

HOW TO READ YOUR AO SCAN VITALS REPORT

— A DETAILED ENERGETIC SNAPSHOT OF YOUR BODY SYSTEMS —



HEALthy Change 4 Life
Quality of Life Coaching

— Giving Back Quality of Life —



WHAT IS THE VITALS REPORT?

The Vitals Report is an energetic snapshot of how your body is functioning at the time of your scan. It helps us look for patterns, strengths, and areas that may benefit from additional support.

This is an educational wellness tool.

THE AO 1-9 ENERGY INTERPRETATION SCALE

← DIMINISHING FUNCTION RISK →

1

CRITICAL

2

SEVERE

3

MODERATE

4

MILD

5

NORMAL /
BALANCED

6

MILD

7

MODERATE

8

SEVERE

9

CRITICAL

← OPTIMAL & BALANCED →

← INCREASING INFLAMMATION RISK →

1-3 Diminishing Function Risk – The body may be showing stress or reduced function in this area. Look for patterns over time.

4-6 Optimal & Balanced – These range numbers are considered within normal energetic balance. Focus on maintaining your healthy choices.

7-9 Increasing Inflammation Risk – The body may be showing a higher level of stress or imbalance in this area. Support and lifestyle adjustments may be beneficial.



**WE LOOK FOR
PATTERNS
OVER TIME—
NOT ONE NUMBER
BY ITSELF.**

YOUR VITALS REPORT INCLUDES 8 KEY SECTIONS

1



ALLERGY / SENSITIVITY

Shows how your body may be reacting to certain foods, environmental factors and substances.

2



BLOOD

Reflects the energetic quality of your blood and its ability to transport oxygen and nutrients.

3



CHAKRAS

Looks at the balance and flow of energy centers that influence your physical, emotional and spiritual well-being.

4



MERIDIANS

Examines the energy pathways in your body and how well energy is flowing through them.

5



GASTROINTESTINAL FUNCTIONS

Shows how your digestive system is working, including absorption and elimination functions.

6



NUTRITIONAL ANALYSIS

Identifies potential nutritional strengths and areas where your body may need additional support.

7



PHYSICAL FUNCTIONALITY

Reflects the condition of your muscles, bones, joints and tissues to help identify areas of strain.

8



TOXICITIES

Looks at how your body is managing toxins and waste through your elimination pathways.



1

REVIEW PATTERNS

We look at your results as a whole, not just one number.



2

IDENTIFY PRIORITIES

We identify the areas that may benefit most from support.



3

SEARCH DEEPER

Explore any category to see the detailed anatomical structures.



4

USE YOUR LIBRARY

Access your Wellness Library for education and resources.



5

PERSONALIZED PLAN

We create your personalized plan to support your wellness goals and progress.



FAITH. WELLNESS.
QUALITY OF LIFE.



SUPPORTING YOU WITH
COMPASSION, EDUCATION,
AND EMPOWERMENT.



ROOTED IN FAITH.
GUIDED BY TRUTH.
FOCUSED ON YOU.



HEALTHY CHANGE TODAY
CAN LEAD TO A BETTER
QUALITY OF LIFE TOMORROW.

This report is not intended to diagnose,
treat, cure, or prevent any disease.
It is not a substitute for medical care.