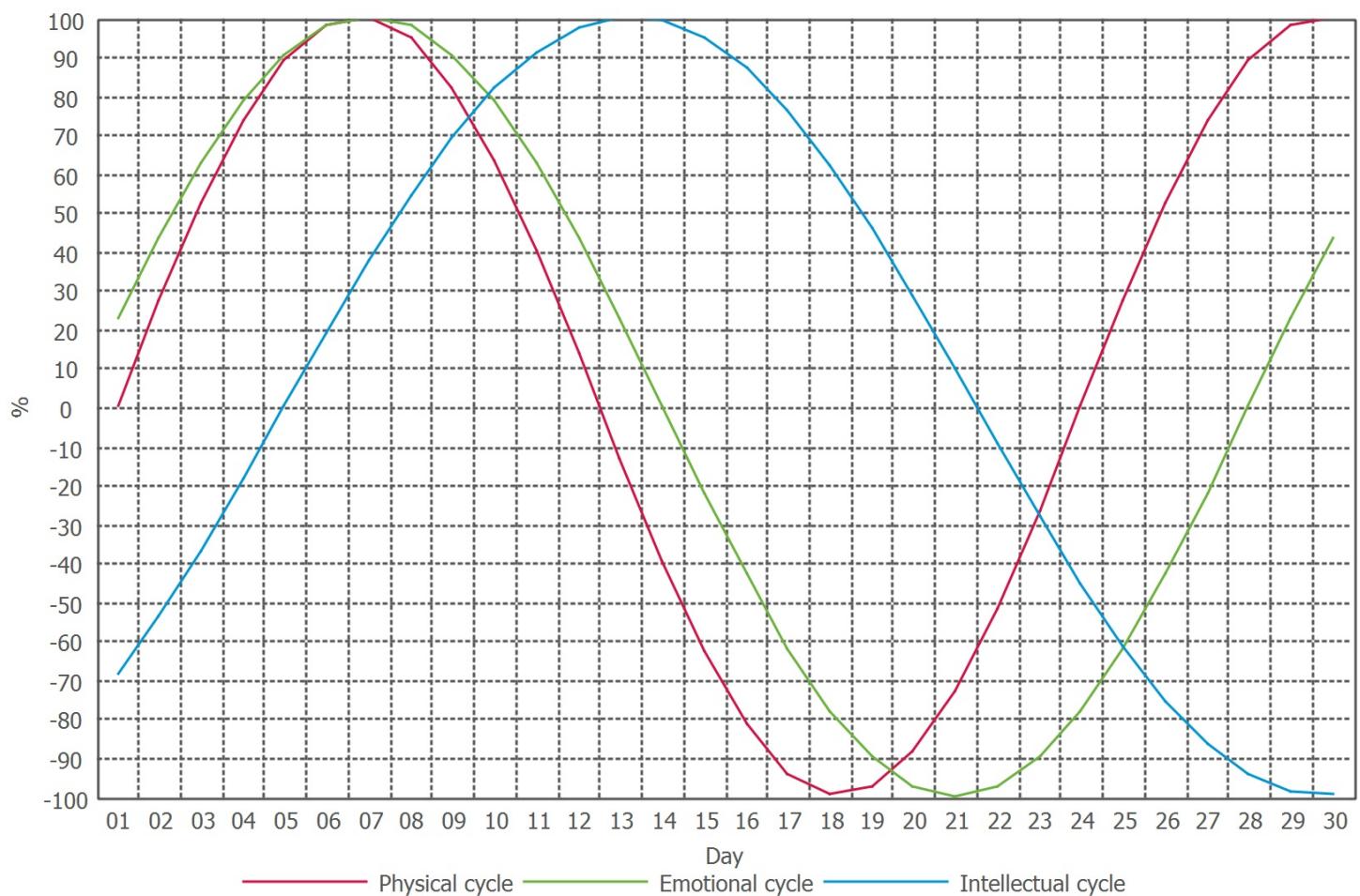
Alignment: 85%

Physical aspects: brain, pineal gland, skin, reproduction, hormone balance

Psychological aspects: spirituality, wisdom, enlightenment, self-actualization, unselfishness, integrity

Biorhythms

Nov 2025



When a particular biorhythm is in the upper part of the cycle it indicates beneficial days for activity. When biorhythms are down, these are non-beneficial days. For example, whenever your physical and intellectual cycles are in the lower part, your concentration may also suffer. Being thus diminished, you may have to be cautious when driving or going out. In Oriental countries, people never make important decisions when biorhythms are low.

