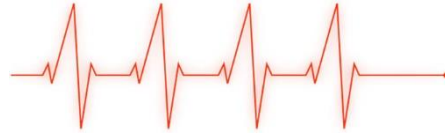


## HOW HEALTHY ARE YOU?



Find out with The Physical Fitness Test

Using Heart Rate Variability

The Physical Fitness Test is a fully automatic, non-invasive, computer based system designed to assess your nervous system using heart rate variations.

The test was developed on scientific and medical research conducted in Russia, Germany, France and the United States over the past 30 years. The system of analysis was designed by Alexander Rifting: Ph.D. (based on the work known as “Method of Rhythmography” developed by Dr. Zhemaitie, Lithuania)

Testing conducted at Columbia University Medical Center confirmed the System to be over 95% reliable and accurate in its assessment when compared to industry standards.

The health express test allows precise results for determining the level of physical fitness of your body. This test not only determines your QUANTITY of health but also your QUALITY of health.

The main components that determine “health” are:

- 1) Heredity Potential
- 2) Degree of Physical Fitness
- 3) Current Mental Health
- 4) Internal and External Stresses

The key advantage of this method is that it accurately detects early development of a disease. This tool will help recognize a potential health problem long before your physician would pick it up in a routine examination. Thus, the test becomes an objective tool for early intervention to a disease or illness, long before you would complain of symptoms.

The analysis allows for great deal of information to be compressed into a simple picture. The assessment performs 448 heartbeat analyses: or 448 EKG's. This allows for greater accuracy in

finding heart problems than a regular physician might find doing a normal EKG. You have 448 chances to find it as opposed to the few most doctors will do in a routine EKG.

Evaluation requires measurement of your heartbeat lying down and standing up. The computer then analyses the similarities and differences between the two. Kit then gives you both a graphic indicator as well as numerical value of how healthy you are (or aren't).

This system far surpasses any other diagnostic tool we currently have. The reason being is that it is the FIRST HEALTHY people as opposed to other sick people. Your results are compared to the world's top athletes. There is no other diagnostic database in the world that has this advantage.

It can also be used to monitor any treatment plan. It can be used under a medical doctor's care to monitor your improvement on a medication, under your cardiologist's care to monitor the improvement of your cardiovascular system, under your chiropractor's/ massage therapist's / physical therapist's care to establish that the treatment created improvement, or under your nutritionist's care to confirm that you are taking the correct nutritional supplements.

The system can then:

- 1) See how healthy you are to perform a particular activity
- 2) Find an undiagnosed illness
- 3) Detect if your loss of health is due to a physiological influence
- 4) Confirm the optimum lifestyle for you

On a very personal level, this analysis can determine if you are qualified to be a state policeman, air traffic controller, or navy SEAL. It can help determine your chances of winning events as a world class athlete, an endurance runner or reaching the top of Mount Everest.

By utilizing the most superior tool, the "Health Express Test", for assessing great health, the possibilities are endless. If you see a need for better health, then we can help you establish better health.

## Scoring:

Start with numbers along bottom of graph.

### Highest Level of Health

- |     |     |
|-----|-----|
| 1.1 | 2.2 |
| 1.2 | 2.2 |



W e l l   W i t h i n   o f   S o H o  
C h i r o p r a c t i c   a n d   N u t r i t i o n  
D r .   B e t h   F o r g o s h

**Normal Level of Health**

1.3	2.3	3.1	4.1
		3.2	4.2
		3.3	4.3

**Mild Loss of Health**

1.4	2.4	3.4	4.4	5.1	6.1
				5.2	6.2
				5.3	6.3
				5.4	6.4

**Moderate Loss of Health**

1.5	2.5	3.5	4.5	5.5	6.5	7.1	8.1	9.1	10.1
1.6	2.6	3.6	4.6	5.6	6.6	7.2	8.2	9.2	10.2
						7.3	8.3	9.3	10.3
						7.4	8.4	9.4	10.4
						7.5	8.5	9.5	10.5
						7.6	8.6	9.6	10.6

**Severe Loss of health**

1.7	2.7	3.7	4.7	5.7	6.7	7.7	8.7	9.7	10.7	11.1	12.1	13.1
									to	11.7	12.7	13.7