Health care professional / Physician	Address
Administrator	Address: Telephone / Fax / E-mail:

Electro Interstitial Scan

Last Name / First name: Frank
Date of birth:
Gender: Male
Examination performed on : 6-14-2007 15 : 28
Registration method: A1 (55,0,100,75,0) N1 (60,0,100,75,0)

Examination performed with a EIS Sensor Analyzer Manufactured by L.D Technology. CE marks. FDA listing number E588587. Accredited as electrical equipment type BF according to the standards EN 60601-1-1
Rated voltage: 5V DC rated current: 200 mA CEM according to the standards EN60601-1-2

All these results must be linked to the supplementary examinations and the clinical context

Clinical context / Medications/ Interpretation
CHECK-UP NO SYMPTOM, NO TREATMENT
Medications :
Interpretation :
Signature :

Estimation of interstitial ionogramme	Estimation of interstitial gases assessment	Estimation of interstitial oxidative stress
Interstitial sodium: 121.00 mmol/l Interstitial potassium: 3.35 mmol/l Interstitial chlorine: 113.00 mmol/l Interstitial magnesium: 0.39 mmol/l Interstitial calcium: 1.54 mmol/l Interstitial phosphates: -1.54 mmol/l Interstitial iron: 20.00 µmol/l iPh : 1.60 > N < 2.70 mmol/l iK+ : 3.00 > N < 3.40 mmol/l iCa++ : 1.45 > N < 1.63 mmol/l iMg : 0.40 > N < 0.56 mmol/l iCl- : 107.5 > N < 115.0 mmol/l iNa+ : 121.6 > N < 129.0 mmol/l iFe++ : 10.0 > N < 30.0 µmol/l	pH i = 7.24 7.29 > N < 7.37 iHCO3- = 17.28 mEq/l 22 > N < 26 iPCO2 = 41.40 mmHg 41 > N < 51 i[H+] = 57.50 nM/L 42.6 > N < 51.3 iSBE = -7.00 -2 > N < +2 Moderate metabolic acidosis and minimal respiratory alkalosis typical of compensation of metabolic disorder	Interstitial ONOOH = 20 Interstitial NO = 30 Interstitial H2O2 = 0 Interstitial O2- = 0 Interstitial OH- = 30 ***N <= +20***
Estimation of interstitial main neurotransmitters	**Estimation of interstitial hormones assessment**	**Estimation of interstitial biochemistry**
Interstitial Serotonin = 20 Interstitial Dopamine = 0 Interstitial catecholamines = 0 Interstitial Acetylcholine = 0 ***-20 > N < +20***	Interstitial TSH = 0 Interstitial FSH = 0 Interstitial DHEA = 20 Interstitial Cortisol = -20 Interstitial aldosterone = 4 Interstitial adrenomedullary hormone = 3 Interstitial Testosterone = -30 Interstitial insulin = -30 Interstitial PTH = 0 Interstitial thyroid hormones = 0 Interstitial ADH = 0 Interstitial ACTH = 20 ***-20 > N < +20***	Interstitial triglycerides = 0.0 Interstitial urea = 0.0 Interstitial uric acid = 0.0 Interstitial glucose = 0.0 Interstitial Atherogenic Quotient CLDL/ CHDL = 0.0 ***-20 > N < +20***

Main risk
Risk I - Cardiovascular functions Possibility of intracranial pressure increased and migraines Possibility of lower limb venous disorders Possibility of fibrillation and/or conduction troubles

Associated risks	Underlying situation
Risk II - Digestive functions Possibility of hepatic metabolic disorders, haemostasis troubles and lipids metabolism disorders whose it is necessary to seek the origin: - food or drugs origin - continuation of hepatitis - cholelithiasis Possibility of gastro-oesophageal reflux or hiatus hernia Possibility of digestive troubles Possibility of intestinal malabsorption ***Risk II - Urogenital and renal functions*** Possibility of prostate adenoma or hypertrophy ***Risk II - Neurologic functions*** Possibility of hypertension and circulatory disorders in intracranial vessels Possibility of intracranial pressure increased and migraines Possibility of neuropathy and neurological disorders due to a cerebral vascular hypertension ***Risk III - Endocrine functions*** Hypoinsulinism ***Risk III - Neuromuscular functions*** Possibility of global weakness and bony pains Segmentary affection of the dorsal nerves Segmentary affection of the lombary nerves Possibility of muscular pain in the area of: Th4,Th5,Th6,Th7,Th8,Th9,Th10 Possibility of painful neuropathy or somesthesia in: Left leg	Possibility of lactic acidosis Possibility of drugs intoxication Extracellular dehydratation Hyponatreamia of dilution Increased haematocrite Increased proteinaemia Blood volume decreased Osmolarity Increased Hypo natraemia by depletion Possibility of tissue proliferation and tumour Homeostatic imbalance which may cause lack of vitality Water retention Basal metabolism decreased: 5.0% Metabolic disorder Zone of food or drug intoxication

