

Autonomic Assessment Report

*5 Minute Heart Rate Variability Test

Personal information:

First Name: Kevin
 Last Name: [REDACTED]
 Gender: Male
 Date of Birth: 11/29/1962

Test information:

Date: 01/15/2011
 Time: 02:18
 Trial: 10

Test data statistic and quality check:

Total number of heartbeats: 307
 Number of normal heartbeats: 299
 Number of ectopic heartbeats: 8
 % of ectopic heartbeats: 2.6
 Quality check index: Acceptable

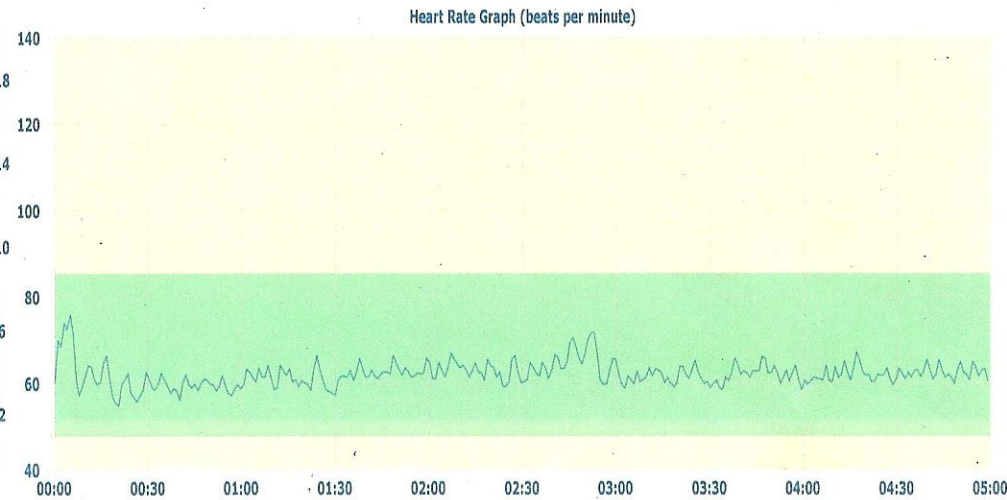
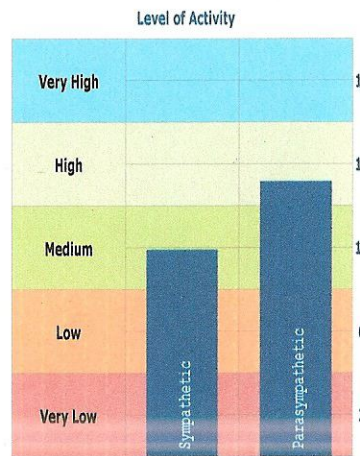
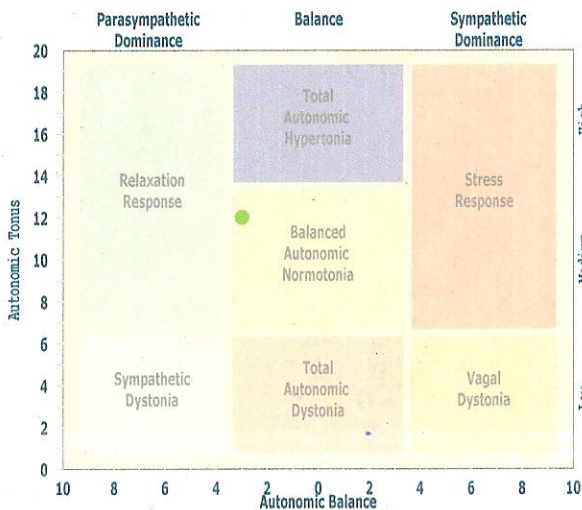
Baseline Prior To Chi Energy Card

Time Domain Analysis

	Value	Units	Normal Range	
Mean HR:	61.9	bpm	47.6	85.4 OK
Mean RR:	969.0	ms		
SDNN:	43.9	ms	8.3	77.4 OK
RMS-SD:	34.9	ms	6.8	60.1 OK
pNN50:	12.4	%		
TI:	137.9			

Frequency Domain Analysis

	Value	Units	Ln	Normal Range for Logarithmic values (Ln)	
TP:	536.8	ms ² /Hz	6.3	4.5	7.2 OK
VLF:	262.5	ms ² /Hz	5.6	3.6	5.6 OK
LF:	124.7	ms ² /Hz	4.8	3.3	6.0 OK
HF:	149.6	ms ² /Hz	5.0	2.3	5.8 OK
LFnorm:	45.5				
HFnorm:	54.5				
LF/HF:	0.8		-0.2	-0.6	1.8 OK



Test Summary:

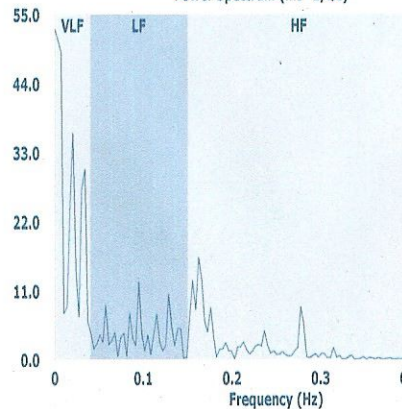
Prevailing rhythm: Normocardia - resting heart rate is within normal range.

Heart rhythm disturbances: Occasional ectopic heartbeats or other minor disturbances due to possible body movements. No significant effect on quality of assessment.

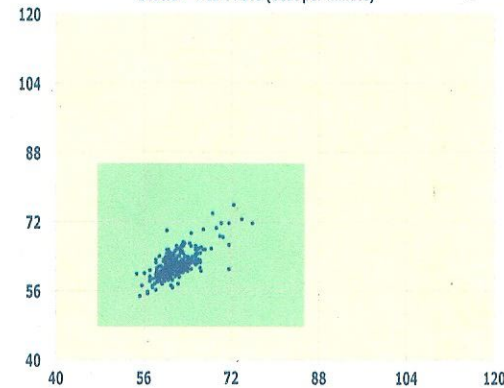
Autonomic function condition: Balanced autonomic normtonia. The autonomic nervous system is in good balance (-3 points), The autonomic tonus is medium (12 points out of 20). The level of functional activity of sympathetic nervous system is normal (9 points out of 20). The level of functional activity of parasympathetic nervous system is higher than normal (13 points out of 20). This is a sign of optimum performance of the autonomic regulatory function.

Recommendations: If similar results appear 3 or more times in a row, it is a sign of good health. Maintaining a healthy lifestyle may help to keep the autonomic function at an optimal level.

