

Vascular Age	Visceral Fat	Blood Pressure	Previous Score (600)	Wellness Score (600)
53	Level 1	120/80	312	<b>390</b>



- Immediate attention required
- An area to focus on
- You could still improve
- You are in great shape

**Body Composition**

A 3D female figure with yellow and black body composition analysis overlaid. A large yellow circle contains the number 72.

**Vascular Age & Arteries**

A 3D heart model with green arteries. A large green circle contains the number 78.

**Insulin Resistance & Diabetes**

A grey silhouette of a human figure with an orange arrow pointing to the abdominal area. A large orange circle contains the number 58.

**Microcirculation**

A 3D female figure with green microcirculation analysis overlaid. A large green circle contains the number 80.

**Oxidative Stress**

A DNA double helix structure with orange and grey segments. A large orange circle contains the number 67.

**Stress & Fatigue**

A 3D brain model with grey and red segments. A large red circle contains the number 35.

# Body Composition

**72** Total (100)

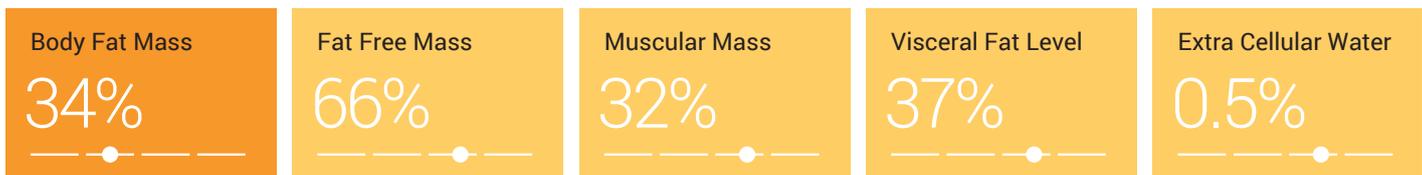


Body composition gives you a more accurate overall picture of your health, compared to other calculations such as BMI or body fat percentage, which do not take into account lean muscle mass.

Your muscle, fat, and bone mass may change on a daily basis for various reasons. If you train frequently at a gym or with a personal trainer, you may find that you actually stay the same or even weigh more on the scales than when you started. This is a good thing, as lean muscle is denser than fat. A pound of fat takes up more space in the body relative to a pound of muscle.

Visceral fat is stored in the abdominal cavity and is also known as 'active fat' because it influences how hormones function in the body. To be 'skinny' fat means you are carrying an excess amount of this fat, but may not appear overweight. Visceral fat is dangerous because it is close to many vital organs such as the pancreas, liver and intestines. The higher the amount of visceral fat stored, the greater the risk for type 2 Diabetes and heart disease.

A correct balance of body water, muscle mass (including skeletal, heart and smooth muscle tissue) vs. fat and bone tissue are all important for healthy metabolism. Increased extracellular water can be the earliest sign of inflammation.



## Vascular Age & Arteries

**53** Vascular Age

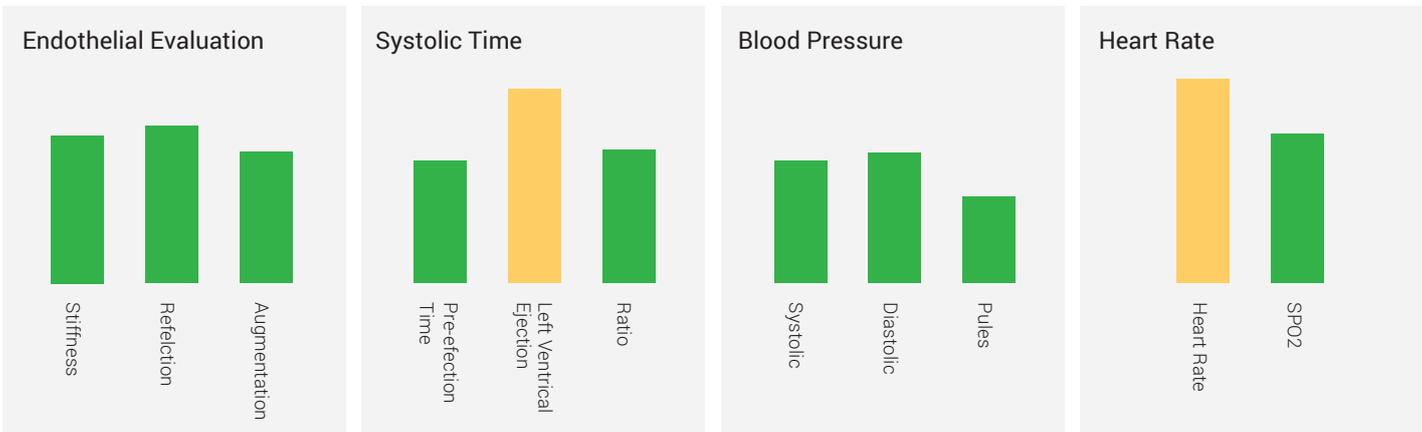
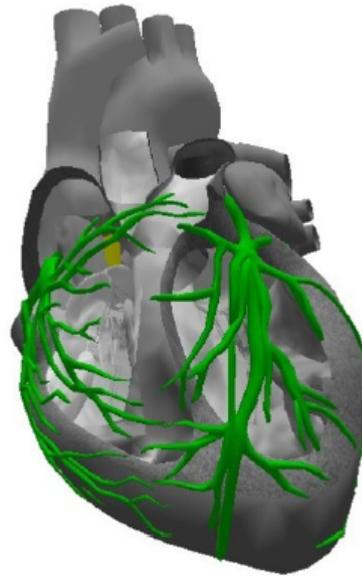
**78** Total (100)