NOT RECOMMENDED FOODS	RECOMMENDED FOODS
These contraindications are temporary restrictions, they will be revised at the time of the next examinations depending on their evolution: contraindicated foods are prohibited according to the acid-base balance, the main functional risk, the BMI and the body composition. ***Vegetables*** Asparagus, Avocado, Artichokes, Lentils , Peas, Red beans, Brussels sprouts, Dried vegetables, Tomato, Onions, Egg Plant, Avocado ***Animal protein*** Egg-white, Game, Cold cuts, Liver, Kidneys, Offal, Brain, Smoked meats smoked fish nd smoked poultry, Raw fish, Fat meet and animal fats., Salami , Frankfurters, Well-hung game, Marinated herring, Beef liver, Lard, Sausages, Bacon, Goose Eat very little meat (once a week is enough) ,replace with fish, oily if possible ***Dairy products*** Strong and fermented cheese, Butter, Mozzarella, Margarine, Fresh cream, Cheese ***Carbohydrates*** White flours and derivatives, White bread, French toasts, Pastries, Semolina, White sugar, Pasta, Chocolate, Brewer's yeast, Sodium glutamate (often used in Chinese cooking), Ice-cream, Honey, Jam, Cocoa, Jam tart ***Fats*** Hard fats, Refined oils, Fatty stock, Margarines, Fried food, Mayonnaise ***Drinks*** Black tea, Strong alcohol, Commercial vinegar, Certain wines (Sauternes, Chianti, Riesling, Porto), Beer, Sweetened Cola Drinks ***Oily foods*** Peanuts, Cashew nuts, Pecan nuts, Walnuts, Almonds, Pistachios, Hazel nuts, Pine nuts ***Fruit*** pricot, Plums, Bananas, Pineapple, Dates , Fruit in syrup, Candied fruit, Dried fruit, Fruit jelly, Coconut ***Aromatic herbs*** Cress, Rhubarb ***Reduce casein-based foods (for one month):*** animal milk, butter, margarine if it contains milk or milk constituents fresh cream, cheese, cream desserts, yoghurt, ice-cream, and any finished product containing milk (cakes, sweet bread products, bars, miscellaneous confectionery, chocolate, even black, etc.) Replace milk with rice, coconut or almond milk.	***Vegetables*** Chestnuts, Pumpkin, sesame, sunflower seeds, Sprouted seeds, String beans, Celery root, Leeks, Fennel, Dandelion, All the green vegetables you want ***Carbohydrates*** Wholemeal bread ***Fats*** Virgin cold-pressed plant oils ***Drinks*** Chicory ***Oily foods*** Brazil nuts ***Fruit*** 2 fruits per day max, Cherry stalks in solution, Melon ***Herbs*** Parsley, Garlic ***Aromatic herbs*** Cider vinegar, Cinnamon, Curry, Ginger, Lemon, Peppers ***Plant protein*** Soy beans, soy and barley derivatives ***Oils*** Evening primrose oils
MICRONUTRITION	**COOKING METHODS**

Vit .B5, Vit.C, Gold, Silver, Copper, Chromium, Manganese, Zinc, Vit. B6, Lithium, Vit. A, Vit.E, Selenium, Omega 3 supplementation ***Trace elements*** Phosphorus ,Cobalt ,Zinc nickel cobalt ***Plant therapy*** Poppy ,Passion flower ,Aubeline ,Hawthorn ,Garlic ,Cypress ,Chestnut tree ,Horsetail	· Steaming is to be preferred to all other methods. · For cooking food: olive, peanut or palm oil, without ever allowing it to smoke. · For improved carotenoid digestion, cook: carrots, tomatoes, broccoli, spinach then add olive or colza oil after cooking. · To prepare fish, marinate in lemon juice, wine or oil, then steam or poach in stock · Do not burn or carbonize meat and throw away the gravy.