Power Spectrum (ms²/Hz)



Scatter - Heart Rate (beat per minute)



Autonomic Assessment Report

*5 Minute Heart Rate Variability Test

Personal information:

First Name: Kevin
 Last Name: [REDACTED]
 Gender: Male
 Date of Birth: 11/29/1962

Test information:

Date: 01/15/2011
 Time: 15:15
 Trial: 11

Test data statistic and quality check:

Total number of heartbeats: 320
 Number of normal heartbeats: 318
 Number of ectopic heartbeats: 2
 % of ectopic heartbeats: 0.6
 Quality check index: Acceptable

← Now only 2 abnormal beats in 5 minutes

1 hour after carrying Chi Energy card

Big 171 point boost in power - Nice!

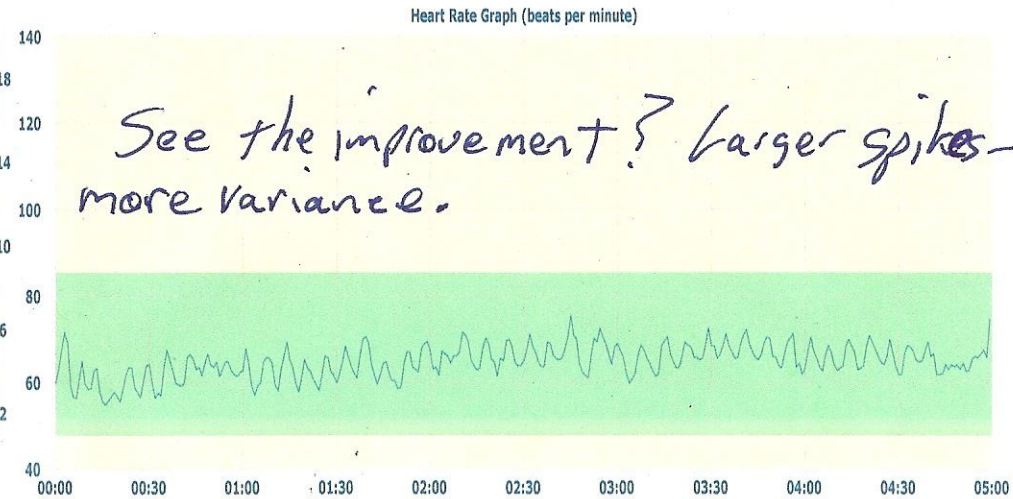
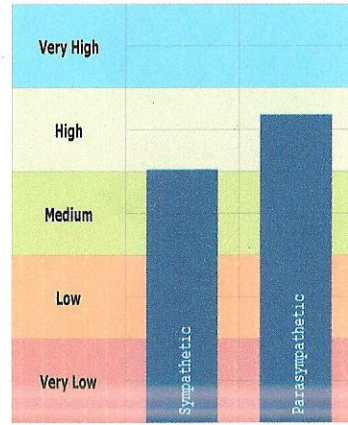
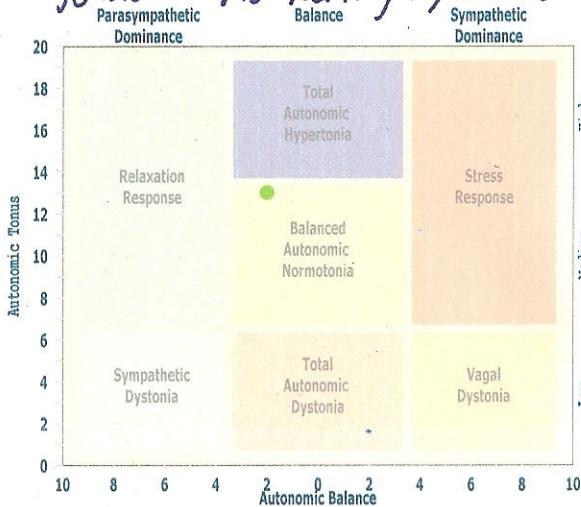
Time Domain Analysis

Value	Units	Normal Range	Score
Mean HR:	64.5 bpm	47.6 - 85.4	85.4 OK
Mean RR:	930.7 ms		
SDNN:	55.7 ms	8.3 - 77.4	77.4 OK
RMS-SD:	38.7 ms	6.8 - 60.1	60.1 OK
pNN50:	20.0 %		
TI:	96.7		

Very little Tension
More than a 10 ms improvement - Decreased Mortality by 20% - Thank You Very Much!

Frequency Domain Analysis

Value	Units	Ln	Normal Range for Logarithmic values (Ln)
TP:	707.7 ms ² /Hz	6.6	4.5 - 7.2 OK
VLF:	169.2 ms ² /Hz	5.1	3.6 - 5.6 OK
LF:	273.6 ms ² /Hz	5.6	3.3 - 6.0 OK
HF:	264.9 ms ² /Hz	5.6	2.3 - 5.8 OK
LFnorm:	50.8		
HFnorm:	49.2		
LF/HF:	1.0	0.0	-0.6 - 1.8 OK

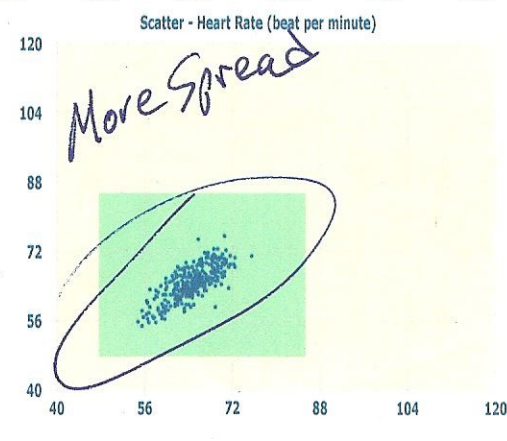
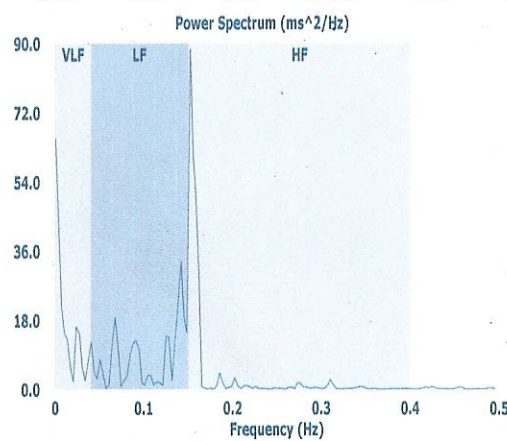


Prevailing rhythm: Normocardia - resting heart rate is within normal range.

Heart rhythm disturbances: Occasional ectopic heartbeats or other minor disturbances due to possible body movements. No significant effect on quality of assessment.

Autonomic function condition: Balanced autonomic normtonia. The autonomic nervous system is in good balance (-2 points). The autonomic tonus is medium (13 points out of 20). The level of functional activity of sympathetic nervous system is higher than normal (12 points out of 20). The level of functional activity of parasympathetic nervous system is higher than normal (14 points out of 20). This is a sign of optimum performance of the autonomic regulatory function.

Recommendations: If similar results appear 3 or more times in a row, it is a sign of good health. Maintaining a healthy lifestyle may help to keep the autonomic function at an optimal level.



