

# BrainTap HRV SCAN Report of Findings

Name:

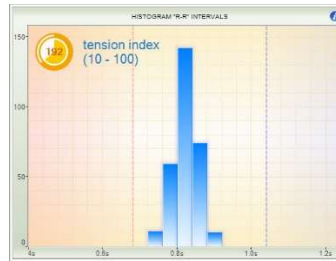
Date:

## Stress Index

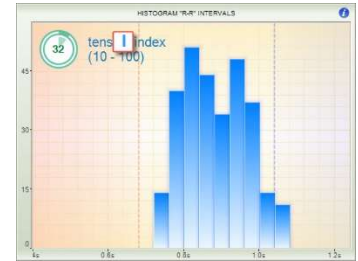
How hard does the nervous system of the body have to work in order to achieve balance? 500 or over is a more critical issue. Lifestyle changes must be implemented.

Pre \_\_\_\_\_

Post \_\_\_\_\_



Out of Range -10 or + 100



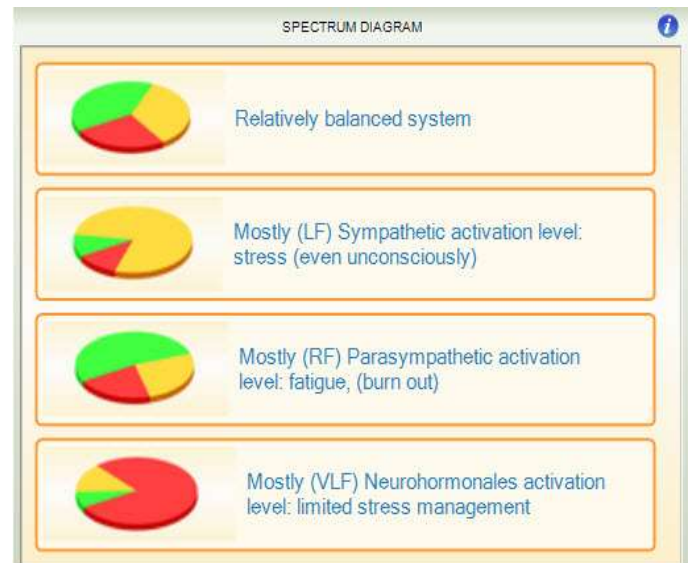
Within Range 10 to 100

## Autonomic Nervous System Regulation

The yellow portion represents primarily the sympathetic nervous system (Fight or Flight) and is labeled LF or low frequency. The green primarily represents the parasympathetic nervous system (Rest & Digest) and is labeled HF for high frequency. Red is the NeuroHormonal back up system and is labeled VLF or very low frequency. You can see the percentage of each of these regulatory systems that will tell you the predominance of one system in relationship to the other. Having a balance autonomic nervous system helps off set stress and allows the body to sleep more effectively and efficiently.

HF \_\_\_\_\_% LF \_\_\_\_\_% VLF \_\_\_\_\_%

HF \_\_\_\_\_% LF \_\_\_\_\_% VLF \_\_\_\_\_%

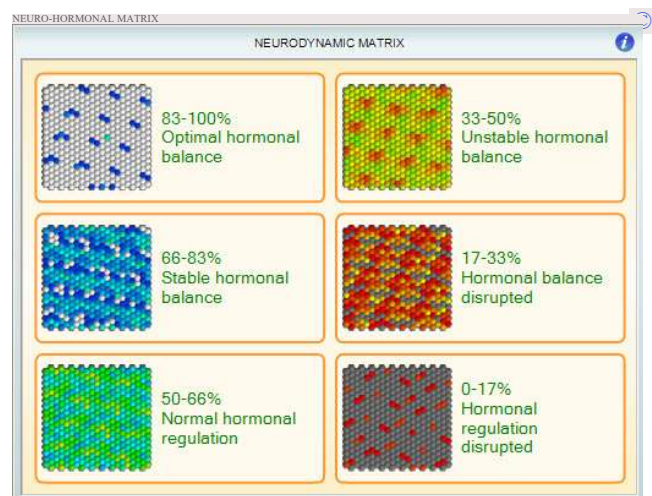


## Energy & Metabolism Regulation Index

The normal range is between 50-100 and this represents how well chemical messengers or hormones can communicate at the right time. These chemical messengers are responsible for your energy production and metabolism. You can boost these hormones through deep restful sleep, exercise and BrainTap.

