

LIFE Ko De Naya Andaz



BPR VITALITY INDEX (ORGANS & EMOTIONS)

- ☞ Bridges the vital communication gap between the consults & the practitioner.
- ☞ Provides broad overview of an Individual's physical & emotional health at a glance.
- ☞ Guide for personalized wellness therapy & programs.

A Chaitanya Wellness Research Institute Initiative

REFLEX ZONE REFERENCE TABLE

FOR BIOPULSAR-REFLEXOGRAPH®



Please note that some organs are measured on several reflex zones and merged to one value.

Depending on your hand size, some measuring points are missing.

1 Back of the Head
2 Back Brain
3 Temporal Brain
4 Forehead Brain
5 Cerebellum, *Thalamus*
6 Eye
7 Cerebellum, *Thalamus*
8 Neck
9 Ear (*inner*)

10 Arm Pit, *Musculus Trapezius*
11 Thyroid, *Parathyroid*
12 Thymus Gland
13 Esophagus, *Trachea*
14 Lung, *Bronchia*
15 Shoulder
16 Upper Arm
17 Heart
18 Liver

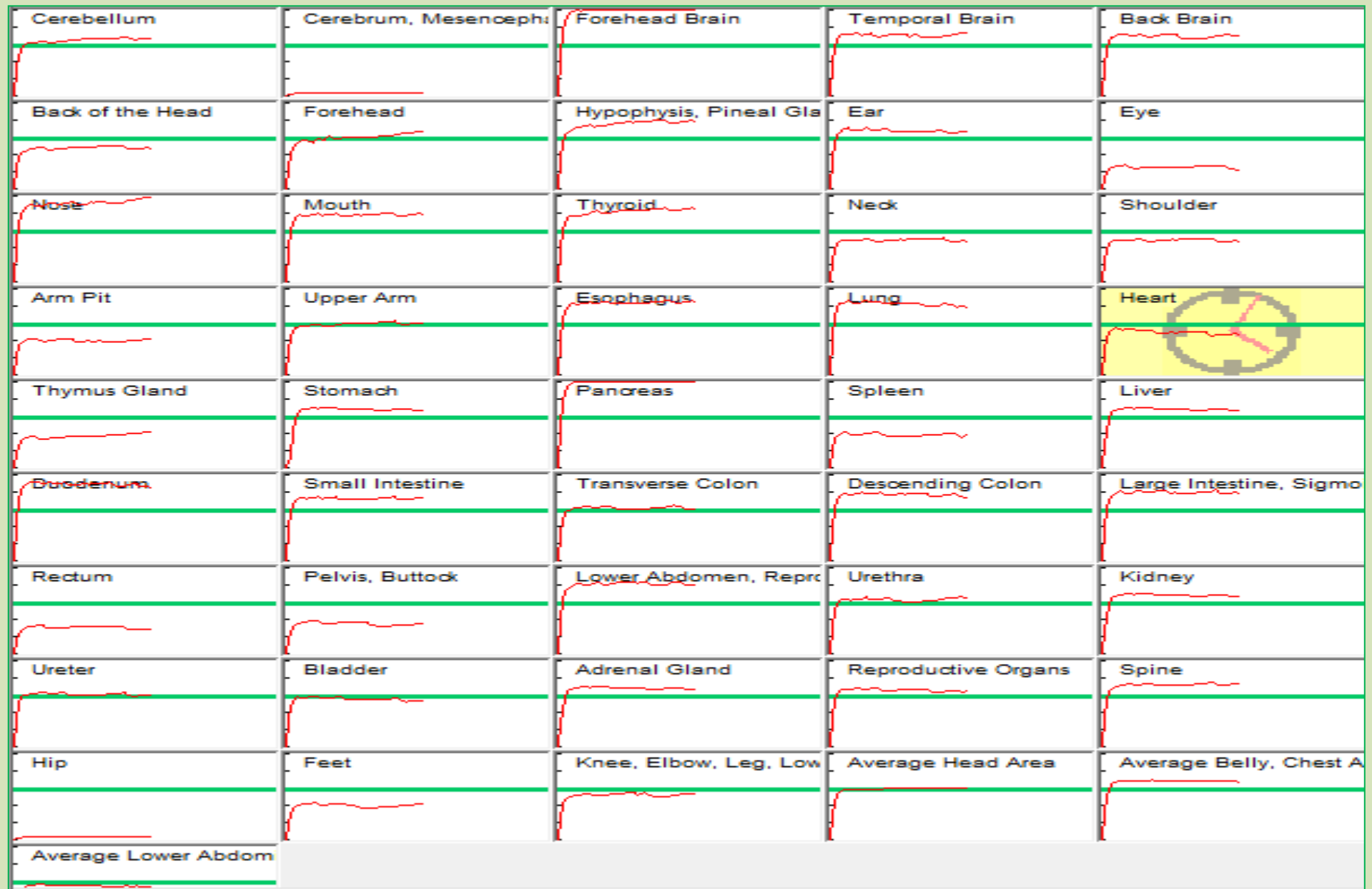
19 Thymus
20 Neck
21 Hypophysis, *Pineal Gland*
22 Cerebrum, *Mesencephalon*
23 Forehead, *Crown*
24 Nose, *Sinus*
25 Mouth, *Jaw, Ethmoid, Sphenoid Bone*
26 Thyroid

27 Spine
28 Adrenal Gland
29 Kidney
30 Stomach
31 Spleen
32 Transverse Colon
33 Knee, *Elbow*
34 Small Intestine
35 Ureter

36 Pancreas
37 Duodenum
38 Small Intestine
39 Sigmoidesum, *Rectum*
40 Urethra (*Penis, Prostate*)
41 Bladder
42 Lower Abdomen, *Reproductive Organs (Ovary, Tube, Uterus)*

43 Left Side:
Descending Colon
Right Side:
Ascending Colon
44 Reproductive Organs
45 Anus
46 Feet
47 Pelvis, Buttock
48 Hip

