

Comprehensive Report Card

Name: VAISHNAVI RAMANE

Sex: Female

Age: 35

Figure: Severe partial fat(158cm,70kg)

Testing Time: 2025-03-23 14:58

About the probably hidden problems

System	Testing Item	Normal Range	Actual Measurement Value	Expert advice
Cardiovascular and cerebrovascular	Vascular Resistance	0.327 - 0.937	1.965	Reduce stress, maintain mental balance and regular life, and eat more black fungus and nuts and less foods with high cholesterol.
Gastrointestinal function	Pepsin Secretion Coefficient	59.847 - 65.234	52.548	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.
Kidney function	Proteinuria Index	1.571 - 4.079	6.985	Inhibit tobacco, alcohol and spicy and stimulating foods, and often do hygienic gymnastics. Patients with inflammation should follow the doctor's orders.
Bone mineral density	None Mineral Density	0.433 - 0.796	0.153	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	Rheumatism Coefficient	4.023 - 11.627	19.954	Eat less bean foods and soy products, and do not eat stimulating food, tobacco and alcohol.
Basic physical quality	Hypoxia	133.642 - 141.476	106.927	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	Electromagnetic Radiation	0.046 - 0.167	1.183	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.
				Supplement corresponding lacking

Trace element	Selenium	0.847 - 2.045	0.532	trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
Gynecology	Progesterone	6.818 - 16.743	0.858	Develop good health habits, and avoid spicy food, seafood, sweet and greasy foods.
Skin	Skin Horniness Index	0.842 - 1.858	3.642	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	Thyroid secretion index	2.945 - 5.543	0.441	Recommends eating more high protein and vitamin B, C-rich foods, such as yam, soy milk, regular life, soothe emotions, can be practicing yoga.
	Parathyroid hormone secretion index	2.845 - 4.017	1.005	
	Adrenal glands Index	2.412 - 2.974	1.380	
Breast	Chronic mastitis coefficient	0.432 - 0.826	2.302	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.
Amino Acid	Phenylalanine	0.731 - 1.307	2.809	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.
Bone Growth Index	Osteocalcin	0.525 - 0.817	0.287	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	Seafood allergy index	0.449 - 1.246	4.819	Please stay away from allergens to avoid allergic.
Coenzyme	Coenzyme Q10	0.831 - 1.588	0.373	Supplement corresponding lacking trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
Obesity	Brown adipose tissue abnormalities coefficient	2.791 - 4.202	1.511	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.
Collagen	Tooth	7.245 - 8.562	4.513	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.
	Muscle Tissue	6.552 - 8.268	2.652	
	Fat Metabolism	6.338 - 8.368	2.118	
	Detoxification and metabolism	6.187 - 8.466	1.485	
Thyroid	Free thyroxine (FT4)	0.100 - 0.310	0.966	Suitable,kinesiotherapy may use the adjuvant medicines.
	Thyroglobulin	0.114 - 0.202	0.647	
Channels and collaterals	Hand the small intestine by the sun	0.192 - 0.412	1.514	Suitable,kinesiotherapy may use the adjuvant medicines.
	Foot Shao Yin Kidney	3.321 - 4.244	1.191	

About the problems of sub-health trends

System	Testing Item	Normal Range	Actual Measurement Value	Expert advice
Cardiovascular and cerebrovascular	Vascular Elasticity	1.672 - 1.978	1.430	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.
	Myocardial Blood Demand	0.192 - 0.412	0.665	
	Stroke Volume	1.338 - 1.672	0.265	
	Brain Tissue Blood Supply Status	6.138 - 21.396	1.460	
Gastrointestinal function	Small Intestine Absorption Function Coefficient	3.572 - 6.483	2.329	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	Protein Metabolism	116.34 - 220.62	68.50	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.
	Energy Production Function	0.713 - 0.992	0.468	
	Bile Secretion Function	0.432 - 0.826	0.230	
	Liver Fat Content	0.097 - 0.419	0.678	
Gallbladder function	Alkaline Phosphatase (ALP)	0.082 - 0.342	0.385	Eat less food with high calcium and cholesterol, and eat more fiber vegetables and more foods rich of

				vitamins B, C and E.
Pancreatic function	Pancreatic Polypeptide (PP)	3.210 - 6.854	6.905	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.
	Glucagon	2.412 - 2.974	3.522	
Kidney function	Blood urea nitrogen(BUN) Index	4.725 - 8.631	11.285	Do not eat spicy hot foods, such as chilli, pepper, ginger, onion, garlic, leek, dog meat, mutton, crucian, shrimp, and eels and so on.
Lung function	Vital Capacity VC	3348 - 3529	4045	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, lotus roots, walnuts, pears and other food.
	Total Lung Capacity TLC	4301 - 4782	3962	
Brain nerve	Functional Status of Cranial Nerve	0.253 - 0.659	0.070	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.
	Sentiment Index	0.109 - 0.351	0.489	
	Memory Index(ZS)	0.442 - 0.817	0.255	
Bone mineral density	Osteoclast Coefficient	86.73 - 180.97	198.64	Have a reasonable diet, increase outdoor sports, supplement adequate calcium, usually pay more attention to appropriate exercise, such as walking, jogging, etc.
	Amount of Calcium Loss	0.209 - 0.751	0.963	
Rheumatoid bone disease	Osteoporosis Coefficient	2.019 - 4.721	5.926	Eat less bean foods and soy products, and do not eat stimulating food, tobacco and alcohol.
Blood sugar	Urine Sugar Coefficient	2.204 - 2.819	3.208	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.
Basic physical quality	Response Ability	59.786 - 65.424	56.650	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.
	Mental Power	58.715 - 63.213	53.015	
	Water Shortage	33.367 - 37.642	31.033	
	Stimulating Beverage	0.209 - 0.751	0.963	Eat the natural food instead of delicate food, eat fresh fruit as the most powerful purifying food, such

