

Name **Certior test 2**
Date of Birth **10/28/1993**
Scan Type **Fitness scan**
Scan Date **9/6/2023 16 : 16**
Location

Vascular Age

23

Visceral Fat

Level 1

Blood Pressure

120/80

Previous Score (600)

489

Wellness Score (600)

523

Poor

Moderate

Good

Excellent

• Immediate attention required

• An area to focus on

• You could still improve

• You are in great shape

Body
Composition



89

Vascular Age
& Arteries



73

Insulin
Resistance
& Diabetes



95

Micro
circulation



81

Oxidative Stress



95

Stress
& Fatigue



90

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Body Composition

89

Total (100)

Poor

Moderate

Good

Excellent

Body composition gives you a more accurate overall picture of your health, compared to other calculations such as BMI or body fat percentage, which do not take into account lean muscle mass.

Your muscle, fat, and bone mass may change on a daily basis for various reasons. If you train frequently at a gym or with a personal trainer, you may find that you actually stay the same or even weigh more on the scales than when you started. This is a good thing, as lean muscle weighs more than fat.

Visceral fat is stored in the abdominal cavity and is also known as 'active fat' because it influences how hormones function in the body. To be 'skinny' fat means you are carrying an excess amount of this fat, but may not appear overweight. Visceral fat is dangerous because it is close to many vital organs such as the pancreas, liver and intestines. The higher the amount of visceral fat stored, the greater the risk for type 2 Diabetes and heart disease.

A correct balance of body water, muscle mass (including skeletal, heart and smooth muscle tissue) vs. fat and bone tissue are all important for healthy metabolism. Increases in extracellular water typically cause swelling and a marker for inflammation.



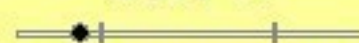
Fat mass

3D Color code

- Normal range
- Slightly increased
- Mild increased
- Moderate increased
- Severe increased

Body Fat Mass

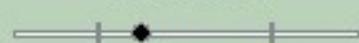
16.1 %



Decreased

Fat Free Mass

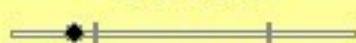
83.9 %



Normal

Muscular mass

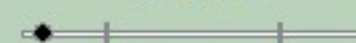
41.9 %



Decreased

Visceral Fat Level

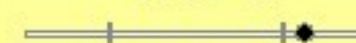
0.8 %



Normal

Extra Cellular Water

40.4 %



Increased

Vascular Age & Arteries

23

Vascular Age

73

Total (100)

Poor

Moderate

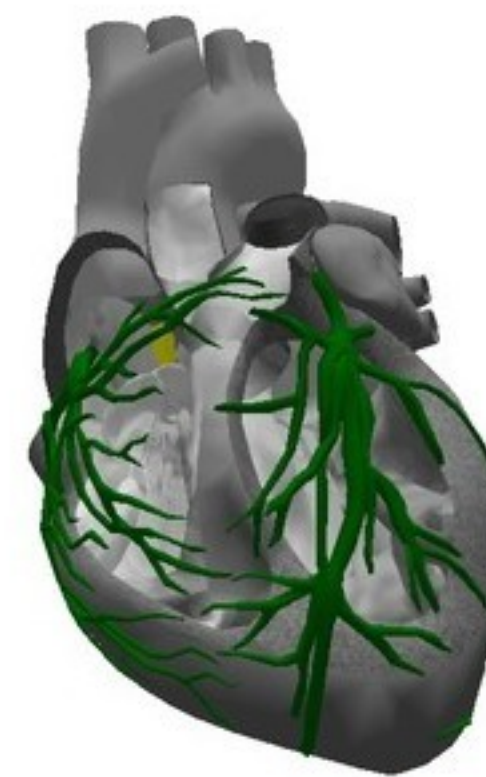
Good

Excellent

Heart disease is the number one killer on our planet. You are as old as your arteries. Your cardiovascular system comprises the heart and a vast system of vessels, made up of arteries, veins and capillaries over 60,000 miles in length - long enough to go around the world 2.5 times!

Endothelium is the delicate lining of our vessels. At only one cell thick it mustn't get injured as it is critical to living a long and healthy life.

Poor lifestyle choices (excess salt, alcohol, saturated fats and smoking) and underlying inflammation can damage it to a point where it cannot relax and adjust to our heartbeat. Consequently, cholesterol plaques and blood clots can form, resulting in 'ischemic' heart disease.