GRAPH

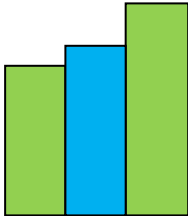


BPR INDEX SUMMARY

PHYSICAL

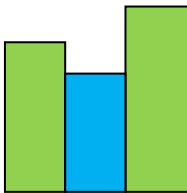
When Your BPR Readings are

a) Between the Harmony Range



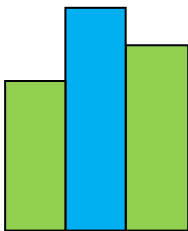
- It indicates Your Organ Energy Vitality level index is in a *balanced state*.
- A good diet, exercise & emotional management will help maintain the consistency.

b) Below the Harmony Range



- It indicates Your Organ Energy Vitality level index is in an *Hypo* state.
- Indicating the possibility of some likely ailment. Consult your practitioner for the same and ensure that you have done your regular check-ups.

c) Above the Harmony range



- It indicates Your Organ Energy Vitality level index is in a *Hyper* state.
- Your organ is subjected to stress and pressure , which must be relieved from the same to gain normalcy.



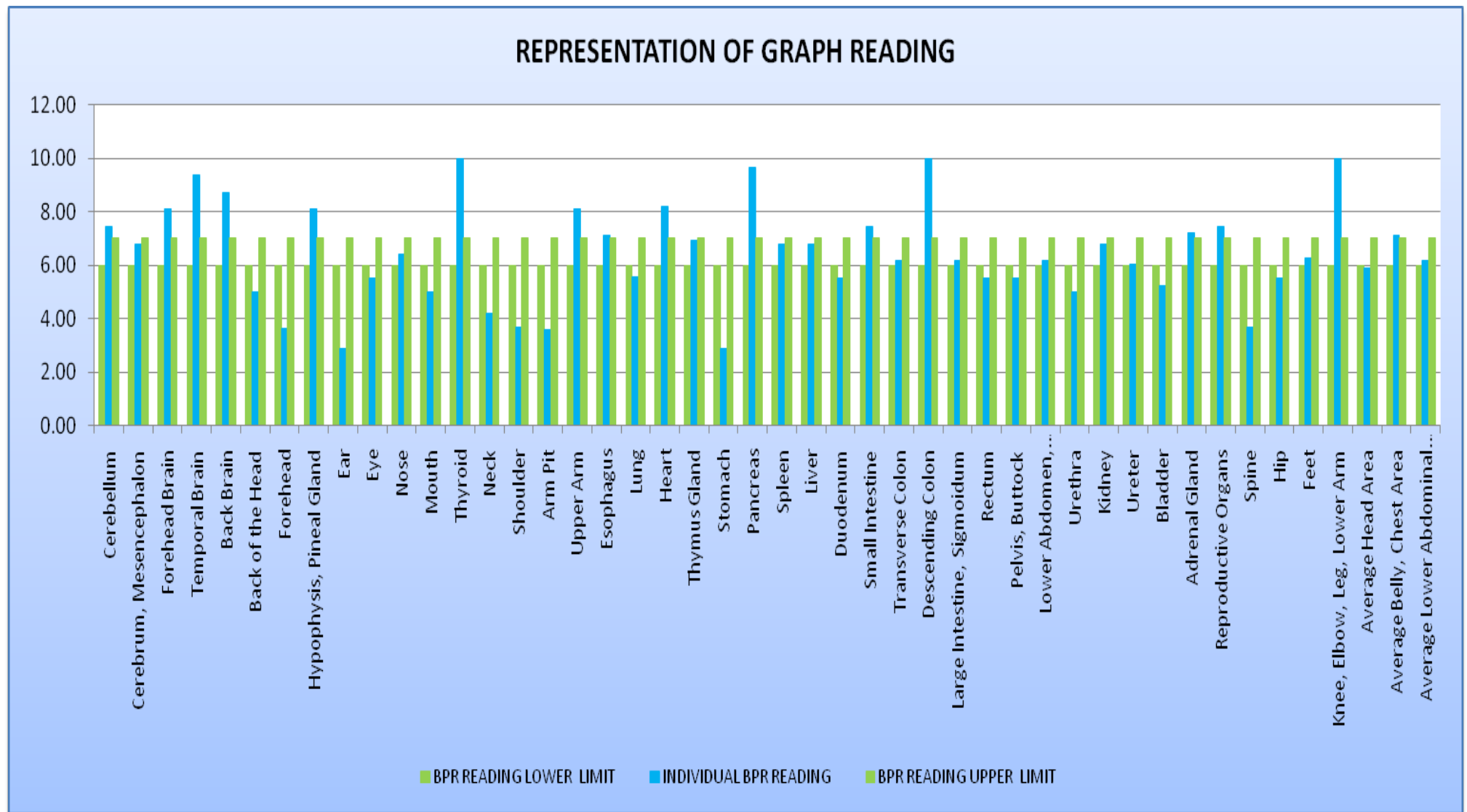
The GREAT Idea is to

Keep a daily systematic track of your Physical & Emotional patterns, maintain your **Digital Personal Wellness Diary & provide your practitioner with valuable insights via the**

Wellness tracker at

www.wellnessway4u.com .

GRAPHICAL REPRESENTATION OF BIO-ENERGY READINGS



Important : Kindly note –

- We offer all the tools, products & services (including this report) for creating an environment to promote Wellness & its Awareness. Therefore, these Wellness Tools are not intended to and cannot replace the services of Healthcare provider.
- Please take the advice of your Healthcare Practitioner as Self Medication can be harmful hence should be strictly avoided.
- Exercise should be done with due care preferably under expert guidance.

Consults Reg. No. 243

Date: 09/ 12 / 2010

Consults Name: Mrs.Jayashree Parthasarthy.