Autonomic Assessment Report

*5 Minute Heart Rate Variability Test

Personal information:

First Name: Larry
 Last Name: [REDACTED]
 Gender: Male
 Date of Birth: 08/25/1955

Test information:

Date: 01/15/2011
 Time: 15:45
 Trial: 1

Test data statistic and quality check:

Total number of heartbeats: 376
 Number of normal heartbeats: 366
 Number of ectopic heartbeats: 10
 % of ectopic heartbeats: 2.7
 Quality check index: Acceptable

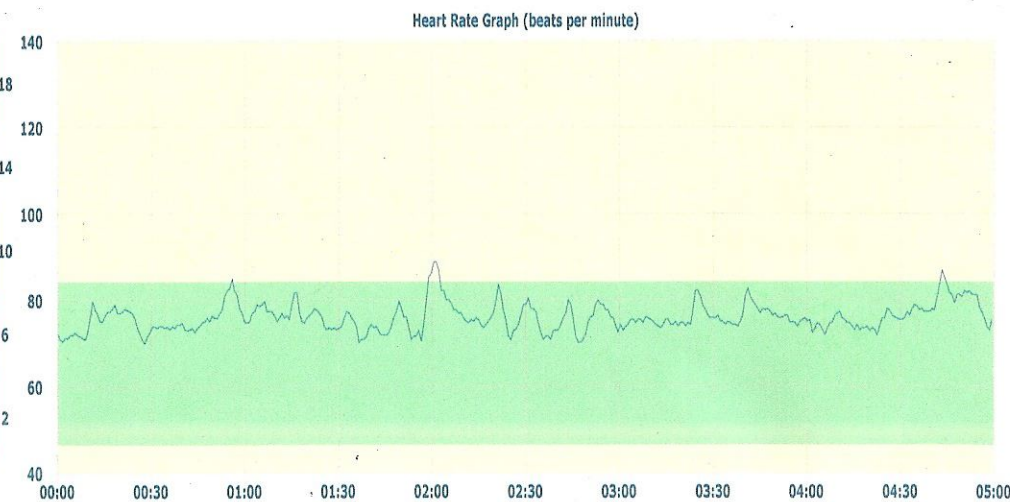
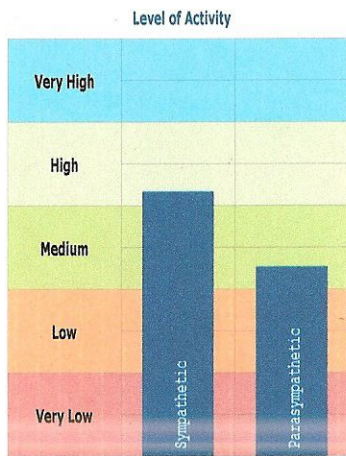
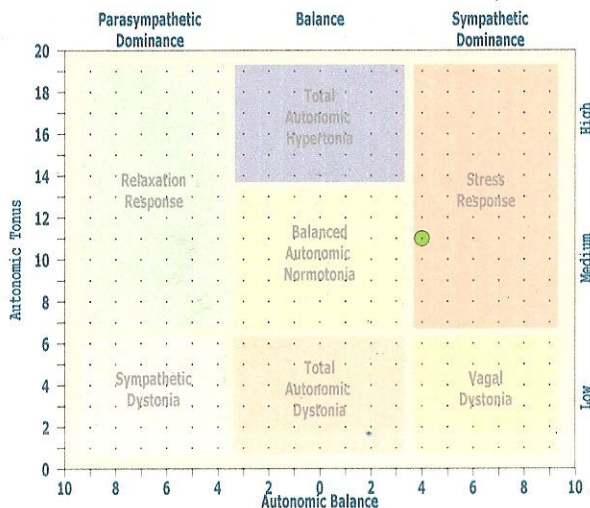
Baseline Prior To Chi Energy Card

Time Domain Analysis

Value	Units	Normal Range	Score	Status
Mean HR:	75.9 bpm	46.4 - 84.3	75.9	OK
Mean RR:	790.9 ms	6.8 - 73.9	790.9	OK
SDNN:	32.8 ms	6.4 - 54.8	32.8	OK
RMS-SD:	14.9 ms			
pNN50:	0.0 %			
TI:	241.5			

Frequency Domain Analysis

Value	Units	Ln	Normal Range for Logarithmic values (Ln)	Score	Status
TP:	422.6 ms ² /Hz	6.0	4.1 - 6.9	6.0	OK
VLF:	121.0 ms ² /Hz	4.8	3.2 - 5.2	4.8	OK
LF:	277.3 ms ² /Hz	5.6	2.9 - 5.6	5.6	OK
HF:	24.3 ms ² /Hz	3.2	1.9 - 5.5	3.2	OK
LFnorm:	92.0				
HFnorm:	8.0				
LF/HF:	11.4	2.4	-0.5 - 1.8	2.4	!



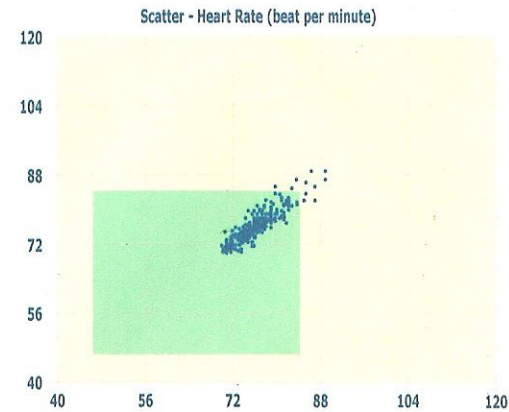
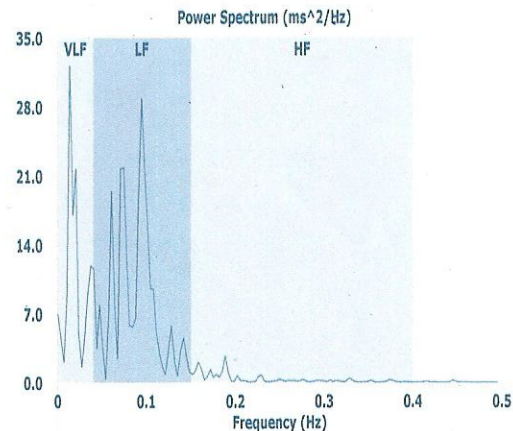
Test Summary:

Prevailing rhythm: Normocardia - resting heart rate is within normal range.

Heart rhythm disturbances: Occasional ectopic heartbeats or other minor disturbances due to possible body movements. No significant effect on quality of assessment.

Autonomic function condition: Stress response. The autonomic nervous system is out of balance (4 points) with slight predominance of sympathetic regulation. The autonomic tonus is medium (11 points out of 20). The level of functional activity of sympathetic nervous system is higher than normal (12 points out of 20). The level of functional activity of parasympathetic nervous system is normal (9 points out of 20). This may be a sign of physical or mental stress or presence of any acute health issue causing the sympathetic nervous system function to increase.