Normal range is between 50-100 Pre \_\_\_\_\_%

Post \_\_\_\_\_%



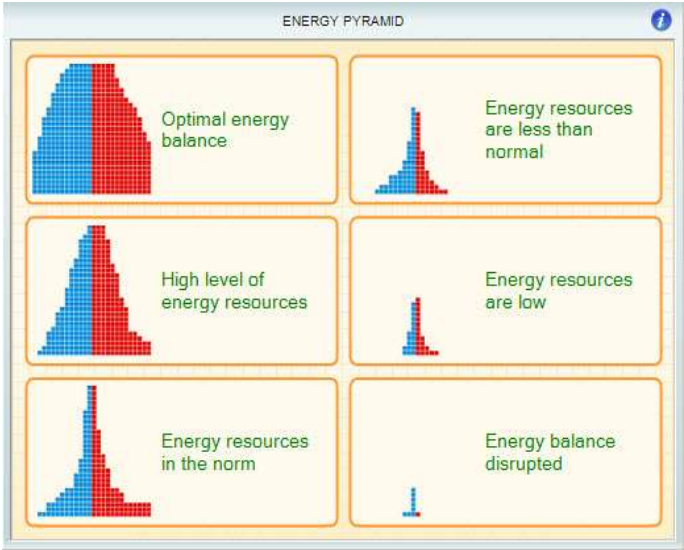
### Metabolic Energy Resources

Normal range is 150-600. You need to have adequate metabolic energy to do the work to manage body processes. All body functions require energy. If you have a score below 150, you are a person who performs work but needs a lot of recovery time.

What you really want is a metabolic energy of 200 or more. Athletes should be higher and this indicates good recovery time after performing work. If your autonomic nervous system (the nervous system that controls most of your body's functions) is working perfectly, your body will be more efficient and use less energy.

If your brain has to do most of the work to coordinate and produce hormones, this system is not as efficient as your autonomic nervous system and you will be less energy efficient. This will affect the power house of your cells called the mitochondria and drain your body of vital resources.

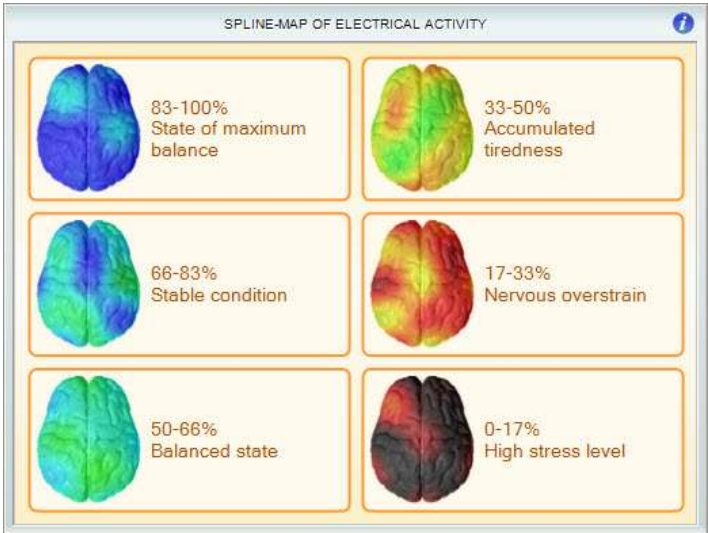
Normal range is 150-600      Pre \_\_\_\_\_ %  
 Post \_\_\_\_\_ %



### Electrical Activity of the Brain Index

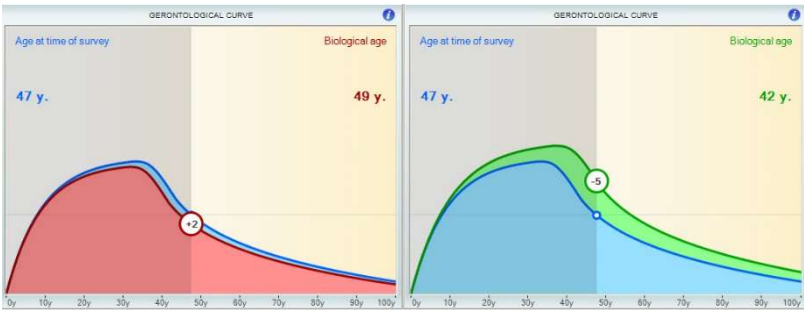
The normal range is between 50-100 and is looking at the total power of the spectral density of the frequencies that regulate brain function such as Delta, Theta, Alpha, Beta. This gives us an indication of overall brain function. Is the brain stressed and fatigued or is it in balance?

Normal range is 50-100      Pre \_\_\_\_\_ %  
 Post \_\_\_\_\_ %



### Gerontological Performance Curve

Scientists took a population of 10,000 healthy people of different ages with a variety of healthy conditions and plotted this information on a bell shaped curve according to their age and where optimum would be for that age. This graph will show what your actual age is compared to your biological age. We all want to be younger than our actual age. This is a clear indication of anti-aging.



Actual Age \_\_\_\_\_ Pre - BiologicalAge \_\_\_\_\_  
 Actual Age \_\_\_\_\_ Post - BiologicalAge \_\_\_\_\_