Summary of your Wellness Report with Suggested Guidelines & Precautions

PHYSICAL HEALTH

- **Most of us are born Healthy but later on each individuals have various ailments, allergies & disturbed Physical & mental Health.**
- **These Changes in our health are mainly due to Food, Lifestyle, Environmental factors, Hereditary & our Emotions.**
- **Our Emotions are just like our shadow, hence with us every minute of our daily routine of actions & reactions.**

Physical Health

Based on biomedical signal readings of your palm by the German BPR System, proper **precautions & care** for your better Health should be taken for the below **indications / possibilities** :

- ☞ High BP.
- ☞ Strain in Neck Muscles & Shoulder Muscles.
- ☞ Low Calcium in Bones leading to weakness in Hips, Spine & Pelvis.
- ☞ Rheumatoid Arthritis, Stiffness, rigidity & possibility of swelling in Joints.
- ☞ Constipation, Flatulence, Acidity & Reflux.
Chew Food well & avoid swallowing Food.
Control Irregular & improper Food Habits to control Acidity & Flatulence.
- ☞ Urinary tract Infection.
- ☞ Lack of sufficient sleep.
- ☞ Allergy, inflammatory changes, increased sweating indicated.
- ☞ Short Breath.
- ☞ Temporal or frontal Headache.
- ☞ Migraine, Vertigo.
- ☞ Forgetfulness.
Take adequate rest as exhaustion due to physical & mental stress is indicated.

Suggested Simple Exercises, Mudras & Dietary Recommendations attached herewith to help you to take small steps in your efforts for better Health.

NUMERICAL REPRESENTATION OF BPR GRAPH

System And Its Organs	Values in %	Percentage	Normal Values
Circulatory system			
Heart	78	73.30	60-70%
Spleen	68.6		
Gastro intestinal system			
Mouth	51.8	72.15	60-70%
Esophagus	78.8		
Stomach	75.3		
Pancreas	76.9		
Liver	53.7		
Duodenum	89		
Transverse Colon	72.5		
Small Intestine	76.9		
Descending Colon	78.8		
Large Intestine, Sigmoidum	93.7		
Rectum	46.3		
Renal system			
Urethra	68.6	71.65	60-70%
Kidney	76.9		
Ureter	72.5		
Bladder	68.6		
Immunity / Endocrine System			
Hypophysis, Pineal Gland	43.1	61.78	60-70%
Thyroid	66.3		
Thymus Gland	62.4		
Adrenal Gland	75.3		
Respiratory system			
Nose	56.1	67.45	60-70%
Lung	78.8		
Brain areas			
Cerebellum	66.3	43.53	65-75%
Cerebrum, Mesencephalon	4.3		
Forehead Brain	41.2		
Temporal Brain	35.7		
Back Brain	53.7		
Back of the Head	70.6		
Forehead	32.9		
Musculoskeletal system			
Neck	60.4	49.88	60-70%
Shoulder	64.3		
Arm Pit	78.8		
Upper Arm	68.6		
Pelvis, Buttock	33.3		
Spine	25.9		
Hip	3.9		
Feet	31		
Knee, elbow, leg, lower Arm	82.7		
Reproductive system			
Lower abdomen	93.7	84.50	60-70%
Reproductive Organs	75.3		
Special senses			
Ear	64.3	51.10	60-70%
Eye	32.9		
Nose	56.1		

Consults Reg. No. 243 Name: Mrs.Jayashree Parthasarthy. Date: 09/ 12 / 2010

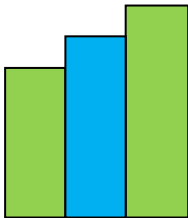
Name of the Consultant & Signature

BPR INDEX SUMMARY

EMOTIONAL

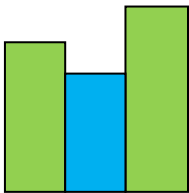
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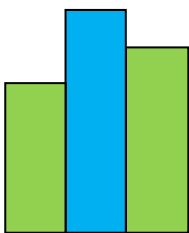
- It indicates Emotional Health Vitality level index is in a *balanced state*.
- Regular emotion management & tracking will help maintain the consistency.

b) Below the Harmony Range:



- It indicates Your Emotional Health Vitality index is in a *Hypo* state.
- Your emotions seem to have detrimental effects on your organs .
- A medium to control ,track and understand your emotions is required

c) Above the Harmony range:



- It indicates Your Emotional Health Vitality index is in a *Hyper* state.
- Your organ is subjected to stress and pressure and must be relieved from the same to gain normalcy.



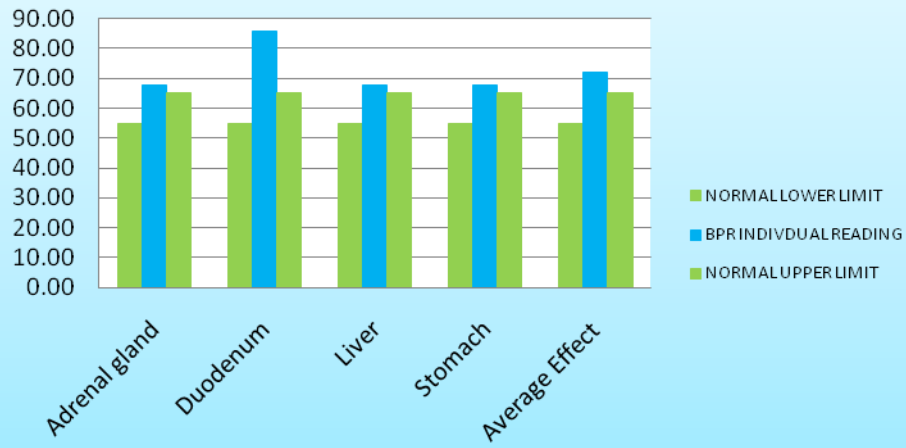
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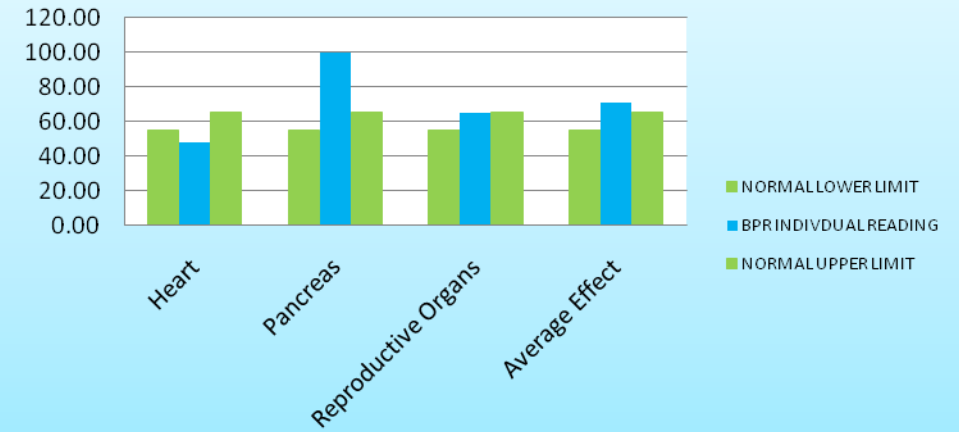
Wellness tracker at