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Yin - Yang meridians

«Yin Yang» program is about 12 energy meridians based on the Traditional Chinese Medicine (TCM). According to the TCM: only 6 meridians have acupuncture points on the hands and 6 meridians have points on the feet, but Bio-Well sector diagram is based on Su-Jok that is different from TCM. Yin-Yang program is trying to build a "bridge" between TCM and Su-Jok. Bio-Well is using Su-Jok points to analyze TCM meridians. Some of the meridians have only 1 corresponding sector on hands, so Bio-Well can't calculate the balance for such meridians. Norms of Energy are the same as on all other tabs in the software.

Yin of Lungs

Level of energy: Low

Energy 2.72 Joules ($\times 10^{-2}$) / Balance 74%

Element: Metal

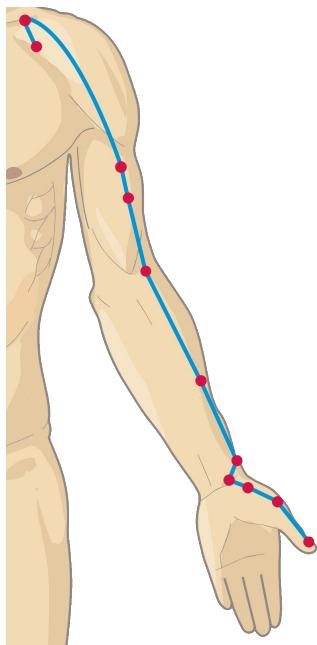
Control:

- Circulation of liquids and energy
- Remove endogenous toxins and excess of mucus via lungs and skin
- Control of skin and hair state
- Partial control of parasympathetic nervous system
- Max – 3-5 h; min – 15-17 h

Physical Imbalances: Disorders of the chest, lung, throat and nose

Emotional Imbalances: The Lungs are responsible for establishing the foundation of Qi for the entire body. The Lungs house the body's Seven Emotions and are responsible for self-protection and self-preservation. Their negative attributes are disappointment, sadness, grief, despair, anxiety, shame and sorrow.

When Balanced: Righteousness, dignity, integrity and high self-esteem





Yang of Large intestine

Level of energy: Low

Energy 2.20 Joules ($\times 10^{-2}$) / Balance 76%

Element: Metal

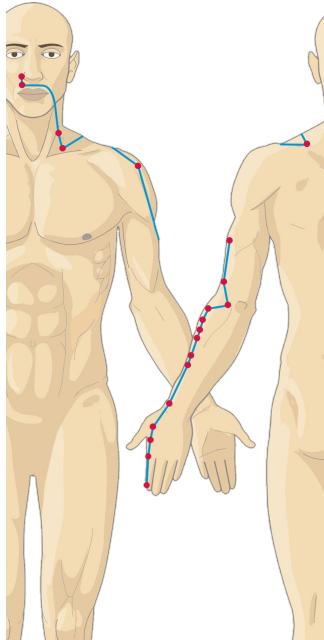
Control:

- Ensure elimination of food wastes, endotoxins and excess of mucus via thick bowel
- Take part in urogenital system work
- Max – 5-7 h; min – 17-19 h

Physical Imbalances: Paired with the lungs, the large intestine depends on the lungs for movement via the expansion and contraction of the diaphragm, which works like a pump to give impetus to peristalsis by regulating abdominal pressure. Symptoms of abdominal pain, intestinal cramping, diarrhea, constipation and dysentery as well as disorders of the mouth, teeth, nose and throat.

Emotional Imbalances: The Large Intestine meridian is affected by the emotions of sadness, grief, and worry.