REGIME	FOOD ASSOCIATIONS
Daily total of the calories advised: 2677 A low calorie diet is recommended based on plant proteins (soy and soy product), fruits (not plums and apricots) vegetables (no asparagus , artichokes, Brussels sprouts	- Meat-potato - Meat-cereal- vegetables (ideal complementarily) - Diversity of fruit and vegetables (action synergy of plant- micronutrients)

DIETARY ADVICE

Reduce salt, alcohol, fast sugars, avoid barbecued foods and overcooked or burned foods, smoked animal protein (meat, fish, poultry), avoid fried foods and do not re-use cooking fat or oil.

Your total daily calories should be made up of:

10 to 15% animal and vegetable protein

30 to 35 % fats

50 to 55% glucose, 10% of which should be fast sugars

30 to 40 g of fiber /day

A balanced diet must include all these substances vitamins and trace elements must be added.

Water quality is the essential complement to a balanced diet.

In the case the water recommended depends on its pH: alkaline pH.

You should always eat a big breakfast, moderate lunch and light meal in the evening.

Avoid using microwave ovens. It is also recommended to drink green tea (up to one liter per day), fresh fruit and vegetables (recommended consumption is about 400 - 600 g/d), soy and sesame seeds.

Omega 3 fatty acids (a-linolenic acid, EPA/DHA) is found in rapeseed oil, linseed and walnuts, but also in fish oils.

Omega 3 oils are recommended up to 700mg/d. One to 2 glasses of red wine (flavonoids) per day is beneficial.

Phyto-oestrogens are compounds of plant origin which have oestrogenomimetic properties.

Their consumption prevents various hormonotherapeutic diseases including breast and prostate cancers. The phyto-oestrogens cause lower cholesterol level and thus preventing the formation of atheromatous plaque.

Also, they increase the antioxidant enzyme activity. Supplementation of 70mg/d is recommended.

Garlic, onions and shallots protect against stomach cancer and should be consumed daily.

Garlic is one of the pillars of the Cretan diet (protecting the cardiovascular system) and Asian cooking. It contains at least a dozen antioxidants (manganese, zinc, selenium, germanium, calcium, iron, sulphur, vitamins A,B1,B6 and C).

Garlic must be eaten fresh and raw if possible.

ESTIMATION OF THE BODY COMPOSITION

Lifestyle: Sedentary	Overweight
Height: 5 Feet 10 Inch	Weight : 180.0 Pounds
Minimum weight limit: 124.3 Pounds	Maximum weight limit 172.7 Pounds
Ideal weight: 148.5 Pounds	BMI: 25.9
Lean mass: 137.3 Pounds	Fat mass: 41.2 Pounds
TBW: 100.5 Pounds	Muscular mass: 41.9 Pounds
Extracellular water: 27.7 Pounds	Intracellular water: 72.8 Pounds
Basal metabolic rate / 24 Hours: 2677.1 Kcal	

Frank's Points

Main meridians:

Zu tai yin Left Pancreas Spleen: 2RT + 8RT (BILAT)
Zu tai yang Right Bladder: 67V + 63V (BILAT)
Zu shao yang Right Gall Bladder: 43VB + 36VB (BILAT)

Paradox meridians:

YIN WIE left : 6MC + 9RN (L)
CHONG MO right : 4Rt + 30E (R)
DAE MO right : 41VB + 4VG (R)

Muscular tendon meridians:

TM Zu tai yin Right Pancreas Spleen : 1RT+2VC+3VC (R)
TM Zu shao yin Right Kidney : 1RN+2VC+3VC (R)
TM Zu shao yin Left Kidney : 1RN+2VC+3VC (L)

LO MAI meridians:

LO MAI Zu tai yang Right Bladder : 4RN+64V (R)
LO MAI Zu jue yin Right Liver : 37VB+3F (R)
LO MAI grand lo of the Spleen : 13F A G + 4RT (BILAT) ( )

Functional Points :

1Rt+ 58V
4Rn

ACONITUM FEROX CH 6 ; ARNICA MONTANA CH 6 ;
CHINA OFFICINALIS CH 6 ; COCCUS CACTI CH 6 ;