

# HEALTH STATUS REPORT



HIPAA Code: 2UJ2296 Date: 04.06.2025

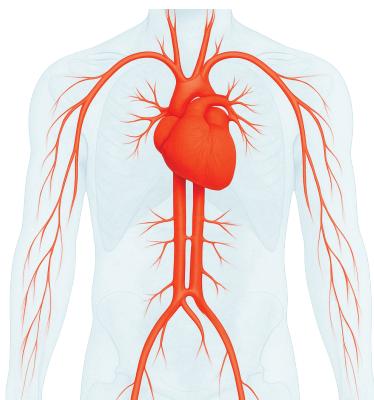
Clinic Location:

Practitioner:

The Health Status Report contains important conclusions calculated from comprehensive assessments with multiple state-of-the-art medical technologies. Although the conclusions far exceed conventional medical tests, the Health Status Report cannot rule out potential problems that require other methodologies to assess and detect. Any challenge that comes up in the Health Status Report is important to address to prevent them from developing further, and to improve the specific function as well as the overall health, capacity and quality of life. Most factors can be improved by lifestyle improvements and innovative home solutions. Factors in red, and factors in orange color that don't improve in the next Health Status Report, must be assessed professionally to find and fix the causative factors.

## Cardiovascular

Evaluated Challenge: Conclusion based on multiple assessments parameters



Weak Heart



Overworking Heart



Other Heart Imbalances



Blood Pressure Problems  
(Too High Or Too Low)



Temporary Hypotension  
When Standing Up



Vasoconstriction (Tightened  
Arteries)



Arterial Calcification  
(Atherosclerosis)



Plaque Built Up From  
Atherosclerosis



Low Arterial Nitric Oxide

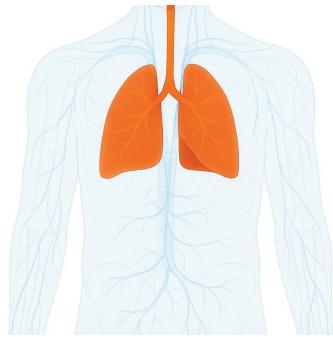


Other Vascular Challenges



Red or Orange results in this category require further assessment to find the causative factors that need therapy and/or other actions. Most results in this category can also be influenced positively through specific lifestyle changes and/or home therapy with 'Health Optimizing CellRegulation'. A poor score for Low Arterial Nitric Oxide is likely to be a consequence of challenges in the category Metabolic Factors, and could require therapy with 'Health Optimizing NitricOxide' (available in Regional Health Optimizing clinics.)

## Oxygenation



Evaluated Challange: Conclusion based on multiple assesments parameters

Low Blood Oxygen



Low Oxygen Delivery

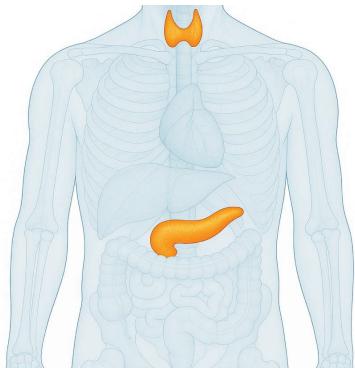


Low Tissue Oxygen



Challenges in this category are likely to be consequences of challenges with the respiratory system (Low Blood Oxygen), poor score within the category Cardiovascular (Low OxygenDelivery), or challenges within the category Tissue Factors (Low Tissue Oxygen.).

## Metabolic Factors



Evaluated Challange: Conclusion based on multiple assesments parameters

Insulin Resistance



Sugar Metabolism



Overworking Pancreas Beta Cells (High Insulin)



Weak Pancreas Beta Cells



Pre-Diabetes Or Unmanaged Diabetes



Metabolic Syndrome (Storing Sugars As Fat)



