

Type of report: **General condition**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**



General condition:  
**satisfactory**



Unbalance coefficient (internal system pH):  
**Temperate degree of acidity in cells**

General condition of a system:

**Circulatory system**

Minimum abnormalities



50

**Bronchopulmonary system**

Minimum abnormalities



51

**Digestive system**

Minimum abnormalities



52

**Urinary system**

Minimum abnormalities



52

**ENDOCRINE SYSTEM**

Minimum abnormalities



53

**IMMUNE SYSTEM**

Minimum abnormalities



50

**Head organs**

Minimum abnormalities



48

**Musculoskeletal system**

Minimum abnormalities



54

**Lymphatic system**

Moderate abnormalities



47



General resistance to damaging factors of outdoor environment  
**Resistance to bio-pathogenic factors - average**



Type of vegetative nervous system  
**Increase of parasympathetic division tonus**



Central nervous system  
**norm**



Organism's degree of reactivity  
**Normergy**

The report is based on the diagram of 47 organs and systems. Each line in the diagram is connected with an organ or system and represents their overall state under average figures.

Type of report: **Diagram**

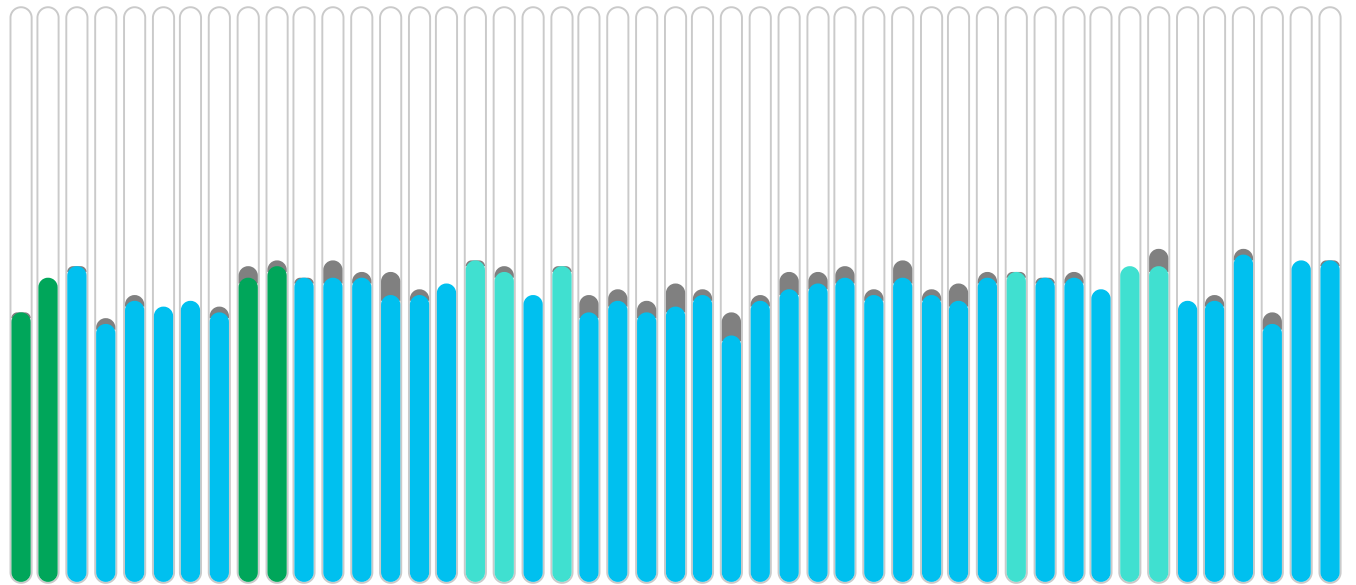
Session: **2023-06-08 13:43:57**

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1 0 1 2 2 0 0 2 3 2 1 4 2 5 2 0 1 2 0 1 4 3 3 5 2 5 2 4 3 3 2 4 2 4 2 1 1 2 0 0 4 0 2 2 3 0 1  
47 53 55 45 49 48 49 47 53 55 53 53 53 50 50 52 56 54 50 55 47 49 47 48 50 43 49 51 52 53 50 53 50 49 53 54 53 53 51 55 55 49 49 57 45 56 56



1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47

- |   |  |  |
|---|--|--|
| 1. Cerebral blood circulation on the right    | 17. Mammary glands on the left                 | 33. Small intestine                                    |
| 2. Cerebral blood circulation on the left     | 18. Bronchi on the right                       | 34. Ascending section of the large intestine, appendix |
| 3. Venous systems (right cardiac zones)       | 19. Bronchi on the left                        | 35. Descending section of the large intestine, rectum  |
| 4. Arterial system (left cardiac zones)       | 20. Lungs on the right                         | 36. Pancreas gland                                     |
| 5. Organs of vision and hearing on the right  | 21. Lungs on the left.                         | 37. Throat, oesophagus                                 |
| 6. Organs of vision and hearing on the left   | 22. Larynx, trachea                            | 38. Uterus   |
| 7. Maxillary and frontal sinuses on the right | 23. Mediastinal lymphatic nodes                | 39. BLADDER  |
| 8. Maxillary and frontal sinuses on the left  | 24. Cervical lymphatic nodes                   | 40. Ovary on the right                                 |
| 9. Hypothalamus                               | 25. Tonsils of the tonsillar ring on the right | 41. Ovary on the left                                  |
| 10. Hypophysis                                | 26. Tonsils of tonsillar ring on the left      | 42. Kidney, ureter on the right                        |
| 11. Thymus                                    | 27. Spleen                                     | 43. Kidney, ureter on the left                         |
| 12. Thyroid gland right lobe                  | 28. LIVER                                      | 44. Hands joints on the right                          |
| 13. Thyroid gland left lobe                   | 29. CHOLIC BUBBLE                              | 45. Hands joints on the left                           |
| 14. Adrenal glands on the right               | 30. STOMACH                                    | 46. Legs joints on the right                           |
| 15. Adrenal glands on the left                | 31. Duodenum                                   | 47. Legs joints on the left                            |
| 16. Mammary glands on the right               | 32. Horizontal section of the large intestine  |  |

This interpretation is not a diagnosis, it only displays an organ or a system from the point of view of its hypo- or hyper-condition at the moment of testing. These rates are indirect information about the presence of changes in an organism and they can be indicators for a specialist to carry out further in-depth examinations within the bounds of rendering medical services by this specialist but this information should not be interpreted as a diagnosis!

Type of report: **Dynamics**

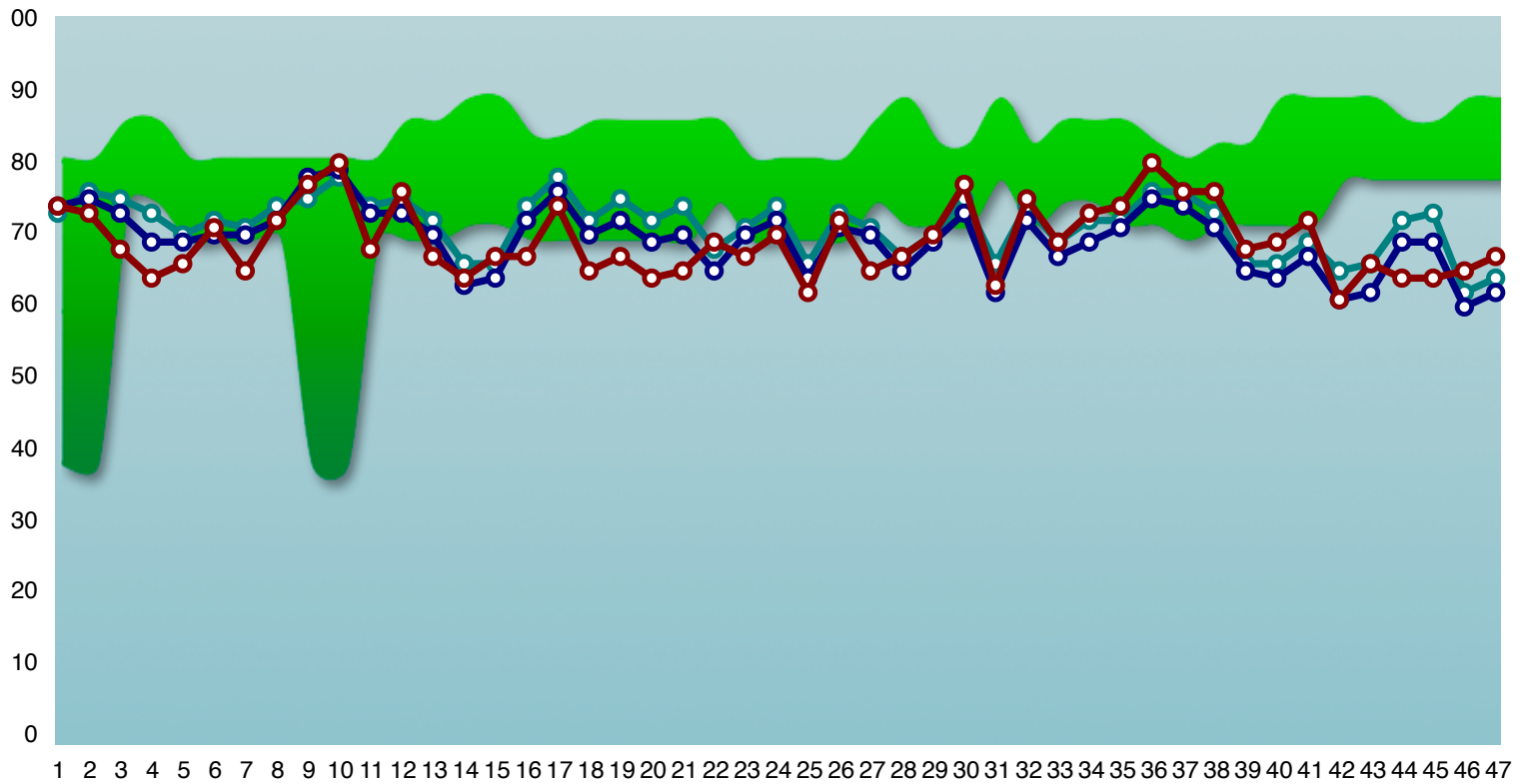
Sex: **Female**

Full name **Patient (W) Test**

Session: **2023-06-08 08:17:49**

Session: **2023-06-08 08:15:46**

Session: **2023-06-08 08:11:04**



**Forecasting mode (days): 0**

- |   |  |  |
|---|--|--|
| 1. Cerebral blood circulation on the right    | 17. Mammary glands on the left                 | 33. Small intestine                                    |
| 2. Cerebral blood circulation on the left     | 18. Bronchi on the right                       | 34. Ascending section of the large intestine, appendix |
| 3. Venous systems (right cardiac zones)       | 19. Bronchi on the left                        | 35. Descending section of the large intestine, rectum  |
| 4. Arterial system (left cardiac zones)       | 20. Lungs on the right                         | 36. Pancreas gland                                     |
| 5. Organs of vision and hearing on the right  | 21. Lungs on the left.                         | 37. Throat, oesophagus                                 |
| 6. Organs of vision and hearing on the left   | 22. Larynx, trachea                            | 38. Uterus   |
| 7. Maxillary and frontal sinuses on the right | 23. Mediastinal lymphatic nodes                | 39. BLADDER  |
| 8. Maxillary and frontal sinuses on the left  | 24. Cervical lymphatic nodes                   | 40. Ovary on the right                                 |
| 9. Hypothalamus                               | 25. Tonsils of the tonsillar ring on the right | 41. Ovary on the left                                  |
| 10. Hypophysis                                | 26. Tonsils of tonsillar ring on the left      | 42. Kidney, ureter on the right                        |
| 11. Thymus                                    | 27. Spleen                                     | 43. Kidney, ureter on the left                         |
| 12. Thyroid gland right lobe                  | 28. LIVER                                      | 44. Hands joints on the right                          |
| 13. Thyroid gland left lobe                   | 29. CHOLIC BUBBLE                              | 45. Hands joints on the left                           |
| 14. Adrenal glands on the right               | 30. STOMACH                                    | 46. Legs joints on the right                           |
| 15. Adrenal glands on the left                | 31. Duodenum                                   | 47. Legs joints on the left                            |
| 16. Mammary glands on the right               | 32. Horizontal section of the large intestine  |  |

