

The Wellness Score® Comparison Report for John Doe



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Dr. Stephen Nedd has prepared The Wellness Score® Report for John Doe. Below is a list of what was measured to determine your Wellness Score and Grade.

John Doe [3361647] [Gender: M]				
Parameters	Dec 19, 2014 [Ex-ID: 42634] [Age: 44y 11m 18d]		Feb 08, 2015 [Ex-ID: 42635] [Age: 45y 01m 07d]	
	Measurements	Rating	Measurements	Rating
Diastolic BP [35]	80 mmHg	90	70 mmHg	100
Resting HR [32]	72 beats/min	60	60 beats/min	90
BMI [25]	26.5	80	25.5	90
Waist Circumference [347]	36 inches	70	34 inches	80
Waist to Hip Ratio [34]	.94 waist/hip	50	.90 waist/hip	90
Bilateral Weight Scale [1086]	8 %	60	4 %	80
Posture Pro [23]	24 °	60	14 °	80
Palpatory Subluxations [28]	6	40	3	70
Muscle Strength Testing [1074]	4 weak muscles	60	0 weak muscles	100
Stork Balance Test [1087]	24 seconds	80	30 seconds	100
Core Strength [48]	2 Passes	50	3 Passes	75
Core Flexibility [49]	2 Passes	50	3 Passes	75
MSQ [26]	36	40	22	70
Xenobiotic TT [27]	5	90	3	100
Anterior Head Syndrome [959]	2.50 Inches	30	1.20 Inches	50
Overall Wellness Grade	64 ⇒ D		85 ⇒ B Change of 32% compared to exam performed on Dec 19, 2014.	

The Wellness Score® Categories for John Doe

The Overall Wellness Grade is an average of The Wellness Score® Category grades.

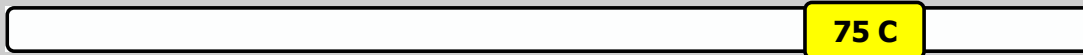
		
Wellness Category	Score ⇒ Grade	
	Dec 19, 2014 [Age: 44y 11m 18d]	Feb 08, 2015 [Age: 45y 01m 07d]
Functional Fitness This is an indication of how well you are moving your body. <ul style="list-style-type: none"> • Core Flexibility [49] • Core Strength [48] 	50 ⇒ F	75 ⇒ C
Functional Nutrition Assessment This is an indication of how well you are eliminating toxins from your body. <ul style="list-style-type: none"> • Xenobiotic TT [27] 	90 ⇒ A-	100 ⇒ A+
General Health This is an indication of how well you are aging and your risk for developing chronic disease. <ul style="list-style-type: none"> • BMI [25] • Diastolic BP [35] • MSQ [26] • Resting HR [32] • Waist Circumference [347] • Waist to Hip Ratio [34] 	65 ⇒ D	87 ⇒ B
Neuro Spinal Health This is an indication of how well you are adapting to the environment around you. <ul style="list-style-type: none"> • Anterior Head Syndrome [959] • Bilateral Weight Scale [1086] • Core Flexibility [49] • Core Strength [48] • Muscle Strength Testing [1074] • Palpatory Subluxations [28] • Posture Pro [23] • Stork Balance Test [1087] 	54 ⇒ F	79 ⇒ C+
Overall Wellness Grade	64 ⇒ D	85 ⇒ B Change of 32% compared to exam performed on Dec 19, 2014.

Most Recent Wellness Profile for John Doe



Functional Fitness

This is an indication of how well you are moving your body.



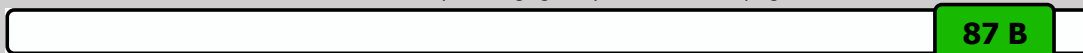
Functional Nutrition Assessment

This is an indication of how well you are eliminating toxins from your body.



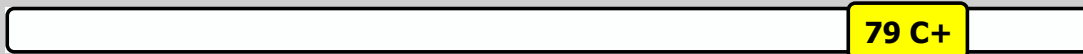
General Health

This is an indication of how well you are aging and your risk for developing chronic disease.



Neuro Spinal Health

This is an indication of how well you are adapting to the environment around you.



Overall Wellness Score



The Wellness Score® Grading Scale

F	D	C	B	A
<p>Disease</p> <ul style="list-style-type: none"> Multiple Medications Poor Quality of Life Limited Potential Limited Body Function 	<p>Poor Health</p> <ul style="list-style-type: none"> Symptoms Drug Therapy Surgery Losing Function 	<p>Maintaining Health</p> <ul style="list-style-type: none"> No Symptoms Inconsistent Nutrition Sporadic Exercise Health is Low Priority 	<p>Good Health</p> <ul style="list-style-type: none"> Regular Exercise Good Nutrition Wellness Education Nerve Interference 	<p>Optimal Health</p> <ul style="list-style-type: none"> 100% Function Further Development Active Participation Wellness Lifestyle