Obesity



Thyroid Hormones - Low Production/Poor Response

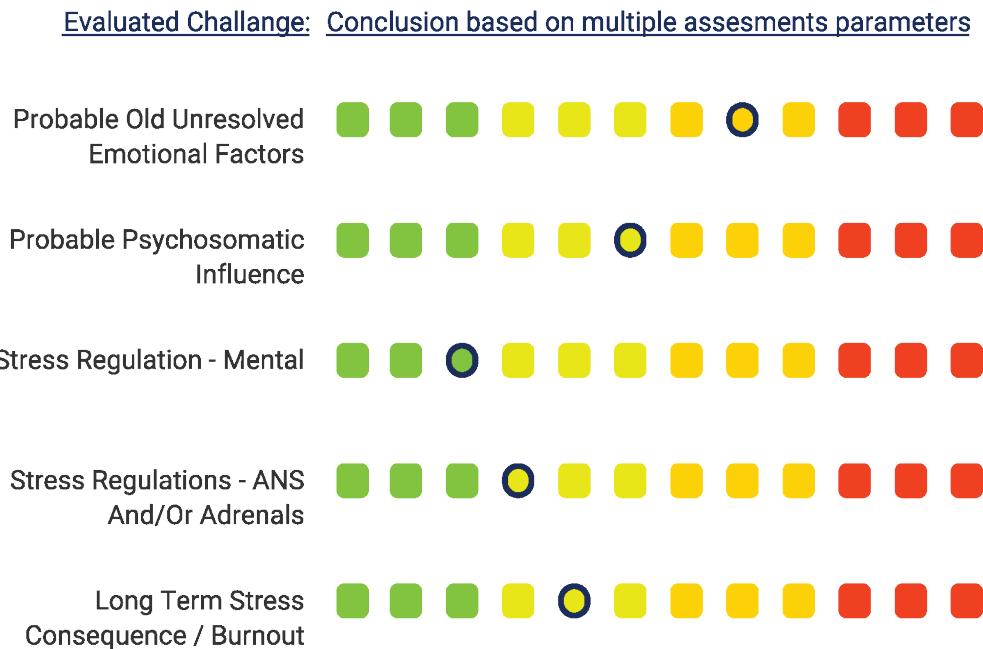


Suspected Thyroid Imbalance



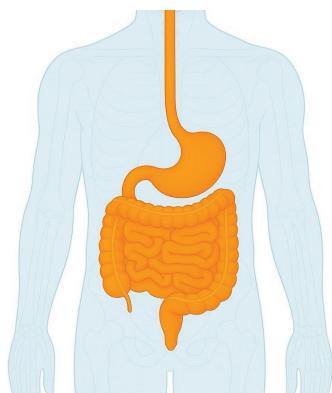
Most Red or Orange results in this category require a dietary change towards a healthy low carb diet. The exception is Red or Orange results related to Diabetes and/or the Thyroid, which require further assessment to find the causative factors that need therapy and/or other actions. (Optimally Health Optimizing Main Assessment, as well as conventional blood tests through your GP.)

## Mental / Psychosomatic / Stress

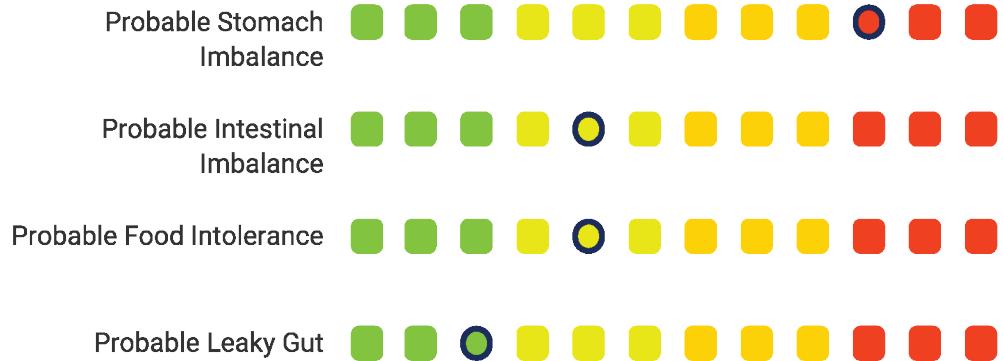


Red or Orange results in this category require therapy including assessment to find and resolve the causative factors and their consequences. An effective way of doing that is through sessions with an experienced Health Optimizing psychologist/therapist utilising the combination of the technologies 'Health Optimizing Homeostasis' and 'Health Optimizing VoiceAnalysis'. This may be crucial to solve some challenges with poor scores in other categories.