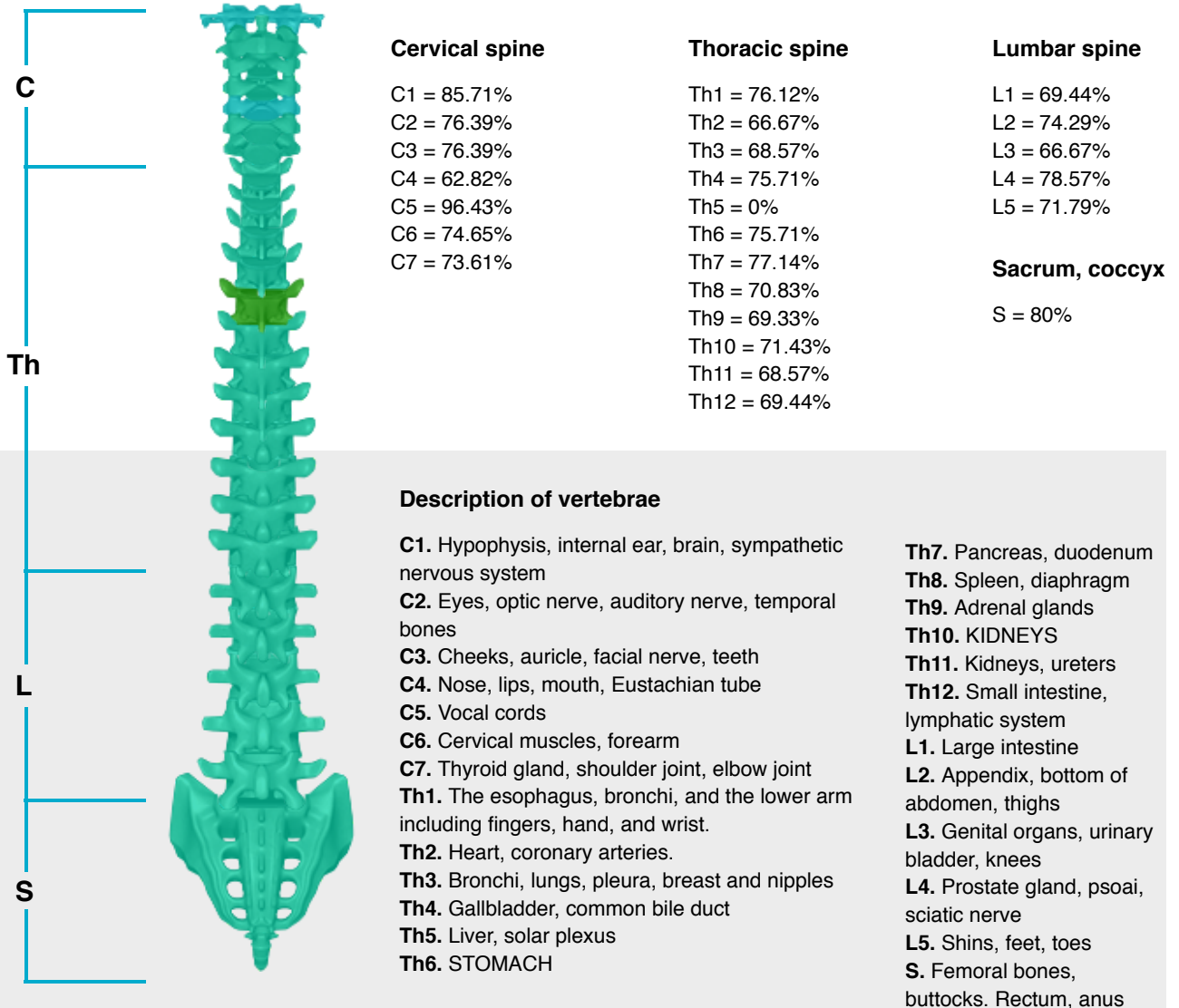
This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition of organism's organs and systems with the possibility of comparative analysis of the chosen tests and prediction mode.

Type of report: **Spine**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**



### Changes in spine

Derangement of microcirculation and nourishment of intervertebral disks' cartilaginous tissue (the first degree); Derangement of elasticity of disks' ring, reduction of intervertebral disks altitude (the first degree); Derangements of conformity of articular surfaces (the second degree); Augmenting of kyphosis in thoracic spine; Relaxation of tendinous-ligamentous apparatus of vertebral column; Dehydration of intervertebral disks of the first degree; Stiffness of joints of spine; Excessive muscle tension during neck movement; Curvature of posture; Limitation of movements and limitation of flexibility in joints of spine; Defect of atlantoaxial joint between occiput and vertebrae C2 and C1; Consequences of old rachitis; Degenerative-dystrophic changes of vertebral column; Worsening of mobility of cervical spine; Pinching of vertebral artery accompanied by hearing and eyesight impairment; Pinching of vertebral artery accompanied by vertigo; Pinching of vertebral artery with symptoms of paresthesia in upper extremities; Constriction of thoracic cage with reduction of lung volume; Feeling of numbness of hands and fingers; Infectious diseases of organs of small pelvis that lead to pinching of sciatic nerve; Development of hernia of an intervertebral disk in sacrum; Syndrome of crush of piriform muscle; Problems with mobility of feet and knee joints; Gait

disorder, claudication in case of pinching of sciatic nerve; Irrational exercise stress on vertebral column; Somatic diseases that lead to changes in spinal motion segments

This interpretation is not a diagnosis. Spine changes are based on the connection between vertebrae and organism's organs and systems from the point of view of their hypo- or hyper-condition at the moment of testing. These rates are indirect information about the presence of changes in an organism and they can be indicators for a specialist to carry out further in-depth examinations within the bounds of rendering medical services by this specialist but this information should not be interpreted as a diagnosis!

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Type of report: **Ranking**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**



**Organs and systems**

1. Hands joints on the left		45	3	42%	25. Legs joints on the right		56	0	28%
2. Arterial system (left cardiac zones)		45	2	40%	26. Legs joints on the left		56	1	28%
3. Tonsils of tonsillar ring on the left		43	5	39%	27. Venous systems (right cardiac zones)		55	1	27%
4. Kidney, ureter on the right		49	0	37%	28. Hands joints on the right		57	2	27%
5. Kidney, ureter on the left		49	2	37%	29. Mammary glands on the right		52	0	26%
6. Duodenum		50	2	36%	30. STOMACH		53	3	26%
7. Larynx, trachea		49	3	35%	31. Horizontal section of the large intestine		53	4	26%
8. Spleen		49	2	35%	32. Descending section of the large intestine, rectum		53	2	26%
9. Ascending section of the large intestine, appendix		49	4	35%	33. Uterus		53	2	26%
10. Maxillary and frontal sinuses on the left		47	2	33%	34. Pancreas gland		54	1	25%
11. Lungs on the left.		47	4	33%	35. Thymus		53	1	24%
12. Mediastinal lymphatic nodes		47	3	33%	36. Thyroid gland right lobe		53	4	24%
13. Small intestine		50	2	33%	37. Thyroid gland left lobe		53	2	24%
14. Organs of vision and hearing on the left		48	0	31%	38. Throat, oesophagus		53	1	24%
15. Adrenal glands on the right		50	5	31%	39. Ovary on the right		55	0	24%
16. Adrenal glands on the left		50	2	31%	40. Ovary on the left		55	4	24%
17. Cervical lymphatic nodes		48	5	31%	41. Bronchi on the right		54	2	23%
18. Organs of vision and hearing on the right		49	2	30%	42. Lungs on the right		55	1	21%
19. Maxillary and frontal sinuses on the right		49	0	30%	43. Mammary glands on the left		56	1	20%
20. Bronchi on the left		50	0	29%	44. Cerebral blood circulation on the right		47	1	0%
21. Tonsils of the tonsillar ring on the right		50	2	29%	45. Cerebral blood circulation on the left		53	0	0%
22. LIVER		51	4	29%	46. Hypothalamus		53	3	0%
23. BLADDER		51	0	29%	47. Hypophysis		55	2	0%
24. CHOLIC BUBBLE		52	3	28%					

This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition of organism's organs and systems, starting from the highest percent of change as hyper- or hypo-condition and ending the lowest percent of change in the given organs and systems.

Type of report: **Unbalance system**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**

### Blood-vascular system

Cerebral blood circulation on the right	0%	<input type="range"/>
Cerebral blood circulation on the left	0%	<input type="range"/>
Venous systems (right cardiac zones)	-27%	<input type="range"/>
Arterial system (left cardiac zones)	-40%	<input type="range"/>

### Head organs

Organs of vision and hearing on the right	-30%	<input type="range"/>
Organs of vision and hearing on the left	-31%	<input type="range"/>
Maxillary and frontal sinuses on the right	-30%	<input type="range"/>
Maxillary and frontal sinuses on the left	-33%	<input type="range"/>

### ENDOCRINE SYSTEM

Hypothalamus	0%	<input type="range"/>
Hypophysis	0%	<input type="range"/>
Thymus	-24%	<input type="range"/>
Thyroid gland right lobe	-24%	<input type="range"/>
Thyroid gland left lobe	-24%	<input type="range"/>
Adrenal glands on the right	-31%	<input type="range"/>
Adrenal glands on the left	-31%	<input type="range"/>
Mammary glands on the right	-26%	<input type="range"/>
Mammary glands on the left	-20%	<input type="range"/>

### Respiratory system

Bronchi on the right	-23%	<input type="range"/>
Bronchi on the left	-29%	<input type="range"/>
Lungs on the right	-21%	<input type="range"/>
Lungs on the left.	-33%	<input type="range"/>
Larynx, trachea	-35%	<input type="range"/>

### IMMUNE SYSTEM

Mediastinal lymphatic nodes	-33%	<input type="range"/>
Cervical lymphatic nodes	-31%	<input type="range"/>
Tonsils of the tonsillar ring on the right	-29%	<input type="range"/>
Tonsils of tonsillar ring on the left	-39%	<input type="range"/>
Spleen	-35%	<input type="range"/>

### Digestive system

LIVER	-29%	<input type="range"/>
CHOLIC BUBBLE	-28%	<input type="range"/>
STOMACH	-26%	<input type="range"/>
Duodenum	-36%	<input type="range"/>
Horizontal section of the large intestine	-26%	<input type="range"/>
Small intestine	-33%	<input type="range"/>
Ascending section of the large intestine, appendix	-35%	<input type="range"/>
Descending section of the large intestine, rectum	-26%	<input type="range"/>
Pancreas gland	-25%	<input type="range"/>
Throat, oesophagus	-24%	<input type="range"/>

### Urogenital system

Uterus	-26%	<input type="range"/>
BLADDER	-29%	<input type="range"/>
Ovary on the right	-24%	<input type="range"/>
Ovary on the left	-24%	<input type="range"/>
Kidney, ureter on the right	-37%	<input type="range"/>
Kidney, ureter on the left	-37%	<input type="range"/>

### JOINT

Hands joints on the right	-27%	<input type="range"/>
Hands joints on the left	-42%	<input type="range"/>
Legs joints on the right	-28%	<input type="range"/>
Legs joints on the left	-28%	<input type="range"/>

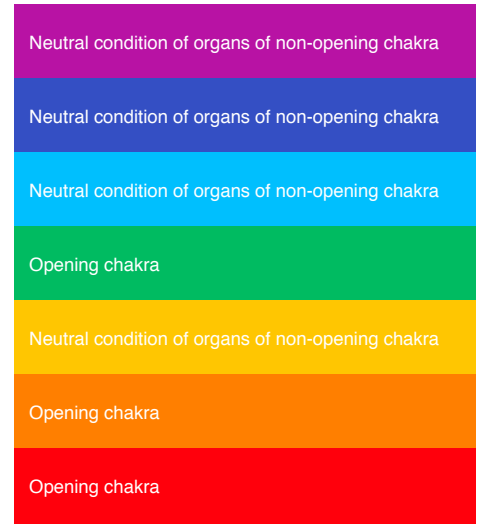
This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition of organism's organs and systems with specifying unbalance rate of both hypo- and hyper-condition of organs and systems in comparison to norm range.