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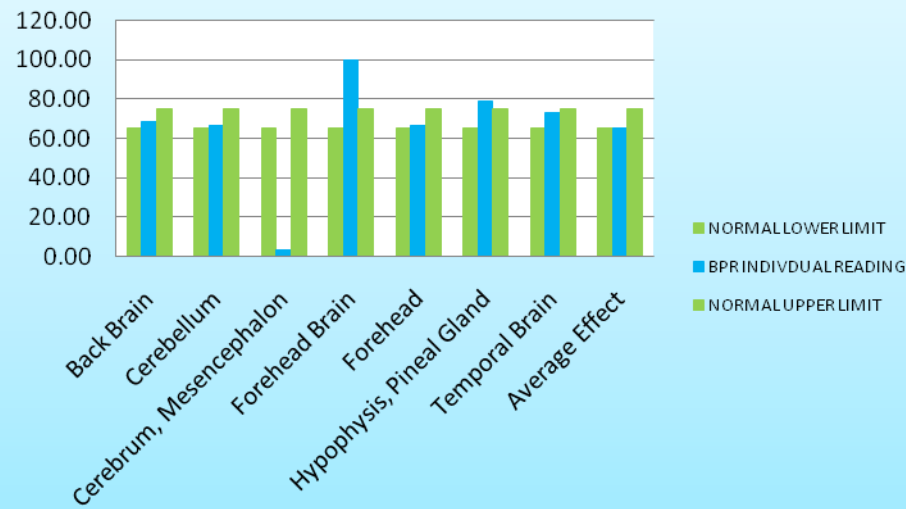
EFFECT OF ANGER



