

Stress / Arterial Health Test



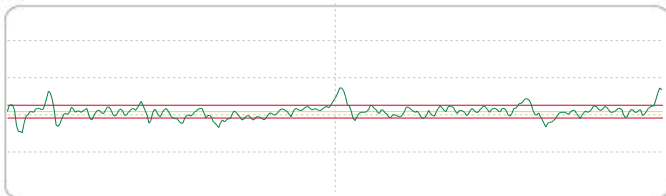
Name **BK Yoo** Gender **M / 41** Date of Measurement **2012-05-21 15:35**

Mean Heart Rate **82**
Ectopic Beat **0**

Your heart rate is slightly higher in comparison with the same age group.

Stress Analysis Arterial Health Analysis

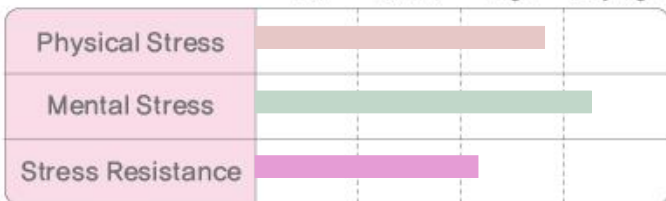
Waveform of HRV



PNS Dominant Balance SNS Dominant



Low Normal High Very High

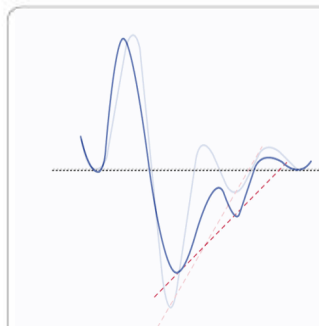


Mental and physical stress levels are high and may feel a little tired. However, as you have stress resistance, you can release it with proper rest and health management.

Stress Score

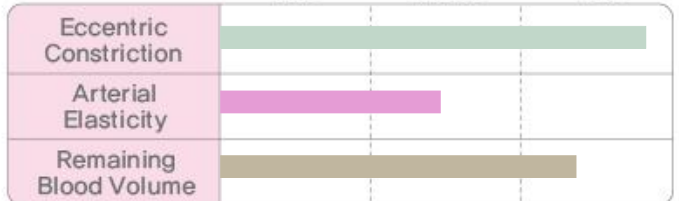


Waveform Level of Arterial



TYPE-1	Excellent	3.3%
TYPE-2	Good	96.7%
TYPE-3	Careful	0.0%
TYPE-4	Warning	0.0%
TYPE-5	Bad	0.0%
TYPE-6	Very Bad	0.0%
TYPE-7	Very Bad	0.0%

Bad Normal Good



Your vessel state and blood circulation are good. You are recommended to keep the current condition with the proper life tendency and regular physical exercise.

Level of Arterial Health



Result Foods like Blueberry, Strawberry, Broccoli, Tomato, Banana, Sunflower seed, Parsley, Turkey and Tuna will be helpful.