Type of report: **Chakras**

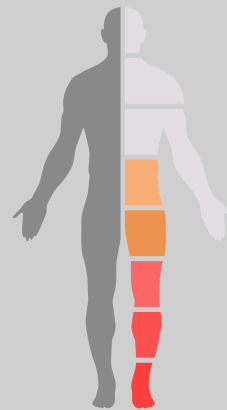
Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**



- 1 Closed chakra and damaged organs that are related to it
- 2 Closed chakra with weakly damaged organs
- 3 Neutral condition of organs of non-opening chakra
- 4 Opening chakra
- 5 Open chakra



**Organism energy level**

**23.5**

Average energy level

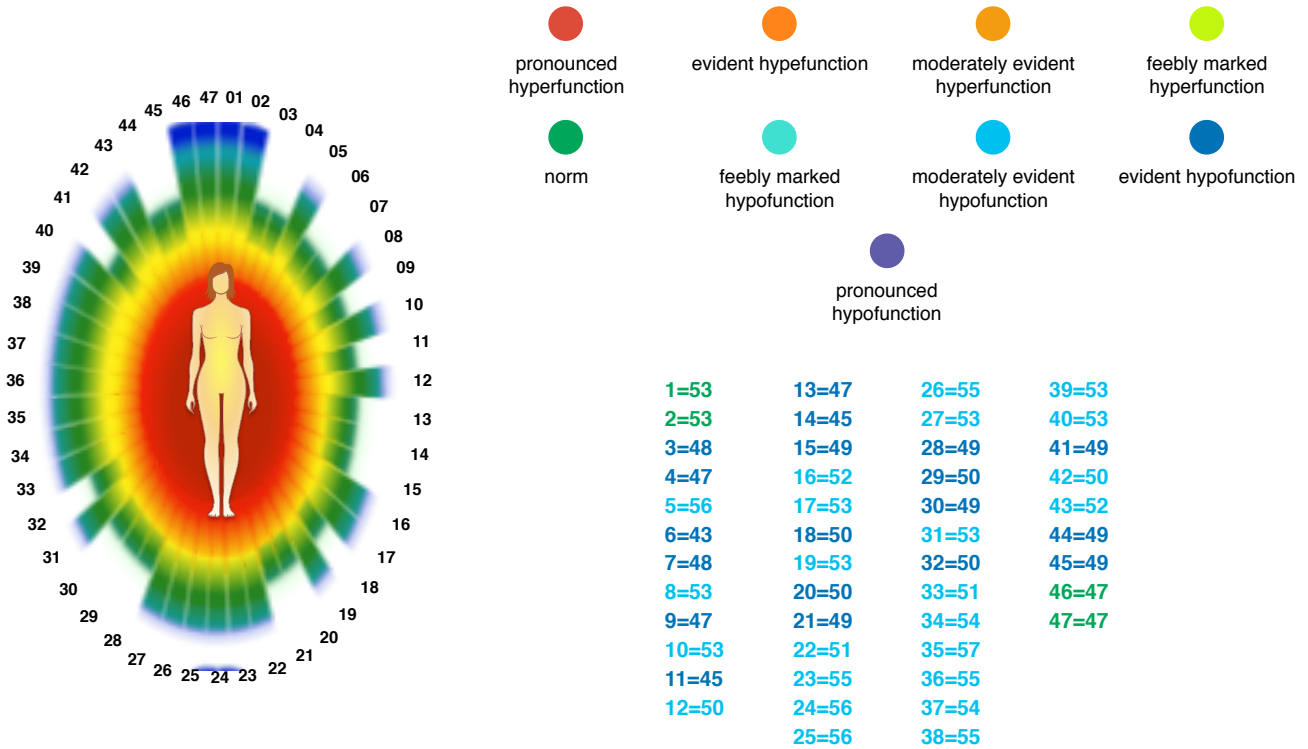
This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition of organism's organs and systems with the possibility of visualization of summary condition of organs and systems according to 7 segments ("chakras"), it is displayed as "Closed, neutral or poen chakra".

Type of report: **Aurogram**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**



- |  |  |  |   |
|--|--|--|---|
| 01 . Left cerebral hemisphere and its vessels                | 12 . Bronchi on the left                   | 24 . Joints of legs and pelvic girdle on the left  | 36 . Lung on the right  |
| 02 . Brainstem, cerebellum, left hemisphere                  | 13 . Lung on the left                      | 25 . Joints of legs and pelvic girdle on the right | 37 . Bronchi on the right                                     |
| 03 . Organ of vision and hearing on the left                 | 14 . Joints of arms and shoulder girdle    | 26 . Ovaries on the right                          | 38 . Venous system, right heart                               |
| 04 . Mucous membrane of nose and paranasal sinus on the left | 15 . Spleen                                | 27 . Uterus and vagina                             | 39 . Thyroid gland on the right                               |
| 05 . Mammary glands on the left                              | 16 . Gallbladder and bile-excreting tracts | 28 . Right kidney                                  | 40 . Thymus   |
| 06 . Tonsils and lymphoepithelial ring on the left           | 17 . STOMACH                               | 29 . Right adrenal gland                           | 41 . Larynx   |
| 07 . Lymph outflow from organs of head and neck              | 18 . Small intestine                       | 30 . Ascending part of colon                       | 42 . Tonsils and lymphoepithelial ring on the right           |
| 08 . Esophagus   | 19 . Descending part of colon, rectum      | 31 . Horizontal part of colon                      | 43 . Mammary glands on the right                              |
| 09 . Thoracic lymphatic duct                                 | 20 . Left adrenal gland                    | 32 . Duodenum                                      | 44 . Mucous membrane of nose and paranasal sinus on the right |
| 10 . Thyroid gland on the left                               | 21 . Left kidney                           | 33 . LIVER   | 45 . Organ of vision and hearing on the right                 |
| 11 . Arterial system, left heart                             | 22 . BLADDER                               | 34 . Pancreas                                      | 46 . Brainstem, cerebellum, right hemisphere                  |
|  | 23 . Ovaries on the left                   | 35 . Joints of arms and shoulder girdle            | 47 . Right cerebral hemisphere and its vessels                |

This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition according to organism's 47 organs and systems with the possibility of visualization of these organs and systems' condition shown as a circle diagram.

Type of report: **Probable affections**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**

Probable affections caused by toxins of various parasites:

Name	Probability	Affected organ
Protozoa		
Trichomonas tenax	79%	Oral cavity;Nasal ducts
Trichomonas hominis	79%	Tonsils of pharyngeal ring;Maxillary sinuses
Acanthamoeba	76%	Bulbar conjunctiva
Eimeria	63%	Large intestine
Naegleria fowleri	41%	Structures of brain
FUNGUS		
Candida robista	88%	Oral cavity;Tonsils of pharyngeal ring;Small intestine;Edea
Candida glabrata	79%	Oral cavity;Small intestine;Edea
Histoplasma capsulatum	75%	Lung tissue
Mucor mucedo	61%	Trachea
Aspergillus terreus	56%	Lung tissue
Rhodotorula rubra	51%	SKIN
Penicillium marneffeii	37%	Small intestine
Nocardia asteroides	96%	Lung tissue
Aspergillus glaucus	79%	Nasal ducts
Pityriasis versicolor	55%	Feet skin
BACTERIA		
Chlamydia psittaci	85%	Trachea
Stenotrophomonas maltophilia	82%	Bile-excreting ducts;CHOLIC BUBBLE
Peptostreptococcus anaerobius	79%	Small intestine
Mycoplasma genitalium	77%	Vagina;Edea
Chryseobacterium gleumc	55%	Vagina
Atopobium vaginae	37%	Vagina
Chlamydia trachomatis	94%	Vagina;Edea
Citrobacter	89%	STOMACH;Duodenum
Gardnarella vaginalis	89%	Vagina;Edea

Alcaligenes faecalis	88%	Rectum
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#### VIRUSES

Human betaherpesvirus 7	81%	Tonsils of pharyngeal ring
Human orthopneumovirus	79%	Trachea;Bronchi
Hepatitis G	80%	LIVER
Human alphaherpesvirus 3	65%	SKIN
Hepatitis E	55%	LIVER
Hepatitis B	80%	LIVER

#### Helminths

Opisthorchis viverrini	84%	Small intestine;Bile-excreting ducts;CHOLIC BUBBLE
Capillaria hepatica	77%	LIVER
Ancylostoma duodenale	65%	Small intestine;Duodenum
Necator americanus	55%	Small intestine
Paragonimus caliensis	55%	Small intestine
Rhabditis faecalis	37%	Small intestine
Trichinella nelsoni	37%	Gastrocnemius muscles
Paragonimus westermani	96%	Lung tissue
Clonorchis sinensis(яйца)	84%	Bile-excreting ducts;CHOLIC BUBBLE
Toxocara canis	83%	LIVER

This interpretation is not a diagnosis. Probable affections are formed on basis of statistical data and they display the possibility of presence of affections in percentage, with specifying of a probable target organ. These rates are indirect information about the presence of changes in an organism and they can be indicators for a specialist to carry out further in-depth examinations within the bounds of rendering medical services by this specialist but this information should not be interpreted as a diagnosis!

Type of report: **Supposed changes**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**

### Supposed alterations in organs and systems:

Maldigestion syndrome;  
Irritable bowel syndrome of parasitic nature;  
A pathology of intestine of non-inflammatory genesis the basis of which is enzymopathy;  
Chronic inflammation of urinary bladder (chronic cystitis);  
Chronic inflammation of gallbladder and pancreas;  
Increased nervousness (of hormonal genesis);  
Derangement of water-electrolytic balance;  
Asparaginic acid deficiency;  
Frequent consumption of refined food stuffs;  
Zinc deficiency;  
Fatty liver infiltration;  
Contact allergic lesion of skin;  
Propensity to stone formation in gallbladder;  
Paroxysmal heart beat;  
Mycotic lesion of mouth cavity;  
Malabsorption in intestine;  
Derangement of microbiocenosis of intestine of the first degree;  
Reduced platelets content in blood;  
Derangement of cellular texture of perimetrium (surface layer of neck of uterus);  
Sympathoadrenal crises;  
A pathological process of endometrium spreading (internal layer of uterine wall) beyond its normal position;  
Urinary bladder inflammation of psychosomatic origin;  
Valine deficiency;  
Depressive reaction (short-term);  
Headache;  
Increased irritability of hormonal genesis;  
Meteorism;  
Chronic inflammation of tonsils of pharyngeal ring ;  
Propensity to autoimmune diseases;  
Insufficient production of enzymes by pancreas;  
Chronic inflammation of pancreas (chronic pancreatitis);  
Decrease of thyroid hormones production;  
Proliferation of conjunctive tissue in cardiac wall;  
Metabolic disorder;  
Inflammation of thyroid gland (of autoimmune thyroiditis type);  
Inflammation of liver (hepatitis);  
Allergic lesion of skin;  
Chronic inflammation of mucous membrane of stomach and duodenum;  
Consumption of water that is too much mineralized;  
Instability of spinal motor segments;  
Urinary bladder inflammation of unclear etiology;  
Long intake of anticoagulants;  
Inflammation of urethra (urethritis);  
Cardiac blood circulation derangement;

This interpretation is not a diagnosis. Supposed changes are formed on basis of statistical data and they display probability of presence of changes in an organism. These rates are indirect information about the presence of changes in an organism and they can be indicators for a specialist to carry out further in-depth examinations within the bounds of rendering medical services by this specialist but this information should not be interpreted as a diagnosis!