<p>Traumas Physical Stress</p> <ul style="list-style-type: none"> Birth Walking, Sitting, Standing Computer Use Sports Accidents, Falls & Trips Posture Regular Activities Lack of Regular Activity Gravity 	<p>Thoughts Mental/Emotional Stress</p> <ul style="list-style-type: none"> Anger & Fear Worry & Guilt Financial Time School Relationships Family Grief Job 	<p>Toxins Chemical Stress</p> <table border="0"> <tr> <td style="vertical-align: top;"> <p>NUTRITION</p> <ul style="list-style-type: none"> Dehydration Refined Sugar Prepared Food Fast Food Additives Preservatives Low Nutrients </td> <td style="vertical-align: top;"> <p>DRUGS</p> <ul style="list-style-type: none"> Prescriptions Illegal OTC Tobacco Alcohol Caffeine </td> </tr> </table>	<p>NUTRITION</p> <ul style="list-style-type: none"> Dehydration Refined Sugar Prepared Food Fast Food Additives Preservatives Low Nutrients 	<p>DRUGS</p> <ul style="list-style-type: none"> Prescriptions Illegal OTC Tobacco Alcohol Caffeine
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- **Diastolic BP [35] [Diastolic Blood Pressure (mmHg)]**

- Diastolic blood pressure measures the pressure in your blood vessels between heartbeats (when your heart is resting). Represented by the bottom number in a blood pressure reading, diastolic blood pressure is considered low when the blood pressure reading is below 60; a diastolic blood pressure reading higher than 90 is considered high.

- **Resting HR [32] [Resting Heart Rate]**

- Normal resting heart rates can range anywhere from 40 to 100 beats per minute. The fitter you are, the lower the resting heart rate.

- **BMI [25] [Body Mass Index]**

- As you are aware, obesity is of epidemic proportions in America. Obesity has far ranging adverse health affects, including spinal degeneration. BMI is a standardized height and weight chart. A BMI over 26 classifies you as overweight. A BMI over 30 classifies you as obese.

- **Waist Circumference [347] [(in)]**

- Both generalized and abdominal obesity are associated with increased risk of morbidity and mortality. The main cause of obesity-related deaths is CVD, for which abdominal obesity is a predisposing factor.

- **Waist to Hip Ratio [34]**

- The waist to hip ratio (WHR) is used as an indicator or measure of the health of a person, and the risk of developing serious health conditions. Research shows that people with "apple-shaped" bodies (with more weight around the waist) face more health risks than those with "pear-shaped" bodies who carry more weight around the hips. WHR is used as a measurement of obesity, which in turn is a possible indicator of other more serious health conditions. A WHR of 0.7 for women and 0.9 for men have been shown to correlate strongly with general health and fertility. Women within the 0.7 range have optimal levels of estrogen and are less susceptible to major diseases such as diabetes, cardiovascular disorders and ovarian cancers. [1] Men with WHRs around 0.9, similarly, have been shown to be more healthy and fertile with less prostate cancer and testicular cancer.[2]

- **Bilateral Weight Scale [1086]**

- This test measures the % difference in weight between the right and left side of the body. A difference in weight objectively shows spinal and/or pelvic imbalance.

- **Posture Pro [23] [Computer Analysis of Posture]**
 - The posture pro is a score that reflects changes in your overall posture. We cannot have good alignment, stability and movement in our spine without good posture. It's that simple!!

- **Palpatory Subluxations [28] [Palpatory Subluxation Rating]**
 - This test reveals misalignments in the segments that make up your spine that are creating pain and/or decreased spinal movement. Decreased spinal alignment and movement is associated with poor health outcomes.

- **Muscle Strength Testing [1074]**
 - This test determines how many weak muscles are present when testing them manually.

- **Stork Balance Test [1087]**
 - This test determines if you can balance yourself on each leg easily for at least 30 seconds. It is a standard balance test as well as a corrective balance exercise.

- **Core Strength [48] (Pass all 4 tests)**
 - You cannot have good posture and alignment without adequate core strength. When your core is weak you will be prone to spinal misalignment and arthritic degeneration in the weight bearing joints (spine, hip, knee, ankle and foot). Your core strength is comprised of all the muscles on the front and back side of the spine.

- **Core Flexibility [49] (Pass all 4 tests)**
 - As you age, your muscles tighten and range of motion in a joint can be minimized. This can put a halt to active lifestyles and even hinder normal daily activities, such as doing laundry. A regular stretching program can help restore normal motion. Upper and lower postural muscles were tested.

- **MSQ [26]**
 - A subjective survey that you completed reflecting various symptoms that you have. This score also reflects which organ systems are under stress, such as your cardiovascular system or your digestive system.

- **Xenobiotic TT [27] [Xenobiotic Tolerability Test]**
 - Environmental toxicity exposure comes through multiple and repeated sources. The overall exposure and load of these toxins can create many different chronic disease states. Your score represents your overall and present "toxic load".

- **Anterior Head Syndrome [959] [(in)]**
 - For every inch of forward head posture, it is found to increase the weight of the head on the spine by an additional 10 pounds. On average, this is over a 100% increase of weight bearing stress on the spine and it's associated neuro-muscular structures. A Loss of the cervical spinal curve, due to forward head posture, can stretch the spinal cord up to 5-7cm resulting in

adverse neural tension.