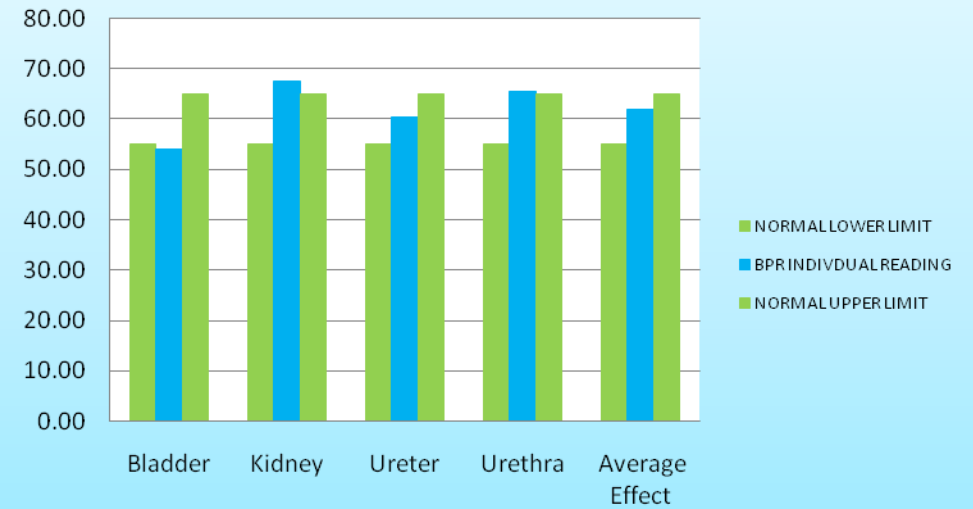
EFFECT OF JOY/LOVE



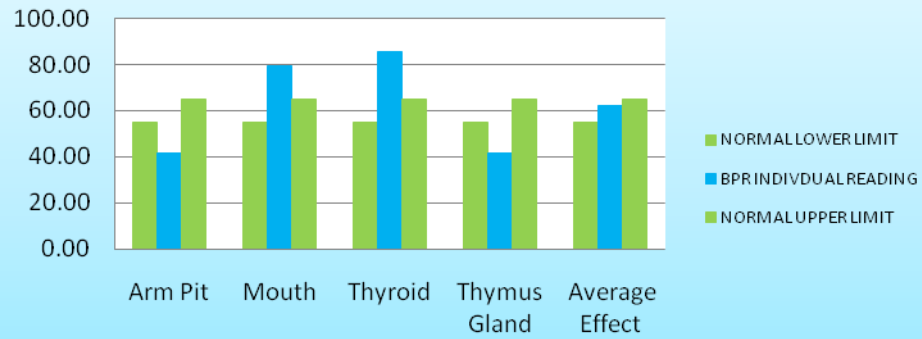
EFFECT OF THOUGHT PROCESS



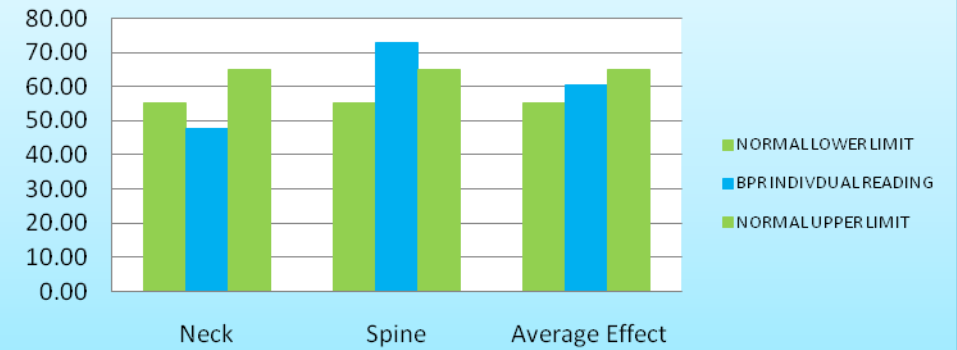
FEAR/ANXIETY



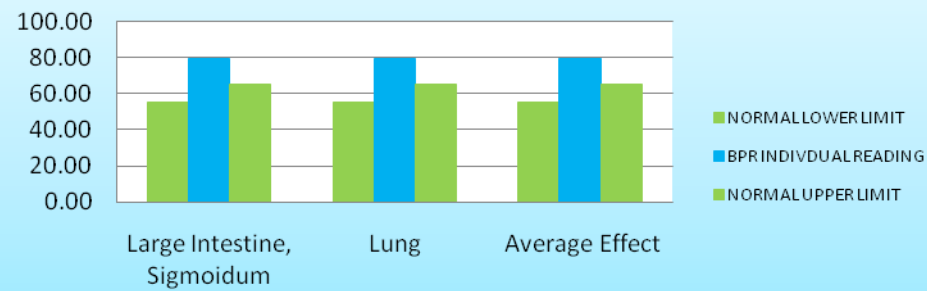
COMMUNICATION



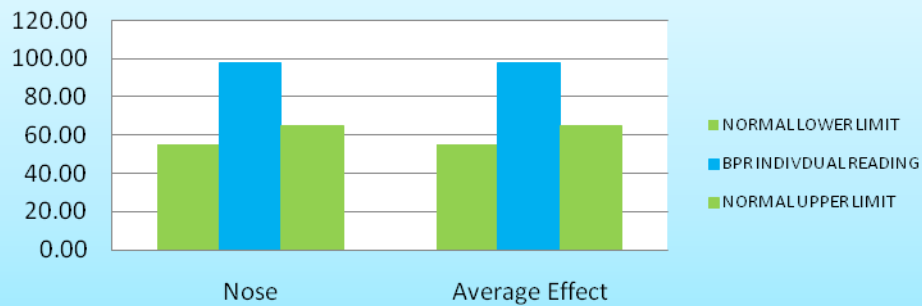
FLEXIBILITY



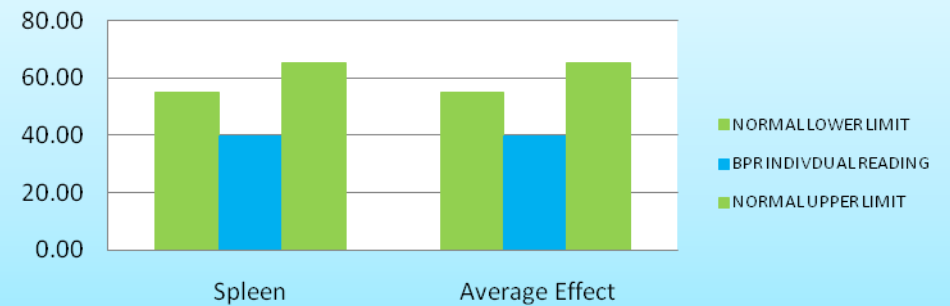
SORROW/SADNESS



FRUSTRATION



RUMINATION



EMOTIONAL / MENTAL LEVEL

Consults Reg. No. 243

Name: Mrs.Jayashree Parthasarthy.

Date: 09/ 12 / 2010

Positive Attributes

FOCUS ON IT, BUILD IT, STRENGTHEN IT...

- Down to Earth, Simple & Flexible.
- Sympathetic, reliable & good caretaker.
- Modest.
- Emotional.

- Creativity.
- Good use of Experience & Instincts.
- Find right meaning to deal with things.
- Capacity to face things boldly.
- Good communication Skills

SUGGESTIVE GUIDELINES

Every minute of our Life is a chain of actions & reactions which shape our emotions & attitude. These emotions are our companions every moment hence have a deep impact on our physical & emotional health.

Hence proper management of these emotions would help an individual to attain better health & productivity.

The most pertinent aspect which your readings show on the emotional front is that :

- ☞ You have faced Emotional Trauma in the past, which you not been able to overcome. Hence this is leading to :
 1. unconscious Fears,
 2. deep seated Sorrow.
 3. Loneliness,
 4. Depression.
 5. Insecurity
- ☞ You have not been able to overcome it hence continuous reviews leading to mental tension. Hence exhausting you mentally.
- ☞ Adopt the "*Write Down Method*" which is very helpful in regular discarding of unwanted issues without having to ignore them or suppress them.
- ☞ Specific Breathing Exercises & Meditation would help you sharpen your positive attributes & make you emotionally strong & happy. More suggestions on this after knowing your current schedules on this aspect.
- ☞ **Focusing on Activities / Hobbies / Community Work wherein you could utilize your above highlighted (in Blue) positive attributes, will help in better mental as well as physical health & happiness.**

