

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 Riftine; Ph.D.

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 analysis allows for a 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.

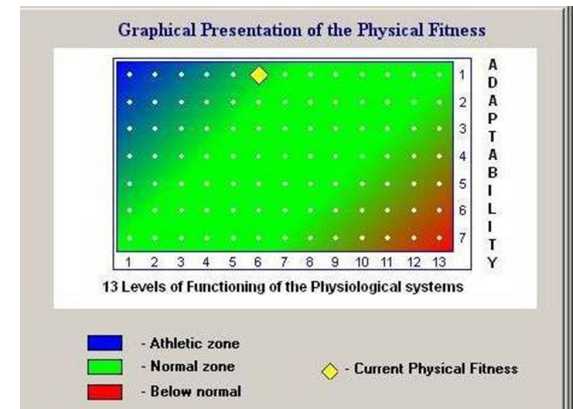
The main components that determine "health" are:

- 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.

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

RESULTS:



SCORING

Start with numbers along bottom of graph.

Highest Level of Health

1.1 2.1
1.2 2.2

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 - 11.7
12.1 - 12.7
13.1 - 13.7

THE ASSESSMENT CAN:

- 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.

This system far surpasses any other diagnostic tool we currently have. The reason being is that it is the **FIRST** diagnostic tool that compares you to other **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 any doctor's care to monitor your improvement and to establish that the treatment created improvement. It can also confirm that you are taking the correct nutritional supplements.

By utilizing the most superior tool, the "Physical 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.

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<https://drloripuskar.com/disclaimer-privacy-terms-1>*

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\$50 CONSULTATION:

This includes the Heart Rate Variability Analysis and a detailed review of your results personally by Dr. Lori Puskar.

In this one-on-one consultation, you will understand your current and future health potentials. We can then suggest a Personalized Natural Medicine Program to your fast and lasting success in health.

Many who pursue the recommended Personalized Natural Health Program experience marked improvement in their Symptoms, Health and Health Assessment scores.

Read our success stories at:
<https://drloripuskar.com/ratings-and-reviews>

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HOW HEALTHY ARE YOU?

Find out with
The Physical Fitness Test



Using
IntelleWave Inc.
Heart Rate Variability®