Recommendations: If similar results appear 3 or more times in a row, it is recommended to perform a thorough health checkup. Establishing and maintaining a healthy lifestyle may help to improve the autonomic function.



Autonomic Assessment Report

*5 Minute Heart Rate Variability Test

Personal information:

First Name: Larry
 Last Name: [Redacted]
 Gender: Male
 Date of Birth: 08/25/1955

Test information:

Date: 01/15/2011
 Time: 16:27
 Trial: 2

Test data statistic and quality check:

Total number of heartbeats: 348
 Number of normal heartbeats: 337
 Number of ectopic heartbeats: 11
 % of ectopic heartbeats: 3.2
 Quality check index: Acceptable

*42 Minutes After Carrying Chi Energy Card
 Over 5 beat per minute improvement*

Time Domain Analysis

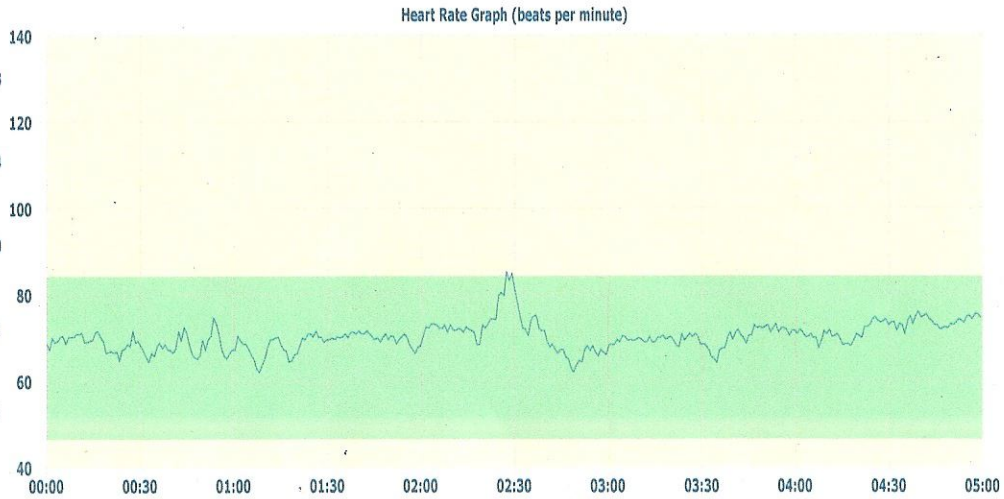
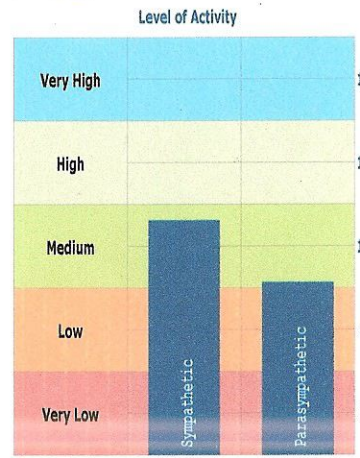
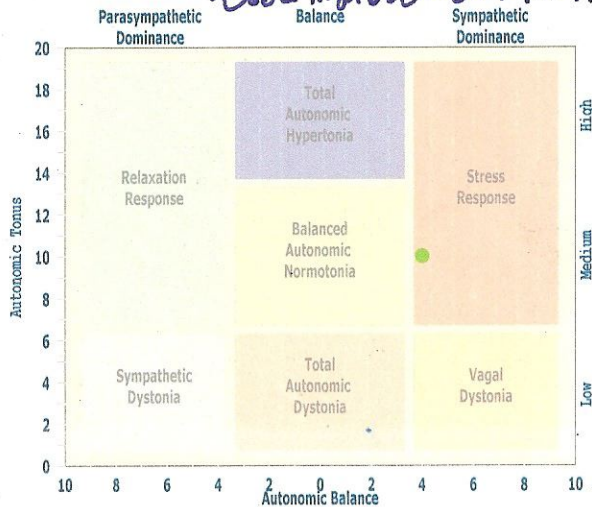
	Value	Units	Normal Range	
Mean HR:	70.1	bpm	46.4 - 84.3	OK
Mean RR:	856.5	ms		
SDNN:	38.4	ms	6.8 - 73.9	OK
RMS-SD:	17.2	ms	6.4 - 54.8	OK
pNN50:	0.9	%		
TI:	160.3			

*Big decrease in tension
 Good improvement in life force*

300 point improvement in power - Wow!

Frequency Domain Analysis

	Value	Units	Ln	Normal Range for Logarithmic values (Ln)	
TP:	722.0	ms ² /Hz	6.6	4.1 - 6.9	OK
VLF:	538.3	ms ² /Hz	6.3	3.2 - 5.2	6.3 !
LF:	165.6	ms ² /Hz	5.1	2.9 - 5.6	OK
HF:	18.1	ms ² /Hz	2.9	1.9 - 5.5	OK
LFnorm:	90.2				
HFnorm:	9.8				
LF/HF:	9.2		2.2	-0.5 - 1.8	2.2 !



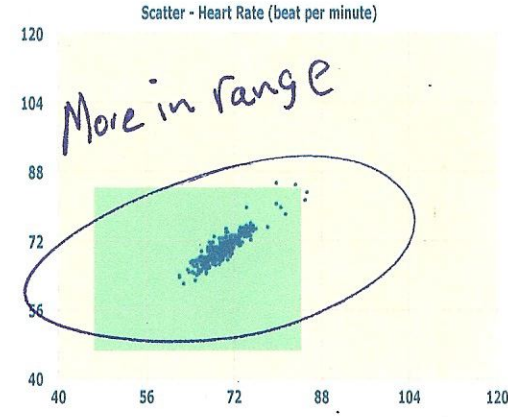
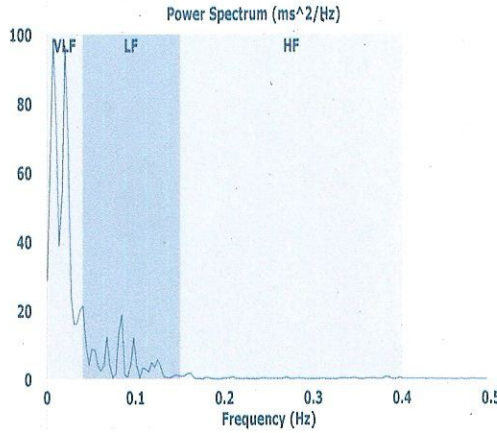
Test Summary:

Prevailing rhythm: Normocardia - resting heart rate is within normal range.

Heart rhythm disturbances: Non-persistent series of ectopic heartbeats or other disturbances due to possible significant body movements. Quality of assessment maybe questionable.