Human toxin	Toxic Pesticide Residue	0.013 - 0.313	0.536	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.
Trace element	Calcium	1.219 - 3.021	0.380	Supplement corresponding lacking trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
	Ferrum	1.151 - 1.847	0.342	
	Iodine	1.421 - 5.490	0.875	
Gynecology	Gonadotropin	4.886 - 8.931	2.962	Develop good health habits, and avoid spicy food, seafood, sweet and greasy foods.
	Vaginitis coefficient	2.204 - 2.819	3.802	
Skin	Skin Collagen Index	4.471 - 6.079	2.593	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 Grease Index	14.477 - 21.348	29.254	
	Skin Immunity Index	1.035 - 3.230	6.961	
Endocrine System	Pineal secretion index	3.210 - 6.854	1.911	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	1.853	
Immune System	Spleen index	34.367 - 35.642	31.894	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	54.573	
	Respiratory immune Index	3.241 - 9.814	1.285	
	Gastrointestinal immune Index	0.638 - 1.712	0.280	
Vitamin	Vitamin A	0.346 - 0.401	0.301	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	1.217	
	Vitamin B12	6.428 - 21.396	1.854	
	Vitamin C	4.543 - 5.023	3.526	
	Vitamin E	4.826 - 6.013	4.143	
	Lysine	0.253 - 0.659	1.201	Comparison of amino acid-rich foods are fish, such as cuttlefish,
	Threonine	0.422 - 0.817	1.625	

Amino Acid	Leucine	2.073 - 4.579	8.430	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.
	Valine	2.012 - 4.892	7.164	
	Histidine	2.903 - 4.012	5.368	
Bone Growth Index	Status of long bone healing	0.713 - 0.992	0.462	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.
	Epiphyseal line	0.432 - 0.826	0.230	
Eye	Dark circles	0.831 - 3.188	6.619	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.
	Lymphatic obstruction	1.116 - 4.101	7.945	
	Sagging	0.233 - 0.559	1.108	
	Eye cell activity	0.118 - 0.892	1.826	
Heavy Metal	Lead	0.052 - 0.643	1.183	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.
	Cadmium	0.527 - 1.523	2.109	
	Asenic	0.153 - 0.621	1.792	
	Thallium	0.182 - 0.542	1.186	
Allergy	Pollen allergy index	0.143 - 1.989	4.907	Please stay away from allergens to avoid allergic.
	Dust allergy index	0.543 - 1.023	1.839	
	Smoke allergy index	0.826 - 1.013	4.161	
	Hair dye allergy index	0.717 - 1.486	5.342	
	Animal fur allergy index	0.124 - 1.192	3.663	
Coenzyme	Biotin	1.833 - 2.979	0.668	Supplement corresponding lacking trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
	Glutathione	0.726 - 1.281	0.207	
Collagen	Eye	6.352 - 8.325	3.328	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
	Hair and skin	4.533 - 6.179	2.857	
	Endocrine system	6.178 - 8.651	2.920	

	Digestive system	3.492 - 4.723	1.354	collagen products to supplement.
Thyroid	Three triiodothyronine (T3)	0.160 - 0.300	0.643	Suitable,kinesiotherapy may use the adjuvant medicines.
Channels and collaterals	Hand Tai Yin Lung Meridian	48.264 - 65.371	43.618	Suitable,kinesiotherapy may use the adjuvant medicines.
	Bladder full sun	4.832 - 5.147	2.240	
	Jen mai	11.719 - 18.418	4.498	
	Vital meridian	6.138 - 21.396	3.246	
	Tai mai	5.733 - 7.109	3.246	
Pulse of heart and brain	Heart peripheral resistance(TRR)	0.983 - 1.265	2.328	Suitable,kinesiotherapy may use the adjuvant medicines.
	Pulse wave coefficient K	0.831 - 1.248	1.808	
Blood lipids	Total cholesterol (TC)	1.833 - 2.979	3.668	Suitable,kinesiotherapy may use the adjuvant medicines.
	High-density lipoprotein(HDL-C)	1.449 - 2.246	4.215	
	Meutral fat(MB)	0.726 - 1.281	3.750	
	Circulating immune complex (CIC)	13.012 - 17.291	21.976	
Menstrual cycle	Fibrinogen	2.807 - 3.294	1.098	Suitable,kinesiotherapy may use the adjuvant medicines.

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