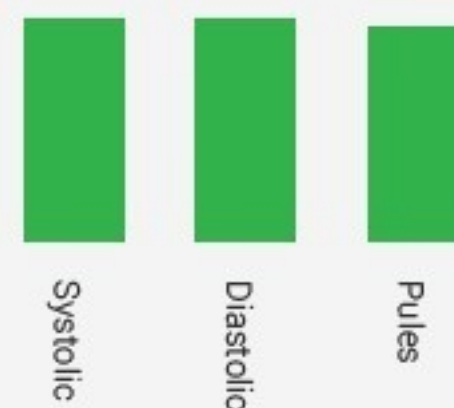
Endothelial Evaluation



Systolic Time



Blood Pressure



Heart Rate



Insulin Resistance & Diabetes

95

Total (100)

Poor

Moderate

Good

Excellent

Insulin is the hormone that regulates your blood sugar levels. Too much sugar eventually leads to malfunction (resistance) of insulin and is one of the most powerful causes of damaged arteries, high cholesterol and blood fats, fatty liver and high blood pressure.

Eating excess calories from too many refined sugars and living a sedentary lifestyle increases insulin, leading to insulin resistance (IR) and ultimately to diabetes. Weight gain and fatty liver consequently follow as insulin causes hunger and increased appetite.

Fat cells produce Leptin, which is a marker of obesity and inflammation, which also triggers dangerous new blood vessel growth, and can lead to cancer. People who exercise and eat high amount of fibre and of a whole-food plant-based diet have a lower risk of IR and Diabetes.

Eating too much flour, sugar and refined carbs will increase insulin (in early stages), but will lead to also increase fasting blood glucose (which turns to fat) and eventually diabetes, due to a failing pancreas. All of this can be prevented, controlled and reversed with positive lifestyle changes.



Metabolic syndrome



Insulin resistance



Beta cell function



Impaired glucose tolerance



Capillary endothelial cell function



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Microcirculation

81

Total (100)

Poor

Moderate

Good

Excellent

Your body's blood circulatory system is a critically important part of your cardiovascular system. It is within this branching network of microvessels that the transport and exchange of heat, respiratory gases, nutrients, waste products, water and hormones occurs between blood and your tissues.

Bodyscan360 links your blood's microcirculation with your skin's to assess the health of your limbs, using colours to easily interpret. The supply of blood to the limbs may constantly change, with diet and lifestyle factors as positive or negative influences.

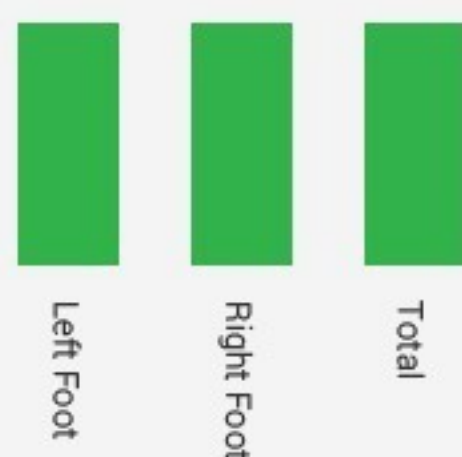
Changes may also be associated with a number of diseases such as atherosclerosis, hypertension, vasculitis and diabetes.



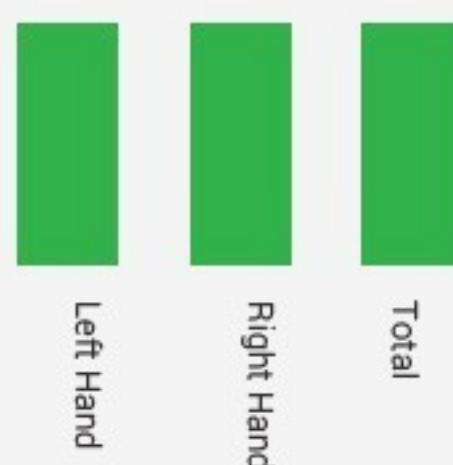
Microcirculation 3D Color code

- Normal range
- Very slightly decreased
- Slightly decreased
- Mild decreased
- Moderate decreased
- Severe decreased
- Improvement

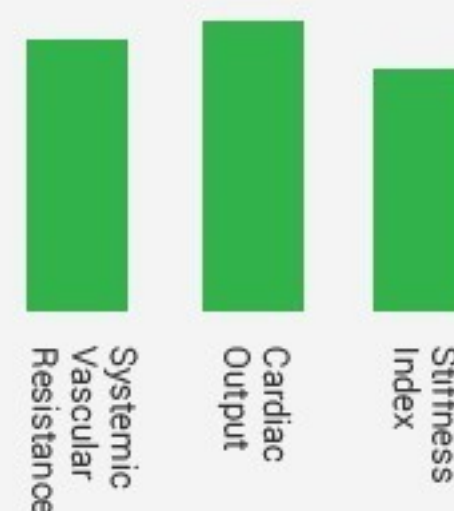
Feet



Hands



Stiffness



Oxidative Stress

95

Total (100)

Poor

Moderate

Good

Excellent

Oxidative stress is what happens to your body through the action of free radicals. These are a normal by product of the body's energy generating processes, but they are also produced in response to poor lifestyle choices and exposure to UV light, air pollution and industrial chemicals. It simply means premature 'rusting' of your cells which speeds up the rate of degeneration and ageing.