Name of the Consultant & Signature

IMPACT OF YOUR EMOTIONS ON YOUR INTERNAL ORGANS AS PER BPR GRAPH

<i>Emotions & their related Organs</i>	<i>Values in %</i>	<i>Percentage</i>	<i>Normal Values</i>
ANGER			
Stomach	75.3		
Liver	53.7		
Duodenum	89		
Adrenal Gland	75.3	73.33	55-65%
LOVE/ JOY			
Heart	78		
Pancreas	76.9		
Reproductive organs	75.3	76.73	55-65%
THOUGHT PROCESS			
Cerebellum	66.3		
Cerebrum	4.3		
Forebrain	41.2		
Temporal Brain	35.7		
Back Brain	53.7		
Forehead	32.9		
Hypophysis, Pineal Gland	43.1	39.60	65- 75%
FRUSTRATION			
Nose	56.1	56.10	55-65%
RUMINATION			
Stomach	75.3		
Spleen	68.6	71.95	55-65%
SORROW / SADNESS			
Lung	78.8		
Large Intestine	93.7	86.25	55-65%
FEAR/ ANXIETY			
Urethra	68.6		
Kidney	76.9		
Ureter	72.5		
Bladder	68.6		
Adrenal Gland	75.3	72.38	55-65%
FLEXIBILITY			
Neck	60.4		
Esophagus	78.8		
Bladder	68.6		
Spine	25.9	58.43	55-65%
COMMUNICATION			
Mouth	51.8		
Thyroid	66.3		
Arm Pit	78.8		
Lung	78.8		
Thymus Gland	62.4	67.62	55-65%
COPING ABILITY			
Back Brain	53.7		
Shoulder	64.3		
Liver	53.7		
Duodenum	89		
Small Intestine	76.9		
Transverse Colon	72.5		
Decending Colon	78.8		
Large Intestine	93.7		
Rectum	46.3		
Pelvis & Buttock	33.3		
Urethra	68.6		
Ureter	72.5		
Bladder	68.6		
Adrenal Gland	75.3	67.66	55-65%

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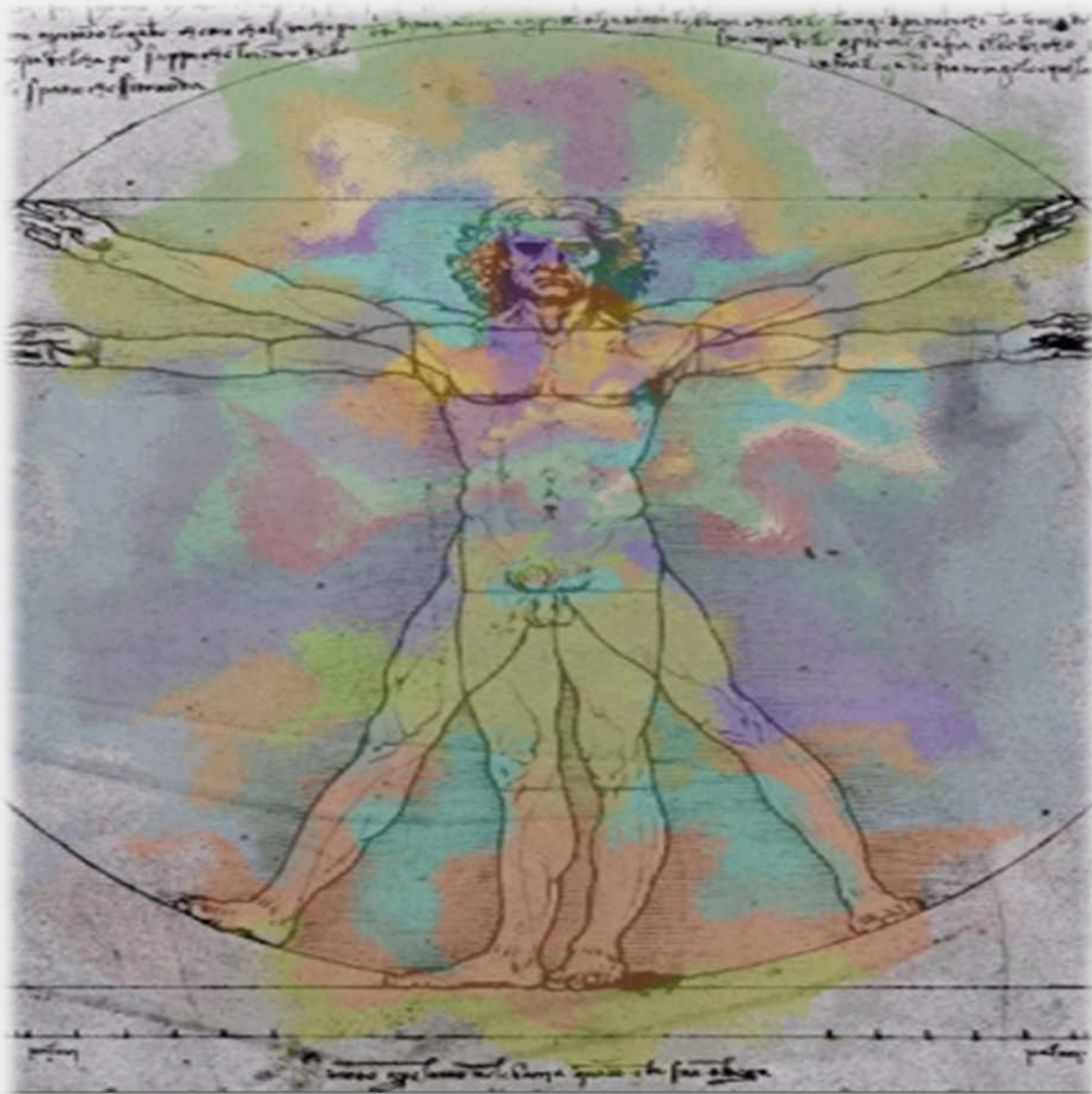
AURA & CHAKRA






REPORTS

(Based on Additional Softwares -Optional)