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Type of report: **Biological age**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**



**35**

Real age



**39**

Biological age



**4**

Difference between biological and real age



**1.11**

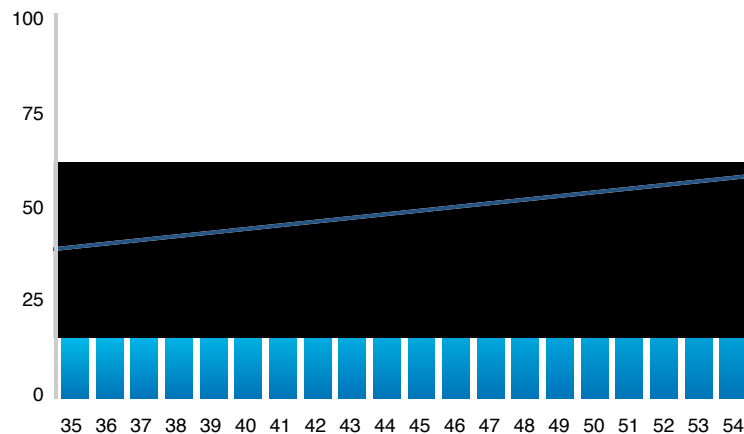
Aging coefficient

### Tendency for the next 20 years

Real age	Biological age
35	39
36	40
37	41
38	42
39	43
40	44
41	45
42	46
43	47
44	48
45	49
46	50
47	51
48	52
49	53
50	54
51	55
52	56
53	57
54	58

### Main causes of aging:

- Chemical pollution of water
- Pathological effect of carbon monoxide
- Frequent contact with polynuclear aromatic hydrocarbons
- Informational redundancy of environment
- Progressive ecopsychological stress
- Weak susceptibility to diseases
- Accumulation of free radicals by the body
- Excessive accumulation of lipofuscin by organs cells
- Hormonal imbalance of the body, causing premature skin aging
- Lack of physical exertion dosing, which causes premature skin aging
- Genetic predisposition to premature skin aging



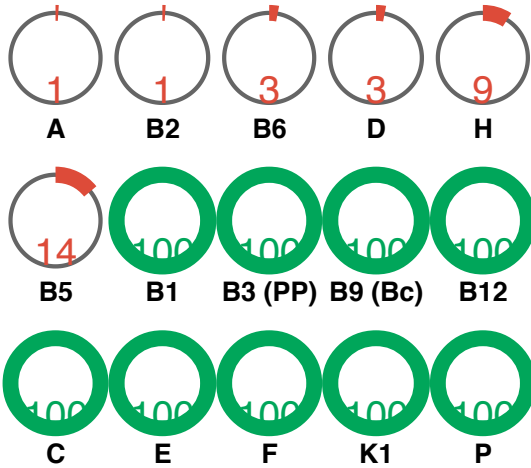
This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition of organism's organs and systems with the possibility of visualization of indicators of real age, biological age, difference between them and aging coefficient with specifying main causes of aging.

Type of report: **Vitamins**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**



### Required daily rate

A	B2	B5	B6	D	H
1.03 - 1.51 mg	1.3-3 mg	5-12 mg	1.6-2.8 mg	100-500 mcg	35-200 mcg

### Function of missing vitamins

**A. Performed functions:** A very important vitamin for organs of sight. In addition, it forms immune system and influences hair and nails condition and growth; can favour cutaneous covering elasticity.

**Consequences of shortage:** Visual impairment, xeroderma, aggravation of hair condition, different types of conjunctivitis.

**B2. Performed functions:** It participates in metabolism and in addition it also participates in correct composition of all mucous membranes in an organism.

**Consequences of shortage:** Lesion of mucous membrane of lips, eyes (photophobia, lacrimation). Cracks on skin, general worsening of cutaneous coverings` condition, anaemia, insomnia and vertigo.

**B5. Performed functions:** It promotes good fat and protein metabolism.

**Consequences of shortage:** Adrenal glands dysfunction.

**B6. Performed functions:** It is very important for metabolism, blood circulation and amino acid exchange.

**Consequences of shortage:** It influences nervous system work and can cause weakness, depression and anaemia.

**D. Performed functions:** It forms human osseous composition, favours healthy development of teeth and bones. In addition, it regulates activity of cells.

**Consequences of shortage:** Fragility of skeletal system, nervous irritability and long-lasting healing of fractures.

**H. Performed functions:** Mainly participates in proper metabolism.

**Consequences of shortage:** Hair loss, dandruff, brittle nails and skin lesions. Hair loss, dandruff, brittle nails and skin lesions. Metabolic disease and assimilability of various food items.

This report is generated according to mathematical modelling principles based on the test conducted to detect the state of the body's organs and systems with the possibility of percentage visualization of vitamin saturation indicators and specification of a daily dose and role of insufficient vitamins. These figures represent indirect information about the changes in body, and they can be indicators for a specialist to carry out a further in-depth examination within the bounds of rendering medical services by him or her. Yet, this information should not be interpreted as an encouragement for independent vitamin intake. Having excluded contraindications, prescription of vitamins should be given by a specialist.

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Type of report: **Possible toxic loads**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**

Affection by food additives E of the 3rd degree

Disturbance of barrier function of skin of the 2nd degree

Increased content of molybdenum

Increased content of mercury

Increased content of steroid hormones

This interpretation is not a diagnosis. Possible toxic loads are formed on basis of statistical data and they display the possibility of presence of toxins in an organism. These rates are indirect information about the presence of toxins in an organism and they can be indicators for a specialist to carry out further in-depth examinations within the bounds of rendering medical services by this specialist but this information should not be interpreted as a diagnosis or an indication to undergo different medical methods of detoxification.

Type of report: **Products selection**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**

### Positive



#### Soups, bouillons

- Vegetable broth
- Vegetable cream-soups
- Vegetable broth soups
- Vegetable soups on mucous broth
- Vegetarian soups without salt
- Seafood cream soups



#### Sauces and dressings

- Spicy sauces



#### Beverages

- Cocoa
- Milk kissels
- Fruit and berry kissels
- Fruit compote
- Fresh or grated fruit compote
- Table water
- Medicinal mineral water
- Fruit drinks
- Dog rose infusion
- Dried fruits broth
- Broth of wheat bran
- Rosehip decoction
- Juices with pulp
- Grape juice
- Pomegranate juice
- Apple juice
- Orange juice
- Fruit syrups
- Cold fruit drinks



#### Bakery goods

- Yeast-free bread
- Protein-free bread



#### Fruit and vegetables

### Neutral



#### Fish and fish dishes

- Laminaria
- Nori



#### Soups, bouillons

- Cereal broth
- Mushroom and vegetables broth soups
- Cream soups with cereals
- Cream soups of groats with milk



#### Sauces and dressings

- Mushroom broth sauces
- Table vinegar
- Iodized table salt
- Malt vinegar
- Reed vinegar



#### Beverages

- White wine
- Whiskey
- Vodka
- Cognac
- Red wine
- Liqueur
- Kvass
- Strong natural coffee
- Natural coffee with milk
- Vegetable juices
- Sweet fruit and berry juices
- Green tea
- Black tea
- Fruit tea



#### Bakery goods

- White bread
- Rye bread

### Negative



#### Soups, bouillons

- Legumes broth
- Mushroom broth
- Rassolnik
- Sauerkraut soup
- Beetroot soup
- Solyanka
- Soups with legumes
- Soups with sorrel, spinach



#### Sauces and dressings

- Mustard
- Mayonnaise
- Spicy sauces
- Milk sauce
- Fatty sauces
- Common salt
- Apple vinegar
- Rice vinegar
- Soy sauce
- Balsamic vinegar
- Wine vinegar



#### Beverages

- Alcoholic drinks (mix)
- Brandy
- Vermouth
- Beer
- Port
- Rum
- Champagne
- Carbonated drinks
- Coca-Cola
- Decaffeinated coffee
- Carbonated mineral water



#### Bakery goods

- Rye bread (coarse-ground flour)
- Bread with corn flour

- Pineapple
- Plum
- Black chokeberry
- Sunflower seeds
- Rutabaga
- Grape leaves
- Nanking cherry
- Topinambour
- Stewed vegetables
- Steamed vegetables
- Dried fruit
- Boiled potatoes
- New potatoes
- Potatoes boiled in their jackets



### Cereals and grains

- Barley cereal
- Semolina
- Porridge
- Air rice
- Rice flour bread
- Buckwheat nuddles
- Durum wheat
- Flour from sprouted wheat
- Topinambour paste
- Maize
- Corn and vegetables
- Fast-cooking oat flakes
- Oat flakes
- Oat flakes (coarse-ground flour)
- Couscous
- Boiled buckwheat with water
- Millet porridge with water
- Cream of rice with milk
- Wheat poridge with water
- Fine-ground barley porridge on water
- Oat porridge with milk
- Dried pea
- Cannelini beans



### Spices, flavours

- Cinnamon
- Magnolia-vine
- Melissa
- New Zealand spinach
- Rosemary
- Lettuce
- Asparagus
- Dill
- Sage
- Sorrel
- Pimpernel

- White bread (coarse-ground flour)
- Rye bread and white bread (with bran)
- Bread with oatmeal
- White bread rusks
- Rye bread rusks
- Wheat rusks
- Biscuits (not rich)
- Rich rolls and buns
- Sponge cake
- Not rich baked buns
- Lavash



### Fruit and vegetables

- Artichoke
- Apricot
- Quince
- Actinidia
- Watermelon
- Berberis
- Wigger
- Lettuce
- Scorzonera
- Hawthorn
- Cowberry
- European elder
- Grapes
- Bog bilberry
- Grapefruit
- Durian
- Blackberry
- Raisins
- Mespilus
- Vegetable marrow
- Guelder rose
- Capers
- White cabbage
- Brussels sprout
- Hungarian turnip
- Cauliflower
- Kiwi
- Cornelian cherry
- Clementine
- Strawberry
- Cranberry
- Arctic raspberry
- Coconut
- Stone bramble
- Gooseberry
- Kumquat
- Lagenaria (calabash)
- Lime
- Limequat
- Lemon
- Lychee

- Demineralized bread with bran



### Fruit and vegetables

- Five-leaf chocolate vine
- Ambarella
- Avocado
- Cherry plum
- Orange
- Aubergine
- Gumbo
- Banana
- Sweet potatoe
- Red currants
- Black currants
- Beetroot
- Cherry
- Black crowberry
- Pomegranate
- Pear
- Melon
- Strawberry
- Fig
- Broccoli
- Red cabbage
- Chestnut
- Crookneck
- Sesame
- Spring onions
- Loofah
- Passion fruit
- Meldar
- Cucumber
- Olives
- Pepino
- Tomato
- Green beans
- Sloe
- Dried apricot
- Cyclanthera pedata (Accocha or Lady's Slipper Gourd)
- Cherimoya
- Fried potatoes



### Cereals and grains

- Muesly with sugar
- Vegetable oyster
- Millet
- Kidney beans
- Lentil
- Pea pods
- Fava beans
- Green beans
- Mung beans
- Sieva bean

- Hyssop
- Chervil
- Turmeric
- Sea parsley
- Fennel
- Love-in-a-mist
- Glague
- Tarragon



### MUSHROOMS

- Maitake mushroom
- Milk mushroom
- Yellow boletus
- Honey agaric
- Champignon
- Saffron milk cap
- Morel and elfin saddle
- Reishi mushroom
- Cordyceps



### Nuts

- Almond
- Pistachios
- Water caltrop
- Nutmeg
- Pine nut
- Macadamia nut
- Pecan
- Sesame seeds
- Pumpkin seeds
- Sunflower seeds



### Oil

- Peanut butter
- Hazelnut oil
- Olive oil
- Sunflower oil
- Wheat sprouts oil
- Cottonseed oil
- Safflower oil
- Almond oil
- Soybean oil
- Thistle oil
- Mustard oil
- Cedar oil
- Marjoram oil
- Dill butter
- Sage oil



### Milk and dairy products

- Soya-based milk
- Fruit yoghurt (sugar-free)

- Bulb onion
- Raspberry
- Balsam pear
- Mango
- Mangold
- Mandarin
- Olive
- Juniper
- Carrot
- Cloudberry
- Nectarine
- Sea-buckthorn
- Buffalo berry
- Pomelo
- Papaya
- Squash
- Red pepper
- Sweet pepper
- Peach
- Nagoon-berry
- Wild orange
- Rambutan
- Garden radish
- Daikon radish
- Radish
- Japanese turnip
- Soya
- Stachys
- Sweet pea
- Tamarillo
- Unabi
- Feijoa
- Ground-cherry
- Date
- Persimmon
- Zucchini
- Chayote
- Sweet cherry
- Bilberry
- Prune
- Garlic
- Earth almond
- Mulberry
- Apple
- Boiled vegetables
- Grilled vegetables
- Raw vegetables
- Canned vegetables
- Fermented vegetables
- Baked potatoes