Heart disease is the number one killer on our planet. You are as old as your arteries. Your cardiovascular system comprises the heart and a vast system of vessels, made up of arteries, veins and capillaries over 60,000 miles in length - long enough to go around the world 2.5 times!

Endothelium is the delicate lining of our vessels. At only one cell thick it mustn't get injured as it is critical to living a long and healthy life.

Poor lifestyle choices (excess salt, alcohol, saturated fats and smoking) and underlying inflammation can damage it to a point where it cannot relax and adjust to our heartbeat. Consequently, cholesterol plaques and blood clots can form, resulting in 'ischemic' heart disease.



# Insulin Resistance & Diabetes

**58** Total (100)

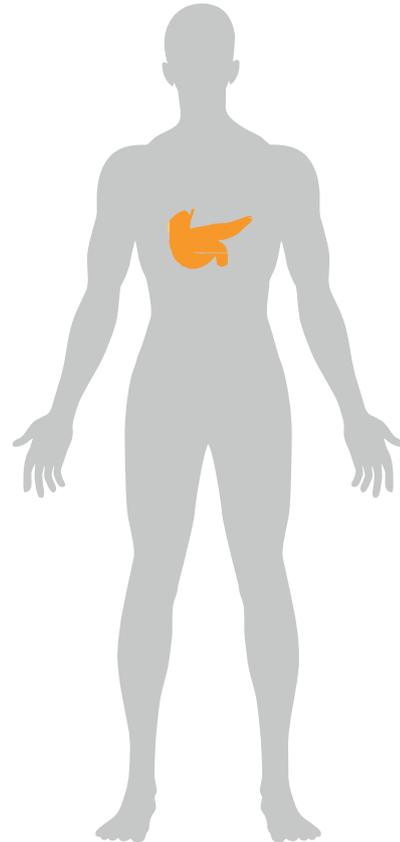


Insulin is the hormone that regulates your blood sugar levels. Too much sugar eventually leads to malfunction (resistance) of insulin and is one of the most powerful causes of damaged arteries, high cholesterol and blood fats, fatty liver and high blood pressure.

Eating excess calories from too many refined sugars and living a sedentary lifestyle increases insulin, leading to insulin resistance (IR) and ultimately to diabetes. Weight gain and fatty liver consequently follow as insulin causes hunger and increased appetite.

Fat cells produce Leptin, which is a marker of obesity and inflammation, which also triggers dangerous new blood vessel growth, and can lead to cancer. It suppresses hunger and provides the sensation of satiety. People who exercise and eat high amount of fibre and of a whole-food plant-based diet have a lower risk of IR and Diabetes.

Eating too much flour, sugar and refined carbs will increase insulin (in early stages), but will lead to also increase fasting blood glucose (which turns to fat) and eventually diabetes, due to a failing pancreas. All of this can be prevented, controlled and reversed with positive lifestyle changes.