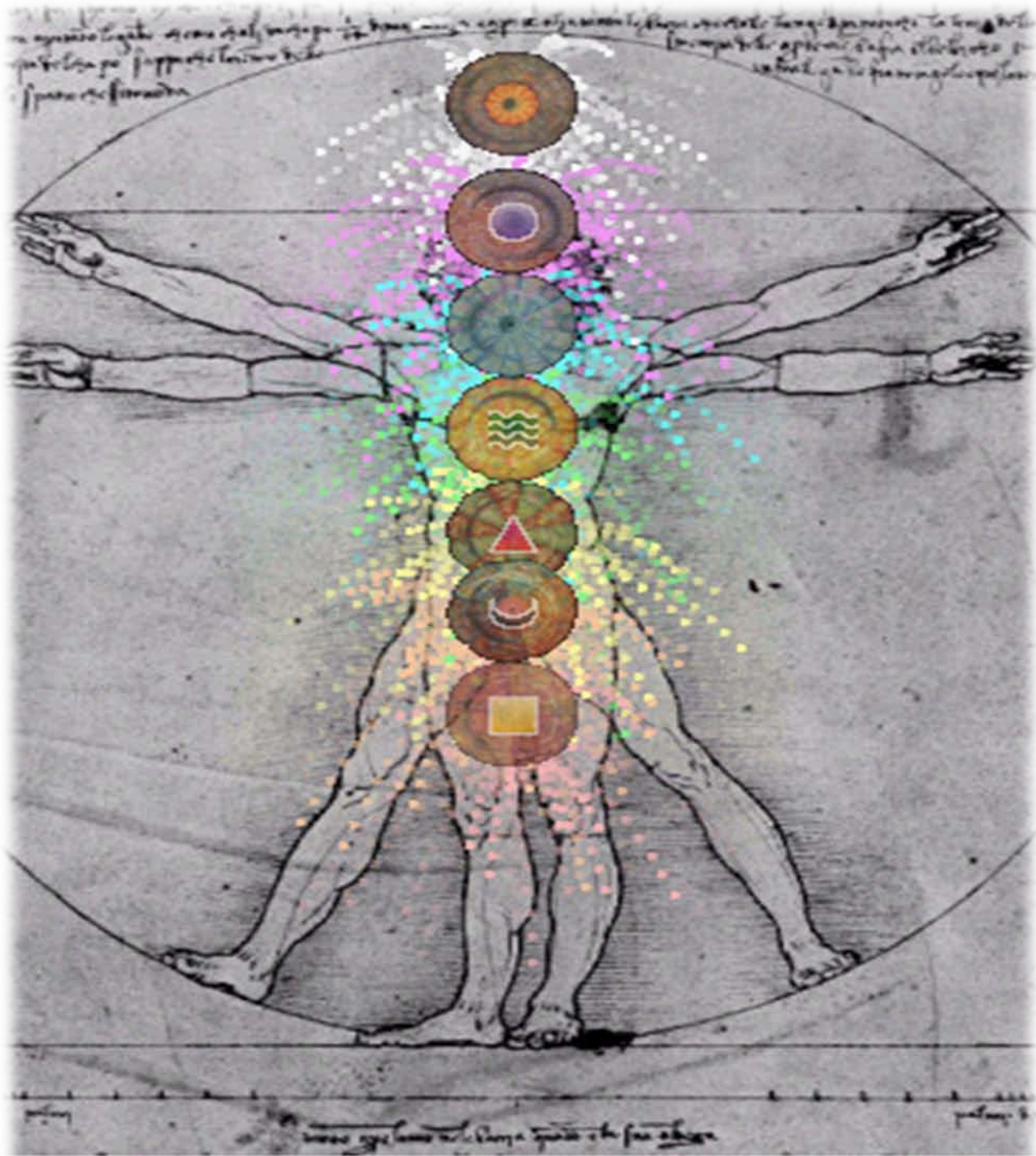
Beneficial to Alternative Health Science Practitioners

AURA



	Heart
	Thymus Gland
	Stomach
	Pancreas
	Spleen
	Liver
	Duodenum
	Small Intestine
	Transverse Colon
	Descending Colon