Autonomic function condition: Stress response. The autonomic nervous system is out of balance (4 points) with slight predominance of sympathetic regulation. The autonomic tonus is medium (10 points out of 20). The level of functional activity of sympathetic nervous system is normal (11 points out of 20). The level of functional activity of parasympathetic nervous system is normal (8 points out of 20). This may be a sign of physical or mental stress or presence of any acute health issue causing the sympathetic nervous system function to increase.

Recommendations: If similar results appear 3 or more times in a row, it is recommended to perform a thorough health checkup. Establishing and maintaining a healthy lifestyle may help to improve the autonomic function.



Autonomic Assessment Report

* 5 Minute Heart Rate Variability Test

Personal information:

First Name: Debbie
 Last Name: [REDACTED]
 Gender: Female
 Date of Birth: 12/30/1956

Test information:

Date: 01/15/2011
 Time: 02:10
 Trial: 7

Test data statistic and quality check:

Total number of heartbeats: 401
 Number of normal heartbeats: 386
 Number of ectopic heartbeats: 15
 % of ectopic heartbeats: 3.7
 Quality check index: Acceptable

← Chaotic Heartbeats

Baseline Prior to Chi Energy Card

Way to low of power

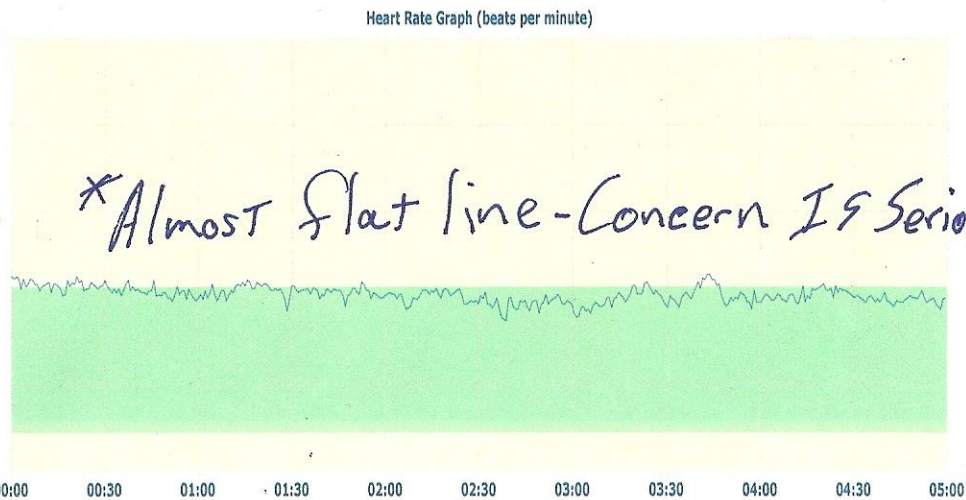
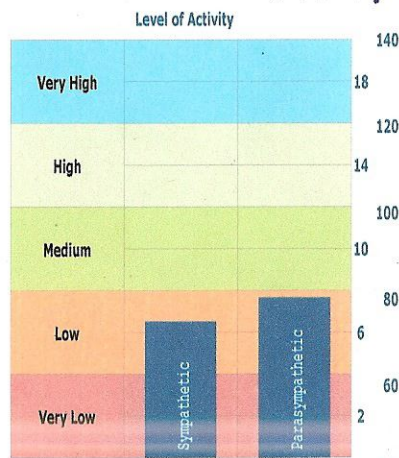
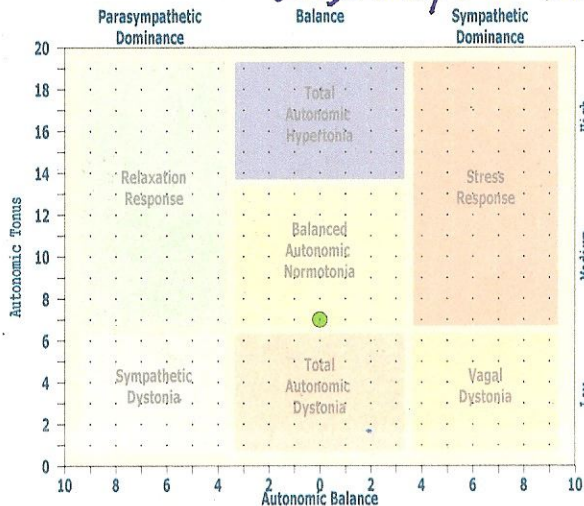
Time Domain Analysis

Value	Units	Normal Range
Mean HR:	80.7 bpm	48.7 - 82.5 OK
Mean RR:	743.4 ms	
SDNN:	17.5 ms	6.4 - 72.1 OK
RMS-SD:	11.6 ms	6.3 - 60.6 OK
pNN50:	0.2 %	
TI:	561.8	
Mean BVP:	4.1	
BVP SD:	1.2	

*This is the variance between the beats of the heart and the best predictor of death available.
 Dangerously low - Serious Malfunction Possible!*

Frequency Domain Analysis

Value	Units	Ln	Normal Range for Logarithmic values (Ln)
TP:	110.5 ms ² /Hz	4.7	4.4 - 7.0 OK
VLF:	69.5 ms ² /Hz	4.2	3.5 - 6.0 OK
LF:	22.7 ms ² /Hz	3.1	3.0 - 5.7 OK
HF:	18.2 ms ² /Hz	2.9	2.7 - 5.8 OK
LFnorm:	55.5		
HFnorm:	44.5		
LF/HF:	1.2	0.2	1.1 - 0.2 !



** Almost flat line - Concern is serious*

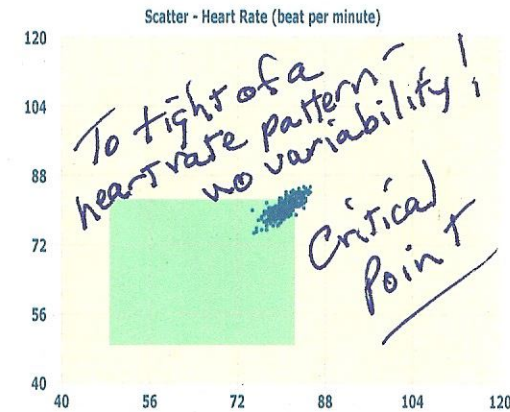
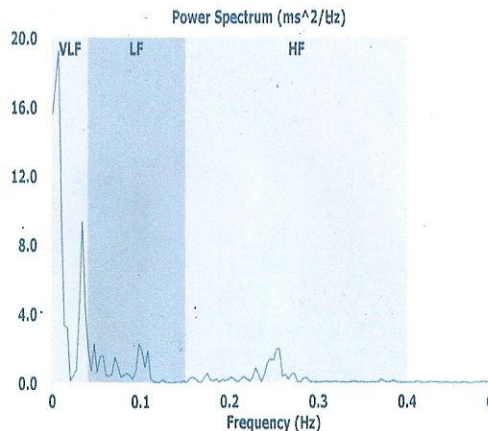
Test Summary:

Prevailing rhythm: Normocardia - resting heart rate is within normal range.