An energetic imbalance in the Large Intestine can result in physical weakness and provoke emotional introversion, accompanied by feelings of depression, irritability, discouragement, distress and apathy and low self-esteem



Yang of Stomach

Level of energy: Low

Energy 2.16 Joules ($\times 10^{-2}$)

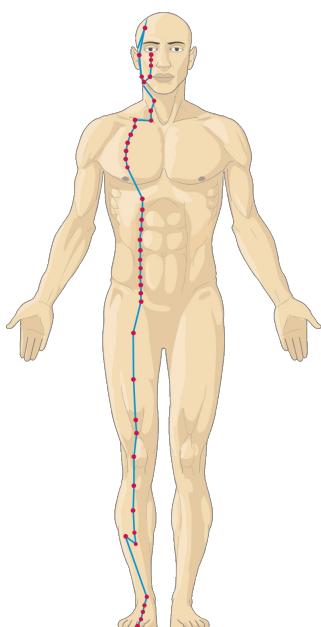
Element: Earth

Control:

- Functions of stomach
- Metabolism of connective tissue
- Max – 7-9 h; min – 19-21 h

Physical Imbalances: Digestive and stomach problems - abdominal pain, distension, edema, vomiting, sore throat, facial paralysis, upper gum toothache, nose bleeding.

Emotional Imbalances: Anxiety, worry, skepticism, poor confidence, feelings of suspicion or mistrust.
When Balanced: Fairness, openness and caring.





Yin of Spleen

Level of energy: Low

Energy 1.68 Joules ($\times 10^{-2}$) / Balance 0%

Element: Earth

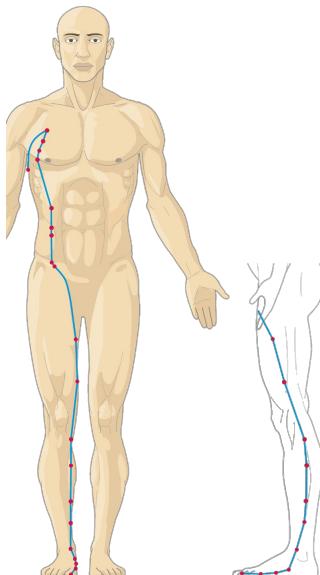
Control:

- Digestion and intestinal uptake of nutrients
- Distribution of energy (taken from food)
- Transportation of liquids
- Blood and muscles state
- Anabolic hormones
- Max – 9-11 h; min – 21-23 h

Physical Imbalances: Digestive and stomach problems.

Emotional Imbalances: Worry, poor concentration, forgetful-ness, cloudy thought process, addiction, attachment, obsession, gluttony, jealousy, self-pity, strong concern about opinions of others, stubbornness, low self-esteem, poor self image.

When Balanced: Fairness, openness, deep thinking and reminiscence, self esteem



Yin of Heart

Level of energy: Low

Energy 1.64 Joules ($\times 10^{-2}$) / Balance 59%

Element: Fire

Control:

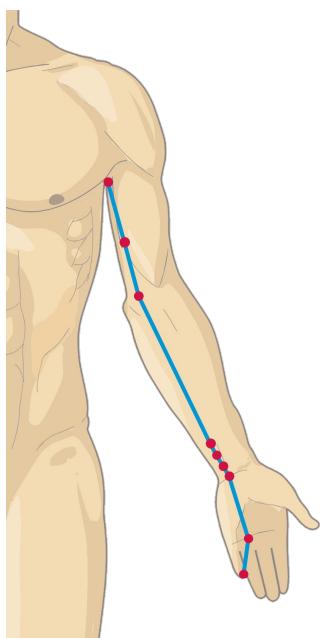
- Cardiovascular system
- Cerebral cortex
- Hypothalamus and hypophysis
- Vegetative organs
- Perspiration, smell perception
- Max – 11-13 h; min – 23-1 h

It rules: blood, tongue, throat, sweat, facial complexion, adrenals, thyroid, prostate and pituitary gland. It opens into the tongue and controls speech. The Heart Meridian is associated with warmth, laughter and enthusiasm.

Physical Imbalances: shortness of breath, cold feeling in the chest and limbs, palpitations, cold sweat, inability to speak, memory failure and restless sleep.