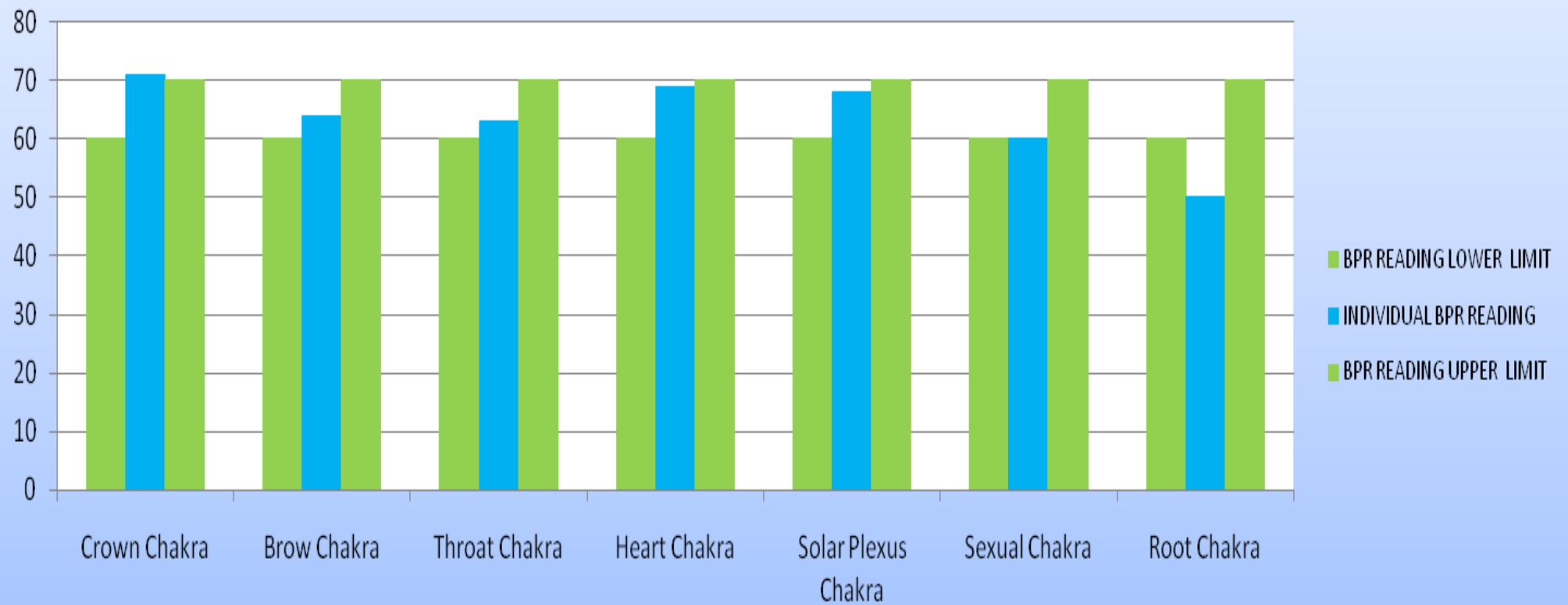
CHAKRA

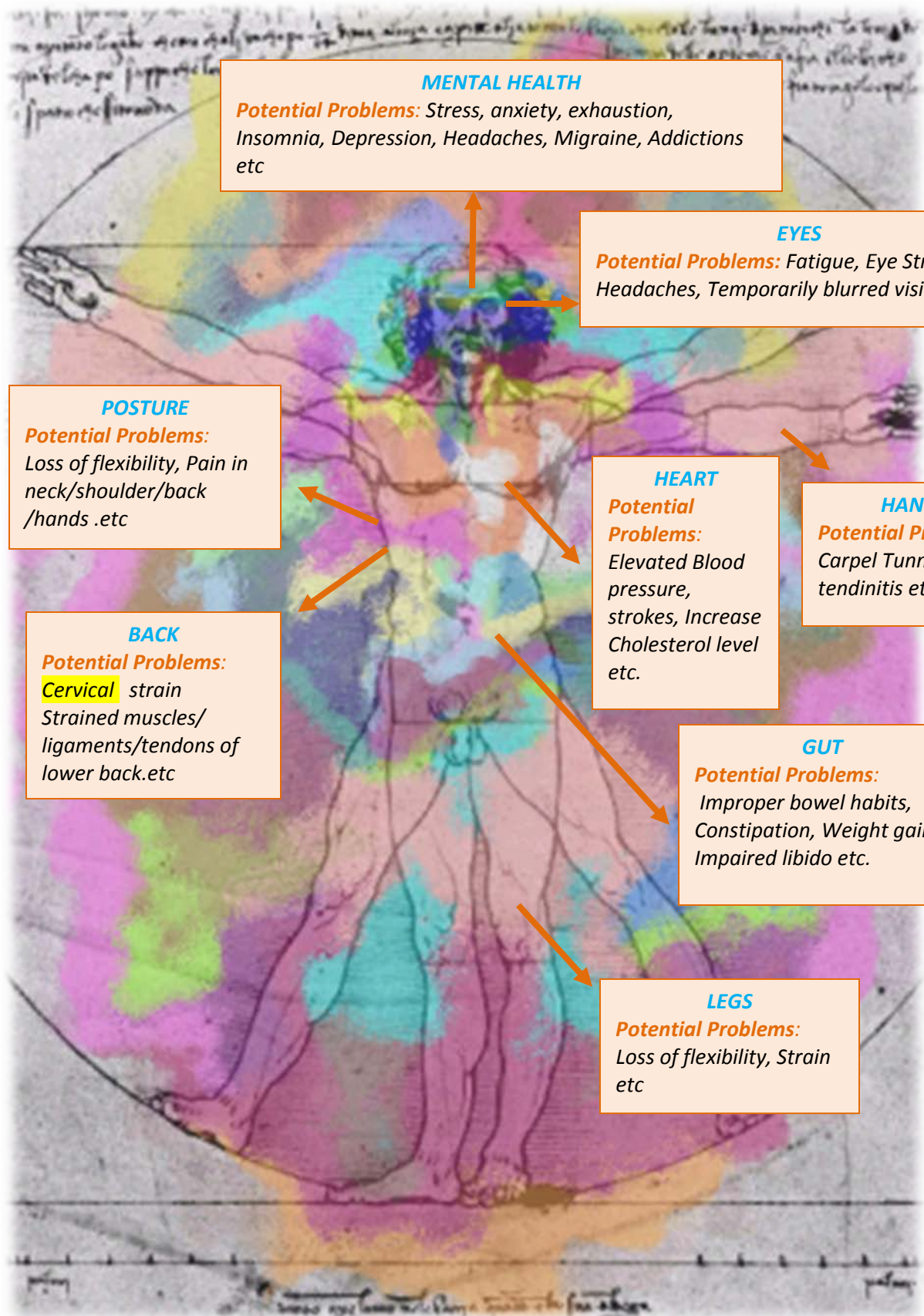


Crown Chakra	63 %
Brow Chakra	80 %
Throat Chakra	67 %
Heart Chakra	56 %
Solar Plexus Chakra	71 %
Sexual Chakra	65 %
Root Chakra	28 %

GRAPHICAL REPRESENTATION OF CHAKRA READINGS

CHAKRA READING





MENTAL HEALTH

Potential Problems: Stress, anxiety, exhaustion, Insomnia, Depression, Headaches, Migraine, Addictions etc

EYES

Potential Problems: Fatigue, Eye Strain, Headaches, Temporarily blurred vision etc

POSTURE

Potential Problems: Loss of flexibility, Pain in neck/shoulder/back /hands .etc

HEART

Potential Problems: Elevated Blood pressure, strokes, Increase Cholesterol level etc.

HANDS/ARM

Potential Problems: Carpel Tunnel Syndrome, tendinitis etc

BACK

Potential Problems: **Cervical** strain
Strained muscles/
ligaments/tendons of
lower back.etc

GUT

Potential Problems: Improper bowel habits, Constipation, Weight gain Impaired libido etc.

LEGS

Potential Problems: Loss of flexibility, Strain etc