### Cereals and grains

- Rye grains
- Grain muesli
- Wheat
- Buckwheat

- Red soybeans



### Spices, flavours

- Sweet basil
- Vanilla
- Blite
- Cardamom
- Cilantro
- Mint
- Rhubarb
- Thyme
- Saffron
- Spinach
- Anisetree
- Coluria
- Arucola
- Summer savory
- Cichorium endivia (Endive)
- Escarole



### Nuts

- Pecan
- Peanut
- Cashew
- Brasil nut
- Flax seeds



### Oil

- Margarine, 50% fat content
- Margarine
- Dietary margarine



### Confectionery

- Nut nougat-cream
- Sponge cakes
- Doughnuts
- Products from short pastry
- Cake with cream
- Waffles
- Stone ground wheat crackers
- Fruit-paste sweets
- Sunflower honey



### Eggs

- Fried eggs
- Egg-milk mixture
- Egg white
- Duck eggs
- Turkey eggs

- Kefir, fat content 3,5%
- Cream Cheese
- Nonfat cottage cheese
- Harz cheese
- Limburger cheese (20%)
- Mainzer cheese
- Mascarpone cheese
- Romadur cheese, fat content 30%
- Feta cheese (40%)
- Cream cheese
- Camembert cheese, fat content 60%
- Jarlsberg cheese
- Gruyere cheese
- Sheep cheese
- Rennet cheese (fat content 30%)
- Cottage cheese



### Products, fat burners

- Mineral water
- Hazelnut
- Pineapple



### Confectionery

- Milc chocolate with hazelnuts
- Oatmeal cupcakes
- Fruit jam
- Cakes with nuts
- Chocolate waffles
- White honey
- Acacia honey



### Eggs

- Dishes from whole eggs
- Steam omelette



### Medicinal plants

- High cranberry
- Common St. John`s wort
- Knotgrass
- Black chokeberry
- Wallwort
- Polygonum bistorta (snakeweed)
- Chinese ginseng
- Horse chestnut
- Marigold (calendula)
- Common mullein
- Rhodiola quadrifida (golden root)

- Spelt porridge
- Sugar-free muesli
- Chocolate muesli
- Basmati rice
- White rice (long-grained)
- White rice (round-grained)
- Fast cooking rice
- Wild rice
- Brown rice
- Rice processed with steam
- Rice flakes
- Rice bran
- Rice flour
- Rice flour baked goods
- Buckwheat porridge
- Barley flour
- Oatmeal
- Oat bran
- Durum wheat groats
- Noodles and paste made of durum wheat
- Wheat sprouts
- Wheat bran
- Baked goods from wheat bran
- Wheat flour
- Air millet
- Millet
- Corn meal
- Corn starch
- Salty popcorn
- Fast-cooking buckwheat
- Cornflakes
- Ready-to cook oat flakes
- Corn chips
- Stone ground wheat crackers
- Rice crackers
- Amaranth
- Red soybeans
- Boiled buckwheat with milk
- Millet porridge with milk
- Cream of rice with water
- Wheat poridge with milk
- Fine-ground barley porridge
- Boiled pearl barley with milk
- Boiled pearl barley with water
- Cooked semolina with milk
- Cooked semolina with water
- Corn porridge
- Oatmeal porridge with water
- Chick-pea
- Soya
- Adzuki bean
- Dried beans
- White beans
- Red beans
- Black beans
- Garbanzo
- Pinto beans



### Medicinal plants

- Primrose
- Tillet
- Milkwort
- Woolly-flowered astragal
- Brown mustard
- Redhaw hawthorn
- Mountain arnica
- Willow-herb
- Chinese magnolia-vine
- May lily
- Silverweed
- Greater burdock
- Toadflax
- Wrinkled giant hyssop
- Coltsfoot
- Common plantain
- Parsley
- Quinquelobate motherwor
- Horse gowan
- Chinese rhubarb
- Scotch pine
- Caraway
- Common thistle
- Hop
- Greater celandine

- Dogwood
- Lovage
- Lemon balm
- Sea buckthorn
- White mistletoe
- English walnut
- *Orthilia secunda* (sidebells wintergreen)
- Madnep
- Dwarf rosemary
- Field violet
- Thyme
- Sowing garlic
- English sorrel

- White kidney beans

### Spices, flavours

- Allspice
- Cloves
- Mustard
- Origan
- Parsley greens
- Ginger
- Nettle
- Bay leaf
- Marjoram
- Hot pepper
- Parsnip
- Parsley
- Celery
- Chicory
- Anise
- *Cichorium intybus* (Common chicory)
- Watercress
- Bee balm
- Rue
- Bittercress
- Milfoil
- Fennel
- Woodruff

### MUSHROOMS

- Cep
- Oyster mushroom
- Chanterelle
- Boletus
- Brown cap boletus
- Orange-cap boletus
- Russule
- Truffle
- Shiitake

### Nuts

- Hazelnut
- Apricot stone nut
- Sweet chestnut
- Hickory
- Coconut
- Peanut butter

### Oil

- Coconut oil
- Sesame oil
- Linseed oil
- Palm oil

- Rapeseed oil
- Pumpkin seed oil
- Avocado oil
- English walnut oil
- Hempseed oil
- Anise oil
- Clove oil
- Cardamom oil
- Laurel oil
- Fennel oil
- Garlic oil
- Dairy butter
- Melted butter
- Butter with peanuts



### **Milk and dairy products**

- Pasteurized milk
- Skim milk
- Goat`s milk
- Condensed milk with sugar
- Creamy yoghurt
- Yoghurt (with fruit fillers)
- Natural yoghurt (3,5%)
- Natural yoghurt (low fat content)
- Fatless fruit yoghurt
- Nonfat kefir
- Sour clotted milk
- Whey
- Cream
- Sour cream
- Sour cream (10% fat content)
- Cottage cheese (40%)
- Soya-bean curd
- Tofu
- Appenzeller cheese (50%)
- Bavaria Blu cheese (70%)
- Mountain Cheese (45%)
- Homemade cheese
- Cambozola cheese (70%)
- Parmesan cheese
- Parmesan cheese (32%)
- Romadur cheese (20%)
- Romadur cheese, fat content 50%
- Cheese with ceps (50%)
- Tilsiter cheese (30%)
- Edam cheese (30%)
- Cheese with blue mould
- Bree cheese
- Camembert cheese
- Cheddar cheese
- Colby cheese
- Edam cheese
- Emmental cheese

- Emmental cheese, fat content 45%
- Gouda cheese
- Monterey Jack cheese
- Mozzarella cheese
- Munster cheese
- Neufchâtel cheese
- Provolone cheese
- Ricotta cheese
- Swiss cheese
- Farm cheese (homemade, pressed)
- Processed cheese
- Goat`s cheese, fat content 45%
- Rennet cheese (fat content 45%)



### Products, fat burners

- Avocado
- Green olives
- Black olives
- Brazil nut
- English walnut
- Pecan nuts
- Peanut butter
- Soybean paste



### Confectionery

- Cocoa
- Bitter chocolate (70% cacao)
- Milk chocolate
- Chocolate with nuts
- Cakes
- High-fat ice cream
- Marzipan, nougat
- Flip with peanuts
- Shortbread
- Apple pie
- Rye cakes
- Nut cake
- Buckwheat honey
- Heather honey
- Honey made from miscellaneous herbs
- Marshmallow
- Fruit jelly



### Eggs

- Albumen omelette
- Dishes from beaten up whites of eggs
- Fried omelette

- Egg yolk
- Quail eggs
- Fried eggs
- Goose eggs
- Ostrich eggs



### Medicinal plants

- Sage
- Elecampane
- Hyssop
- Oak bark
- Cornflower
- Mountain cranberry
- Vandalroot
- Japanese angelica tree
- Aloe
- Anisum vulgare
- Marsh mallow
- Sweet flag
- Spring adonis
- Marsh Labrador tea
- Common barberry
- Basil
- Sandy everlasting
- Common birch
- Orthilia secunda (sidebells wintergreen)
- Poison hemlock
- Trailing bindweed
- Bogbean
- Chinese wolfberry
- Yarrow
- Wild marjoram
- Yellow melilot
- Jimsonweed
- European dewberry
- Rhineberry
- Candle larkspur
- Hypericum perforatum (touch-and-heal)
- Rosewort
- Centaury
- Callisia fragrans (basket plant)
- Fireweed
- Pinnate kalanchoe
- Great nettle
- Basket plant
- Greater burnet
- Coriander
- Meadow clover
- Lavender
- Lint
- Red raspberry
- Red raspberry
- Peppermint
- Common soapwort

- Common juniper
- Cultivated oat
- Dandelion
- Caseweed
- Common wormwood
- Costmary
- Couch-grass
- Saint-Mary-thistle
- Common agrimony
- Sulfur root
- Horseradish
- Wild chicory
- Three-lobed beggarticks
- Cotton thistle
- Milk thistle
- Siberian ginseng
- Purple coneflower

This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition of organism's organs and systems with the possibility of individual selection of products according to three groups - POSITIVE, NEUTRAL, NEGATIVE. This information is advisory and provides for further consultation with a dietologist.

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Type of report: **AMINO ACIDS**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**

## Dispensable amino acids

### **Alanine deficiency**

Alanine is an important source of energy for brain and CNS. This acid is necessary for muscle tone maintaining and adequate sexual function. It regulates blood sugar and participates in antibodies synthesis (it stimulates immunity). Alanine is synthesized from branched-chain amino acids (leucine, isoleucine and valine) and it is widely spread in wildlife. Organisms try to maintain fixed glucose level in blood. That's why blood sugar reduction and carbs deficiency in food lead to muscle protein destruction and liver transforms received alanine into glucose.

Alanine deficiency causes reproductive function derangement, chronic fatigue syndrome and diseases of CNS and VNS.

Natural sources of alanine are corn, beef, eggs, gelatin, pork, milk, soy and oats.

### **Aspartic acid deficiency**

Aspartic acid (asparagine acid, aspartate) is an  $\alpha$ -amino acid that is used in the biosynthesis of proteins. In favorable conditions, it is produced both by our organism and is received with food. This acid is one of 20 proteinogenic amino acids present in our organism both as a constituent of proteins and singly.

Aspartic acid is highly useful and important for people. It is responsible for CNS health since it acts as a neurotransmitter in CNS. Aspartic acid is found in brain cells, therefore it positively affects mental activity, it takes part in synthesis of antibodies, formation of urea and pyrimidine bases, it strengthens immune system, it participates in ammonia deactivation and relieves liver of chemical residues, including medicinal drugs. In addition, aspartic acid supports endocrine system, it activates testosterone production, it increases sex drive, muscle endurance and muscle growth, it restores working capacity, it promotes adequate metabolism and has a general strengthening effect on the human body which is also important for athletes.

Aspartic acid deficiency is manifested by immunity decrease, mental disorders, memory impairment, muscle pain, weakness and sexual weakness and decreased performance.

Main sources of aspartic acid are alfalfa, asparagus, coconut, potato, peanuts, lentil, beans, bean and soybean sprouts as well as beef, veal, chicken, sea fish, spiny lobsters, chicken eggs, hard cheeses. It is also present in natural juices (made from tropical fruits and apples) and tomatoes.

## **Glutamine deficiency**

Glutamine is produced in brain, it is necessary for ammonia detoxification (a byproduct of protein exchange). It also serves as a precursor to brain neurotransmitters such as glutamate and gamma-aminobutyric acid. Glutamine easily penetrates the blood-brain barrier and, when in brain cells, is transformed into glutamic acid and vice versa. Glutamine is found in large quantities in muscles and it is used to synthesize the cells proteins of skeletal muscles. Glutamine improves brain activity and therefore is used in case of epilepsy, chronic fatigue syndrome, impotence and schizophrenia.

Glutamine is found in many foods of both plant and animal origin, but it is easily destroyed by heating. Spinach and parsley are sources of glutamine, but only if they are consumed raw.

## **Ornithine deficiency**

### Description

Ornithine is present in large amounts in connective tissue. Ornithine can be converted into arginine.

The main properties of ornithine include:

Stimulation of the production of growth hormone, the synthesis of growth hormone occurs in the pituitary gland (it is believed that during sleep), intense stress helps its production. Due to the production of growth hormone, an increase in muscle tissue and fat burning are observed. Ornithine protects the liver from the negative effects of all kinds of toxins contained in medications and food. Amino acid helps in the processes of restoration of liver cells, which is extremely important for all people suffering from various pathologies of the liver.

