

## Screening Info





**Name:** John Ogden  
**Screen:** 11 Nov 2020, 11:56 a.m.  
**Gender:** Male  
**D.O.B:** 23 Jun 1946



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Measure	Threshold	Value	Comment
Cholesterol		2.5	Very low cholesterol is usually associated with oxidative stress and free radical activity, gall bladder problems. Common in vegetarians who do not have a good intake of healthy fats. Malabsorption can also play a part in the digestive dysfunction that creates low cholesterol. Normal range is 4.0-5.6
Uric Acid Male		145	You have low Uric Acid: Which may be due to a Molybdenum, B12/Folate or Copper deficiency. The normal range is 209 - 350
Haemoglobin Male		10.0	You are showing very low levels of haemoglobin, a decreased number of circulating red blood cells may be because of anaemia. This may be due to a lack of iron because of dietary inadequacies, digestive inflammation and not absorbing your food properly. The Normal range is 14.0-15.0 g/dl
Glucose		2.8	Your Glucose is low. A diet that is high in refined carbohydrates and/or Trans Fatty Acids can lead to this problem. Too much refined sugar can eventually lead to the development of type two diabetes with these symptoms: strong craving for sweets, craving coffee or sweets in the afternoon, waking a few hours after sleeping and difficulty getting back to sleep, drowsy in the afternoon, fatigue relieved by eating. Headaches and irritability if meals are cancelled or delayed. The normal range is 4.5-5.4
Saliva pH		5.5	Your saliva pH is showing very acidic. Are you suffering from reflux? Your digestive enzymes work most efficiently between pH 6.5 and 7.0 As a general rule, below pH 6.4 inhibits the breakdown of protein and fats. The greater the differential between the urine and saliva pH, the greater the digestive discomfort. The normal range is 6.5 - 7.1
Urine pH		5.8	Your urine pH is slightly acidic. Whilst it's good that the kidneys are clearing the acids, your diet may be too acidic and stressing your kidneys. Normal pH should be between 6.0-7.0
Urine Sodium		7.0	Your sodium level is showing lower than normal. Sodium is a mineral used in every cell of your body. It is especially important for the function of your nerves and muscles. A urine sodium test is used to test whether you are properly hydrated, which you are. However it also mimics the blood sugar levels and shows that you need to eat. If you have eaten recently it shows that you may not be taking the goodness from your food and you may be bordering on hypoglycemia. This may bring on unexplained fatigue and weakness. The normal body range is 11-25
Urine Clear/Sediments		Normal	
Urine Urobiligen		Normal	
Urine Glucose		Normal	
Urine Bilirubin		Normal	
Urine Ketones		Normal	
Urine Hydration		Normal	
Urine Blood		Normal	
Urine Protein		Normal	
Urine Nitrites		Normal	
Urine Leucocytes		Normal	
Vitamin C			Your Vitamin C levels are very low, You need to eat more fruit and vegetables.

Autonomic Nervous System, overall stress analysis		5.0	Your sympathetic nervous system is your get up and go. Your parasympathetic nervous system is your rest and digest. You are sympathetic dominant. How are you sleeping?
Physical Stress		2	Your physical stress is very low. How much exercise are you getting? You should be walking for at least 30 minutes per day.
Mental Stress		2	Your mental stress is very low.
Stress Resistance		99	Normal
Overall Stress Score		2	You have a very low overall stress score as you are perceiving it.
Arterial Health Analysis Arterial Elasticity %		98	Normal
Arterial Health Analysis Peripheral Elasticity %		98	Normal
Arterial Pulse Wave Analysis		1	Normal
Blood Pressure Systolic		75	Your Systolic blood pressure result is very low. Systolic pressure is the upper number of your blood pressure reading which refers to the pressure when your heart beats and pushes blood through the arteries to the rest of your body. This can be a sign of good fitness for some people however, low blood pressure can signal an underlying problem. Do you suffer from fainting, dizziness, lack of concentration or shallow breathing? Please monitor this and seek professional advice if it remains so low.
Blood Pressure Diastolic		65	Your diastolic blood pressure result is quite low. This is the lower number of your blood pressure reading and shows the pressure remaining in the arteries between beats. This can be indicative of many conditions from high fitness levels to chronic fatigue and heart conditions. Please monitor and seek professional advice if it remains so low.
Pulse Rate		40	Your pulse rate is very low, this is called bradycardia and can indicate many issues. Please monitor, especially at night and seek professional advice if it persists.
Brachial Systolic BP - Comparison sitting to standing		Normal	
Pulse Comparison		Normal	
Oxymeter, SpO2		99	Normal
Temperature		35.8	Your temperature is low, are you shivering or have numbness and bluish/greyiness of the skin.
ECG			Your ECG is showing arrhythmia with other imbalances. Please take professional advice.
Peak Expiratory Flow Rate Male		700	The peak flow test (peak expiratory flow test or PEF) measures how fast you can breathe out, so you can see how well your lungs are working. Very important parameter in lung function. A healthy person expires approximately 80% of all air in their lungs in the first second. Your rate is that of a man younger than your age.
Nitric Oxide			Nitric Oxide levels are high and this is a good thing
Total Body Weight		67.0	Your total body weight
BMI		16.0	The BMI is a simply determined and widely used measure of body fatness. It is largely independent of underlying body frame size. You are showing very low.
Fat Body Mass (FBM)		20.0	Normal. The normal range is 14 - 24
Lean Muscle Mass		60.0	Lean Muscle Mass, the weight of your muscle is above normal. The normal range is 41 - 59
Bone Mass		1.6	This result indicates the amount of bone in the body is below normal. Exercise and the development of muscle tissue are related to stronger, healthier bones. This value is estimated statistically. Estimated bone mass does not give a direct relationship on the hardness or strength of bones or the risk of bone fractures. The normal range is 2.2 - 3.2

Visceral Fat		2.0	This indicates you have low visceral fat. Visceral fat is the fat that surrounds the vital organs in the abdominal area. Ensuring you have healthy low levels of visceral fat may reduce the risk of many illnesses such as heart disease, high blood pressure and the onset of type 2 diabetes. The normal range is under 6.5
Basal Metabolic Rate		990	BMR is the rate the body burns energy (in calories) during a normal resting state, over a 24-hour period to maintain essential body elements e.g. temperature, heartbeat, brain and lung function. BMR is based upon an individual's Fat Free Mass. The greater the BMR per kg of Body Mass, the faster the body will consume excess calories. Regular exercise may assist in increasing BMR. Yours is very low and can bring symptoms such as weight-gain and fatigue. The normal range is 1400 - 2099
Metabolic Age		15	This calculates your BMR and indicates the average age associated with this type of metabolism. If your metabolic age is higher than your actual age, it is an indication that you need to improve your metabolic rate. Increased exercise builds healthy muscle tissue, which improves your metabolic age.
Total Body Water		30.0	Normal. The normal range is 29 - 45

**Disclaimer:** The fitness & lifestyle screening is an assessment service indicating certain findings at the time of assessment. We would remind you that this is not a medical or diagnostic service. As your assessment results may be affected by nicotine, medication, alcohol, caffeine, certain foods, stress, pregnancy or other factors, any results indicated should not be regarded as conclusive. Should you have any concerns we recommend you consult your medical professional.