



PHUSIS-5331

Systemic Biocorrelation™

PRE-PROTOCOL - VISUAL HANDBOOK

Structured Preparation for an Accurate Systemic Assessment

1 BODY TEMPERATURE



TEMPERATURE LOG (°C)

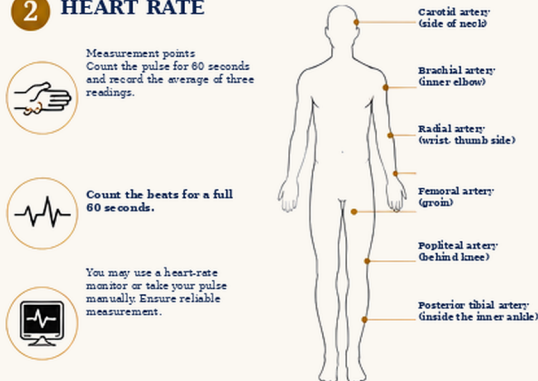
DAY	MORNING (after waking)	MIDDAY (before lunch)	EVENING (before bed)	DAILY AVERAGE (3 readings)
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
5-DAY AVERAGE	MORNING AVERAGE	MIDDAY AVERAGE	EVENING AVERAGE	OVERALL AVERAGE (15 readings)

IMPORTANT NOTES

- ✓ Ideally use two thermometers of different brands and compare the results.
- ✓ Avoid strenuous exercise for at least 30 minutes before measurement.
- ✓ Avoid cold or direct sunlight for at least 30 minutes before measurement.
- ✓ Always measure under the same conditions (posture, place and routine).

The five-day average for each time period, together with the overall average (15 readings), is used for analysis.

2 HEART RATE



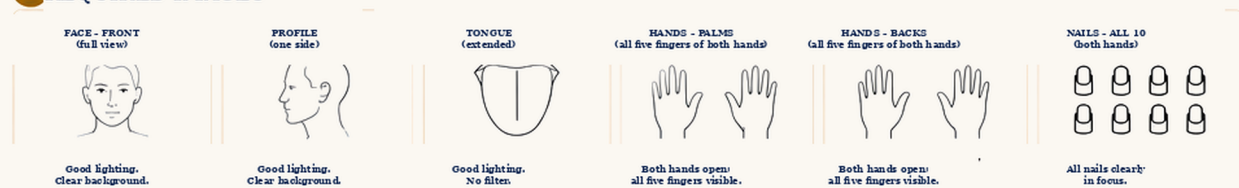
HEART-RATE LOG (BEATS PER MINUTE)

DAY	AT REST (60 sec. after 5 min.)	MORNING (after waking)	MIDDAY (before lunch)	EVENING (before bed)	AFTER PHYSICAL ACTIVITY (3 min. afterwards)	DAILY AVERAGE (3 readings)
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
5-DAY AVERAGE	AVERAGE AT REST	MORNING AVERAGE	MIDDAY AVERAGE	EVENING AVERAGE	AVERAGE AFTER ACTIVITY	OVERALL AVERAGE (15 readings)

TIP: Relax before each measurement. If you sit quietly for five minutes, you will obtain a more accurate average. The five-day average for each time period is used for analysis.

3 REQUIRED IMAGES

All photographs must be clear, well lit and in focus. No filters, editing or coverings.



All photographs must be in colour, well lit and in focus. Show all five fingers clearly. Neutral backgrounds are preferred.

4 ADDITIONAL INFORMATION

Provide the following details as accurately as possible.

BLOOD GROUP <table><tr><td>A</td><td>B</td><td>AB</td><td>O</td></tr><tr><td>+</td><td>+</td><td>+</td><td>+</td></tr><tr><td>-</td><td>-</td><td>-</td><td>-</td></tr></table> Enter your Rh factor.	A	B	AB	O	+	+	+	+	-	-	-	-	VACCINATIONS Record vaccinations received and their dates.	MEDICATION (currently taking) List all preparations and approximate dosages.	RELEVANT MEDICAL HISTORY Previous illnesses, operations, allergies, etc.	WEIGHT & HEIGHT Enter your weight (kg) and height (cm).
A	B	AB	O													
+	+	+	+													
-	-	-	-													

IMPORTANT
"The accuracy of the information determines the quality of the analysis."

PROCESS FRAMEWORK
This system serves the individual's wellbeing and does not constitute a medical diagnosis.
☒ Consistent follow-up
☒ Rejection of assumptions
☒ Continuity of the process

COMMITMENT
☒ Consistent follow-up
☒ Implementation of adjustments
☒ Continuity of the process

FINAL MESSAGE
"This system serves the individual's wellbeing and does not constitute a medical diagnosis."

YOUR CONSCIOUS OBSERVATION IS THE FOUNDATION OF THE PHUSIS-5331 PROTOCOL