An important property of ornithine is the possibility of its use in bodybuilding by stimulating the synthesis of insulin, which is a powerful anabolic hormone (the most important hormone if weight training is performed).

Ornithine is involved in the processes of formation and excretion of urine, thereby contributing to the elimination of toxins (in particular ammonia, a toxic substance formed during protein breakdown). This is due to the ornithine cycle, during which there is a conversion of ammonia in the liver to urea and its further excretion from the body by the kidneys.

Ornithine is able to break down fatty acids, which allows you to get additional energy (it is extremely important for those who are "dried" or lose weight). Ornithine, as noted earlier, improves the production of growth hormone, which in itself burns fat well even at night. It also participates in strengthening tendons and ligaments, accelerating the healing processes of connective tissue (with cuts, wounds), improves the functioning of the immune system by enhancing the synthesis of glutamine, and also takes part in the normalization of acid-base balance.

Contained only in plant products. It is not in animal products. In the natural environment, ornithine can be found in such products as: royal jelly of bees and bee drone brood, nuts and pumpkin seeds.

## **Glutathione deficiency**

### Description

Glutathione is a simple substance naturally produced in our body. It consists of amino acids or proteins: cysteine and glutamine. Glutathione also contains sulfur-containing groups, which, due to the fact that sulfur is a very sticky substance with a strong odor, work similarly to sticky paper for catching flies. Stickiness allows this group to "catch" compounds harmful to the body, including toxins, heavy metals and free radicals.

Glutathione removes chemical compounds from the liver that are foreign to the body, such as pollutants and contaminants, as well as medical preparations. Our body processes glutathione. However, in cases where there are too many toxins or other harmful compounds in the body, processing of glutathione becomes impossible.

Therefore, your body becomes more susceptible to various diseases, your physical condition can worsen

Therefore, your body becomes more susceptible to various diseases, your physical condition can worsen significantly.

Also, the level of glutathione in the body may be too low. This condition is called glutathione deficiency. It increases the risk of oxidative stress.

Lack of this substance also increases the likelihood of developing diseases such as Parkinson's disease, cancer and Alzheimer's disease.

## Partially indispensable amino acids

### Cysteine deficiency

Cysteine is the precursor of glutathione, a substance that provides a protective effect on brain cells and liver cells damaged by alcohol, some medical preparations and toxic substances in cigarette smoke. It also helps neutralize some toxic substances and protects the body from the damaging effects of radiation. It is one of the most powerful antioxidants. It is necessary for hair and nails growth. It is not recommended for people who have diabetes to take cysteine with vitamins C and B1 since such combinations might reduce insulin efficacy.

Cysteine deficiency causes nails fragility, hair loss, skin dryness and fissures on mucous membranes. It might also negatively affect gastrointestinal tract and cardiovascular system. It weakens immunity and increases depression.

This amino acid is included into the composition of insulin. If necessary, cysteine is able to transform into glucose and provide the organism with energy.

## Indispensable amino acids

### Leucine deficiency

Leucine is a very important indispensable amino acid that does not directly affect brain function but is a source of psychic energy. It stimulates growth hormone and favors recovery of bones, muscles and skin. Leucine also slightly reduces blood sugar. It is recommended during the recovery period after surgeries and injuries.

Leucine is one of three branched-chain amino acids that provide organism growth, favors healing of skin injuries and bone tissue injuries. It also reduces blood sugar in case of diabetes and favors cholesterol level reduction.

Without receiving sufficient leucine amount, pathological processes in kidneys and thyroid gland develop in a human organism. Leucine deficiency can cause metabolic disorder, weakening of immunity and hypoglycaemia and also pain in head and neck area, dizziness, nervousness, rapid fatigue, weight loss and growth and development impairments in children.

Leucine sources are brown rice, beans, meat, nuts, soybean flour and wheat flour.

Essential amino acids	
Leucine	150 mg per 1 kg of body weight per day
Valin	93 mg per 1 kg of body weight per day
Isoleucine	90 mg per 1 kg of body weight per day

Essential amino acids	
Lysine	150 mg per 1 kg of body weight per day
Methionine	70 mg per 1 kg of body weight per day
Threonine	60 mg per 1 kg of body weight per day
Tryptophan	22 mg per 1 kg of body weight per day
Phenylalanine	90 mg per 1 kg of body weight per day

Partially essential amino acids	
Arginine	10 mg per 1 kg of body weight per day
Histidine	32 mg per 1 kg of body weight per day
Tyrosine	25 mg per 1 kg of body weight per day
Cysteine	45 mg per 1 kg of body weight per day

Non-essential amino acids	
Alanine	1.7 g per day
Asparagine	3-6 g per day
Aspartic acid	1-7 g per day
Glycine	0.1 g per day
Glutamine	3-5 g per day
Glutamic acid	0.1-0.15 g per day
Proline	4-5 g per day
Cool	2-4 g per day
Taurine	0.5-2 g per day
Citrulline	4-8 g per day
Ornithine	0.3-0.75 g per day
Gamma-aminobutyric acid	1.5-3 g per day
Glutathione	0.05-0.1 g per day
Carnitine	0.3-0.5 g per day
Dimethylglycine	0.05-0.1 g per day
Glutathione	0.1-0.6 g per day

Type of report: **Psychosomatics**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**

### **Psycho-emotional correction program No. 1**

From the section of paid programs, it is necessary to use programs from the list, according to the individual requirements of the user, such as: "Balance of the nervous system", "Bioresonance of energy and pleasure", "Restoring the balance of hormones", "Restoring the thyroid gland", "Aligning hormonal balance", "Geomagnetic storms and meteosensitivity", "Complex for the restoration of the automatic work of digestion", "Complex for cleansing the kidneys", "Elimination of desynchronization", "Mobilizer of antiparasitic protection", "Rehabilitation along the meridians", "Cleansing the lungs from parasites", "Cleansing the body according to Academician Bolotov", "Cleansing-restoration", "Program for the restoration of vital energy", "Correction program for urolithiasis", "Digestion normalization program", "Stress and depression correction program", "Program for the treatment of latent diseases and prevention of the initial stages of pathology of cell reproduction", "Immunity Mobilization Program", "Kidney Health Program or Program elimination of latent renal failure", "Kidney cleansing program", "Program for strengthening immunity", "Prevention of health by blood group", "Chronic fatigue syndrome", "Systemic program of fighting parasites", "Stimulation of the immune system", "Universal programs against fungal flora".

### **Psycho-emotional correction program No. 7**

This program of psycho-emotional correction is tested in the absence of the ability to hear your inner voice and trust it in the absence of finding your own direction (your way); when doubts about your own inner convictions occur; with a decrease in connection with your own spiritual guide; with a decrease in self-confidence; a decrease in respect for the words and ideas of other people, the brain's left hemisphere excessive activity that blocks contacts with the creative and instinctive beginning, insufficient coordination of actions and frequent colds.

All organs and systems of the body are affected, to a greater or lesser extent, especially, blood circulation.

The negative energy affects chakra 6.

To correct conditions, the following programs should be used:

Arteries, veins, lymphatic system, local blood circulation, limbic system, nerve center, responsibility center, balance center and the program of chakra 6.

Paid programs: "Restoration and cleaning of capillaries", "Venous parasites", "Cleansing the lymph from parasitic toxins", "Cleansing the lymph from toxins and Slags", "Cerebral circulation normalization program for people of the third age", "Nervous system recovery program", "Nervous system balance", "Antivirus - strong nerves".

### **Psycho-emotional correction program No. 10**

This program of psycho-emotional correction is tested in case of damage to the etheric body and the aura field, in case of bioenergetic damage or shock; in case of violation of fixation on extreme physical or etheric sensations; when communication with one's own "I" is broken.

The bladder, stomach, blood circulation, gallbladder, thymus and thyroid gland are affected.

Its own negative energy affects chakras from the 1st to the 7th.

To correct conditions, you must use the programs:

Bladder, stomach, arteries, veins, lymphatic system, gallbladder, thymus cn 1, 2, spinal cord, thyroid gland, erythrocytes, balance center, memory center, 7 chakra program.

From the paid section: "Stimulation of the immune system", "Stabilization of the immune system", "The body's resistance to immune complex diseases", "Thymus. Restoration of immunity", "Cleansing blood and lymph from toxins", "Healthy blood", "Restoration of the blood information system", "Prevention of health by blood group", "Program for lowering blood cholesterol levels", "Deep cleansing of the liver", "Arterial parasites of sclerosis and aneurysms".

### **Psycho-emotional correction program No. 11**

This program of psychoemotional correction is tested in case of imbalance of sexual energy in a man and in a woman by integrating sexuality with spirituality, in violation of heat generation and participation in sexuality, in fear of intimacy; with a disorder in sexual behavior.

The liver, kidneys, spleen, endocrine system, uterus or prostate suffers.

Its own negative energy affects chakras 1 and 2.

To correct conditions, you must use the programs:

Liver, kidneys, spleen, endocrine glands, CS, uterus, prostate, sex glands M, sex glands G, connective tissue CS, sympathetic nervous system - vagus, center of altruism (egoism), programs 1 and 2 chakras.

From the section of paid programs: "Cleansing the liver, kidneys and intestines", "Clean liver", "Liver and immunity", "Lungs and liver, restoration of functions", "Liver parasites", "Cleansing the liver", "Deep cleaning of the liver", "Cleansing the liver from parasites", "Restoring the balance of hormones", "Restoration of connective tissue", "Vegeto-vascular dystonia", "Vegeto-vascular dystonia and normalization of blood pressure."

### **Psycho-emotional correction program No. 28**

This psycho-emotional correction program is tested in case of exaggerated attachments; when it is impossible to resist emotional losses, a weak tolerance of misfortunes, fear and mental anguish; in case of a tendency to live in past relationships and depression.

The immune system, hematopoiesis and spleen suffer.

The self-negative energy affects chakra 3.

To correct the conditions, the following programs should be used:

Immune system, thymus (control frequencies 2), spleen, leukocytes, erythrocytes, bone marrow, capillaries, lymphatic system, lymph gland center, sadness (grief) center, memory center - the ability to remember and the program of chakra 3.

Paid programs: "Parasites of bones, joints and spine", "Stimulation of the immune system", "Systemic program to combat parasites", "Renewal of cells of the immune, hormonal and nervous system", "Restoration of the blood information system", "Systemic cleansing of the body", "Systemic antiviral program against herpes viruses", "Circulation program or the youth of capillaries, arteries and veins".

### **Psycho-emotional correction program No. 29**

This program of psycho-emotional correction is tested in case of a tendency to live in the past events; in case of a decrease in interest in opportunities in the present and in the future; with a tendency to remain attached to old

hopes (the negative and positive life experience).

The spleen, hematopoiesis, the immune system and the liver are affected.

The negative energy affects chakras 3 and 4.

To correct the conditions, you must use the programs:

Immune system, thymus (control frequencies 1), spleen, leukocytes, erythrocytes, capillaries, lymphatic system, lymph gland center, sadness (grief) center, memory center - the ability to remember, center, healing center and the programs of chakras 3 and 4.

Paid programs: "Circulation program or youth of capillaries, arteries and veins", "Restoration and cleaning of capillaries. Improvement of the liver and lungs", "Thymus. Restoration of immunity", "Complete cleansing of the body", "Improvement along the meridians", "Chelate complex of cleansing and rejuvenation", "Stomatitis and cleansing of mucous membranes from viruses, bacteria, fungi", "Complete cleansing of the body", "Cleansing from toxins and poisons in everyday life".

### **Psycho-emotional correction program No. 35**

This program of psycho-emotional correction is tested in the absence of confident expression of one's feelings and inner beliefs, when the throat chakra is blocked; when blocking communication; with an unexpressed feeling of despair; with fear of expressing your feelings.

The heart and liver suffer.

The self-negative energy affects chakra 5.

To correct the conditions, the following programs should be used:

Heart - veins, heart - coronary vessels, heart center, spine, meniscus, blood pressure - regulation, center of protective functions, dream center and the program of chakra 5.