# Microcirculation

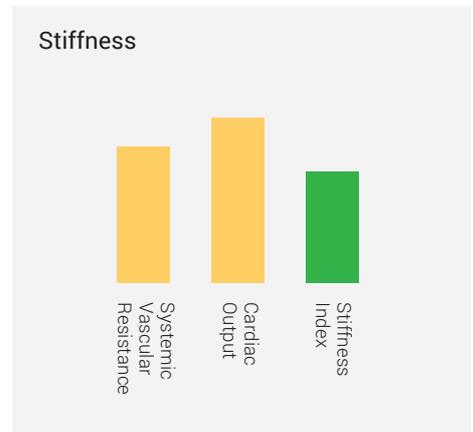
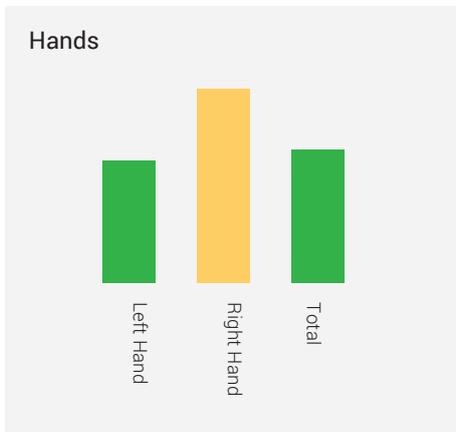
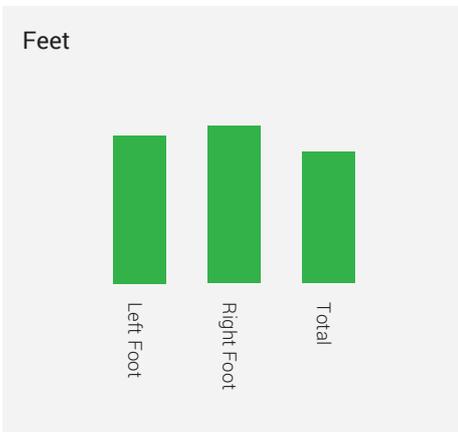
**80** Total (100)



Your body's blood circulatory system is a critically important part of your cardiovascular system. It is within this branching network of microvessels that the transport and exchange of heat, respiratory gases, nutrients, waste products, water and hormones occurs between blood and your tissues.

Bodyscan360 links your blood's microcirculation with your skin's to assess the health of your limbs, using colours to easily interpret. The supply of blood to the limbs may constantly change, with diet and lifestyle factors as positive or negative influences.

Changes may also be associated with a number of diseases such as atherosclerosis, hypertension, vasculitis and diabetes.



# Oxidative Stress

**67** Total (100)



Oxidative stress is what happens to your body through the action of free radicals. These are a normal by product of the body's energy generating processes, but they are also produced in response to poor lifestyle choices and exposure to UV light, air pollution and industrial chemicals. It simply means premature 'rusting' of your cells which speeds up the rate of degeneration and ageing.

Antioxidants interact with the free radicals to ensure they are no longer harmful. Antioxidants help to metabolise and excrete toxins produced internally and consumed via food, water, polluted air and through the skin. Some antioxidants are produced within the body, while others need to be consumed in the diet. The full spectrum of antioxidants and phytonutrients are found in abundance in plant foods, including flavonoids, flavones, catechins, polyphenols and phytoestrogens.

Each antioxidant has a unique function, which is why it is so important to consume a wide variety of ideally organic, whole, plant-based foods rich in fibre, low in cholesterol and fat. It is understood that antioxidants stimulate your body's immunity and natural defence against ageing and boosts production of your body's enzymes that eliminate free radicals. The most effective antioxidants are abundant in blueberries, dark chocolate, beans, red grapes and even red wine.



# Stress & Fatigue

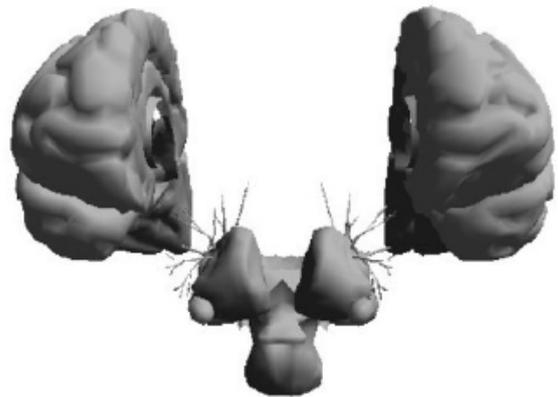
**35** Total (100)



Chronic stress overstimulates the autonomic nervous system (ANS) and activates sympathetic system (cortisol and adrenalin). Feeling angry, wired, tired and hungry will lead to exhaustion over time. Protracted emotional stress can impact negatively on the immune system and compromise ability to clear viruses and cancer cells. The sympathetic system is linked with an acidic environment within the body, which requires specific elements within the diet to neutralise.

Parasympathetic (vagus nerve connecting gut and brain) is about soothing, healing, digesting and calming and promoting restful and restorative sleep.

The graph below provides immediate understanding as to where you are, which is important for the remedial actions required to restore balance – either to soothe and calm if stressed or agitated, or to re-energise if fatigued or burned out.



Fatigue	Target Area	Stress
Low		High
Average		Average
High		Low

Parasympathetic

Sympathetic