## Digestive Factors



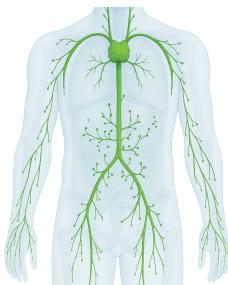
Evaluated Challange: Conclusion based on multiple assesments parameters



Red or Orange results in this category require further assessment to find the causative factors that need therapy and/or other actions. Food Intolerance may require a US- BioTek IgG+IgA blood test, but resolving a huge Stomach Imbalance, and/or avoiding wheat gluten and A1 Casein, may resolve it on a retest after one month. A Leaky Gut should be addressed with a conventional Zonulin test and supplementation of specific probiotics and L-Glutamine. Most results in this category can be influenced positively through dietary improvements.

## Inflammation / Immune System

Evaluated Challange: Conclusion based on multiple assesments parameters



Inflammation - Systemic



Local Inflammation/Infection



Suspected Immune System Imbalance



Red or Orange results in this category require further assessment to find the causative factors that need therapy and/or other actions. Health Optimizing Main Assessment is a good starting point, and may provide all the necessary answers. A high "Inflammation - Systemic" could be a consequence of a poor score for "Insulin Resistance", "Pre-Diabetes or Unmanaged Diabetes", or "Probable Food Intolerance". A high "Local Inflammation/Inflection" could be a consequence of a poor score within the "Digestive Factors" category.

## Tissue Factors

Evaluated Challange: Conclusion based on multiple assesments parameters



Low Cellular Voltage - Systemic

Low Cellular Activity - Systemic

Low Cellular Activity In The Head

Low Cellular Activity In The Upper Torso

Low Cellular Activity In The Lower Torso

Interstitial Acidosis (Low Tissue Ph)

Oxidative Stress / Free Radicals

Interstitial Electrolytes (Mineral) Imbalance

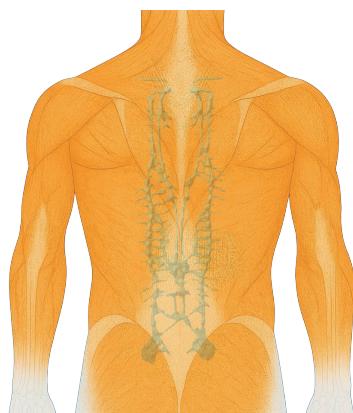
Poor Hydration



Red or Orange results in this category, except for "Poor Hydration", require further assessment to find the causative factors that need therapy and/or other actions. Health Optimizing Main Assessment is the best starting point, and may provide all the necessary answers. A poor "Low Cellular Activity - Systemic" and "Interstitial Acidosis (low tissue pH)" could be just a consequence of a poor score for "Thyroid Hormones - Low Production/Poor Response". These, and all parameters starting with "Low Cellular ...", can also be positively influenced through home therapy with 'Health Optimizing CellRegulation'. If the "Poor Hydration" result is not green, drink more water when waking up in the morning and 30 to 60 minutes before every meal (2.5 to 3.5 Liters pure water per day depending on your physical size.)