Emotional Imbalances: The heart is the ruler of all emotions. Signs of imbalance include sadness, absence of laughter, depression, fear, anxiety, hysteria, erratic behavior, alternating joy and melancholy, dullness, yearning for love, jealousy and sorrow.

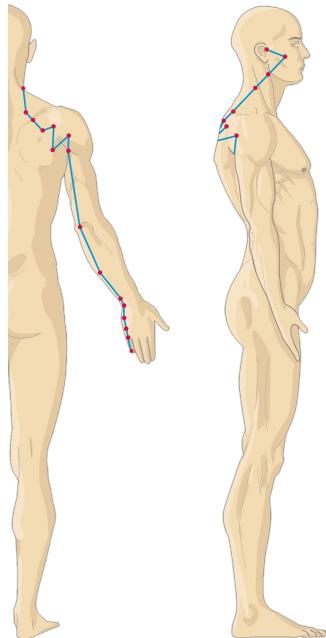
When balanced: Tranquility, gentleness, emotional balance, spirit, love, integrity, optimism, emotional and spiritual growth, zest for life, control of thoughts and senses, conscience and wisdom.



Yang of Small intestine

Level of energy: Low

Energy 2.14 Joules ($\times 10^{-2}$) / Balance 85%



Element: Fire

Control:

- Digestion in duodenum and thin bowel
- Intestinal absorption of water in bowel
- Functions of sympathetic system
- Max – 13-15 h; min – 1-3 h

Physical Imbalances: Signs include bluish lips with white border, emaciation, profuse sweating, swellings of nodules, hemicrania, tinnitus, pain around the ear, and pain depressing the abdomen.

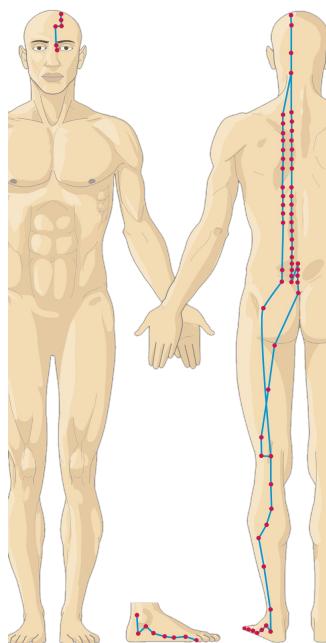
Emotional Imbalances: A feeling of mental deficiency due to inability to assimilate ideas, and insecurity. Forgetfulness, indecision, unclear thought process. Restlessness and difficulty in expressing emotions.

When Balanced: Healthy expressions are love, joy, warmth, vitality, excitement, memory, ability in making decisions, clarity of thought.

Yang of Bladder

Level of energy: Low

Energy 3.46 Joules ($\times 10^{-2}$) / Balance 93%



Element: Water

Control:

- Kidneys
- Max – 3pm – 5pm

Physical Imbalances: headaches, back problems, or urinary problems including excessive urination and incontinence, pain in the eyes, tearing and colds. See also: 7 Emotions

Emotional Imbalances: Lack of energy, being inflexible and fearful - Resisting change and basic negative attitude are also expressions of Bladder Meridian imbalance.

When Balanced: Hopeful, looking forward, calm and peaceful



Yin of Kidneys

Level of energy: Low

Energy 3.17 Joules ($\times 10^{-2}$) / Balance 44%

Element: Water

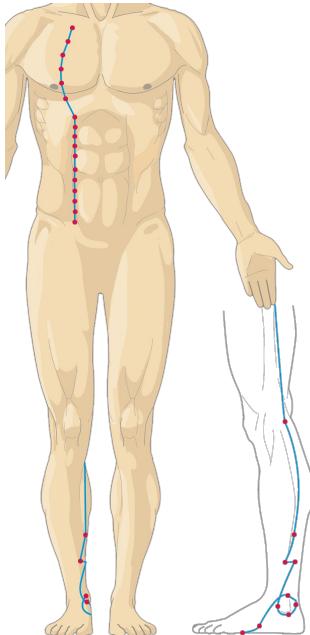
Control:

- Urogenital functions
- State of bones and nerve tissue
- Reproductive functions
- It is considered, that left meridian mainly corresponded to urogenital system and right – to genital and hormone systems
- Max – 17-19 h; min – 5-7 h

Physical Imbalances: Chest pain, asthma, abdominal pain, irregular menstruation, impotence, hernia

Emotional Imbalances: Hysteria, paranoia, depression, fear, loneliness and insecurity

When Balanced: Wisdom, rationality, clear perception, gentleness and self-understanding.



