

CELLOXEN HEALTH PORTAL

Comprehensive Wellness Assessment Report

Patient Name:	Hafsa Rguib
Patient Number:	CLX-ABD-00002
Date of Birth:	2000-01-01
Assessment Date:	26 November 2025
Report Generated:	26 November 2025 at 06:19

Overall Wellness Score

48%

Needs Support

Executive Summary

Hafsa presents with significant wellness challenges across multiple domains, with an overall wellness score of 47.9%, indicating substantial areas requiring support. The assessment reveals critical concerns with energy levels, circulation, stress management, and severe sleep insufficiency that warrant immediate attention through comprehensive bioelectronic therapy intervention.

Wellness Domain Scores

Domain	Score	Status
C-102: Vitality & Energy Support	39%	Needs Support
C-104: Comfort & Mobility Support	57%	Moderate
C-105: Circulation & Heart Wellness	46%	Needs Support
C-107: Stress & Relaxation Support	43%	Needs Support
C-108: Metabolic Balance Support	54%	Moderate

⚠ Primary Concerns

- Severe sleep deficiency (less than 5 hours nightly)
- Chronic low energy and fatigue
- Extreme difficulty with relaxation and focus
- Circulation issues with frequent cold extremities
- Significant joint stiffness affecting mobility

✓ Positive Indicators

- No current pain reported
- Excellent appetite regulation
- Minimal sugar cravings
- Good cardiovascular fitness
- Effective sleep onset ability

Recommended Therapies

Based on your comprehensive wellness assessment, we recommend the following personalised therapies:

C-107: Stress & Relaxation Support Therapy

Priority 1 | Immediate | Score: 43%

Why This Therapy Was Selected

Hafsa's complete inability to relax (0/100 score), very poor concentration, high stress levels, and critically insufficient sleep (less than 5 hours) indicate severe nervous system dysregulation requiring immediate intervention. This therapy will address the foundational stress response patterns that may be contributing to her other wellness challenges.

Sessions	Frequency	Duration
16 sessions	Daily sessions	30-40 minutes

Expected Benefits

- Enhanced natural relaxation response
- Improved sleep quality despite short duration
- Reduced mental restlessness and improved focus
- Decreased tension headache frequency
- Better stress resilience

C-105: Circulation & Heart Wellness Therapy

Priority 2 | Soon | Score: 46%

Why This Therapy Was Selected

Hafsa's very frequent cold extremities, frequent shortness of breath during normal activities, and very frequent dizziness when standing suggest significant circulation challenges. Combined with intermittent palpitations, this therapy will support cardiovascular function and peripheral circulation.

Sessions	Frequency	Duration
16 sessions	2-3 sessions per week	30-40 minutes

Expected Benefits

- Improved warmth and circulation to hands and feet
- Enhanced cardiovascular response to positional changes
- Reduced shortness of breath during activities
- Better heart rhythm stability

C-102: Vitality & Energy Support Therapy

Priority 3 | Soon | Score: 39%

Why This Therapy Was Selected

Hafsa's low overall energy levels, poor recovery after physical activity, lack of motivation, and unstable post-meal energy patterns indicate compromised cellular energy production. This therapy will support mitochondrial function and metabolic efficiency to address her persistent fatigue.

Sessions	Frequency	Duration
16 sessions	Daily sessions	30-40 minutes

Expected Benefits

- Stabilised energy levels throughout the day
- Improved recovery after physical activities
- Enhanced motivation and vitality
- Better glucose regulation and fewer energy crashes

Lifestyle Recommendations

- Prioritise establishing a consistent sleep schedule to gradually increase sleep duration, even if starting with just 15-30 minute increments
- Implement gentle morning mobility routines to address joint stiffness before daily activities
- Consider stress-reduction techniques such as deep breathing exercises or gentle meditation to support the relaxation therapy
- Maintain regular meal timing to support stable energy levels throughout the day
- Incorporate gentle circulation-promoting activities such as leg elevation or warm water therapy for hands and feet
- Monitor symptoms daily to track improvements during therapy programmes

Supplement Recommendations

Magnesium Glycinate

Purpose: May support muscle relaxation, improve sleep quality, and help address the extreme difficulty with relaxation and joint stiffness

Suggested Dosage: 200-400mg taken 1-2 hours before bedtime

Choose glycinate form for better absorption and reduced digestive upset; may help with both sleep and muscle tension

Coenzyme Q10 (CoQ10)

Purpose: May support cellular energy production and cardiovascular function, addressing fatigue and circulation concerns

Suggested Dosage: 100-200mg daily with meals

Particularly beneficial for energy production and heart health; choose ubiquinol form for better bioavailability

Omega-3 Fatty Acids (EPA/DHA)

Purpose: May support cardiovascular health, circulation, and help reduce inflammation that could be contributing to joint stiffness

Suggested Dosage: 1000-2000mg combined EPA/DHA daily with meals

Choose high-quality, third-party tested supplements; may help with both circulation and inflammatory responses

⚠ WELLNESS ASSESSMENT DISCLAIMER

This assessment is for wellness support purposes only and does not constitute medical diagnosis. Supplement recommendations are for informational purposes only. Always consult with qualified healthcare professionals before starting any supplement regimen.

Celloxen therapies are complementary wellness interventions designed to support overall wellbeing. They do not claim to treat, cure, or prevent any disease or medical condition.

IMPORTANT: Please consult your GP or qualified healthcare provider for any medical concerns or before making significant changes to your health regimen.

Report Generated: 26 November 2025 at 06:19 | Assessment ID: 29
Aberdeen Wellness Centre | Tel: 01224 123456 | Email: info@aberdeenwellness.co.uk
www.celloxen.co.uk