



BODY HEALTH ANALYZER

HEALTH TEST REPORT

Name: **Chiarore, Michel**

Gender: **Male**

DOB (Age): **12/30/1958 (66)**

Health Notes:

Test Date / Time:

Pre
03/25/2025 05:02 PM

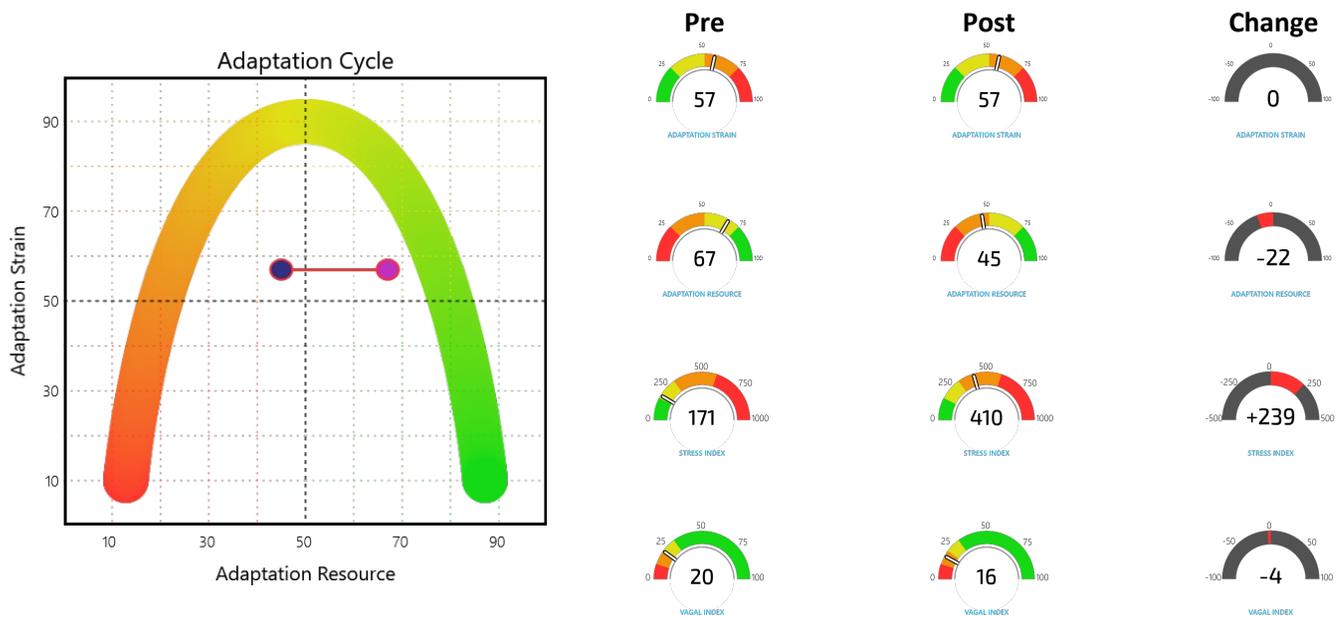
Post
03/25/2025 05:07 PM

Data Quality:



Test Comments:

Stress and Adaptation



Michel Chiarore,

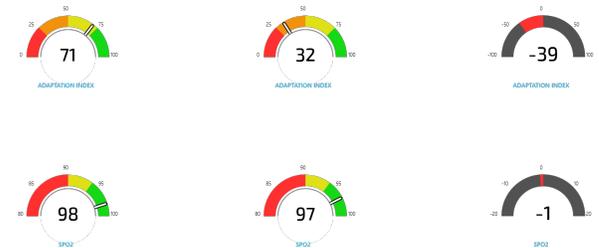
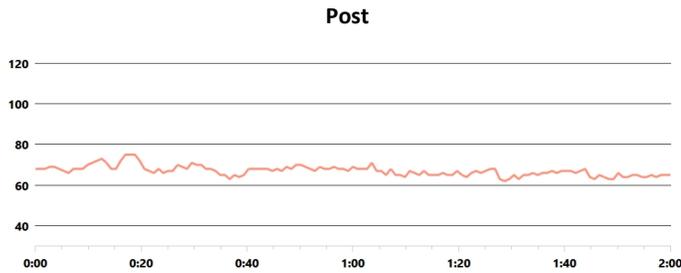
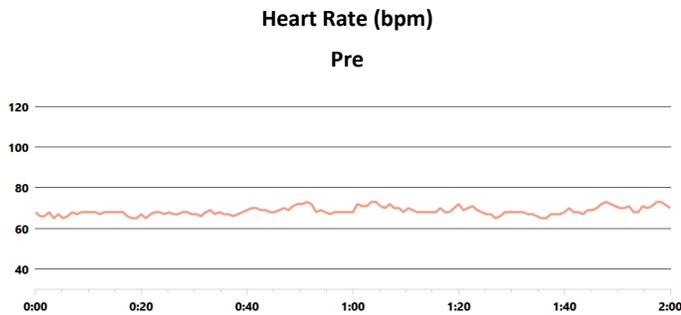
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General Health



Your Pre ADAPTATION STRAIN is HIGH. Post ADAPTATION STRAIN is HIGH.