Yin of Pericardium

Level of energy: Low

Energy 2.27 Joules ($\times 10^{-2}$) / Balance 99%

Element: Fire

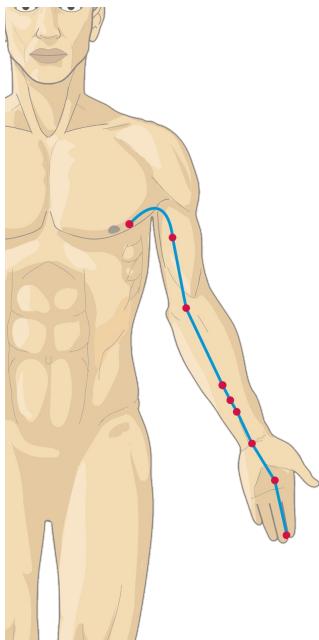
Control:

- Regulatory influence to cardiovascular system
- Anabolic processes
- State of vessels
- Max – 19-21 h; min – 7-9 h

Physical Imbalances: Disorders of the heart, chest, stomach and mind

Emotional Imbalances: Difficulty feeling and expressing emotions, depression, aversions, and phobias

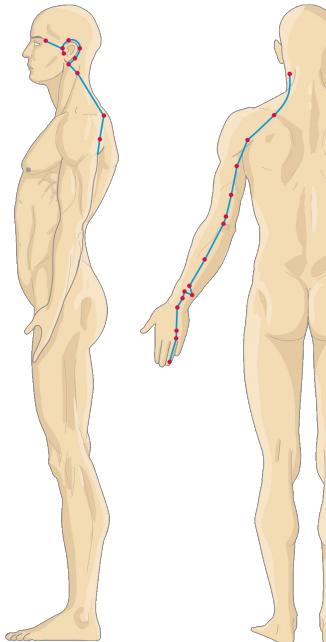
When Balanced: Joy, happiness and healthy relationships



Yang of Triple warmer

Level of energy: Low

Energy 2.03 Joules ($\times 10^{-2}$) / Balance 27%



Element: Fire

Control:

- Retrieve energy
- Catabolism
- Related to hormonal system
- Max – 21-23 h; min – 9-11 h

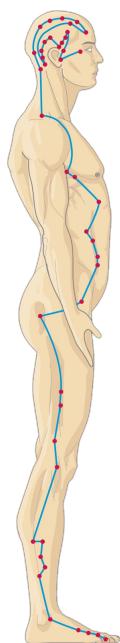
Physical Imbalances: Disorders of the side of the head, ears, eyes and throat as well as diseases involving the regions through which the meridian runs (gallbladder meridian, pericardium meridian, small intestine meridian)

When balanced: Kindhearted, stable mind and emotion of joy

Yang of Gallbladder

Level of energy: Low

Energy 2.62 Joules ($\times 10^{-2}$)



Element: Wood

Control:

- Functions of cholecyst
- Partial control of subcortical parts of brain
- Max – 23-1 h; min – 11-13 h

Physical Imbalances: insomnia - waking up suddenly, very early in the morning and not being able to fall asleep again, tendons, tears, nails, eye diseases, glaucoma, and night blindness, stiff neck, ringing in the ears, dizziness

Emotional Imbalances: timidity, indecision, easily discouraged... and resentment.