Paid programs: "Cleansing the coronary vessels and strengthening the heart", "Heart. Strengthening the heart muscle", "Improvement by meridians", "Arrhythmia. Tachycardia. Normal heart rhythm", "Hearing and vision impairment in case of spine problems", "Spine program", "Joint diseases", "Joint correction program", "Digestion correction program", "Cough correction and bronchial inflammation", "Stress correction and depression", "Correction of biliary dyskinesia, cholelithiasis, reactive pancreatitis."

### **Psycho-emotional correction program No. 37**

This program of psycho-emotional correction is tested in case of uncertainty in mental abilities, in case of fear of mental abilities; when blocking personal growth; with fear caused by previous mental phenomena. And also in the absence of motivation to maintain health; in the presence of deeply suppressed life problems; when blocking chakra 6 and 7.

The lungs, pineal gland, digestive system suffer.

The negative energy affects all chakras.

To correct the conditions, the following programs should be used:

Lungs, bronchi, blood circulation - oxygen, pineal gland, endocrine glands (control frequencies), peristalsis and motility, stress, digestive tract, digestion center, joy center, time center and the programs of chakra 6 and 7.

Paid programs: "Cleansing function of the lungs, activation", "Antivirus - strong nerves", "Complete cleansing of the body", "Cleansing the large intestine", "Antiparasitic defense mobilization", "Antiparasitic and cleansing block", "Digestion and parasitic dysbiosis", "Program of correction of digestion", "Complex of restoration of automatic work of digestion", "Improvement along the meridians", "Arrhythmia. Tachycardia. Normal heart rhythm".

### **Psycho-emotional correction program No. 38**

This program of psychoemotional correction is tested when inhibition of psychoemotional energy generated by somato-energetic disorders, with emotional bioenergetic shock; with the inability to find clear answers, with too strong influence of emotions on the protective energy.

The gallbladder and endocrine organs are affected.

The negative energy affects all chakras.

To correct conditions, you must use the programs:

Liver and bile (control frequencies 1, 2), pancreas CC, adrenal glands, testes (for men), ovaries (for women), bile - production, healing center, throat center, balance center and the program of chakra 7.

Paid programs: "Chelated complex of cleansing and rejuvenation", "Complete cleansing of the body", "Cleansing from toxins and poisons in everyday life", "Cleansing from streptococcus and streptococcal infections", "Cleansing of lymph from parasitic toxins", "Cleansing function of lungs, activation", "Lungs and liver, restoration of functions", "Deficiency of defenses", "Heart. Strengthening the heart muscle", "Women's formula"(for women), "Men's formula"(for men), "Cholesterol level normalization program", "Systemic health restoration program".

### **Psycho-emotional correction program No. 41**

This program of psycho-emotional correction is tested in the absence of motivation and desires, to overcome inertia, with the difficulty of idea implementation into reality; when developing a negative position in the struggle of life, with insufficient enthusiasm; when ready to retreat to difficulties and take responsibility.

Kidneys, bladder, lungs and large intestine, small intestine, immune system suffer.

Personal negative energy affects all chakras.

To correct the conditions, you should use the following programs:

The "Anatomy and Physiology" section: Kidneys, Bladder, Uric acid formation, Intestines, Large intestine 1, Anus, small intestine, Immune system, Red blood cells, Responsibility Center, Creativity Center, Healing Center, and Seven Chakras.

Paid programs: Improving and cleansing the kidneys and urinary tract, Antiparasitic and cleansing block, Clean intestines - enzymatic cleansing of the intestine, Program for emergency cleansing of the body of food toxins and overheating, Cleansing the liver of parasites, Cleansing from heavy metals, Restoration and cleaning of capillaries. Improving the liver and lungs, Immune system stimulation 1, Immune system improving.

### **Psycho-emotional correction program No. 45**

This program of psycho-emotional correction is tested in case of a tendency to procrastination, when the implementation of ideas is inhibited; with a lack of energy and self-confidence, with a tendency not to solve problems immediately but postpone their solution, in case of hesitating; in the event of self-sabotage as a result of inaction.

The kidneys, endocrine system, lungs, thyroid gland, adrenal glands and thymus are affected.

Your own negative energy affects chakras 2, 4 and 5.

To correct the conditions, the following programs should be used:

The section "Anatomy and Physiology": kidneys, endocrine glands (control frequencies), testicles (for men), ovaries (for women), prostate gland (for men), adrenal glands, thymus (control frequencies 2), tonsils, spine, center of a sense of responsibility, throat center, concentration center and the programs of chakras 2, 4 and 5.

Paid programs: "Adenoids, tonsillitis, tonsils", "Spine program", "Healthy kidneys", "Kidneys", "Recovery in case of latent diseases and prevention of the initial stages of cellular reproduction pathology", "Prostatitis and prostate adenoma "(For men)," Women's formula (for women)".

### **Psycho-emotional correction program No. 47**

This program of psycho-emotional correction is tested in the absence of perseverance, indecision and self-doubt, with a tendency to recede before difficulties; in case of loss of resolve after the "retreat"; with loss of faith, with indecision, readiness to retreat; when energy is blocked as a result of discomfort; with a lack of energy for the persistent implementation of projects; with expectations of negative from the future.

Kidneys, lungs, adrenal glands, pancreas, liver suffer.

Personal negative energy affects chakras 1, 2 and 3.

To correct the conditions, you should use the following programs:

From the section "Anatomy and Physiology": pancreas, liver and bile CF 1, adrenal glands, connective tissue, lungs, airways - nose CN 2, center of concentration, center of joy, center of balance, programs of chakra 1, 2 and 3.

From the paid programs section: "Clean liver", "Helping the liver", "Liver and immunity", "Lungs and liver, restoration of functions", "Restoration of the liver, kidneys, skin and lungs", "Connective tissue", "Cleansing-restoration. Liver, pancreas", "Liver cleansing", "Deep cleansing of the liver", "Liver - pancreas program", "Cleansing the liver of parasites", "Improving along the meridians", "Restoring and cleaning capillaries. Improving the liver and lungs."

### **Psycho-emotional correction program No. 58**

This program of psychoemotional correction is tested with an obsession with yourself and others; with obsession, with repeated thoughts and anxieties; when blocking the healing process.

The stomach and pancreas are affected.

Personal negative energy affects the chakra 4.

To correct the conditions, you should use the following programs:

From the section "Anatomy and Physiology": pancreas, pancreas CF, connective tissue CF, stomach middle, stomach entrance, stomach sphincter, hearing center, center of vision, healing center, program of the chakra 4.

From the paid programs section: "Meridian Recovery", "Liver - Pancreas Program", "Restoration of the intestines and stomach", "Connective tissue", "Cleansing of the liver, kidneys and intestines", "Control of healing and recovery processes. Pancreas", "Pancreas and pancreatitis", "Restoration of the intestines and stomach".

### **Psycho-emotional correction program No. 65**

This psychoemotional correction program is tested for bioenergy disorders caused by suffering or loss; when it is impossible to overcome sadness; with suppressed pain, with pent-up tears; when breaking an exhausted relationship.

The liver, gall bladder, lungs and large intestine, thymus, spleen, adrenal glands and immune system suffer.

Personal negative energy affects the chakra 4.

To correct the conditions, you should use the following programs:

From the section "Anatomy and Physiology": spleen, thymus CF 2, lungs, bronchi, liver and bile CF 1,2, adrenal glands, spleen, red blood cells, white blood cells, immune system, large intestine CF 1, intestines, joy center, heart center, program of the chakra 4.

From the section of paid programs: "Stimulation of the immune system", "Stabilization of the immune system", "Balance of the immune system", "Program against herpes HSV-4 or Epstein-Barr virus", "Stimulation of the immune system", "Stabilization of the immune system", "Full cleansing the body", "Cleansing the colon", "Restoring the intestines and stomach", "Complete cleansing of the body", "Cleansing the sinuses", "Cleansing function of the lungs, activation", "Lungs and liver, restoration of functions", "Lung diseases associated with reflux disease."

Psychosomatics

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Type of report: **Altered reactivity**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**

### **Body reactivity marker 20**

This marker is tested in case of altered body reactivity, as well as intolerance to vinegar, beer, whiskey, port wine, methyl alcohol, brandy and grappa. The marker can be tested for alcohol abuse and liver dysfunction; also with yeast infections in the body and a violation of the production of enzymes - enzymes by the pancreas, with a poorly balanced diet, with a predominance of lipids and proteins in the diet.

The use of selective programs is recommended:

Complete cleansing of the body, Cleansing the colon, Cleansing from toxins and poisons in everyday life, Removing alcoholic toxins, Fibrous changes and pancreatic cysts, Cleansing the lymph from parasitic toxins, Cleansing the blood and lymph from toxins, Cleansing the liver, Hangover syndrome and elimination of alcoholic toxins , The program of complete cleansing, The program for cleansing the lymph from toxins and slags, Cleansing the large intestine and eliminating constipation, Cleansing the body according to Academician Bolotov, Antialcohol program, Cleansing and restoring the gastrointestinal tract, Controlling the healing and recovery processes (Pancreas), Antiparasitic and cleansing block, Program emergency cleansing of the body from food toxins, deep cleansing program, deep liver cleansing, digestion restoration, pancreas and pancreatitis.

From this list of programs, you must select one or more programs, in accordance with the test results and the subjective state of the tested person.

### **Body reactivity marker 38**

This marker is tested in case of altered body reactivity in case of skin allergy in the form of urticaria or in case of symptoms of itching of the skin, presumably associated with an allergy. The marker can be tested as an indicator of endogenous problems in the lymphatic system.

The use of selective programs is recommended:

Skin allergies, Detoxification of the body, Correction of allergies, Complete cleansing of the body, Cleansing the large intestine, Cleansing from toxins and poisons in everyday life, Cleansing lymph from parasitic toxins, Cleansing blood and lymph from toxins, Cleansing lung function, activation, Cleansing the liver, Complete program cleansing, Universal complex of detoxification and disinfection of the body, Program for cleansing the lymph from toxins and slags, Cleansing the large intestine and eliminating constipation, Cleansing the body according to Academician Bolotov, Cleansing the lungs from parasites, Cleansing and restoring the gastrointestinal tract, Antiparasitic and cleansing block, Program for emergency cleansing of the body from food toxins, Deep cleansing program, Deep liver cleansing, Digestion restoration, Carcinogen cleansing program, Clean intestines - enzymatic intestinal cleansing.

From this list of programs, you must select one or more programs, in accordance with the test results and the subjective state of the tested person.

### **Body reactivity marker 15**

This marker is tested in case of altered body reactivity, as well as intolerance to potatoes, beets, garlic, peanuts, white and red onions, carrots, artichokes, radishes, turnips, celery, turnip, and shallots. The preparation is tested in case of rheumatic disorders and muscle pains, and pain along the nerves, with seasonal exacerbations. It can be tested as a marker - an indicator of a tendency to autoimmune problems in the body.

The use of selective programs is recommended:

Radiculitis. Neuritis. Neuralgia. Sciatica, Recovery of nerves after neuralgia, Balance of the nervous system, Antivirus - strong nerves, Program - nerves and recovery, Correction of allergies, Complete cleansing of the body, Cleansing of toxins and poisons in everyday life, Cleansing lymph from parasitic toxins, Cleansing blood and lymph from toxins , Program for complete cleansing, Renewal of cells of the immune, hormonal and nervous systems, Program for cleansing lymph from toxins and slags, Cleansing the large intestine and eliminating constipation, Cleansing the body according to Academician Bolotov, Cleansing and restoring the gastrointestinal tract, Antiparasitic and cleansing block, Deep cleansing program, Deep liver cleansing, Digestion restoration, Nervous system restoration program.

From this list of programs, you must select one or more programs, in accordance with the test results and the subjective state of the tested person.

### **Body reactivity marker 22**

This marker is tested in case of altered reactivity of the body, as well as in case of intolerance to all types of aromatic substances and essential oils. The preparation is also tested positively for chronic asthenia, hypoglycemia, depression, hypovitaminosis, imbalance in minerals, as well as excessive sugar intake.

