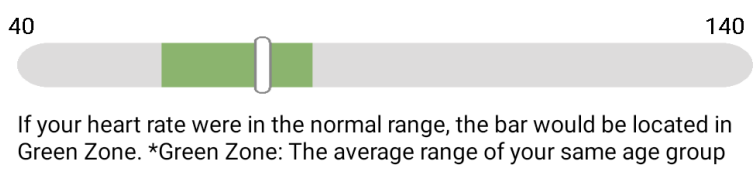
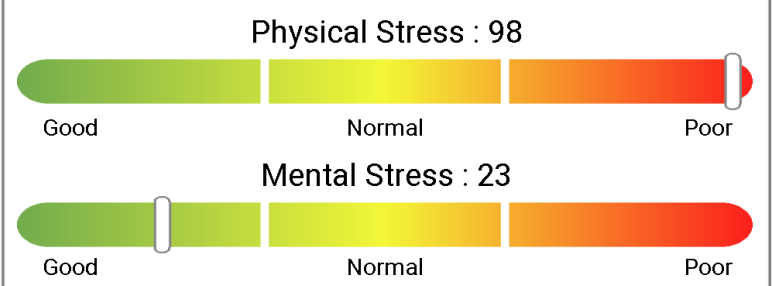


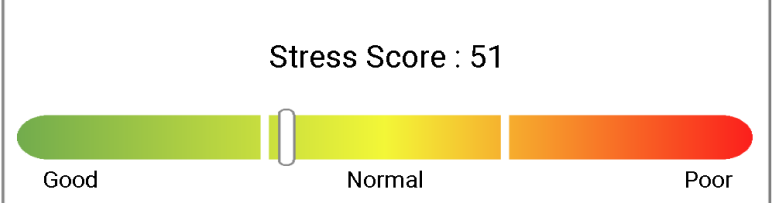
Heart Rate	73
Ectopic Beat	0



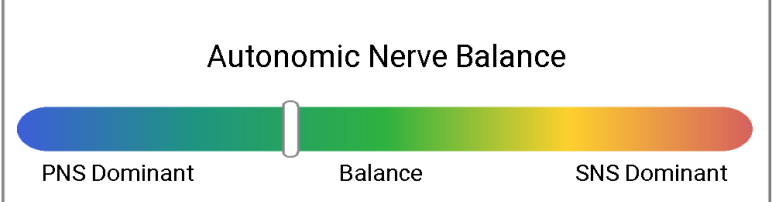
Stress Info.



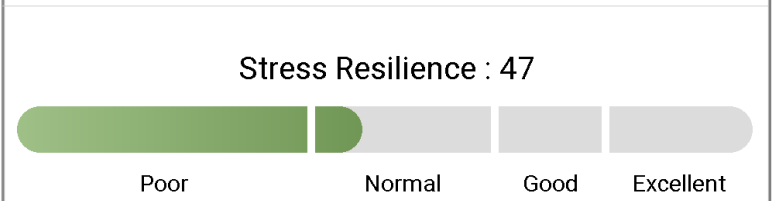
It indicates the status of physical & mental stress. The lower value is better.



The lower score is better and it leads to place the bar on the green zone.

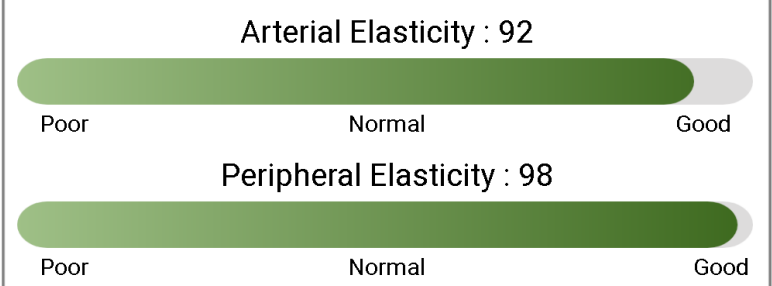


It indicates the balance degree of SNS(tension) and PNS(relax). The balanced ratio means that you are in healthy condition.

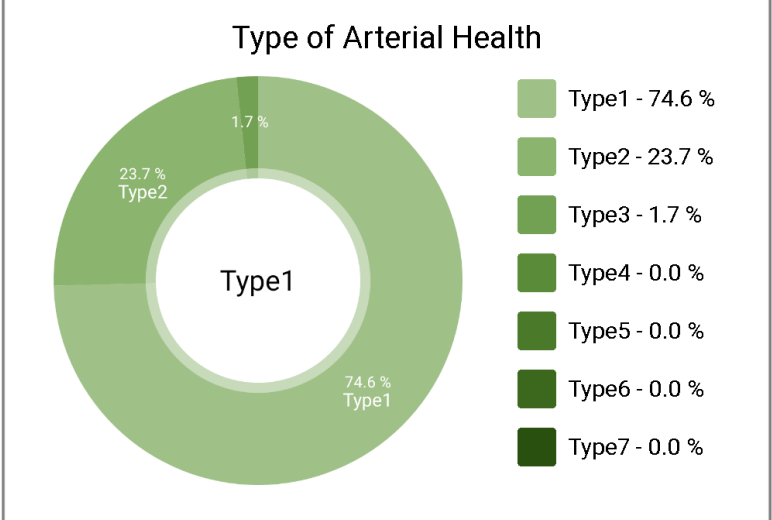


It indicates the overall health condition. The higher value is better.

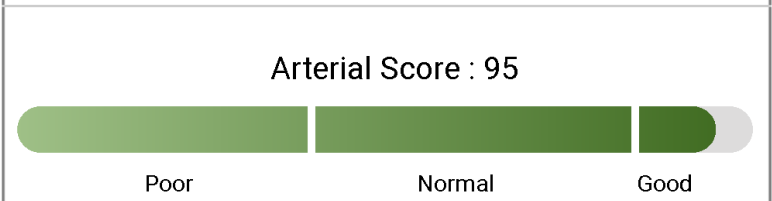
Arterial Health Info.



A healthy blood vessel is flexible & supple and it leads to get a higher score of Artery & Peripheral Elasticity.



It means that the aging level of blood vessel has been classified by Type 1 to Type 7. Type 1 is the best condition while type 7 is the worst.



Arterial Score represents the overall health condition of your blood vessel. The higher score means the blood circulation and artery state are better.

Overall Result

Heart Beat	Your heart rate is normal in comparison with the same age group.
Stress	Physical stress level is high but stress resilience is in the average of same age group. Mental stress level may be low but sometimes, as you are at loose of feeling emotionally you may feel gloomy, sluggish, and unenthusiastic. You need to make yourself refresh with proper rest by doing exercise, climbing mountains and traveling.
Arterial Health	Your vessel state and blood circulation are very good. You are recommended to keep the current condition with the proper life tendency and regular physical exercise.
Recommendation	Vitamin B12, C, E, Arginine, DHEA, Malic acid, Melatonin, Magnesium, Calcium and Fish oil will be helpful. For exercise prescriptions, it may be helpful if you take a sleep for 8 hours, do a regular exercise, try to reduce the stress and talk with friends, family and psychiatric consultant.