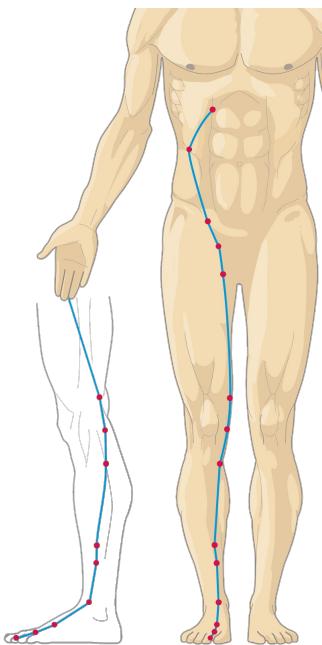
When Balanced: courage and initiative, decision making and good judgment, sound sleep, healthy expression and processes of creativity, planning, brainstorming, analysis, and decision-making



Yin of Liver

Level of energy: Low

Energy 3.48 Joules ($\times 10^{-2}$) / Balance 63%



Element: Wood

Control:

- Metabolism and regeneration
- Keep body energy in balance
- Regulate blood flow in compliance with physiological activity
- State of tendon and ligaments of joint
- Partial control of eyes and subcortical parts of brain
- Max – 1-3 h; min – 13-15 h

Physical Imbalances: Liver function is reflected externally in the condition of finger- and toenails and by the eyes and vision. Blurry vision is often a result of liver malfunction rather than an eye problem.

Emotional Imbalances: The liver governs growth and development, drive and desires, ambitions and creativity. Obstruction of liver energy can cause intense feelings of frustration, rage, and anger... as well as irritability, resentment, jealousy and depression.

When Balanced: Kindness, compassion, and generosity.

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Functional/energetic condition of organs and systems

NB! In the Digestive system most of the organs have sectors only on one hand – henceforth they do not have the Balance parameter (as it can't be calculated). For these organs you can see only the Energy parameter.

System	Organ	Energy, Joules ($\times 10^{-2}$)	Balance, %
Head		1.94	72.60
	Eyes	1.83	70.10
	Ears, nose, maxillary sinus	1.82	96.11
	Jaw, Teeth	2.21	72.58
	Cerebral zone (cortex)	2.36	58.83
	Cerebral zone (vessels)	1.32	0.00
	Hypothalamus	2.53	86.96
	Epiphysis	2.00	78.87
	Pituitary gland	1.48	53.36
Cardiovascular system		1.69	31.66
	Cardiovascular system	2.27	98.52
	Heart	1.64	58.73
	Cerebral zone (vessels)	1.32	0.00
	Coronary vessels	1.52	0.00
Respiratory system		2.72	74.28
	Throat, larynx, trachea	3.21	95.22
	Respiratory system	4.10	86.91
	Thorax zone	0.86	0.00
Endocrine system		2.03	26.69
	Hypothalamus	2.53	86.96
	Epiphysis	2.00	78.87
	Pituitary gland	1.48	53.36
	Thyroid gland	2.52	58.01
	Pancreas	1.43	0.00
	Adrenals	2.31	0.00
	Spleen	1.93	54.75
Musculoskeletal system		2.67	69.41
	Spine - cervical zone	1.39	4.43
	Spine - thorax zone	1.25	96.48
	Spine - lumbar zone	2.71	79.52
	Sacrum	4.41	80.75
	Coccyx, Pelvis minor zone	3.58	63.47
Digestive system		2.23	84.68
	Colon - descending	2.15	100.00
	Colon - sigmoid	1.75	100.00
	Rectum	2.05	100.00
	Blind gut	2.63	100.00
	Colon - ascending	2.45	100.00
	Colon - transverse	2.06	73.49
	Duodenum	1.87	100.00



	Ileum	2.09	100.00
	Jejunum	2.30	100.00
	Liver	3.48	62.92
	Pancreas	1.43	0.00
	Gallbladder	2.62	100.00
	Appendix	1.67	100.00
	Abdominal zone	2.16	100.00
Urogenital system		3.41	82.69
	Urogenital system	3.46	92.80
	Kidneys	3.17	44.35
	Prostate	3.58	92.98
Nervous system		2.02	0.00
	Nervous system	2.02	0.00
Immune system		0.81	55.09
	Immune system	0.81	55.09

Very low

Low

Normal

Increased

High

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