The use of selective programs is recommended:

Vitalization of the body, Restoration of the blood information system, Correction of allergies, Complete cleansing of the body, Cleansing of the large intestine, Restorer of the intestines and apud system, Cleansing from toxins and poisons in everyday life, Thymus (Restoration of immunity), Cleansing-restoration, Cleansing lymph from parasitic toxins , Restoring the balance of hormones, Cleansing the blood and lymph from toxins, Cleansing the liver, Program for complete cleansing, Program for restoring the nervous system, Program for cleansing lymph from toxins and slags, Cleansing the large intestine and eliminating constipation, Cleansing the body according to Academician Bolotov, Cleansing and restoring the gastrointestinal tract, Antiparasitic and cleansing block, Program for emergency cleansing of the body from food toxins, Deep cleansing program, Recovery after stress, Systemic health recovery program, Program for restoring energy circulation and rhythms of life.

From this list of programs, you must select one or more programs, in accordance with the test results and the subjective state of the tested person.

### **Body reactivity marker 41**

This marker is tested in case of altered reactivity of systems in relation to their own immunity. The preparation is tested positively for autoimmune problems, or at the stage of the initial manifestations of auto-aggression. The marker may indicate the presence in the body of foci of chronic infection (bacterial or viral origin), as well as in violation of the circadian rhythm of the body.

The use of selective programs is recommended:

Autoimmune diseases, Correction of allergies, Complete cleansing of the body, Cleansing the large intestine, Cleansing from toxins and poisons in everyday life, Cleansing lymph from parasitic toxins, Cleansing blood and lymph from toxins, Cleansing the liver, Complete cleansing program, Program for cleansing lymph from toxins and slags , Cleansing the large intestine and eliminating constipation, Restoring the balance of hormones, Restorer of the intestines and apud-system, Cleansing the body according to Academician Bolotov, Cleansing and restoring the gastrointestinal tract, Recovery after stress, Systemic health restoration program, Nervous system restoration program, Intestine and stomach restoration, Antiparasitic and cleansing block, The program of emergency cleansing of the body from food toxins, The program of deep cleansing, Deep cleansing of the liver, Restoring digestion, Restoring the liver, kidneys, skin and lungs, The program for restoring the circulation of energy and vital rhythms, The complex for restoring the automatic digestion bots, Restoration of immunity of the mucous membranes of the respiratory and ENT organs, Restoration of connective tissue, Restoration and cleaning of capillaries, Restoration of blood pressure and elimination of hypercholesterolemia, Restoration of biological clock, Restoration of biorhythms.

From this list of programs, you must select one or more programs, in accordance with the test results and the subjective state of the tested person.



Type of report: **Zodiacal diet**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**



### **PISCES (20.02-20.03)**

Pisces cannot boast with high viability. Since childhood this sign is susceptible to various infectious diseases. In addition, they are scattered and forgetful and this leads to various injuries.

They are very sensitive and emotional, so constant stressful situations can lead to depression and some of them try to overcome it by means of medicines and alcohol. This fact also explains their inclination to drugs use.

Their weak spot is legs, their legs are edema-prone (especially, ankles), they suffer from rheumatism, abscesses, tumors and varicosity. Also, they often suffer from various infectious and catarrhal diseases. It is very important for this sign to keep "feet in heat".

The main problem of nutrition of Pisces is due to the fact that they have weak liver and detoxification processes are often violated. In addition, their forgetfulness often favours formation of wrong eating habits - overeating, eating too much sweets and eating cold food. But dieting allows Pisces to avoid many diseases.

Pisces should avoid excessive consumption of sugar and fats. They should eat less meat (especially dark meat), fried foods, spicy sauces and gravies. They should also avoid excessive fluid intake.

Pisces need to eat salads from fresh vegetables, tomatoes, cucumbers, radish. Boiled pearl barley, buckwheat, millet and rice will be of great benefit. Seafood that contains trace elements and iodine is also useful.

It is recommended to eat apples rich in phosphate and iron, grapes, pomegranate, walnuts, sunflower seeds and raisins.

Mineral salt for Pisces is potassium sulphate (it is contained in any mineral water) and phosphate of iron (found in buckwheat, quince and rose hips).

To maintain good health, it is recommended for Pisces to stick to a wholesome diet as well as to avoid fast snacks and to eat at the same time. Separate nutrition is good since it reduces load on excretory system and reduces fermentation processes and improves digestion.

It is also important to use the liquid correctly - you should not drink sweet drinks immediately after a meal. Drinking mineral water 30 minutes before meals will definitely help, too.

To lose weight, long-term diets are suitable as well as diets from nutritionists and systems of wholesome nutrition.

To lose weight fast, Pisces can successfully use porridge-based diets, seafood diets as well as various low-calorie mono-diets (banana diet, apple diet, grape diet). Fasting days (arranged on Thursdays) are very useful.

Approximate menu example for Pisces for one day:

Choose 4 salads

- a) lettuce, cucumber, mango, two tablespoons of homemade cheese;
- b) 50 g of low-fat ham, orange, green bean pods, onions and lettuce;
- c) 50 g of chicken, cauliflower, green beans, canned green peas, parsley;
- d) 1 soft-boiled egg, tomato slices, two anchovies, two boiled potatoes, four olives, cucumber, lettuce.

Also add a snack:

- a) 50 g of chicken or low-fat ham with apple sauce (no sugar), zucchini, cauliflower, 125 g of potatoes boiled in their jackets;
- b) one patty with fish, 75 g of chips, a large portion of mixed salad.

February 20 - February 29. White bread, baked goods of high quality flour are forbidden. Fried meat and potatoes and canned food are poisonous for you. On the contrary, tea, stewed fish, vareniki with cottage cheese and cherries are very useful. Keffir is a magic remedy for your stomach.

March 1 - March 10. Pumpkins, southern tomatoes, beets and green peas are especially useful for you. Lack of protein is best gained with soft cheese, milk. Avoid animal fats, but use olive oil as often as possible.

March 11- March 20. Green tea will provide exceptional benefits, as well as cocoa, peas and forest mushrooms. Cowberry and viburnum are the most valuable berries for you and cabbage is the queen of your table (especially, kohlrabi). You can also sometimes eat a slice of salted pork fat.

This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition of organism's organs and systems with the possibility of individual selection of nutrition according to zodiacal characteristics and the data received after testing. This information is advisory and provides for further consultation with a dietologist.

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Type of report: **Fitness diet**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**

### *Monday*

#### **Breakfast**

Oatmeal, a banana, an apple, dried fruits

#### **Dinner**

Meat and vegetable soup, wholegrain bread, salad with fish.

#### **Snack**

Low-fat yogurt or fruit.

#### **Supper**

Cottage cheese or lean meat.

Drink a glass of kefir before bedtime.

### *Tuesday*

#### **Breakfast**

Buckwheat porridge, tea with honey.

#### **Lunch**

An orange.

#### **Dinner**

Soup or a piece of boiled chicken with vegetables.

#### **Snack**

Low-fat yogurt with berries.

#### **Supper**

Pasta (from durum wheat) with vegetable sauce.

### *Wednesday*

#### **Breakfast**

Rice porridge.

#### **Dinner**

Steamed fish with vegetable salad.

#### **Snack**

Fruit salad.

#### **Dinner**

Squash pancakes with mushroom sauce.

### *Thursday*

#### **Breakfast**

Omelet of two eggs.

#### **Dinner**

Mushroom soup.

#### **Snack**

Dry biscuits.

**Supper**

Boiled beef with vinaigrette.

***Friday*****Breakfast**

Wheat porridge with fruit.

**Dinner**

Vegetable soup, baked chicken with vegetables.

**Snack**

A piece of marshmallow.

**Supper**

Cottage cheese baked pudding.

***Saturday*****Breakfast**

Porridge or boiled eggs, a toast with butter.

**Dinner**

Chicken soup with vegetables.

**Snack**

Fruit salad with yogurt.

**Supper**

Baked vegetables with hard cheese.

***Sunday*****Breakfast**

Pancakes with jam.

**Dinner**

Lean borsch

**Snack**

Fruit jelly.

**Supper**

Baked fish with vegetables.

This report was formed according to mathematical modelling principle on the ground of conducted tests of health condition of organism's organs and systems with the possibility of individual selection of sports diet specifying kilocalories as well as content of proteins, fats and carbohydrates. This information is advisory and provides for further consultation with a dietologist.

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Type of report: **Body mass index**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

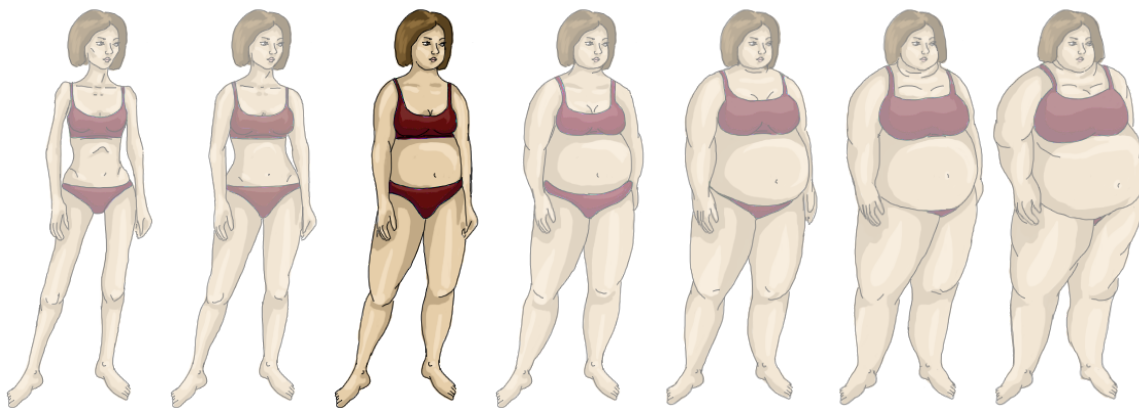
Sex: **Female**

**Age:** 35

**Height:** 180 cm.

**Weight:** 80.00 kg.

**24.7**



**You are of normal weight.**

**Circulatory system**

The circulatory system is in a harmonious state; BRT correction is not required.

**Broncho-pulmonary system**

There are moderate disturbances in the bronchopulmonary system; light BRT correction is required, as well as more frequent stay in the fresh air.

**Digestive system**

You are not underweight, but the digestive system's moderate hypofunction requires a light BRT correction complemented by a balanced diet and an adequate water regime.

**Urinary system**

The urinary system is in a moderate hypofunctional state, soft BRT correction of the system and flooding of the body is required.

**Endocrine system**

Weight is in the range of normal values, but the endocrine system is in a state of moderate hypofunction, the reason may be the redistribution of

fats in the body, and impaired absorption of water. A soft BRT correction of the state of the system, control of the fluid being drunk, and restoration of fat metabolism are required.

### **Immune system**

The immune system is in slight hypofunction; at normal weight, this may indicate the presence of a focus of chronic infection. Light BRT correction of the system is required.

If at the same time you feel well, you don't have to worry about your weight even if your figure does not correspond to your own idea about beauty.

Every person has a certain range of comfortable weight (give or take 3 - 5 kilograms, depending on your constitutional type) when they feel well. This range is considered acceptable. Seasonal weight fluctuations are also quite natural, in winter we gain weight, in summer we lose weight. Seasonal weight fluctuations normally range from 1 to 5 kilograms.

In the second half of August, the amount of fruit in human nutrition increases sharply. And fructose (especially consumed in large amounts) still contributes to weight gain.

In autumn, daylight hours are reduced and our physical activity is also reduced and a decrease in energy consumption is observed which can lead to weight gain.

However, in autumn and winter, we often see an increase in energy consumption. This may be due to colder weather. Body temperature decrease is one of the mechanisms of triggering the feeling of hunger. Motor activity decrease can also lead to weight gain. Physical activities have an antidepressant effect and contribute to a good mood.

If a person does not move enough, he or she will end up using another antidepressant - food.

In autumn, one should not resort to very strict diets or too intense exercises since this can quickly lead to fatigue, decreased performance and mood, and, as a result, to breakdowns and depression. Regular preventive deworming is also necessary, even with good health and normal weight.

This interpretation is not a diagnosis — it reflects the body mass index in terms of the state of the patient's organs at the time of testing. These indications represent indirect information about changes in the body and may be an indication for a specialist of a further in-depth research in the framework of the provision of medical services by him/her, but should not be perceived as a diagnosis!

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Type of report: **Description of complexes**

Session: **2023-06-08 13:43:57**

Full name **Patient (W) Test**

Sex: **Female**

Saved complexes not found

Saved complexes