Antioxidants interact with the free radicals to ensure they are no longer harmful. Antioxidants help to metabolise and excrete toxins produced internally and consumed via food, water, polluted air and through the skin. Some antioxidants are produced within the body, while others need to be consumed in the diet. Flavonoids, flavones, catechins, polyphenols, and phytoestrogens are all types of antioxidants and phytonutrients, found in plant-based foods.

Each antioxidant has a unique function, which is why it is so important to consume a wide variety of ideally organic, whole, plant-based foods rich in fibre, low in cholesterol and fat. It is understood that antioxidants stimulate your body's immunity and natural defence against ageing and boosts production of your body's enzymes that eliminate free radicals. The most effective antioxidants are abundant in Blueberries, Dark Chocolate, Beans, Red Grapes and even Red Wine.



Superoxide Anion



Hydrogen Peroxide



Hydroxyl Radical



Peroxynitrite



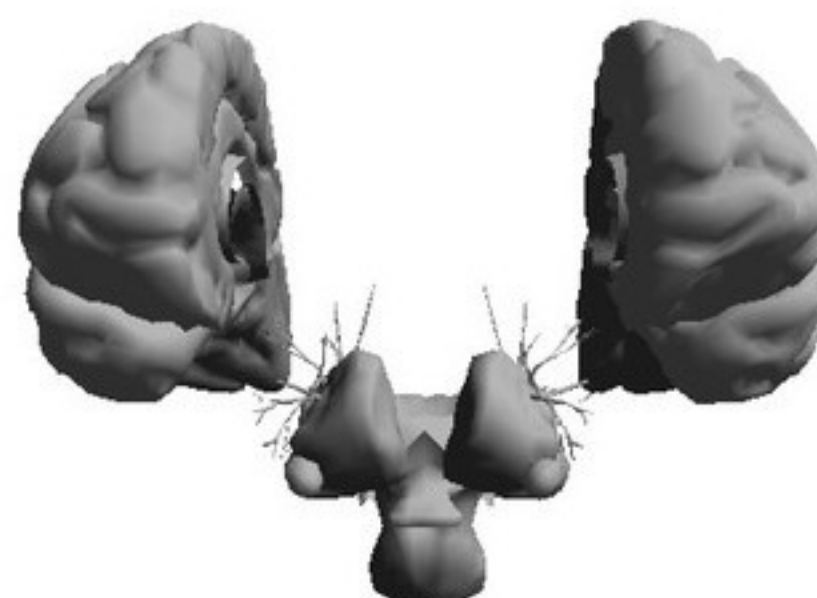
Stress & Fatigue

90 Total (100)



Chronic stress overstimulates the autonomic nervous system (ANS). Feeling angry, wired and tired triggers underlying mechanisms that lead to chronic disease. Yet daily lifestyle choices can be the difference in preventing the physiological effects that manifest in serious illness.

When you are stressed your body burns more nutrients – a bit like a car going at 90mph Vs 55mph – the fuel consumption is higher. When the body is stressed or anxious, digestion shuts down. The brain signals your body to prepare for danger and floods it with adrenalin and cortisol. Consequently, breathing rate goes up; heart rate increases; blood is thickened as calcium is released from the bones. Too much calcium in the blood means less in the bones, hence bones become thinner (starting as osteopenia and leading to osteoporosis). Meanwhile, the digestive system is not producing stomach acid and the pancreas enough enzymes to break down food, leading to gastrointestinal symptoms and inflammatory diseases. When all this is happening, the 'cortisol steal' is taking place, where stress hormone cortisol blocks production of progesterone in women, triggering more potent oestrogens to dominate, increasing the risk of breast cancer. This 'steal' also blocks testosterone in men, limiting the ability to build lean muscle cells. Abnormal cortisol levels have been observed in chronic fatigue, depression, panic disorders, impotence, infertility and sleep disturbance.



Fatigue	Target Area	Stress
Low		High
Average		Average
High		Low

Parasympathetic

Sympathetic