Heart rhythm disturbances: Occasional ectopic heartbeats or other minor disturbances due to possible body movements. No significant effect on quality of assessment.

Autonomic function condition: Balanced autonomic normotonia. The autonomic nervous system is in good balance (0 points). The autonomic tonus is medium (7 points out of 20). The level of functional activity of sympathetic nervous system is lower than normal (6 points out of 20). The level of functional activity of parasympathetic nervous system is lower than normal (7 points out of 20). This is a sign of optimum performance of the autonomic regulatory function.

Recommendations: If similar results appear 3 or more times in a row, it is a sign of good health. Maintaining a healthy lifestyle may help to keep the autonomic function at an optimal level.



Autonomic Assessment Report

*5 Minute Heart Rate Variability Test

Personal information:

First Name: Debbie
 Last Name: [REDACTED]
 Gender: Female
 Date of Birth: 12/30/1956

Test information:

Date: 01/15/2011
 Time: 15:05
 Trial: 8

Test data statistic and quality check:

Total number of heartbeats: 349
 Number of normal heartbeats: 348
 Number of ectopic heartbeats: 1
 % of ectopic heartbeats: 0.3
 Quality check index: Acceptable

← Calmed the Heart

45 minutes After Carrying Chi Energy Card. Major Quantum Improvements!
 Resting Heart rate dropped 10 bpm!

Time Domain Analysis

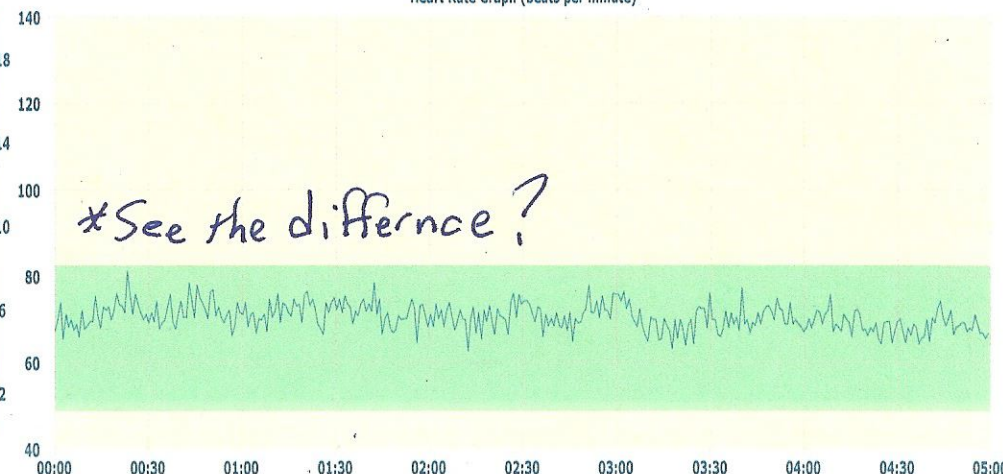
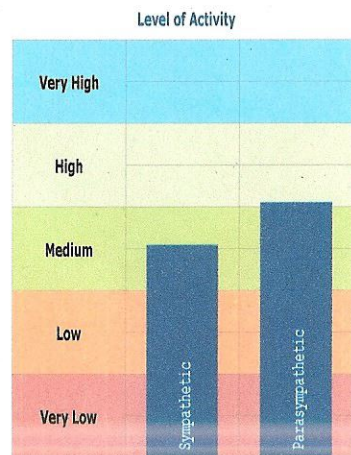
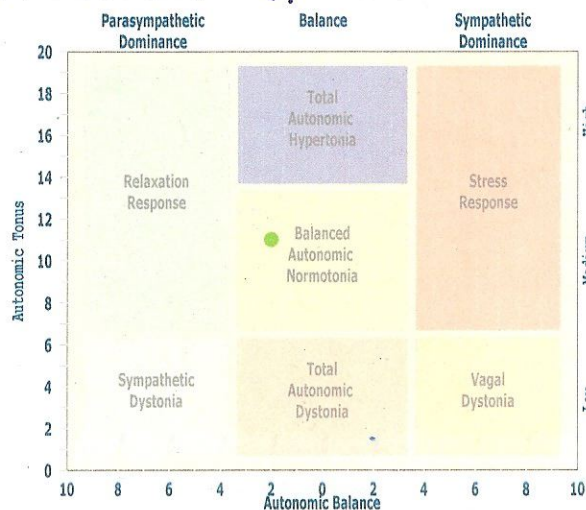
Value	Units	Normal Range	Score
Mean HR:	70.5 bpm	48.7 - 82.5	82.5 OK
Mean RR:	851.6 ms		
SDNN:	36.7 ms	6.4 - 72.1	72.1 OK
RMS-SD:	42.7 ms	6.3 - 60.6	60.6 OK
pNN50:	23.2 %		
TI:	172.9		

← Tension dropped by 70%!
 "Life Force" energy more than doubled - unheard of!

Frequency Domain Analysis

Value	Units	Ln	Normal Range for Logarithmic values (Ln)
TP:	312.6 ms ² /Hz	5.7	4.4 - 7.0 OK
VLF:	128.2 ms ² /Hz	4.9	3.5 - 6.0 OK
LF:	82.5 ms ² /Hz	4.4	3.0 - 5.7 OK
HF:	101.9 ms ² /Hz	4.6	2.7 - 5.8 OK
LFnorm:	44.7		
HFnorm:	55.3		
LF/HF:	0.8	-0.2	-1.1 - -0.2 !

Total Power increased by Tripling!



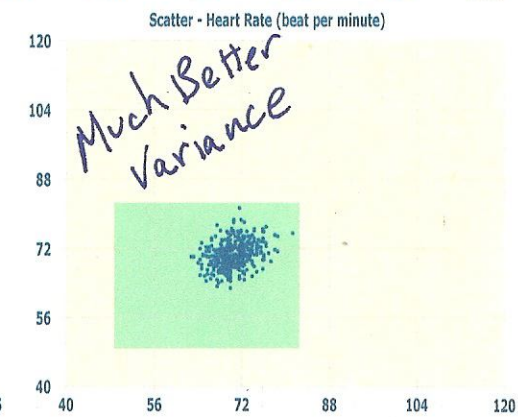
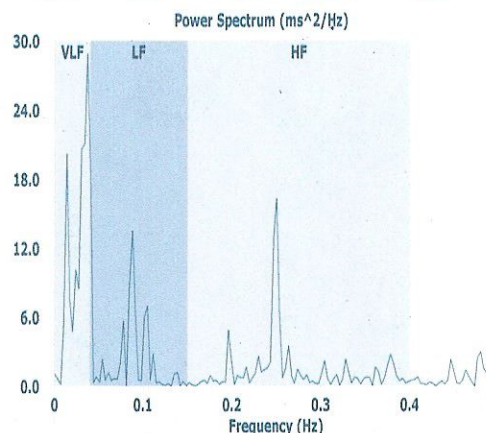
Test Summary:

Prevailing rhythm: Normocardia - resting heart rate is within normal range.

