



81



Your Personal Neural Efficiency Index

Patient information

First Name: Kate
Last Name: Smith
Patient ID: 136

Gender: FEMALE
Birth Date: 01/12/1977
Report Date: 07/17/2012

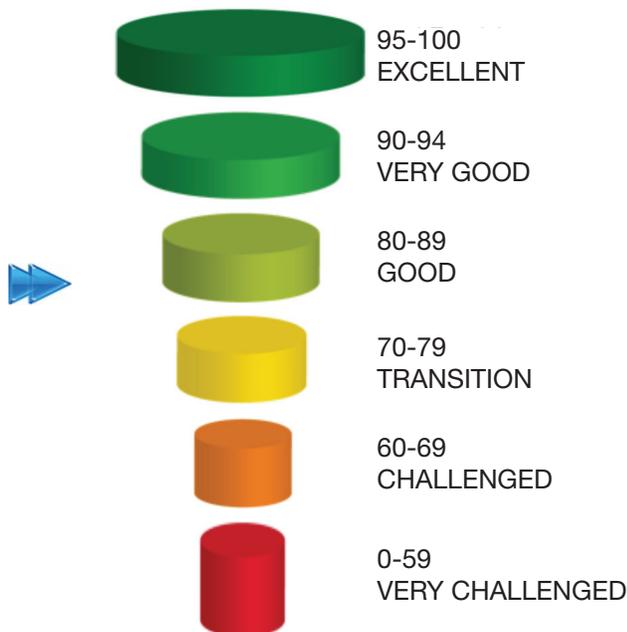
Office Information

Doctor: Dr. James
Address: 100 Main Street, Washingtonville, VA
Phone: 555-555-5555

Assessment Summary: On 07/17/2012, Kate Smith underwent a series of physical assessments to determine the state of core neurological and spinal functions. The overall results of these tests are summarized in a single index - the COREscore™ which quantifies neural efficiency.

EXAM SCORE SUMMARY

Below are your scores from each of the three exams performed. The following page details the exam protocols and results.



82

• Heart Rate Variability

77

• Muscle Tone and Balance

84

• Organ and Gland Control

Why is COREscore™ Important to Your Health?

We live our entire lives through our nervous system. Every movement, sensation, emotion and organ function is under the guidance of the nerves. With COREscore™, we can now accurately report on the efficiency of your central nervous system. Ignoring the warning signs of chronic tension puts your health at risk.

The COREscore™ is made up of the three most important spinal-neural tests: **Pulse Wave Profiler**, **Surface EMG**, and **Thermal Scan**, which tells us how stress is impacting your overall well-being. It precisely detects where and how deeply the problem is changing your spine and your health.

Chronic Stress and body tension damages everyone's health. Based on your individual COREscore™, **your chiropractor will help develop a highly personalized care plan with a goal of moving towards a score of 100 - near perfect spinal nerve function!**



Here's What Your COREscores Tell Us



Heart Rate Variability: 82

The **Pulse Wave Profiler** helps the doctor to determine your overall ability to adapt to the environment. It does this by looking at the timing of your pulse, and determining the balance and tension within your nervous system. This exam is known as Heart Rate Variability. Stressful lifestyle habits including poor dietary choices, limited exercise and constant emotional aggravation can cause the body to be caught in the "fight-flight" response. This can lead to exhaustion and a draining of a person's reserves. A score within the green box on the graph is associated with better adaptability and relates to a healthy lifestyle. Low Heart Rate Variability is associated with accelerated aging and poor heart health. Published research has shown that chiropractic adjustments have a beneficial effect on Heart Rate Variability.



Muscle Tone and Balance: 77

The **Surface EMG** exam evaluates the function of the muscles that support and move your spine. These muscles are controlled by the nerves running within it. This test measures how much energy is needed to maintain your posture and how it is distributed throughout the muscles. If too much energy is used when a spine is out of balance, this test score will be lower than normal. Over time, daily stress can continue to over-work these muscles, causing them to lose their support and mobility. This will also lower the score. Muscle fatigue and poor energy distribution are signs of a person's entire health being under stress. By precisely measuring muscle activity, your progress can be followed as your spine releases tension and you regain more control.



Organ and Gland Control: 84

The **Thermal Scan** is used to assess the part of your nervous system that helps control your organs, glands, and blood vessels. The automatic nervous system works alongside the spinal nerves to regulate your immunity while managing your internal organ functions. The instrument does this by precisely measuring differences in temperature along the spine. Temperature is an accurate indicator as to where stress is building up and how deeply it affects bodily functions. Each organ system relies on clear and balanced nerve signals to work efficiently. Nerve interference that is detected by this sensor is valuable in understanding and planning health and wellness strategies.