## Fitness / Exercise / Restitution

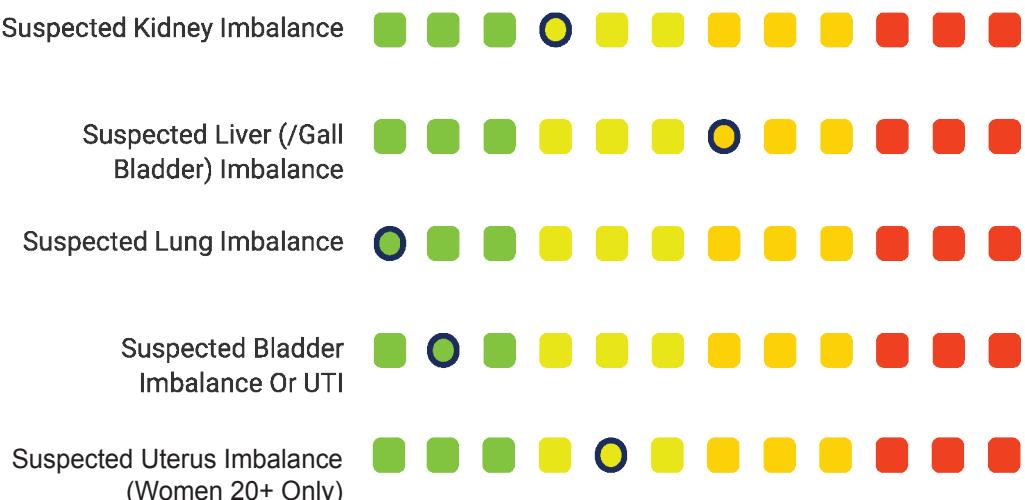
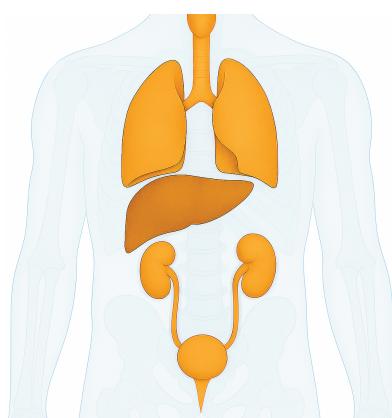
Evaluated Challange: Conclusion based on multiple assesments parameters



This category is mostly influenced by your lifestyle and particularly by how you exercise. Red or Orange results in this category require changes specific to which results are not good. A poor "Low Parasympathetic ANS Restitution Capacity" could be a consequence of a poor score within the "Digestive Factors" or the "Mental/Psychosomatic/Stress" category. If there is no such correlation, further assessments are required to find the causations for this crucial parameter.

## Other Organ Challenges

Evaluated Challange: Conclusion based on multiple assesments parameters



Red or Orange results in this category only indicate a suspected imbalance, but it still requires further assessment to find out more about the potential challenge, including causative factors that may need therapy and/or other actions. Health Optimizing Main Assessment is the best starting point, and can also indicate if any specific conventional tests are likely to be required. The last parameter differs based on age and gender.

# Practitioner's Comments / Recommendations

Recommend reassessment after 1 month on a low-glycemic diet

## Colour Score Interpretation



Green scores are within the norm. Lowest green is perfect, highest green is borderline towards imbalance, middle green is inbetween those.



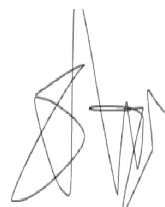
Yellow scores indicate a small imbalance. Lowest yellow is close to the norm, highest yellow is borderline towards real problems, middle yellow is inbetween those.



Orange scores indicate a problem. Lowest orange is borderline to small imbalance, highest orange is borderline to red, middle orange is inbetween those.



Red scores indicate a huge and/or critical problem. Lowest red is borderline to orange, highest red is as bad as the scale goes, middle red is inbetween those.



Responsible Practitioner.

**Phone:**

**Address:**

## Overall Health Score

51%



**OPTIMAL**

**CRITICAL**

The total health score is the overall score from all the conclusions evaluated in this report. A score of 100 means all conclusions have the best green score. Note that if there is one big problem and the rest of the conclusions are good, the total score will look quite good despite the big problem. And if most factors are in the mid-range, but there are not any big problems, the total score will not be very good. The purpose of the total score is to highlight the health impact from having many imbalances, and it also provides a target you can focus on improving by addressing all the worst scores in the evaluated conclusions. The calculation of the total health score is weighting some conclusions double, some conclusions 1.5 times, and some conclusions half, to account for how important each conclusion is for your health.

### Important note and disclaimer:

The Health Status Report is based on today's assessment with a vast combination of medical technologies integrated into 'Health Optimizing MedicalAssessment' and 'Health Optimizing IntegrativeAssessment'. You can read about the assessment methodologies at [www.healthoptimizing.com/assessment](http://www.healthoptimizing.com/assessment). Since the Health Status Report does not include blood tests, CT, MRI, etc, the conclusions could exclude factors that cannot be indicated with the combination of technologies used for the evaluation. For that reason, the Health Status Report is to be considered an addition to conventional tests, not a total replacement. This is despite the fact that the health Status Report is much more comprehensive than conventional health assessments. The Health Status Report is not evaluating the roots of the challenges, and any major challenge requires further examination of causative factors through a Health Optimizing Main Assessment and possibly other assessments