Heart rhythm disturbances: Occasional ectopic heartbeats or other minor disturbances due to possible body movements. No significant effect on quality of assessment.

Autonomic function condition: Balanced autonomic normotonia. The autonomic nervous system is in good balance (-2 points), The autonomic tonus is medium (11 points out of 20). The level of functional activity of sympathetic nervous system is normal (10 points out of 20). The level of functional activity of parasympathetic nervous system is higher than normal (12 points out of 20). This is a sign of optimum performance of the autonomic regulatory function.

Recommendations: If similar results appear 3 or more times in a row, it is a sign of good health. Maintaining a healthy lifestyle may help to keep the autonomic function at an optimal level.



Autonomic Assessment Report

*5 Minute Heart Rate Variability Test

Personal information:

First Name: Harold
 Last Name: [REDACTED]
 Gender: Male
 Date of Birth: 04/06/1968

Test information:

Date: 01/16/2011
 Time: 15:18 ← 18:18
 Trial: 6

Test data statistic and quality check:

Total number of heartbeats: 456
 Number of normal heartbeats: 445
 Number of ectopic heartbeats: 11 ← Number of Chaotic Heartbeats
 % of ectopic heartbeats: 2.4
 Quality check index: Acceptable but some editing might be required

Baseline Prior To Chi Energy Card

High Resting Heart Rate

Time Domain Analysis

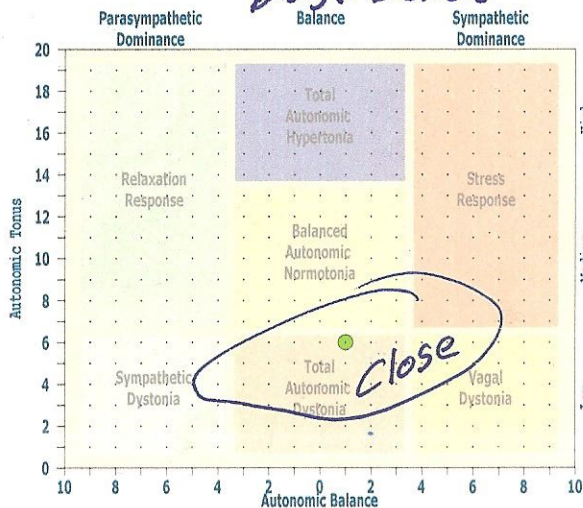
Value	Units	Normal Range
Mean HR: 92.1	bpm	48.6 - 86.4
Mean RR: 651.5	ms	
SDNN: 20.2	ms	11.3 - 80.4 OK
RMS-SD: 16.4	ms	8.3 - 64.9 OK
pNN50: 0.7	%	
TI: 416.4		

Frequency Domain Analysis

Value	Units	Ln	Normal Range for Logarithmic values (Ln)
TP: 81.1	ms ² /Hz	4.4	4.4 - 4.7
VLF: 28.7	ms ² /Hz	3.4	3.4 - 3.9
LF: 40.4	ms ² /Hz	3.7	3.6 - 6.4 OK
HF: 12.0	ms ² /Hz	2.5	2.5 - 6.1
LFnorm: 77.1			
HFnorm: 22.9			
LF/HF: 3.4		1.2	-0.6 - 1.8 OK

No Power - Never Seen Anyone This Drained!

Danger Zone!



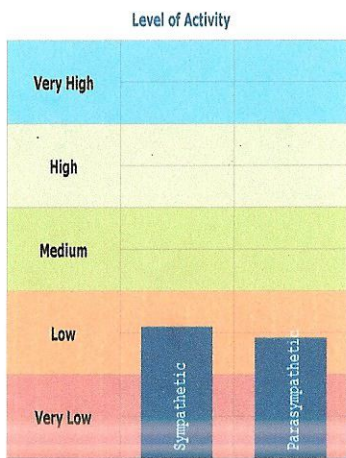
Test Summary:

Prevailing rhythm: Tachycardia - resting heart rate is higher than normal.

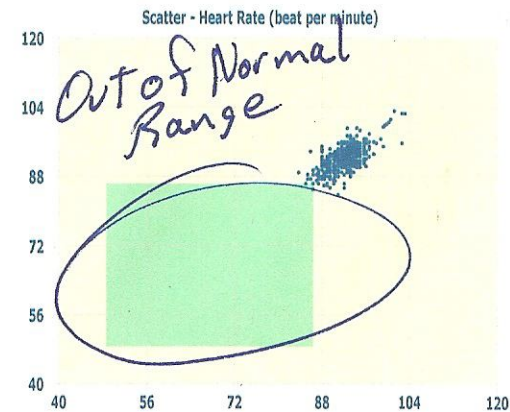
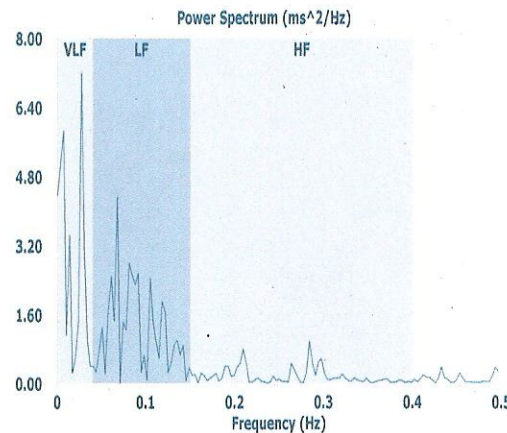
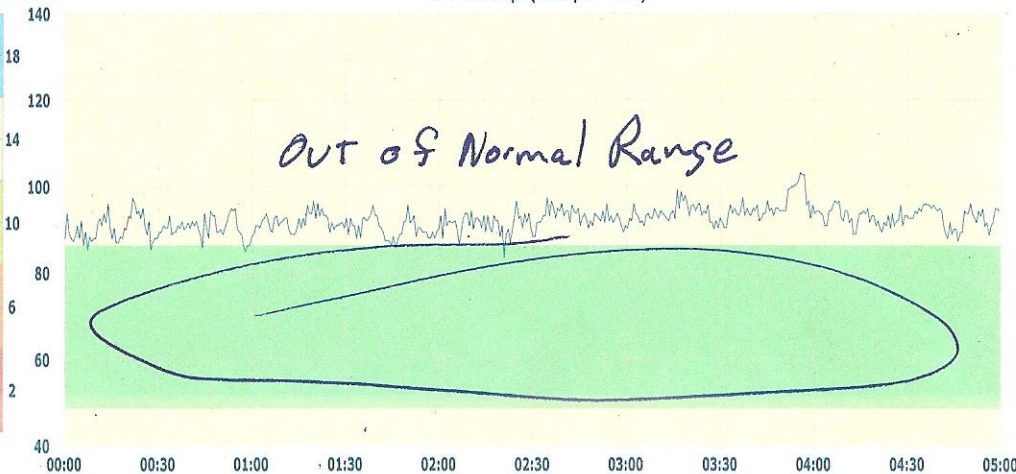
Heart rhythm disturbances: Non-persistent series of ectopic heartbeats or other disturbances due to possible significant body movements. Quality of assessment maybe questionable.