Having high adaptation strain indicates the autonomic nervous system requires a considerable amount of regulatory effort to achieve the optimum state of the body's adaptation. When combined with high or very high levels of adaptation resources it shows the body is off the optimum state of adaptation but still has good potential to restore it. If combined with low or very low levels of the adaptation resources, it shows that the body's adaptation mechanisms are not able to restore the optimum state of adaptation.

ADAPTATION STRAIN shows the intensity of the autonomic nervous system regulatory efforts to achieve the body's optimum function (homeostasis).

Your Pre ADAPTATION RESOURCE is HIGH. Post ADAPTATION RESOURCE is MEDIUM.

High adaptation resources indicate the autonomic nervous system is capable of effectively regulating internal physiological functions promoting adequate body adaptation. Medium adaptation resources indicate the autonomic nervous system is lacking the ability to effectively regulate the internal physiological functions promoting adequate body adaptation.

ADAPTATION RESOURCE shows the regulatory potential of the autonomic nervous system to achieve the body's optimum function (homeostasis).

Your Pre STRESS INDEX is MODERATE. Post STRESS INDEX is HIGH.

Moderate stress is common during mental tasks or after light physical activity. High stress is common after intense exercise or strong emotions. If persistent, it might indicate health problems and a need for additional stress-reducing activities.

STRESS INDEX shows the current level of physical or mental stress as a reaction of the body's physiology to different stress factors. Systematic high stress is one of the root causes of many diseases.

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Your Pre VAGAL INDEX is MEDIUM. Post VAGAL INDEX is LOW.

Medium Vagal Index indicates a mild decrease in parasympathetic function. It is often associated with moderate stress. Low Vagal Index indicates a decreased parasympathetic function usually associated with high acute or chronic stress. Consistently low levels may raise some health concerns.

VAGAL INDEX shows the level of activity of the Vagus nerve that extends the parasympathetic nervous system function to many internal organs of the body. It tends to decrease with age. Consistently low levels may signal negative tendencies in the health state.

Your Pre HRV INDEX is MEDIUM. Post HRV INDEX is LOW.

Medium HRV Index indicates a mild decrease in autonomic function. It is often associated with moderate stress. Low HRV Index indicates a decreased autonomic function usually associated with high acute or chronic stress. Consistently low levels may raise some health concerns.

HRV INDEX shows the level of activity of the autonomic nervous system regulating the body's internal functions. It tends to decrease with age. Consistently low levels may signal negative tendencies in the health state.

Your Pre RESTING HR is NORMAL. Post RESTING HR is NORMAL.

Normal resting heart rates suggest the absence of fatigue, physical strain, or immediate health issues.

RESTING HR is your average heart rate when relaxed. A consistently high resting rate can be a sign of health issues and when fitness improves it becomes lower. An average resting HR is around 72 beats per minute.

Your Pre AUTONOMIC BALANCE is BALANCED. Post AUTONOMIC BALANCE is BALANCED.

Balanced states mean the body is keeping a healthy balance between being active and resting, maintaining its normal state.

AUTONOMIC BALANCE shows the balance between two branches of the autonomic nervous system responsible for the activation of the body's survival mechanisms and its mechanisms of restoration of vital resources.

Your Pre ADAPTATION INDEX is HIGH. Post ADAPTATION INDEX is MEDIUM.

High adaptation indexes indicate the autonomic nervous system can provide adequate physiological adaptation of the body having enough adaptation resources. However, it makes significant efforts to achieve the adaptation. Medium adaptation indexes indicate the autonomic nervous system has difficulties providing adequate physiological adaptation of the body due to diminished adaptation resources.

ADAPTATION INDEX shows the current status of physiological adaptation of the body carried out by the autonomic nervous system.

Your Pre SPO2 is NORMAL. Post SPO2 is NORMAL.

Having normal SpO2 indicates adequate cardiorespiratory system function delivering enough oxygen to the body tissues.

SpO2 is an indicator of blood oxygen saturation. Decreased level of SpO2 is a strong indicator of insufficient cardiorespiratory function.

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