WHAT THE MAX PULSE SCREENING WILL TELL YOU

HEART RATE VARIABILITY (HRV):

Measures the degree of fluctuation in the length of intervals between heart beats. For healthy people, HRV a fluctuation in heart rates, while unhealthy people have a simple and consistent heart rate.

HRV measures the adaptability of the cardiovascular system and autonomic nervous system, which is composed of the sympathetic nervous system (SNS) and parasympathetic nervous system (PNS). Your SNS plays the role of the accelerator, also known as flight or fight. Your PNS functions as the brake, also known as rest and repair. A healthy person has a balanced autonomic nervous system.

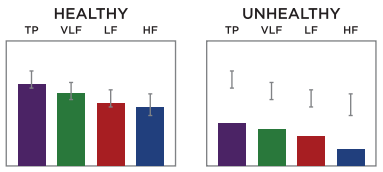
FREQUENCY DOMAIN ANALYSIS:

TP: Total Power, combination of the 3 frequencies

VLF: Very Low Frequency

LF: Low Frequency

HF: High Frequency



Reduction of TP: Decreased ANS function, decrease in regulatory competence and a decrease in the ability to cope with environmental change.

Reduction of VLF: Decrease in the bodies ability to regulate body temperature and hormone levels.

Reduction of LF: Loss of energy, fatigue, insufficient sleep and lethargy.

Reduction of HF: Chronic stress, aging, reduced electrical stability of the heart.

DPI - Differential Pulse Wave Index: Represents the overall health of the cardiovascular system. DPI is the main indicator that represents the aging of arteries.

EC - Eccentric Constriction: Represents the contraction power of vessels from the left ventricle.

AE - Arterial Elasticity: Analyzes the blood circulation, the vascular elasticity and resistance of the vessels. It detects early cardiovascular disease like atherosclerosis and peripheral circulation dysfunction.

RBV - Remaining Blood Volume: The remaining blood volume in the vessels after systolic contraction on the heart. If the blood vessels are healthy, there is little remaining blood volume. If the vascular state improves, the remaining blood volume will decrease.

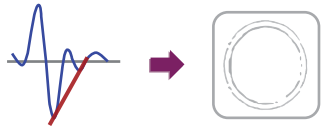
ARTERIOSCLEROSIS

Arteriosclerosis occurs when the blood vessels that carry oxygen and nutrients from your heart to the rest of your body (arteries) become thick and stiff — sometimes restricting blood flow to your organs and tissues. Healthy arteries are flexible and elastic, but over time, the walls of your arteries can harden.

WAVEFORM PATTERNS & WHAT THEY MEAN FOR YOU:

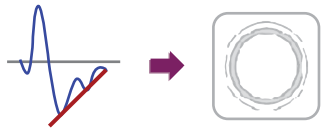
LEVEL 1

Blood circulation and artery state is great!



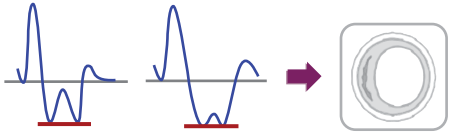
LEVEL 2

Blood circulation and artery state is good but a slight build up is beginning to occur.



LEVEL 3 & 4

Blood circulation and artery state is becoming poor and build up is starting.



LEVEL 5

Blood circulation and artery state is bad and build up is increasing.

LEVEL 6 & 7

Blood circulation and artery state is very bad and build up is becoming serious.