Autonomic function condition: Total autonomic dystonia. Although the autonomic nervous system is in balance (1 points), the autonomic tonus is slightly low (6 points out of 20). The level of functional activity of sympathetic nervous system is lower than normal (6 points out of 20). The level of functional activity of parasympathetic nervous system is lower than normal (5 points out of 20). This may be a sign of accelerated aging process, physical or mental fatigue, chronic stress, possible presence of any chronic health condition associated with depressed regulatory function of the autonomic nervous system.

Recommendations: If similar results appear 3 or more times in a row, it is recommended to perform a thorough health checkup. Establishing and maintaining a healthy lifestyle may help to improve the autonomic function.



Heart Rate Graph (beats per minute)



Autonomic Assessment Report

Personal information:

First Name: Harold
 Last Name: [REDACTED]
 Gender: Male
 Date of Birth: 04/06/1968

Test information:

Date: 01/16/2011
 Time: 18:54
 Trial: 7

Test data statistic and quality check:

Total number of heartbeats: 413
 Number of normal heartbeats: 410
 Number of ectopic heartbeats: 3
 % of ectopic heartbeats: 0.7
 Quality check index: Acceptable

*36 Minutes After Carrying Chi Energy Card
 Very nice 8.5 decrease in beats per minute!*

Time Domain Analysis

Value	Units	Normal Range
Mean HR: 83.6	bpm	48.6 - 86.4 OK
Mean RR: 718.0	ms	
SDNN: 34.3	ms	11.3 - 80.4 OK
RMS-SD: 28.2	ms	8.3 - 64.9 OK
pNN50: 7.3	%	
TI: 236.1		

** For every 10 ms improvement in SDNN number
 your risk of mortality is decreased by 20%!*

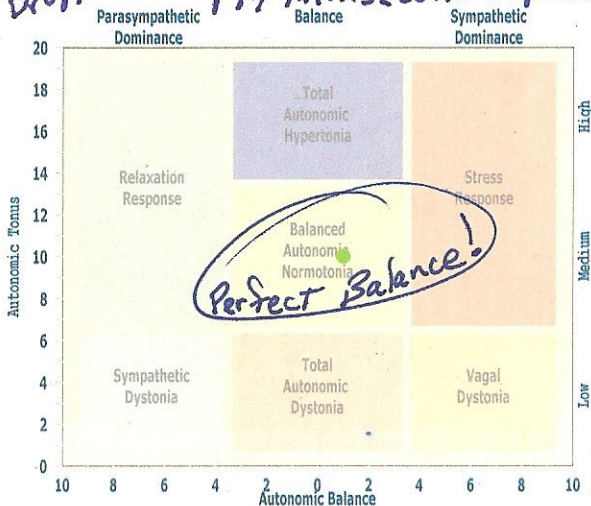
14 millisecond improvement in variability between beats!

Tension Big Drops

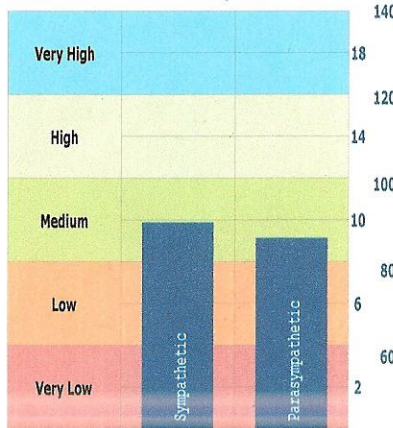
*Over a 400% increase in Power! In 36 minutes -
 Are You Kidding me?*

Frequency Domain Analysis

Value	Units	Ln	Normal Range for Logarithmic values (Ln)
TP: 341.4	ms ² /Hz	5.8	4.7 - 7.5 OK
VLF: 152.4	ms ² /Hz	5.0	3.9 - 5.9 OK
LF: 146.6	ms ² /Hz	5.0	3.6 - 6.4 OK
HF: 42.5	ms ² /Hz	3.7	2.5 - 6.1 OK
LFnorm: 77.5			
HFnorm: 22.5			
LF/HF: 3.5		1.2	-0.6 - 1.8 OK



Perfect Balance!



Test Summary:

Prevailing rhythm: Normocardia - resting heart rate is within normal range.

Heart rhythm disturbances: Occasional ectopic heartbeats or other minor disturbances due to possible body movements. No significant effect on quality of assessment.

Autonomic function condition: Balanced autonomic normotonia. The autonomic nervous system is in good balance (1 points), The autonomic tonus is medium (10 points out of 20). The level of functional activity of sympathetic nervous system is normal (9 points out of 20). The level of functional activity of parasympathetic nervous system is normal (9 points out of 20). This is a sign of optimum performance of the autonomic regulatory function.

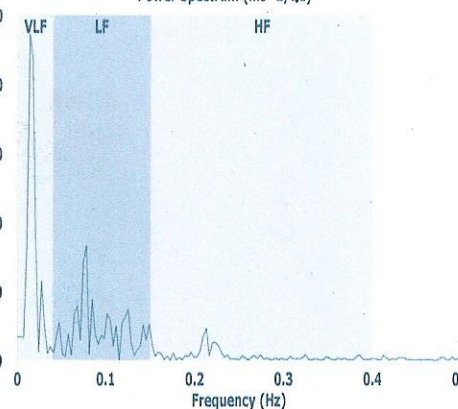
Recommendations: If similar results appear 3 or more times in a row, it is a sign of good health. Maintaining a healthy lifestyle may help to keep the autonomic function at an optimal level.

Heart Rate Graph (beats per minute)

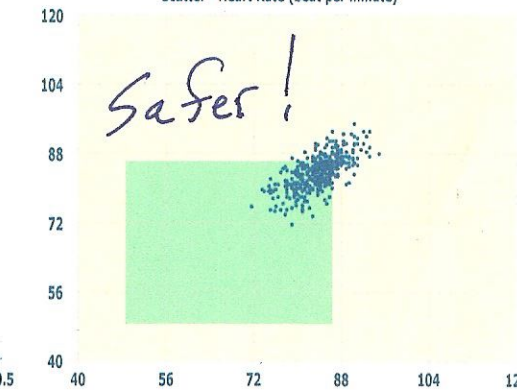


Much Better

Power Spectrum (ms²/Hz)



Scatter - Heart Rate (beat per minute)



Safer!